Nutrition Breakdown

For more information, please go to www.mcdonaldsmenu.info

	ENERGY (Kcal)		PROTEIN (g)		FAT (g)		CARBOHYDRATE (g)		SALT (g)		SATURATED FAT (g)		SUGARS (g)		FIBRE (g)		ALLERGENS INFORMATION														
	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	GLUTEN	SOYA	PEANUTS	TREENUTS	SESAME	MILK	EGGS	FISH	CRUSTACEANS	CELERY	SULPHUR DIOXIDE & SULPHITES	MUSTARD
BREAKFAST																														
Sausage & Egg McMuffin™	430	22	23	31	24	36	30	11	1.7	34	8	36	3	3	2	8	+	+			!	+	+					
Double Sausage & Egg McMuffin™	565	28	33	44	34	51	30	11	2.3	46	12	55	3	3	2	8	+	+			!	+	+					
Bacon & Egg McMuffin™	345	17	19	25	16	24	29	11	1.4	28	6	27	2	2	2	8	+	+			!	+	+					
Double Bacon & Egg McMuffin™	400	20	25	33	20	30	29	11	1.8	36	7	32	2	2	2	8	+	+			!	+	+					
Bacon Roll with Brown Sauce	335	17	19	25	9	13	44	16	1.8	36	3	14	6	6	3	12	+	+			!	+					+	
Bacon Roll with Heinz® Tomato Ketchup	335	17	19	25	9	13	43	16	1.7	34	3	14	6	6	3	12	+	!			!	+				+		
Bacon & Cheese Toastie	220	11	10	13	8	13	27	10	0.9	18	4	18	2	2	2	8	+	+			!	+						
Ham & Cheese Toastie	205	10	9	12	7	10	27	10	1	20	3	14	2	2	2	8	+	+			!	+						
Cheese Toastie	245	12	9	12	10	15	28	11	1.1	22	6	27	3	3	2	8	+	+			!	+						
Pancake and Sausage (No Syrup)	665	33	18	24	18	27	104	38	2.3	46	6	27	51	54	5	20	+					+	+					
Pancake (No Syrup)	530	27	8	11	8	12	104	38	1.6	32	2	9	50	53	5	20	+					+	+					
Pancake Syrup	180	9	0	0	0	0	44	16	0	0	0	0	36	38	0	0												
Muffin and Jam	185	9	5	7	1	1	39	14	0.5	10	0	0	15	16	2	8	+				!	+						
Hash Brown	140	7	1	1	9	13	14	5	0.7	14	1	5	0	0	1	4												
Oatso Simple® (plain) with Milk	195	10	10	13	5	7	27	10	0.3	6	2	9	9	9	3	12	+	+				+						
SALADS																												
Grilled Chicken Caesar Salad	190	10	25	33	7	10	6	2	1.1	22	4	18	3	3	3	12	+					+				+		
Crispy Chicken Caesar Salad	350	18	31	41	17	25	19	7	1.6	32	5	23	3	3	4	16	+					+	+			+		+
Side Salad	10	1	1	1	0	0	2	1	0	0	0	0	2	2	1	4												
Croutons	60	3	2	3	2	3	9	3	0.2	4	1	5	1	1	0	0	+					+						
Low Fat Caesar Dressing (60ml)	40	2	1	1	1	1	5	2	0.9	18	1	5	3	3	1	4	!					+	+					
Low Fat Balsamic Dressing	25	1	0	0	1	1	4	1	0.9	18	0	0	4	4	1	4												
DESSERTS																												
Fruit Bag	42	3	0	0	0	0	10	5	0	0	0	0	10	13	2	12												
Apple Pie	250	13	2	3	14	21	29	11	0.5	10	3	14	10	11	1	4	+											
Sundae – Caramel	295	15	5	7	7	10	53	19	0.4	8	5	23	40	42	0	0	+					+						
Sundae – Chocolate	275	14	5	7	9	13	44	16	0.4	8	7	32	38	40	1	4	+					+						
Sundae – Strawberry	230	12	4	5	5	7	42	15	0.2	4	4	18	35	37	1	4						+						
Nestlé Tollhouse Triple Choc Cookie	265	13	4	5	14	21	31	11	0.4	8	5	23	18	19	1	4	+	+			!	+	+					
Nestlé Tollhouse Choc Chip Cookie	270	14	3	4	14	21	33	12	0.4	8	5	23	18	19	2	8	+	+			!		+					
Sugar Ring Donut	210	11	3	4	13	19	20	7	0.4	8	6	27	6	6	1	4	+	+				+	+					
Low Fat Blueberry Muffin	300	15	6	8	3	4	63	23	1.7	34	1	5	36	38	3	12	+	!				+	+					
Double Chocolate Muffin	515	26	7	9	28	42	57	21	1.2	24	5	23	34	36	3	12	+	+				+	+					
Smarties McFlurry™	365	18	6	8	13	19	56	20	0.4	8	8	36	49	52	1	4	+	+				+						
Crunchie McFlurry™	365	18	6	8	12	18	58	21	0.4	8	6	27	51	54	0	0		+				+						
Dairy Milk McFlurry™	385	19	7	9	17	25	51	19	0.4	8	6	27	46	48	0	0		+				+						
Shake Chocolate 475ml	385	19	10	13	10	15	64	23	0.7	14	7	32	52	55	2	8		+				+						
Shake Chocolate 610ml	500	25	12	16	13	19	83	30	0.9	18	9	41	67	71	2	8		+				+						
Shake Strawberry 475ml	390	20	9	12	10	15	67	24	0.5	10	6	27	63	66	1	4						+						
Shake Strawberry 610ml	505	25	12	16	13	19	87	32	0.6	12	8	36	82	86	2	8						+						
Shake Vanilla 475ml	390	20	9	12	10	15	67	24	0.5	10	6	27	67	71	1	4						+						
Shake Vanilla 610ml	500	25	12	16	13	19	86	31	0.6	12	8	36	86	91	2	8						+						
BEEF																												
Hamburger (Child)	250	16	14	23	8	13	30	15	1.2	40	3	17	8	11	2	12	+	+			!	!				+		+
Cheeseburger	295	15	16	21	12	18	31	11	1.5	30	6	27	7	7	2	8	+	+			!	+				+		+
Double Cheeseburger	440	22	26	35	23	34	32	12	2.1	42	12	55	8	8	3	12	+	+			!	+				+		+

