

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®	1456	348		x	x												*	x	x																
Sausage & Egg McMuffin®	1797	430		x	x												*	x	x																
Egg & Cheese McMuffin®	1236	295		x	x												*	x	x																
Double Bacon & Egg McMuffin®	1676	401		x	x												*	x	x																
Double Sausage & Egg McMuffin®	2358	565		x	x												*	x	x																
Sausage, Egg & Cheese Bagel	2353	562		x	x	x											*	x	x																
Cheesy Bacon Flatbread	1246	298		x	*	*											*	x																	
Plain Bagel[§]	916	216	V	x	x	x											*	*																	
Pancakes & Syrup	2019	477	V	x															x	x															
Pancakes with Sausage & Syrup	2580	612		x															x	x															
Quaker Oat So Simple® Porridge[§]	817	194	V	*	*	*	x				x								x																
<i>Quaker Oat So Simple Porridge - Apple & Blueberry</i>	933	228	V	*		*	x				*								x																
Hash Brown[†]	568	136	VE																																
Bacon Roll with Brown Sauce	1497	356		x	x	x					x						*	*																	
Bacon Roll with Tomato Ketchup	1478	351		x	*	*											*	*																	
Breakfast Wrap with Brown Sauce	2546	609		x	x	x					x						*	x	x																
Breakfast Wrap with Tomato Ketchup	2531	605		x	*	*											*	x	x																
Muffin with Jam	888	211	V	x	x												*	x																	
Breakfast Roll with Brown Sauce	2165	517		x	x	x					x						*	x	x																
Breakfast Roll with Tomato Ketchup	2148	513		x	*	*											*	x	x																

January Food Event

30/12/20 to 09/02/21

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																										
Big Tasty	3338	799		x	*	*											x	x	x																
Big Tasty with Bacon	3548	850		x	*	*											x	x	x																
Katsu Curry Chicken McNuggets - 6 pieces	1368	327		x													*					*													
Katsu Curry Chicken McNuggets - 9 pieces	2052	490		x													*					*													
Katsu Curry Chicken McNuggets - Sharebox - 20 pieces	4560	1089		x													*					*													
Katsu Curry Chicken McNuggets - 5 piece portion of Sharebox	1140	272		x													*					*													
Cheese Melt Dippers - 4 pieces	1062	255		x		x												x				*			*										
Cheese Melt Dippers - Sharebox	3185	765		x		x												x				*			*										
Tangy Tomato Dip - 25ml	175	41	VE			x																													
Cheddar Melts - 5 pieces	1059	254		x		x												x				*			*										
Cheddar Melts - Sharebox	3177	762		x		x												x				*			*										
Rich Tomato Dip - 25ml	163	38	V																																
Mozzarella Dippers - 3 pieces	1073	256		x														x				*			*										
Mozzarella Dippers - Sharebox	3218	769		x														x				*			*										
Salsa Dip - 25ml	169	40	V																x																
Galaxy Salted Caramel McFlurry	1524	363	V								x							x																	
Mini Galaxy Salted Caramel McFlurry	762	181	V								x							x																	

McCafé

Subject to availability.

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	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																	

Information correct at time of print, December 2020.

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 vegetarian products. 0 = Zero amount present or less than 0.5% RI. RI = Reference Intake. § = 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. 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. 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.



McDonald's® UK ALLERGEN

information guide

January Food Event Valid from 30th December 2020

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.

