



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

Information correct as at July 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)

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 | Pistachio | | | | | | | | |
| Limited Time Offers | | | | | | | | | | | | | | | | | | | | | | | |
| McRib | P | P | M | M | P | P | | | | | | | | | | | | | P | | P | | |
| BBQ Bandit | P | P | P | P | M | P | | | | | | | | | P | | | | P | | P | | |
| Onion Rings (5 pc) | P | P | M | M | M | | | | | | | | | | | | | | | | | | |
| Choc Custard Pie | P | P | M | P | P | | | | | | | | | | | | | | P | | | | |
| Vanilla Shake | | | | P | | | | | | | | | | | | | | | P | | | | |
| Cadbury® Flake® McFlurry® | M | M | | P | P | | M | M | | | M | | | | | | | | P | | P | | |
| Cadbury® Flake® Chocolate McFlurry® | M | M | | P | P | | M | M | | | M | | | | | | | | P | | 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

McRib

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Cadbury® Flake® McFlurry®

VANILLA SUNDAE MIX: Skim **Milk**, Sugar, Cream (**Milk**), **Milk** Solids, Glucose Syrup (derived from Maize), Maltodextrin, Emulsifiers (471, 477), Stabilisers (412, 407), Natural Like Flavour.
OR:
Reconstituted Skim **Milk**, Sugar, Cream (**Milk**), Maltodextrin, Glucose, Natural Flavours (**Milk**), Emulsifiers (471, 433), Stabilisers (412, 407, 466, 407a), Sucrose.
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322 - **Soy**)), Whole Sweetened Condensed **Milk** (**Milk**, **Milk** Powder, Sugar, Lactose), Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).
CADBURY® DAIRY MILK FLAKE® GARNISH: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours.
CADBURY® DAIRY MILK FLAKE®: Full Cream **Milk**, Sugar, Cocoa Butter, Cocoa Mass, **Milk** Solids, Emulsifiers (**Soy** Lecithin, 476), Flavours.

Contains: Milk, Soy.
CADBURY® DAIRY MILK FLAKE® GARNISH and CADBURY® DAIRY MILK® FLAKE are produced in the same facility as products containing Gluten, Wheat, Peanuts, Tree Nuts (Almonds, Hazelnuts).

| | Cadbury® Flake® McFlurry® | |
|-------------------|---------------------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2130 | 1010 |
| Energy (Cal) | 509 | 241 |
| Protein (g) | 8.6 | 4.1 |
| Fat, total (g) | 17.2 | 8.1 |
| Saturated Fat (g) | 11.7 | 5.5 |
| Carbohydrate (g) | 78.8 | 37.3 |
| Sugars (g) | 65.0 | 30.8 |
| Sodium (mg) | 383 | 181 |

Cadbury® Flake® Chocolate McFlurry®

CHOCOLATE SUNDAE MIX: Reconstituted Skim **Milk** (**Milk**), Sugar, Cream (**Milk**), Cocoa Powder, Glucose, Natural Flavours (**Milk**), Emulsifier (471), Stabilisers (412, 407, 466), Natural Colours (160b, 120, 141), Salt.
HOT FUDGE TOPPING: Sugar, Water, Glucose Corn Syrup, Hydrogenated Palm Kernel Olein (Emulsifier (322 - **Soy**)), Whole Sweetened Condensed **Milk** (**Milk**, **Milk** Powder, Sugar, Lactose), Cocoa Powder, Whole **Milk** Powder, Thickeners (1422, 401), Salt, Stabiliser (339), Flavouring, Preservative (202).
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| | Cadbury® Flake® Chocolate McFlurry® | |
|-------------------|-------------------------------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g |
| Energy (kJ) | 2090 | 989 |
| Energy (Cal) | 499 | 236 |
| Protein (g) | 9.4 | 4.4 |
| Fat, total (g) | 17.0 | 8.0 |
| Saturated Fat (g) | 11.6 | 5.5 |
| Carbohydrate (g) | 75.9 | 35.9 |
| Sugars (g) | 64.1 | 30.3 |
| Sodium (mg) | 143 | 68 |

Frozen L&P®

FROZEN L&P®: Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211).

| | Small | | Medium | | Large | |
|-------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | Avg Qty / Serve | Avg Qty / 100mL | Avg Qty / Serve | Avg Qty / 100mL | Avg Qty / Serve | Avg Qty / 100mL |
| 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®

FROZEN L&P®: Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211).
VANILLA 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.

Contains: Milk.

| | Medium | | Large | |
|-------------------|-----------------|----------------|-----------------|----------------|
| | Avg Qty / Serve | Avg Qty / 100g | Avg Qty / Serve | Avg Qty / 100g |
| 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 |

Frozen L&P® Chocolate McFloat®

FROZEN L&P®: Carbonated Water, Sugar, Food Acid (330), Flavour, Mineral Salts (504, 500), Colour (150d), Preservative (211).
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.

Contains: Milk.

| | Medium | | Large | |
|-------------------|-----------------|-----------------|-----------------|-----------------|
| | Avg Qty / Serve | Avg Qty / 100mL | Avg Qty / Serve | Avg Qty / 100mL |
| 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 |

Frozen Lift®

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

| | Small | | Medium | | Large | |
|-------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| | Avg Qty / Serve | Avg Qty / 100mL | Avg Qty / Serve | Avg Qty / 100mL | Avg Qty / Serve | Avg Qty / 100mL |
| 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 |

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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 |
|------------|---------------------------------|----------------------------|------------|-------------|---|
| 15/07/2025 | 55 | NZ LTO Menu_July 2025 | 15/07/2025 | 16/07/2025 | Add: McRib; BBQ Bandit; Onion Rings; Choc Custard Pie |
| 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 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 |