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

Information correct as at April 2026

Limited Time Offer Menu

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

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.

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

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

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 food item sold is free from cross contact of allergens.																						
	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut	Tree nut							Fish	Crustacea	Molluscs	Sulphites	Lupin	Added Preservative	Artificial Colour	Artificial Flavour
								Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pine Nut								
Limited Time Offers																						
Korean BBQ Dipping Sauce																					P	
Dunked Korean Sticky BBQ McCrispy	P	P	P	M	P	P															P	
Dunked Korean Sticky BBQ McSpicy	P	P	P	M	M	P															P	
Purple Demon Sauce			P																		P	
The Derpy McFlurry				P																	P	
The Derpy Chocolate McFlurry				P																	P	
Vanilla Oreo Shake	P	P		P	P																P	
Banana Oreo Shake	P	P		P	P																P	
Strawberry Oreo Shake	P	P		P	P																P	
Chocolate Oreo Shake	P	P		P	P																P	
Vanilla Shake				P																	P	
McGriddles	P	P		P	P																	
Sausage and Egg McGriddles	P	P	P	P	P																	
Sausage McGriddles	P	P	M	P	P																	
Bacon and Egg McGriddles	P	P	P	P	P																	
Green Apple Popping Pearls																					P	
Frozen Lift with Green Apple Popping Pearls																					P	
Frozen L&P®																					P	
Frozen L&P® McFloat®				P																	P	
Frozen L&P® Chocolate McFloat®				P																	P	
Frozen Lift®																					P	

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

Limited Time Offers

Korean Sticky BBQ Dipping Sauce

KOREAN BBQ DIPPING SAUCE: Water, Invert Sugar Syrup, Sugar, White Vinegar, Brown Sugar, Tomato Paste, Chilli, Thickeners (1422, 415), Molasses, Dehydrated Vegetables, Salt, Caramelised Sugar Syrup, Rochester Sauce Powder, Preservative (202).

	Korean Sticky BBQ Dipping Sauce	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	192	768
Energy (Cal)	46	184
Protein (g)	0.2	0.8
Fat, total (g)	0.1	0.4
Saturated Fat (g)	0.0	0
Carbohydrate (g)	11.0	44
Sugars (g)	9.8	39.2
Sodium (mg)	139	556

Dunked Korean Sticky BBQ McCrispy

POTATO BUN: **Wheat** Flour (Vitamin (Folate)), Water, Potato Flakes (Potatoes, Emulsifier (471), Preservative (223 **Sulphites**)), Sugar, Improvers (Pregelatinised **Wheat** Flour, **Wheat** Flour, **Wheat** Gluten, Canola Oil, **Wheat** Malt Flour, Antioxidant (300), Enzymes (**Wheat**)), Canola Oil, **Wheat** Gluten, Iodised Salt, Glaze (Water, Vegetable Protein, Canola Oil, Maltodextrin, Dextrose, Maize Starch), Yeast, Emulsifiers (472e, 471), Natural Flavours (**Sulphites**), Preservative (262), **Sesame** Seeds.

MCCRISPY CHICKEN PATTY: Chicken, Flour (**Wheat**, Rice, Corn), Water, Breadcrumb (**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), Spice and Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs and Herb Extract (Lovage Leaf, Sage, Rosemary), Raising Agent (500ii), Stabiliser (415).

MCCRISPY SAUCE: Water, Vegetable Oil, Vinegar, Glucose Syrup, **Egg** Yolk, Thickener (1442), Sugar, Salt, Dijon Mustard (Acidity Regulators (330, 334)), Vegetable Gum (415), Yeast Extract, Emulsifier (435), Preservative (202), Food Acid (270), Antioxidant (385), Spice Extract.

KOREAN BBQ SAUCE: Water, Sugar, Vinegar, Brown Sugar, Tomato Paste, Chilli Puree, Thickeners (1422, 415), Molasses, Dehydrated Vegetables, Salt, Spice, Caramelised Sugar Syrup, Rochester Sauce Powder, Preservative (202).

SHREDDED LETTUCE: Iceberg Lettuce.

Contains: Gluten, Wheat, Egg, Sulphites, Sesame.

POTATO BUN is made on equipment that also produces products containing Milk.

