ALLERGEN GUIDE FOR USE IN BELGIUM LOCATIONS ONLY

	NUTS	PEANUTS	SESAME SEEDS	MILK	EGG	LUPIN	SOYA	CEREALS CONTAINING GLUTEN	FISH	CRUSTACEANS	CELERY	MOLLUSCS	SULPHUR DIOXIDE AND SULPHITES	MUSTARD
MEAT														
Bacon				1			1							
Beef Burger Patty				1			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			1
Grilled Onions			1	1	1		1	1			1			1
Hot Sauce														1
HP Brown Sauce								✓						1
Jalapeño Peppers														
Lettuce														
Mayonnaise					✓									✓
Mustard														✓
Onions														
Pickles														
Relish			1	1	1		1	1			1			1
Tomato Ketchup											✓			
Tomatoes														
MILKSHAKES														
Banana	1	1	1	✓			1	1						
Biscoff® Crumble	1	1	1	✓			✓	✓						
Chocolate	1	1	1	✓			✓	1						
Coffee	1	1	1	✓			1	1						
Five Guys Milkshake Base	1	1	1	✓			1	1						
Oreo® Cookie Pieces	1	1	1	✓			✓	✓						
Peach Crumble	1	1	1	✓			✓	✓						
Peanut Butter	1	✓	1	✓			1	1						
Salted Caramel	1	1	1	✓			1	1						
Strawberry	1	1	1	✓			1	1						
Whipped Cream	1	1	1	✓			1	1						
OTHER ITEMS														
BLT			✓	✓	✓		✓	✓						✓
Bulk Peanuts without shell		✓												
Cheese Veggie Sandwich			✓	✓	✓		✓	✓			1			1
Grilled Cheese			✓	✓	✓		✓	✓						✓
Malt Vinegar								✓						
Veggie Sandwich			✓	✓	✓		✓	✓			1			1
DRINKS (FREESTYLE AND BOTTLED) - Please Ask to Check the Freestyle Machine Screen and/or the Bottle Label														

✓ 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.

