

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.

	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)	Crustaceans/Shellfish	Eggs	Fish	Gluten / Wheat	Milk	Peanuts	Sesame	Soybeans	Tree Nuts	
MEAT																						
Bacon (2 pieces) (Supplier S)	14	70	50	6	2	0	15	210	0	0	0	5										
Bacon (2 pieces) (Supplier D)	14	73	48	5	2	0	11	213	0	0	0	6										
Hamburger Patty	65	302	160	17	8	1	60	50	0	0	0	16										
Hot Dog (Supplier H)	90	280	235	26	12	1	56	800	1	0	0	11										●
Hot Dog (Supplier K)	90	260	220	24	9	1	60	750	460	0	0	11										●
BUN																						
Bun	77	240	80	9	3.5	0	5	330	39	2	8	7		●		●	●			●		●
FRIES - COOKED IN 100% PEANUT OIL																						
Little Five Guys Style	227	526	204	23	4	0	0	531	72	8	2	8										
Regular Five Guys Style	411	953	370	41	7	0	0	962	131	15	4	15										
Large Five Guys Style	567	1314	511	57	10	0	0	1327	181	21	6	20										
Little Cajun Style	232	540	204	28	4	0	0	862	75	8	2	8										
Regular Cajun Style	416	967	370	41	7	0	0	1293	134	15	4	15										
Large Cajun Style	572	1328	511	57	10	0	0	1658	184	21	6	20										
TOPPINGS																						
A.1.® Sauce	17	15	0	0	0	0	0	280	3	0	2	0										
BBQ Sauce	28	49	0	0	0	0	0	400	15	<1	10	<1										
Cheese (1 slice) (Supplier K)	19	70	50	6	3.5	0	20	300	<1	0	<1	4					●					●
Cheese (1 slice) (Supplier S)	19	70	50	6	3.5	0	20	330	1	0	<1	3					●					●
Green Peppers	25	3	0	0	0	0	0	1	1	<1	<1	0										
Grilled Mushrooms	21	6	0	0	0	0	0	50	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	30	0	0	0	0	0	160	5	0	4	0										
Lettuce	30	3	0	0	0	0	0	3	1	<1	<1	0										
Mayonnaise (Supplier K)	14	111	100	11	1.5	0	10	70	0	0	0	0		●								
Mayonnaise (Supplier S)	14	103	101	11	2	0	7	69	0	0	0	0		●								
Mustard	5	0	0	0	0	0	0	55	0	0	0	0										
Onions / Grilled Onions	26	11	0	0	0	0	0	1	2	<1	1	0										
Pickles (Supplier M)	28	0	0	0	0	0	0	260	0	0	0	0										
Pickles (Supplier B)	28	0	0	0	0	0	0	240	0	0	0	0										
Relish	15	16	0	0	0	0	0	85	4	0	3	0										
Tomatoes	52	8	0	0	0	0	0	3	2	<1	1	<1										
MILKSHAKES																						
Vanilla Shake Base	396	670	290	32	21	1	130	360	84	0	82	13										●
Whipped Cream (Supplier S)	7	20	15	1.5	1	0	5	0	1	0	1	0										●
Whipped Cream (Supplier A)	6	20	15	1.5	1	0	5	0	1	0	1	0										●
MIX-INS (All nutritional values shown for the mix-ins are calculated from the manufacturer specifications. Nutritional values for the shakes that have 2 or more mix-ins per shake will vary.)																						
Bacon (2 pieces)	14	70	50	6	2	0	15	210	0	0	0	5										
Banana	80	160	0	<1	0	0	0	5	51	1	44	1										
Candy Cane Crunch	48	185	0	0	0	0	0	2	48	0	33	0										
Chocolate	50	133	7	2	2	0	0	30	30	2	22	2					●					●
Oreo® Crème	50	320	224	25	7	0	0	48	23	0	23	0										●
Oreo® Cookie Pieces	25	120	46	5	1	0	0	86	18	<1	10	1				●						●
Peanut Butter	50	322	250	29	5	0	0	218	9	3	4	9										●
Reese's® Peanut Butter Cup	28	150	80	8	3	0	2	98	15	1	14	3				●	●	●				●
Salted Caramel	50	155	3	<1	<1	0	2	290	37	0	28	<1					●					●
Strawberry	60	90	0	0	0	0	0	2	17	1	23	<1										
OTHER ITEMS																						
Bulk Peanuts (1oz.)	30	170	132	14	2	0	0	180	5	3	1	7										●
Fry Sauce Bulk	28	80	58	6	2	0	8	294	6	0	4	0		●								●
Fry Sauce PC	35	100	80	9	2	0	15	240	5	0	3	0		●								●

Malt Vinegar (1tbs)	15	0	0	0	0	0	0	2	0	0	0	0								
Eggs (2)	100	143	86	10	3	0	372	142	1	0	0	13								

