#### **Breakfast** Served until 11:00am **Bacon & Egg McMuffin®** Sausage & Egg McMuffin® 1768 423 X X \* X X Egg & Cheese McMuffin® \* X X 1236 295 \* x x **Double Bacon & Egg McMuffin®** 1573 376 Double Sausage & Egg McMuffin® \* x x 2019 477 V x Pancakes & Syrup х х Pancakes with Sausage & Syrup 194 Flahavan's® Porridge Oats (Plain) with Milk 820 \* x \* 933 **Bacon & Cheese Toastie** \* X \* **Cheese Toastie** 1035 247 **Breakfast Roll with Brown Sauce** \* X X \* x x **Breakfast Roll with Tomato Ketchur Bacon Roll with Brown Sauce** 1414 336 x x x Muffin and Jam 903 214 V x x

Big Tasty	Energy p	er portion		Ce	ereals	cont	ainin	g glut	ten													
Food Event			ian									60	•				eans		Dioxide tes	-	ş	
16/3/22 to 26/4/22 Subject to availability.	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 Tasty®	3337	799		X	*	*	Ŭ		Ē		Ē	Ē	X	х	x	Ē	Ŭ	Ŭ	0, 4	ì	ì	i
Big Tasty® with Bacon	3530	845		Х	*	*							х	Х	х							
BBQ Big Tasty®	3225	771		Х	*	*							Х	Х	*					Х		
Homestyle Crispy Chicken	2887	688		Х	*	*							Х	Х	Х			*	Х	Х		
Chilli Cheese Bites	964	231		Х										Х				*		*		
Chilli Cheese Bites - Sharebox (serves 3)	2891	693		Х										Х				*		*		
Rich Tomato Dip - 25ml	163	38	V																			
Cadbury® Creme Egg McFlurry®	1413	336	V	*		*	*			*				Х	Х							
Mini Cadbury® Creme Egg McFlurry®	706	168	V	*		*	*			*				Χ	Х							
Cadbury® Caramel McFlurry®	1455	346	V	*		*	*			*				Х								
Mini Cadbury® Caramel McFlurry®	727	173	V	*		*	*			*				Х								
Mozzarella Dippers	1073	256		Х										Х				*		*		
Mozzarella Dippers - Sharebox (serves 3)	3218	769		Х										Х				*		*		
Salsa Dip - 25ml	169	40	V																			
Crispy McFillet ¥	2158	514		Х	*	*							Х	*	Х			*		Х		
Shamrock Milkshake - small	818	194	V											Х								
Shamrock Milkshake - medium	1552	368	V											Х								
Shamrock Milkshake - large	1975	469	V											Х								

<sup>¥</sup> Available in selected restaurants only

## Information correct at time of print, February 2022.

V = Suitable for vegetarians. VE = Suitable for vegans. 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 vegan products. 0 = Zero amount present. § = Does not include optional condiments. We are currently operating a reduced menu. Some items are not currently available and some ingredients may not be available during this period. 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.





100% Irish Beef.



Irish milk for our teas, coffees and Happy Meal® milk bottles



We only use 100% chicken breast meat.

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



For more information on the ingredients within our products please visit our website www.mcdonalds.ie/nutrition

# **Additional Allergen Information**

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.

## Please note:

- Our French Fries and Hash Browns can be cooked in the same oil as Veggie Dippers.
- Our buns, rolls, tortilla wraps and flatbreads are toasted in the same toaster as buns topped with sesame seeds.
- Due to the handling of cheese during the preparation of a large number of our menu items, we cannot guarantee our products do not contain traces of milk, including where a request has been made to remove cheese from an order.

For any further information please contact our Customer Services Team via our website - www.mcdonalds.ie



# **BIG TASTY FOOD EVENT 2022**

Valid from 16<sup>th</sup> March - 26<sup>th</sup> April 2022



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

We are currently operating a reduced menu. Some items are not currently available and some ingredients may not be available during this period.

