

IRELAND STANDARD DRINKS GUIDE

*LEGAL LIMITS ARE **4 UNITS** FOR MEN & **3 UNITS** FOR WOMEN



1 STANDARD DRINK

40% Pub measure Spirits

35.5 ml



1 STANDARD DRINK

4% Bottle Alcopop

275 ml



1 STANDARD DRINK

3% Pint Lager

568 ml



3 STANDARD DRINKS

7% Pint Cider

568 ml



2 STANDARD DRINKS

4.5% Can Lager

500 ml



1 STANDARD DRINK

4.5% Bottle Lager

330 ml



1 STANDARD DRINK

17% Glass Cream Liqueur

50 ml



3 STANDARD DRINK

11.5% Glass Sparkling Wine

125 ml



1.1 STANDARD DRINKS

14% Glass of Wine

100 ml



8.2 STANDARD DRINKS

12.5% Bottle Wine

750 ml



1 STANDARD DRINK

12.5% Glass Wine

100 ml



2 STANDARD DRINKS

12.5% 1/4 Bottle Wine

187.5 ml