

ALLERGEN GUIDE - UK LOCATIONS ONLY

● CONTAINS AN ALLERGEN.		<div><div>Nuts or nut derivatives</div><div>Peanut or peanut derivatives</div><div>Sesame seeds or sesame derivatives</div><div>Milk or milk derivatives</div><div>Egg or egg derivatives</div><div>Lupin or lupin derivatives</div><div>Soya or soya derivatives</div><div>Cereals containing gluten or derivatives</div><div>Fish or fish derivatives</div><div>Crustaceans or crustacean derivatives</div><div>Celery or celery derivatives</div><div>Molluscs or mollusc derivatives</div><div>Sulphur dioxide and sulphites</div><div>Mustard or mustard derivatives</div></div>															
1.	Not suitable for this allergen sufferer due to manufacturing and preparation methods																
2.	Due to cooking methods used not suitable for allergy sufferers during Breakfast operation hours.																
MEAT																	
Bacon**																	
Beef Burger Patty				1	2		1										
Hot Dog				1	2		●										
BUN																	
Burger Bun	1		●	●	●		●	●			1					1	
Hot Dog Bun	1		1	●	●		●	●			1					1	
FRIES COOKED IN PEANUT OIL																	
Fries		●									1						
Cajun seasoning											●						
Loaded fries*	1	●	1	●	●		1	1			●					●	
Loaded Cajun fries*	1	●	1	●	●		1	1			●					●	
TOPPINGS																	
BBQ Sauce								1								●	
Cheese (pasteurised)				●			1										
Green Peppers																	
Grilled Mushrooms	1		1	1	1		1	1			1					1	
Hot Sauce								1								1	
HP Brown Sauce								●								1	
Jalapeño Peppers																	
Tomato Ketchup											●						
Lettuce																	
Mayonnaise	1		1	1	●		1	1								●	
Mustard																●	
Onions																	
Grilled Onions	1		1	1	1		1	1			1					1	
Pickles																	
Relish	1		1	1	1		1	1			1					1	
Tomatoes																	
Grilled Toppings	1		1	1	1		1	1									
MILKSHAKES + (MIX-INS)																	
Five Guys Milkshake Base	1	1	1	●			1	1									
Whipped Cream	1	1	1	●			1	1									
Banana	1	1	1	●			1	1									
Chocolate	1	1	1	●			●	1									
Lotus Biscoff®	1	1	1	●			●	●									
Oreo® Cookie Pieces	1	1	1	●			●	●									
Cinnamon Bun	1	1	1	●			1	1									
Peanut Butter***	1	●	1	●			1	1									
Mango	1	1	1	●			1	1									
Salted Caramel	1	1	1	●			1	1									
Strawberry	1	1	1	●			1	1									
OTHER ITEMS																	
Veggie Sandwich	1		●	●	●		●	●			1					1	
Cheese Veggie Sandwich	1		●	●	●		●	●			1					1	
Grilled Cheese	1		●	●	●		●	●								●	
BLT **	1		●	●	●		●	●								●	
Bulk Peanuts Without Shell ***		●															
Egg*				●	●		1										

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\*Products available at participating locations only | \*\*Products available in NON-Halal stores | \*\*\* Products are not available in Heathrow Airport location.

We have systems in place to identify the 14 legal allergens in our food. Staff receive training regarding allergens and the preparation of meals for people with allergies. However, due to nature of our ingredients, preparation and cooking methods THERE IS ALWAYS A RISK OF CROSS CONTAMINATION. Customers concerned with any food allergies/intolerances and sensitivities are advised that we cannot guarantee the absence of allergens in our food.

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INGREDIENT LISTING - GUIDE FOR USE IN UK LOCATIONS ONLY (for allergens see ingredients in BOLD)

