

Typical values per serving										Typical values per 100g								
NUTRITION UK LOCATIONS ONLY	Energy, kJ	Energy, kcal	Total fat, g	of which Saturat- ed, g	Carbohydrates, g	of which Sugars, g	Fibre, g	Protein, g	Salt, g	Energy, kJ	Energy, kcal	Total fat, g	of which Saturat- ed, 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	2306	554	39	16	5.0	0	0	46	6.6
Beef Burger Patty	812	195	14	5.6	0	0	0	18	0.13	1212	291	21	8.3	0	0	0	27	0.19
Hot Dog	793	192	15	6.4	2.1	0	0	11	1.9	1044	252	20	8.4	2.8	0	0	14	2.5
BUN																		
Burger Bun	1001	238	7.5	2.6	38	6.2	1.4	6.0	0.49	1300	308	9.8	3.3	49	8.0	1.8	7.8	0.64
Hot Dog Bun	909	215	6.7	2.3	34	5.9	1.2	5.3	0.47	1298	307	9.6	3.2	49	8.5	1.7	7.6	0.67
FRIES																		
Mini Fries - Cooked in peanut oil	1455	350	21	2.84	37	0.5	3.4	5.0	0.56	1128	271	16	2.2	29	0	2.6	4.1	0.43
Little Fries - Cooked in peanut oil	2741	659	39	5.4	70	1.0	6.3	10	1.1	1128	271	16	2.2	29	0	2.6	4.1	0.43
Reg Fries - Cooked in peanut oil	4467	1073	63	8.7	115	1.6	10	16	1.7	1128	271	16	2.2	29	0	2.6	4.1	0.43
Large Fries - Cooked in peanut oil	6283	1509	89	12	162	2.2	14	23	2.4	1128	271	16	2.2	29	0	2.6	4.1	0.43
Cajun Seasoning	84	20	0	0	2.9	1.1	0	0.8	1.2	1199	287	4.6	0.8	42	15	0	12	16.5
TOPPINGS																		
BBQ Sauce	69	16	0	0	3.3	3.2	0	0	0.28	575	136	0	0	27	26	2.6	1.5	2.3
Cheese (pasteurised)	266	64	4.9	3.2	1.1	0.8	0.0	3.6	0.76	1400	337	26	17	6	4.0	0	19	4.0
Green Peppers	7	2	0	0	0	0	0	0	0	89	20	0	0	4.6	2.4	1.7	0.9	0
Grilled Mushrooms	51	12	0	0	2.0	0	0.7	1.0	0.23	160	38	0	0	6.4	1.3	2.2	3.0	0.73
Hot Sauce	9	2	0	0	0	0	0	0	0.67	107	25	0.6	0	1.8	0	1.5	2.5	8.4
HP Brown Sauce	36	7	0	0	2.0	1.6	0	0	0.09	517	102	0	0	28	23	0	0.9	1.3
Jalapeño Peppers	4	1	0	0	0	0	0	0	0.02	55	13	0	0	7.0	4.1	2.8	0.9	0.25
Tomato Ketchup	61	14	0	0	3.2	3.2	0	0	0.25	435	102	0	0	23	23	0	1.2	1.8
Lettuce	12	4	0	0	0	0	0	0	0	58	19	0	0	1.8	0	1.2	0.9	0.03
Mayonnaise	466	113	12	2.0	0	0	0	0	0.20	3104	754	82	13	2.2	2.2	0	1.2	1.3
Mustard	19	5	0	0	0	0	0	0	0.17	311	75	3.9	0.8	4.3	0.9	2.7	4.2	2.8
Onions	33	8	0	0	1.8	1.0	0	0	0	133	32	0	0	7	3.8	2	1.2	0
Grilled Onions	52	12	0	0	2.8	1.8	0	0	0	158	38	0	0	8.4	5.6	1.1	1.2	0.02
Pickles	11	3	0	0	0	0	0	0	0.46	49	12	0	0	1.0	1.0	1.1	0.6	2.0
Relish	85	20	0	0	4.6	3.8	0	0	0.18	653	154	0	0.2	35	29	1.2	0	1.4
Tomatoes	26	6	0	0	1.3	1.3	0	0	0	61	14	0	0	3.0	3.0	1	0	0
MILKSHAKES (MIX-INS) - amount of individual 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	737	176	9.4	6.2	21	20	0	2.2	0.20
Whipped Cream	284	68	7.0	5.2	0.6	0.6	0	0	0.02	1418	339	35	26	3.0	3.0	0	2.3	0.08
Banana	814	194	0	0	36	36	0	0	0.14	904	215	0	0	40	40	0	0	0.02
Chocolate	922	217	2.0	1.2	48	30	1.9	1.3	0	1336	315	2.9	1.7	69	44	2.8	1.9	0
Lotus Biscoff®	467	111	4.4	1.8	17	9.0	0	1.1	0.05	2032	484	19	8	73	38	1.3	4.9	0.20
Oreo® Cookie Pieces	482	115	4.8	1.4	17	9.1	0.6	1.2	0.55	2008	480	20	6.0	69	38	2.5	5.0	0.85
Popcorn	467	110	0.6	0	26	24	2.0	0.8	0	1140	269	1.5	0	64	59	3.9	1.8	0.03
Mango	311	73	23	3.5	6.4	3.0	1.7	12	0.74	471	111	0	0	27	25	1	0	0
Peanut Butter	1186	286	0	0	18	17	0.8	0	0	2579	622	50	7.6	14	6.6	3.6	27	1.6
Salted Caramel	768	181	1.1	0.6	42	33	0	0	0.53	1302	307	1.8	1.1	72	56	0	0	0.90
Strawberry	489	115	0	0	28	27	0	0	0.02	611	144	0	0	35	34	0	0	0.02
OTHER ITEMS																		
Veggie Sandwich	1381	330	7.4	2.4	52	13	5.4	10	1.2	540	129	2.9	1.0	20	5.2	2.1	3.9	0.47
Cheese Veggie Sandwich	1791	428	14	5.9	57	15	5.9	14	2.5	611	146	4.7	2.0	20	5.0	2.0	4.8	0.86
Grilled Cheese	1816	434	24	7.6	42	7.3	2.2	12	2.2	1540	368	20	6.4	36	6.2	1.9	11	1.9
BLT	2728	652	41	9.9	45	8.8	3.6	22	2.67	1364	326	20	5.0	23	4.4	1.8	11	1.3
Bulk Peanuts Without Shell										2462	594	43	7.0	25	5.0	11	25	1.9
Egg*	389	93	6.1	1.9	1.3	0	0.3	8.4	0.26	762	183	12	3.7	2.5	0	0	16	0.51

