ALLERGEN GUIDE - UK LOCATIONS ONLY

CONTAINS AN ALLERGEN.

Not suitable for this allergen sufferer due to

	Nutsor nut derivatives	derivatives	sesame seeds or derivatives	derivatives	Egg or egg derivatives	derivatives	derivatives	stuten os containing or derivatives	Fish or fish derivatives	rustacean derivatives	derivatives	sor mollusc derivatives Sulphur	Mustard	derivatives	,
0				(9)											

 Not suitable for this allergen sufferer due manufacturing and preparation methods Due to cooking methods used not suitable 	/ 4	Nut der Pean	Sesar.	sesame der		A 6 6		Soya der Cereal	Stuten or der	ا الا م	Crustacean der	der der luse.	der der Sulphur J.	Miles
for allergy sufferers during Breakfast operation hours.		Peal	Ses,	esam 			' /) eres	re /	/ 3			, /uhu	' / <u>;</u>
				ő /				/ 5	รือ /		รู้ /	\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \	/ જ	/ 2
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*		•		•	•						•			•
Loaded fries*		•		•	•									•
TOPPINGS														_
BBQ Sauce			-					1						•
Cheese (pasteurised)				•			1							
Green Peppers (including diced)				_			_							
Grilled Mushrooms	1		1	1	1		1	1			1			1
Hot Sauce								1						1
HP Brown Sauce								•						1
Jalapeño Peppers (including diced)														
Tomato Ketchup											•			
Lettuce														
Mayonnaise	1		1	1	•		1	1						•
Mustard														•
Fresh Onions														
Grilled Onions	1		1	1	1		1	1			1			1
Pickles														
Relish	1		1	1	1		1	1			1			1
Tomatoes (including diced)														
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	•			•	•						
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 ***		•												
	+	- -	 		 	+	-	-		-	+	+		

^{*}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. Items marked as "including diced" indicate the preparation method only. The ingredient itself does not change.

