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# McDonald's Australia Happy Meal Menu Allergen - Ingredients - Nutrition Information

**Information correct as at February 2024.**

At McDonald's we believe in the nutritional principals of balance, variety and moderation and that eating at McDonald's can fit into a healthy lifestyle. Our goal is to provide you with the information necessary to make informed decisions about your McDonald's menu choices. This guide can help you balance your McDonald's meal with the other meals you eat today, and every day.

This guide is for our Happy Meal Bundles menu. For information regarding short-time menu items, please either ask a manager in one of our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.com.au/contactus> or on 02 9875 7100.

The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the supplier, country of origin, region of the country of origin, and the season of the year. Further, product formulations may change periodically.

#### **Food Sensitivities and Preferences**

As we operate working kitchens please be aware that there is always a risk that traces of allergens may be transferred to ingredients during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food item sold is free from cross contact of allergens.

No food items are certified as vegetarian. Whilst some ingredients may not contain animal ingredients, we cannot guarantee that there will be no cross contact with ingredients that do contain animal ingredients in our kitchens.

We have a number of Halal certified restaurants. Only those items listed on the certificate in the front counter area and drive thru booth at our restaurants serving Halal options are certified as Halal.

If you would like further information or have food sensitivities or dietary concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.com.au/contactus> or call us on 02 9875 7100.

Our allergen labelling complies with Australia New Zealand Food Standards Code – Standard 1.2.3 (Registered 09 March 2021)

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**Allergen Summary:** As we operate working kitchens please be aware that there is always a risk that allergen containing ingredients may be transferred during storage or preparation of food in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any

	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut								Fish	Crustacea	Molluscs	Sulphites	Lupin	Artificial Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut	Pistachio								
<b>Happy Meal Main Menu Items</b>																							
Chicken Snack Wrap	P	P	P	M	M	M															P		
Grilled Chicken Snack Wrap	P	P	P	P	P	M															P		
Chicken McNuggets®	P	P		M	M																		
Hamburger	P	P	M		P	P															P		
Cheeseburger	P	P	M	P	P	P															P		
<b>Happy Meal Side Menu Items</b>																							
Apple Slices																							
Grape Tomato																							
Garden Salad with Balsamic Dressing																					P		
Fres	M	M		M	M																P		
Yoghurt – Petit Miam Strawberry				P																			
<b>Happy Meal Drinks</b>																							
Sparkling Water																							
Pop Top™ Water																							
Pop Tops™ Apple Juice																							
Orange Fruit Drink																					P		

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Chart Key.

**P:** Allergen is PRESENT in the product as an ingredient, food additive or processing aid.

## Happy Meal Main Menu Items

### Chicken Snack Wrap

MCHICKEN PATTY: Chicken, Water, Flour (**Wheat**, Maize), Vegetable Oil (Canola), Thickeners (1401, 1400), Mineral Salts (508, 500, 450, 451), Starch (Maize, **Wheat**), Salt, Spice and Spice Extracts (including Pepper), Maltodextrin, Vegetable Powders (Garlic, Onion, Celery), Dextrose, Raising Agent (341), Emulsifiers (481,433), Herb, Yeast Extract (**Barley**), Natural Colours (100, 160c), Natural Flavouring, Antioxidants (320, 310), Food Acid (330).  
 WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Yeast.  
 MCCHICKEN SAUCE: Water, Soybean Oil [Antioxidant (330)], **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).  
 SHREDDED LETTUCE: Iceberg Lettuce.

**Contains: Gluten, Wheat, Egg.**

**WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy.**

**WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing Sesame.**

**McCHICKEN PATTY is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.**

### Chicken Snack Wrap

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	110	1040
Energy (Cal)	264	248
Protein (g)	10.5	9.9
Fat, total (g)	13.3	12.5
Saturated Fat (g)	3.4	3.2
Carbohydrate (g)	24.7	23.2
Sugars (g)	1.9	1.8
Sodium (mg)	328	308

### Grilled Chicken Snack Wrap

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Fruit Powder [Contains Lemon Juice Concentrate, Flavours], Dehydrated Garlic, Natural Flavour, Herbs, Sugar, Vinegar Powder, Vegetable Powder, Anticaking Agent (341), Spice Extract (Pepper), Vegetable Oil.  
 WHOLEMEAL TORTILLA: **Wheat** Flour (Thiamine, Folic Acid), Water, Whole **Wheat** Flour (Thiamine, Folic Acid), Vegetable Shortening (Antioxidant (307b)), Sugar, Baking Powder (Mineral Salts (450, 500, 341)), Acidity Regulator (297), Mineral Salt (500), Yeast.  
 MCCHICKEN SAUCE: Water, Soybean Oil [Antioxidant (330)], **Egg** Yolks, Modified Corn Starch (1401, 1442), Corn Syrup Solids, Distilled Vinegar, Salt, Sugar, Mustard Flour, Thickener (415), Food Acid (270), Preservative (202).  
 SHREDDED LETTUCE: Iceberg Lettuce.

