

NUTRITIONAL INFORMATION

FOR USE IN MIDDLE EAST LOCATIONS ONLY

	Typical values per serving									Average portion size (g)	Typical values per 100g								
	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																			
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	0.1	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	61.2	14.6	0	0	3.1	2	0.3	0.2	0.73	17	360	86.1	0.2	0.1	18.4	12	1.6	1.2	4.29
BBQ Sauce	107.3	25.7	0.1	0	7.6	3.9	0.3	0.2	0.38	15	715.5	171	0.4	0.1	50.5	26	1.7	1.4	2.5
Cheese (1 Slice)	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	26.9	6.4	0	0	1	1	0.3	0.6	0.23	32	84	20	0	0	3	3	1	2	0.73
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	0.79	8	111	26	0.1	0	2.6	1.9	0	0.7	8.76
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	0.0	1.8	0	1.2	0.9	0.03
Mayonnaise	448.5	107.1	11.8	2.1	0	0	0	0	0.19	15	2990	714	78.6	14.3	0	0	0	0	1.25
Mustard	16.5	4	0.3	0	0.3	0	0.2	0.3	0.18	6	275.8	65.9	4.2	0.3	4.5	0.5	3.4	4.2	3
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	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	51	12	0	0	3	2.3	0	0	0.06	10	510	120	0	0	30	23	0	0	0.57
Tomatoes	26	6.0	0	0	1.3	1.3	0.4	0	0	43	61	14	0.1	0	3	3	1	0.1	0.01
Tomato Ketchup	68.9	16.5	0	0	4.1	3.3	0	0	0.33	14	492	117.7	0	0	29.4	23.5	0	0	2.35
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
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	63.3	15	0	0	3	0.2	0	0.8	0.01	10	633	150	<0.1	<0.1	30	2.3	0	7.7	0.1
Five Guys Milkshake Base	2877	687.5	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	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
Oreo® Cookie Pieces	505	120.8	5.2	1.3	18.1	10.4	0.5	0.8	0.22	25	2020	483	20.7	5.2	72.4	41.4	2	3	0.86
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	0.67	0.98	67	1286.8	307.6	0.7	0.4	73.8	57.4	0.2	1	1.47
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	311	75.1	7	5	2.5	2.5	0	0.6	0.03	26	1196	289	27	19.1	9.5	9.5	0	2.1	0.11
OTHER ITEMS																			
Bulk Peanuts without shell											2462	594	43	7	25	<1	11	25	1.86
BREAKFAST*																			
Egg	389	93	6.1	1.7	1.3	0.2	0.3	8.4	0.26	51	762	183	12	3.7	2.5	0.3	0.5	16.4	0.5
DRINKS - Please Ask to Check the Bottle Label or Ask a Manager																			

*Available only at participating locations

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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