

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								

Summer Menu

8/6/22 to 6/9/22

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														
The Italian Stack	2708	648		x	*	*							*	x					*		*		
The Crispy Chicken Italiano	2678	638		x	*	*							*	x				*		*			
Mozzarella Dippers	1073	256		x										x				*		*			
Mozzarella Dippers Sharebox® (serves 3)	3218	769		x										x				*		*			
Salsa Dip - 25ml	169	40	V																				
Tiramisu McFlurry®	1465	349	V	x		*	*			x				x									
Mini Tiramisu McFlurry®	733	174	V	x		*	*			x				x									
Galaxy® Caramel McFlurry®	1536	366	V	*	*	*				x				x									
Mini Galaxy® Caramel McFlurry®	768	183	V	*	*	*				x				x									
The Spicy Spanish Stack	2422	581		x	*	*							x	x									
The Chicken Fiesta	2691	641		x	x	x							*	x				*		*			
Halloumi Fries - 4 pieces	873	210		x										x				*		*			
Halloumi Fries Sharebox® (serves 3)	2619	630		x										x				*		*			
Rich Tomato Dip - 25ml	163	38	V																				
Galaxy® Cookie Crumble McFlurry®	1496	356	V	x		*	*			x				x									
Mini Galaxy® Cookie Crumble McFlurry®	748	178	V	x		*	*			x				x									
Crispy McFilet ‡	2158	514		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														
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									
Spanish Fruit Punch	<i>REGULAR</i>	350	83	V										*									
	<i>LARGE</i>	412	97	V										*									

Information correct at time of print, June 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. S = 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

SUMMER MENU 2022

Valid from 8th June - 6th September 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						Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut													
Big Mac®	2058	493		x	*	*							x	x						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						Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut													
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						Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut														
Small	990	237	VE																				
Medium	1410	337	VE																				
Large	1855	444	VE																				

Salads

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