INGREDIENT LISTING

MEAT																				
Bacon (Supplier S)	Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Naturally Smoked.																			
Bacon (Supplier D)	Cured With: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Flavoring, Sodium Nitrite, Naturally Smoked.																			
Hamburger Patty	100% Beef																			
Hot Dog (Supplier H)	Beef, Water, Contains 2% or less of: Salt, Spice, Sodium Lactate, Paprika, Hydrolyzed Soy Protein, Garlic Powder, Sodium Diacetate, Sodium Erythorbate, Flavoring, Sodium Nitrite. Contains: Soy																			
Hot Dog (Supplier K)	Beef, Water, Less than 2% of the Following: Salt, Flavorings, Potassium Lactate, Paprika, Hydrolyzed Corn Protein, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite. May contain: Soy																			
BUN																				
Bun	Water, Salt, Sugar, Vegetable Shortening (Contains Soy), Milk, Eggs, Bleached Bread Flour, Yeast, Sesame Seeds. Contains: Eggs, Milk, Sesame, Soy, Wheat																			
FRIES																				
Five Guys Style	Potatoes, Refined Peanut Oil, Salt.																			
Cajun Style (Supplier M)	Potatoes, Refined Peanut Oil, Salt, Cajun Seasoning: Garlic, Spices (Including Paprika, Oregano, Red Pepper), Salt, Onion.																			
Cajun Style (Supplier S)	Potatoes, Refined Peanut Oil, Salt, Cajun Seasoning: Garlic, Spices (Including Celery, Red Pepper), Onion, Salt, Paprika, Canola Oil, Silicon Dioxide (to prevent caking).																			
TOPPINGS																				
A.1.® Sauce	Tomato Puree (Water, Tomato Paste), Vinegar, Corn Syrup, Salt, Raisin Paste, Crushed Orange Puree, Spice, Dried Garlic, Caramel Color, Dried Onions, Potassium Sorbate (To Preserve Freshness), Xanthan Gum, Celery Seed.																			
BBQ Sauce	Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Water, Distilled Vinegar, Molasses, Salt, Mustard Bran, Natural Flavor (Including Hickory Smoke), Spices, Onion Powder, Celery Seed, Sodium Benzoate (To Protect Quality), Garlic Powder, Sugar.																			
Cheese (Supplier K)	Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Milkfat, Sodium Citrate, Calcium Phosphate, Contains Less 2% of: Salt, Sodium Phosphate, Sorbic Acid as a Preservative, Annato and Oleoresin Paprika (Color) with Sunflower Lecithin Added for Slice Separation. Contains: Milk. May contain: Soy																			
Cheese (Supplier S)	Milk, Water, Cream, Sodium Citrate, Salt, Calcium Phosphate*, Contains 2% or Less of: Cheese Culture, Citric Acid, Color Added, Enzymes, Sorbic Acid (Preservative), Soy Lecithin. *Ingredient Not In Regular Pasteurized Process American Cheese. Contains: Milk, Soy																			
Green Peppers	Fresh Green Peppers																			
Grilled Mushrooms	Mushrooms, Water, Cane Sugar, Salt, Bisulfate of Soda, Ascorbic Acid, Sodium Benzoate, Potassium Sorbate.																			
Hot Sauce	Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Garlic Powder.																			
Jalapeño Peppers	Fresh Jalapeño Peppers																			
Ketchup	Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.																			
Lettuce	Fresh Iceberg Lettuce																			
Mayonnaise (Supplier K)	Soybean Oil, Egg Yolks, Water, High Fructose Corn Syrup, Distilled White Vinegar, Contains Less 2% of: Salt, Apple Cider Vinegar, Mustard Flour, Calcium Disodium EDTA (To Protect Flavor), Natural Flavor (Contains Mustard). Contains: Eggs																			
Mayonnaise (Supplier S)	Soybean Oil, Egg Yolks, Distilled and Cider Vinegar, Water, High Fructose Corn Syrup, Salt, Mustard Solids, Calcium Disodium EDTA (To Preserve Freshness), Extractives of Black Pepper. Contains: Eggs																			
Mustard	Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavor & Garlic Powder.																			
Onions / Grilled Onions	Fresh Onions																			
Pickles (Supplier M)	Cucumbers, Water, Vinegar, Salt, Calcium Chloride (Firming Agent), Sodium Benzoate (Preservative), Natural Flavors, Polysorbate 80, Yellow 5.																			
Pickles (Supplier B)	Cucumbers, Water, Vinegar, Salt, Contain Less Than 2% of: Calcium Chloride (Firming Agent), Sodium Benzoate, Natural Flavors, Polysorbate 80 (Emulsifier), Yellow 5.																			
