

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

Drinks

Drinks		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													
Coca-Cola® Zero Sugar®	SMALL	4	1	VE																			
	MEDIUM	6	1	VE																			
	LARGE	7	2	VE																			
Sprite No Sugar®	SMALL	13	3	VE																			
	MEDIUM	20	4	VE																			
	LARGE	25	5	VE																			
Diet Coke®	SMALL	4	1	VE																			
	MEDIUM	6	1	VE																			
	LARGE	7	2	VE																			
Coca-Cola® Classic	SMALL	451	106	VE																			
	MEDIUM	721	170	VE																			
	LARGE	901	212	VE																			
Fanta Orange®	SMALL	200	48	VE																			
	MEDIUM	320	76	VE																			
	LARGE	400	95	VE																			
Fanta Orange® Zero	SMALL	13	3	VE																			
	MEDIUM	20	4	VE																			
	LARGE	25	5	VE																			
Chocolate Milkshake	SMALL	808	192	V											✓								
	MEDIUM	1536	364	V											✓								
	LARGE	1972	468	V											✓								
Strawberry Milkshake	SMALL	792	188	V											✓								
	MEDIUM	1501	356	V											✓								
	LARGE	1932	458	V											✓								
Vanilla Milkshake	SMALL	810	192	V											✓								
	MEDIUM	1543	366	V											✓								
	LARGE	1977	469	V											✓								
Tropicana® Orange Juice		430	100	VE																			
Bottled Water	STILL	0	0	VE																			
Robinsons Fruit Shoot		36	8	VE																			
Flat White	8oz	362	86	V											✓								
Toffee Latte	REGULAR	785	187	V											✓								
	LARGE	975	232	V											✓								
Latte	REGULAR	610	145	V											✓								
	LARGE	828	197	V											✓								
Cappuccino	REGULAR	406	97	V											✓								
	LARGE	537	128	V											✓								
Americano	REGULAR	23	6	V											*								
	LARGE	32	8	V											*								
White Coffee	REGULAR	229	54	V											✓								
	LARGE	313	74	V											✓								
Hot Chocolate	REGULAR	727	173	V											✓								
	LARGE	974	231	V											✓								
Lyons Tea (with 1 Milk)	REGULAR	26	6	V											✓								
Lyons Tea (with 2 Milks)	LARGE	50	12	V											✓								
Espresso	SINGLE	3	1	V											*								
	DOUBLE	5	1	V											*								
Frozen Strawberry Lemonade	REGULAR	854	201	V											*								
	LARGE	1085	255	V											*								
Caramel Iced Frappé	REGULAR	1337	319	V											✓								
	LARGE	1674	399	V											✓								
Mango & Pineapple Smoothie	REGULAR	767	180	V											*								
	LARGE	1001	235	V											*								

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Breakfast

Served until 11:00am

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															
Breakfast Roll with Tomato Ketchup	2082	496		✓	*	*							*	✓	✓									
Breakfast Roll with Brown Sauce	2098	500		✓	*	✓							*	✓	✓									
Bacon Roll with Tomato Ketchup	1397	332		✓	*	*							*	*										
Bacon Roll with Brown Sauce	1414	336		✓	*	✓							*	*										
Sausage & Egg McMuffin®	1768	423		✓	✓								*	✓	✓									
Bacon & Egg McMuffin®	1404	335		✓	✓								*	✓	✓									
Double Sausage & Egg McMuffin®	2301	551		✓	✓								*	✓	✓									
Double Bacon & Egg McMuffin®	1573	376		✓	✓								*	✓	✓									
Egg & Cheese McMuffin®	1236	295		✓	✓								*	✓	✓									
Mighty McMuffin® with Tomato Ketchup	2153	515		✓	✓								*	✓	✓									
Mighty McMuffin® with Brown Sauce	2163	517		✓	✓	✓							*	✓	✓									
Muffin with Jam	903	214	V	✓	✓								*	✓										
Flahavan's® Porridge Oats (Plain) with Milk S	820	194	V	*	*	*	✓							✓										
Pancakes & Syrup	1933	456	V	✓										✓	✓									
Pancakes with Sausage & Syrup	2466	584		✓										✓	✓									
Bacon & Cheese Toastie	933	222		✓									*	✓	*									
Cheese Toastie	1035	247		✓									*	✓	*									
Hash Brown¹	532	127	VE																					

January Food Event 2024

04/01/24 to 06/02/24

Subject to availability.

