

## Typical values per serving

<b>NUTRITION UK LOCATIONS ONLY</b>	<b>Energy, kJ</b>	<b>Energy, kcal</b>	<b>Total fat, g</b>	<b>of which Saturated, g</b>	<b>Carbohydrates, g</b>	<b>of which Sugars, g</b>	<b>Fibre, g</b>	<b>Protein, g</b>	<b>Salt, g</b>
<b>MEAT</b>									
<b>Bacon</b>	323	78	5.46	2.24	0.7	0.0	0.1	6.4	0.92
<b>Beef Burger Patty</b>	812	195	14	5.59	0.1	0.1	0.3	18	0.13
<b>Hot Dog</b>	793	192	15	6.38	2.1	0.4	0.4	11	1.90
<b>BUN</b>									
<b>Burger Bun</b>	1001	238	7.52	2.57	37.6	6.2	1.4	6.0	0.49
<b>Hot Dog Bun</b>	909	215	6.72	2.26	34	5.9	1.2	5.3	0.47
<b>FRIES</b>									
<b>Little Fries - Cooked in peanut oil</b>	2741	659	39	5.35	70	1.0	6.3	10	1.05
<b>Reg Fries - Cooked in peanut oil</b>	4467	1073	63	8.71	115	1.6	10	16	1.71
<b>Large Fries - Cooked in peanut oil</b>	6283	1509	89	12	162	2.2	14	23	2.41
<b>Cajun Seasoning</b>	84	20	0.32	0.06	2.9	1.1	0	0.8	1.16
<b>TOPPINGS</b>									
<b>BBQ Sauce</b>	69	16	0.06	0.01	3.3	3.2	0.3	0.2	0.28
<b>Cheese</b>	266	64	4.94	3.23	1.1	0.8	0.0	3.6	0.76
<b>Green Peppers</b>	7	2.0	0.02	0.01	0.4	0.2	0.1	0.1	0.00
<b>Grilled Mushrooms</b>	51	12	0.13	0.03	2	0.4	0.7	1.0	0.23
<b>Hot Sauce</b>	8.6	2.0	0.05	0.01	0.1	0.0	0.1	0.2	0.67
<b>HP Brown Sauce</b>	36	7	0.01	0.01	2	1.6	0.0	0.1	0.09
<b>Jalapeño Peppers</b>	3.9	0.9	0.03	0.01	0.5	0.3	0.2	0.1	0.02
<b>Tomato Ketchup</b>	61	14	0.01	0.00	3.2	3.2	0.0	0.2	0.25
<b>Lettuce</b>	12	4	0.03	0.00	0.4	0.0	0.2	0.2	0.01
<b>Mayonnaise</b>	466	113	12	1.95	0.3	0.3	0.0	0.2	0.20
<b>Mustard</b>	19	4.5	0.23	0.05	0.3	0.05	0.2	0.3	0.17
<b>Onions</b>	33	8.0	0.08	0.00	1.8	1	0.5	0.3	0.00
<b>Grilled Onions</b>	52	12	0.05	0.01	2.8	1.8	0.4	0.4	0.01
<b>Pickles</b>	11.3	2.8	0.05	0.02	0.2	0.2	0.3	0.1	0.46
<b>Relish</b>	85	20	0.05	0.03	4.6	3.8	0.2	0.1	0.18
<b>Tomatoes</b>	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 mix-ins included in shake</b>									
<b>Five Guys Milkshake Base</b>	2616	625	33	22	75	69	0.4	7.8	0.71
<b>Whipped Cream</b>	284	68	7.0	5.2	0.6	0.6	0.0	0.5	0.02
<b>Banana</b>	814	194	5.04	1.93	36	36	0.5	0.4	0.14
<b>Chocolate</b>	922	217	2.01	1.19	48	30	1.9	1.3	0.01
<b>Lotus Biscoff®</b>	467	111	4.37	1.84	17	9	0.3	1.1	0.05
<b>Oreo® Cookie Pieces</b>	482	115	4.8	2.35	17	9.1	0.6	1.2	0.55
<b>REESE'S Peanut Butter Cups</b>	736	176	9.57	3.63	19	17	0.0	3.3	0.25
<b>Peanut Butter</b>	1186	286	23	3.5	6.4	3.0	1.7	12	0.74
<b>Pistachio</b>	393	96	7.88	0.96	3	1	0.9	3.8	0.01
<b>Salted Caramel</b>	768	181	1.08	0.67	42	33	0.0	0.3	0.53
<b>Strawberry</b>	489	115	0.24	0.08	28	27	0.4	0.2	0.02
<b>OTHER ITEMS</b>									
<b>Bulk Peanuts Without Shell</b>									
<b>Egg*</b>	389	93	6.12	1.86	1.3	0.2	0.3	8.4	0.26

## Typical values per 100g

<b>Energy, kJ</b>	<b>Energy, kcal</b>	<b>Total fat, g</b>	<b>of which Saturated, g</b>	<b>Carbohydrates, g</b>	<b>of which Sugars, g</b>	<b>Fibre, g</b>	<b>Protein, g</b>	<b>Salt, g</b>
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
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
904	215	5.6	2.14	40	40	0.5	0.4	0.016
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
2008	480	20	9.8	69	38	2.5	5	2.3
2230	533	29	11	58	53	0.0	10	0.77
2579	622	50	7.6	14	6.6	3.6	27	1.6
2622	641	52.5	6.38	18	5.1	6	25	0.09
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
2462	594	43	7	25	<1	11	25	1.86
762	183	12	3.65	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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