	Energy pe	er portion	· =	Ce	reals	cont	ainin	g glut	en								ans		oxide s			
Main Menu	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Mik	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Big Mac®	2058	493		Х	*	*							х	х	х					Х		
Quarter Pounder™ with Cheese	2122	507		Х	*	*							Х	Х						Х		
<b>Double Quarter Pounder™ with Cheese</b>	3088	739		х	*	*							х	х						х		
Filet-o-Fish®	1339	319		Х									*	Х	Х	Х				Х		
McChicken® Sandwich	1549	369		х	*	*							х	*				*		х		
Chicken McNuggets® x 6	1092	261		Х										*				Х		*		
Chicken McNuggets® x 9	1637	391		Х										*				Х		*		
Chicken McNuggets® x 20 (serves 4)	3638	869		Х										*				Х		*		
Chicken Legend® - Cool Mayo	2162	515		х	х	х							*	х	х			х		х		
Chicken Legend® - BBQ	2038	484		Х	Х	Х							*	Х				Х		Х		
Chicken Legend® - Hot & Spicy Mayo	2177	519		Х	Х	Х							*	Х	Х			Х		Х		
Chicken Selects® x 3	1502	359		Х										*				Х		*		
Chicken Selects® x 5	2504	599		Х										*				Х		*		
Hamburger	1056	251		Х	*	*							*	*						Х		
Cheeseburger	1251	298		Х	*	*							*	Х						Х		
Double Cheeseburger	1834	438		Х	*	*							*	Х						Х		
Bacon Double Cheeseburger	2027	484		Х	*	*							*	Х						Х		
Triple Cheeseburger	2416	578		Х	*	*							*	Х						Х		
Mayo Chicken	1200	285		Х	*	*							*	*	Х			Х		Х		
Bacon Mayo Chicken	1393	332		х	*	*							*	*	х			х		Х		
Vegetable Deluxe	1515	361	٧	х	*	*							х	*						Х		
Veggie Dippers x 4	1339	321	VE																			
McPlant®	1798	429	VE	Х	*	*							х	*						х		

	Energy pe	er portion	_ =	Ce	reals	cont	ainin	g glut	en								eans		Dioxide tes			
Happy Meal®	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustace	Celery	Sulphur Diox & Sulphites	Mustard	Molluscs	Lupin
Hamburger	1056	251		Х	*	*							*	*						Х		
Cheeseburger	1251	298		Х	*	*							*	Х						Х		
Chicken McNuggets® x 4	728	174		Х										*				Х		*		
Fish Fingers x 3	651	155		Х												Х						
Veggie Dippers x 2	670	160	VE																			
Small Fries <sup>†</sup>	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																			
Low Fat Irish Milk - 250ml	512	122	٧											Х								
Robinsons Fruit Shoot	36	8	VE																			
Tropicana® Orange Juice	430	103	VE																			
Bottled Water (still)	0	0	VE																			

	Energy pe	er portion	ian	Ce	reals	cont	ainin	g glut	en								ans		oxide			
Fries <sup>†</sup>	kJ	kcal	Vegetaria	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustace	Celery	Sulphur Di & Sulphite	Mustard	Molluscs	Lubin
Small	990	237	VE																			
Medium	1410	337	VE																			
Large	1855	444	VE																			

	Energy pe	er portion	an	Ce	reals	cont	aining	glut	en								ans		oxide			
Salads	kJ	kcal	Vegetaria	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Wilk	Eggs	Fish	Crustace	Celery	Sulphur Di & Sulphite	Mustard	Molluscs	Lupin
Side Salad	77	18	٧											*								
Crispy Chicken & Bacon Salad	1320	315		Х										Х				Х		х		
Crispy Chicken Salad	1109	265		Х										Х				х		Х		
Grilled Chicken & Bacon Salad	770	183												*								
Grilled Chicken Salad	560	133												*								
Balsamic Dressing - 30g	96	23	VE																			

Dia Flavour		Energy pe	er portion	ian	Ce	reals	cont	aining	g glut	en								ans		oxide		
Big Flavour Wraps		kJ	kcal		Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustace	Celery	Sulphur Di & Sulphite	Mustard	Molluscs
The Garlic Mayo Chicken One	CRISPY	2014	481		Х	×	×							*	Х	Х			Х		Х	
	GRILLED	1396	332		Х	*	*							*	Х	Х					Х	
The Sweet Chilli Chicken One	CRISPY	1966	469		Х	*	×							*	*	Х			Х		Х	
	GRILLED	1348	320		Х	*	*							*	*	Х					Х	
The BBQ & Bacon Chicken One	CRISPY	2067	493		Х	*	×							*	*	Х			Х		Х	
	GRILLED	1449	344		Х	*	*							*	*	Х					Х	
The Spicy Veggie One		1532	365	VE	х	*	*							*	*						х	

0 1' 1 -		Energy p	er portion	_	Ce	ereals	cont	ainin	gglut	en								eans		Dioxide tes			
Condiments & Sauces		kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustace	Celery	Sulphur Dio & Sulphites	Mustard	Molluscs	Lupin
Tomato Ketchup	10g	50	12	VE																			
Mayo Dip	20g	511	124	٧												Х					Х		
BBQ Dip	30g	207	49	VE																	Х		
Sweet Curry Dip	30g	213	50	VE															Х		Х		
Sweet & Sour Dip	30g	185	44	VE	Х		Х				Х								Х				
Smoky BBQ Dip	50g	357	84	٧																			
Sweet Chilli Dip	50g	378	89	٧																			
Sour Cream & Chive Dip	50g	578	140	٧											Х	Х							
Butter	7g	208	51	٧											Х								
Strawberry Jam	15g	166	39	٧																			
Pancake Syrup	40g	560	132	٧																			
Golden Syrup	20g	270	63	V																			

