

| NUTRITIONAL INFORMATION FOR USE IN HONG KONG 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 | |
|--|----------------------------|--------------|--------------|-----------------------|------------------|--------------------|----------|------------|---------|-------------------------|--------------|--------------|-----------------------|------------------|--------------------|----------|------------|---------|---|
| | Typical values per serving | | | | | | | | | Typical values per 100g | | | | | | | | | |
| MEAT | | | | | | | | | | | | | | | | | | | |
| Bacon (2 pieces) | 315 | 76 | 5.46 | 2.10 | 0.6 | 0.1 | 0.1 | 6.2 | 0.64 | 2252 | 542 | 39 | 15 | 4 | 0.5 | 0.5 | 44 | 4.6 | |
| Beef Burger Patty | 812 | 195 | 14 | 5.59 | 0.1 | 0.1 | 0.3 | 18 | 0.13 | 1212 | 291 | 21 | 8.34 | 0.1 | 0.1 | 0.5 | 27 | 0.19 | |
| Hot Dog | 793 | 192 | 15 | 6.38 | 2.1 | 0.4 | 0.4 | 11 | 1.37 | 1044 | 252 | 20 | 8.4 | 2.8 | 0.5 | 0.5 | 14 | 1.8 | |
| BUN | | | | | | | | | | | | | | | | | | | |
| Burger Bun | 1001 | 238 | 7.52 | 2.57 | 37.6 | 6.2 | 1.4 | 6.0 | 0.49 | 1300 | 309 | 9.76 | 3.34 | 49 | 8.04 | 1.82 | 7.8 | 0.64 | |
| Hot Dog Bun | 908 | 215 | 6.72 | 2.26 | 34 | 5.9 | 1.2 | 5.3 | 0.47 | 1298 | 308 | 9.61 | 3.24 | 49 | 8.49 | 1.73 | 7.61 | 0.67 | |
| FRIES - COOKED IN PEANUT OIL | | | | | | | | | | | | | | | | | | | |
| Little FRIES | 2888 | 694 | 41 | 5.63 | 74 | 1 | 6.7 | 10 | 1.11 | 1128 | 271 | 16 | 2.2 | 29 | 0.4 | 2.6 | 4.1 | 0.43 | |
| Reg FRIES | 4670 | 1122 | 66 | 9.11 | 120 | 1.7 | 11 | 17 | 1.79 | 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 | 1128 | 271 | 16 | 2.2 | 29 | 0.4 | 2.6 | 4.1 | 0.43 | |
| Cajun Seasoning | 84 | 20 | 0.32 | 0.06 | 2.9 | 1.1 | 0 | 0.8 | 1.16 | 1199 | 287 | 4.6 | 0.8 | 42 | 15 | 0 | 12 | 16.5 | |
| TOPPINGS | | | | | | | | | | | | | | | | | | | |
| A.1.® Original Steak Sauce | 397.1 | 95 | 0.2 | 0 | 22.0 | 10.0 | 1.5 | 1.3 | 4.1 | 67.5 | 16.2 | 0.0 | 0.0 | 3.7 | 1.7 | 0.3 | 0.2 | 0.7 | |
| BBQ Sauce | 86 | 20 | 0.08 | 0.02 | 4.1 | 3.9 | 0.4 | 0.2 | 0.35 | 575 | 136 | 0.5 | 0.1 | 27 | 26 | 2.6 | 1.5 | 2.3 | |
| Cheese (1 Slice) | 266 | 64 | 4.9 | 3.2 | 1.1 | 0.8 | 0 | 3.6 | 0.76 | 19 | 1400 | 337 | 26 | 17 | 6 | 4 | 0 | 19 | 4 |
| Chilli Sauce | 12.54 | 3.00 | 0.04 | 0.01 | 0.43 | 0.31 | 0.00 | 0.10 | 0.65 | 209 | 50 | 0.7 | 0.1 | 7.2 | 5.1 | 0 | 1.6 | 10.8 | |
| Green Peppers | 7.1 | 1.6 | 0.02 | 0.01 | 0.4 | 0.2 | 0.1 | 0.1 | 0 | 89.2 | 20 | 0.2 | 0.1 | 4.6 | 2.4 | 1.7 | 0.9 | 0.01 | |
| Grilled Mushrooms | 51 | 12 | 0.13 | 0.03 | 2 | 0.4 | 0.7 | 1.0 | 0.23 | 160 | 38 | 0.4 | 0.1 | 6.4 | 1.3 | 2.2 | 3 | 0.73 | |
| Hot Sauce | 8.6 | 2.0 | 0.05 | 0.01 | 0.1 | 0.0 | 0.1 | 0.2 | 0.67 | 107 | 25 | 0.6 | 0.1 | 1.8 | 0.3 | 1.5 | 2.5 | 8.4 | |
| Jalapeño Peppers | 3.9 | 0.9 | 0.03 | 0.01 | 0.5 | 0.3 | 0.2 | 0.1 | 0.02 | 55 | 13 | 0.4 | 0.1 | 7.0 | 4.1 | 2.8 | 0.9 | 0.25 | |
| Tomato Ketchup | 61 | 14 | 0.01 | 0 | 3.2 | 3.2 | 0 | 0.2 | 0.25 | 435 | 102 | 0.1 | 0.0 | 23.2 | 23 | 0 | 1.2 | 1.8 | |