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

	Dunked Korean Sticky BBQ McCrispy	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2110	807
Energy (Cal)	545	209
Protein (g)	23.9	9.2
Fat, total (g)	13.3	5.1
Saturated Fat (g)	1.8	0.7
Carbohydrate (g)	70.3	26.9
Sugars (g)	18.0	6.9
Sodium (mg)	1263	484

Dunked Korean Sticky BBQ McSpicy

SPICY THIGH FILLET: Chicken, Water, **Wheat** Flour, Vegetable Oil (Canola), Thickener (1412, 1442), Salt, Yeast Extract, Natural Flavours, Spices and Spice Extracts (Rosemary), Vegetable Powder, Emulsifier (450, 322), Raising Agent (500), Antioxidant (392), Natural Colour (160c), Mineral Salt (450), Anti-caking Agent (551), **Wheat** Gluten, Hydrolysed Vegetable Protein, Rice Starch, Maltodextrin, Citrus Extract.

QUARTER BUN: **Wheat** Flour (Vitamin (Folate)), Water, Sugar, Canola Oil, Glaze (Water, Vegetable Protein, Sunflower Oil, Dextrose, Maltodextrin, Maize Starch), **Sesame** Seeds, Yeast (Yeast, Water, Thickener (415)), Iodised Salt, Improver (**Wheat** Flour, **Wheat** Malt Flour, Antioxidant (300), Enzymes (Contains **Wheat**)), Preservative (262), Natural Flavour, Thickener (412), **Wheat** Gluten, Emulsifier (472e, 471), Inactive Dry Yeast.

MCCHICKEN SAUCE: Water, Canola Oil, Vinegar, Glucose Syrup, Thickeners (1442, 415), Sugar, **Egg** Yolk Powder, Salt, Mustard Flour, Emulsifier (433), Preservative (202), Acidity Regulator (270).

KOREAN BBQ SAUCE: Water, Sugar, Vinegar, Brown Sugar, Tomato Paste, Chilli Puree, Thickeners (1422, 415), Molasses, Dehydrated Vegetables, Salt, Spice, Caramelised Sugar Syrup, Rochester Sauce Powder, Preservative (202).

SHREDDED LETTUCE: Iceberg Lettuce.

Contains: Gluten, Wheat, Egg, Sesame.

POTATO BUN is made on equipment that also produces products containing Milk.

SPICY THIGH FILLET is cooked in a McDonald's Vegetable Oil blend and may be cooked using the same equipment as products containing Gluten, Wheat, Egg, Milk, Soy.

	Dunked Korean Sticky BBQ McSpicy	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2780	1000
Energy (Cal)	667	240
Protein (g)	30.8	11.1
Fat, total (g)	26.0	9.4
Saturated Fat (g)	3.8	1.4
Carbohydrate (g)	75.7	27.3
Sugars (g)	21.2	7.6
Sodium (mg)	1759	634

Purple Cajun Sauce

Vegetable Oil (Includes Antioxidant (307)), Water, Sugar, Vinegar, Salad Mustard (Water, Vinegar, Mustard, Spices, Salt, Spice Extract), **Egg** Yolk, Thickeners (1442, 415), Honey, Colours (163, 171, 133), Cajun Blend (Dehydrated Vegetables, Herbs, Spices), Salt, Lemon Juice Concentrate, Preservative (202).

Contains: Egg.

	Purple Cajun Sauce	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	521	2150
Energy (Cal)	125	515
Protein (g)	0.2	0.8
Fat, total (g)	12.8	52.9
Saturated Fat (g)	0.8	3.5
Carbohydrate (g)	2.6	10.8
Sugars (g)	1.8	7.5
Sodium (mg)	108	444

The Derpy McFlurry

SUNDAE MIX: Skim **Milk**, Sugar, Cream (**Milk**, **Milk** Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.

OR: Reconstituted Skim **Milk**, Sugar, Cream (**Milk**, Maltodextrin, Glucose, Natural Flavours (**Milk**), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.

PURPLE BROWN SUGAR FLAVOURED PEARLS: Ingredients: Glucose Syrup, Water, Modified Starch, Sugar, Sodium Citrate, Flavour, Guar Gum, Citric Acid, Xanthan Gum, Amaranth, Brilliant Blue FCF.

BROWN SUGAR FLAVOURED TOPPING: Ingredients: Sugar, Water, Thickeners (1442, 415), Natural Flavouring, Salt, Food Acid (330), Preservative (202), Colours (171, 129, 133).

Contains: Milk.

