

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										X	X								
Pancakes with Sausage & Syrup	2580	612		X										X	X								
Flahavan's® Porridge Oats (Plain) with Milk	820	194	V	*	*	*	X							X									
Hash Brown†	532	127	VE																				
Bacon & Cheese Toastie	933	222		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			*	*									
Bacon Roll with Tomato Ketchup	1397	332		X	*	*							*	*									
Muffin and Jam	903	214	V	X	X								*	X									

McSpicy Food Event

27/4/22 to 7/6/22

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														
McSpicy™	1834	437		X	*	*							X	*	*				*		X		
Grand Big Mac®	2892	693		X	*	*							X	X	X						X		
Grand Big Mac® with Bacon	3085	739		X	*	*							X	X	X						X		
Cheesy Garlic Bites	957	229		X									X						*		*		
Cheesy Garlic Bites Sharebox® (serves 3)	2872	688		X									X					*		*			
Rich Tomato Dip - 25ml	163	38	V																				
Cadbury® Milk Chocolate Flake McFlurry®	1464	349	V	*		*	*			*			X										
Cadbury® Milk Chocolate Flake Mini McFlurry®	732	174	V	*		*	*			*			X										
Cadbury® Flake Raspberry McFlurry®	1339	318	V	*		*	*			*			X										
Cadbury® Flake Raspberry Mini McFlurry®	669	159	V	*		*	*			*			X										
Crispy McFillet †	2158	514		X	*	*							X	*	X			*			X		
Chicken Big Mac® †	2286	544		X	*	*							X	X	X			X			X		

† Available in selected restaurants only.

McCafé Iced Drinks

From 11/5/22

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														
Mango & Pineapple Smoothie‡	<i>REGULAR</i>	767	180	V										*									
	<i>LARGE</i>	1001	235	V										*									
Raspberry Ripple Iced Cooler	<i>REGULAR</i>	1168	278	V										X									
	<i>LARGE</i>	1410	335	V										X									
Belgian Milk Chocolate Frappé	<i>REGULAR</i>	1201	286	V	*					X				X									
	<i>LARGE</i>	1474	351	V	*					X				X									
Strawberries & Cream Frappé	<i>REGULAR</i>	954	227	V										X									
	<i>LARGE</i>	1230	293	V										X									

‡ New recipe

Information correct at time of print, May 2022.

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. 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.
- Due to the handling of cheese during the preparation of a large number of our menu items, we cannot guarantee our products do not contain traces of milk, including where a request has been made to remove cheese from an order.
- Delivery orders: We also cannot guarantee your meal will not come in to 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



McDonald's Ireland ALLERGEN

information guide

McSPICY FOOD EVENT 2022
Valid from 27th April - 7th June 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®	2058	493		x	*	*																	
Quarter Pounder™ with Cheese	2122	507		x	*	*						x	x									x	
Double Quarter Pounder™ with Cheese	3088	739		x	*	*						x	x									x	
Filet-o-Fish®	1339	319		x								*	x	x	x							x	
McChicken® Sandwich	1549	369		x	*	*						x	*				*					x	
Chicken McNuggets® x 6	1092	261		x								*	*				x					*	
Chicken McNuggets® x 9	1637	391		x								*	*				x					*	
Chicken McNuggets® x 20 (serves 4)	3638	869		x								*	*				x					*	
Chicken Legend® - Cool Mayo	2162	515		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	1056	251		x	*	*						*	*									x	
Cheeseburger	1251	298		x	*	*						*	x									x	
Double Cheeseburger	1834	438		x	*	*						*	x									x	
Bacon Double Cheeseburger	2027	484		x	*	*						*	x									x	
Triple Cheeseburger	2416	578		x	*	*						*	x									x	
Mayo Chicken	1200	285		x	*	*						*	*	x			x					x	
Bacon Mayo Chicken	1393	332		x	*	*						*	*	x			x					x	
Vegetable Deluxe	1515	361	V	x	*	*						x	*									x	
Veggie Dippers x 4	1339	321	VE																				
McPlant®	1798	429	VE	x	*	*						x	*									x	

Happy Meal®

	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	1056	251		x	*	*						*	*									x	
Cheeseburger	1251	298		x	*	*						*	x									x	
Chicken McNuggets® x 4	728	174		x								*	*				x					*	
Fish Fingers x 3	651	155		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	36	8	VE																				
Tropicana® Orange Juice	430	103	VE																				
Bottled Water (still)	0	0	VE																				

Fries†

	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																				

Big Flavour Wraps

	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>	2014	481		x	*	*						*	x	x		x					x	
	<i>GRILLED</i>	1396	332		x	*	*						*	x	x							x	
The Sweet Chilli Chicken One	<i>CRISPY</i>	1966	469		x	*	*						*	*	x		x					x	
	<i>GRILLED</i>	1348	320		x	*	*						*	*	x							x	
The BBQ & Bacon Chicken One	<i>CRISPY</i>	2067	493		x	*	*						*	*	x		x					x	
	<i>GRILLED</i>	1449	344		x	*	*						*	*	x							x	
The Spicy Veggie One		1532	365	VE	x	*	*						*	*								x	

Condiments & Sauces

	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	
Sweet Curry Dip	<i>30g</i>	213	50	VE													x					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																			
Golden Syrup	<i>20g</i>	270	63	V																			

Desserts

	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										*									
Chocolate Brownie	1318	316	V	x			*			</													