	ENERGY (Kcal)		PROTEIN (g)		FAT (g)		CARBOHYDRATE (g)		SALT (g)		SATURATED FAT (g)		SUGARS (g)		FIBRE (g)		ALLERGENS INFORMATION														
	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	Per portion	% GDA	GLUTEN	SOYA	PEANUTS	TREENUTS	SESAME	MILK	EGGS	FISH	CRUSTACEANS	CELERY	SULPHUR DIOXIDE & SULPHITES	MUSTARD
BEEF																												
Big Mac®	490	25	28	37	24	36	41	15	2.1	42	10	45	8	8	4	16	+	+			+	+	+			+		+
Quarter Pounder with Cheese	490	25	31	41	25	37	37	13	2.2	44	13	59	10	11	3	12	+	+			+	+				+		+
Double Quarter Pounder with Cheese	685	34	49	65	33	49	48	17	2.5	50	14	64	9	9	3	12	+	+			+	+				+		+
Big Tasty™	835	42	43	57	52	78	49	18	3.2	64	21	95	9	9	6	24	+	+			+	+	+					
CHICKEN																												
McChicken® Sandwich	385	19	16	21	16	24	44	16	1.6	32	2	9	7	7	3	12	+	+			+	+	+					+
Chicken Legend™ with Mayo	550	28	30	40	21	31	61	22	2.3	46	3	14	4	4	4	16	+	!			!	+	+			+		+
Chicken Legend™ with Salsa	515	26	30	40	14	21	67	24	2.6	52	2	9	7	7	5	20	+	!			!	+	+			+		+
Chicken McNuggets® (4 pc.) (Child)	170	11	9	15	9	15	13	7	0.4	13	1	6	0	0	1	6	+					+	+			+		
Chicken McNuggets® (6 pc.)	250	13	14	19	14	21	20	7	0.6	12	2	9	1	1	1	4	+					+	+			+		
Chicken McNuggets® (9 pc.)	375	19	20	27	21	31	30	11	0.9	18	3	14	1	1	2	8	+					+	+			+		
Chicken Selects™ (3)	365	18	21	28	20	30	26	9	1.7	34	2	9	1	1	0	0	+									+		+
Chicken Selects™ (5)	610	31	35	47	33	49	43	16	2.8	56	4	18	1	1	0	0	+									+		+
FISH																												
Filet-O-Fish®	350	18	15	20	16	24	36	13	1.7	34	3	14	6	6	2	8	+	+			!	+	+	+				+
Fish Fingers (Child)	195	12	13	22	9	15	16	8	0.8	27	1	6	1	1	1	6	+							+				
FRIES																												
Fries (small) (Child)	230	14	2	3	11	18	30	15	0.4	13	1	6	0	0	3	18												
Fries (medium)	330	17	3	4	16	24	42	15	0.6	12	2	9	1	1	4	16												
Fries (large)	460	23	5	7	23	34	60	22	0.9	18	2	9	1	1	6	24												
Twisty Fries	520	26	7	9	26	37	65	24	3.5	70	5	23	1	1	6	24	+											
CONDIMENTS																												
Barbeque Dip 25ml	50	3	0	0	0	0	11	4	0.6	12	0	0	9	9	1	4												+
Sweet & Sour Dip 25ml	45	2	0	0	0	0	11	4	0.2	4	0	0	9	9	0	0	+	+								+		+
Sweet Curry Dip 25ml	50	3	0	0	1	1	11	4	0.6	12	0	0	10	11	1	4										+		+
Ketchup Dip Pot	20	1	0	0	0	0	5	2	0.5	10	0	0	5	5	0	0										+		
Ketchup Sachets	10	1	0	0	0	0	3	1	0.3	6	0	0	3	3	0	0										+		
Mayonnaise Dip Pot	140	7	0	0	14	21	4	1	0.2	4	1	5	0	0	0	0	+						+					+
Sour Cream and Chive Dip 50ml	160	8	1	1	17	25	1	0	0.6	12	2	9	0	0	0	0						+	+					
Sweet Chilli Dip 50ml	120	6	0	0	1	1	28	10	0.8	16	0	0	25	26	1	4												+
Smokey BBQ Dip 50ml	85	4	0	0	0	0	19	7	0.9	18	0	0	15	16	0	0												
DRINKS																												
Diet Coke (small)	3	0	0	0	0	0	0	0	0.1	2	0	0	0	0	0	0												
Diet Coke (medium)	4	0	0	0	0	0	0	0	0.2	4	0	0	0	0	0	0												
Diet Coke (large)	5	0	1	1	0	0	0	0	0.3	6	0	0	0	0	0	0												
Coca-Cola (small) (Child)	105	7	0	0	0	0	26	13	0.1	3	0	0	26	34	0	0												
Coca-Cola (small)	105	5	0	0	0	0	26	9	0.1	2	0	0	26	27	0	0												
Coca-Cola (medium)	170	9	0	0	0	0	42	15	0.1	2	0	0	42	44	0	0												
Coca-Cola (large)	210	11	1	1	0	0	53	19	0.1	2	0	0	53	56	0	0												
Sprite (small) (Child)	105	7	0	0	0	0	26	13	0.1	3	0	0	26	34	0	0												
Sprite (small)	105	5	0	0	0	0	26	9	0.1	2	0	0	26	27	0	0												
Sprite (medium)	170	9	0	0	0	0	42	15	0.1	2	0	0	42	44	0	0												
Sprite (large)	210	11	1	1	0	0	53	19	0.1	2	0	0	53	56	0	0												
Fanta (small) (Child)	105	7	0	0	0	0	26	13	0.1	3	0	0	26	34	0	0												
Fanta (small)	105	5	0	0	0	0	26	9	0.1	2	0	0	26	27	0	0												
Fanta (medium)	170	9	0	0	0	0	42	15	0.1	2	0	0	42	44	0	0												
Fanta (large)	210	11	1	1	0	0	53	19	0.1	2	0	0	53	56	0	0												
Natural Mineral Water	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0												
Tropicana®	118	6	2	3	0	0	25	9	0	0	0	0	25	26	1	4												
Robinsons® Fruit Shoot	10	1	0	0	0	0	2	1	0	0	0	0	2	2	0	0												
Cappuccino (tall)	90	5	6	8	3	4	10	4	0.2	4	2	9	10	11	0	0	+	+				+						
Cappuccino (grande)	120	6	8	11	4	6	13	5	0.3	6	3	14	12	13	0	0	+	+				+						
Latte (tall)	140	7	10	13	5	7	13	5	0.3	6	3	14	13	14	0	0						+						
Latte (grande)	190	10	14	19	7	10	18	7	0.4	8	4	18	18	19	0	0						+						
250ml Milk	160	8	8	13	9	15	12	6	0.1	3	6	27	12	13	0.5	2						+						
WRAPS																												
Sweet Chilli Crispy Chicken Wrap	460	23	20	27	18	27	53	19	2	4	3	14	8	8	3	12	+				!		+			+		+
Spicy Vegetable Wrap	445	22	10	13	16	24	59	21	1.7	34	3	14	10	11	10	40	+				!		+					+
Crispy Chicken and Bacon Wrap	495	25	23	31	20	30	55	20	2.3	46	4	18	11	12	3	12	+				!		+			+		+
Salsa and Mayo Grilled Chicken Wrap	325	16	27	36	9	13	42	16	2.3	38	4	17	7	7	4	15	+				!	+	+					+