MEAT	
Bacon**	Pork Belly (96%), Acidity Regulator: Sodium Lactate, Salt, Sugar, Stabiliser: Triphosphates, Antioxidant: Sodium Izoascorbate, Bacterial Cultures, Preservative: Sodium Nitrite.
Beef Burger Patty	Ground Beef.
Hot Dog	Beef, Water, Salt, Spices, Spice extracts, stabilisers: Disodium Dihydrogen Diphosphate, Sodium Acetate; Glucose syrup, Dextrose, Seasoning, antioxidant: Ascorbic acid, preservative: Sodium Nitrate, <b>SOYA</b> protein, Beech wood smoke.
BUN	
Burger Bun	Our bread is a proprietary recipe. The primary ingredients are: <b>WHEAT</b> flour ( <b>GLUTEN</b> ), Water, Sugar, Vegetable fats, <b>MILK</b> , Dry yeast, <b>EGGS</b> , <b>GLUTEN</b> , <b>SESAME</b> seeds, Salt, <b>SOYA</b> flour acidity regulator Calcium Carbonate, Spirit vinegar.
Hot Dog Bun	Our bread is a proprietary recipe. The primary ingredients are: <b>WHEAT</b> flour, Water, Sugar, Vegetable fats, <b>MILK</b> , Dry yeast, <b>EGGS</b> , <b>GLUTEN</b> , Salt, <b>SOYA</b> flour acidity regula- tor Calcium Carbonate, Spirit vinegar.
FRIES	
Five Guys Style	Potatoes, <b>PEANUT</b> oil, Salt.
Cajun Seasoning	Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, <b>CELERY</b> seeds, Rapeseed oil.
Loaded Fries* - (Fries with Cheese Sauce, Grilled Onions, Fry Sauce and Chives)	Fries: Potatoes, <b>PEANUT</b> oil, Salt. <u>Cheese Sauce</u> : Water, Cheddar Cheese (10%) ( <b>MILK</b> ), Modified Starch , Skimmed <b>MILK</b> Powder, Vegetable Oil (Palm), Cheese Powder (3%) ( <b>MILK</b> ), Vegetable Stock Powder [Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Dried Tomato, Dried Herb, Sunflower Oil], Salt, Acidity Regulator (Trisodium citrate), Flavouring ( <b>MILK</b> ), Stabiliser (Xanthan gum), Emulsifier (Lecithin), Colours (Paprika extract, Beta-Carotene). <u>Grilled Onions</u> : Onions. <u>Five Guys Fry Sauce</u> : Mayonnaise (Rapeseed oil, <b>EGG</b> yolk, spirit vinegar, sugar, apple cider vinegar, salt, Water, ground <b>MUSTARD</b> seeds, antioxidant (calcium disodium EDTA), spice), Tomato Ketchup (Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts ( <b>CELERY</b> ), Spice), Pickle Juice (Sugar, Spirit Vinegar, Water, Salt, Flavourings, stabiliser: Xanthan Gum), Cajun Seasoning (Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, <b>CELERY</b> seeds, Rapeseed oil). <u>Chives</u> .
Loaded Cajun Fries* - (Cajun Fries with Cheese Sauce, Grilled Onions, Fry Sauce and Chives)	Fries: Potatoes, <b>PEANUT</b> oil, Salt. <u>Cheese Sauce</u> : Water, Cheddar Cheese (10%) ( <b>MILK</b> ), Modified Starch , Skimmed <b>MILK</b> Powder, Vegetable Oil (Palm), Cheese Powder (3%) ( <b>MILK</b> ), Vegetable Stock Powder [Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Dried Tomato, Dried Herb, Sunflower Oil], Salt, Acidity Regulator (Trisodium citrate), Flavouring ( <b>MILK</b> ), Stabiliser (Xanthan gum), Emulsifier (Lecithin), Colours (Paprika extract, Beta-Carotene). <u>Grilled Onions</u> : Onions. <u>Five Guys Fry Sauce</u> : Mayonnaise (Rapeseed oil, <b>EGG</b> yolk, spirit vinegar, sugar, apple cider vinegar, salt, Water, ground <b>MUSTARD</b> seeds, antioxidant (calcium disodium EDTA), spice), Tomato Ketchup (Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts ( <b>CELERY</b> ), Spice), Pickle Juice (Sugar, Spirit Vinegar, Water, Salt, Flavourings, stabiliser: Xanthan Gum), Cajun Seasoning (Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, <b>CELERY</b> seeds, Rapeseed oil). <u>Cajun Seasoning</u> : Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, <b>CELERY</b> seeds, Rapeseed oil. <u>Chives</u> .
TOPPINGS	
BBQ Sauce	Water, Sugar, Tomato Paste (Tomato Paste, Acidity Regulator: Citric Acid), Spirit Vinegar, Cane Molasses, Salt, <b>MUSTARD</b> Bran, Modified Maize Starch, Spices, Smoked Maltodextrin, Preservative (Potassium Sorbate), Caramelised Sugar Syrup.
Cheese (pasteurised)	Cheddar Cheese ( <b>MILK</b> ), Water, Butter ( <b>MILK</b> ), Cheese ( <b>MILK</b> ), <b>MILK</b> Proteins, Whey powder ( <b>MILK</b> ), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring ( <b>MILK</b> ), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent: Lecithin.
Green Peppers	Green Peppers.
Grilled Mushrooms	Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid.
Hot Sauce	Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Garlic powder.
HP Brown Sauce	Tomatoes, Malt vinegar ( <b>GLUTEN</b> ), Molasses, Glucose-fructose syrup, Spirit vinegar, Sugar, Dates, Corn flour, Rye flour ( <b>GLUTEN</b> ), Salt, Spices, Flavourings, Tamarind.
Jalapeño Peppers	Jalapeño Peppers.
Tomato Ketchup	Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts ( <b>CELERY</b> ), Spice.
Lettuce	Lettuce
Mayonnaise	Rapeseed oil, <b>EGG</b> yolk, spirit vinegar, sugar, apple cider vinegar, salt, Water, ground <b>MUSTARD</b> seeds, antioxidant (calcium disodium EDTA), spice.
Mustard	Spirit Vinegar, Water, <b>MUSTARD</b> Seed, Salt, Turmeric, Paprika, Spice, Flavouring, Garlic Powder.
Onions	Onions.
Pickles	Gherkins, Water, Spirit Vinegar, Salt, Firming Agent: Calcium Chloride, Acid: Lactic Acid, Natural Dill Flavouring.
Relish	Gherkin, Sugar, Spirit Vinegar, Water, Salt, Flavourings, stabiliser: Xanthan Gum.
Tomatoes	Tomatoes
MILKSHAKES	
Five Guys Milkshake Base	Reconstituted Skimmed Milk ( <b>MILK</b> ), Cream ( <b>MILK</b> ), Sugar, Water, Dextrose, Milk Solids ( <b>MILK</b> ), Emulsifiers: Mono and diglycerides of fatty acids, Propyleneglycol esters of fatty acids, stabilisers (Carrageenan, Cellulose Gum, Guar Gum), Natural Flavouring.
Whipped Cream	Cream ( <b>MILK</b> ); propellants: N2O, N2; emulsifier: Mono-and diglycerides of fatty acids; stabiliser: carrageenan.
MILKSHAKE MIX-INS	
Banana	Bananas, Sugar, Water, Salt, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid).
Chocolate	Glucose syrup, Sugar, Water, Humectant (Glycerol), Chocolate (Cocoa Mass, Sugar, Dextrose, Emulsifier ( <b>SOYA</b> Lecithins)), Fat reduced Cocoa Powder, Cocoa Extract, Preservative (Potassium Sorbate), Emulsifier ( <b>SOYA</b> Lecithins), Natural flavourings, Colour (Plain Caramel).
Lotus Biscoff®	<b>WHEAT</b> flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), <b>SOYA</b> flour, salt, cinnamon.
OREO® Cookie	<b>WHEAT</b> flour ( <b>GLUTEN</b> ), Sugar, Vegetable Oil (Palm oil), Fat Reduced Cocoa Powder, <b>WHEAT</b> Starch ( <b>GLUTEN</b> ), Glucose-Fructose syrup, Raising Agents (Potassium Hydro- gen Carbonate, Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate), Salt, Emulsifiers: <b>SOYA</b> Lecithin, Sunflower Lecithin, Flavouring: Vanillin.
Cinnamon Bun - Cinnamon Flavoured Sauce with Lotus Biscoff®	<u>Cinnamon Flavoured Sauce</u> : Sugar, Water, Sweetened Condensed Skimmed <b>MILK</b> ( <b>MILK</b> , Sugar), Glucose Syrup, Butter ( <b>MILK</b> ), Natural Flavouring, Corn flour, Burnt Sugar, Ground Cinnamon, Acidity Regulator: Lactic Acid, Salt, Preservative: Potassium Sorbate. <u>Lotus Biscoff®</u> <b>WHEAT</b> flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), <b>SOYA</b> flour, salt, cinnamon.
Peanut Butter***	<b>PEANUTS</b> , <b>PEANUT</b> Oil, Sugar, Salt.
Mango	Mango Puree, Water, Sugar, Acidity Regulators (Citric Acid, Ascorbic Acid)
Salted Caramel	Glucose Syrup, Sugar, Water, Double Cream ( <b>MILK</b> ), Skimmed <b>MILK</b> powder, Salt, Acidity Regulator (Sodium Phosphates), Thickener (Pectins), Natural Flavouring.
Strawberry	Strawberries, Sugar, Water, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid), Pepper, Salt.
OTHER ITEMS	
Veggie Sandwich	<u>Bun</u> : <b>WHEAT</b> flour ( <b>GLUTEN</b> ), Water, Sugar, Vegetable fats, <b>MILK</b> , Dry yeast, <b>EGGS</b> , <b>GLUTEN</b> , <b>SESAME</b> seeds, Salt, <b>SOYA</b> flour acidity regulator Calcium Carbonate, Spirit vinegar. <u>Toppings</u> : Tomato, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Lettuce, Green Peppers.
Cheese Veggie Sandwich	<u>Bun</u> : <b>WHEAT</b> flour ( <b>GLUTEN</b> ), Water, Sugar, Vegetable fats, <b>MILK</b> , Dry yeast, <b>EGGS</b> , <b>GLUTEN</b> , <b>SESAME</b> seeds, Salt, <b>SOYA</b> flour acidity regulator Calcium Carbonate, Spirit vinegar. <u>Toppings</u> : Tomato, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Lettuce, Green Peppers. <u>Cheese</u> : Cheddar Cheese ( <b>MILK</b> ), Water, Butter ( <b>MILK</b> ), Cheese ( <b>MILK</b> ), <b>MILK</b> Proteins, Whey powder ( <b>MILK</b> ), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring ( <b>MILK</b> ), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent: Lecithin.
Grilled Cheese	<u>Bun</u> : <b>WHEAT</b> flour ( <b>GLUTEN</b> ), Water, Sugar, Vegetable fats, <b>MILK</b> , Dry yeast, <b>EGGS</b> , <b>GLUTEN</b> , <b>SESAME</b> seeds, Salt, <b>SOYA</b> flour acidity regulator Calcium Carbonate, Spirit vinegar. <u>Cheese</u> : Cheddar Cheese ( <b>MILK</b> ), Water, Butter ( <b>MILK</b> ), Cheese ( <b>MILK</b> ), <b>MILK</b> Proteins, Whey powder ( <b>MILK</b> ), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring ( <b>MILK</b> ), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent. <u>Mayonnaise</u> : Rapeseed oil, <b>EGG</b> yolk, spirit vinegar, sugar, apple cider vinegar, salt, ground <b>MUSTARD</b> seeds, antioxidant (calcium disodium EDTA), spice.

