

Nutrition & Allergen Information



NUTRITION												ALLERGENS																
	Serving Size (g)	Energy (kcal)	Energy (kcal)	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	of which Sugars (g)	Fiber (g)	Protein (g)	Salt (g)		Nuts or nut derivatives	Peanuts or peanut derivatives	Sesame seeds or sesame derivatives	Milk or milk derivatives	Egg or egg derivatives	Lupin or lupin derivatives	Soy or soy derivatives	Cereals containing gluten or derivatives	Fish or fish derivatives	Crustaceans or crustaceans derivatives	Dairy or dairy derivatives	Molluscs or molluscs derivatives	Sulphur dioxide and sulphites	Mustard or mustard derivatives			
MEAT																												
Bacon (2 pieces)	14	217	53	5.0	2.0	0.1	0.1	0.0	1.7	0.27																		
Hamburger Patty	94	989	238	18.6	8.4	0.0	0.0	0.0	17.7	0.06																		
Hot Dog	90	972	235	20.2	10.0	1.3	0.4	n/a	12.1	2.12								✓										
BUN																												
Bun	77	1053	250	7.8	2.5	39.0	6.5	1.4	6.1	0.94			✓		✓	✓												
Hot Dog Bun	71	967	229	7.0	2.2	36.3	6.6	1.2	5.4	0.91			✓		✓	✓												
FRIES - COOKED IN PEANUT OIL																												
Little	227	2561	615	38.6	5.0	61.3	0.7	6.6	9.3	0.98		✓																
Regular	411	4635	1114	69.9	9.0	111.0	1.2	11.9	16.9	1.78		✓																
Large	567	6396	1537	96.4	12.5	153.1	1.7	16.4	23.2	2.46		✓																
Calun Seasoning	4	48	11	0.2	0.0	1.7	0.6	n/a	0.6	0.66													✓					
TOPPING																												
HP®Steak Sauce	17	88	21	0.0	0.02	4.8	3.9	n/a	0.2	0.22											✓							
BBO Sauce	28	161	38	0.1	0.0	7.6	7.3	0.7	0.4	0.64																	✓	
Processed Cheese (1 slice)	19	295	70	5.7	3.6	0.6	0.6	0.0	3.7	0.70					✓													
Green Peppers	25	22	5	0.1	0.0	1.2	0.6	0.4	0.2	0.00																		
Grilled Mushrooms	21	40	10	0.0	0.0	2.5	0.8	1.3	1.0	0.29																		
Hot Sauce	5	5	1	0.0	0.0	0.1	0.0	0.1	0.1	0.42																		
Jalapeno Peppers	11	6	1	0.0	0.0	0.8	0.5	0.3	0.1	0.03																		
Ketchup	17	74	17	0.0	0.0	3.9	3.9	n/a	0.2	0.31																		
Lettuce	30	17	6	0.0	0.0	0.5	0.0	0.4	0.3	0.01																		
Mayonnaise	14	435	106	11.5	1.8	0.3	0.3	n/a	0.2	0.25												✓						
Mustard	5	16	4	0.2	0.0	0.2	0.0	0.1	0.2	0.14						✓											✓	
Onions / Grilled Onions	26	47	10	0.0	0.0	2.3	1.1	0.4	0.3	0.00																		
Pickles	28	21	5	0.0	0.0	1.1	0.0	0.0	0.3	0.66																		✓
Relish	15	98	23	0.1	0.0	5.3	4.4	0.2	0.1	0.21																		
Tomatoes	62	32	7	0.1	0.0	1.6	1.6	0.5	0.1	0.00																		
MILKSHAKES																												
Five Guys Shake Base	396	2946	705	37.6	23.8	83.2	79.2	0.0	9.9	0.83			✓2		✓													
Whipped Cream	7	99	24	2.5	1.8	0.2	0.2	0.0	0.2	0.01																		
MIX-INS (Amount of individual mix-ins may vary depending upon number of mix-ins included in shake)																												
Bacon (2 pieces)	14	217	53	5.0	2.0	0.1	0.07	0.0	1.7	0.3			✓2		✓1													
Banana Marinade	14 - 56	120 - 482	28 - 113	0.1 - 0.2	<0.1	6.9 - 27.4	6.7 - 26.9	0.1 - 0.3	0.1 - 0.2	<0.01			✓2		✓1													
Chocolate Sauce	14 - 56	174 - 694	41 - 164	0.6 - 2.4	0.4 - 1.4	8.8 - 35.3	6.6 - 26.3	0.4 - 1.6	0.4 - 1.4	0.01 - 0.05		✓3	✓2		✓													
Cherry Marinade	14 - 56	167 - 669	39 - 157	0	0	9.8 - 39.2	6.3 - 25.2	0	<0.1	<0.01			✓2		✓1													
Coffee Extract	14 - 56	12 - 48	3 - 12	<0.2	<0.1	0.6 - 2.3	<0.1	0.4 - 1.6	0.3 - 1	0 - 0.02			✓2		✓1													
Dark Vanilla Syrup	7 - 28	100 - 398	24 - 95	0	0	5.9 - 23.5	5.9 - 23.4	0	0	<0.01			✓2		✓1													
Malted Milk	14 - 56	219 - 878	52 - 207	0.4 - 1.8	0.3 - 1	10.3 - 41.2	6.2 - 24.9	0.5 - 2.2	1.3 - 5.2	0.18 - 0.73			✓2		✓							✓						
Oreo®Cookie Pieces	14 - 54	281 - 1085	67 - 259	2.8 - 10.8	1.4 - 5.3	9.7 - 37.3	5.3 - 20.5	0.4 - 1.4	0.7 - 2.7	0.13 - 0.49			✓2		✓							✓						
Peanut Butter	14 - 56	341 - 1365	82 - 329	6.3 - 25.2	1.1 - 4.5	2.4 - 9.6	1.7 - 6.7	1.0 - 4.0	3.5 - 14.1	0.18 - 0.73		✓3	✓	✓3	✓1													
Salted Caramel	14 - 56	185 - 741	44 - 175	0.3 - 1	0.1 - 0.6	10.2 - 40.9	7.6 - 30.2	0	0.1 - 0.5	4.66 - 18.66		✓3	✓2		✓	✓3												
Strawberry Marinade	14 - 56	100 - 402	24 - 95	0.1 - 0.3	0 - 0.1	5.7 - 23	5.3 - 21.3	0.1 - 0.3	<0.1	<0.01			✓2		✓1													
OTHER ITEMS																												
Bulk Salted Peanuts	28	689	166	12.0	2.0	7.0	<1	3.1	7.0	0.15			✓															
Malt Vinegar	30	10	2	0.0	0.0	0.5	0.2	0.0	0.1	0.03																		
Daily Reference Intakes (adults)		8400	2000	70.0	20.0	260.0	90.0	-	50.0	6.00																		

✓ Contains this allergen

1 Milk listed as allergen due to use in shake base. Allergen may not be found in individual mix-in.

2 Due to the use of peanut products within our stores, milkshakes may contain peanut proteins.

3 May contain this allergen due to manufacturing methods.

Five Guys 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 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.