

Breakfast

Served until 11:00am

	Energy per portion		Vegetarian	Cereals containing gluten											Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin				
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut																						
Bacon & Egg McMuffin®	1404	335		X	X												*	X	X												
Sausage & Egg McMuffin®	1768	423		X	X												*	X	X												
Egg & Cheese McMuffin®	1236	295		X	X												*	X	X												
Double Bacon & Egg McMuffin®	1573	376		X	X												*	X	X												
Double Sausage & Egg McMuffin®	2301	551		X	X												*	X	X												
Pancakes & Syrup	2019	477	V	X																											
Pancakes with Sausage & Syrup	2580	612		X																											
Flahavan's® Porridge Oats (Plain) with Milk	820	194	V	*	*	*	X																								
Hash Brown†	532	127	VE																												
Bacon & Cheese Toastie	933	222		X													*	X	*												
Ham & Cheese Toastie	868	206		X													*	X	*												
Cheese Toastie	1035	247		X													*	X	*												
Breakfast Roll with Brown Sauce	2098	500		X	X	X				X							*	X	X												
Breakfast Roll with Tomato Ketchup	2082	496		X	*	*											*	X	X												
Bacon Roll with Brown Sauce	1414	336		X	X	X			X								*	X	*												
Bacon Roll with Tomato Ketchup	1397	332		X	*	*											*	X	*												
Muffin and Jam	903	214	V	X	X												*	X													

Christmas Food Event

17/11/21 to 4/1/22
Subject to availability.

	Energy per portion		Vegetarian	Cereals containing gluten											Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin					
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut																							
Festive Stack	2901	694		X	*	*											*	X				X										
Festive Crispy Chicken	2875	685		X	*	*											X	X	X			*		X								
Cheese Melt Dippers	1025	246		X														X				*		*								
Cheese Melt Dippers - Sharebox	3074	737		X														X				*		*								
Tangy Tomato Dip - 25ml	175	41	V			X																										
Celebrations® McFlurry®	1469	350	V	X		X	*			X							X	X														
Mini Celebrations® McFlurry®	735	175	V	X		X	*			X							X	X														
Festive Pie	1265	302		X		*												X														

McCafé Drinks

Subject to availability.

	Energy per portion		Vegetarian	Cereals containing gluten											Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin					
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut																							
Hot Chocolate Deluxe	846	201	V													X																
Choco Fudge Latte	REGULAR	766	182	V													X															
	LARGE	950	226	V													X															

Information correct at time of print, November 2021.

V = Suitable for vegetarians. VE = Suitable for vegans. X = Contains indicated allergen. * = May contain traces of indicated allergen (presence cannot be excluded). † Please note our Fries and Hash Browns may be cooked in the same oil as the other vegan products. 0 = Zero amount present. \$ = Does not include optional condiments. † = At participating stores only - see mcdonalds.ie/mcplant. We are currently operating a reduced menu. Some items are not currently available and some ingredients may not be available during this period. Some menu items may not be available in all restaurants; test products, test formulations or regional items have not been included. While the ingredient information is based on standard product formulations, variations may occur. This listing is updated regularly in an attempt to reflect the current status of our products and may vary from other printed materials in the restaurant. All information on this leaflet applies to Ireland only and is subject to change without notice. Please check www.mcdonalds.ie for the most up-to-date information.



We only use 100% Irish Beef.
Oh, and a pinch of salt and pepper.



We only use 100% Irish milk for our teas, coffees and Happy Meal® milk bottles



We only use 100% chicken breast meat.
Across our whole range.

We also shell out for over two million eggs every year, from Greenfield Foods in Co. Monaghan.



For more information on the ingredients within our products please visit our website www.mcdonalds.ie/nutrition

Additional Allergen Information

We produce our food in kitchens where allergens are handled by our people, and where equipment and utensils are used for multiple menu items, including those containing allergens. While we try to keep things separate we cannot guarantee any item is allergen free even after ingredients have been removed on request. While there are no nut or peanut ingredients in the products listed on this leaflet we can't guarantee that our food is completely nut or peanut free.

Please note:

- Our French Fries and Hash Browns can be cooked in the same oil as Veggie Dippers.
- Our buns, rolls, tortilla wraps and flatbreads are toasted in the same toaster as buns topped with sesame seeds.

For any further information please contact our Customer Services Team via our website - www.mcdonalds.ie



McDonald's Ireland ALLERGEN

information guide

CHRISTMAS FOOD EVENT 2021
Valid from 17th November 2021 - 4th January 2022

For more information please visit our website and view the menu section www.mcdonalds.ie/nutrition

We are currently operating a reduced menu. Some items are not currently available and some ingredients may not be available during this period.

