

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							
Cheesy Bacon Flatbread	1168	278		X	*	*								*	X	X							
Pancakes & Syrup	2019	477	V	X											X	X							
Pancakes with Sausage & Syrup	2580	612		X											X	X							
Quaker Oat So Simple® Porridge³	817	194	V	*	*	*	X			X					X								
Hash Brown[†]	532	127	VE																				
Bacon Roll with Brown Sauce	1414	336		X	X	X			X					*	*								
Bacon Roll with Tomato Ketchup	1397	332		X	*	*								*	*								
Muffin with Jam	903	214	V	X	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							

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														
Double Big Mac®	2901	694		X	*	*							X	X	X				*		X		
Nacho Cheese Wedges	895	215		X										X	X				*		X		
Sharebox Nacho Cheese Wedges	2685	644		X										X	X				*		X		
Sour Cream & Chive Dip - 25ml	280	68	V											X	X								
Cadbury Crunchie McFlurry®	1459	347	V	*										X	X								
Mini Cadbury Crunchie McFlurry®	730	173	V	*										X	X								
McPlant® (◊)	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															
Salted Caramel Latte	<i>REGULAR</i>	691	164	V										X										
	<i>LARGE</i>	867	206	V										X										
Hot Chocolate Deluxe		846	201	V										X										
Choco Fudge Latte	<i>REGULAR</i>	766	182	V										X										
	<i>LARGE</i>	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 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



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

Dates on Monopoly Game Pieces have changed

Please see below for new dates as follows:

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

For more details please check mcdonalds.co.uk/monopoly/news



McDonald's® UK ALLERGEN

information guide

OCTOBER FOOD EVENT 2021

Valid from 6th October - 16th November 2021

For more information please visit our website and view the menu section 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																		
	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 [®]	2125	508		x	*	*														x		
Quarter Pounder™ with Cheese	2168	518		x	*	*						x	x							x		
Double Quarter Pounder™ with Cheese	3131	750		x	*	*						x	x							x		
Filet-o-Fish [®]	1379	329		x								*	x	x	x					x		
McChicken[®] Sandwich †	1627	388		x	*	*						x	*	x ^y			*			x		
Chicken McNuggets[®] x 6	1083	259		x	*	*							*				x			*		
Chicken McNuggets[®] x 9	1625	388		x	*	*							*				x			*		
Chicken McNuggets[®] x 20 ShareBox	3612	863		x	*	*							*				x			*		
Chicken Legend[®] - Cool Mayo	2220	529		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	1053	250		x	*	*						*	*							x		
Cheeseburger	1262	301		x	*	*						*	x							x		
Double Cheeseburger	1859	445		x	*	*						*	x							x		
Bacon Double Cheeseburger	2070	495		x	*	*						*	x							x		
Triple Cheeseburger	2456	588		x	*	*						*	x							x		
Mayo Chicken	1337	319		x	*	x						*	*	x			*			x		
Bacon Mayo Chicken	1550	370		x	*	x						*	*	x			*			x		
Vegetable Deluxe †	1593	380	V	x	*	*						x	*	x ^y						x		
Veggie Dippers x 4	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																		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Hamburger	1053	250		x	*	*						*	*							x		
Cheeseburger	1262	301		x	*	*						*	x							x		
Chicken McNuggets[®] x 4	722	173		x	*	*						*	*				x			*		
Fish Fingers x 3	813	194		x											x		x					
Veggie Dippers x 2	670	160	VE																			
Small Fries[†]	990	237	VE																			
Fruit Bag - Apple & Grape	194	46	VE																			
Fruit Bag - Melon	73	17	VE																			
Carrot Bag	141	34	VE																			
Cucumber Sticks	52	12	VE																			
Organic Semi-Skimmed Milk	524	125	V										x									
Robinsons Fruit Shoot	40	10	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>	2009	479		x	*	*					*	x	x			x			x		
	<i>GRILLED</i>	1451	345		x	*	*					*	x	x						x		
The Sweet Chilli Chicken One	<i>CRISPY</i>	1990	474		x	*	*					*	*	x			x			x		
	<i>GRILLED</i>	1432	340		x	*	*					*	*	x						x		
The BBQ & Bacon Chicken One	<i>CRISPY</i>	2098	500		x	*	*					*	*	x			x			x		
	<i>GRILLED</i>	1541	366		x	*	*					*	*	x						x		
The Spicy Veggie One		1532	364	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>21ml</i>	114	27	VE																		
BBQ Dip	<i>30g</i>	207	49	VE																		
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				
Lurpak[®] Spreadable	<i>8g</i>	232	57	V																		
Strawberry Jam	<i>15g</i>	166	39	V																		
Pancake Syrup	<i>40g</i>	560	132	V																		
Flora[®] Original	<i>10g</i>	259	62	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						*				x	x							
Chocolate Brownie	1318	316	V	x			*			x				x	x							
Mixed Berry Muffin	1255	298	V	x			x			*				x	x							
Triple Chocolate Cookie	1342	320	V	x			*			x				x	x							
Sugar Donut	813	195	V	x			*			x				*	x							
Hot Apple Pie	1016	243	x			*				*												
Ice Cream Cone	596	142	V	x						x				x								
Ice Cream Cone with a Cadbury 99 Flake	777	185	V	x						x				x								
McFlurry[®] Maltesers[®]	1118	266	V	x		x	*			x				x								
McFlurry[®] Smarties[®]	1148	273	V	x		x				*				x								
McFlurry[®] Oreo[®]	1086	258	V	x						x				x								
Mini McFlurry[®] Maltesers[®]	559	1																				