

# Nutrition & Allergen Information



## NUTRITION

## ALLERGENS

	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Peanut / Peanut Oil	Gluten/Wheat	Soy	Milk	Eggs	Fish/Shellfish	MSG	Corn (or corn derivatives)	High Fructose Corn Syrup	Sesame
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### MEAT

Bacon (2 pieces)	14	80	60	7	3	0	15	260	0	0	0	4											
Hamburger Patty	94	220	160	17	8	1	60	50	0	0	0	16											
Hot Dog	90	265	235	26	12	1	56	800	1	0	0	11			✓								

### BUN

Bun	77	260	80	9	3.5	0	5	330	39	2	8	7		✓	✓	✓	✓						✓
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### FRIES - COOKED IN 100% PEANUT OIL

Little	227	526	204	23	4	0	0	531	72	8	2	8	✓										
Regular	411	953	370	41	7	1	0	962	131	15	4	15	✓										
Large	567	1314	511	57	10	1	0	1327	181	21	6	20	✓										

### TOPPINGS

A.1.® Original Steak Sauce	17	15	0	0	0	0	0	280	3	0	2	0											
BBQ Sauce	28	60	0	0	0	0	0	400	15	<1	10	<1											✓
Cheese (1 slice) <sup>1 2</sup>	19	70	50	6	3.5	0	20	310	<1	0	<1	4				✓							
Green Peppers	25	5	0	0	0	0	0	1	1	<1	<1	0											
Grilled Mushrooms	21	5	0	0	0	0	0	55	1	0	1	0											✓
Hot Sauce	5	0	0	0	0	0	0	200	0	0	0	0											
Jalapeño Peppers	11	3	0	0	0	0	0	0	<1	0	0	0											
Ketchup	17	20	0	0	0	0	0	180	5	0	4	0											✓
Lettuce	30	4	0	0	0	0	0	3	1	<1	<1	0											
Mayonnaise	14	100	100	11	1.5	0	10	70	0	0	0	0			✓		✓						✓
Mustard	5	0	0	0	0	0	0	55	0	0	0	0											
Onions / Grilled Onions	26	10	0	0	0	0	0	1	2	<1	1	0											
Pickles	28	5	0	0	0	0	0	260	1	0	0	0											
Relish	15	15	0	0	0	0	0	85	4	0	3	0											✓
Tomatoes	52	9	0	0	0	0	0	3	2	<1	1	<1											

### MILKSHAKES

Five Guys Shake Base	396	670	290	32	21	1	130	360	84	0	82	13	✓ <sup>3</sup>				✓						
Whipped Cream	7	20	15	1.5	1	0	5	0	1	0	1	0					✓						

### MIX-INS

(Amount of individual mix-ins may vary depending upon number of mix-ins included in shake)

Bacon	14	80	60	7	3	0	15	260	0	0	0	4	✓ <sup>3</sup>				✓ <sup>6</sup>						
Banana	14-56	30-120	0	0	0	0	0	3-10	7-28	0	6-24	0	✓ <sup>3</sup>				✓ <sup>6</sup>						
Chocolate	14-56	40-160	9-34	1-4	1-3	0	0	10-39	8-32	1-2	6-25	0-2	✓ <sup>3</sup>				✓ <sup>6</sup>						✓
Cherry	14-56	39-157	0	0	0	0	0	1-5	10-39	0	7-26	0	✓ <sup>3</sup>	✓ <sup>4</sup>	✓ <sup>5</sup>	✓ <sup>6</sup>	✓						
Coffee	14-56	3-10	0	0	0	0	1-2	0	0	0	0	0	✓ <sup>3</sup>				✓ <sup>6</sup>						
Dark Vanilla Syrup	7-28	20-82	0	0	0	0	0	3-11	5-19	0	5-19	0	✓ <sup>3</sup>				✓ <sup>6</sup>						✓
Malted Milk	14-56	60-241	13-54	1-5	1-3	0	3-13	67-268	10-40	0	7-27	1-5	✓ <sup>3</sup>	✓	✓ <sup>5</sup>	✓							✓
Oreo® Crème	14-56	90-360	63-258	7-28	2-8	0	0	14-55	7-27	0	6-26	0	✓ <sup>3</sup>		✓	✓ <sup>6</sup>							

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## ALLERGENS

	Peanut / Peanut Oil	Gluten/Wheat	Soy	Milk	Eggs	Fish/Shellfish	MSG	Corn (or corn derivatives)	High Fructose Corn Syrup	Sesame
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## MIX-INS (CONT'D)

