

## Breakfast

Served until 10:30am

	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	
Bacon & Egg McMuffin®	1456	348		x	x								*	x	x								
Sausage & Egg McMuffin®	1797	430		x	x								*	x	x								
Double Bacon & Egg McMuffin®	1676	401		x	x								*	x	x								
Double Sausage & Egg McMuffin®	2358	565		x	x								*	x	x								
Pancakes & Syrup	2019	477	V	x										x	x								
Pancakes with Sausage & Syrup	2580	612		x										x	x								
Flahavan's Porridge Oats (Plain) with Milk	795	190	V	*	*	*	x							x									
Hash Brown	568	136	V																				
Bacon & Cheese Toastie	920	220		x						x			*	x	*								
Ham & Cheese Toastie	858	205		x						x			*	x	*								
Cheese Toastie	1025	245		x						x			*	x	*								
Breakfast Roll with Brown Sauce	2188	522		x	x	x				x			*	x	x								
Breakfast Roll with Tomato Ketchup	2178	520		x	*	*							*	x	x								
Muffin and Jam with Butter	957	227	V	x	x								*	x									

## Big Mac Bacon Promotion 2019

30th January to 19th March 2019

	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	
Grand Big Mac™	3036	726		x	*	*							x	x	x						x		
Grand Big Mac™ Bacon	3249	777		x	*	*							x	x	x						x		
Mac Jr.™	1674	400		x	*	*							x	x	x						x		
Mac Jr.™ Bacon	1886	451		x	*	*							x	x	x						x		
Big Mac® Bacon	2338	559		x	*	*							x	x	x						x		
Mozzarella Dippers	1073	256		x										x	*			*					
Salsa Dip	169	40	V																				
Twix® McFlurry®	1527	363	V	x		*	*			x				x									
Mini Twix® McFlurry®	771	184	V	x		*	*			x				x									
Shamrock Shake - Small	832	197	V							*				x									
Shamrock Shake - Medium	1579	374	V							*				x									
Shamrock Shake - Large	2011	476	V							*				x									
Millionaire's Latte - Regular	840	200	V							x				x									
Millionaire's Latte - Large	1026	244	V							x				x									

Information correct at time of print, January 2019.

X = Contains indicated allergen. \* = May contain traces of indicated allergen (presence cannot be excluded). V = Suitable for vegetarians. 0 = Zero amount present or less than 0.5kJ/kcal. 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. \*\*Nuts and Peanuts – please note products containing nuts and peanuts are on sale in our McCafé restaurant at Grafton St – Dublin. Please check the allergen leaflets in the McCafé for details. 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 Ireland only and is subject to change without notice. Please check www.mcdonalds.ie for the most up-to-date information.



We only use  
**100% Irish Beef.**  
Oh, and a pinch of  
salt and pepper.



All our fresh milk  
is **100% Irish.**  
Because we believe  
nothing udder than the  
best will do.



We only use  
**100% chicken  
breast meat.**  
Across our whole  
range.

We also shell out for over  
two million eggs every year,  
from Greenfield Foods  
in Co. Monaghan.



# Some tasty food facts

Allergen Information



Valid from 30<sup>th</sup> January 2019 for the duration  
of the Big Mac Bacon Promotion

## 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®	2125	508		x	*	*							x	x	x					x			
Quarter Pounder™ with Cheese	2168	518		x	*	*						x	x							x			
Filet-o-Fish®	1379	329		x								*	x	x	x					x			
McChicken® Sandwich	1627	388		x	*	*						x	*	*	x			*		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			
Mayo Chicken	1337	319		x	*	*						*	*	x				*		x			
Chicken Bacon	1575	380		x	*	*						x	*	x				*		x			
Vegetable Deluxe (New Recipe)	1593	380	V	x	*	*						x	*	*						x			

## The Signature Collection

Only available in selected stores

	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 Classic	2918	698		x	*	*						*	x	x						x			
The BBQ	3265	782		x	*	*						*	x	x						x			
The Spicy	2658	635		x	*	*						*	x	x						x			

## 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	1053	250		x	*	*						*	x							x			
Cheeseburger	1262	301		x	*	*						*	x							x			
Chicken McNuggets® x 4	722	173		x								*	*	*				x		*			
Fish Fingers x 3	813	194		x								*	*	*		x				*			
Grilled Chicken Wrap	765	181		x	*	*						*	*	*			*		*	*			
Crispy Chicken Wrap	1044	248		x	*	*						*	*	*			x		*	*			
Veggie Wrap	879	209	V	x	*	*						*	*	*									
Small Fries	990	237	V																				
Fruit Bag - Pineapple Stick	155	37	V																				
Fruit Bag - Apple & Grape	194	46	V																				
Carrot Bag	141	34	V																				
Low Fat Irish Milk - 250ml	512	122	V										x										
Robinsons Fruit Shoot	40	10	V																				
Tropicana® Orange Juice	455	108	V																				
Ballygowan Mineral Water (still) - 250ml	0	0	V																				

## 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	V																				
Medium	1410	337	V																				
Large	1855	444	V																				
Twisty Fries	2176	520	V																				

## 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	
Shaker Side Salad	77	18	V																				
Crispy Chicken & Bacon Salad	1320	316		x										x	*			x		x			
Crispy Chicken Salad	1109	265		x										x	*			x		x			
Grilled Chicken & Bacon Salad	770	184		*										*	*			*		*			
Grilled Chicken Salad	560	133		*										*	*			*		*			
Balsamic Dressing - 30g	96	23	V																				

## 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 Garlic Mayo Chicken One	CRISPY 2009	479		x	*	*						*	x	x				x		x			
	GRILLED 1451	345		x	*	*						*	x	x				*		x			
The Sweet Chilli Chicken One	CRISPY 1990	474		x	*	*						*	*	x				x		x			
	GRILLED 1432	340		x	*	*						*	*	x				*		x			
The BBQ & Bacon Chicken One	CRISPY 2098	500		x	*	*						*	*	x				x		x			
	GRILLED 1542	366		x	*	*						*	*	x				*		x			
The Fiery Buffalo Chicken One	CRISPY 1984	473		x	*	*						*	x	*				x		*			
	GRILLED 1426	339		x	*	*						*	x	*				*		*			
The Spicy Veggie One	1532	364	V	x	*	*						*	*							x			

## 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	10g 50	12	V																				
Mayo Dip	20g 511	124	V												x					x			
BBQ Dip	30g 207	49	V																	x			
Sweet Curry Dip	30g 213	50	V															x		x			
Sweet & Sour Dip	30g 185	44	V	x		x				x								x					
Smoky BBQ Dip	50g 357	84	V																				
Sweet Chilli Dip	50g 453	107	V																				
Sour Cream & Chive Dip	50g 578	140	V										x	x									
Butter	7g 208	51	V										x										
Strawberry Jam	15g 167	39	V																				
Pancake Syrup	40g 560	132	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
Blueberry Muffin	1393	331	V	x			x														