

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

## Drinks

Table of allergen information for drinks. Columns include Energy per portion (kJ, kcal), Vegetarian, Cereals containing gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut), and other allergens (Soya, Nuts, Peanuts, Sesame, Milk, Eggs, Fish, Crustaceans, Celery, Sulphur Dioxide & Sulphites, Mustard, Molluscs, Lupin).

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## Breakfast

Served until 11:00am

Table of allergen information for breakfast items. Columns include Energy per portion (kJ, kcal), Vegetarian, Cereals containing gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut), and other allergens (Soya, Nuts, Peanuts, Sesame, Milk, Eggs, Fish, Crustaceans, Celery, Sulphur Dioxide & Sulphites, Mustard, Molluscs, Lupin).

## Summer Food Event 2023 - Part 1

21/06/23 to 01/08/23

Subject to availability.

Table of allergen information for Summer Food Event 2023 - Part 1 items. Columns include Energy per portion (kJ, kcal), Vegetarian, Cereals containing gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut), and other allergens (Soya, Nuts, Peanuts, Sesame, Milk, Eggs, Fish, Crustaceans, Celery, Sulphur Dioxide & Sulphites, Mustard, Molluscs, Lupin).

Available in selected restaurants only.

## McCafé Iced Drinks

Subject to availability.

Table of allergen information for McCafé Iced Drinks. Columns include Energy per portion (kJ, kcal), Vegetarian, Cereals containing gluten (Wheat, Rye, Barley, Oats, Spelt, Kamut), and other allergens (Soya, Nuts, Peanuts, Sesame, Milk, Eggs, Fish, Crustaceans, Celery, Sulphur Dioxide & Sulphites, Mustard, Molluscs, Lupin).



# McDonald's® UK ALLERGEN

information guide

## SUMMER FOOD EVENT 2023 – PART 1

Valid from 21 June to 1 August 2023



For more information please visit our website and view the menu section [www.mcdonalds.co.uk/nutrition](http://www.mcdonalds.co.uk/nutrition)

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

## 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.co.uk](http://www.mcdonalds.co.uk)

✓ 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

S Does not include optional condiments

### Information correct at time of print, April 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.co.uk/nutrition](http://www.mcdonalds.co.uk/nutrition) for the most up-to-date information.

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## 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	
<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		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	
<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>Organic Semi-Skimmed Milk</b>	524	125	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		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	
<b>Small</b>	990	237	VE																				
<b>Medium</b>	1410	337	VE																				
<b>Large</b>	1855	444	VE																				

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

## 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	
<b>Tomato Ketchup</b>	24g	114	27	VE																			
<b>BBQ Dip</b>	30g	188	44	VE																			
<b>Sweet Curry Dip</b>	30g	207	47	VE																			
<b>Sweet &amp; Sour Dip</b>	30g	179	42	VE	✓		✓					✓											
<b>Smoky BBQ Dip</b>	50g	357	84	V																			
<b>Sweet Chilli Dip</b>	50g	378	89	V																			
<b>Sour Cream &amp; Chive Dip</b>	50g	578	140	V																			
<b>Lurpak® Spreadable</b>	8g	232	57	V											✓								
<b>Strawberry Jam</b>	15g	166	39	V																			
<b>Pancake Syrup</b>	40g	560	132	V																			
<b>Flora® Original</b>	10g	259	62	V										*									
<b>Golden Syrup</b>	20g	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	
<b>Millionaire's Donut</b>	1139	272	V	✓			*			*				✓	✓								
<b>Chocolate Brownie</b>	1318	316	V	✓			*			✓				✓	✓								
<b>Mixed Berry Muffin</b>	1255	298	V	✓			✓	*		*				✓	✓								
<b>Triple Chocolate Cookie</b>	1342	320	V	✓			*			✓				✓	✓								
<b>Sugar Donut</b>	813	195	V	✓			*			✓				*	✓								
<b>Hot Apple Pie</b>	1016	243	V	✓			*			✓				*	✓								
<b>McFlurry® Maltesers®</b>	1118	266	V	✓			✓	*		✓				✓	✓								
<b>McFlurry® Smarties®</b>	1148	273	V	✓			✓	*		✓				✓	✓								
<b>McFlurry® Oreo®</b>	1086	258	V	✓			✓	*		✓				✓	✓								
<b>Mini McFlurry® Maltesers®</b>	559	133	V	✓			✓	*		✓				✓	✓								
<b>Mini McFlurry® Smarties®</b>	574	137	V	✓			✓	*		✓				✓	✓								
<b>Mini McFlurry® Oreo®</b>	543																						