

BREAKFAST Served until 10:30am	Energy per portion		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	
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	x										x	x								
Pancakes with Sausage & Syrup	2580	612	x										x	x								
Flahavan's Porridge Oats (Plain) with Milk	795	190				x							x									
Hash Brown	568	136																				
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	x	x								*	x									

MONOPOLY PROMOTION 21st March to 1 May	Energy per portion		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 Tasty®	3338	799	x	*	*							x	x	x								
Big Tasty® with Bacon	3548	850	x	*	*							x	x	x								
Mozzarella Dippers	1159	278	x										x	*			*		*			
Salsa Dip	169	40																				
Cadbury Creme Egg McFlurry®	1579	375											x	x								
Cadbury Caramel McFlurry®	1594	379											x									



€200 million worth of Irish produce is exported to McDonald's restaurants throughout Europe every year.



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



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



**All our chicken is traceable.**  
Back to the very egg it came from.

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



# Some tasty food facts

## Allergen information

Information correct at time of print, February 2018.  
 X = Contains indicated allergen. \* = May contain traces of indicated allergen (presence cannot be excluded). 0 = Zero amount present or less than 0.5%. We produce our food in a kitchen (area) where allergens are handled and while we try to keep things separate we cannot guarantee that any item is allergen free. No products are certified as vegetarian. 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.