	The Derpy McFlurry	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1770	768
Energy (Cal)	424	184
Protein (g)	5.9	2.6
Fat, total (g)	6.3	2.7
Saturated Fat (g)	4.4	1.9
Carbohydrate (g)	84.4	36.6
Sugars (g)	60.9	26.4
Sodium (mg)	318	138

The Derpy Chocolate McFlurry		The Derpy Chocolate McFlurry					
		Avg Qty / Serve		Avg Qty / 100g			
CHOCOLATE SUNDAE MIX: Reconstituted Skim Milk (Milk) , Sugar, Cream (Milk), Cocoa Powder, Glucose Syrup, Natural Flavours (Milk), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.		Energy (kJ)	1730	752			
PURPLE BROWN SUGAR FLAVOURED PEARLS: Ingredients: Glucose Syrup, Water, Modified Starch, Sugar, Sodium Citrate, Flavour, Guar Gum, Citric Acid, Xanthan Gum, Amaranth, Brilliant Blue FCF.		Energy (Cal)	415	180			
BROWN SUGAR FLAVOURED TOPPING: Ingredients: Sugar, Water, Thickeners (1442, 415), Natural Flavouring, Salt, Food Acid (330), Preservative (202), Colours (171, 129, 133).		Protein (g)	6.7	2.9			
Contains: Milk.		Fat, total (g)	6.1	2.7			
		Saturated Fat (g)	4.3	1.9			
		Carbohydrate (g)	81.3	35.3			
		Sugars (g)	59.5	25.8			
		Sodium (mg)	318	138			
Vanilla Oreo Shake		Medium		Large			
		Avg Qty / Serve		Avg Qty / 100mL			
SHAKE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.		Energy (kJ)	2310	697	2660	673	
OR: Reconstituted Skim Milk , Cream (Milk), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (Milk), Vegetable Gums (412, 407, 466).		Energy (Cal)	551	166	636	161	
VANILLA FLAVOURED SHAKE SYRUP: Water, Sugar, Invert Sugar Syrup, Glucose Syrup, Burnt Sugar Syrup, Natural Flavour, Preservative (202), Acidity Regulator (330).		Protein (g)	10.6	3.2	12.6	3.2	
OREO COOKIE PIECES: Wheat Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.		Fat, total (g)	16.8	5.1	19.0	4.8	
OR: Wheat Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.		Saturated Fat (g)	10.6	3.2	12.1	3.1	
Contains: Milk, Wheat, Gluten, Soy.		Carbohydrate (g)	88.4	26.7	102.7	26.0	
		Sugars (g)	71.8	21.7	84.8	21.4	
		Sodium (mg)	272	82	293	74	
Banana Oreo Shake		Medium		Large			
		Avg Qty / Serve		Avg Qty / 100mL			
SHAKE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.		Energy (kJ)	2290	691	2638	667	
OR: Reconstituted Skim Milk , Cream (Milk), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (Milk), Vegetable Gums (412, 407, 466).		Energy (Cal)	546	165	630	159	
BANANA FLAVOURED SHAKE SYRUP: Water, Sugar, Glucose Syrup, Invert Sugar Syrup, Natural Colour (160a), Acidity Regulator (330), Natural Flavour, Preservative (202).		Protein (g)	10.6	3.2	12.6	3.2	
OREO COOKIE PIECES: Wheat Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.		Fat, total (g)	16.9	5.1	19.0	4.8	
OR: Wheat Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.		Saturated Fat (g)	10.6	3.2	12.1	3.1	
Contains: Milk, Wheat, Gluten, Soy.		Carbohydrate (g)	87.1	26.3	101.2	25.6	
		Sugars (g)	70.0	21.1	82.6	20.9	
		Sodium (mg)	272	82	294	74	
Strawberry Oreo Shake		Medium		Large			
		Avg Qty / Serve		Avg Qty / 100mL			
SHAKE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.		Energy (kJ)	2330	702	2680	678	
OR: Reconstituted Skim Milk , Cream (Milk), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (Milk), Vegetable Gums (412, 407, 466).		Energy (Cal)	556	168	641	162	
STRAWBERRY FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Water, Glucose Syrup (Contains Sulphur Dioxide (220)), Sugar, Strawberry Juice Concentrate, Acidity Regulator (330), Preservative (211), Humectant (1520), Colours (129, 110, 133), Flavour.		Protein (g)	10.6	3.2	12.6	3.2	
OREO COOKIE PIECES: Wheat Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.		Fat, total (g)	16.8	5.1	19.0	4.8	
OR: Wheat Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.		Saturated Fat (g)	10.6	3.2	12.1	3.1	
Contains: Milk, Wheat, Gluten, Soy.		Carbohydrate (g)	89.7	27.0	104	26.3	
		Sugars (g)	70.9	21.4	83.4	21.1	
		Sodium (mg)	273	82	295	74	
Chocolate Oreo Shake		Medium		Large			
		Avg Qty / Serve		Avg Qty / 100mL			
SHAKE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (Derived From Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.		Energy (kJ)	2450	694	2830	802	
OR: Reconstituted Skim Milk , Cream (Milk), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (Milk), Vegetable Gums (412, 407, 466).		Energy (Cal)	586	166	677	191	
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup (Glucose, Preservative (223)), Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.		Protein (g)	11.9	3.4	14.1	4.0	
OREO COOKIE PIECES: Wheat Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.		Fat, total (g)	18.0	5.1	20.5	5.8	
OR: Wheat Flour (Thiamine, Mononitrate, Riboflavin, Folic Acid, Zinc Oxide, Ferrous Fumarate), Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Non-Iodised Salt, Raising Agents (500, 503), Emulsifier (322- Soy Lecithin), Flavour.		Saturated Fat (g)	11.4	3.2	13.1	3.7	
Contains: Milk, Wheat, Gluten, Soy.		Carbohydrate (g)	92.7	26.2	107.6	30.4	
		Sugars (g)	71.9	20.3	84.6	23.9	
		Sodium (mg)	360	102	401	113	
Vanilla Shake		Small		Medium		Large	
		Avg Qty / Serve		Avg Qty / 100mL		Avg Qty / 100mL	
SHAKE MIX: Skim Milk , Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.		Energy (kJ)	1290	432	1630	546	1990
OR: Reconstituted Skim Milk , Cream (Milk), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (Milk), Vegetable Gums (412, 407, 466).		Energy (Cal)	309	104	391	131	476
VANILLA FLAVOURED SHAKE SYRUP: Water, Sugar, Invert Sugar Syrup, Glucose Syrup, Burnt Sugar Syrup, Natural Flavour, Preservative (202), Acidity Regulator (330).		Protein (g)	7.3	2.4	9.1	3.0	11.0
Contains: Milk.		Fat, total (g)	8.1	2.7	10.1	3.4	12.3
		Saturated Fat (g)	5.8	2.0	7.3	2.4	8.8
		Carbohydrate (g)	51.3	17.2	65.2	21.8	79.5
		Sugars (g)	46.5	15.6	59.2	19.8	72.2
		Sodium (mg)	81	27	101	34	123

