We handle multiple allergens in our kitchens and cannot guarantee any item is allergen free.

Drinks

		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
Coca-Cola® Zero Sugar®	SMALL	4	1	VE																			
	MEDIUM	6	1	VE																			
	LARGE	7	2	VE																			
Sprite No Sugar®	SMALL	13	3	VE																			
	MEDIUM	20	4	VE																			
	LARGE	25	5	VE																			
Diet Coke®	SMALL	4	1	VE																			
	MEDIUM	6	1	VE																			
	LARGE	7	2	VE																			
Coca-Cola® Classic	SMALL	451	106	VE																			
	MEDIUM	721	170	VE																			
	LARGE	901	212	VE																			
Fanta Orange® Zero	SMALL	13	3	VE																			
	MEDIUM	20	4	VE																			
	LARGE	25	5	VE																			
Oasis® Zero Summer Fruits	SMALL	37	7	VE																			
	MEDIUM	60	12	VE																			
	LARGE	75	15	VE																			
IRN BRU (Scotland only)	SMALL	203	48	VE																			
	MEDIUM	324	76	VE																			
	LARGE	405	95	VE																			
Banana Milkshake	SMALL	793	188	V											✓								
	MEDIUM	1507	357	V											✓								
	LARGE	1935	459	V											✓								
Chocolate Milkshake	SMALL	808	192	V											✓								
	MEDIUM	1536	364	V											✓								
	LARGE	1972	468	V											✓								
Strawberry Milkshake	SMALL	792	188	V											✓								
	MEDIUM	1501	356	V											✓								
	LARGE	1932	458	V											✓								
Vanilla Milkshake	SMALL	810	192	V											✓								
	MEDIUM	1543	366	V											✓								
	LARGE	1977	469	V											✓								
Tropicana® Orange Juice		430	100	VE																			
Bottled Water	STILL	0	0	VE																			
Robinsons Fruit Shoot		36	8	VE																			
Flat White	8oz	362	86	V											✓								
Toffee Latte	REGULAR	785	187	V											✓								
	LARGE	975	232	V											✓								
Latte	REGULAR	610	145	V											✓								
	LARGE	828	197	V											✓								
Cappuccino	REGULAR	407	89	V											✓								
	LARGE	538	120	V											✓								
Americano	REGULAR	23	6	V											*								
	LARGE	32	8	V											*								
White Coffee	REGULAR	229	54	V											✓								
	LARGE	313	74	V											✓								
Hot Chocolate	REGULAR	727	173	V							✓				✓								
	LARGE	974	231	V							✓				✓								
PG tips Tea (with 1 Milk)	REGULAR	26	6	V											✓								
PG tips Tea (with 2 Milks)	LARGE	50	12	V											✓								
Espresso	SINGLE	3	1	V											*								
	DOUBLE	5	1	V											*								
Frozen Strawberry Lemonade	REGULAR	854	201	V	*						*				*								
	LARGE	1085	255	V	*						*				*								
Iced Latte	REGULAR	574	136	V											✓								
	LARGE	699	166	V											✓								
Caramel Iced Frappé	REGULAR	1337	319	V	*						*				✓								
	LARGE	1674	399	V	*						*				✓								
Mango & Pineapple Smoothie	REGULAR	767	180	V	*						*				*								
	LARGE	1001	235	V	*						*				*								

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Breakfast

Served until 11:00am

	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
Breakfast Wrap with Ketchup	2766	661		✓	*	*							*	✓	✓							
Breakfast Wrap with Brown Sauce	2783	665		✓	*	✓							*	✓	✓							
Breakfast Roll with Tomato Ketchup	2082	496		✓	*	*							*	✓	✓							
Breakfast Roll with Brown Sauce	2098	500		✓	*	✓							*	✓	✓							
Bacon Roll with Tomato Ketchup	1397	332		✓	*	*							*	*								
Bacon Roll with Brown Sauce	1414	336		✓	*	✓							*	*								
Sausage & Egg McMuffin®	1768	423		✓	✓								*	✓	✓							
Bacon & Egg McMuffin®	1404	335		✓	✓								*	✓	✓							
Double Sausage & Egg McMuffin®	2301	551		✓	✓								*	✓	✓							
Double Bacon & Egg McMuffin®	1573	376		✓	✓								*	✓	✓							
Egg & Cheese McMuffin®	1236	295		✓	✓								*	✓	✓							
Mighty McMuffin® with Tomato Ketchup	2153	515		✓	✓								*	✓	✓							
Mighty McMuffin® with Brown Sauce	2163	517		✓	✓	✓							*	✓	✓							
Muffin with Jam	903	214	V	✓	✓								*	✓								
Porridge (GB only) § ¥	653	154	V	*		*	✓							✓								
Flahavan's® Porridge Oats (Plain) with Milk (NI only) § ¥	820	194	V	*	*	*	✓							✓								
Pancakes & Syrup	1933	456	V	✓										✓	✓							
Pancakes with Sausage & Syrup	2466	584		✓										✓	✓							
Cheesy Bacon Flatbread	1168	278		✓	*	*							*	✓								
Hash Brown†	532	127	VE																			

October Food Promotion 2024

16/10/24 to 19/11/24

Subject to availability.

