



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

Information correct as at February 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	Pistachio									Walnut
Limited Time Offers																								
Monica's Marinara Dipping Sauce																					P			
Raspberry and Custard Twin Filled Pie	P	P		P	P																			
Hot Honey McCrispy Burger	P	P	P	M	M	P																		
Hot Honey McCrispy Deluxe Burger	P	P	P	P	M	P																		
Hot Honey McSpicy Burger	P	P	P	M	M	P																		
Honeycomb McFlurry (Vanilla SS)	M			P	M																		P	
Honeycomb McFlurry (Choc SS)	M			P	M																			P
Green Apple Popping Pearls																								
Frozen Lift with Green Apple Popping Pearls																								P
Hot Honey Dipping Sauce																								P
Biscoff McPop	P	P	P	P	P	M		M	M	M	M	M	M	M	M									
Berry McPop	P	P	P	P	M	M		M	M	M	M	M	M	M	M									
Choc McPop	P	P	P	P	P	M		M	M	M	M	M	M	M	M									
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

Monica's Marinara Dipping Sauce

Water, Tomato Paste, Red Capsicum Puree [Includes Food Acid (260)], Vinegar, Diced Tomato [Includes Firming Agent (509)], Sugar, Thickeners (1422, 415), Glucose Syrup, Dehydrated Vegetables, Salt, Spices, Mustard Seeds, Herb, Preservative (202), Herb Extract, Vegetable Oil, Spice Extract.

	Monica's Marinara Dipping Sauce	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	92	338
Energy (Cal)	22	81
Protein (g)	0.4	1.5
Fat, total (g)	0.1	0.4
Saturated Fat (g)	0.0	0.0
Carbohydrate (g)	4.7	17.2
Sugars (g)	3.1	11.4
Sodium (mg)	186	683

Raspberry and Custard Twin Filled Pie

Water, **Wheat** Flour, Sugar, Margarine (Vegetable Oils and Fats (RSPO Palm Oil, **Soy** Oil), Water, Emulsifiers (471, 322 - **Soy**), Salt, Natural Butter Flavour, Preservative (202), Acidity Regulator (330), Natural Colour (160a), Antioxidant (307b)), Modified Starch (1412, 1442 (Tapioca, Maize), 1422), Raspberries, Full Cream **Milk** Powder, Custard Mix (Thickeners (1442, 407), Dextrose), Whey Powder (**Milk**), Iodised Salt, Dextrose, Raspberry Juice Concentrate, Natural Flavours (**Milk**), Baking Powder (Raising Agents (450, 500), Maize Starch, Mineral Salt (170)), Vegetable Gum (466), Colour (160a).

Contains: Gluten, Wheat, Soy, Milk.
May be present: Sulphites.

	Raspberry and Custard Twin Filled Pie	
	Avg Qty / Serve	Avg Qty / 100g
Energy (kJ)	1090	1280
Energy (Cal)	260	306
Protein (g)	2.1	2.5
Fat, total (g)	13.3	15.7
Saturated Fat (g)	3.5	4.1
Carbohydrate (g)	32.3	38.0
Sugars (g)	10.9	12.8
Sodium (mg)	101	119

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** 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, Breadcrumbs (**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 & Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & 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.

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: 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.

	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 Burger

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, Breadcrumbs (**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 & Spice Extracts (Black Pepper, White Pepper, Chilli, Capsicum), Sugar, Herbs & 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.

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: Iceberg 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 McCrispy Deluxe Burger	
	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

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.

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.

	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)

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 (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 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.

	Honeycomb McFlurry (Chocolate SS)	
	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

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).

	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 Turmeric, 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

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

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		Berry McPop		
		Avg Qty / Serve	Avg Qty / 100g	
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).		Energy (kJ)	440	1760
Contains: Gluten, Wheat, Egg, Milk. May be present: Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame, Soy.		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		Choc McPop		
		Avg Qty / Serve	Avg Qty / 100g	
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.		Energy (kJ)	534	2140
Contains: Gluten, Wheat, Egg, Milk, Soy. May be present: Almond, Cashew, Hazelnut, Pecan, Pistachio, Walnut, Sesame.		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®	Small		Medium		Large	
	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

Frozen L&P® McFloat®	Medium		Large	
	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 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.				
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®	Medium		Large	
	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 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.				
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®	Small		Medium		Large	
	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
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