McGriddle Cakes w/ Whipped Butter

MCGRIDDLE CAKE: Water, Enriched Bleached Flour (Bleached **Wheat** Flour, Malted **Barley** Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic **Soybean** Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Rice Flour, Whey (**Milk**), Salt, Dry Buttermilk (**Milk**), **Soy** Lecithin, Modified Tapioca Starch, Natural Flavours (**Milk**), Corn Syrup, **Wheat** Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat **Milk**, Molasses, Butter (**Milk**).

WHIPPED BUTTER: Cream (**Milk**), Water, Salt.

Contains: Gluten, Wheat, Milk, Soy.

McGriddle Cakes w/ Whipped Butter		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1420	1280
Energy (Cal)	339	304
Protein (g)	4.4	3.9
Fat, total (g)	16.9	15.2
Saturated Fat (g)	9.9	8.9
Carbohydrate (g)	42.7	38.4
Sugars (g)	15.1	13.6
Sodium (mg)	845	759

Sausage and Egg McGriddle

MCGRIDDLE CAKE: Water, Enriched Bleached Flour (Bleached **Wheat** Flour, Malted **Barley** Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic **Soybean** Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Rice Flour, Whey (**Milk**), Salt, Dry Buttermilk (**Milk**), **Soy** Lecithin, Modified Tapioca Starch, Natural Flavours (**Milk**), Corn Syrup, **Wheat** Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat **Milk**, Molasses, Butter (**Milk**).

EGG: Fresh Shell **Egg**.

SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, Spices, Vegetable Oil (Maize, (Antioxidant 307b)), Antioxidant (321, 320, 310), Spice Extracts (including 160c), Food Acid (330).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

OIL: Canola Oil, Emulsifier (322 - **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

SAUSAGE PATTY may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

EGG may be cooked on the same equipment as products containing Gluten, Wheat, Milk, Soy.

