

# NUTRITION

## Typical values per serving

## Typical values per 100g

UK LOCATIONS ONLY	Energy, kJ	Energy, kcal	Total fat, g	of which Saturated, g	Carbohydrates, g	of which Sugars, g	Fibre, g	Protein, g	Salt, g
<b>MEAT</b>									
Bacon	323	78	5.46	2.24	0.7	0.0	0.1	6.4	0.92
Beef Burger Patty	812	195	14	5.59	0.1	0.1	0.3	18	0.13
Hot Dog	793	192	15	6.38	2.1	0.4	0.4	11	1.90
<b>BUN</b>									
Burger Bun	1001	238	7.52	2.57	37.6	6.2	1.4	6.0	0.49
Hot Dog Bun	909	215	6.72	2.26	34	5.9	1.2	5.3	0.47
<b>FRIES</b>									
Little Fries - Cooked in peanut oil	2741	659	39	5.35	70	1.0	6.3	10	1.05
Reg Fries - Cooked in peanut oil	4467	1073	63	8.71	115	1.6	10	16	1.71
Large Fries - Cooked in peanut oil	6283	1509	89	12	162	2.2	14	23	2.41
Cajun Seasoning	84	20	0.32	0.06	2.9	1.1	0	0.8	1.16
<b>TOPPINGS</b>									
BBQ Sauce	69	16	0.06	0.01	3.3	3.2	0.3	0.2	0.28
Cheese	266	64	4.94	3.23	1.1	0.8	0.0	3.6	0.76
Green Peppers	7	2.0	0.02	0.01	0.4	0.2	0.1	0.1	0.00
Grilled Mushrooms	51	12	0.13	0.03	2	0.4	0.7	1.0	0.23
Hot Sauce	8.6	2.0	0.05	0.01	0.1	0.0	0.1	0.2	0.67
HP Brown Sauce	36	7	0.01	0.01	2	1.6	0.0	0.1	0.09
Jalapeno Peppers	3.9	0.9	0.03	0.01	0.5	0.3	0.2	0.1	0.02
Tomato Ketchup	61	14	0.01	0.00	3.2	3.2	0.0	0.2	0.25
Lettuce	12	4	0.03	0.00	0.4	0.0	0.2	0.2	0.01
Mayonnaise	466	113	12	1.95	0.3	0.3	0.0	0.2	0.20
Mustard	19	4.5	0.23	0.05	0.3	0.05	0.2	0.3	0.17
Onions	33	8.0	0.08	0.00	1.8	1	0.5	0.3	0.00
Grilled Onions	52	12	0.05	0.01	2.8	1.8	0.4	0.4	0.01
Pickles	11.3	2.8	0.05	0.02	0.2	0.2	0.3	0.1	0.46
Relish	65	15	0.04	0.02	3.5	2.9	0.1	0.1	0.14
Tomatoes	26	6.0	0.04	0.00	1.3	1.3	0.4	0.0	0.00
<b>MILKSHAKES (MIX-INS) - amount of individual mix-ins may vary depending upon number of</b>									
Five Guys Milkshake Base	2616	625	33	22	75	69	0.4	7.8	0.71
Whipped Cream	284	68	7.0	5.2	0.6	0.6	0.0	0.5	0.02
Banana	904	215	5.6	2.14	40	40	0.5	0.4	0.16
Chocolate	922	217	2.01	1.19	48	30	1.9	1.3	0.01
Lotus Biscoff®	610	145	5.70	2.40	22	11	0.4	1.5	0.06
Malted Milk	218	52	0.45	0.25	10	6.2	0.5	1.3	0.18
Oreo® Cookie Pieces	482	115	4.8	2.35	17	9.1	0.6	1.2	0.55
REESE'S Peanut Butter Cups	736	176	9.5	3.53	19	17	0.0	3.4	0.25
Peanut Butter	1186	286	23	3.5	6.4	3.0	1.7	12	0.74
Salted Caramel	768	181	1.08	0.67	42	33	0.0	0.3	0.53
Strawberry	489	115	0.24	0.08	28	27	0.4	0.2	0.02
Banoffee Pie	1135	317	11.42	4.68	53	46	0.6	1.2	0.33
Millionaire Shortbread	1198	284	5.89	2.76	56	35	1.1	2.3	0.50
Strawberry Cheesecake	901	212	2.31	0.92	46	35	0.6	1.3	0.27
<b>OTHER ITEMS</b>									
Bulk Peanuts Without Shell									
Egg*	320	119	5.04	1.68	1.1	0.1	0.2	6.9	0.21

