

ALLERGEN GUIDE

FOR USE IN AUSTRALIA LOCATIONS ONLY

	GLUTEN	WHEAT	EGG	MILK	SOY, SOYA, SOYABEAN	SESAME	PEANUT	ALMOND	BRAZIL NUTS	CASHEW	HAZELNUT	MACADEMIA	PECAN	PINE NUT	PISTACHIO	WALNUTS	FISH	CRUSTACEAN	CELERY	MOLLUSCS	SULPHITES	MUSTARD	LUPIN
MEAT																							
Bacon				1																			
Beef Burger Patty				1																			
Hot Dog				1																			
BUN																							
Burger Bun	✓	✓	✓	✓	✓	✓																	
Hot Dog Bun	✓	✓	✓	✓	✓	1																	
FRIES																							
Cajun Seasoning																			✓				
Fries - COOKED IN PEANUT OIL							✓												1				
TOPPINGS																							
BBQ Sauce																						✓	
Cheese				✓																			
Green Peppers																							
Grilled Mushrooms	1	1	1	1	1	1																	
Grilled Onions	1	1	1	1	1	1																	
HP Brown Sauce	✓																					1	
Hot Sauce																							
Jalapeno Peppers																							
Lettuce																							
Mayonnaise	1	1	✓	1	1	1																	
Mustard																						✓	
Onions																							
Pickles																							
Relish	1		1	1	1	1																	
Tomato Ketchup																							
Tomatoes																							
MILKSHAKES																							
Banana	1	1		✓	1		1																
Biscoff® Crumble	1	✓		✓	✓		1																
Chocolate	1	1		✓	1		1																
Coffee	1	1		✓	1		1																
Five Guys Milkshake Base	1	1		✓	1		1																
Malted Milk	✓	✓		✓	✓		1																
Oreo® Cookie Pieces	✓	✓		✓	1		1																
Peach Crumble	✓	1		✓	✓		1																
Peanut Butter	1	1		✓	1		✓																
Salted Caramel	1	1		✓	1		1																
Strawberry	1	1		✓	1		1																
Whipped cream	1	1		✓	1		1																
OTHER ITEMS																							
Bulk Peanuts without shell							✓																
Malt Vinegar	✓																						
DRINKS (FREESTYLE AND BOTTLED) - Please Ask to Check the Bottle Label or Ask a Manager for the Freestyle Machine.																							

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✓ Contains this allergen.
 1 Not suitable for allergy sufferers due to manufacturing, preparation, and cooking methods.
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 Biscoff® Crumble is a trademark of Lotus Bakeries, used with permission.