Sausage and Egg McGriddle		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	2100	1020
Energy (Cal)	501	244
Protein (g)	22.2	10.8
Fat, total (g)	26.3	12.8
Saturated Fat (g)	18.6	9.1
Carbohydrate (g)	44.5	21.7
Sugars (g)	16.2	7.9
Sodium (mg)	1201	586

Sausage McGriddle

MCGRIDDLE CAKE: Water, Enriched Bleached Flour (Bleached **Wheat** Flour, Malted **Barley** Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic **Soybean** Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Rice Flour, Whey (**Milk**), Salt, Dry Buttermilk (**Milk**), **Soy** Lecithin, Modified Tapioca Starch, Natural Flavours (**Milk**), Corn Syrup, **Wheat** Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat **Milk**, Molasses, Butter (**Milk**).

SAUSAGE PATTY: Beef, Potato Starch, Salt, Maltodextrin, Dextrose, Herb, Dehydrated Vegetable, Spices, Vegetable Oil (Maize, (Antioxidant 307b)), Antioxidant (321, 320, 310), Spice Extracts (including 160c), Food Acid (330).

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

Contains: Gluten, Wheat, Milk, Soy.

SAUSAGE PATTY may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

Sausage McGriddle		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1750	1135
Energy (Cal)	417	271
Protein (g)	15.3	9.9
Fat, total (g)	20.1	13.1
Saturated Fat (g)	10.7	6.9
Carbohydrate (g)	44.0	28.6
Sugars (g)	15.9	10.3
Sodium (mg)	1128	733

Bacon and Egg McGriddle

MCGRIDDLE CAKE: Water, Enriched Bleached Flour (Bleached **Wheat** Flour, Malted **Barley** Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic **Soybean** Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, **Soybean** Oil, Rice Flour, Whey (**Milk**), Salt, Dry Buttermilk (**Milk**), **Soy** Lecithin, Modified Tapioca Starch, Natural Flavours (**Milk**), Corn Syrup, **Wheat** Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat **Milk**, Molasses, Butter (**Milk**).

EGG: Fresh Shell **Egg**.

CHEESE: **Milk**, Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, **Milk** Solids, Non Fat **Milk** Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains **Soy** Lecithin), Colours (160a).

BACON RASHER: Pork, Water, Salt, Sugar, Emulsifiers (451, 450), Dextrose (Maize, Tapioca), Antioxidants (316, 392), Acidity Regulator (330), Sodium Nitrite (250), Smoked. SPRAY COOKING OIL: Canola Oil, Emulsifier (322 - derived from **Soy**), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).

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

BACON may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.

EGG may be cooked on the same equipment as products containing Gluten, Wheat, Milk, Soy.

Bacon and Egg McGriddle		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1740	973
Energy (Cal)	417	233
Protein (g)	17.5	9.8
Fat, total (g)	19.1	10.7
Saturated Fat (g)	14.7	8.2
Carbohydrate (g)	44.2	24.7
Sugars (g)	16.2	9.0
Sodium (mg)	1193	666

Green Apple Flavoured Popping Pearls

GREEN APPLE POPPING PEARLS: Water, Sugar, Apple Juice Concentrate, Calcium Lactate, Malic Acid, E466, Guar Gum, Apple Flavor, Sodium Alginate, Extractives Of Tumeric, Brilliant Blue FCF (FD&C Blue 1).

Green Apple Flavoured Popping Pearls		
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	135	422
Energy (Cal)	32	101
Protein (g)	0	0.0
Fat, total (g)	0.0	0.0
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	7.9	24.8
Sugars (g)	6.9	21.6
Sodium (mg)	28	87

Frozen Lift® with Green Apple Flavoured Popping Pearls

FROZEN LIFT®: Carbonated Water, Sugar, Food Acid (330), Preservative (211).

GREEN APPLE POPPING PEARLS: Water, Sugar, Apple Juice Concentrate, Calcium Lactate, Malic Acid, E466, Guar Gum, Apple Flavor, Sodium Alginate, Extractives Of Tumeric, Brilliant Blue FCF (FD&C Blue 1).

