

ALLERGEN GUIDE

FOR USE IN SINGAPORE 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				✓			✓							
BUN														
Burger Bun	1		✓	✓	✓	1	✓	✓					1	
Hot Dog Bun	1		1	✓	✓	1	✓	✓					1	
FRIES														
Cajun Seasoning											✓			
Fries - COOKED IN PEANUT OIL		✓									1			
TOPPINGS														
A.1.® Original Steak Sauce											✓			
BBQ Sauce											✓			✓
Cheese				✓			1							
Chilli Sauce							1	1	1	1		1	1	
Green Peppers														
Grilled Mushrooms	1		1	1	1		1	1					1	
Grilled Onions	1		1	1	1	1	1	1					1	
Hot Sauce														
Jalapeno Peppers														
Lettuce														
Mayonnaise	1		1	1	✓	1	1	1					1	✓
Mustard														✓
Onions														
Pickles														
Relish	1		1	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														
Bulk Peanuts without shell	1	✓												
Malt Vinegar								✓						
DRINKS (FREESTYLE AND BOTTLED) - Please Ask to Check the Bottle Label or Ask a Manager for the Freestyle Machine Screen														

INGREDIENTS GUIDE FOR USE IN SINGAPORE LOCATIONS ONLY

MEAT	
Bacon	Applewood Smoked Sliced Bacon Cured With: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate. Sodium Nitrite. Naturally Smoked.
Beef Burger Patty	Ground Beef
Hot Dog	Beef, Salt, Spices Premix, Permitted Food Conditioners, Permitted Flavouring (MILK), SOY Fibre, Sugar and Curing Salt
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. May contain SESAME seeds, TREE NUTS , SOY , LUPIN and SULPHITES .
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. May contain SESAME seeds, TREE NUTS , SOY , LUPIN and SULPHITES .
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	
A.1.® Original Steak Sauce	Tomato Puree (Water, Tomato Paste), Vinegar, Corn Syrup, Salt, Raisin Paste, Crushed Orange Puree, Spice, Dried Garlic, Caramel Colour, Dried Onions, Potassium Sorbate (To Preserve Freshness), Xanthan Gum, CELERY Seed.
BBQ Sauce	Distilled Vinegar, Tomato Paste, High Fructose Corn Syrup, Water, Corn Syrup, Salt, MUSTARD Bran, Molasses, Spices, Onion Powder, Sodium Benzoate (As A Preservative), Garlic Powder, Sugar, CELERY Seed And Natural Flavors
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.
Chilli Sauce	Water, Sugar, Chili (21%), Salt, Vinegar, Tomato Paste, Thickener (INS1442), Garlic, Acidity Regulator (INS260, INS330), Sweetener (INS960).
Green Peppers	Green Peppers
Grilled Mushrooms	Mushrooms, Water, Sugar, High Fructose Corn Syrup, Salt, Citric Acid, Ascorbic Acid, Sodium Benzoate, Potassium Sorbate.
Hot Sauce	Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Natural Flavor, Garlic Powder
Jalapeno Peppers	Jalapeno Peppers
Lettuce	Lettuce
Mayonnaise	Soybean oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice
Mustard	Spirit Vinegar, Water, MUSTARD Seed, Salt, Turmeric, Paprika, Spice, Flavoring, Garlic Powder.
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, 0.1% Sodium Benzoate (Preservative), Calcium Chloride, Alum, Natural Flavors, Polysorbate 80, Yellow 5, Maltol
Tomato Ketchup	Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (CELERY).
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, rapeseed), candy sugar syrup, raising agent (sodium hydrogen carbonate), salt, cinnamon. It may contain SOYA .
Chocolate	Corn Syrup, Sugar, Nonfat MILK , Cocoa Powder (Processed with Alkali), Water, Invert Sugar, Coconut Oil, Natural & Artificial Flavors, Chocolate (Processed with Alkali), Corn Starch - Modified, Potassium Sorbate as a Preservative, Mono and Diglycerides, Disodium Phosphate, Salt. May contain SOY .
Coffee	Liquid coffee extract, sugar.
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, Fat Reduced Cocoa Powder, WHEAT Starch Glucose-Fructose syrup, Raising Agents: Potassium Hydrogen Carbonate, Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate, Salt, Emulsifiers: SOYA Lecithin, Sunflower Lecithin, Flavoring: 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 , PEANUT Oil, Sugar, Sea Salt. May contain TREE NUTS and SESAME seeds
Salted Caramel	Corn syrup, sugar, water, organic glycerin, non-fat MILK , heavy cream (MILK), salt, pectin, disodium phosphate, natural flavor. May contain SOY .
Strawberry	Strawberry, Sugar, Pepper, Salt, Sugar, Water, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid)
Whipped Cream	Cream (Contains MILK), Sugar (10.5%), Propellant Gas: Nitrous Oxide, Emulsifier (E471), Natural Vanilla Flavour, Stabilizer (E407)
OTHER ITEMS	
Bulk Peanuts without shell	PEANUTS , Salt
Malt Vinegar	BARLEY Malt Vinegar, BARLEY Malt Extract
DRINKS (FREESTYLE AND BOTTLED) - Please Ask to Check the Bottle Label or Ask a Manager for the Freestyle Machine	