<b>BLT (Bacon, Lettuce and Tomato) **</b>	Bun: <b>WHEAT</b> flour ( <b>GLUTEN</b> ), Water, Sugar, Vegetable fats, <b>MILK</b> , Dry yeast, <b>EGGS, GLUTEN, SESAME</b> seeds, Salt, <b>SOYA</b> flour acidity regulator Calcium Carbonate, Spirit vinegar, <u>Toppings</u> : Tomato, Lettuce. <u>Bacon</u> : Pork Belly (96%), Acidity Regulator: Sodium Lactate, Salt, Sugar, Stabiliser: Triphosphates, Antioxidant: Sodium Izoascorbate, Bacterial Cultures, Preservative: Sodium Nitrite. <u>Mayonnaise</u> : Rapeseed oil, <b>EGG</b> yolk, spirit vinegar, sugar, apple cider vinegar, salt, ground <b>MUSTARD</b> seeds, antioxidant (calcium disodium EDTA), spice.
<b>Bulk Peanuts***</b>	<b>PEANUTS</b> , Salt.
<b>Egg*</b>	<b>EGG</b> , Butter Alternative: Vegetable Oil (Rapeseed/Palm Oil), Salt, Emulsifier (Lecithin), Flavouring ( <b>MILK</b> ), Colour (Beta Carotene)