*Products available at participating locations only
 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. OREO® is a registered trademark of Mondelez International group, used with permission. Lotus Biscoff® is a trademark of Lotus Bakeries, used with permission.

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LITTLE MILKSHAKES (MIX-INS) - amount of individual mix-ins may vary depending upon number of mix-ins included in shake																		
Five Guys Milkshake Base Little	1312	313	17	11	37	35	0	3.9	0.36	737	176	9.4	6.2	21	20	0	2.2	0.20
Whipped Cream Little	142	34	3.5	2.6	0	0	0	0	0	1418	339	35	26	3.0	3.0	0	2.3	0.08
Banana Little	407	97	2.5	1.0	18	18	0	0	0.07	904	215	0	0	40	40	0	0	0.02
Chocolate Little	461	109	1.0	0.6	24	15	1.0	0.7	0	1336	315	2.9	1.7	69	44	2.8	1.9	0
Lotus Biscoff® Little	234	56	2.2	0.9	8.0	4.4	0	0.6	0.02	2032	484	19	8	73	38	1.3	4.9	0.20
Oreo® Cookie Pieces Little	241	58	2.4	1.2	8.0	4.6	0	0.6	0.28	2008	480	20	6.0	69	38	2.5	5.0	0.85
Popcorn Little	234	55	0	0	13	12	1	0.4	0	1140	269	1.5	0	64	59	3.9	1.8	0.03
Mango Little	155	37	0	0	9.0	8.3	0	0	0	471	111	0	0	27	25	1	0	0
Peanut Butter Little	593	143	12	1.8	3.2	1.5	0.8	6.0	0.37	2579	622	50	7.6	14	6.6	3.6	27	1.6
Salted Caramel Little	388	91	0.6	0.3	21	17	0.0	0	0.27	1302	307	1.8	1.1	72	56	0	0	0.90
Strawberry Little	244	58	0	0	14	14	0	0	0	611	144	0	0	35	34	0	0	0.02

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Thank you for taking the time to raise your concerns with us today.
In order to investigate your feedback thoroughly, we need a few more details regarding your visit.

Please scan the QR code with your mobile phone to provide details about your experience. This will reach our Food Safety team at the UK Support Office who will be in touch with you as soon as an investigation is conducted.



Please follow this link if you are unable to scan the QR code above: qrco.de/bd3LTr

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