

NUTRITION

Typical values per portion

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	Average portion size (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 (2 pieces)	323	78	5.46	2.24	0.7	0.0	0.1	6.4	0.92	14	2306	554	39	16	5	0.3	0.5	46	6.6	
Beef Burger Patty	812	195	14	5.59	0.1	0.1	0.3	18	0.13	67	1212	291	21	8.34	0.1	0.1	0.5	27	0.19	
Hot Dog	793	192	15	6.38	2.1	0.4	0.4	11	1.90	76	1044	252	20	8.4	2.8	0.5	0.5	14	2.5	
BUN																				
Burger bun	1001	238	7.52	2.57	37.6	6.2	1.4	6.0	0.49	77.0	1300	308.6	9.76	3.34	49	8.04	1.82	7.8	0.635	
Hot dog bun	908	215	6.72	2.26	34	5.9	1.2	5.3	0.47	70.0	1298	307.6	9.61	3.24	49	8.49	1.73	7.61	0.665	
FRIES																				
Little FRIES - COOKED IN PEANUT OIL	2888	694	41	5.63	74	1	6.7	10	1.11	256	1128	271	16	2.2	29	0.4	2.6	4.1	0.432	
Reg FRIES - COOKED IN PEANUT OIL	4241	1019	66	8.27	120	1.7	11	15	1.62	414	1128	271	16	2.2	29	0.4	2.6	4.1	0.432	
Large FRIES - COOKED IN PEANUT OIL	6204	1491	88	12	160	2.2	14	23	2.38	550	1128	271	16	2.2	29	0.4	2.6	4.1	0.432	
Cajun Seasoning	84	20	0.32	0.05	2.9	1	0	0.9	1.15	7	1199	287	4.6	0.8	42	15		12	16.5	
TOPPINGS																				
BBQ Sauce	86	20	0.08	0.02	4.1	3.9	0.4	0.2	0.35	15	575	136	0.5	0.1	27	26	2.6	1.5	2.3	
Cheese (1 Slice)	266	64	4.94	3.23	1.1	0.8	0.0	3.6	0.76	19	1400	337	26	17	6	4	0	19	4	
Green Peppers	7.1	1.6	0.02	0.01	0.4	0.2	0.1	0.1	0.00	8	89.2	20	0.2	0.1	4.6	2.4	1.7	0.9	0.003	
Grilled Mushrooms	5.1	12	0.13	0.03	2	0.4	0.7	1.0	0.23	32	160	38	0.4	0.1	6.4	1.3	2.2	3	0.73	
Hot Sauce	8.6	2.0	0.05	0.01	0.1	0.0	0.1	0.2	0.67	8	107	25	0.6	0.1	1.8	0.3	1.5	2.5	8.4	
HP Brown Sauce	52	10	0.01	0.01	2.8	2.3		0.1	0.13	10.0	517	102	0.1	0.1	28.3	23		0.9	1.3	
Jalapeno Peppers	3.9	0.9	0.03	0.01	0.5	0.3	0.2	0.1	0.02	7	55	13	0.4	0.1	7.0	4.1	2.8	0.9	0.248	
Tomato Ketchup	61	14	0.01	0.00	3.2	3.2		0.2	0.25	14.0	435	102	0.1	0.0	23.2	23		1.2	1.8	
Lettuce	9.2	3	0.02	0.00	0.3	0.0	0.2	0.1	0	16	57.5	19	0.14	0.0	1.8	0	1.2	0.9	0.03	
Mayonnaise	466	113	12	1.95	0.3	0.3		0.2	0.20	15.0	3104	754	82	13.0	2.2	2.2		1.2	1.3	
Mustard	19	4.5	0.23	0.05	0.3	0.05	0.2	0.3	0.16	6	311	75	3.89	0.8	4.3	0.85	2.68	4.24	2.78	
Onions	36	8.6	0.08	0.00	1.89	1	0.5	0.3	0.00	25	133	32	0.3	0.0	7	3.8	2	1.2	0.004	
Grilled Onions	46	11	0.11	0.04	2.5	1.5	0.8	0.4	0.00	27	170	40	0.4	0.1	9.3	5.5	3	1.4	0.014	
Pickles	9.2	2.2	0.00	0.00	0.4	0.2		0.0	0.48	20.0	46	11	0	0.0	2.2	1		0	2.4	
Relish	65	15	0.04	0.02	3.5	2.9	0.1	0.1	0.14	10	653	154	0.4	0.2	35.1	29	1.2	0.4	1.4	
Tomatoes	26	6.0	0.04	0.00	1.3	1.3	0.4	0.0	0.00	43.0	61	14	0.1	0.0	3.0	3	1	0.1	0.005	
MILKSHAKES (MIX-INS) Amount of individual mix-ins may vary depending upon number of mix-ins included in shake.																				
Five Guys Milk Shake Base	2983	714	38	24	83	78	0.0	9.8	0.84	401	769	181	0.2	0.1	44	44	0.5	0.49	0.05	
Whipped cream	369	88	9.10	6.76	0.8	0.8	0.0	0.6	0.02	26	1418	339	35	26	3	3	0	2.3	0.08	
Banana	631	148	0.16	0.08	36.1	36.1	0.4	0.4	0.04	82	882	202	0.4	0.2	49	48	0.5	0.37	0.008	
Chocolate	830	201	2.03	1.59	41	31	1.7	2.3	0.01	69	1203	292	3	2.3	60	45	2.4	3.4	0.02	
Gingerbread flavour	1844	438	12	5	79	56	0.83	3.14	0.59	64	2882	684	18	8	123	88	1.3	4.9	0.92	
Coffee	18	4.8	0.07	0.03	0.9	0.0	0.4	0.4	0.01	23	80	21	0.3	0.13	4.1	0.2	1.8	1.79	0.035	
Malted Milk	249	59	0.51	0.29	12	7.1	0.6	1.5	0.21	16	1559	368	3.2	1.8	74	45	3.9	9.3	1.3	
Oreo Cookie Pieces	261	62	2.6	1.27	9	4.9	0.3	0.7	0.12	13	2010	480	20	9.8	69	38	2.5	5	0.9	
Peanut Butter	1365	312	25.2	4.48	9.5	6.7	3.9	14	0.56	56	2438	558	45	8	17	12	7	25	1	
Salted Caramel	479	113	0.92	0.58	26	18	0.2	0.3	0.3	34	1409	332	2.7	1.7	76	52	0.5	0.9	0.9	
Strawberry	402	94	0.16	0.08	23.2	23.2	0.7	0.3	0.02	80	503	118	0.2	0.1	29	29	0.9	0.43	0.03	
OTHER ITEMS																				
Bulk Peanuts w/out shell											2462	594	43	7	25	<1	11	25	1.86	
Eggs	320	119	5.04	1.68	1.1	0.1	0.2	6.9	0.21	42	762	283	12	4	2.5	0.3	0.5	16.4	0.51	

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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