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

Drinks

		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
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											*								

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

Breakfast

Served until 11:00am

	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
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 §	820	194	V	*	*	*	✓							✓								
Pancakes & Syrup	1933	456	V	✓										✓	✓							
Pancakes with Sausage & Syrup	2466	584		✓										✓	✓							
Bacon & Cheese Toastie	933	222		✓									*	✓	*							
Cheese Toastie	1035	247		✓									*	✓	*							
Hash Brown†	532	127	VE																			

March Food Event 2024

13/03/24 to 16/04/24

Subject to availability.

	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
McCrispy® Deluxe	2521	601		✓	✓	*							✓	✓	✓			*	✓	✓		
Halloumi Fries	953	229		✓										✓				*		*		
Halloumi Fries Sharebox®	2860	688		✓										✓				*		*		
Rich Tomato Dip	175	41	VE																			
Breakfast Wrap with Ketchup	2766	661		✓	*	*							*	✓	✓							
Breakfast Wrap with Brown Sauce	2783	665		✓	*	✓							*	✓	✓							
Cadbury Creme Egg® McFlurry®	1484	353	V	*		*	*			*				✓								
Cadbury Creme Egg® Mini McFlurry®	742	176	V	*		*	*			*				✓								
Galaxy® Truffle Bunny McFlurry®	1500	357	V	✓		*	*			✓				✓								
Galaxy® Truffle Bunny Mini McFlurry®	750	178	V	✓		*	*			✓				✓								
Hot Cross Bun Pie	1303	313		✓										✓								
Hot Cross Bun Latte - Regular	797	190	V											✓								
Hot Cross Bun Latte - Large	987	235	V											✓								
Available until 18/03/24 *Subject to availability.*																						
Shamrock Shake *SMALL*	818	194	V											✓								
MEDIUM	1552	368	V											✓								
LARGE	1975	469	V											✓								

McDonald's Ireland

ALLERGEN

information guide

MARCH FOOD EVENT 2024

Valid from 13th March to 16th April 2024

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

Recipes change every now and again,so please check the leaflet regularly.

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

✓	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, March 2024.

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 for the most up-to-date information.

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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
Big Mac®	2058	493		✓	*	*							✓	✓	✓					✓		
Quarter Pounder™ with Cheese	2122	507		✓	*	*							✓	✓						✓		
Double Quarter Pounder™ with Cheese	3088	739		✓	*	*							✓	✓						✓		
McCrispy®	2031	484		✓	✓	*							✓	*	✓			*		✓		
McSpicy®	1894	451		✓	*	*							✓	*				*		✓		
McChicken® Sandwich	1549	369		✓	*	*							✓	*				*		✓		
Filet-o-Fish®	1339	319		✓									*	✓	✓	✓				✓		
McPlant®	1798	429	VE	✓	*	*							✓	*						✓		
Vegetable 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		✓	*	*							*	*	✓			✓		✓		

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
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																			

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

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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
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																			

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
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	✓	*	*							*	*						✓		

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
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																			

Desserts

	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
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	812	194		✓			*			*				*	*								
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	✓		✓	*			*				✓									
Mini McFlurry® Oreo®	543	129	V	✓		*	*			✓				✓									