**Contains: Gluten, Wheat, Egg, Soy.**

**WHOLEMEAL TORTILLA may be produced using the same equipment as products containing Soy.**

**WHOLEMEAL TORTILLA may be steamed in the same equipment as products containing Sesame.**

**GRILLED CHICKEN may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.**

### Grilled Chicken Snack Wrap

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	909	842
Energy (Cal)	217	201
Protein (g)	13.9	12.9
Fat, total (g)	8.6	8
Saturated Fat (g)	2.9	2.7
Carbohydrate (g)	20.0	18.5
Sugars (g)	1.9	1.8
Sodium (mg)	408	378

### Chicken McNuggets®

CHICKEN MCNUGETS®: Chicken, Water, Flour (**Wheat**, Corn), Canola Oil, Thickeners (1420, 1422), Starch (Potato, Corn, **Wheat**, Tapioca), Salt, Mineral Salts (450, 500, 341, 327), Spices (Celery, White Pepper, Black Pepper), Sunflower Oil, Dextrose.

**Contains: Wheat, Gluten.**

**CHICKEN MCNUGETS® are cooked in a McDonald's Vegetable Oil Blend and are cooked in the same equipment as products containing Gluten, Wheat, Milk, Soy.**

	3 pc		6 pc	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	452	931	905	931
Energy (Cal)	108	222	216	222
Protein (g)	6	12.4	12.1	12.4
Fat, total (g)	6.5	13.4	13	13.4
Saturated Fat (g)	0.8	1.6	1.6	1.6
Carbohydrate (g)	6.2	12.7	12.4	12.7
Sugars (g)	0.2	0.4	0.4	0.4
Sodium (mg)	191	394	383	394

### Hamburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), **Wheat** Gluten, Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Emulsifier (472e, 471), Ascorbic Acid (300), Enzymes (**Wheat** Flour, Enzymes), **Sesame** Seeds.  
 BEEF PATTIES: Beef.  
 KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).  
 MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.  
 PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.  
 ONIONS: Water, Dehydrated White Onions.  
 SEASONING: Salt, Black Pepper, Sunflower Oil.

**Contains: Gluten, Wheat, Soy, Sesame.**

**REGULAR BUN is produced and cooked in equipment that also produces products containing soy and sesame seeds.**

**BEEF PATTIES may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.**

### Hamburger

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1040	992
Energy (Cal)	249	237
Protein (g)	12.4	11.8
Fat, total (g)	8.7	8.3
Saturated Fat (g)	3.9	3.7
Carbohydrate (g)	28.8	27.4
Sugars (g)	5.2	5.0
Sodium (mg)	562	536

### Cheeseburger

REGULAR BUN: **Wheat** Flour (Vitamins (Thiamin, Folate)), Water, Sugar, Yeast, Canola Oil, Iodised Salt, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), Preservative (282), **Wheat** Gluten, Improver (**Wheat** Flour, Ascorbic Acid (300), Enzymes), Emulsifier (472e, 471), Ascorbic Acid (300), Enzymes (**Wheat** Flour, Enzymes), **Sesame** Seeds.  
 BEEF PATTIES: Beef.  
 SLICED CHEESE: Cheese (Pasteurised **Milk**, Salt, Culture, Enzyme (Rennet)), Water, **Milk** Solids, Butter (**Milk**), Emulsifiers (331, 332), Salt, Acidity Regulators (260, 330), Natural Colours (160a,160c), **Soy** Lecithin (322).  
 KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Glucose Corn Syrup, Vinegar, Salt, Flavouring (**Soybean** Oil).  
 MUSTARD: Water, Distilled Vinegar, Mustard Seed, Salt, Colour (100), Paprika, Natural Flavouring.  
 PICKLES: Cucumber, Water, Vinegar, Salt, Preservatives (202, 211), Natural Flavour.  
 ONIONS: Water, Dehydrated White Onions.  
 SEASONING: Salt, Black Pepper, Sunflower Oil.

**Contains: Gluten, Wheat, Milk, Soy, Sesame.**

**REGULAR BUN is produced and cooked in equipment that also produces products containing soy and sesame seeds.**

**BEEF PATTIES may be cooked on the same grill as Egg or products containing Gluten, Wheat, Milk, Soy.**

### Cheeseburger

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)		
Energy (Cal)		
Protein (g)		
Fat, total (g)		
Saturated Fat (g)		
Carbohydrate (g)		
Sugars (g)		
Sodium (mg)		

## Happy Meal Main Sides

### Apple Slices

Red and / or Green Apples, Antioxidant (300, 302), Mineral Salt (170).

