



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

Information correct as at October 2025.

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)

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								
Happy Meal Main Menu Items																							
Chicken Snack Wrap	P	P	P	M	M	M													P				
Chicken McNuggets®	P	P		M	M																		
Hamburger	P	P	M	M	P	P													P				
Cheeseburger	P	P	M	P	P	P													P				
Happy Meal Side Menu Items																							
Apple Slices																							
Fries	M	M		M	M														P				
Happy Meal Drinks																							
Sparkling Water																							
Pop Top™ Water																							
Pop Tops™ Apple Juice																							
Small Orange Juice																			P				

Chart key:
P: Allergen is PRESENT in the product as an ingredient, food additive or processing aid.
M: Allergen may be present

Happy Meal Main Menu Items

Chicken Snack Wrap

MCCRISPY CHICKEN PATTY: Chicken, Flour (**Wheat**, Rice, Corn), Water, Breadcrumbs (**Wheat** Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil), Vegetable Oil (Canola, Sunflower), Starch (Potato, Corn), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, **Wheat** Gluten, Food Acid (330), Salt and Spice Extracts (Black Pepper, White Pepper, Chili, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemary), Raising Agent (500ii), Stabiliser (415).

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, Vegetable Oil [Antioxidant (307b)], Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442, 415), Sugar, Salt, Spice, Mustard Flour, Emulsifiers (435, 433), Preservative (202), Acidity Regulator (270).

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.

McCRISPY 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 McNuggets®

CHICKEN McNUGGETS®: 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 McNUGGETS® 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	12.4	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)	1080	1030
Energy (Cal)	257	245
Protein (g)	11.6	11.1
Fat, total (g)	9.2	8.8
Saturated Fat (g)	3.9	3.7
Carbohydrate (g)	29.1	27.7
Sugars (g)	6.8	6.4
Sodium (mg)	572	545

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)	1280	1070
Energy (Cal)	306	257
Protein (g)	14.5	12.2
Fat, total (g)	13.0	10.9
Saturated Fat (g)	6.4	5.4
Carbohydrate (g)	29.9	25.1
Sugars (g)	7.3	6.1
Sodium (mg)	735	617

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
	Energy (Cal)	41
	Protein (g)	0.3
	Fat, total (g)	0.2
	Saturated Fat (g)	0.1
	Carbohydrate (g)	8.5
	Sugars (g)	7.9
	Sodium (mg)	2
Fries 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 (from Mazie). 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
	Energy (Cal)	219
	Protein (g)	3.5
	Fat, total (g)	11.5
	Saturated Fat (g)	0.9
	Carbohydrate (g)	24.3
	Sugars (g)	0.0
	Sodium (mg)	210

Happy Meal Drinks			
Sparkling Water		Smalls Sparkling Water	
Carbonated Water.		Avg Qty / Serve	Avg Qty / 100ml
		Energy (kJ)	0
		Energy (Cal)	0
		Protein (g)	0.0
		Fat, total (g)	0.0
		Saturated Fat (g)	0.0
		Carbohydrate (g)	0.0
		Sugars (g)	0.0
		Sodium (mg)	5
			2
Pop Top™ Water		Pop Top™ Water	
Spring Water.		Avg Qty / Serve	Avg Qty / 100ml
		Energy (kJ)	0
		Energy (Cal)	0
		Protein (g)	0.0
		Fat, total (g)	0.0
		Saturated Fat (g)	0.0
		Carbohydrate (g)	0.0
		Sugars (g)	0.0
		Sodium (mg)	5
			2
Pop Tops™ Apple Juice		Pop Tops™ Apple Juice	
Reconstituted Apple Juice, Food Acid (Citric Acid), Vitamin C (Ascorbic Acid), Natural Flavour.		Avg Qty / Serve	Avg Qty / 100ml
		Energy (kJ)	540
		Energy (Cal)	129
		Protein (g)	<1.0
		Fat, total (g)	<1.0
		Saturated Fat (g)	0.0
		Carbohydrate (g)	29.5
		Sugars (g)	29.5
		Sodium (mg)	18
			7
Small Orange Juice		Small Orange Juice	
When Reconstituted Fruit Juice Contains: Orange Juice from Concentrate, Preservatives (211, 202), Colour (160a), Stabiliser (415), Flavour.		Avg Qty / Serve	Avg Qty / 100ml
		Energy (kJ)	467
		Energy (Cal)	112
		Protein (g)	0.0
		Fat, total (g)	0.0
		Saturated Fat (g)	0.0
		Carbohydrate (g)	28.5
		Sugars (g)	24.3
		Sodium (mg)	20
			7

Change Tracker:

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.

Date	Document Number/Revision Number	Document Title	Issued	Upload Date	Description
13/01/2026	39	Aus Happy Meals _January 2026	13/01/2026	14/01/2026	Remove grilled chicken snack wrap
23/10/2025	38	Aus Happy Meals _October 2025	28/10/2025	29/10/2025	Updated bun NiPs for regular buns
23/09/2025	37	Aus Happy Meals _September 2025	23/09/2025	24/09/2025	Updated McCrispy Snack Wrap (McCrispy patty)
6/06/2025	36	Aus Happy Meals _June 2025	6/06/2025	10/06/2025	Updated Orange Juice formulation; remove allergens gluten, wheat, soy
5/05/2025	35	Aus Happy Meals _May 2025	5/05/2025	5/05/2025	Updated Orange Juice formulation; to include allergen containing formulation (gluten, wheat, soy) and allergen free formulation
5/05/2025	34	Aus Happy Meals _May 2025	5/05/2025	5/05/2025	Updated Orange Juice formulation; remove allergens gluten, wheat, soy
10/02/2025	33	Aus Happy Meals _February 2025	12/02/2025	12/02/2025	Remove grape tomatoes; yoghurt; garden salad
18/12/2024	32	Aus Happy Meals _December 2024	18/12/2024	18/12/2024	Updated Fries Ingredient Listing
26/11/2024	31	Aus Happy Meals _November 2024	26/11/2024	27/11/2024	Updated Orange Juice formulation; added new allergens gluten, wheat, soy
14/10/2024	30	Aus Happy Meals _October 2024	14/10/2024	14/10/2024	Removed Orange Fruit Drink, Added Small Orange Juice
9/02/2024	29	Aus Happy Meals _February 2024	20/02/2024	20/02/2024	Updated allergen information for PEAL legislative requirements