



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

Information correct as at November 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)

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																							
Hot Honey Dipping Sauce																			P			P	
McHappy Cookies	P	P	M	M	P	M	M	M	M	M	M	M	M	M	M							P	
Biscoff McPop	P	P	P	P	P	M		M	M	M		M	M	M	M								
Berry McPop	P	P	P	P	M	M		M		M	M		M	M	M								
Choc McPop	P	P	P	P	P	M		M		M		M		M	M								
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

Hot Honey 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.

	Hot Honey Dipping Sauce	
	Avg Qty / Serve	Avg Qty / 100mL
Energy (kJ)	290	929
Energy (Cal)	69	222
Protein (g)	0.2	0.5
Fat, total (g)	0.0	0.1
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	17.0	54.3
Sugars (g)	15.8	50.6
Sodium (mg)	113	363

McHappy Cookies

Wheat Flour, Sugar, Vegetable Oil (Antioxidant (E307b From Soy)), Golden Syrup, Wheat Starch, Salt, Baking Powder, Emulsifier (Soy Lecithin), Flavour.

Contains: Gluten, Wheat, Soy.
May be present: Egg, Milk, Sesame, Peanut, Tree Nuts.

	McHappy Cookies	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1130	1890
Energy (Cal)	271	452
Protein (g)	3.1	5.2
Fat, total (g)	8.2	13.7
Saturated Fat (g)	4.0	6.7
Carbohydrate (g)	45.0	75.0
Sugars (g)	16.4	27.3
Sodium (mg)	152	253

Biscoff 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, Butter Concentrate (Milk), Rapeseed Oil, Yeast, Wheat Starch, Iodised Salt (Salt, Potassium Iodate), Emulsifier (471), Palm Kernel Fat, Natural Flavourings (Milk), Gluten, Antioxidant (307b), Flour Treatment Agent (300).

Contains: Gluten, Wheat, Egg, Milk, Soy.
May be present: Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame.

	Biscoff McPop	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	543	2170
Energy (Cal)	130	519
Protein (g)	1.6	6.2
Fat, total (g)	8.3	33.0
Saturated Fat (g)	3.3	13.0
Carbohydrate (g)	12.3	49.0
Sugars (g)	5.3	21.0
Sodium (mg)	79	316

Berry McPop

Wheat Flour, Red Fruits Filling (Sugar, Raspberry Puree, Sour Cherry Puree, Black Currant Puree, Water, Red Currant Puree, Strawberry Puree, Modified Starch, Preservatives (200, 202), Thickener (418), Natural Flavouring), Palm Oil, Egg, Dextrose, Sugar, Butter (Milk), Rapeseed Oil, Yeast, Pea Starch, Iodised Salt (Salt, 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).

Contains: Gluten, Wheat, Egg, Milk.
May be present: Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame, Soy.

	Berry McPop	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	440	1760
Energy (Cal)	105	420
Protein (g)	1.4	5.5
Fat, total (g)	6.0	24.0
Saturated Fat (g)	2.8	11.0
Carbohydrate (g)	11.3	45
Sugars (g)	5.3	21
Sodium (mg)	17	66

Choc McPop

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), Rapeseed Oil, Yeast, Wheat Starch, Fat Reduced Cocoa Powder, Cocoa Powder, Emulsifier (471), Iodised Salt (Salt, Potassium Iodate), Coconut Oil, Gluten, Dextrose, Natural Flavouring (Milk), Flour Treatment Agent (300), Glucose Syrup, Milk Protein.

Contains: Gluten, Wheat, Egg, Milk, Soy.
May be present: Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame.

	Choc McPop	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	534	2140
Energy (Cal)	128	511
Protein (g)	1.6	6.5
Fat, total (g)	8.3	33.0
Saturated Fat (g)	3.0	12.0
Carbohydrate (g)	11.5	46.0
Sugars (g)	6.0	24.0
Sodium (mg)	16	65

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

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
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