

## 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>	1456	348		x	x												*	x	x																			
<b>Sausage &amp; Egg McMuffin®</b>	1797	430		x	x												*	x	x																			
<b>Egg &amp; Cheese McMuffin®</b>	1236	295		x	x												*	x	x																			
<b>Double Bacon &amp; Egg McMuffin®</b>	1676	401		x	x												*	x	x																			
<b>Double Sausage &amp; Egg McMuffin®</b>	2358	565		x	x												*	x	x																			
<b>Sausage, Egg &amp; Cheese Bagel</b>	2353	562		x	x	x											*	x	x																			
<b>Cheesy Bacon Flatbread</b>	1168	278		x	*	*											*	x																				
<b>Plain Bagel<sup>§</sup></b>	916	216	V	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® Porridge<sup>§</sup></b>	817	194	V	*	*	*	x				x								x																			
<b>Quaker Oat So Simple Porridge - Apple &amp; Blueberry</b>	933	228	V	*		*	x				*								x																			
<b>Hash Brown<sup>†</sup></b>	568	136	VE																																			
<b>Bacon Roll with Brown Sauce</b>	1497	356		x	x	x					x						*	*																				
<b>Bacon Roll with Tomato Ketchup</b>	1478	351		x	*	*											*	*																				
<b>Breakfast Wrap with Brown Sauce</b>	2546	609		x	x	x					x						*	x	x																			
<b>Breakfast Wrap with Tomato Ketchup</b>	2531	605		x	*	*											*	x	x																			
<b>Muffin with Jam</b>	888	211	V	x	x												*	x																				
<b>Breakfast Roll with Brown Sauce</b>	2165	517		x	x	x					x						*	x	x																			
<b>Breakfast Roll with Tomato Ketchup</b>	2148	513		x	*	*											*	x	x																			

## May Food Event

5/5/21 to 15/6/21

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>The Bacon Clubhouse Double</b>	2788	667		x	*	*											*	x	x																			
<b>Chicken Deluxe</b>	2426	578		x	*	*											x	x	x					x														
<b>Cheese &amp; Herb Melts</b>	981	235		x														x					*		*													
<b>Sharebox - Cheese &amp; Herb Melts</b>	2942	704		x														x					*		*													
<b>Rich Tomato Dip</b>	163	38	V																																			
<b>Galaxy® Chocolate McFlurry®</b>	1513	360	V								x							x																				
<b>Mini Galaxy® Chocolate McFlurry®</b>	756	180	V								x							x																				
<b>Galaxy® Caramel McFlurry®</b>	1536	366	V								x							x																				
<b>Mini Galaxy® Caramel McFlurry®</b>	768	183	V								x							x																				

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



# McDonald's® UK ALLERGEN

information guide

## May Food Event Valid from 5th May 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.

