

McDonald's Allergen Menu 2026

Complete USA Menu Items with Allergen Information

Menu Item	Category	Dairy	Egg	Wheat	Soy	Fish	Tree Nuts	Notes
Egg McMuffin	Breakfast	Yes	Yes	Yes	No	No	No	Popular
Sausage McMuffin	Breakfast	Yes	Yes	Yes	Yes	No	No	High
Hash Brown	Breakfast	No	No	No	Yes*	No	No	Low
Yogurt Parfait	Breakfast	Yes	No	No	Yes	No	No	Dairy
Oatmeal	Breakfast	No	No	No	No	No	Yes	Nuts
Bacon Egg Biscuit	Breakfast	Yes	Yes	Yes	Yes	No	No	Multi
Sausage Biscuit	Breakfast	Yes	No	Yes	Yes	No	No	Wheat
Steak Egg Cheese	Breakfast	Yes	Yes	Yes	Yes	No	No	Multi
Cinnamon Melts	Breakfast	Yes	Yes	Yes	Yes	No	No	High
Cinnamon Roll	Breakfast	Yes	Yes	Yes	Yes	No	Yes	Most
Blueberry Muffin	Breakfast	Yes	Yes	Yes	Yes	No	No	Multi
Raisin Muffin	Breakfast	Yes	Yes	Yes	Yes	No	No	Multi
English Muffin	Breakfast	No	No	Yes	No	No	No	Wheat
Bagel Cream Cheese	Breakfast	Yes	No	Yes	Yes	No	No	Dairy
Scrambled Eggs	Breakfast	No	Yes	No	No	No	No	Egg
Fruit Parfait	Breakfast	Yes	No	No	No	No	No	Light
Hamburger	Burger	Yes	No	Yes	Yes	No	No	Popular

Cheeseburger	Burger	Yes	No	Yes	Yes	No	No	Best
Double Cheese	Burger	Yes	No	Yes	Yes	No	No	Double
McDouble	Burger	Yes	No	Yes	Yes	No	No	Budget
Big Mac	Burger	Yes	No	Yes	Yes	No	No	Iconic
Double Big Mac	Burger	Yes	No	Yes	Yes	No	No	Extra
Quarter Pounder	Burger	Yes	No	Yes	Yes	No	No	Premium
Double Quarter	Burger	Yes	No	Yes	Yes	No	No	Max
Bacon Cheese	Burger	Yes	No	Yes	Yes	No	No	Bacon
Onion Cheddar	Burger	Yes	No	Yes	Yes	No	No	Cheese
BBQ Burger	Burger	Yes	No	Yes	Yes	No	No	BBQ
Mushroom Swiss	Burger	Yes	No	Yes	Yes	No	No	Cheese
Western Bacon	Burger	Yes	No	Yes	Yes	No	No	Western
Hot N Spicy	Burger	Yes	No	Yes	Yes	No	No	Spicy
Garlic Herb	Burger	Yes	No	Yes	Yes	No	No	Herb
Maple Bacon	Burger	Yes	No	Yes	Yes	No	No	Maple
Buffalo Blue	Burger	Yes	No	Yes	Yes	No	No	Cheese
Italian Cheese	Burger	Yes	No	Yes	Yes	No	No	Italian
Classic Burger	Burger	Yes	No	Yes	Yes	No	No	Classic
McNuggets 6pc	Chicken	No	Yes	Yes	Yes	No	No	Popular
McNuggets 10pc	Chicken	No	Yes	Yes	Yes	No	No	Value
McNuggets 20pc	Chicken	No	Yes	Yes	Yes	No	No	Family
Crispy Chicken	Chicken	Yes	Yes	Yes	Yes	No	No	Popular

Spicy Crispy	Chicken	Yes	Yes	Yes	Yes	No	No	Spicy
Grilled Chicken	Chicken	Yes	No	Yes	Yes	No	No	Healthy
McChicken	Chicken	Yes	Yes	Yes	Yes	No	No	Budget
Spicy McChicken	Chicken	Yes	Yes	Yes	Yes	No	No	Spicy
Crispy Tenders 3	Chicken	No	Yes	Yes	Yes	No	No	Crispy
Crispy Tenders 5	Chicken	No	Yes	Yes	Yes	No	No	Meal
Grilled Tenders 3	Chicken	Yes	No	Yes	Yes	No	No	Health
Grilled Tenders 5	Chicken	Yes	No	Yes	Yes	No	No	Pack
Hot Spicy Chicken	Chicken	Yes	Yes	Yes	Yes	No	No	Hot
Buffalo Chicken	Chicken	Yes	Yes	Yes	Yes	No	No	Buffalo
Filet-O-Fish	Fish	Yes	No	Yes	No	Yes	No	Fish
Crispy Fish	Fish	Yes	Yes	Yes	No	Yes	No	Crispy
Fries Small	Sides	No	No	No	No	No	No	Safe
Fries Medium	Sides	No	No	No	No	No	No	Popular
Fries Large	Sides	No	No	No	No	No	No	Large
Apple Slices	Sides	No	No	No	No	No	No	Healthy
Corn Cup	Sides	Yes	No	No	No	No	No	Dairy
Side Salad	Sides	No	No	No	No	No	No	Check
Cheddar Cheese	Sides	Yes	No	No	No	No	No	Dairy
Apple Pie	Dessert	Yes	Yes	Yes	No	No	No	Multi
Chocolate Cookie	Dessert	Yes	Yes	Yes	Yes	No	No	Popular
Sugar Cookie	Dessert	Yes	Yes	Yes	Yes	No	No	High

