



McDonald's New Zealand Limited Time Offer Menu Allergen - Ingredients - Nutrition Information

Limited Time Offer Menu

Information is correct as at July 2021.

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 standard or core menu items. For information regarding short-time menu items, please either ask a manager in our restaurants or contact our Customer Service Department either via our website <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

The nutrition information is based on standard product formulations, standard product assembly and standard serving sizes (including ice for drinks from our beverage system). 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 local supplier, region of the country, and the season of the year. Further, product formulations may change periodically. We recommend you check this information on our website to ensure it is the most current.

Food Sensitivities and Preferences

Please refer to our Allergen Information for specific allergen details. This information is available on our website www.mcdonalds.co.nz

Select items sold in McCafe are sold as gluten free. They are produced under allergen control conditions and are specifically handled to prevent cross contamination. No other food items are sold as allergen free.

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 items in our kitchens. McDonald's Restaurants are therefore unable to guarantee that any food sold is free from traces 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 no Halal certified restaurants and no ingredients or menu items are certified Halal.

Ingredient Information

Please refer to our Ingredient Information for our standard or core menu items. This information is available on our website www.mcdonalds.co.nz

If you would like further information or have concerns regarding specific ingredients in specific menu items, please contact us at <http://mcdonalds.co.nz/contactus> or on 0800 539 4303.

Limited Time Offers

Mozzarella Sticks

MOZZARELLA STICKS: Part Skim Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzymes (Protease), Modified Food Starch (1442), Crumbs (**Wheat** Flour, Sugar, Salt, Yeast, **Wheat Gluten**), Batter (Water, **Wheat** Flour), Canola Oil, Modified Food Starch, Salt, Cheese Flavour.

Contains gluten and milk.

MOZZARELLA STICKS are cooked in a McDonald's Vegetable Oil Blend.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	972 kJ	1300 kJ
Energy (Cal)	232 Cal	310 Cal
Protein (g)	8.5	11.3
Fat, total (g)	13.4	17.9
Saturated Fat (g)	5.5	7.4
Carbohydrate (g)	18.7	24.9
Sugars (g)	1.2	1.6
Sodium (mg)	329	438

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y		Y									Y	

Apricot Pie

APRICOT PIE: Water, **Wheat** Flour, Apricot (Apricot, Antioxidant (300)), Sugar, Margarine (Vegetable Oils & Fats (RSPO Palm Oil, **Soybean** Oil), Water, Emulsifiers (471, 322 - **Soy**), Salt, Natural Flavour, Preservative (202), Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Modified Starch (1412, 1422), Custard Mix (Thickeners (1442, 407), Dextrose), Whey Powder (**Milk**), Full Cream **Milk** Powder, Iodised Salt, Dextrose, Natural Flavour, Lemon Juice Concentrate, Vegetable Gum (466), Baking Powder (Raising Agents (450, 500), Maize Starch, Mineral Salt (170)), Natural Colour (160c), Yellow Gardenia Extract.

Contains gluten, milk and soy.

APRICOT PIE is cooked in a McDonald's Vegetable Oil Blend.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	988 kJ	1160 kJ
Energy (Cal)	236 Cal	278 Cal
Protein (g)	3.3	3.9
Fat, total (g)	11.5	13.5
Saturated Fat (g)	3.2	3.8
Carbohydrate (g)	29.2	34.3
Sugars (g)	8.8	10.4
Sodium (mg)	87	102

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y		Y	Y							Y		

Mozzarella Beef Burger

CHEESE PATTY: Pasteurised **Milk**, Flour (**Wheat** and Maize), Water, Vegetable Oil, Salt, Starch (Rice, Potato, Tapioca), Yeast, Maltodextrin, Methyl Cellulose (461), **Milk** Solids, **Wheat Gluten**, Spice, Sugar, **Whey** Solids, Flavour (**Milk**), **Cheese** Solids, Colour (160c), Starter Cultures, Enzymes, Food Acids (270, 330), Yeast Extract, Preservative (200), Anticaking Agent (460), Disodium Phosphate.

BEEF PATTIES: Beef.

QUARTER BUN: **Wheat** Flour, Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Yeast, Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), **Wheat Gluten**.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (**Soybean** Oil).

LETTUCE: Iceberg Lettuce.

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).

Contains gluten, milk, egg, soy and sesame seeds.

QUARTER BUN may be prepared on the same equipment as products containing milk and soy.

BEEF PATTY may be cooked on the same equipment as egg and products containing gluten, milk or soy.

BEEF PATTY is seasoned after cooking: Salt, Black Pepper, Sunflower Oil.

