



# **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](http://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](http://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.

<b>Allergen Summary:</b> 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	Pistachio								
<b>Limited Time Offers</b>																							
Purple Demon Sauce			P																	P	P		
The Derpy McFlurry				P																P	P	P	
The Derpy Chocolate McFlurry				P																P	P	P	
Vanilla Oreo Shake	P	P		P	P															P		P	
Banana Oreo Shake	P	P		P	P															P		P	
Strawberry Oreo Shake	P	P		P	P															P		P	
Chocolate Oreo Shake	P	P		P	P															P		P	
Vanilla Shake				P																P		P	
McGriddles	P	P		P	P																		
Sausage and Egg McGriddles	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	P	P	
Frozen L&P® McFloat®				P																P	P	P	
Frozen L&P® Chocolate McFloat®				P																P	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

### 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

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.

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 Chocolate McFlurry	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1730	752
Energy (Cal)	415	180
Protein (g)	6.7	2.9
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

SHAKE MIX: Skim **Milk**, Sugar, Cream (**Milk**), **Milk** Solids, Glucose Syrup (derived from Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.

OR: Reconstituted Skim **Milk**, Cream (**Milk**), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (**Milk**), Vegetable Gums (412, 407, 466).

VANILLA FLAVOURED SHAKE SYRUP: Water, Sugar, Invert Sugar Syrup, Glucose Syrup, Burnt Sugar Syrup, Natural Flavour, Preservative (202), Acidity Regulator (330).

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.

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.

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

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	2310	697	2660	673
Energy (Cal)	551	166	636	161
Protein (g)	10.6	3.2	12.6	3.2
Fat, total (g)	16.8	5.1	19.0	4.8
Saturated Fat (g)	10.6	3.2	12.1	3.1
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

SHAKE MIX: Skim **Milk**, Sugar, Cream (**Milk**), **Milk** Solids, Glucose Syrup (derived from Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.

OR: Reconstituted Skim **Milk**, Cream (**Milk**), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (**Milk**), Vegetable Gums (412, 407, 466).

BANANA FLAVOURED SHAKE SYRUP: Water, Sugar, Glucose Syrup, Invert Sugar Syrup, Natural Colour (160a), Acidity Regulator (330), Natural Flavour, Preservative (202).

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.

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.

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

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	2290	691	2638	667
Energy (Cal)	546	165	630	159
Protein (g)	10.6	3.2	12.6	3.2
Fat, total (g)	16.9	5.1	19.0	4.8
Saturated Fat (g)	10.6	3.2	12.1	3.1
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

SHAKE MIX: Skim **Milk**, Sugar, Cream (**Milk**), **Milk** Solids, Glucose Syrup (derived from Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.

OR: Reconstituted Skim **Milk**, Cream (**Milk**), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours (**Milk**), Vegetable Gums (412, 407, 466).

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.

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.

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.

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

	Medium		Large	
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	2330	702	2680	678
Energy (Cal)	556	168	641	162
Protein (g)	10.6	3.2	12.6	3.2
Fat, total (g)	16.8	5.1	19.0	4.8
Saturated Fat (g)	10.6	3.2	12.1	3.1
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