<b>Oreo® Cookie Pieces</b>	14 - 54	65 - 260	25 - 100	3 - 10	1 - 3	0	0	53 - 210	10 - 40	<1 - 1	6 - 22	1 - 2	✓ <sup>3</sup>	✓		✓ <sup>6</sup>					
<b>Peanut Butter</b>	14 - 56	88 - 342	67 - 266	7 - 29	1 - 6	0	0	71 - 285	3 - 13	<1 - 4	1 - 6	3 - 13	✓			✓ <sup>6</sup>					
<b>Salted Caramel</b>	14 - 56	43 - 173	2 - 9	0 - 1	0 - 1	0	1 - 4	24 - 98	10 - 41	0	8 - 30	0 - 1	✓ <sup>3</sup>		✓ <sup>5</sup>	✓	✓ <sup>7</sup>				
<b>Strawberry</b>	14 - 56	20 - 80	0	0	0	0	0	5 - 20	0	0	5 - 18	0	✓ <sup>3</sup>			✓ <sup>6</sup>					

## OTHER ITEMS

<b>Bulk Peanuts</b>														✓							
<b>Fry Sauce (UT Only)</b>															✓	✓		✓			
<b>Malt Vinegar</b>														✓							
<b>Eggs</b>																		✓			

- <sup>1</sup> Additional charges may incur
- <sup>2</sup> This information is subject to change without notification
- <sup>3</sup> Due to the use of peanut products within our stores, milkshakes may contain peanut proteins.
- <sup>4</sup> Processed in factories that have gluten.
- <sup>5</sup> Made on equipment that also processes soy.
- <sup>6</sup> Milk listed as allergen due to use in shake base. Allergen may not be found in individual mix-in.
- <sup>7</sup> Processed in shared factory with eggs.

Five Guys Enterprises makes every attempt to identify ingredients which may cause allergic reactions for those with food allergies. Every effort is made to instruct our food production staff on the severity of food allergies. However, there is always a risk of contamination. There is a possibility that manufacturers of foods we use could change the formulation at any time, without notice. There is also a risk of cross contamination due to the nature of our ingredients. Customers concerned with food allergies need to be aware of this risk. Five Guys enterprises and their franchisees will not assume any liability for adverse reactions to foods consumed, or items one may come into contact with while eating at any Five Guys restaurant.

Nutritional information provided on this site is based on representative values provided by suppliers, published resources, analysis using industry standard software and testing conducted in accredited laboratories. Information is expressed in values based on federal rounding and other applicable regulations. Five Guys cannot guarantee the nutritional information provided on this site 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 variations in serving sizes which may affect the nutrition values for each product.

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

## INGREDIENT LISTING

### MEAT

<b>Bacon</b>	Bacon Cured With: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite
<b>Hamburger Patty</b>	80/20 USDA Ground Chuck
<b>Hot Dog</b>	Beef, Water, Contains 2% Or Less Of: Salt, Sodium Lactate, Spice, Hydrolyzed Soy Protein, Paprika, Sodium Diacetate, Garlic Powder, Sodium Erythorbate, Sodium Nitrite, Flavorings. (Contains: Soy)

### BUN

<b>Five Guys Bun</b>	Our bread is a proprietary recipe. The primary ingredients are: Water, Salt, Sugar, Vegetable Shorting (Contains: Soy), Milk, Eggs, Bleached Bread Flour, Yeast, Sesame Seeds
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### FRIES

<b>Cajun Style</b>	Potatoes, Refined Peanut Oil, Salt, Cajun Seasoning: Blend of Garlic, Salt, Onion, Paprika, Oregano, White Pepper, Red Pepper, Spice
<b>Five Guys Style</b>	Potatoes, Refined Peanut Oil, Salt

### TOPPINGS

<b>A.1.® Original Steak Sauce</b>	Tomato Puree (Water, Tomato Paste), Distilled Vinegar, Corn Syrup, Salt, Raisin Paste, Crushed Orange Puree, Spices And Herbs, Dried Garlic And Onion, Caramel Color, Potassium Sorbate (To Preserve Freshness), Xanthan Gum
<b>Bacon</b>	Cured With: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite
<b>BBQ Sauce</b>	Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Water, Distilled Vinegar, Molasses, Salt, Mustard Bran, Natural Hickory Smoke Flavor, Spices, Onion Powder, Garlic Powder, Sodium Benzoate (Preservative), Caramelcolor, Sugar, Natural Flavors
<b>Cheese</b>	Milk, Whey, Milkfat, Milk Protein Concentrate, Salt, Calcium Phosphate, Sodium Citrate, Whey Protein Concentrate, Sodium Phosphate, Sorbic Acid As A Preservative, Apocarotenal (Color), Annatto (Color), Enzymes, Vitamin D3, Cheese Culture. (Contains: Milk)
<b>Green Peppers</b>	Fresh Green Peppers
<b>Grilled Mushrooms</b>	Mushrooms, Water, Sugar, High Fructose Corn Syrup, Salt, Citric Acid, Ascorbic Acid, Sodium Benzoate, Potassium Sorbate. [sautéed on grill]
<b>Hot Sauce</b>	Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Natural Flavor, Garlic Powder

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## TOPPINGS (CONT'D.)

