



Nutrition Breakdown

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	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	CNUS/IGANS	CELERY	SULPHUROIDE & SULPHITES	MUSTARD										
BREAKFAST																																						
Sausage & Egg McMuffin™	420	21	25	33	23	34	27	10	1.9	38	8	36	3	3	3	12	+	+			!	+	+															
Double Sausage & Egg McMuffin™	560	28	36	48	34	51	27	10	2.7	54	13	59	4	4	3	12	+	+			!	+	+															
Bacon & Egg McMuffin™	340	17	20	27	17	25	26	9	1.4	28	6	27	2	2	2	8	+	+			!	+	+															
Double Bacon & Egg McMuffin™	395	20	25	33	21	31	26	9	1.8	36	7	32	3	3	2	8	+	+			!	+	+															
Pancake and Sausage	430	22	18	24	19	28	47	17	2.4	48	6	27	12	13	4	16	+					+	+															
Pancake and Syrup	515	26	7	9	13	19	91	33	1.6	32	7	32	44	46	4	16	+					+	+															
Muffin and Jam	185	9	5	7	1	1	39	14	0.5	10	0	0	15	16	2	8	+					+																
Hashbrown	130	7	1	1	7	10	14	5	1	20	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 PLUS™																																						
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	55	3	2	3	2	3	8	3	1	20	1	5	3	3	0	0	!					+	+															
Low Fat Balsamic Dressing	20	1	0	0	1	1	3	1	0.9	18	0	0	3	3	0	0																						
DESSERTS																																						
Fruit Bag	40	2	0	0	0	0	10	4	0	0	0	0	10	11	2	8																						
Apple Pie	240	12	2	3	13	19	29	11	0.4	8	3	14	7	7	0	0	+																					
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						+																
Nestle® Tollhouse Triple Choc Cookie	265	13	4	5	14	21	31	11	0.4	8	5	23	18	19	1	4	+	+			!	+	+															
Nestle® Tollhouse Choc Chip Cookie	270	14	3	4	14	21	33	12	0.4	8	5	23	18	19	2	8	+	+			!	+	+															
Toffee Crisp Doughnut	265	13	3	4	15	22	29	11	0.6	12	3	11	12	13	0	0	+	+			!	!	+	+														
Rolo Doughnut	270	14	3	4	15	22	29	11	0.6	12	6	25	12	13	0	0	+	+			!	!	+	+														
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	8	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						+																

KEY

ALLERGEN AND INTOLERANCE INFORMATION: NONE OF THE PRODUCTS ON THIS LIST CONTAIN MOLLUSCS OR LUPIN.
 + = CONTAINS ALLERGEN INDICATED, ! = MAY CONTAIN INDICATED ALLERGEN (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 Ⓢ ARE BASED ON A GIRL AGED 4-7 WITH A NORMAL PHYSICAL ACTIVITY LEVEL (AT LEAST 1 HOUR OF PHYSICAL ACTIVITY EVERY DAY).

McDonald's® attempts to provide nutrition and ingredient information regarding its products that is as complete as possible. Some menu items may not be available at 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 depending on the local supplier, the region of the country and the season of the year. Further product formulations change periodically. Serving sizes may vary from quantity upon which the analysis was conducted. Serving size designation for beverages refers to total cup capacity; the actual amounts of beverage (and ice) may vary. No products are certified as vegetarian. This listing is continuously updated in an attempt to reflect the current status of our products and may vary from printed materials. All information on this trayliner applies to Ireland only and is correct at time of going to press (August 2009), but is subject to change without notice. Values come from analysis done in accredited laboratories, published resources, or from information provided by McDonald's suppliers. McDonald's disclaims responsibility for the accuracy of values provided to McDonald's by its suppliers and information derived from other external sources.

	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	SULPHUROIDE & SULPHITES	MUSTARD									
BEEF																																					
Hamburger (Child) Ⓢ	250	16	14	23	8	13	30	15	1.2	40	3	17	6	8	2	12	+	+			!	!															
Cheeseburger	295	15	16	21	12	18	31	11	1.5	30	6	27	7	7	2	8	+	+			!	+															
Double Cheeseburger	440	22	28	37	23	34	32	12	2.3	46	12	55	8	8	2	8	+	+			!	+															
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®	385	19	16	21	16	24	44	16	1.6	32	2	9	7	7	4	16	+	+			!	+	+														
Chicken Legend™ with Mayo	550	28	30	40	21	31	61	22	2.3	46	3	14	4	4	5	20	+	!			!	+	+														
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	2	8	+					+															
Chicken Selects™ (5)	610	31	35	47	33	49	43	16	2.8	56	4	18	1	1	3	12	+					+															
Chicken Snack Wrap	345	17	14	19	14	19	32	48	3.2	12	1.9	38	4	18	2	2	8	+				+															
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																								