Vanilla Soft Serve	Dessert	Yes	Yes	No	No	No	No	Popular
Chocolate Soft Serve	Dessert	Yes	Yes	No	No	No	No	Dairy
Twist Soft Serve	Dessert	Yes	Yes	No	No	No	No	Mixed
McFlurry Oreo S	Dessert	Yes	Yes	Yes	Yes	No	No	Oreo
McFlurry Oreo M	Dessert	Yes	Yes	Yes	Yes	No	No	Popular
McFlurry M&M S	Dessert	Yes	Yes	Yes	Yes	No	No	M&M
McFlurry M&M M	Dessert	Yes	Yes	Yes	Yes	No	No	Large
Vanilla Shake S	Beverage	Yes	Yes	No	No	No	No	Small
Vanilla Shake M	Beverage	Yes	Yes	No	No	No	No	Med
Vanilla Shake L	Beverage	Yes	Yes	No	No	No	No	Large
Chocolate Shake S	Beverage	Yes	Yes	No	No	No	No	Small
Chocolate Shake M	Beverage	Yes	Yes	No	No	No	No	Popular
Chocolate Shake L	Beverage	Yes	Yes	No	No	No	No	Large
Strawberry Shake S	Beverage	Yes	Yes	No	No	No	No	Small
Strawberry Shake M	Beverage	Yes	Yes	No	No	No	No	Med
Strawberry Shake L	Beverage	Yes	Yes	No	No	No	No	Large
Coca-Cola S	Beverage	No	No	No	No	No	No	Safe
Coca-Cola M	Beverage	No	No	No	No	No	No	Popular
Coca-Cola L	Beverage	No	No	No	No	No	No	Large
Sprite S	Beverage	No	No	No	No	No	No	Safe
Sprite M	Beverage	No	No	No	No	No	No	Med
Sprite L	Beverage	No	No	No	No	No	No	Large

Fanta Orange S	Beverage	No	No	No	No	No	No	Safe
Fanta Orange M	Beverage	No	No	No	No	No	No	Med
Fanta Orange L	Beverage	No	No	No	No	No	No	Large
Dr Pepper S	Beverage	No	No	No	No	No	No	Safe
Dr Pepper M	Beverage	No	No	No	No	No	No	Med
Dr Pepper L	Beverage	No	No	No	No	No	No	Large
Iced Coffee Vanilla	Beverage	Yes	No	No	No	No	No	Cream
Iced Coffee Caramel	Beverage	Yes	No	No	No	No	No	Cream
Iced Coffee Cream	Beverage	Yes	No	No	No	No	No	Morning
Iced Latte	Beverage	Yes	No	No	No	No	No	Milk
Iced Cappuccino	Beverage	Yes	No	No	No	No	No	Milk
Iced Mocha	Beverage	Yes	No	No	No	No	No	Choc
Hot Coffee Black	Beverage	No	No	No	No	No	No	Safe
Hot Coffee Cream	Beverage	Yes	No	No	No	No	No	Cream
Hot Latte	Beverage	Yes	No	No	No	No	No	Milk
Hot Cappuccino	Beverage	Yes	No	No	No	No	No	Milk
Hot Mocha	Beverage	Yes	No	No	No	No	No	Choc
Hot Tea	Beverage	No	No	No	No	No	No	Safe
Orange Juice	Beverage	No	No	No	No	No	No	Health
Apple Juice	Beverage	No	No	No	No	No	No	Health
Cranberry Juice	Beverage	No	No	No	No	No	No	Health
Water Bottled	Beverage	No	No	No	No	No	No	Safest

Iced Tea Unsw	Beverage	No	No	No	No	No	No	Health
Iced Tea Sweet	Beverage	No	No	No	No	No	No	Sweet

Legend: Yes = Contains allergen | No = Does not contain | * = May contain trace amounts **IMPORTANT DISCLAIMER:** This information is for educational purposes only. Always verify allergen information directly with McDonald's staff. If you have a severe food allergy, consult your healthcare provider or allergist before dining. **Last Updated:** February 2026 | **90+ Menu Items | USA Locations**