<b>Chocolate Oreo Shake</b>		<b>Medium</b>		<b>Large</b>			
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL		
SHAKE MIX: Skim <b>Milk</b> , Sugar, Cream ( <b>Milk</b> ), <b>Milk</b> Solids, Glucose Syrup (Derived From Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.							
OR: Reconstituted Skim <b>Milk</b> , Cream ( <b>Milk</b> ), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours ( <b>Milk</b> ), Vegetable Gums (412, 407, 466).							
CHOCOLATE FLAVOURED SHAKE SYRUP: Invert Sugar Syrup, Glucose Syrup [Glucose, Preservative (223)], Water, Cocoa Powder, Salt, Preservative (202), Acidity Regulator (330), Flavours.							
OREO COOKIE PIECES: <b>Wheat</b> Flour, Sugar, Vegetable Oil (Contains Antioxidants (304, 307b, 319)), Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (322- <b>Soy</b> Lecithin), Flavour.							
OR: <b>Wheat</b> 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- <b>Soy</b> Lecithin), Flavour.							
<b>Contains: Milk, Wheat, Gluten, Soy.</b>							
<b>Vanilla Shake</b>		<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
SHAKE MIX: Skim <b>Milk</b> , Sugar, Cream ( <b>Milk</b> ), <b>Milk</b> Solids, Glucose Syrup (derived from Maize), Stabilisers (412, 452, 407, 407a, 466), Flavour.							
OR: Reconstituted Skim <b>Milk</b> , Cream ( <b>Milk</b> ), Sugar, Maltodextrin, Glucose, Emulsifier (471), Natural Flavours ( <b>Milk</b> ), Vegetable Gums (412, 407, 466).							
VANILLA FLAVOURED SHAKE SYRUP: Water, Sugar, Invert Sugar Syrup, Glucose Syrup, Burnt Sugar Syrup, Natural Flavour, Preservative (202), Acidity Regulator (330).							
<b>Contains: Milk.</b>							
<b>McGriddle Cakes w/ Whipped Butter</b>		<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
MCGRIDDLE CAKE: Water, Enriched Bleached Flour (Bleached <b>Wheat</b> Flour, Malted <b>Barley</b> Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic <b>Soybean</b> Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, <b>Soybean</b> Oil, Rice Flour, Whey ( <b>Milk</b> ), Salt, Dry Buttermilk ( <b>Milk</b> ), <b>Soy</b> Lecithin, Modified Tapioca Starch, Natural Flavours ( <b>Milk</b> ), Corn Syrup, <b>Wheat</b> Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat <b>Milk</b> , Molasses, Butter ( <b>Milk</b> ).							
WHIPPED BUTTER: Cream ( <b>Milk</b> ), Water, Salt.							
<b>Contains: Gluten, Wheat, Milk, Soy.</b>							
<b>Sausage and Egg McGriddle</b>		<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
MCGRIDDLE CAKE: Water, Enriched Bleached Flour (Bleached <b>Wheat</b> Flour, Malted <b>Barley</b> Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic <b>Soybean</b> Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, <b>Soybean</b> Oil, Rice Flour, Whey ( <b>Milk</b> ), Salt, Dry Buttermilk ( <b>Milk</b> ), <b>Soy</b> Lecithin, Modified Tapioca Starch, Natural Flavours ( <b>Milk</b> ), Corn Syrup, <b>Wheat</b> Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat <b>Milk</b> , Molasses, Butter ( <b>Milk</b> ).							
EGG: Fresh Shell <b>Egg</b> .							
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: <b>Milk</b> , Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, <b>Milk</b> Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains <b>Soy</b> Lecithin), Colours (160a).							
OIL: Canola Oil, Emulsifier (322 - <b>Soy</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).							
<b>Contains: Gluten, Wheat, Egg, Milk, Soy.</b>							
<b>SAUSAGE PATTY may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>							
<b>EGG may be cooked on the same equipment as products containing Gluten, Wheat, Milk, Soy.</b>							
<b>Sausage McGriddle</b>		<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
MCGRIDDLE CAKE: Water, Enriched Bleached Flour (Bleached <b>Wheat</b> Flour, Malted <b>Barley</b> Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic <b>Soybean</b> Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, <b>Soybean</b> Oil, Rice Flour, Whey ( <b>Milk</b> ), Salt, Dry Buttermilk ( <b>Milk</b> ), <b>Soy</b> Lecithin, Modified Tapioca Starch, Natural Flavours ( <b>Milk</b> ), Corn Syrup, <b>Wheat</b> Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat <b>Milk</b> , Molasses, Butter ( <b>Milk</b> ).							
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: <b>Milk</b> , Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, <b>Milk</b> Solids, Non Fat <b>Milk</b> Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains <b>Soy</b> Lecithin), Colours (160a).							
<b>Contains: Gluten, Wheat, Milk, Soy.</b>							
<b>SAUSAGE PATTY may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>							
<b>Bacon and Egg McGriddle</b>		<b>Small</b>		<b>Medium</b>		<b>Large</b>	
		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL
MCGRIDDLE CAKE: Water, Enriched Bleached Flour (Bleached <b>Wheat</b> Flour, Malted <b>Barley</b> Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Palm Oil, Vegetable Oil (Canola Oil, High Oleic <b>Soybean</b> Oil, and/or High Oleic Canola Oil), Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), Brown Sugar, <b>Soybean</b> Oil, Rice Flour, Whey ( <b>Milk</b> ), Salt, Dry Buttermilk ( <b>Milk</b> ), <b>Soy</b> Lecithin, Modified Tapioca Starch, Natural Flavours ( <b>Milk</b> ), Corn Syrup, <b>Wheat</b> Flour, Modified Corn Starch, Natural Caramel Colour, Non-Fat <b>Milk</b> , Molasses, Butter ( <b>Milk</b> ).							
EGG: Fresh Shell <b>Egg</b> .							
CHEESE: <b>Milk</b> , Salt, Starter Cultures, Enzyme (Rennet - Calves &/or Vegetarian)], Water, <b>Milk</b> Solids, Non Fat <b>Milk</b> Solids, Emulsifiers (331, 332), Cheese Flavour, Salt, Acidity Regulators (260, 330), Emulsifier (322 contains <b>Soy</b> 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 <b>Soy</b> ), Natural Flavour, Natural Colour (160a), Acidity Regulator (330).							
<b>Contains: Gluten, Wheat, Egg, Milk, Soy.</b>							
<b>BACON may be cooked on the same equipment as Egg or products containing Gluten, Wheat, Milk, Soy.</b>							
<b>EGG may be cooked on the same equipment as products containing Gluten, Wheat, Milk, Soy.</b>							