| Lettuce | 9.2 | 3 | 0.02 | 0 | 0.3 | 0 | 0.2 | 0.1 | 0 | 57.5 | 19 | 0.14 | 0.0 | 1.8 | 0 | 1.2 | 0.9 | 0.03 | |
| Mayonnaise | 466 | 113 | 12 | 1.95 | 0.3 | 0.3 | 0 | 0.2 | 0.20 | 3104 | 754 | 82 | 13.0 | 2.2 | 2.2 | 0 | 1.2 | 1.3 | |
| Mustard | 19 | 4.5 | 0.23 | 0.05 | 0.3 | 0.05 | 0.2 | 0.3 | 0.17 | 311 | 75 | 3.89 | 0.8 | 4.3 | 0.85 | 2.68 | 4.24 | 2.78 | |
| Onions | 33 | 8 | 0.08 | 0 | 1.8 | 1 | 0.5 | 0.3 | 0 | 133 | 32 | 0.3 | 0.0 | 7 | 3.8 | 2 | 1.2 | 0.01 | |
| Grilled Onions | 46 | 11 | 0.11 | 0.04 | 2.5 | 1.5 | 0.8 | 0.4 | 0 | 170 | 40 | 0.4 | 0.1 | 9.3 | 5.5 | 3 | 1.4 | 0.01 | |
| Tomatoes | 26 | 6.0 | 0.04 | 0 | 1.3 | 1.3 | 0.4 | 0 | 0 | 61 | 14 | 0.1 | 0.0 | 3.0 | 3 | 1 | 0.1 | 0.01 | |
| Pickles | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.64 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 2.3 | |
| Relish | 84 | 20 | 0 | 0 | 5.0 | 4.1 | 0 | 0 | 0.26 | 15 | 560 | 133 | 0 | 0 | 33 | 27 | 0 | 1.75 | |
| MILKSHAKES (MIX-INS) - amount of individual mix-ins may vary depending upon number of mix-ins included in shake | | | | | | | | | | | | | | | | | | | |
| Five Guys Milkshake Base | 2879 | 690 | 36 | 23 | 80 | 78 | 0.4 | 9.2 | 0.52 | 718 | 172 | 9 | 5.8 | 20 | 20 | 0.1 | 2.3 | 0.13 | |
| Whipped Cream | 369 | 88 | 9.10 | 6.76 | 0.8 | 0.8 | 0.0 | 0.6 | 0.02 | 1418 | 339 | 35 | 26 | 3 | 3 | 0 | 2.3 | 0.08 | |
| Banana | 679 | 158 | 0.96 | 0.32 | 37 | 35 | 0.5 | 0.4 | 0 | 849 | 198 | 1.2 | 0.4 | 46 | 44 | 0.6 | 0.46 | 0 | |
| Chocolate | 830 | 201 | 2.07 | 1.59 | 41 | 31 | 1.7 | 2.3 | 0.01 | 1203 | 292 | 3 | 2.3 | 60 | 45 | 2.4 | 3.4 | 0.02 | |
| Coffee | 63.3 | 15 | <0,1 | <0,1 | 2 | 0.23 | 0 | 0.77 | 0 | 633 | 150 | <0,1 | <0,1 | 20 | 2.3 | 0 | 7.7 | 0.01 | |
| Mango | 69.4 | 16.6 | 0 | 0 | 3.6 | 2.8 | 0.4 | 0.2 | 0 | 347 | 83 | 0 | 0 | 18 | 14 | 2 | 1 | 0 | |
| Oreo® Cookie Pieces | 503 | 120 | 5.0 | 2.45 | 17 | 9.5 | 0.6 | 1.3 | 0.23 | 2010 | 480 | 20 | 9.8 | 69 | 38 | 2.5 | 5 | 0.9 | |
| Peanut Butter | 1365 | 312 | 25.2 | 4.48 | 9.5 | 6.7 | 3.9 | 14 | 0.56 | 2438 | 558 | 45 | 8 | 17 | 12 | 7 | 25 | 1 | |
| Salted Caramel | 922 | 218 | 1.47 | 0.94 | 50 | 36 | 0.3 | 0.6 | 0.64 | 1376 | 325 | 2.2 | 1.4 | 75 | 53 | 0.5 | 0.9 | 0.95 | |
| Strawberry | 402 | 94 | 0.16 | 0.08 | 23.2 | 23.2 | 0.7 | 0.3 | 0.02 | 503 | 118 | 0.2 | 0.1 | 29 | 29 | 0.9 | 0.43 | 0.03 | |
| Lotus Biscoff® Cookie Crumbles | 610 | 145 | 5.70 | 2.40 | 22 | 11 | 0.4 | 1.5 | 0.06 | 1297 | 310 | 0.7 | 0.4 | 75 | 57 | 0.2 | 1 | 0.95 | |
| OTHER ITEMS | | | | | | | | | | | | | | | | | | | |
| 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 | |
| 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 | |
| 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 | | | | | | | | | | 2476 | 592 | 42 | 5.97 | 26 | 3.1 | | 27 | 1.4 | |
| DRINKS - Please Ask to Check the Bottle Label or Ask a Manager for the Freestyle Machine | | | | | | | | | | | | | | | | | | | |

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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