Five Guys Holdings, Inc. 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 International 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.

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Biscoff® Crumble is a trademark of Lotus Bakeries, used with permission.

NUTRITIONAL INFORMATION FOR USE IN SINGAPORE 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										
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	8.34	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	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	0.1	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																													
A.1.® Original Steak Sauce	60.1	14.3	0.1	0	2.8	1.8	0.3	0.3	0.7	17	353.3	84.4	0.5	0.2	16.7	10.8	1.7	1.5	4.13										
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)	266	64	5	3.2	1.1	0.8	0	3.6	0.82	19	1400	337	26.4	16.6	5.8	4.4	0	19.1	4.3										
Chilli Sauce	176.1	42.1	0.2	0.1	9.6	7.8	0.5	0.4	1.01	30	587	140.4	0.8	0.2	32.1	26.1	1.7	1.2	3.37										
Green Peppers	7.1	1.6	0.02	0.01	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										
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	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	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	3.0										
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	13.2	3.1	0	0	0	0	0	0	0.66	28	47	11	0	0	0	0	0	0	2.36										
Relish	87.8	21	0	0	5	4.1	0	0	0.26	15	585	140	0	0	33	27	0	0	1.72										
Tomato Ketchup	61	14	0	0	3.2	3.2	0	0.2	0.25	14	435	102	0.1	0	23.2	23	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	769.4	183.9	2.8	2.1	41.4	30.4	3.3	2.6	0.1	69	1115	266.5	4.1	3.1	60	44	4.8	3.8	0.15										
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	2955.4	705.8	37.7	24.9	84.2	80.2	0.4	8.8	0.8	401	737	176	9.4	6.2	21	20	0.1	2.2	0.2										
Oreo® Cookie Pieces	471.3	112.8	3.8	0	17.6	0	0	1.7	0.3	25	1885	451	15.1	0	70.3	0	0	6.8	1.25										
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	1513.7	361.7	33.1	5.5	10.3	5.5	3.6	10.9	0.61	56	2703	645.8	59.1	9.8	18.4	9.8	6.4	19.4	1.09										
Salted Caramel	862.2	206.1	0.5	0.3	49.5	38.5	0.1	0.7	0.98	67	1286.8	307.6	0.7	0.4	73.8	57.4	0.2	1	1.47										
Strawberry	402	94	0.16	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	263.6	63.4	5.2	3.6	3.6			0.6	0.02	26	1014	244	20	14	13.8	13.8		2.3	0.08										
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. Oreo® is a registered trademark of Mondelez International Group, used with permission. Biscoff® Crumble is a trademark of Lotus Bakeries, used with permission.