

## Breakfast

Served until 11:00am

	Energy per portion		Vegetarian	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	
<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>Pancakes &amp; Syrup</b>	2019	477	V	x										x	x								
<b>Pancakes with Sausage &amp; Syrup</b>	2580	612		x										x	x								
<b>Flahavan's® Porridge Oats (Plain) with Milk</b>	795	190	V	*	*	*	x							x									
<b>Hash Brown†</b>	568	136	V																				
<b>Bacon &amp; Cheese Toastie</b>	920	220		x						x			*	x	*								
<b>Ham &amp; Cheese Toastie</b>	858	205		x						x			*	x	*								
<b>Cheese Toastie</b>	1025	245		x						x			*	x	*								
<b>Breakfast Roll with Brown Sauce</b>	2168	517		x	x	x				x			*	x	x								
<b>Breakfast Roll with Tomato Ketchup</b>	2158	515		x	*	*							*	x	x								
<b>Bacon Roll with Brown Sauce</b>	1497	356		x	x	x				x			*	*									
<b>Bacon Roll with Tomato Ketchup</b>	1478	351		x	*	*							*	*									
<b>Muffin and Jam</b>	888	211	V	x	x								*	x									

## Grand Big Mac Promotion

29th January to 24th March 2020

	Energy per portion		Vegetarian	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	
<b>Grand Big Mac™</b>	3061	731		x	*	*							x	x	x						x		
<b>Grand Big Mac™ Bacon</b>	3270	781		x	*	*							x	x	x						x		
<b>Sticky 'n Sweet BBQ Chicken</b>	3004	715		x	*	*							x	x	x			x		*	*		
<b>Mozzarella Dippers - 3 pieces</b>	1073	256		x										x				*		*			
<b>Mozzarella Dippers - Sharebox</b>	3218	769		x										x				*		*			
<b>Salsa Dip</b>	169	40	V																				
<b>Big Mac® Special Sauce</b>	511	124													x						x		
<b>Flake® Chocolate McFlurry®</b>	1490	355	V											x									
<b>Mini Flake® Chocolate McFlurry®</b>	745	177	V											x									
<b>Flake® Raspberry McFlurry®</b>	1365	324	V											x									
<b>Mini Flake® Raspberry McFlurry®</b>	682	162	V											x									
<b>Shamrock Shake - Small</b>	832	197	V											x									
<b>Shamrock Shake - Medium</b>	1579	374	V											x									
<b>Shamrock Shake - Large</b>	2011	476	V											x									

### Information correct at time of print, February 2020.

V = Suitable for vegetarians. 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. 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 Ireland only and is subject to change without notice. Please check [www.mcdonalds.ie](http://www.mcdonalds.ie) for the most up-to-date information.



**We only use 100% Irish Beef.**

Oh, and a pinch of salt and pepper.



**We only use 100% Irish milk for our teas, coffees and Happy Meal® milk bottles**



**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.**



# McDonald's Ireland ALLERGEN

information guide

**Valid from 29th January 2020 for the duration of the Grand Big Mac Promotion**