<b>Green Apple Flavoured Popping Pearls</b>	<b>Green Apple Flavoured Popping Pearls</b>					
	Avg Qty / Serve		Avg Qty / 100g		Avg Qty / 100g	
GREEN APPLE POPPING PEARLS: Water, Sugar, Apple Juice Concentrate, Calcium Lactate, Malic Acid, E466, Guar Gum, Apple Flavor, Sodium Alginate, Extractives Of Turmeric, Brilliant Blue FCF (FD&C Blue 1).	Energy (kJ)	135	422	Energy (kJ)	135	422
	Energy (Cal)	32	101	Energy (Cal)	32	101
	Protein (g)	0	0.0	Protein (g)	0	0.0
	Fat, total (g)	0.0	0.0	Fat, total (g)	0.0	0.0
	Saturated Fat (g)	0.0	0.0	Saturated Fat (g)	0.0	0.0
	Carbohydrate (g)	7.9	24.8	Carbohydrate (g)	7.9	24.8
	Sugars (g)	6.9	21.6	Sugars (g)	6.9	21.6
	Sodium (mg)	28	87	Sodium (mg)	28	87

  

<b>Frozen Lift® with Green Apple Flavoured Popping Pearls</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
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 Turmeric, Brilliant Blue FCF (FD&C Blue 1).	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

  

<b>Frozen L&amp;P®</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
FROZEN L&P®: Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211).	Energy (kJ)	386	105	540	105	727	105
	Energy (Cal)	92	25	129	25	174	25
	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)	23.8	6.5	33.3	6.5	44.9	6.5
	Sugars (g)	23.8	6.5	33.3	6.5	44.9	6.5
	Sodium (mg)	41	11	57	11	77	11

  

<b>Frozen L&amp;P® McFloat®</b>	<b>Medium</b>		<b>Large</b>		
	Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	Avg Qty / 100g	
FROZEN L&P®: Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211). VANILLA SUNDAE MIX: Skim <b>Milk</b> , Sugar, Cream ( <b>Milk</b> ), <b>Milk</b> Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour. OR: Reconstituted Skim <b>Milk</b> , Sugar, Cream ( <b>Milk</b> ), Maltodextrin, Glucose, Natural Flavours ( <b>Milk</b> ), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.	Energy (kJ)	1030	295	1240	228
	Energy (Cal)	246	70	296	54
	Protein (g)	4.9	1.4	4.9	0.9
	Fat, total (g)	5.3	1.5	5.3	1.0
	Saturated Fat (g)	3.4	1.0	3.9	0.7
	Carbohydrate (g)	43.7	12.5	56.4	10.4
	Sugars (g)	39.6	11.4	52.2	9.6
	Sodium (mg)	289	83	311	57

**Contains: Milk.**

  

<b>Frozen L&amp;P® Chocolate McFloat®</b>	<b>Medium</b>		<b>Large</b>		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
FROZEN L&P®: Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211). CHOCOLATE SUNDAE MIX: Reconstituted Skim <b>Milk (Milk)</b> , Sugar, Cream ( <b>Milk</b> ), Cocoa Powder, Glucose Syrup, Natural Flavours ( <b>Milk</b> ), Emulsifier (471), Vegetable Gums (412, 407, 466), Natural Colours (160b, 120, 141), Salt.	Energy (kJ)	990	284	1200	221
	Energy (Cal)	237	68	287	53
	Protein (g)	5.6	1.6	5.6	1.0
	Fat, total (g)	5.1	1.5	5.1	0.9
	Saturated Fat (g)	3.4	1.0	3.9	0.7
	Carbohydrate (g)	41.2	11.8	53.8	9.9
	Sugars (g)	38.7	11.1	51.4	9.5
	Sodium (mg)	77	22	99	18

**Contains: Milk.**

  

<b>Frozen Lift®</b>	<b>Small</b>		<b>Medium</b>		<b>Large</b>		
	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	
FROZEN LIFT®: Carbonated Water, Sugar, Food Acid (330), Preservative (211).	Energy (kJ)	431	117	603	117	813	117
	Energy (Cal)	103	28	144	28	194	28
	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)	25.3	7.2	35.5	7.2	47.8	7.2
	Sugars (g)	25.3	7.2	35.5	7.2	47.8	7.2
	Sodium (mg)	7	2	9	2	12	2

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
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	10/02/2026	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; Chilli 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