INGREDIENTS GUIDE FOR USE IN AUSTRALIA LOCATIONS ONLY

MEAT	
Bacon	Pork, Water, Salt, Sugar, Sodium Triphosphate (Mineral Salt 451), Sodium Polyphosphate (Mineral Salt 450), Sodium Erythorbate (Antioxidant 316), Sodium Nitrite (Preservative 250), Smoke.
Beef Burger Patty	Ground Beef.
Hot Dog	Beef (77%), Water, Seasoning Mix, Salt, Stabilisers (E450, E451, E452), Food Acids (E262, E331), Antioxidant (316), Preservative (250).
BUN	
Burger Bun	Our bread is a proprietary recipe. The primary ingredients are: WHEAT flour, Water, Sugar, Vegetable fats, MILK , Dry yeast, EGGS , SESAME seeds, Salt, SOYA flour, acidity regulator: Calcium Carbonate, Spirit vinegar. Contains GLUTEN , WHEAT , MILK , EGG and SOYA
Hot Dog Bun	Our bread is a proprietary recipe. The primary ingredients are: WHEAT flour, Water, Sugar, Vegetable fats, MILK , Dry yeast, EGGS , Salt, SOYA flour, acidity regulator: Calcium Carbonate, Spirit vinegar. Contains GLUTEN , WHEAT , MILK , EGG and SOY
FRIES	
Cajun Seasoning	Garlic, Salt, Onion, Paprika, Oregano, White Pepper, Cayenne Pepper, CELERY Seeds, Rapeseed Oil. Contains CELERY .
Fries - Cooked in PEANUT Oil	Potatoes, PEANUT oil, Salt.
TOPPINGS	
BBQ Sauce	Water, Sugar, Tomato Paste (19%) (Tomato Paste, Acidity Regulator: Citric Acid), Spirit Vinegar, Cane Molasses (2.5%), Salt, MUSTARD Bran, Modified Maize Starch, Spices, Smoked Maltodextrin, Preservative (Potassium Sorbate), Caramelised Sugar Syrup.
Cheese	MILK , Cream, Water, Sodium Citrate, Salt, Cheese Culture, Sorbic Acid (Preservative), Citric Acid, Enzymes, SOY Lecithin, Apo Carotenal and Beta Carotene (Color).
Green Peppers	Green Peppers.
Grilled Mushrooms	Mushrooms, Water, Sugar, Salt, Acidity Regulators: Citric Acid, Ascorbic Acid.
HP Brown Sauce	Tomatoes, Malt Vinegar (from Barley), Molasses, Glucose – Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, Rye Flour, Salt, Spices, Tamarind.
Hot Sauce	Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
Jalapeno Peppers	Jalapeno Peppers.
Lettuce	Lettuce.
Mayonnaise	Soy oil 80%, EGG yolk* 7.8 %, spirit vinegar, sugar, apple cider vinegar, salt, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice. * from free range eggs.
Mustard	Water, Spirit Vinegar, MUSTARD Seed (14%), Salt, Spices, Flavourings.
Onions	Onions.
Pickles	Cucumbers, water, vinegar, salt, calcium chloride (firming agent), sodium benzoate (preservative), and natural flavors.
Relish	Cucumbers, corn syrup, water, high fructose corn syrup, vinegar, salt, xanthan gum, sodium benzoate (preservative), calcium chloride (firming agent), alum, natural flavors, and maltol.
Tomato Ketchup	Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (CELERY).
Tomatoes	Tomatoes.
MILKHAKEs	
Banana	Bananas, Salt, Sugar, Water, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid).
Biscoff® Crumble	WHEAT Flour, Sugar, Vegetable Oils (Palm Oil for Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon. It may contain SOYA .
Chocolate	Sugar, Water, Cocoa powder, Glucose syrup, Food additives (Acetylated Distarch Adipate, Caramel, Potassium Sorbate, Xanthan Gum, Citric Acid), Flavour, Salt.
Coffee	Liquid coffee extract, sugar.
Five Guys Milkshake Base	Water, Cream (MILK), Sugar, Skimmed MILK powder, Dextrose, Whey Powder (MILK), Emulsifiers (Mono and diglycerides of fatty acids, Propyleneglycol esters of fatty acids), Stabilisers (Pentasodium Triphosphate, Carrageenan, Guar Gum, Cellulose Gum), Natural Flavouring
Malted Milk	Extract of Malted BARLEY (29%) and Rice or WHEAT or BARLEY , MILK Solids, Vegetable Oil, Emulsifier (SOY Lecithin), Mineral (Calcium), Salt, Mineral Salt (500), Vitamins (A, B2, B1, D3).
Oreo® Cookie Pieces	WHEAT Flour, Sugar, Palm Oil, Cocoa Powder, Glucose Syrup, Corn Starch, Lactose, Whey, Raising Agents, Salt, Emulsifier (Lecithin), Flavouring (Vanillin).
Peach Crumble (Peach fruit mix & Biscoff® Crumble)	Peach fruit mix: sugar, peach puree, natural flavouring, thickener (pectin), acidity regulator (citric acid), preservative (potassium sorbate), emulsifier (mono- and di-glycerides of fatty acids). Contains 50.1% peach puree. Biscoff® Crumble: WHEAT flour, sugar, vegetable oils (palm, rapeseed), candy sugar syrup, raising agent (sodium hydrogen carbonate), salt, cinnamon. It may contain SOYA .
Peanut Butter	Roasted PEANUTS (86%), PEANUT Oil, Sugar, Sea Salt.
Salted Caramel	Corn syrup, sugar, water, organic glycerin, non-fat MILK , heavy cream (MILK), salt, pectin, disodium phosphate, natural flavor.
Strawberry	Strawberry, Sugar, Pepper, Salt, Sugar, Water, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid).
Whipped Cream	Cream (from MILK) (91,7%), Sugar, Propellant Gas (Nitrous Oxide), Emulsifier (471), Stabiliser (Carrageenan), Natural Vanilla Flavour.
OTHER ITEMS	
Bulk Peanuts without shell	PEANUTS , Salt.
Malt Vinegar	BARLEY Malt Vinegar, BARLEY Malt Extract.
DRINKS (FREESTYLE AND BOTTLED) - Please Check the Bottle Label or Ask a Manager for the Freestyle Machine	