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INGREDIENTS GUIDE FOR USE IN BELGIUM LOCATIONS ONLY

MEAT	
Bacon	Pork, acidity regulator: Sodium Lactate, Salt, Sugar, stabilisers: Triphosphates, antioxidant: Sodium Izoascorbate, preservative: Sodium Nitrite
Beef Burger Patty	Ground Beef
Hot Dog	Beef, Water, Salt, Spices, Spice extracts, stabilisers: Disodium Dihydrogen Diphosphate, Sodium Acetate; Glucose syrup, Dextrose, Seasoning, antioxidant: Ascorbic acid, preservative: Sodium Nitrate, **SOY** protein, Beech wood smoke.
BUN	
Burger Bun	**WHEAT** flour, Water, Vegetable fats (Palm, Rapeseed), Sugar, **SESAME** seeds, Yeast, Whole **MILK** powder, Whole **EGG**, Salt, **WHEAT GLUTEN**, Fermented **WHEAT FLOUR**, Emulsifiers (E471,E472(e),E481), Deactivated yeast, Ascorbic acid E300.
Hot Dog Bun	**WHEAT** flour, Water, Vegetable fats (Palm, Rapeseed), Sugar, Yeast, Whole **MILK** powder, Whole **EGG**, Salt, **WHEAT GLUTEN**, Fermented **WHEAT FLOUR**, Emulsifiers (E471,E472(e),E481), Deactivated yeast, Ascorbic acid E300. May contain **SESAME** seeds.
FRIES	
Cajun Seasoning	Garlic, Salt, Onion, Paprika, Oregano, White Pepper, Cayenne Pepper, **CELERY** Seeds, Rapeseed Oil
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	Cheddar cheese (**MILK**) (51%), water, butter (**MILK**), cheese (**MILK**), milk protein, skimmed milk powder, whey powder (**MILK**), emulsifying salts (E331, E339), natural cheese flavour (**MILK**), salt, colours (E160a, E160c), acidity regulator (E330), preservative (E200), anticaking agent: sunflower lecithin.
Green Peppers	Green Peppers.
Grilled Mushrooms	Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid.
Hot Sauce	Fermented Red Cayenne Peppers (35%), Spirit Vinegar, Water, Salt, Garlic Powder.
HP Brown Sauce	Tomatoes, Malt vinegar (**BARLEY**), Molasses, Glucose-fructose syrup, Spirit vinegar, Sugar, Dates, Modified Cornflour, **RYE** flour, Salt, Spices, Tamarind.
Jalapeño 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.
Mustard	Water, Spirit Vinegar, **MUSTARD** Seed (13%), Salt, Spices, Flavouring.
Onions	Onions.
Pickles	Gherkins, Water, Spirit Vinegar, Salt, Firming Agent: Calcium Chloride, Acid: Lactic Acid, Preservative: Sodium Benzoate, Natural Dill Flavouring, Colour: Riboflavin.
Relish	Gherkin, Sugar, Spirit Vinegar, Water, Salt, Flavorings, Stabiliser: Xanthan Gum.
Tomato Ketchup	Tomatoes (148 g per 100 g ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contains (**CELERY**), spice.
Tomatoes	Tomatoes.
MILKSHAKES	
Banana	Bananas, Salt, Sugar, Water, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid).
Biscoff® Crumble	**WHEAT** flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), **SOYA** flour, salt, cinnamon.
Chocolate	Glucose Syrup, Sugar, Water, Humectant (Glycerol), Chocolate (7%) (Cocoa Mass, Sugar, Dextrose, Emulsifier (**SOYA** Lecithins), Fat Reduced Cocoa Powder, Cocoa Extract, Preservative (Potassium Sorbate), Emulsifier (**SOYA** Lecithins), Natural flavourings, Colour (Plain Caramel).
Coffee	Water 83%, Coffee extract 17% (Columbian beans).
Five Guys Milkshake Base	Reconstituted Skimmed **MILK**, Cream (**MILK**), Sugar, Water, Dextrose, **MILK** Solids, Emulsifiers: Mono and diglycerides of fatty acids, Propyleneglycol esters of fatty acids, stabilisers: Carrageenan, Guar Gum, Cellulose Gum, Natural Flavoring.
Oreo® Cookie Pieces	**WHEAT** flour, sugar, palm oil, rapeseed oil, **WHEAT** starch, fat reduced cocoa powder 4,7 %, glucose-fructose syrup, raising agents (ammonium carbonates, potassium carbonates, sodium carbonates), salt, emulsifier (**SOYA** lecithins), acidity regulator (sodium hydroxide), flavourings. May contain **MILK**.
Peach Crumble (Peach fruit mix & Biscoff® Crumble)	Peach fruit mix: peach puree (40 %), water, sugar, acidity regulator (citric acid), thickeners (pectins, xanthan gum), green tea extract, antioxidant (ascorbic acid), natural peach flavouring with other natural flavourings, colours (paprika extract, curcumin). Biscoff® Crumble: **WHEAT** flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), **SOYA** flour, salt, cinnamon.
Peanut Butter	Roasted **PEANUTS**, **PEANUT** Oil, Sugar, Sea Salt.
Salted Caramel	Glucose Syrup, Sugar, Water, Double Cream (**MILK**), Skimmed **MILK** Powder, Sea Salt, Acidity Regulator (Disodium Phosphate), Thickener (Pectin), Natural Flavouring.
Strawberry	Strawberry, Sugar, Pepper, Salt, Sugar, Water, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid).
Whipped Cream	Cream (**MILK**); propellants: N2O, N2; emulsifier: Mono-and Diglycerides; stabiliser: Carrageenan.
OTHER ITEMS	
BLT	Bun: **WHEAT** flour, Water, Vegetable fats (Palm, Rapeseed), Sugar, **SESAME** seeds, Yeast, Whole **MILK** powder, Whole **EGG**, Salt, **WHEAT GLUTEN**, Fermented **WHEAT FLOUR**, Emulsifiers (E471,E472(e),E481), Deactivated yeast, Ascorbic acid E300. Toppings: Tomato, Lettuce. Bacon: Pork, acidity regulator: Sodium Lactate, Salt, Sugar, stabilisers: Triphosphates, antioxidant: Sodium Izoascorbate, preservative: Sodium Nitrite. Mayonnaise: Rapeseed oil, **EGG** yolk, spirit vinegar, sugar, apple cider vinegar, salt, ground **MUSTARD** seeds, antioxidant (calcium disodium EDTA), spice.
Bulk Peanuts without shell	**PEANUTS**, Salt.
Cheese Veggie Sandwich	Bun: **WHEAT** flour, Water, Vegetable fats (Palm, Rapeseed), Sugar, **SESAME** seeds, Yeast, Whole **MILK** powder, Whole **EGG**, Salt, **WHEAT GLUTEN**, Fermented **WHEAT FLOUR**, Emulsifiers (E471,E472(e),E481), Deactivated yeast, Ascorbic acid E300. Toppings: Tomato, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Lettuce, Green Peppers. Cheese: Cheddar Cheese (**MILK**), Water, Butter (**MILK**), Cheese (**MILK**), **MILK** Proteins, Whey powder (**MILK**), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring (**MILK**), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent: Lecithin.
Grilled Cheese	Bun: **WHEAT** flour, Water, Vegetable fats (Palm, Rapeseed), Sugar, **SESAME** seeds, Yeast, Whole **MILK** powder, Whole **EGG**, Salt, **WHEAT GLUTEN**, Fermented **WHEAT FLOUR**, Emulsifiers (E471,E472(e),E481), Deactivated yeast, Ascorbic acid E300. Cheese: Cheddar Cheese (**MILK**), Water, Butter (**MILK**), Cheese (**MILK**), **MILK** Proteins, Whey powder (**MILK**), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring (**MILK**), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent. Mayonnaise: Rapeseed oil, **EGG** yolk, spirit vinegar, sugar, apple cider vinegar, salt, ground **MUSTARD** seeds, antioxidant (calcium disodium EDTA), spice.
Malt Vinegar	**BARLEY** Malt Vinegar, **BARLEY** Malt Extract.
Veggie Sandwich	Bun: **WHEAT** flour, Water, Vegetable fats (Palm, Rapeseed), Sugar, **SESAME** seeds, Yeast, Whole **MILK** powder, Whole **EGG**, Salt, **WHEAT GLUTEN**, Fermented **WHEAT FLOUR**, Emulsifiers (E471,E472(e),E481), Deactivated yeast, Ascorbic acid E300. Toppings: Tomato, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Lettuce, Green Peppers.
DRINKS (FREESTYLE AND BOTTLED) - Please Ask to Check the Freestyle Machine Screen and/or the Bottle Label	