	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
McRib® Whilst stocks last	2129	509		✓	*	*							*	*						✓		
Double Big Mac®	2853	684		✓	*	*							✓	✓	✓					✓		
Double Big Mac® with Bacon	3047	730		✓	*	*							✓	✓	✓					✓		
McCrispy® Deluxe	2521	601		✓	✓	*							✓	✓	✓			*	✓	✓		
Chilli Double Cheeseburger	1839	440		✓	*	*							*	✓						✓		
Cheese Bites	922	221		✓										✓				*		*		
Cheese Bites Sharebox®	2765	662		✓										✓				*		*		
Cheese Melt Dippers	1071	257		✓										✓				*		*		
Cheese Melt Dippers Sharebox®	3214	771		✓										✓				*		*		
Rich Tomato Dip	175	41	VE																			
Mini Hash Browns	518	124	VE																			
Mini Hash Browns Sharebox®	1553	372	VE																			
9 Chicken Selects® Sharebox®	4507	1078		✓										*				✓		*		
The McDonald's Chicken Sharebox®	5188	1240		✓										*				✓		*		
M&M's® Halloween McFlurry®	1470	350	V	*		*	*			✓				✓								
M&M's® Halloween Mini McFlurry®	735	175	V	*		*	*			✓				✓								
Galaxy® Caramel McFlurry®	1497	356	V	*		*	*			✓				✓								
Galaxy® Caramel Mini McFlurry®	748	178	V	*		*	*			✓				✓								
Toffee Apple Pie	1117	297		✓										✓								
Birthday Cake Donut	1168	278	V	✓			*			*				✓	*							
Regular Toasted Marshmallow Latte	753	178	V											✓								
Large Toasted Marshmallow Latte	944	224	V											✓								
Toasted Marshmallow Hot Chocolate	1043	247	V							✓				✓								
Sales Test. Available in participating restaurants																						
Fish Bites - 5 pieces	664	164		✓												✓						
McFreezy® Mango and Pineapple	192	45	VE																			
McFreezy® Orange	165	39	VE																			
Chocolate flavour Milk	408	97	V											✓								
Banana flavour Milk	399	95	V											✓								
Strawberry flavour Milk	399	95	V											✓								
Strawberry Scoop	372	88	VE											*								
Choco Scoop	393	94	VE											*								

McDonald's® UK ALLERGEN

information guide

OCTOBER FOOD PROMOTION 2024

Valid from 16th October to 19th November 2024

For more information please visit our website and view the menu section www.mcdonalds.co.uk/nutrition

Recipes change every now and again, so please check the leaflet regularly.

Additional Allergen Information

We prepare our food in kitchens where allergens are present and shared equipment is used. Although we handle your meal with care, we cannot ensure it is allergen free, even if requested ingredients are removed. While there are no nuts or peanuts in our products, we cannot guarantee they are completely nut or peanut-free.

Please note:

- Our buns, rolls and tortilla wraps are toasted in the same toaster as buns topped with sesame seeds.
- Due to the handling of cheese we cannot guarantee our products do not contain traces of milk, including where a request has been made to remove cheese from an order.
- Our Fries and Hash Browns are cooked in the same oil as Veggie Dippers.
- Delivery orders: we also cannot guarantee your meal will not come into contact with other allergens during delivery. Couriers may transport other McDonald's orders or orders from other businesses at the same time as your McDonald's order.

For any further information please contact our Customer Services Team via our website – www.mcdonalds.co.uk

✓ Contains indicated allergen
* May contain traces of indicated allergen (presence cannot be excluded)
V Suitable for vegetarians
VE Suitable for vegans
† Our Fries and Hash Browns are cooked in the same oil as Veggie Dippers
0 Zero amount present
§ Does not include optional condiments

Information correct at time of print, September 2024.

Some menu items may not be available in all restaurants; test products, test formulations or regional items have not been included. 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.co.uk/nutrition for the most up-to-date information.

