

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

Information correct as at December 2025

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)

Issue: December 2025 Revision: 60 File:QAM-059 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.																						
Limited Time Offers	Gluten	Wheat	Egg	Milk	Soy	Sesame	Peanut		Brazil Nut Cashew		Wacadamia Wacadamia	Pecan	Pine Nut Pistachio	Walnut	Fish	Crustacea	Molluscs	Sulphites	Lupin	Added Preservative	Artificial Colour	Artificial Flavour
												_	-	_			1					
Hot Honey McCrispy Burger	P	P	Р .	M	M	P						-						P		P		
Hot Honey McCrispy Deluxe Burger Hot Honey McSpicy Burger	Р	Р	Р	Р	M	Р						_						Р		Р		
												_										
Honeycomb McFlurry (Vanilla SS)												-		ļ								
Honeycomb McFlurry (Choc SS)												_										
Green Apple Popping Pearls												-		ļ								
Frozen Lift with Green Apple Popping Pearls												_										
Hot Honey Dipping Sauce Ranch												_								Р		
Buffalo												-		ļ								
Biscoff McPop	D			_				M		M												
Berry McPop	P -	P	Р -	P -	M	M						M	M	M								
Choc McPop	Р.	P	P	P	M	M		M	M			M	M	M								
	Р	Р	Р	Р	Р	M		M	M	M		М	M	М						_		
Frozen L&P®																				P	P	Р
Frozen L&P® McFloat®				P									1							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

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Limited Time Offers

Hot Honey McCrispy Burger

POTATO BUN: Wheat Flour (Vitamin (Folate)), Water, Potato Flakes (Potatoes, Emulsifier (471), Preservative (223 Sulphites)), Sugar, Improvers (Pregelatinised 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, Com), Water, Breadcrumb [Wheat Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil)], Vegetable Oil (Canola, Sunflower), Starch (Potato, Com), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, Wheat Gluten, Food Acid (330), Spice & Spice Extracts (Black Pepper, White Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemany), Raising Agent (500ii), Stabiliser (415).

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

HOT HONEY SAUCE: Sugar, Water, Honey, Vinegar, Thickeners (1422, 415), Chilli, Natural Flavours, Salt, Garlic, Burnt Sugar Syrup, Yeast Extract, Preservative (202), Lemon Juice Concentrate.

SHREDDED LETTUCE: Iceburg 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.

404	Honey	McCrispy	Daluva	Rurger
10t	попеч	MCCrisby	Deluxe	buraer

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, Com), Water, Breadcrumb [Wheat Flour, Sugar, Baker's Yeast, Salt, Shortening (Non Hydrogenated Rice Bran Oil)], Vegetable Oil (Canola, Sunflower), Starch (Potato, Com), Salt, Vegetable Powders (Garlic, Onion, Mushroom Extract), Natural Flavouring, Wheat Gluten, Food Acid (330), Spice & Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & Herb Extract (Lovage Leaf, Sage, Rosemany), 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.

HOT HONEY SAUCE: Sugar, Water, Honey, Vinegar, Thickeners (1422, 415), Chilli, Natural Flavours, Salt, Garlic, Burnt Sugar Syrup, Yeast Extract, Preservative (202), Lemon Juice Concentrate.

SHREDDED LETTUCE: Iceburg Lettuce.

TOMATO: Tomato

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

Contains: Gluten, Wheat, Egg, Milk, 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.

Hot Honey McSpicy Burger

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.

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.

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).

HOT HONEY SAUCE: Sugar, Water, Honey, Vinegar, Thickeners (1422, 415), Chilli, Natural Flavours, Salt, Garlic, Burnt Sugar Syrup, Yeast Extract, Preservative (202), Lemon Juice Concentrate.

HOT HONEY SAUCE: Sugar, Water, Hor SHREDDED LETTUCE: Iceburg Lettuce.

Contains: Gluten, Wheat, Eqq. 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.

Honevcomb McFlurry (Vanilla SS)

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.

HONEYCOMB SAUCE: Sugar, Water, Thickeners (1442, 415), Natural Flavouring, Acidity Regulators (270, 327, 330), Stabilisers (170, 341), Colour (150a), Preservative (202), Salt. HOKEYPOKEY TOPPING: Sugar, Glucose, Hydrogenated Palm Kernel Oil, Water, Sodium Bicarbonate (Sodium Hydrogen Carbonate), Beef Gelatine, Salt.

Contains: Milk.

HOKEYPOKEY TOPPING is produced in the same facility as products containing: Milk, Gluten, Soy.

Honeycomb McFlurry (Chocolate SS)

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.

HONEYCOMB SAUCE: Sugar, Water, Thickeners (1442, 415), Natural Flavouring, Acidity Regulators (270, 327, 330), Stabilisers (170, 341), Colour (150a), Preservative (202), Salt.