	Small		Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	545	143	708	136	907	131
Energy (Cal)	130	34	170	32	217	31
Protein (g)	0.0	0.0	0.0	0.0	0.0	0.0
Fat, total (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated Fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrate (g)	33.1	8.7	43.2	8.3	55.5	8.0
Sugars (g)	32.1	8.4	42.2	8.1	54.4	7.9
Sodium (mg)	35	9	38	7	41	6

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

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
14/04/2026	64	NZ LTO Menu_April 2026 (v2)	14/04/2026	15/04/2026	Add: Korean Sticky BBQ Dipping Sauce, Korean BBQ Dunked range
7/04/2026	63	NZ LTO Menu_April 2026	7/04/2026	8/04/2026	Add: Purple Demon Sauce, Derpy McFlurry. Remove: Hot Honey range, Monica's Marinara, Raspberry Custard Pie, McPops, Honeycomb McFlurry
10/03/2026	62	NZ LTO Menu_March 2026	10/03/2026	11/03/2026	Add: Oreo Shake Range; Vanilla Shake; McGriddle Range
10/02/2026	61	NZ LTO Menu_February 2026	11/02/2026	11/02/2026	Add: Monica's Marinara Dipping Sauce, Raspberry Custard Pie
2/12/2025	60	NZ LTO Menu_December 2025	2/12/2025	3/12/2025	Add: Hot Honey Chicken Range, Honeycomb McFlurry, Apple Flavour Popping Pearls, Ranch and Buffalo Sauce; Remove McHappy Cookies.
11/11/2025	59	NZ LTO Menu_November 2025	11/11/2025	12/11/2025	Add: Hot Honey Dipping Sauce
22/10/2025	58	NZ LTO Menu_October 2025	21/10/2025	22/10/2025	Add: McHappy Cookies. Remove: McRib, McDonaldland Shake, Choc Custard Pie, Onion Rings, BBQ Bandit, Cookietime McFlurry
2/09/2025	57	NZ LTO Menu_September 2025	2/09/2025	3/09/2025	Add: McPops; Cookie Time McFlurry. Remove Flake McFlurry.
11/08/2025	56	NZ LTO Menu_August 2025	12/08/2025	13/08/2025	Add: McDonaldland Shake;
9/07/2025	54	NZ LTO Menu_July 2025	9/07/2025	11/07/2025	Remove: Biscoff Shake; Vanilla Shake; Nether Dipping Sauce
27/05/2025	53	NZ LTO Menu_May 2025	27/05/2025	28/05/2025	Add: Biscoff Shake, Vanilla Shake; Remove Delivereasy exclusivity, Shamrock Shake, Hawaiian range, Hot Cross Bun Pie
22/05/2025	52	NZ LTO Menu_May 2025	22/05/2025	23/05/2025	Add: Biscoff McFlurry for Delivery/Easy exclusive
1/04/2025	51	NZ LTO Menu_April 2025	1/04/2025	2/04/2025	Add: Nether Dipping Sauce
11/03/2025	50	NZ LTO Menu_March 2025	11/03/2025	12/03/2025	Add: Shamrock Shake
10/02/2025	49	NZ LTO Menu_February 2025	10/02/2025	12/02/2025	Add: Hawaiian window; Hot Cross Bun Pie; Remove Grimace Shake; Kiwi Burger; Kiwi Angus; Chili Cheese Bites; Flake McFlurry
2/12/2024	48	NZ LTO Menu_December 2024	2/12/2024	4/12/2024	Updated to include Summer Range; Kiwi burgers, chilli cheese bites, frozen L&P, Cadbury Flake McFlurry; removed Crunchie McFlurry.
21/10/2024	47	NZ LTO Menu_October 2024	21/10/2024	23/10/2024	Updated to include Grimace Shake, removed Mozzarella Sticks with Tomato Chilli Jam
29/08/2024	46	NZ LTO Menu_September 2024	29/08/2024	3/09/2024	Updated to include Crunchie McFlurry and Mozzarella Sticks with Tomato Chilli Jam, removed Chicken Big Mac and Sweet Mustard Dipping Sauce, Banana Caramel Pie & McFlurry, QP BBQ Bacon & Crispy Onions
23/07/2024	45	NZ LTO Menu_July 2024	23/07/2024	24/07/2024	Updated to include Chicken Big Mac
29/05/2024	44	NZ LTO Menu_June 2024	29/05/2024	7/06/2024	Updated to include Winter LTO items BBQ & Crispy Onion QP, Sweet Mustard Dipping Sauce, Banana Caramel Pie + McFlurry
10/04/2024	43	NZ LTO Menu_April 2024	10/04/2024	10/04/2024	Remove Kiwi Burger, Kiwi Angus, Kit Kat McFlurry, Chilli Cheese Bites; add Spicy range.
9/02/2024	42	NZ LTO Menu_February 2024	20/02/2024	20/02/2024	Updated to PEAL Legislative requirements