

## 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																		
<b>Bacon &amp; Egg McMuffin®</b>	1404	335		X	X																						
<b>Sausage &amp; Egg McMuffin®</b>	1768	423		X	X												*	X	X								
<b>Egg &amp; Cheese McMuffin®</b>	1236	295		X	X												*	X	X								
<b>Double Bacon &amp; Egg McMuffin®</b>	1573	376		X	X												*	X	X								
<b>Double Sausage &amp; Egg McMuffin®</b>	2301	551		X	X												*	X	X								
<b>Cheesy Bacon Flatbread</b>	1168	278		X	*	*											*	X	X								
<b>Pancakes &amp; Syrup</b>	2019	477	V	X														X	X								
<b>Pancakes with Sausage &amp; Syrup</b>	2580	612		X														X	X								
<b>Quaker Oat So Simple® Porridge³</b>	817	194	V	*	*	*	X				X							X									
<b>Hash Brown¹</b>	532	127	VE																								
<b>Bacon Roll with Brown Sauce</b>	1414	336		X	X	X					X						*	*									
<b>Bacon Roll with Tomato Ketchup</b>	1397	332		X	*	*											*	*									
<b>Muffin with Jam</b>	903	214	V	X	X												*	X									
<b>Breakfast Roll with Brown Sauce</b>	2098	500		X	X	X					X						*	*	X	X							
<b>Breakfast Roll with Tomato Ketchup</b>	2082	496		X	*	*											*	X	X								

## October Food Event

6/10/21 to 16/11/21

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																		
<b>Double Big Mac®</b>	2901	694		X	*	*									X	X	X										
<b>Nacho Cheese Wedges</b>	895	215		X											X	X				*		X					
<b>Sharebox Nacho Cheese Wedges</b>	2685	644		X											X	X				*		*					
<b>Sour Cream &amp; Chive Dip - 25ml</b>	280	68	V												X	X											
<b>Cadbury Crunchie McFlurry®</b>	1459	347	V												X	X											
<b>Mini Cadbury Crunchie McFlurry®</b>	730	173	V												X	X											
<b>McPlant® (♻️)</b>	1798	429	VE	X	*	*								X	*							X					

## McCafé Drinks

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																		
<b>Salted Caramel Latte</b>	REGULAR	691	164	V																							
	LARGE	867	206	V																							
<b>Hot Chocolate Deluxe</b>		846	201	V																							
<b>Choco Fudge Latte</b>	REGULAR	766	182	V																							
	LARGE	950	226	V											X												

### Information correct at time of print, October 2021.

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. ♻️ = At participating stores only - see <https://mcdonalds.co.uk/mcplant>. 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 UK only and is subject to change without notice. Please check [www.mcdonalds.com](http://www.mcdonalds.com) for the most up-to-date information.



For more information on the ingredients within our products please visit our website [www.mcdonalds.co.uk/nutrition](http://www.mcdonalds.co.uk/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.

For any further information please contact our Customer Services Team via our website - [www.mcdonalds.co.uk](http://www.mcdonalds.co.uk)

### Dates on Monopoly Game Pieces have changed

Please see below for new dates as follows:

DETAILS	DATE TYPE	OLD	NEW
<b>Campaign Dates</b>	Play From	24.03.2021	<b>25.08.2021</b>
	Play Until	04.05.2021	<b>05.10.2021</b>
<b>Collect To Win</b>	Redeem prize by (except McDonald's food)	04.06.2021	<b>05.11.2021</b>
	Redeem prize by	18.05.2021	<b>19.10.2021</b>
<b>Instant Win</b>	Redeem prize by (except McDonald's food or discount vouchers)	04.06.2021	<b>05.11.2021</b>
	Redeem McDonald's food or Just Eat discount vouchers by	18.05.2021	<b>19.10.2021</b>
	Redeem discount vouchers by (except Just Eat discount voucher)	31.08.2021 (or earlier)	<b>31.01.2022</b>
<b>Online Game</b>	Enter From	24.03.2021	<b>25.08.2021</b>
	Enter By	04.05.2021	<b>05.10.2021</b>

For more details please check [mcdonalds.co.uk/monopoly/news](http://mcdonalds.co.uk/monopoly/news)



