

# NUTRITION

## Typical values per portion

## Typical values per 100g

UK LOCATIONS ONLY	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	
	<b>MEAT</b>																			
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	
<b>BUN</b>																				
Burger Bun	1001	238	7.52	2.57	37.6	6.2	1.4	6.0	0.49	77	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	1298	307.6	9.61	3.24	49	8.49	1.73	7.61	0.665	
<b>TOPPINGS</b>																				
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	
<b>BBQ Sauce</b>																				
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	
<b>Cheese (1 Slice)</b>																				
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	
<b>Green Peppers</b>																				
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	
<b>Grilled Mushrooms</b>																				
Grilled Mushrooms	51	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	
<b>Hot Sauce</b>																				
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	
<b>HP Brown Sauce</b>																				
HP Brown Sauce	52	10	0.01	0.01	2.8	2.3		0.1	0.13	10	517	102	0.1	0.1	28.3	23		0.9	1.3	
<b>Jalapeno Peppers</b>																				
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	
<b>Tomato Ketchup</b>																				
Tomato Ketchup	61	14	0.01	0.00	3.2	3.2		0.2	0.25	14	435	102	0.1	0.0	23.2	23		1.2	1.8	
<b>Lettuce</b>																				
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	
<b>Mayonnaise</b>																				
Mayonnaise	466	113	12	1.95	0.3	0.3		0.2	0.20	15	3104	754	82	13.0	2.2	2.2		1.2	1.3	
<b>Mustard</b>																				
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	
<b>Onions</b>																				
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	
<b>Grilled Onions</b>																				
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	
<b>Pickles</b>																				
Pickles	9.8	2.4	0.04	0.02	0.2	0.2	0.2	0.1	0.4	20	49	12	0.2	0.1	1	1	1.1	0.6	2	
<b>Relish</b>																				
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	
<b>Tomatoes</b>																				
Tomatoes	26	6.0	0.04	0.00	1.3	1.3	0.4	0.0	0.00	43	61	14	0.1	0.0	3.0	3	1	0.1	0.005	
<b>MILKSHAKES (MIX-INS) - amount of individual mix-ins may vary depending upon number of mix-ins included in shake</b>																				
Five Guys Milkshake 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	
Lotus Biscoff®	610	145	5.70	2.40	22	11	0.4	1.5	0.06	30	2032	484	19	8	73	38	1.3	4.9	0.2	
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	1444	348	28	4.26	7.8	3.7	2	15	0.9	56	2579	622	50	7.6	14	6.6	3.6	27	1.6	
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	
<b>OTHER ITEMS</b>																				
Bulk Peanuts Without Shell											2462	594	43	7	25	<1	11	25	1.86	
Egg*	32	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	

\* Available only at the selected locations

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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