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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®	2061	493		✓	*	*							✓	✓	✓					✓		
Quarter Pounder™ with Cheese	2132	509		✓	*	*							✓	✓						✓		
Double Quarter Pounder™ with Cheese	3098	742		✓	*	*							✓	✓						✓		
McCrispy®	2031	484		✓	✓	*							✓	*	✓			*		✓		
McSpicy®	1903	454		✓	*	*							✓	*				*		✓		
McChicken® Sandwich	1558	371		✓	*	*							✓	*				*		✓		
Filet-o-Fish®	1323	315		✓									*	✓	✓	✓				✓		
McPlant®	1783	426	VE	✓	*	*							✓	*						✓		
Vegetable Deluxe	1524	363	VE	✓	*	*							✓	*						✓		
Chicken Selects® x 3	1502	359		✓										*				✓		*		
Chicken Selects® x 5	2504	599		✓										*				✓		*		
Chicken McNuggets® x 6	1092	261		✓										*				✓		*		
Chicken McNuggets® x 9	1637	391		✓										*				✓		*		
Chicken McNuggets® x 20 (serves 4)	3638	869		✓										*				✓		*		
Veggie Dippers x 4	1339	321	VE																			
Hamburger	1040	248		✓	*	*							*	*						✓		
Cheeseburger	1235	294		✓	*	*							*	✓						✓		
Double Cheeseburger	1818	435		✓	*	*							*	✓						✓		
Bacon Double Cheeseburger	2011	481		✓	*	*							*	✓						✓		
Triple Cheeseburger	2400	575		✓	*	*							*	✓						✓		
Mayo Chicken	1184	282		✓	*	*							*	*	✓			✓		✓		
Bacon Mayo Chicken	1377	328		✓	*	*							*	*	✓			✓		✓		

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	1040	248		✓	*	*							*	*						✓		
Cheeseburger	1235	294		✓	*	*							*	✓						✓		
Chicken McNuggets® x 4	728	174		✓										*				✓		*		
Fish Fingers x 3	651	155		✓												✓						
Veggie Dippers x 2	670	160	VE																			
Small Fries†	990	237	VE																			
Fruit Bag – Apple & Grape	194	46	VE																			
Fruit Bag – Pineapple Stick	155	37	VE																			
Fruit Bag – Melon	73	17	VE																			
Carrot Bag	141	34	VE																			
Cucumber Sticks	52	12	VE																			
Organic Semi-Skimmed Milk	524	125	V											✓								
Robinsons Fruit Shoot	36	8	VE																			
Tropicana® Orange Juice	430	100	VE																			
Bottled Water (still)	0	0	VE																			

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	VE																			
Medium	1410	337	VE																			
Large	1855	444	VE																			

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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
Grilled Chicken Salad	586	139		*										*								
Grilled Chicken & Bacon Salad	779	185		*										*								
Crispy Chicken Salad	1148	274		✓										*				*		*		
Crispy Chicken & Bacon Salad	1341	320		✓										*				*		*		
Side Salad	77	18	V	*										*								
Balsamic Dressing – 30g	96	23	VE																			

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 Sweet Chilli Chicken One	GRILLED	1435	340		✓	*	*							*	*	✓					✓		
	CRISPY	1966	469		✓	*	*							*	*	✓			✓		✓		
The BBQ & Bacon Chicken One	GRILLED	1536	364		✓	*	*							*	*	✓					✓		
	CRISPY	2067	493		✓	*	*							*	*	✓			✓		✓		
The Caesar & Bacon Chicken One	GRILLED	1694	403		✓	*	*							*	✓	✓					✓		
	CRISPY	2226	532		✓	*	*							*	✓	✓			✓		✓		
The Spicy Veggie One		1532	365	VE	✓	*	*							*	*						✓		

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	24g	114	27	VE																			
BBQ Dip	30g	188	44	VE																✓			
Sweet Curry Dip	30g	207	47	VE														✓		✓			
Sweet & Sour Dip	30g	179	42	VE	✓		✓				✓							✓					
Smoky BBQ Dip subject to availability	40g	284	67	V																			
Sweet Chilli Dip	40g	299	71	VE																			
Lurpak® Spreadable	8g	232	57	V											✓								
Strawberry Jam	15g	166	39	V																			
Pancake Syrup	40g	560	132	V																			
Flora® Original	10g	259	62	V											*								
Golden Syrup	20g	270	63	V																			
Sweet & Smoky BBQ Dip subject to availability	40g	256	60	V																			
Garlic Mayo Dip subject to availability	40g	486	118	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	Lupin
Chocolate Brownie	1318	316	V	✓			*			✓				✓	✓							
Mixed Berry Muffin	1255	298	V	✓			✓			*				✓	✓							
Triple Chocolate Cookie	1342	320	V	✓			*			✓				✓	✓							
Sugar Donut	812	194		✓			*			*				*	*							
Hot Apple Pie	1016	243		✓										*								
McFlurry® Maltesers®	1118	266	V	✓		✓	*			✓				✓								
McFlurry® Smarties®	1148	273	V	✓		✓	*			*				✓								
McFlurry® Oreo®	1086	258	V	✓		*	*			✓				✓								
Mini McFlurry® Maltesers®	559	133	V	✓		✓	*			✓				✓								
Mini McFlurry® Smarties®	574	137	V	✓		✓	*			*				✓								
Mini McFlurry® Oreo®	543	129	V	✓		*	*			✓				✓								