# McDonald's® UK ALLERGEN

information guide

## OCTOBER FOOD EVENT 2021

Valid from 6<sup>th</sup> October - 16<sup>th</sup> November 2021

For more information please visit our website and view the menu section [www.mcdonalds.co.uk/nutrition](http://www.mcdonalds.co.uk/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																		
<b>Big Mac®</b>	2125	508		x	*	*																	x				
<b>Quarter Pounder™ with Cheese</b>	2168	518		x	*	*																	x				
<b>Double Quarter Pounder™ with Cheese</b>	3131	750		x	*	*																	x				
<b>Filet-o-Fish®</b>	1379	329		x																			x				
<b>McChicken® Sandwich †</b>	1627	388		x	*	*																	x				
<b>Chicken McNuggets® x 6</b>	1083	259		x	*	*																	x				
<b>Chicken McNuggets® x 9</b>	1625	388		x	*	*																	x				
<b>Chicken McNuggets® x 20 ShareBox</b>	3612	863		x	*	*																	x				
<b>Chicken Legend® - Cool Mayo</b>	2220	529		x	x	x																*	x	x		x	
<b>Chicken Legend® - BBQ</b>	2038	484		x	x	x																*	x	x		x	
<b>Chicken Legend® - Hot &amp; Spicy Mayo</b>	2177	519		x	x	x																*	x	x		x	
<b>Chicken Selects® x 3</b>	1502	359		x	*	*																*	x	x		*	
<b>Chicken Selects® x 5</b>	2504	599		x	*	*																*	x	x		*	
<b>Hamburger</b>	1053	250		x	*	*																*	x	x			
<b>Cheeseburger</b>	1262	301		x	*	*																*	x	x			
<b>Double Cheeseburger</b>	1859	445		x	*	*																*	x	x			
<b>Bacon Double Cheeseburger</b>	2070	495		x	*	*																*	x	x			
<b>Triple Cheeseburger</b>	2456	588		x	*	*																*	x	x			
<b>Mayo Chicken</b>	1337	319		x	*	x																*	*	x		*	
<b>Bacon Mayo Chicken</b>	1550	370		x	*	x																*	*	x		*	
<b>Vegetable Deluxe †</b>	1593	380	V	x	*	*																x	*	x <sup>†</sup>		x	
<b>Veggie Dippers x 4</b>	1339	321	VE																								

† In some of our restaurants our sandwich sauce within our McChicken® Sandwich and Vegetable Deluxe no longer contains egg. A list of those restaurants which use the sauce which does not contain egg can be found at: <https://mcdonalds.co.uk/mcplant>.

Please note in all other restaurants our sandwich sauce still contains egg.

## 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																		
<b>Hamburger</b>	1053	250		x	*	*																*	x	x			
<b>Cheeseburger</b>	1262	301		x	*	*																*	x	x			
<b>Chicken McNuggets® x 4</b>	722	173		x	*	*																*	x	x			
<b>Fish Fingers x 3</b>	813	194		x																		*	x	x			
<b>Veggie Dippers x 2</b>	670	160	VE																								
<b>Small Fries<sup>†</sup></b>	990	237	VE																								
<b>Fruit Bag - Apple &amp; Grape</b>	194	46	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																				x				
<b>Robinsons Fruit Shoot</b>	40	10	VE																								
<b>Tropicana® Orange Juice</b>	430	103	VE																								
<b>Bottled Water (still)</b>	0	0	VE																								

## Fries<sup>†</sup>

	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																			
<b>Small</b>	990	237	VE																									
<b>Medium</b>	1410	337	VE																									
<b>Large</b>	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																			
<b>Side Salad</b>	77	18	V																									
<b>Crispy Chicken &amp; Bacon Salad</b>	1320	315		x		*																	x		x			
<b>Crispy Chicken Salad</b>	1109	265		x		*																	x		x			
<b>Grilled Chicken &amp; Bacon Salad</b>	770	183																										
<b>Grilled Chicken Salad</b>	560	133																										
<b>Balsamic Dressing - 30g</b>	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																		
<b>The Garlic Mayo Chicken One</b>	<i>CRISPY</i>	2009	479		x	*	*																x	x	x		
	<i>GRILLED</i>	1451	345		x	*	*																		x		
<b>The Sweet Chilli Chicken One</b>	<i>CRISPY</i>	1990	474		x	*	*																x	x	x		
	<i>GRILLED</i>	1432	340		x	*	*																	x	x		
<b>The BBQ &amp; Bacon Chicken One</b>	<i>CRISPY</i>	2098	500		x	*	*																x	x	x		
	<i>GRILLED</i>	1541	366		x	*	*																		x		
<b>The Spicy Veggie One</b>		1532	364	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																			
<b>Tomato Ketchup</b>	<i>21ml</i>	114	27	VE																								
<b>BBQ Dip</b>	<i>30g</i>	207	49	VE																								
<b>Sweet Curry Dip</b>	<i>30g</i>	213	50	VE																			x					
<b>Sweet &amp; Sour Dip</b>	<i>30g</i>	185	44	VE	x		x					x												x				
<b>Smoky BBQ Dip</b>	<i>50g</i>	357	84	V																								
<b>Sweet Chilli Dip</b>	<i>50g</i>	378																										