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Lotus Biscoff® is a trademark of Lotus Bakeries, used with permission.  
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# NUTRITION GUIDE - UK LOCATIONS ONLY

	TYPICAL VALUES PER SERVING									TYPICAL VALUES PER 100G								
	Energy, kJ	Energy, kcal	Total fat, g	of which Saturated, g	Carbohydrates, g	of which Sugars, g	Fibre, g	Protein, g	Salt, g	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	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 COOKED IN PEANUT OIL																		
Mini Fries	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	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	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	6283	1509	89	12	162	2.2	14	23	2.4	1128	271	16	2.2	29	0	2.6	4.1	0.43
Loaded fries*	3132	749	36	8.3	86	7.3	9.6	15	2.6	820	196	9.5	2.2	23	1.9	2.5	4	0.68
Loaded Cajun fries*	3350	803	41	9.0	86	6.9	11	16	2.86	868	208	11	2.3	22	1.8	2.9	4	0.74
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
Jalapeno 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
Cinnamon Bun	598	142	3.2	1.5	27	20	0.3	0.9	0.15	1441	341	7.7	3.5	65	48	0.8	2.3	0.37
Mango	311	73	0.1	0	18	17	0.7	0.2	0	471	111	0	0	27	25	1	0	0
Peanut Butter***	1186	286	23	3.5	6.4	3.0	1.7	12	0.74	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
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

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	
Cinnamon Bun Little	299	71	1.6	0.7	14	10	0.2	0.5	0.08	1441	341	7.7	3.5	65	48	0.8	2.3	0.37	
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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\*Products available at participating locations only | \*\*Products available in NON-Halal stores | \*\*\* Products are not available in Heathrow Airport location.

We have systems in place to identify the 14 legal allergens in our food. Staff receive training regarding allergens and the preparation of meals for people with allergies. However, due to nature of our ingredients, preparation and cooking methods THERE IS ALWAYS A RISK OF CROSS CONTAMINATION. Customers concerned with any food allergies/intolerances and sensitivities are advised that we cannot guarantee the absence of allergens in our food.

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## FOOD SAFETY FEEDBACK

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](https://qrco.de/bd3LTr)