CHEESE PATTY is cooked in a McDonald's Vegetable Oil Blend.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3250 kJ	1110 kJ
Energy (Cal)	777 Cal	265 Cal
Protein (g)	41.9	14.3
Fat, total (g)	43.8	15
Saturated Fat (g)	17	5.8
Carbohydrate (g)	52.7	18
Sugars (g)	11.6	4
Sodium (mg)	1480	506

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	Y	Y	Y				Y			Y	Y	Y

Mozzarella Chicken Burger

CHEESE PATTY: Pasteurised **Milk**, Flour (**Wheat** and Maize), Water, Vegetable Oil, Salt, Starch (Rice, Potato, Tapioca), Yeast, Maltodextrin, Methyl Cellulose (461), **Milk** Solids, **Wheat Gluten**, Spice, Sugar, **Whey** Solids, Flavour (**Milk**), **Cheese** Solids, Colour (160c), Starter Cultures, Enzymes, Food Acids (270, 330), Yeast Extract, Preservative (200), Anticaking Agent (460), Disodium Phosphate.

CHICKEN PATTIES: Chicken, Flour (**Wheat**, Maize), Water, Vegetables Oils (Canola, Maize (Antioxidant 307b), Palmolein), Salt, Thickener (1404), Spices & Spice Extracts (Black Pepper, White Pepper, Cayenne Pepper, Paprika, Turmeric, Sage, Nutmeg, Celery, Capsicum),

Dehydrated Vegetables (Garlic, Onion), Maize Starch, **Soy** Protein, Mineral Salts (450, 451), Raising Agents (500, 541, 341), Maltodextrin, Emulsifier (433), Herbs (Sage, Marjoram, Thyme, Rosemary, Parsley).

QUARTER BUN: **Wheat** Flour, Water, Sugar, Canola Oil, **Sesame Seeds**, Glaze, Iodised Salt, Yeast, Improver (**Wheat** Flour, Malted **Wheat** Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifiers (472e, 471), Natural Flavour, Thickener (412), **Wheat Gluten**.

KETCHUP: Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Natural Flavour (**Soybean** Oil).

LETTUCE: Iceberg Lettuce.

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).

Contains gluten, milk, egg, soy and sesame seeds.

QUARTER BUN may be prepared on the same equipment as products containing milk and soy.

CHICKEN PATTY may be cooked in the same equipment as products containing milk.

CHICKEN PATTY is cooked in a McDonald's Vegetable Oil Blend.

CHEESE PATTY is cooked in a McDonald's Vegetable Oil Blend.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2900 kJ	1020 kJ
Energy (Cal)	694 Cal	245 Cal
Protein (g)	33	11.6
Fat, total (g)	35	12.3
Saturated Fat (g)	10.3	3.6
Carbohydrate (g)	60	21.1
Sugars (g)	11.6	4.1
Sodium (mg)	1760	622

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	Y	Y	Y				Y			Y	Y	Y

Frozen Coke® Your Way - MFV

FROZEN COKE® YOUR WAY:

BLUEBERRY: Carbonated Water, Sugar, Colour (150d, 104, 133), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.
 GRAPE: Carbonated Water, Sugar, Colour (150d, 104, 122, 133), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.
 LIME: Carbonated Water, Sugar, Colour (150d, 104, 133), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.
 MANGO: Carbonated Water, Sugar, Colour (150d, 104, 110, 122), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.
 RASPBERRY: Carbonated Water, Sugar, Colour (150d, 104, 122), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.
 PINEAPPLE: Carbonated Water, Sugar, Colour (150d, 104, 110), Food Acids (330, 338), Flavours, Preservative (211), Caffeine, (104,110).
 VANILLA: Carbonated Water, Sugar, Colour (150d, 104), Food Acids (330, 338), Flavours, Preservative (211), Caffeine.

Contains caffeine.

All FROZEN COKE® YOUR WAY flavours have the same nutritional content.

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	411 kJ	117 kJ	575 kJ	117 kJ	774 kJ	117 kJ
Energy (Cal)	98 Cal	28 Cal	137 Cal	28 Cal	185 Cal	28 Cal
Protein (g)	0	0	0	0	0	0
Fat, total (g)	0	0	0	0	0	0
Saturated Fat (g)	0	0	0	0	0	0
Carbohydrate (g)	24.2	6.9	33.8	6.9	45.5	6.9
Sugars (g)	24.2	6.9	33.8	6.9	45.5	6.9
Sodium (mg)	7	2	10	2	14	2

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
										Y	Y	Y

Crispy Chicken Almighty

CRISPY CHICKEN PATTIES: Chicken, Water, **Wheat** Flour, Vegetable Oil (Canola, Palmolein), Salt, Thickener (1422), Mineral Salts (450, 451, 452), Flavour (**Wheat, Barley, Soy**), Starch (Rice, Potato), Spice And Spice Extracts (Pepper, Mustard, Capsicum), **Gluten (Wheat), Egg** Powder, Yeast And Yeast Extract, Raising Agent (500), **Soy** Protein, Maltodextrin, Natural Colours (160C, 100), Vegetable Powder (Onion), Emulsifier (433), Dextrose, Food Acid (263), Enzyme (Amylase).

GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Paste [Antioxidants (300,330)], Thickener (1422), Salt, Worcestershire Sauce (Contains **Wheat, Barley and Fish**), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.

CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).

CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250)

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).

WHOLE LEAF LETTUCE: Lettuce.

Crispy Chicken is cooked in a McDonald's Vegetable Oil Blend.

Contains gluten, egg, milk, soy and fish.

GOURMET BUN is prepared using the same equipment as products containing sesame seeds.

CRISPY CHICKEN may be cooked in the same equipment as products containing milk.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	3520 kJ	1010 kJ
Energy (Cal)	841 Cal	241 Cal
Protein (g)	51.2	14.7
Fat, total (g)	39.3	11.3
Saturated Fat (g)	9.6	2.8
Carbohydrate (g)	67.9	19.5
Sugars (g)	14.7	4.2
Sodium (mg)	2160	618

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	Y	Y	Y	Y			Y			Y	Y	Y

Grilled Chicken Almighty

GRILLED CHICKEN: Chicken, Water, Rice Starch, Salt, Mineral Salts (451, 450), **Soy** Protein, Vegetable Powders (Garlic, Onion), Fruit Powder (Lemon Juice Concentrate, Maltodextrin, Anti Caking Agent (551), Flavours), Flavourings, Herbs (Parsley, Thyme), Sugar, Vinegar Powder, Anti Caking Agent (341), Spice Extract (Pepper), Vegetable Oil (Canola).

GOURMET BUN: **Wheat** Flour, Water, Sugar, Canola Oil, Yeast (Yeast, Thickener (415)), Glaze, Iodised Salt, **Wheat Gluten**, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Preservative (262), Emulsifier (472e), Inactive Dry Yeast.

SOUTHERN STYLE BBQ SAUCE: Water, Tomato Paste, Invert Sugar Syrup, Sugar, Vinegar, Apple Paste [Antioxidants (300,330)], Thickener (1422), Salt, Worcestershire Sauce (Contains **Wheat, Barley and Fish**), Onion, Garlic, Spices, Preservative (202), Vegetable Gum (415), Smoke Flavour.

CHEESE: Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-Animal Rennet).

CRISPY BACON: Pork Bellies, Water, Salt, Sugar, Smoke Flavouring, Sodium Phosphate (339), Sodium Erythorbate (316), Sodium Nitrite (250)

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).

WHOLE LEAF LETTUCE: Lettuce.

Contains gluten, egg, milk, soy and fish.

GOURMET BUN is prepared using the same equipment as products containing sesame seeds.

GRILLED CHICKEN may be cooked on the same grill as egg or products containing gluten, milk or soy.

	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2830 kJ	873 kJ
Energy (Cal)	675 Cal	209 Cal
Protein (g)	60.6	18.7
Fat, total (g)	23.9	7.4
Saturated Fat (g)	8.5	2.6
Carbohydrate (g)	51.8	16.0
Sugars (g)	14.6	4.5
Sodium (mg)	1900	587

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	Y	Y	Y	Y			Y			Y	Y	Y

Chicken McPieces with Sweet & Sour Sauce

CHICKEN McPIECES®: Chicken, Flour (**Wheat**), Starch (**Wheat**, Rice, Maize 1422), Vegetable Oil (Canola, Sunflower), Water, Salt, Yeast Extract, Spice, (Chilli, Black Pepper, White Pepper), **Soy** Protein, Mineral Salts (450, 500), Vegetable Powders (Garlic, Onion), Natural Colours (160C), Citrus Extract, **Wheat Gluten**, Vegetable Gum (407), Dextrose, Natural Flavour, Emulsifier (433).

SWEET & SOUR DIPPING SAUCE: Water, Sugar, Apricot Puree, Vinegar, Thickeners (1422, 415), Teriyaki Sauce (contains **Gluten, Soy**), Salt, Vegetable Oil, Mustard, Yeast Extract, Preservatives (211, 202), Vegetable Powders, Acidity Regulator (330), Natural Flavour, Spices, Natural Colour (160c)

Chicken McPieces are cooked in a McDonalds Vegetable Oil Blend.

Contains gluten and soy.

CHICKEN McPIECES may be cooked in the same equipment as products containing milk and egg.

	3 pieces		6 pieces	
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	939 kJ	998 kJ	1650 kJ	1030 kJ
Energy (Cal)	224 Cal	239 Cal	394 Cal	245 Cal
Protein (g)	13.6	14.5	27.1	17.0
Fat, total (g)	9.3	9.9	18.4	11.5
Saturated Fat (g)	1.0	1.1	2.0	1.3
Carbohydrate (g)	21.1	22.5	29.5	18.4
Sugars (g)	10.4	11.0	10.4	6.5
Sodium (mg)	444	472	771	482

Gluten	Eggs	Milk	Soy	Fish & Crustacea	Peanuts	Tree Nuts	Sesame Seeds	Sulphites	Lupin	Preservative	Flavour	Colours
Y	T	T	Y							Y		