KEY

ALLERGEN AND INTOLERANCE INFORMATION: NONE OF THE PRODUCTS ON THIS LIST CONTAIN MOLLUSCS OR LUPIN. **+** = CONTAINS ALLERGEN INDICATED, **!** = MAY CONTAIN ALLERGEN INDICATED (PRESENCE CANNOT BE EXCLUDED), **0** = ZERO AMOUNT PRESENT, OR LESS THAN 0.5. **GDA%** = GUIDELINE DAILY AMOUNT. THE MAJORITY OF FIGURES SHOWN ARE ROUNDED UP/DOWN TO THE NEAREST WHOLE NUMBER, EXCEPT ENERGY WHICH IS ROUNDED TO THE NEAREST 5KCAL AND SALT WHICH IS ROUNDED TO 1 DECIMAL POINT. UNLESS OTHERWISE STATED ALL GDA PERCENTAGES ARE BASED ON AN AVERAGE WOMAN AGED 20-30 YEARS OLD WHO HAS A LOW PHYSICAL ACTIVITY LEVEL (NO SPORT, WALKS LESS THAN 30 MINUTES EVERY DAY). ITEMS MARKED (Child) ARE BASED ON A GIRL AGED 4-7 YEARS OLD WITH A NORMAL PHYSICAL ACTIVITY LEVEL (AT LEAST 1 HOUR OF PHYSICAL ACTIVITY EVERY DAY).

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