





**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.**

### 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 cannot guarantee that our food is completely nut or peanut free.

#### Please note:

- Our buns, rolls and tortilla wraps are toasted in the same toaster as buns topped with sesame seeds.
- Due to the handling of cheese we cannot guarantee our products do not contain traces of milk, including where a request has been made to remove cheese from an order.
- Our Fries and Hash Browns are cooked in the same oil as Veggie Dippers.
- Delivery orders: we also cannot guarantee your meal will not come into contact with other allergens during delivery. Couriers may transport other McDonald's orders or orders from other businesses at the same time as your McDonald's order.

**For any further information please contact our Customer Services Team via our website – [www.mcdonalds.ie](http://www.mcdonalds.ie)**

Contains indicated allergen

\* May contain traces of indicated allergen (presence cannot be excluded)

V Suitable for vegetarians

VE Suitable for vegans

† Our Fries and Hash Browns are cooked in the same oil as Veggie Dippers

0 Zero amount present

§ Does not include optional condiments

#### Information correct at time of print, September 2023.

Some menu items may not be available in all restaurants; test products, test formulations or regional items have not been included. 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 UK only and is subject to change without notice. Please check [www.mcdonalds.ie/nutrition](http://www.mcdonalds.ie/nutrition) for the most up-to-date information.

**We handle multiple allergens in our kitchens and cannot guarantee any item is allergen free.**

## Main Menu

	Energy per portion		Cereals containing gluten																				
	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	
<b>Big Mac®</b>	2058	493		✓	*	*								✓	✓	✓							
<b>Quarter Pounder™ with Cheese</b>	2122	507		✓	*	*								✓	✓								
<b>Double Quarter Pounder™ with Cheese</b>	3088	739		✓	*	*								✓	✓								
<b>McCrispy®</b>	2031	484		✓	✓	*								✓	*	✓			*				
<b>McSpicy®</b>	1834	437		✓	*	*								✓	*				*				
<b>McChicken® Sandwich</b>	1549	369		✓	*	*								✓	*				*				
<b>Filet-o-Fish®</b>	1339	319		✓										✓	✓	✓							
<b>McPlant®</b>	1798	429	VE	✓	*	*								✓	*								
<b>Vegetable Deluxe</b>	1515	361	VE	✓	*	*								✓	*								
<b>Chicken Selects® x 3</b>	1502	359		✓										*									
<b>Chicken Selects® x 5</b>	2504	599		✓										*									
<b>Chicken McNuggets® x 6</b>	1092	261		✓										*									
<b>Chicken McNuggets® x 9</b>	1637	391		✓										*									
<b>Chicken McNuggets® x 20 (serves 4)</b>	3638	869		✓										*									
<b>Veggie Dippers x 4</b>	1339	321	VE																				
<b>Hamburger</b>	1056	251		✓	*	*								*	*								
<b>Cheeseburger</b>	1251	298		✓	*	*								*	✓								
<b>Double Cheeseburger</b>	1834	438		✓	*	*								*	✓								
<b>Bacon Double Cheeseburger</b>	2027	484		✓	*	*								*	✓								
<b>Triple Cheeseburger</b>	2416	578		✓	*	*								*	✓								
<b>Mayo Chicken</b>	1200	285		✓	*	*								*	✓								
<b>Bacon Mayo Chicken</b>	1393	332		✓	*	*								*	✓								

## Happy Meal®

	Energy per portion		Cereals containing gluten																				
	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	
<b>Hamburger</b>	1056	251		✓	*	*								*									
<b>Cheeseburger</b>	1251	298		✓	*	*								*	✓								
<b>Chicken McNuggets® x 4</b>	728	174		✓										*									
<b>Fish Fingers x 3</b>	651	155		✓												✓							
<b>Veggie Dippers x 2</b>	670	160	VE																				
<b>Small Fries†</b>	990	237	VE																				
<b>Fruit Bag – Apple &amp; Grape</b>	194	46	VE																				
<b>Fruit Bag – Pineapple Stick</b>	155	37	VE																				
<b>Fruit Bag – Melon</b>	73	17	VE																				
<b>Carrot Bag</b>	141	34	VE																				
<b>Cucumber Sticks</b>	52	12	VE																				
<b>Low Fat Irish Milk – 250ml</b>	512	122	V											✓									
<b>Robinsons Fruit Shoot</b>	36	8	VE																				
<b>Tropicana® Orange Juice</b>	430	100	VE																				
<b>Bottled Water (still)</b>	0	0	VE																				

## Fries†

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

**We handle multiple allergens in our kitchens and cannot guarantee any item is allergen free.**

## Salads

	Energy per portion		Cereals containing gluten																				
	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	
<b>Grilled Chicken Salad ‡</b>	586	139		*																			
<b>Grilled Chicken &amp; Bacon Salad ‡</b>	779	185		*										*									
<b>Crispy Chicken Salad</b>	1148	274		✓										*									
<b>Crispy Chicken &amp; Bacon Salad</b>	1341	320		✓										*					*	*			
<b>Side Salad ‡</b>	77	18	V	*										*									
<b>Balsamic Dressing – 30g</b>	96	23	VE																				

‡ Allergen Update. Please note that the allergen status of our Grilled Chicken Salad, Grilled Chicken & Bacon Salad and Side Salad has changed and may now contain the additional allergen, Wheat.

## Big Flavour Wraps

	Energy per portion		Cereals containing gluten																				
	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	
<b>The Sweet Chilli Chicken One</b>	<i>GRILLED</i>	1435	340		✓	*	*							*	*								
	<i>CRISPY</i>	1966	469		✓	*	*							*	*	✓							
<b>The BBQ &amp; Bacon Chicken One</b>	<i>GRILLED</i>	1536	364		✓	*	*							*	*	✓							
	<i>CRISPY</i>	2067	493		✓	*	*							*	*	✓							
<b>The Caesar &amp; Bacon Chicken One</b>	<i>GRILLED</i>	1694	403		✓	*	*							*	✓	✓							
	<i>CRISPY</i>	2226	532		✓	*	*							*	✓	✓							
<b>The Spicy Veggie One</b>		1532	365	VE	✓	*	*							*	*								

## Condiments & Sauces

	Energy per portion		Cereals containing gluten																				
	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	
<b>Tomato Ketchup</b>	10g	50	12	VE																			
<b>Mayo Dip</b>	19g	505																					