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NUTRITIONAL INFORMATION FOR USE IN AUSTRALIA 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
	Typical values per serving										Typical values per 100g								
MEAT																			
Bacon (2 pieces)	315	76	5.5	2.1	0.6	0.1	0.1	6.2	0.64	14	2252	542	39	15	4	0.5	0.5	44	4.6
Beef Burger Patty	812	195	14	5.6	0.1	0.1	0.3	18	0.13	67	1212	291	21	8.3	0.1	0.1	0.5	27	0.19
Hot Dog	793	192	15	6.4	2.1	0.4	0.4	11	1.37	76	1044	252	20	8.4	2.8	0.5	0.5	14	1.8
BUN																			
Burger Bun	1001	238	7.5	2.6	37.6	6.2	1.4	6.0	0.49	77	1300	309	9.8	3.3	49	8.0	1.8	7.8	0.64
Hot Dog Bun	908	215	6.7	2.3	34	5.9	1.2	5.3	0.47	70	1298	308	9.6	3.2	49	8.5	1.7	7.6	0.67
FRIES - COOKED IN PEANUT OIL																			
Cajun Seasoning	84	20	0.3	0	2.9	1.1	0	0.8	1.16	7	1199	287	4.6	0.8	42	15	0	12	16.5
Little FRIES	2888	694	41	5.6	74	1	6.7	10	1.11	256	1128	271	16	2.2	29	0.4	2.6	4.1	0.43
Regular FRIES	4670	1122	66	9.1	120	1.7	11	17	1.79	414	1128	271	16	2.2	29	0.4	2.6	4.1	0.43
Large FRIES	6204	1491	88	12	160	2.2	14	23	2.38	550	1128	271	16	2.2	29	0.4	2.6	4.1	0.43
TOPPINGS																			
BBQ Sauce	81.3	19.2	0.1	0	4.3	4.1	0.2	0.2	0.36	15	542	128	0.5	0	28.9	27.2	1.2	1.3	2.42
Cheese (1 Slice)	279.8	66.9	5.8	3.6	1	0.5	0	3.5	0.87	19	1472.8	352	30.5	18.8	5.4	2.7	0	18.3	4.56
Green Peppers	7.1	1.6	0	0	0.4	0.2	0.1	0.1	0	8	89.2	20	0.2	0.1	4.6	2.4	1.7	0.9	0.01
Grilled Mushrooms	39.4	9.3	0.1	0	1	0.6	0.7	0.8	0.27	32	123	29	0.3	0.1	3.1	2	2.3	2.4	0.84
Grilled Onions	46	11	0.1	0	2.5	1.5	0.8	0.4	0	27	170	40	0.4	0.1	9.3	5.5	3	1.4	0.01
HP Brown Sauce	51.7	12.2	0	0	2.8	2.3	0	0	0.13	10	517	122	0.1	0.1	28.3	23.1	0	0.9	1.3
Hot Sauce	8.9	2.1	0	0	0.2	0.2	0	0.1	0.67	8	111	26	0.1	0	2.6	1.9	0	0.7	8.4
Jalapeno Peppers	3.9	0.9	0	0	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	0.25
Lettuce	9.2	3	0	0	0.3	0	0.2	0.1	0	16	57.5	19	0.1	0.0	1.8	0	1.2	0.9	0.03
Mayonnaise	466	113	12	2	0.3	0.3	0	0.2	0.2	15	3104	754	82	13	2.2	2.2	0	1.2	1.3