<b>Jalapeño Peppers</b>	Fresh Jalapeño Peppers
<b>Ketchup</b>	Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring
<b>Lettuce</b>	Fresh Lettuce
<b>Mayonnaise</b>	Soybean Oil, Egg Yolks, Distilled And Cider Vinegar, Water, High Fructose Corn Syrup, Salt, Spice, Calcium Disodium Edta (To Preserve Freshness), Natural Flavoring
<b>Mustard</b>	Distilled Vinegar, Water, No.1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors, Garlic Powder
<b>Onions / Grilled Onions</b>	Fresh Onions / Fresh Onions [sautéed on grill]
<b>Pickles</b>	Cucumbers, Water, Vinegar, Salt, Calcium, Chloride, 0.1% Sodium Benzoate (Preservative), Natural Flavors, Polysorbate 80, Yellow 5
<b>Relish</b>	Cucumbers, Corn Syrup, Water, High Fructose Corn Syrup, Vinegar, Salt, Xanthan Gum, 0.1% Sodium Benzoate (Preservative), Calcium Chloride, Alum, Natural Flavors, Polysorbate 80, Yellow 5, Maltol
<b>Tomatoes</b>	Fresh Tomatoes

## MILKSHAKES

<b>Five Guys Shake Base</b>	Milkfat and Nonfat Milk, Sugar, Whey, Contains less than 1% of: Mono and Diglycerides, Cellulose Gum, Tetrasodium Pyrophosphate, Carrageenan, Natural and Artificial Flavors.
<b>Whipped Cream</b>	Cream, Milk, Sugar, Sorbitol, Nonfat Milk, Contains Less Than 1% Of: Artificial Flavor, Mono and Diglycerides, Carrageenan, Polysorbate 80, Mixed Tocopherols (Vitamin E) To Protect Flavor, Propellant: Nitrous Oxide.

## MILKSHAKE MIX-INS

<b>Bacon</b>	Bacon cured with: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite
<b>Banana</b>	Bananas, Simple Syrup (Cane Sugar, Water, Glycerin, Sodium Benzoate as a preservative, Citric Acid), Salt
<b>Caramel</b>	Corn Syrup, Water, High Fructose Corn Syrup, Sugar, Nonfat Milk, Heavy Cream, Salt, Pectin, Natural Flavor, Disodium Phosphate
<b>Cherry</b>	Sour Black Cherries, Sugar, Water, Glucose Syrup, Coloring: Anthocyanins (Grape Skin Extract), Citric Acid, Natural Flavors.
<b>Chocolate</b>	Sugar, High Fructose Corn Syrup, Water, Cocoa - Processed With Alkali, Vanilla, Unsweetened Chocolate, Potassium Sorbate - A Preservative, Mono And Diglycerides
<b>Coffee</b>	Ground Arabica Beans
<b>Malt</b>	Wheat Flour and Malted Barley Extracts, Dry Whole Milk, Salt, Sodium Bicarbonate
<b>Oreo® Cookie Pieces</b>	Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), High Oleic Canola and/or Palm Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Cornstarch, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Vanillin - an artificial flavor, Chocolate
<b>Oreo® Crème</b>	Sugar, Soybean Oil, Coconut Oil, Cornstarch, Artificial Color, Emulsifiers (Soy Lecithin, Mono - and Diglycerides), Artificial Flavor, Salt
<b>Peanut Butter</b>	Peanut Butter (Peanuts, Sugar, Palm Oil, Salt), Honey (Maltodextrin, Honey and Silicon Dioxide)
<b>Sea Salt</b>	Natural Sea Salt
<b>Strawberries</b>	Strawberries, Simple Syrup (Cane Sugar, Water, Glycerin, Sodium Benzoate as a preservative, Citric Acid), Sugar, Salt, Pepper, Lemon Juice
<b>Dark Vanilla Syrup</b>	High Fructose Corn Syrup, Water, Imitation Flavor, Caramel Color, Citric Acid, Preserved With Sodium Benzoate and Potassium Borbate

## OTHER ITEMS

<b>Bulk Peanuts</b>	Peanuts Roasted with Salt Solution
<b>Eggs</b>	Fresh Eggs
<b>Fry Sauce (UT Only)</b>	Water, Mayonnaise (Soybean Oil, Eggs, Vinegar, Water, Salt, Egg Yolks, Sugar, Calcium Disodium EDTA as a preservative, Dried Garlic, Dried Onions, Natural Flavor), Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Food Starch-Modified, Potassium Sorbate and Sodium Benzoate (Preservatives), Natural Flavor. (Contains Egg)
<b>Malt Vinegar</b>	Malt Vinegar (Barley, Corn Malt); Diluted with water to 5% acidity
<b>Peanut Oil</b>	Peanut Oil with Citric Acid added as a preservative and Dimethylpolysiloxane added as an anti-foaming agent