HOKEYPOKEY TOPPING: Sugar, Glucose, Hydrogenated Palm Kernel Oil, Water, Sodium Bicarbonate (Sodium Hydrogen Carbonate), Beef Gelatine, Salt.

Contains: Milk

HOKEYPOKEY TOPPING is produced in the same facility as products containing: Milk, Gluten, Soy.

	Hot Honey McCrispy Burger					
	Avg Qty / Serve	Avg Qty / 100g				
Energy (kJ)	2060	823				
Energy (Cal)	534	214				
Protein (g)	24.1	9.6				
Fat, total (g)	13.3	5.3				
Saturated Fat (g)	1.8	0.7				
Carbohydrate (g)	67.9	27.1				
Sugars (g)	15.9	6.3				
Sodium (mg)	1157	463				

	Hot Honey McCrispy Deluxe Burg					
	Avg Qty / Serve	Avg Qty / 100g				
Energy (kJ)	2420	828				
Energy (Cal)	620	212				
Protein (g)	28.8	9.9				
Fat, total (g)	20.4	7.0				
Saturated Fat (g)	6.5	2.2				
Carbohydrate (g)	68.7	23.5				
Sugars (g)	16.3	5.6				
Sodium (mg)	1311	449				

	Hot Honey McSpicy Burger				
	Avg Qty / Serve	Avg Qty / 100g			
Energy (kJ)	2660	1040			
Energy (Cal)	638	249			
Protein (g)	30.9	12.1			
Fat, total (g)	26.0	10.2			
Saturated Fat (g)	3.8	1.5			
Carbohydrate (g)	69.0	26.9			
Sugars (g)	15.2	5.9			
Sodium (mg)	1597	623			

	Honeycomb McFlurry (Vanilla SS					
	Avg Qty / Serve	Avg Qty / 100g				
Energy (kJ)	1550	773				
Energy (Cal)	370	185				
Protein (g)	5.7	2.8				
Fat, total (g)	7.0	3.5				
Saturated Fat (g)	5.1	2.5				
Carbohydrate (g)	69.8	34.8				
Sugars (g)	61.1	30.5				
Sodium (mg)	402	201				

	Honeycomb McFlurry (Chocolate S				
	Avg Qty / Serve	Avg Qty / 100g			
Energy (kJ)	1510	754			
Energy (Cal)	362	181			
Protein (g)	6.4	3.2			
Fat, total (g)	6.8	3.4			
Saturated Fat (g)	5.0	2.5			
Carbohydrate (g)	66.9	33.4			
Sugars (g)	60.2	30.1			
Sodium (mg)	162	81			