Energy, kJ	Energy, kcal	Total fat, g	of which Saturated, g	Carbohydrates, g	of which Sugars, g	Fibre, g	Protein, g	Salt, g
2306	554	39	16	5	0.3	0.5	46	6.6
1212	291	21	8.34	0.1	0.1	0.5	27	0.19
1044	252	20	8.4	2.8	0.5	0.5	14	2.5
<b>mix-ins included in shake</b>								
1300	308.6	9.76	3.34	49	8.04	1.82	7.8	0.635
1298	307.6	9.61	3.24	49	8.49	1.73	7.61	0.665
1128	271	16	2.2	29	0.4	2.6	4.1	0.432
1128	271	16	2.2	29	0.4	2.6	4.1	0.432
1128	271	16	2.2	29	0.4	2.6	4.1	0.432
1199	287	4.6	0.8	42	15	0	12	16.5
575	136	0.5	0.1	27	26	2.6	1.5	2.3
1400	337	26	17	6	4	0	19	4
89.2	20	0.2	0.1	4.6	2.4	1.7	0.9	0.003
160	38	0.4	0.1	6.4	1.3	2.2	3	0.73
107	25	0.6	0.1	1.8	0.3	1.5	2.5	8.4
517	102	0.1	0.1	28.3	23	0	0.9	1.3
55	13	0.4	0.1	7.0	4.1	2.8	0.9	0.248
435	102	0.1	0.0	23.2	23	0	1.2	1.8
57.5	19	0.14	0.0	1.8	0	1.2	0.9	0.03
3104	754	82	13	2.2	2.2	0	1.2	1.3
311	75	3.89	0.8	4.3	0.85	2.68	4.24	2.78
133	32	0.3	0.0	7	3.8	2	1.2	0.004
158	37.5	0.15	0.0	8.4	5.6	1.1	1.2	0.020
49	12	0.2	0.1	1	1	1.1	0.6	2
653	154	0.4	0.2	35.1	29	1.2	0.4	1.4
61	14	0.1	0.0	3.0	3	1	0.1	0.005
737	176	9.4	6.2	21	20	0.1	2.2	0.2
1418	339	35	26	3	3	0	2.3	0.08
814	194	5.04	1.93	36	36	0.5	0.4	0.14
1336	315	2.91	1.73	69	44	2.8	1.92	0.01
2032	484	19	8	73	38	1.3	4.9	0.2
1559	368	3.2	1.8	74	45	3.9	9.3	1.3
2008	480	20	9.8	69	38	2.5	5	2.3
2230	533	28.8	10.7	58	53	0.0	10.4	0.77
2579	622	50	7.6	14	6.6	3.6	27	1.6
1302	307	1.83	1.14	72	56	0.06	0.45	0.9
611	144	0.3	0.1	35	34	0.5	0.3	0.024
1192	283	10.2	4.18	47	41	0.5	1.04	0.295
1443	342	7.1	3.32	67	42	1.3	2.8	0.6
819	193	2.1	0.84	42	32	0.5	1.18	0.246
2462	594	43	7	25	<1	11	25	1.86
762	283	12	4	2.5	0.3	0.5	16.4	0.51

\* Available only at the selected locations.

Adults need around 2000 kcal a day.

Nutrition Information provided is based on representative values provided by suppliers, published resources, analysis using industry standard software and testing conducted in accredited laboratories. Five Guys cannot guarantee the nutrition information provided is fully accurate as it relates to the prepared menu items in all of our restaurants. Our menu items are made to order by hand. This may cause slight variation in serving sizes which may affect the nutrition values for each product.

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