	Energy p	er portion	_	Ce	ereals	cont	ainin	g glut	en								ans		xide			
Desserts	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
tillionaire's Donut	1041	250	٧	х			*			*				х	х							
hocolate Brownie	1318	316	٧	Х			*			Х				Х	Х							
lixed Berry Muffin	1255	298	٧	х			Х			*				Х	х							
riple Chocolate Cookie	1342	320	٧	Х			*			Х				Х	Х							
ugar Donut	813	195	٧	Х			×			Х				*	Х							
lot Apple Pie	1016	243		Х										*								
ce Cream Cone	596	142	٧	х						х				х								
ce Cream Cone with a Cadbury 99 Flake	777	185	٧	Х						Х				Х								
AcFlurry® Maltesers®	1118	266	٧	х		х	*			х				х								
IcFlurry® Smarties®	1148	273	٧	Х		Х	*			*				Х								
IcFlurry® Oreo®	1086	258	٧	х		*	*			х				х								
lini McFlurry® Maltesers®	559	133	٧	Х		Х	*			Х				Х								
lini McFlurry® Smarties®	574	137	٧	х		х	*			*				х								
lini McFlurry® Oreo®	543	129	٧	Х		*	*			Х				Х								

		Energy po	er portion	· =	Ce	reals	cont	ainin	g glut	en								ans		oxide s			
Drinks				Vegetarian	Wheat	0	ley	Oats	Spelt	Kamut	Soya	t	Peanuts	Sesame	~	gs	_	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
		kJ	kcal		ž	Rye	Ва	Oa	Spi	Κa	So	Ž	Pe	Se	Milk	Eggs	Fish	Ş	ပီ	Sel Se	ĕ	Š	Ξ
Coca-Cola® Classic	SMALL	451	106	VE																			
	MEDIUM	721	170	VE																			
	LARGE	901	212	VE																			
Fanta Orange®	SMALL	200	48	VE																			
	MEDIUM LARGE	320 400	76 95	VE VE																			
Diet Coke®	SMALL	400	95	VE																			
Diet Coke®	MEDIUM	6	1	VE																			
	LARGE	7	2	VE																			
Coca-Cola® Zero Sugar®	SMALL	4	1	VE																			
Occu-ociu - Zero ougur -	MEDIUM	6	1	VE																			
	LARGE	7	2	VE																			
Sprite No Sugar®	SMALL	13	3	VE																			
	MEDIUM	20	4	VE																			
	LARGE	25	5	VE																			
Chocolate Milkshake	SMALL	808	192	٧											х								
	MEDIUM	1536	364	V											х								
	LARGE	1972	468	٧											х								
Strawberry Milkshake	SMALL	792	188	٧											х								
	MEDIUM	1501	356	٧											х								
	LARGE	1932	458	٧											х								
Vanilla Milkshake	SMALL	810	192	٧											х								
	MEDIUM	1543	366	٧											х								
	LARGE	1977	469	٧											х								
Caramel Iced Frappé	REGULAR	1337	319	٧											Х								
	LARGE	1674	399	٧											х								
Frozen Strawberry Lemonade	REGULAR	854	201	٧											*								
	LARGE	1085	255	V											*								
Lyons Tea (with 1 Milk)	REGULAR	26	6	V											х								
Lyons Tea (with 2 Milks)	LARGE	50	12	V											Х								
Americano	REGULAR	23	6	V											*								
	LARGE	32	8	V											*								
White Coffee	REGULAR	229	54	V											Х								
	LARGE	313	74	V											Х								
Latte	REGULAR	610	145	V											Х								
_	LARGE	828	197	V											Х								
Cappuccino	REGULAR	406	97	V											X								
F	LARGE	537	128	V											X *								
Espresso		3	1												*								
Toffee Latte	DOUBLE REGULAR		187	V											X								
TOTICE LALLE	LARGE		232	V											X								
Flat White	8oz		86	V											X								
Hot Chocolate	REGULAR		173	V							Х				X								
	LARGE		231	V							X				X								
Tropicana® Orange Juice		430	103																				
Bottled Water	STILL		0	VE																			
Robinsons Fruit Shoot		36	8	VE						Ī				Ī									