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																			
Oasis®	*SMALL*	177	42	VE																			
	MEDIUM	283	67	VE																			
	LARGE	354	83	VE																			
Fanta Orange® Zero	*SMALL*	13	3	VE																			
	MEDIUM	20	4	VE																			
	LARGE	25	5	VE																			
Oasis® Zero Summer Fruits	*SMALL*	37	7	VE																			
	MEDIUM	60	12	VE																			
	LARGE	75	15	VE																			
IRN BRU (Scotland only)	*SMALL*	203	48	VE																			
	MEDIUM	324	76	VE																			
	LARGE	405	95	VE																			
Banana Milkshake	*SMALL*	793	188	V											✓								
	MEDIUM	1507	357	V											✓								
	LARGE	1935	459	V											✓								
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											✓								
Black Coffee	*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							✓				✓								
PG tips Tea (with 1 Milk)	*REGULAR*	26	6	V											✓								
PG tips 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

	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
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	✓	✓								*	✓								
Porridge (GB only) § ¥	653	154	V	*		*	✓							✓								
Flahavan's® Porridge Oats (Plain) with Milk (NI only) § ¥	820	194	V	*	*	*	✓							✓								
Pancakes & Syrup	1933	456	V	✓										✓	✓							
Pancakes with Sausage & Syrup	2466	584		✓										✓	✓							
Cheesy Bacon Flatbread	1168	278		✓	*	*							*	✓								
Hash Brown†	532	127	VE																			

Festive Food Event 2023

22/11/23 to 03/01/24

Subject to availability.

	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
Chicken Big Mac®	2218	529		✓	*	*							✓	✓	✓			✓		✓		
The Big & Cheesy	3205	767		✓	✓	✓							*	✓								
The Big & Cheesy with Bacon	3399	813		✓	✓	✓							*	✓								
Cheese Melt Dippers	1014	243		✓										✓				*		*		
Cheese Melt Dippers Sharebox® (serves 3)	3041	729		✓										✓				*		*		
Galaxy® Chocolate McFlurry®	1536	366	V	*		*	*			✓				✓								
Galaxy® Chocolate Mini McFlurry®	768	183	V	*		*	*			✓				✓								
Galaxy® Caramel McFlurry®	1507	359	V	*		*	*			✓				✓								
Galaxy® Caramel Mini McFlurry®	753	179	V	*		*	*			✓				✓								
Galaxy® Caramel Pie	1035	248		✓										✓								
Rich Tomato Dip - 25ml	175	41	VE																			

McCafé Drinks

Subject to availability.

		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
Galaxy® Caramel Latte	*REGULAR*	883	210	V							✓				✓								
Galaxy® Caramel Latte	*LARGE*	1089	259	V							✓				✓								
Galaxy® Caramel Hot Chocolate	*REGULAR*	1173	278	V							✓				✓								

McDonald's® UK ALLERGEN

information guide

FESTIVE FOOD EVENT 2023

Valid from 22nd November to 3rd January 2024

For more information please visit our website and view the menu section 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

✓ 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, October 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 for the most up-to-date information.

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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®	1834	437		✓	*	*							✓	*				*		✓		
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																			
Organic Semi-Skimmed Milk	524	125	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																			

‡ 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			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	24g	114	27	VE																			
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											✓	✓							
Lurpak® Spreadable	8g	232	57	V											✓								
Strawberry Jam	15g	166	39	V																			
Pancake Syrup	40g	560	132	V																			
Flora® Original	10g	259	62	V											*								
Golden Syrup	20g	270	63	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	✓			*			✓				✓	*							
Millionaire's Donut	1139	272	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	✓		✓	*			*				✓								
Mini McFlurry® Oreo®	543	129	V	✓		*	*			✓				✓								