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, SOYA protein, Beech wood smoke.
BUN	
Burger Bun	Our bread is a proprietary recipe. The primary ingredients are: WHEAT flour (GLUTEN), Water, Sugar, Vegetable fats, MILK , Dry yeast, EGGS , GLUTEN , SESAME seeds, Salt, SOYA flour acidity regulator Calcium Carbonate, Spirit vinegar.
Hot Dog Bun	Our bread is a proprietary recipe. The primary ingredients are: WHEAT flour, Water, Sugar, Vegetable fats, MILK , Dry yeast, EGGS , GLUTEN , Salt, SOYA flour acidity regulator Calcium Carbonate, Spirit vinegar.
FRIES	
Five Guys Style	Potatoes, PEANUT oil, Salt.
Cajun Seasoning	Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, CELERY seeds, Rapeseed oil.
Loaded Fries* - (Fries with Cheese Sauce, Fry Sauce)	Fries: Potatoes, PEANUT oil, Salt. Cheese Sauce: Water, Cheddar Cheese (10%) (MILK), Modified Starch, Skimmed MILK Powder, Vegetable Oil (Palm), Cheese Powder (3%) (MILK), Vegetable Stock Powder [Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Dried Tomato, Dried Herb, Sunflower Oil], Salt, Acidity Regulator (Trisodium citrate), Flavouring (MILK), Stabiliser (Xanthan gum), Emulsifier (Lecithin), Colours (Paprika extract, Beta-Carotene). Five Guys Fry Sauce: Mayonnaise (Rapeseed oil, SeG yolk, spirit vinegar, sugar, apple cider vinegar, salt, Water, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice), Tomato Ketchup (Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (CELERY), Spice), Pickle Juice (Sugar, Spirit Vinegar, Water, Salt, Flavourings, stabiliser: Xanthan Gum), Cajun Seasoning (Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, CELERY seeds, Rapeseed oil).
Loaded Cajun Fries* - (Cajun Fries with Cheese Sauce, Fry Sauce)	Fries: Potatoes, PEANUT oil, Salt. Cheese Sauce: Water, Cheddar Cheese (10%) (MILK), Modified Starch, Skimmed MILK Powder, Vegetable Oil (Palm), Cheese Powder (3%) (MILK), Vegetable Stock Powder [Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Dried Tomato, Dried Herb, Sunflower Oil], Salt, Acidity Regulator (Trisodium citrate), Flavouring (MILK), Stabiliser (Xanthan gum), Emulsifier (Lecithin), Colours (Paprika extract, Beta-Carotene). Five Guys Fry Sauce: Mayonnaise (Rapeseed oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, Water, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice), Tomato Ketchup (Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (CELERY), Spice), Pickle Juice (Sugar, Spirit Vinegar, Water, Salt, Flavourings, stabiliser: Xanthan Gum), Cajun Seasoning (Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, CELERY seeds, Rapeseed oil). Cajun Seasoning: Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, CELERY seeds, Rapeseed oil.
TOPPINGS	
BBQ Sauce	Water, Sugar, Tomato Paste (Tomato Paste, Acidity Regulator: Citric Acid), Spirit Vinegar, Cane Molasses, Salt, MUSTARD Bran, Modified Maize Starch, Spices, Smoked Maltodextrin, Preservative (Potassium Sorbate), Caramelised Sugar Syrup.
Cheese (pasteurised)	Cheddar Cheese (MILK), Water, Butter (MILK), Cheese (MILK), MILK Proteins, Whey powder (MILK), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring (MILK), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent: Lecithin.
Green Peppers (including diced)	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. Tomatoes, Malt vinegar (GLUTEN), Molasses, Glucose-fructose syrup, Spirit vinegar, Sugar, Dates, Corn flour, Rye flour (GLUTEN), Salt, Spices,
HP Brown Sauce	Flavourings, Tamarind.
Jalapeño Peppers (including diced)	Jalapeño Peppers.
Tomato Ketchup	Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (CELERY), Spice.
Lettuce Mayonnaise	Lettuce Rapeseed oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, Water, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice.
Mustard	Spirit Vinegar, Water, MUSTARD Seed, Salt, Turmeric, Paprika, Spice, Flavouring, Garlic Powder.
Fresh 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 (including diced)	Tomatoes
MILKSHAKES	
Five Guys Milkshake Base	Reconstituted Skimmed Milk (MILK), Cream (MILK), Sugar, Water, Dextrose, Milk Solids (MILK), Emulsifiers: Mono and diglycerides of fatty acids, Propyleneglycol esters of fatty acids, stabilisers (Carrageenan, Cellulose Gum, Guar Gum), Natural Flavouring.
Whipped Cream	Cream (MILK); 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 (SOYA Lecithins)), Fat reduced Cocoa Powder, Cocoa Extract, Preservative (Potassium Sorbate), Emulsifier (SOYA Lecithins), Natural flavourings, Colour (Plain Caramel).
Lotus Biscoff®	WHEAT flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon. WHEAT Flour (CLUTEN), Sugar Vegetable Oil (Palm oil), Est Padwood Cooca Pawder WHEAT Storeh (CLUTEN). Clusters every Pagetable Oil (Palm oil) Fet Padwood Cooca Pawder WHEAT Storeh (CLUTEN). Clusters every Pagetable Oil (Palm oil) Fet Padwood Cooca Pawder WHEAT Storeh (CLUTEN).
OREO® Cookie	WHEAT Flour (GLUTEN), Sugar, Vegetable Oil (Palm oil), Fat Reduced Cocoa Powder, WHEAT Starch (GLUTEN), Glucose-Fructose syrup, Raising Agents (Potassium Hydrogen Carbonate, Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate), Salt, Emulsifiers: SOYA Lecithin, Sunflower Lecithin, Flavouring: Vanillin.
Cinnamon Bun - Cinnamon Flavoured Sauce with Lotus Biscoff®	Cinnamon Flavoured Sauce: Sugar, Water, Sweetened Condensed Skimmed MILK (MILK, Sugar), Glucose Syrup, Butter (MILK), Natural Flavouring, Corn flour, Burnt Sugar, Ground Cinnamon, Acidity Regulator: Lactic Acid, Salt, Preservative: Potassium Sorbate. Lotus Biscoff WHEAT flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon.
Peanut Butter***	PEANUTS, PEANUT Oil, Sugar, Salt.
Mango	Mango Puree, Water, Sugar, Acidity Regulators (Citric Acid, Ascorbic Acid)
Salted Caramel	Glucose Syrup, Sugar, Water, Double Cream (MILK), Skimmed MILK 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	Bun: WHEAT flour (GLUTEN), Water, Sugar, Vegetable fats, MILK, Dry yeast, EGGS, GLUTEN, SESAME seeds, Salt, SOYA flour acidity regulator Calcium Carbonate, Spirit vinegar. Toppings: Tomato, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Lettuce, Green Peppers.
Cheese Veggie Sandwich	Bun: WHEAT flour (GLUTEN), Water, Sugar, Vegetable fats, MILK, Dry yeast, EGGS, GLUTEN, SESAME seeds, Salt, SOYA flour acidity regulator Calcium Carbonate, Spirit vinegar. Toppings: Tomato, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Lettuce, Green Peppers. Cheese: Cheddar Cheese (MILK), Water, Butter (MILK), Cheese (MILK), MILK Proteins, Whey powder (MILK), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring (MILK), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent: Lecithin.

