

NUTRITIONAL INFORMATION

FOR USE IN LUXEMBOURG

| | 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 | 2 | | | | | | | | | | |
| 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 | 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 | | | | | | | | | | |
| Cherry | 912.8 | 215.3 | 0 | 0 | 52.8 | 40.1 | 0 | 0 | 0.02 | 75 | 1217 | 287 | 0 | 0 | 70.4 | 54.6 | 0 | 0 | 0.02 | | | | | | | | | | |
| 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 | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Lotus Biscoff® Cookie Crumbles | 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 | | | | | | | | | | |
| 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 | | | | | | | | | | |
| 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 | | | | | | | | | | |
| 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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