



ALLERGEN INFORMATION - REVISION 17; JUN 2026



In compliance with Regulation No. EU 1169/2011 on the provision of food information to Consumers, Supermac's Ireland have made this information available to assist its customers in making safe and informed decisions on their food choice. Allergen information is reviewed and updated regularly.

" **Y** " in this chart indicates that the allergen is present in the particular food product.

T = MAY CONTAIN TRACES as outlined by the manufacturer.

Products containing Gluten are identified with the following letters to indicate which cereal the Gluten comes from;

O - OATS | B - BARLEY | W - WHEAT | R - RYE

Any product containing nuts identifies the type of nut that is present.

Information regarding allergens is correct at time of publication (**JUN 2026**) but is subject to change without notice, depending on supplier and product availability

Great care is taken in the preparation of food, however,

CUSTOMERS SHOULD NOTE THAT CROSS CONTAMINATION RISKS ARE POSSIBLE.

This list is compiled based on information provided by Suppliers, Supermac's / Supersubs disclaims responsibility for any decisions made by its customers regarding consumption of its food.

If you have any specific requests or uncertainty,

Please contact **091 774 100** or visit our website at **www.supermacs.ie**

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1.0 GLUTEN-FREE PRODUCTS

(SELECTED STORES ONLY)

0.1 FRIES & DRESSED FRIES

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
SEASONED FRIES	T	Y	T							Y	T			
UNSEASONED FRIES (REQUEST FROM SERVER)	T	Y	T								T			
TACO FRIES	T	Y	Y				Y			Y	T			
GARLIC FRIES	T	Y	Y				Y			Y	T			
GARLIC CHEESE FRIES	T	Y	Y				Y			Y	T			

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.1 FRIES & DRESSED FRIES - CONT.

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
CURRY FRIES	Y(W)	Y	T			Y	Y			Y	T			
CURRY CHEESE FRIES	Y(W)	Y	T			Y	Y			Y	T			
CHEESE FRIES	T	Y	T							Y	T			
COLESLAW FRIES	T	Y	Y				Y			Y	T			
FRY SEASONING (APPLIED POST COOKING)		Y								Y				

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.2 BEEF PRODUCTS

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
FRESH 7.5oz BURGER	Y(W)	Y	Y				Y	Y		Y				
FRESH 5oz BURGER	Y(W)	Y	Y				Y	Y		Y				
FRESH 5oz BURGER (BACON & CHEESE)	Y(W)	Y	Y				Y	Y		Y				
FESTIVE 5oz	Y(W)	Y	Y				Y	Y		Y				
SMOKEY BACON BURGER	Y(W)	Y	Y				Y	Y		Y				

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.2 BEEF PRODUCTS

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
MIGHTY MAC	Y(W)	Y	Y				Y	Y		Y				
CHEESEBURGER / DOUBLE CHEESEBURGER	Y(W)	Y	Y				Y	T		Y				
REGULAR BURGER WITH BURGER SAUCE	Y(W)	Y	Y				Y	T						
SALAD BURGER	Y(W)	Y	Y				Y	T		Y				
SALAD BUN	Y(W)	Y	Y				Y	T		Y				

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.3 CHICKEN PRODUCTS

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
CHICKEN BREAST SANDWICH / CHICKEN BURGER	Y(W)	Y	Y				Y	Y			T			
GRILLED CHICKEN BREAST SANDWICH (NO SAUCE)	Y (W/R)	Y	Y			Y		T		Y				
CHICKEN WRAP (GARLIC SAUCE)	Y(W)	Y	Y				Y	T			T			
CHICKEN PIECES	Y(W)	Y	T			Y								
CHICKEN TENDERS	Y(W)	Y	Y								T			
CHICKEN NUGGETS	Y(W)	Y	T								T			

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.4 KIDS MEALS

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
CHEESE BURGER WITH BURGER SAUCE	Y(W)	Y	Y				Y	T		Y				
REGULAR BURGER WITH BURGER SAUCE	Y(W)	Y	Y				Y	T						
CHICKEN NUGGETS	Y(W)	Y	T								T			
SAUSAGES	Y(W)	Y	T						Y		T			
BREADED CHICKEN PIECE	Y(W)	Y	T			Y								
FRIES	T	Y	T							Y	T			

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.5 OTHER PRODUCTS

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
BATTERED FISH	Y (W/B)	Y	T						T	T	Y	T	T	
COOKING OIL (PREP ZT. FRYLITE)		Y												
VEGGIE BURGER (CHIPOTLE MAYO)	Y (W/R/O)	Y	Y				Y	Y		Y	T			
ONION RINGS	Y(W)	Y	T								T			
COLESLAW			Y				Y							
SAUSAGES	Y(W)	Y	T						Y		T			

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.6 SAUCES

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
BOURBON BBQ SAUCE							Y							
CHIPOTLE MAYO (PRESTO)			Y				Y							
MALT VINEGAR SACHETS (HARRISONS)	Y(B)													
SWEET CHILLI SAUCE														
KETCHUP (BLENDERS)														
KETCHUP (HEINZ)						Y								

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.6 SAUCES - CONT.