Grilled Cheese	Bun: WHEAT flour (GLUTEN), Water, Sugar, Vegetable fats, MILK, Dry yeast, EGGS, GLUTEN, SESAME seeds, Salt, SOYA flour acidity regulator Calcium Carbonate, Spirit vinegar. Cheese: Cheddar Cheese (MILK), Water, Butter (MILK), Cheese (MILK), MILK Proteins, Whey powder (MILK), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring (MILK), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent. Mayonnaise: Rapeseed oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice.	20250923VLF
BLT (Bacon, Lettuce and Tomato) **	Bun: WHEAT flour (GLUTEN), Water, Sugar, Vegetable fats, MILK, Dry yeast, EGGS, GLUTEN, SESAME seeds, Salt, SOYA flour acidity regulator Calcium Carbonate, Spirit vinegar. Toppings: Tomato, Lettuce. Bacon: Pork Belly (96%), Acidity Regulator: Sodium Lactate, Salt, Sugar, Stabiliser: Triphosphates, Antioxidant: Sodium Izoascorbate, Bacterial Cultures, Preservative: Sodium Nitrite. Mayonnaise: Rapeseed oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice.	GJV@ FGUK_
Bulk Peanuts***	PEANUTS, Salt.	"
Egg*	EGG, Butter Alternative: Vegetable Oil (Rapeseed/Palm Oil), Salt, Emulsifier (Lecithin), Flavouring (MILK), Colour (Beta Carotene)	

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 $Lotus\ Biscoff \ \ \ is\ a\ trademark\ of\ Lotus\ Bakeries,\ used\ with\ permission.$ $OREO\ \ \ is\ a\ registered\ trademark\ of\ Mondelez\ International\ group,\ used\ with\ permission$

NUTRITION GUIDE - UK LOCATIONS ONLY

	TYPICAL VALUES PER SERVING											TYPICAL VALUES PER 100G									
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MEAT		_ ш	/ -	/ 8		/ 8		/ #	/ 0)				/ 8		/ 8	/ L	/ 				
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	0.7	0	0	18	0.92	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	r 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 COOKED IN	IPEAN	IUT OI	<u> </u>	1				1								1					
Loaded fries*	3135	751	41	8.9	77	4.3	8.9	14	3.97	947	227	12.3	2.7	23.3	1.3	2.7	4	1.2			
Loaded Cajun fries*	3227	771	42	9.1	79	4	9	15	3.81	975	233	12.7	2.76	23.9	1.2	2.8	4	1.15			
Diced Green Peppers Fresh Onions	15 33	8	0	0	0.8	0.4	0.3	0.2	0	133	20 32	0	0	4.6 7	3.8	1.7	0.9	0			
Diced Jalapeño Peppers	5	1	0	0	0.6	0.4	1.0	0.2	0.02	55	13	0	0	7	4.1	2.8	0.9	0.25			
Diced Tomatoes	11	3	0	0	0.5	0.5	0	0	0	61	14	0	0	3	3	1	0	0			
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 Jalapeño Peppers	36 4	7	0	0	2.0	1.6 0	0	0	0.09	517 55	102	0	0	28 7	23 4.1	2.8	0.9	1.3 0.25			
Tomato Ketchup	61	14	0	0	3.2	3.2	0	0	0.02	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			
Fresh 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 Tomatoes	85 26	20 6	0	0	4.6 1.3	3.8 1.3	0	0	0.18	653 61	154	0	0.2	35	29 3	1.2	0	0			
MILKSHAKES + (MIX-INS)												U	Ū	0	o o	·	Ū				
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 Peanut Butter***	311 1186	73 286	0.1	0 3.5	18 6.4	3.0	0.7 1.7	0.2	0.74	471 2579	622	50	7.6	27 14	25 6.6	3.6	0 27	1.6			
Salted Caramel	768	181	1.1	0.6	42	33	0	0	0.74	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

^{*}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: grco.de/bd3LTr