Green Apple Flavoured Popping Pearls							avoured Popping earls
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).						Avg Qty / Serve	
					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) Sodium (mg)	6.9 28	21.6 87
					Sodium (mg)	20	87
Frozen Lift® with Green Apple Flavoured Popping Pearls		9	mall	Me	edium	la	rge
FROZEN LIFT®: Carbonated Water, Sugar, Food Acid (330), Preservative (211).	Energy (kJ)	Avg Qty / Serve 545	Avg Qty / 100mL 143	Avg Qty / Serve 708	Avg Qty / 100mL 136	Avg Qty / Serve 907	Avg Qty / 100ml
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).	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
Hot Honey Dipping Sauce						-	Dipping Sauce
HOT HONEY SAUCE: Sugar, Water, Honey, Vinegar, Thickeners (1422, 415), Chilli, Natural Flavours, Salt, Garlic, Burnt Sugar Syrup, Yeast Extract, Preservative (202), Lemon Juice Concentrate.						Avg Qty / Serve	
					Energy (kJ)	290	929
					Energy (Cal) Protein (g)	69 0.2	222 0.5
					Fat, total (g)	0.2	0.5
					Saturated Fat (g)	0.0	0.0
					Carbohydrate (g)	17.0	54.3
					Sugars (g)	15.8	50.6
					Sodium (mg)	113	363
Biscoff McPop						Biscoff	f McPop
Wheat Flour, Biscoff Filling (Biscuit (Wheat Flour, Sugar, Palm Oil, Rapeseed Oil, Sugar Syrup, Raising Agent (500), Soy Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (322 Soy), Acidity Regulator (330)), Palm Oil, Egg, Dextrose, Sugar, Butt	ter Concentrate (Milk), Rapeseed Oil,	Yeast, Wheat Star	ch, lodised Salt			Avg Qty / Serve	Avg Qty / 100g
(Salt, Potassium Iodate), Emulsifier (471), Palm Kernel Fat, Natural Flavourings (Milk), Gluten, Antioxidant (307b), Flour Treatment Agent (300).					Energy (kJ)	543	2170
					Energy (Cal)	130 1.6	519 6.2
Contains: Gluten, Wheat, Egg, Milk, Soy.					Protein (g) Fat, total (g)	8.3	33.0
May be present: Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame.					Saturated Fat (g)	3.3	13.0
					Carbohydrate (g)	12.3	49.0
					Sugars (g)	5.3	21.0
					Sodium (mg)	79	316
Parm. MaDan						Power	МсРор
Berry McPop						_	•
Wheat Flour, Red Fruits Filling (Sugar, Raspberry Puree, Sour Cherry Puree, Black Currant Puree, Water, Red Currant Puree, Nordified Starch, Preservatives (200, 202), Thickener (418), Natural Flavouring), Palm Oil, Egg, Dextrose,	, Sugar, Butter (Milk), Rapeseed Oil, Y	east, Pea Starch, Id	odised Salt (Salt,		Energy (kJ)	Avg Qty / Serve 440	1760
Potassium Iodate), Palm Fat, Beetroot Concentrate, Emulsifier (471), Gluten, Natural Flavouring (Milk), Flour Treatment Agent (300), Apple Concentrate, Radish Concentrate, Blackcurrant Concentrate, Acidity Regulator (330), Antioxidant (300).					Energy (Cal)	105	420
Contains: Gluten, Wheat, Egg, Milk.					Protein (g)	1.4	5.5
May be present Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame, Soy.					Fat, total (g)	6.0	24.0
					Saturated Fat (g)	2.8	11.0
					Carbohydrate (g) Sugars (g)	11.3 5.3	45 21
					Sodium (mg)	5.3	66
							1
Choc McPop						Choc	МсРор
Wheat Flour, Chocolate Filling (Sugar, Sunflower Oil, Olive Oil, Chocolate (Sugar, Fat Reduced Cocoa Powder, Cocoa Paste), Dextrose, Emulsifier (322 Soy), Natural Flavouring (Vanilla)), Palm Oil, Egg, Glucose, Sugar, Butter Concentrate (Milk), R.	apeseed Oil, Yeast, Wheat Starch, Fai	Reduced Cocoa F	Powder Cocoa			Avg Oty / Serve	Avg Qty / 100g
Thouse it out, on occount it iming tought, out in the control of t	aposoca On, reast, triteat Statell, ra	uccu cocoa r	J. 1361, OUCU		I	9 Qt., , 00146	9 20, , 1009

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May be present: Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesam

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

Powder, Emulsifier (471), lodised Salt (Salt, Potassium Iodate), Coconut Oil, Gluten, Dextrose, Natural Flavouring (Milk), Flour Treatment Agent (300), Glucose Syrup, Milk Protein.

Energy (kJ) Energy (Cal) Protein (g)

Fat, total (g)

Sugars (g)

Saturated Fat (g)

Carbohydrate (g)

128

1.6

8.3

3.0

11.5

6.0

511

6.5

33.0

12.0

46.0

24.0

Frozen L&P®		Sı	nall	Me	dium	La	rge
FROZEN L&P®: Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211).		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100m
	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
Frozen L&P® McFloat®				Me	dium	La	rge
FROZEN L&P®: Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211).				Avg Qty / Serve	Avg Qty / 100g	Avg Qty / Serve	
VANILLA SUNDAE MIX: Skim Milk, Sugar, Cream (Milk), Milk Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Flavour.			Energy (kJ)	1030	295	1240	228
OR:			Energy (Cal)	246	70	296	54
Reconstituted Skim Milk, Sugar, Cream (Milk), Maltodextrin, Glucose, Natural Flavours (Milk), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.			Protein (g)	4.9	1.4	4.9	0.9
			Fat, total (g)	5.3	1.5	5.3	1.0
Contains: Milk.			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
Frozen L&P® Chocolate McFloat®				Me	dium	La	rge
FROZEN L&P®; Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211).				Avg Qty / Serve	Avg Qty / 100mL	Ava Otv / Serve	Avg Qty / 100m
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)	990	284	1200	221
· · · · · · · · · · · · · · · · · · ·			Energy (Cal)	237	68	287	53
Contains: Milk.			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
Frozen Lift®		Sı	mall	Me	dium	La	rge
FROZEN LIFT® Carbonated Water, Sugar, Food Acid (330), Preservative (211),		Avg Qty / Serve	Avg Qty / 100mL	Avg Qty / Serve	Avg Qty / 100mL		Avg Qty / 100m
	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

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 ingrefuled in information is based on supplier, country of origin, region of the country of origin, region of the country of origin, and the season of the supplier information is based on supplier information in the supplier information is based on supplier information in the supplin the supplier information in the supplier information in the sup

Date	Document Number/Revision Number	Document Title	Issued	Upload Date Description
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; 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 DeliveryEasy 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 Chili 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

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