

Typical values per serving

Typical values per 100g

NUTRITION UK LOCATIONS ONLY FGJV ©2024 FGUK/351M/22/10/2024	Energy, kJ	Energy, kcal	Total fat, g	of which Saturated, g	Carbohydrates, g	of which Sugars, g	Fibre, g	Protein, g	Salt, g
	MEAT								
Bacon	323	78	5.5	2.2	0.7	0	0	6.4	0.92
Beef Burger Patty	812	195	14	5.6	0	0	0	18	0.13
Hot Dog	793	192	15	6.4	2.1	0	0	11	1.9
BUN									
Burger Bun	1001	238	7.5	2.6	38	6.2	1.4	6.0	0.49
Hot Dog Bun	909	215	6.7	2.3	34	5.9	1.2	5.3	0.47
FRIES									
Little Fries - Cooked in peanut oil	2741	659	39	5.4	70	1.0	6.3	10	1.1
Reg Fries - Cooked in peanut oil	4467	1073	63	8.7	115	1.6	10	16	1.7
Large Fries - Cooked in peanut oil	6283	1509	89	12	162	2.2	14	23	2.4
Cajun Seasoning	84	20	0	0	2.9	1.1	0	0.8	1.2
TOPPINGS									
BBQ Sauce	69	16	0	0	3.3	3.2	0	0	0.28
Cheese	266	64	4.9	3.2	1.1	0.8	0.0	3.6	0.76
Green Peppers	7	2	0	0	0	0	0	0	0
Grilled Mushrooms	51	12	0	0	2.0	0	0.7	1.0	0.23
Hot Sauce	9	2	0	0	0	0	0	0	0.67
HP Brown Sauce	36	7	0	0	2.0	1.6	0	0	0.09
Jalapeño Peppers	4	1	0	0	0	0	0	0	0.02
Tomato Ketchup	61	14	0	0	3.2	3.2	0	0	0.25
Lettuce	12	4	0	0	0	0	0	0	0
Mayonnaise	466	113	12	2.0	0	0	0	0	0.20
Mustard	19	5	0	0	0	0	0	0	0.17
Onions	33	8	0	0	1.8	1.0	0	0	0
Grilled Onions	52	12	0	0	2.8	1.8	0	0	0
Pickles	11	3	0	0	0	0	0	0	0.46
Relish	85	20	0	0	4.6	3.8	0	0	0.18
Tomatoes	26	6	0	0	1.3	1.3	0	0	0
MILKSHAKES (MIX-INS) amount of each mix-ins may vary depending upon number of mix-ins included in shake									
Five Guys Milkshake Base	2616	625	33	22	75	69	0	7.8	0.71
Whipped Cream	284	68	7.0	5.2	0.6	0.6	0	0	0.02
Banana	814	194	0	0	36	36	0	0	0.14
Chocolate	922	217	2.0	1.2	48	30	1.9	1.3	0
Lotus Biscoff®	467	111	4.4	1.8	17	9.0	0	1.1	0.05
Oreo® Cookie Pieces	482	115	4.8	1.4	17	9.1	0.6	1.2	0.55
Popcorn - Sweet and Salted Popcorn Pieces in Popcorn Flavoured Syrup	467	110	0.6	0	26	24	2.0	0.8	0
Peanut Butter	1186	286	23	3.5	6.4	3.0	1.7	12	0.74
Mango	311	73	0	0	18	17	0.8	0	0
Salted Caramel	768	181	1.1	0.6	42	33	0	0	0.53
Strawberry	489	115	0	0	28	27	0	0	0.02
OTHER ITEMS									
Veggie Sandwich	1381	330	7.4	2.4	52	13	5.4	10	1.2
Cheese Veggie Sandwich	1791	428	14	5.9	57	15	5.9	14	2.5
Grilled Cheese	1816	434	24	7.6	42	7.3	2.2	12	2.2
BLT	2728	652	41	9.9	45	8.8	3.6	22	2.67
Bulk Peanuts Without Shell									
Egg (selected locations only)	389	93	6.1	1.9	1.3	0	0.3	8.4	0.26

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2306	554	39	16	5.0	0	0	46	6.6
1212	291	21	8.3	0	0	0	27	0.19
1044	252	20	8.4	2.8	0	0	14	2.5
1300	308	9.8	3.3	49	8.0	1.8	7.8	0.64
1298	307	9.6	3.2	49	8.5	1.7	7.6	0.67
1128	271	16	2.2	29	0	2.6	4.1	0.43
1128	271	16	2.2	29	0	2.6	4.1	0.43
1128	271	16	2.2	29	0	2.6	4.1	0.43
1199	287	4.6	0.8	42	15	0	12	16.5
575	136	0	0	27	26	2.6	1.5	2.3
1400	337	26	17	6	4.0	0	19	4.0
89	20	0	0	4.6	2.4	1.7	0.9	0
160	38	0	0	6.4	1.3	2.2	3.0	0.73
107	25	0.6	0	1.8	0	1.5	2.5	8.4
517	102	0	0	28	23	0	0.9	1.3
55	13	0	0	7.0	4.1	2.8	0.9	0.25
435	102	0	0	23	23	0	1.2	1.8
58	19	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	3.9	0.8	4.3	0.9	2.7	4.2	2.8
133	32	0	0	7	3.8	2	1.2	0
158	38	0	0	8.4	5.6	1.1	1.2	0.02
49	12	0	0	1.0	1.0	1.1	0.6	2.0
653	154	0	0.2	35	29	1.2	0	1.4
61	14	0	0	3.0	3.0	1	0	0
737	176	9.4	6.2	21	20	0	2.2	0.20
1418	339	35	26	3.0	3.0	0	2.3	0.08
904	215	0	0	40	40	0	0	0.02
1336	315	2.9	1.7	69	44	2.8	1.9	0
2032	484	19	8	73	38	1.3	4.9	0.20
2008	480	20	6.0	69	38	2.5	5.0	0.85
1140	269	1.5	0	64	59	3.9	1.8	0.03
2579	622	50	7.6	14	6.6	3.6	27	1.6
471	111	0	0	27	25	1	0	0
1302	307	1.8	1.1	72	56	0	0	0.90
611	144	0	0	35	34	0	0	0.02
540	129	2.9	1.0	20	5.2	2.1	3.9	0.47
611	146	4.7	2.0	30	5.0	2.0	4.8	0.86
1540	368	20	6.4	36	6.2	1.9	11	1.9
1364	326	20	5.0	23	4.4	1.8	11	1.3
2462	594	43	7.0	25	5.0	11	25	1.9
762	183	12	3.7	2.5	0	0	16	0.51

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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