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NUTRITIONAL INFORMATION FOR USE IN BELGIUM 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		Energy, kJ	Energy, kcal	Total fat, g	of which Saturated, g	Carbohydrates, g	of which Sugars, g	Fibre, g	Protein, g	Salt, g
MEAT	Typical values per serving										Typical values per 100g								
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	0.49	**77**	1300	309	9.8	3.3	49	8	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
Reg 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	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	295.1	70.5	5.7	3.6	0.6	0.6	0	3.7	0.7	**19**	1553	371	30	19.2	3	3	0	19.5	3.7
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
Hot Sauce	8.9	2.1	0	0	0.2	0.2	0	0.1	0.7	**8**	111	26	0.1	0	2.6	1.9	0	0.7	8.76
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
Jalapeño 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	1.8	0	1.2	0.9	0.03
Mayonnaise	465.6	113.1	12.3	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	15.8	3.8	0.2	0	0.1	0	0.2	0.2	0.18	**6**	263	64	3.9	0.3	1.5	0.6	4.1	3.6	3
Onions	33	8	0	0	1.8	1	0.5	0.3	0	**25**	133	32	0.3	0	7	3.8	2	1.2	0.01
Pickles	9.8	2.4	0	0	0.2	0.2	0.2	0.1	0.4	**20**	49	12	0.2	0	1	1	1.1	0.6	1.96
Relish	65.3	15.4	0	0	3.5	2.9	0.1	0	0.14	**10**	653	154	0.4	0.2	35.1	29	1.2	0.4	1.4
Tomato Ketchup	60.9	14.3	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	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	0.1	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	51.5	5.7	2.4	21.8	11.4	0.4	1.5	0.27	**30**	2032	484	19	8	72.6	38.1	1.3	4.9	0.9
Chocolate	921.8	218	2	1.2	47.6	30.4	1.9	1.3	0	**69**	1336	316	2.9	1.7	69	44	2.8	1.9	0
Coffee	32.4	7.8	0	0	1.5	0.2	0	0.4	0.01	**30**	108	26	0.1	0	5	0.5	0	1.2	0.02
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
Oreo® Cookie Pieces	495.5	118	4.8	1.4	16.8	9.3	0.7	11.4	0.19	**25**	1982	472	19	5.4	67	37.1	2.9	45.6	0.76
Peach Crumble	773.9	182.7	2.5	0.9	38.2	32.5	1.9	1.1	0.16	**105**	737	174	2.4	0.9	36.4	30.9	1.8	1	0.15
Peanut Butter	1374.8	328.7	28	4.4	8.4	4.6	4.2	12.3	0.9	**56**	2455	587	50	7.9	15	8.3	7.5	22	1.6
Salted Caramel	903.2	213.1	1.4	0.9	49.6	38.2	0	0	1	**67**	1348	318	2.1	1.4	74	57	0	0	1.5
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	368.7	88.1	9.1	6.8	0.8	0.8	0	0.6	0.02	**26**	1418	339	35	26	3	3	0	2.3	0.08
OTHER ITEMS																			
BLT	2728	652	41	9.9	45	8.8	3.6	22	2.67		1364	326	20	5	23	4.4	1.8	11	1.3
Bulk Peanuts without shell											2462	594	43	7	25	3.3	11	25	1.86
Cheese Veggie Sandwich	1791	428	14	5.9	57	15	5.9	14	2.5		611	146	4.7	2	30	5	2	4.8	0.86
Grilled Cheese	1816	434	24	7.6	42	7.3	2.2	12	2.2		1540	368	20	6.4	36	6.2	1.9	11	1.9
Veggie Sandwich	1381	330	7.4	2.4	52	13	5.4	10	1.2		540	129	2.9	1	20	5.2	2.1	3.9	0.47
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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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