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
LIGHT MAYO (PRESTO) / MAYO (HEINZ)			Y				Y							
MAYO SACHET (HELLMANN'S)		Y	Y											
CURRY SAUCE (MCDONNELLS)	Y(W)					Y	Y			T				
TARTARE SAUCE (BLENDERS)			Y				Y							
MAYONNAISE - EXTRA THICK (BLENDERS)			Y				Y							
PEPPERCORN MAYONNAISE		Y	Y				Y							

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.6 SAUCES - CONT.

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
GARLIC/BURGER SAUCE DIP POTS (BLENDERS)			Y				Y							
BLENDERS SMOKEY SAUCE BOTTLES			Y				Y							
SUPERMAC'S BBQ / SWEET & SOUR DIP														
NEW SECRET SAUCE DIP	Y(B)		Y			Y	Y				Y			
NEW SMOKEY HONEY			Y				Y							
NEW KOREAN BBQ	Y(B)	Y						Y						

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.7 DESSERTS

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
PLAIN ICE CREAM										Y				
REGULAR CONE	Y(W)	Y								Y				
99 CONE WITH FLAKE	Y(W)	Y								Y				
CHOCOLATE MUFFIN & ICE CREAM	Y(W)	Y	Y						Y	Y				
BLUEBERRY MUFFIN & ICE CREAM	Y(W)	T	Y							Y				

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.7 DESSERTS - CONT.

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
COOKIE & ICE-CREAM	Y(W)	Y	Y							Y				
MALTEASER SWIRLEY (CARMEL SAUCE)	Y (W/B)	Y								Y				
BUTTON SWIRLEY (CARMEL SAUCE)										Y				
AERO MINT SWIRLEY (CARMEL SAUCE)										Y				
CARMEL NIBBLES SWIRLEY (CARMEL SAUCE)										Y				

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.7 DESSERTS - CONT.

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
FERRERO ROCHER	Y(W)	Y			Y HAZEL					Y				
MONIN SYRUPS (KIWI, MANGO, CHERRY, STRAWBERRY, DARK CHOC)														
MONIN CARAMEL SYRUP										Y				
VANILLA / STRAWBERRY MILKSHAKE										Y				
CHOCOLATE MILKSHAKE									Y	Y				
ICE-CREAM SPRINKLES (100'S & 1000'S)					T									

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.8 DRINKS

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
COKE / DIET-COKE / COKE-ZERO / FANTA / SPRITE														
TEA/AMERICANO WITH MILK										Y				
CAPPUCCINO/LATTE/MOCHA										Y				
HOT CHOCOLATE										Y				
PEPSI(MAX) / CLUB ORANGE / 7-UP FREE														
SLUSHEE														

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

0.9 BREAKFAST PRODUCTS

ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
BREAKFAST ROLL / DELUXE BREAKFAST ROLL	Y(W)	Y	Y						Y	Y	T			
BREKKIE MAC	Y (W/B/R)	Y	Y			Y		T	Y	Y	T			
SAUSAGES	Y(W)	Y	T						Y		T			
BACON / BEANS														
WHITE / BLACK PUDDING	Y (W/O)	Y	T								T			
HASH BROWNS	T	Y	T								T			

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE

1.0 GLUTEN-FREE PRODUCTS - selected stores only



ALLERGENS														
	CEREALS CONTAINING GLUTEN	SOYA BEAN	EGG	PEANUTS	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE & SUPHATES	MILK	FISH	MOLLUSC	CRUSTACEAN	LUPIN
GLUTEN-FREE CHICKEN TENDERS / NUGGETS		Y												
GLUTEN-FREE FRIES		Y												
GLUTEN-FREE GARLIC & CHEESE FRIES		Y	Y				Y			Y				
GLUTEN-FREE TACO FRIES		Y	Y				Y			Y				
GLUTEN-FREE GARLIC FRIES		Y	Y				Y			Y				
GLUTEN-FREE CHEESE FRIES		Y								Y				

Y - PRESENT | T - TRACES | O - OATS | B - BARLEY | W - WHEAT | R - RYE