

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

Drinks

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

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Breakfast

Served until 11:00am

	Energy per portion		Vegetarian	Cereals containing gluten										Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin		
	kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Wheat	Rye	Barley	Oats													Spelt	Kamut
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	*		*			✓										✓								
Fiahavan'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	✓	✓	*	*																					

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

S Does not include optional condiments

Information correct at time of print, November 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	Cereals containing gluten																						
				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	Cereals containing gluten																						
				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 Slices & Grapes	254	60	VE																							
Fruit Bag – Pineapple Stick	168	40	VE																							
Fruit Bag – Melon	80	19	VE																							
Carrot Bag	124	30	VE																							
Cucumber Sticks	52	13	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	Cereals containing gluten																						
				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	Cereals containing gluten																						
				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	Cereals containing gluten																							
				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	Cereals containing gluten																						
				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	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	40g	256	60	V																						
Garlic Mayo Dip	40g	486	118	V																						

Desserts

	Energy per portion		Cereals containing gluten																							
	kJ	kcal	Vegetarian	Cereals containing gluten																						
				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	✔			*				✔															