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**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

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Zero amount present

§

Does not include optional condiments

**Information correct at time of print, November 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.

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	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
Big Mac®	2058	493		✓	*	*							✓	✓	✓				✓
Quarter Pounder™ with Cheese	2122	507		✓	*	*							✓	✓					✓
Double Quarter Pounder™ with Cheese	3088	739		✓	*	*							✓	✓					
McCrispy®	2031	484		✓	✓	*							✓	*	✓			*	✓
McSpicy®	1834	437		✓	*	*							✓	*				*	✓
McChicken® Sandwich	1549	369		✓	*	*							✓	*				*	✓
Filet-o-Fish®	1339	319		✓									*	✓	✓	✓			✓
McPlant®	1798	429	VE	✓	*	*							✓	*					✓
Veggie Deluxe	1515	361	VE	✓	*	*							✓	*					✓
Chicken Selects® x 3	1502	359		✓										*				✓	*
Chicken Selects® x 5	2504	599		✓										*				✓	*
Chicken McNuggets® x 6	1092	261		✓										*				✓	*
Chicken McNuggets® x 9	1637	391		✓										*				✓	*
Chicken McNuggets® x 20 (serves 4)	3638	869		✓										*				✓	*
Veggie Dippers x 4	1339	321	VE																
Hamburger	1056	251		✓	*	*							*	*					✓
Cheeseburger	1251	298		✓	*	*							*	✓					✓
Double Cheeseburger	1834	438		✓	*	*							*	✓					✓
Bacon Double Cheeseburger	2027	484		✓	*	*							*	✓					✓
Triple Cheeseburger	2416	578		✓	*	*							*	✓					✓
Mayo Chicken	1200	285		✓	*	*							*	*	✓			✓	
Bacon Mayo Chicken	1393	332		✓	*	*							*	*	✓			✓	

	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
Hamburger	1056	251		✓	*	*							*	*					✓
Cheeseburger	1251	298		✓	*	*							*	✓					✓
Chicken McNuggets® x 4	728	174		✓										*					*
Fish Fingers x 3	651	155		✓												✓			
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												✓				
Robinsons Fruit Shoot	36	8	VE																
Tropicana® Orange Juice	430	100	VE																
Bottled Water (still)	0	0	VE																

	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
Small	990	237	VE																
Medium	1410	337	VE																
Large	1855	444	VE																

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	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
Grilled Chicken Salad	586	139		*										*					
Grilled Chicken & Bacon Salad	779	185		*										*					
Crispy Chicken Salad	1148	274		✓										*					
Crispy Chicken & Bacon Salad	1341	320		✓										*				*	*
Side Salad	77	18	V	*										*					
Balsamic Dressing – 30g	96	23	VE																

	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
The Sweet Chilli Chicken One	GRILLED	1435	340	✓	*	*							*	*	✓				
	CRISPY	1966	469	✓	*	*							*	*	✓			✓	
The BBQ & Bacon Chicken One	GRILLED	1536	364	✓	*	*							*	*	✓				
	CRISPY	2067	493	✓	*	*							*	*	✓			✓	
The Caesar & Bacon Chicken One	GRILLED	1694	403	✓	*	*							*	✓	✓			✓	
	CRISPY	2226	532	✓	*	*							*	✓	✓			✓	
The Spicy Veggie One		1532	365	VE	✓	*	*							*	*				✓

	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
Tomato Ketchup	10g	50	12	VE															
Mayo Dip	19g	505	123	V												✓			
BBQ Dip	30g	188	44	VE															✓
Sweet Curry Dip	30g	207	47	VE														✓	
Sweet & Sour Dip	30g	179	42	VE	✓		✓			✓								✓	
Smoky BBQ Dip	40g	284	67	V															
Sweet Chilli Dip	40g	299	71	VE															
Sour Cream & Chive Dip	40g	470	114	V											✓	✓			
Butter	7g	208	51	V										✓					
Strawberry Jam	15g	166	39	V															
Pancake Syrup	40g	560	132	V															

	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
Toffee Apple Donut	1311	312	V	✓			*			✓				✓	*				
Chocolate Brownie	1318	316	V	✓			*			✓				✓	✓				
Mixed Berry Muffin	1255	298	V	✓				✓		*				✓	✓				
Triple Chocolate Cookie	1342	320	V	✓			*			✓				✓	✓				
Sugar Donut	813	195	V	✓			*			✓				*	✓				
Hot Apple Pie	1016	243		✓										*					
McFlurry® Maltesers®	1118	266	V	✓		✓								✓					
McFlurry® Smarties®	1148	273	V	✓		✓	*			*				✓					
McFlurry® Oreo®	1086	258	V	✓		*	*			✓				✓					
Mini McFlurry® Maltesers®	559	133	V	✓		✓	*			✓				✓					
Mini McFlurry® Smarties®	574	137	V	✓		✓	*			*				✓				</	