Mustard	20.8	5	0.3	0	0.2	0	0	0.2	0.17	6	346	83	5.2	0.3	2.5	1	0	3.7	2.91
Onions	33	8	0.1	0	1.8	1	0.5	0.3	0	25	133	32	0.3	0	7	3.8	2	1.2	0.01
Pickles	0	0	0	0	0	0	0	0	0.64	28	0	0	0	0	0	0	0	0	2.3
Relish	84	20	0	0	5	4	0	0	0.26	15	560	133	0	0	33.3	26.7	0	0	1.75
Tomato Ketchup	61	14	0	0	3.2	3.2	0	0.2	0.25	14	435	102	0.1	0	23.2	22.8	0	1.2	1.8
Tomatoes	26	6.0	0	0	1.3	1.3	0.4	0	0	43	61	14	0.1	0	3.0	3	1	0.1	0.01
MILKSHAKES (MIX-INS) - amount of individual mix-ins may vary depending upon number of mix-ins included in shake																			
Banana	679	158	1	0.3	37	35	0.5	0.4	0	80	849	198	1.2	0.4	46	44	0.6	0.5	0
Biscoff® Crumble	609.6	145.2	5.7	2.4	21.8	11.4	0.4	1.5	0.28	30	2032	484	19	8	72.6	38.1	1.3	4.9	0.92
Chocolate	804	192	0.6	0.4	43.7	39.1	2	1.3	0.01	73	1102	263	0.9	0.5	59.8	53.5	2.7	1.8	0.02
Coffee	63	15	0	0	3	0.2	0	0.8	0.01	10	633	150	0	0	30	2.3	0	7.7	0.1
Five Guys Milkshake Base	2877.2	687.7	36.1	23.3	81	79.8	0.4	9.2	0.4	401	717.5	171.5	9	5.8	20.2	19.9	0.1	2.3	0.1
Malted Milk	245	58.5	1.3	0.8	10.4	6.3	0	1.5	0.08	14	1750	418	9	6	74.5	45	0	11	0.58
Oreo® Cookie Pieces	523	125	5.8	3.1	17.5	9.2	0	0.8	0.25	25	2092	500	23.3	12.3	70	36.7	0	3.3	1
Peach Crumble	1360.8	321.6	3.2	1.3	71.2	60.8	1.2	1.2	0.17	120	1134	268	2.7	1.1	59.3	50.7	1	1	0.14
Peanut Butter	1444.2	348.3	28	4.3	7.8	3.7	2	15.1	0.9	56	2579	622	50	7.6	14	6.6	3.6	27	1.6
Salted Caramel	862.2	206.1	0.5	0.3	49.4	38.5	0.1	0.1	0.98	67	1286.8	307.6	0.7	0.4	73.8	57.4	0.2	0.1	1.47
Strawberry	402	94	0.2	0.1	23.2	23.2	0.7	0.3	0.02	80	503	118	0.2	0.1	29	29	0.9	0.4	0.03
Whipped Cream	325	77	7.2	4.4	2.9	2.9	0	0.5	0	26	1250	296	27.5	17	11.2	11.2	0	2	0.03
OTHER ITEMS																			
Bulk Peanuts without shell											2462	594	43	7	25	1	11	25	1.86
DRINKS (FREESTYLE AND BOTTLED) - Please Ask to Check the Freestyle Machine Screen and/or the Bottle Label																			

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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