Main Menu

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Big Mac®	2125	508		x	*	*														x		
Quarter Pounder™ with Cheese	2168	518		x	*	*						x	x							x		
Double Quarter Pounder™ with Cheese	3131	750		x	*	*						x	x							x		
Filet-o-Fish®	1379	329		x							*	x	x	x						x		
McChicken® Sandwich †	1627	388		x	*	*					x	*	x [‡]			*				x		
Chicken McNuggets® x 6	1083	259		x	*	*						*					x			*		
Chicken McNuggets® x 9	1625	388		x	*	*						*					x			*		
Chicken McNuggets® x 20 ShareBox	3612	863		x	*	*						*					x			*		
Chicken Legend® - Cool Mayo	2220	529		x	x	x						*	x	x			x			x		
Chicken Legend® - BBQ	2038	484		x	x	x						*	x				x			x		
Chicken Legend® - Hot & Spicy Mayo	2177	519		x	x	x						*	x	x			x			x		
Chicken Selects® x 3	1502	359		x	*	*						*	*				x			*		
Chicken Selects® x 5	2504	599		x	*	*						*					x			*		
Hamburger	1053	250		x	*	*						*	*							x		
Cheeseburger	1262	301		x	*	*						*	x							x		
Double Cheeseburger	1859	445		x	*	*						*	x							x		
Bacon Double Cheeseburger	2070	495		x	*	*						*	x							x		
Triple Cheeseburger	2456	588		x	*	*						*	x							x		
Mayo Chicken	1337	319		x	*	x						*	*	x			*			x		
Bacon Mayo Chicken	1550	370		x	*	x						*	*	x			*			x		
Vegetable Deluxe †	1593	380	V	x	*	*						x	*	x [‡]						x		
Veggie Dippers x 4	1339	321	VE																			
McPlant®^(‡)	1798	429	VE	x	*	*						x	*							x		

[‡] In some of our restaurants our sandwich sauce within our McChicken® Sandwich and Vegetable Deluxe no longer contains egg. A list of those restaurants which use the sauce which does not contain egg can be found at: mcdonalds.ie/mcplant

Please note in all other restaurants our sandwich sauce still contains egg.

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Hamburger	1053	250		x	*	*						*	*							x		
Cheeseburger	1262	301		x	*	*						*	x							x		
Chicken McNuggets® x 4	722	173		x	*	*						*					x			*		
Fish Fingers x 3	813	194		x											x							
Veggie Dippers x 2	670	160	VE																			
Small Fries[†]	990	237	VE																			
Fruit Bag - Apple & Grape	194	46	VE																			
Fruit Bag - Pineapple Stick	155	37	VE																			
Fruit Bag - Melon	73	17	VE																			
Carrot Bag	141	34	VE																			
Cucumber Sticks	52	12	VE																			
Low Fat Irish Milk - 250ml	512	122	V										x									
Robinsons Fruit Shoot	40	10	VE																			
Tropicana® Orange Juice	430	103	VE																			
Bottled Water (still)	0	0	VE																			

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Small	990	237	VE																			
Medium	1410	337	VE																			
Large	1855	444	VE																			

Salads

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Side Salad	77	18	V																			
Crispy Chicken & Bacon Salad	1320	315		x		*											x			x		
Crispy Chicken Salad	1109	265		x		*											x			x		
Grilled Chicken & Bacon Salad	770	183																				
Grilled Chicken Salad	560	133																				
Balsamic Dressing - 30g	96	23	VE																			

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
The Garlic Mayo Chicken One	<i>CRISPY</i>	2009	479		x	*	*										x		x			
	<i>GRILLED</i>	1451	345		x	*	*					*	x	x					x			
The Sweet Chilli Chicken One	<i>CRISPY</i>	1990	474		x	*	*					*	*	x			x		x			
	<i>GRILLED</i>	1432	340		x	*	*					*	*	x					x			
The BBQ & Bacon Chicken One	<i>CRISPY</i>	2098	500		x	*	*					*	*	x			x		x			
	<i>GRILLED</i>	1542	366		x	*	*					*	*	x					x			
The Spicy Veggie One		1532	364	VE	x	*	*					*	*						x			

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Tomato Ketchup	<i>10g</i>	50	12	VE																		
Mayo Dip	<i>20g</i>	511	124	V										x					x			
BBQ Dip	<i>30g</i>	207	49	VE														x		x		
Sweet Curry Dip	<i>30g</i>	213	50	VE																x		
Sweet & Sour Dip	<i>30g</i>	185	44	VE	x		x					x						x				
Smoky BBQ Dip	<i>50g</i>	357	84	V																		
Sweet Chilli Dip	<i>50g</i>	378	89	V																		
Sour Cream & Chive Dip	<i>50g</i>	578	140	V										x	x							
Butter	<i>7g</i>	208	51	V															x			
Strawberry Jam	<i>15g</i>	166	39	V																		
Pancake Syrup	<i>40g</i>	560	132	V																		

	Energy per portion		Vegetarian	Cereals containing gluten																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Millionaire's Donut	1041	250	V	x							*						x	x				
Chocolate Brownie	1318	316	V	x			*				x						x	x				
Mixed Berry Muffin	1255	298	V	x			x				*						x	x				
Triple Chocolate Cookie	1342	320	V	x			*				x						x	x				
Sugar Donut	813	195	V	x			*				x					*	x					
Hot Apple Pie	1016	243	x			*					*											
Ice Cream Cone	596	142	V	x							x						x					
Ice Cream Cone with a Cadbury 99 Flake	777	185	V	x							x						x					
McFlurry® Maltesers®	1118	266	V	x		x	*				x						x					
McFlurry® Smarties®	1148	273	V	x		x					*						x					
McFlurry® Oreo®	1086	258	V	x		x					x						x					
Mini McFlurry® Maltesers®	559	133	V	x		x	*				x						x					
Mini McFlurry® Smarties®	574	137	V	x		x					*						x					
Mini McFlurry® Oreo®	543	129	V	x							x						x					

© 2025 McDonald's. All rights reserved.

Drinks

	Energy per portion		Vegetarian	Cereals containing gluten										
	kJ	kcal												