



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

Information correct as at May 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			
Grilled Chicken Snack Wrap	P	P	P	M	P	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	P			P															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 PATTY: Chicken, Flour (**Wheat**, Rice, Maize), Water, Vegetable Oil, Starch (Potato, **Wheat**, Maize), Salt, Yeast, Vegetable Powders, **Wheat** Gluten, Food Acid (330), Sugar, Spice & Herb, Natural Flavour, Herb & Spice Extracts, Raising Agent (500), Vegetable Gum (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, 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.
McCRISPY PATTY is cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.

	Chicken Snack Wrap	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1220	973
Energy (Cal)	291	233
Protein (g)	13.9	11.1
Fat, total (g)	13.5	10.8
Saturated Fat (g)	2.9	2.3
Carbohydrate (g)	27.5	21.9
Sugars (g)	2.3	1.9
Sodium (mg)	475	379

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 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	12.1	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)	1240	1040
Energy (Cal)	297	249
Protein (g)	15.3	12.8
Fat, total (g)	12.5	10.5
Saturated Fat (g)	6.4	5.4
Carbohydrate (g)	29.6	24.8
Sugars (g)	5.8	4.9
Sodium (mg)	725	609

Happy Meal Main Sides		
<div>Apple Slices</div> <div>Red and / or Green Apples, Antioxidant (300, 302), Mineral Salt (170).</div> <div>May be present: Apple Seeds.</div>	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
	Small	
	Avg Qty / Serve	Avg Qty / 100g
	Energy (kJ)	916
<div>Fries</div> <div>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).</div> <div>FRIES are cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.</div> <div>Salt added.</div>	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 Carbonated Water.	Smalls Sparkling 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 Spring Water.	Pop Top™ 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 Reconstituted Apple Juice, Food Acid (Citric Acid), Vitamin C (Ascorbic Acid), Natural Flavour.	Pop Tops™ Apple Juice	
	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 When Reconstituted Fruit Juice Contains: Orange Juice from Concentrate, Preservatives (211, 202), Colour (160a), Stabiliser (415), Flavour. OR: When Reconstituted Fruit Juice Contains: Orange Juice from Concentrate, Preservatives (211, 202), Colour (160a), Stabiliser (415 (contains Gluten, Wheat, Soy)), Flavour. Contains: Gluten, Wheat, Soy.	Small Orange Juice	
	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
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