May be present: **Apple Seeds.**

Apple Slices		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	174	218
Energy (Cal)	41	52
Protein (g)	0.3	0.4
Fat, total (g)	0.2	0.3
Saturated Fat (g)	0.1	0.1
Carbohydrate (g)	8.5	10.6
Sugars (g)	7.9	9.9
Sodium (mg)	2	2

### Grape Tomatoes

Grape Tomatoes.

Grape Tomatoes		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	57	90
Energy (Cal)	14	21
Protein (g)	1.0	1.5
Fat, total (g)	0.1	0.2
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	1.5	2.4
Sugars (g)	0.7	1.1
Sodium (mg)	5	8

### Garden Salad with Balsamic Dressing

DICED LETTUCE MIX: Iceberg Lettuce, Cos Lettuce.

BALSAMIC DRESSING: Water, Sugar, Balsamic Vinegar [Red Wine Vinegar, Sugar, Preservatives (224, 220)], Brown Sugar, Vinegar, Thickener (1442), Natural Colour (150a), Salt, Vegetable Gum (415), Preservatives (202, 211).

CUCUMBER PIECES: Cucumber.

GRAPE TOMATO: Grape Tomato.

Garden Salad		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	260	170
Energy (Cal)	62	41
Protein (g)	1.4	0.9
Fat, total (g)	0.2	0.2
Saturated Fat (g)	0.1	0.0
Carbohydrate (g)	12.8	8.4
Sugars (g)	6.0	3.9
Sodium (mg)	76	50

### Fries

Potato, Canola Oil, Mineral Salt (450), Dextrose, Antifoam (1521).

OR Potatoes, Canola Oil (Acidity Regulator (330)), Dextrose Monohydrate (Preservative (220)), Mineral Salt (450), Antifoam (Non-ionic polyalkylene glycol), Preservative (223).

OR Potatoes, Vegetable Oil (Canola, Soybean, Cottonseed), Mineral Salt (450), Dextrose.

**FRIES are cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.**

**Salt added.**

Small		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	916	1270
Energy (Cal)	219	304
Protein (g)	3.5	4.8
Fat, total (g)	11.5	16
Saturated Fat (g)	0.9	1.3
Carbohydrate (g)	24.3	33.8
Sugars (g)	0.0	0.0
Sodium (mg)	210	292

### Yoghurt - Petit Miam Strawberry

Milk (Milk, Skim Milk), Milk Solids, Water, Strawberry, Sugar, Apple Juice, Modified Starch (1442), Mineral Calcium (341), Natural Flavours, Black Carrot and Blackcurrant Concentrate, Acidity Regulators (331, 296), Vitamins D, Yoghurt Cultures (S.Thermophilus, L.Bulgaricus & B.Lactis).

**Contains: Milk.**

Yoghurt - Petit Miam Strawberry		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	213	304
Energy (Cal)	51	73
Protein (g)	2.4	3.4
Fat, total (g)	1.6	2.3
Saturated Fat (g)	1.1	1.5
Carbohydrate (g)	6.7	9.5
Sugars (g)	5.4	7.7
Sodium (mg)	32	46

## Happy Meal Drinks

Sparkling Water	Smalls Sparking Water	
	Avg Qty / Serve	Avg Qty / 100ml
Carbonated Water.		
	0	0
	0	0
	0.0	0.0
	0.0	0.0
	0.0	0.0
	0.0	0.0
	0.0	0.0
	5	2

Pop Top™ Water	Pop Top™ Water	
	Avg Qty / Serve	Avg Qty / 100ml
Spring Water.		
	0	0
	0	0
	0.0	0.0
	0.0	0.0
	0.0	0.0
	0.0	0.0
	0.0	0.0
	5	2

Pop Tops™ Apple Juice	Pop Tops™ Apple Juice	
	Avg Qty / Serve	Avg Qty / 100ml
Reconstituted Apple Juice, Food Acid (Citric Acid), Vitamin C (Ascorbic Acid), Natural Flavour.		
	540	216
	129	52
	<1.0	<1.0
	<1.0	<1.0
	0.0	0.0
	29.5	11.8
	29.5	11.8
	18	7

Orange Fruit Drink	Small Orange Fruit Drink	
	Avg Qty / Serve	Avg Qty / 100ml
Water, Reconstituted Orange Juice, Sugar, Food Acid (330), Natural Colour (160a), Flavours, Stabiliser (405), Preservatives (211, 223), Vitamin C.		
<b>Contains: Sulphites.</b>		
	567	189
	135	45
	0.9	0.3
	0.0	0.0
	0.0	0.0
	36.0	12.0
	28.8	9.6
	12	4

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## Change Tracker:

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
9/02/2024	29	Aus Happy Meals_February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements