



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

Information correct as at October 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)

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																							
Grape Tomato																							
Garden Salad with Balsamic Dressing																					P		
Fres	M	M		M	M																P		
Yoghurt - Petit Miam Strawberry				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

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	3040
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 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			
Apple Slices		Apple Slices	
Red and / or Green Apples, Antioxidant (300, 302), Mineral Salt (170).		Avg Qty / Serve Avg Qty / 100g	
May be present: Apple Seeds.		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		Garden Salad	
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.		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		Small	
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.		Avg Qty / Serve Avg Qty / 100g	
FRIES are cooked in McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Milk, Soy.		Energy (kJ)	916 1270
Salt added.		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		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).		Avg Qty / Serve Avg Qty / 100g	
Contains: Milk.		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 Sparkling Water	
	Avg Qty / Serve	Avg Qty / 100ml
Carbonated Water.		
	0	0
Energy (kJ)	0	0
Energy (Cal)	0	0
Protein (g)	0.0	0.0
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	0.0	0.0
Sugars (g)	0.0	0.0
Sodium (mg)	5	2

Pop Top™ Water	Pop Top™ Water	
	Avg Qty / Serve	Avg Qty / 100ml
Spring Water.		
	0	0
Energy (kJ)	0	0
Energy (Cal)	0	0
Protein (g)	0.0	0.0
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	0.0	0.0
Sugars (g)	0.0	0.0
Sodium (mg)	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
Energy (kJ)	129	52
Energy (Cal)	<1.0	<1.0
Protein (g)	<1.0	<1.0
Fat, total (g)	0.0	0.0
Saturated Fat (g)	29.5	11.8
Carbohydrate (g)	29.5	11.8
Sugars (g)	18	7
Sodium (mg)		

Small Orange Juice	Small Orange Juice	
	Avg Qty / Serve	Avg Qty / 100ml
Orange Juice from Concentrate, Preservatives (211, 202), Colour (160a), Flavour.		
	521	174
Energy (kJ)	125	42
Energy (Cal)	2.4	0.8
Protein (g)	0.0	0.0
Fat, total (g)	0.0	0.0
Saturated Fat (g)	29.4	9.8
Carbohydrate (g)	23.4	7.8
Sugars (g)	14	5
Sodium (mg)		

If this document has been printed, please visit <https://mcdonalds.com.au/our-impact/food-quality-sourcing/nutrition> for most current information.

Change Tracker:

Date	Document Number/Revision	Document Title	Issued	Upload Date	Description
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