Relish	Cucumbers, Corn Syrup, Water, High Fructose Corn Syrup, Vinegar, Salt, Xanthan Gum, 0.1% Sodium Benzoate (Preservative), Calcium Chloride (Firming Agent), Alum, Natural Flavors, Polysorbate 80, Yellow 5, Maltol.																			
Tomatoes	Fresh Tomatoes																			
MILKSHAKES																				
Vanilla Shake Base	Milkfat And Nonfat Milk, Sugar, Whey, Contains Less Than 1% Of: Mono and Diglycerides, Cellulose Gum, Tetrasodium Pyrophosphate, Carrageenan, Natural And Artificial Flavors. Contains: Milk																			
Whipped Cream (Supplier S)	Cream, Milk, Sugar, Sorbitol, Nonfat Milk, Contains Less Than 1% of: Mono and Diglycerides, Carrageenan, Artificial Flavor, Polysorbate 80, Mixed Tocopherols (Vitamin E) to Protect Flavor. Propellant: Nitrous Oxide. Contains: Milk																			
Whipped Cream (Supplier A)	Cream, Skim Milk, Corn Syrup, High Fructose Corn Syrup, Mono and Diglycerides, Carrageenan, Dextrose, Natural and Artificial Vanilla Flavor, Nitrous Oxide as Whipping Propellant. Contains: Milk																			
MIX-INS																				
Bacon (Supplier S)	Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Naturally Smoked.																			
Bacon (Supplier D)	Cured With: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Flavoring, Sodium Nitrite, Naturally Smoked.																			
Banana	Bananas, Simple Syrup (Cane Sugar, Water, Glycerin, Sodium Benzoate as a Preservative, Citric Acid), Salt.																			
Candy Cane Crunch	Pure Cane Sugar, Corn Syrup, Pure Peppermint Oil, Red #40.																			
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. Contains: Milk. May contain: Soy																			
Oreo® Crème	Sugar, Soybean Oil, Coconut Oil, Artificial Color, Cornstarch, Emulsifiers (Soy Lecithin, Mono- And Diglycerides), Artificial Flavor, Salt. Contains: Soy																			
Oreo® Cookie Pieces	Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Sugar, Palm And/Or Canola Oil, Cocoa (Processed With Alkali), Invert Sugar, Leavening (Baking Soda And/Or Calcium Phosphate), Soy Lecithin, Salt, Chocolate, Natural Flavor. Contains: Soy, Wheat																			
Peanut Butter	Peanuts, Peanut Oil, Sugar, Contains 2% Or Less Of: Salt, Hydrogenated Vegetable Oil (Rapeseed Oil, Cottonseed Oil, Soybean Oil). Contains: Peanuts																			
Reese's® Peanut Butter Cup	Milk Chocolate (Sugar, Cocoa Butter, Chocolate, Skim Milk, Milk Fat, Lactose, Soy Lecithin, PGPR), Peanuts, Sugar, Dextrose, Salt, TBHQ And Citric Acid, To Maintain Freshness. Contains: Milk, Peanuts, Soy. May contain: Tree Nuts, Wheat																			
Salted Caramel	Corn Syrup, Sugar, Water, Organic Glycerin, Nonfat Milk, Heavy Cream (Milk), Sea Salt, Salt, Pectin, Disodium Phosphate, Natural Flavor. Contains: Milk. May contain: Soy																			
Strawberry	Strawberries, Simple Syrup (Cane Sugar, Water, Glycerin, Sodium Benzoate as a Preservative, Citric Acid), Sugar, Salt, Pepper.																			
OTHER ITEMS																				
Coffee Decaffeinated	Coffee																			
Coffee Regular	Coffee																			
Eggs	Eggs																			
Fry Sauce Bulk	Tomato Concentrate (Water, Tomato Paste), Soybean Oil, High Fructose Corn Syrup, Egg Yolks, Whole Eggs, Corn Syrup, Vinegar, Distilled Vinegar, Food Starch-Modified, Salt, Onion Powder, Lemon Juice, Concentrate, Spices, Sodium Benzoate and Potassium Sorbate (As Preservatives), Calcium Disodium EDTA (Added To Protect Flavor), Natural Flavors. Contains: Eggs. May contain: Milk																			
Fry Sauce PC	Soybean Oil, Tomato Concentrate, Whole Egg, Water, Food Starch-Modified, High Fructose Corn Syrup, Distilled Vinegar, Cultured Low-fat Milk, Nonfat Milk, Corn Syrup, Salt, Sugar, Sodium Citrate, Locust Bean Gum, Carrageenan, Vitamin A Palmitate, Vitamin D3, Contains Less Than 2% Of Onion Powder, Lemon Juice Concentrate, Spices, Sodium Benzoate and Potassium Sorbate (As Preservatives), Calcium Disodium EDTA Added to Protect Flavor, Natural Flavors. Contains: Eggs, Milk																			
Lemons	Fresh Lemons																			
Liquid Butter	Soybean oil, Hydrogenated soybean oil. Contains 2% or less of Salt, Sunflower lecithin, Artificial butter flavor, Beta carotene (color), Yeast extract.																			
Orange Juice	100% Orange Juice																			
Peanuts	Peanuts, Salt Contains: Peanuts																			
Sea Salt	Sea Salt																			