

FOOD PRODUCT SHELF LIFE CHART
USA



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										
Bacon (1 piece) (Supplier D)	7	36	24	3	1	0	5	106	0	0	0	3										
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	25	9	1	60	750	460	0	0	11										
BUN																						
Mini Bun	37	120	40	3	1	0	2	170	20	1	4	3										
Mini Patty	35	163	86	9	4	1	32	27	0	0	0	9										
Bun	77	240	80	8	3	0	5	310	35	1	6	7										
Hot Dog Buns	71	220	73	7	2	0	4	290	33	1	6	6										
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										
Cheese (1/2 slice) (Supplier S)	9	35	25	3	2	0	10	165	<1	0	0	2										
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	7	15	1.5	1	0	5	0	1	0	1	0										
Whipped Cream (Supplier A)	6	6	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.)																						
Blackberry Sauce	60	80	0	0	0	0	0	0	20	<1	18	0										
Bacon (2 pieces)	14	70	50	6	2	0	15	210	0	0	0	5										
Banana Marinade	120	174	<1	0	0	0	0	31	43	2	33	<1										
Chocolate	50	133	7	2	2	0	0	30	30	2	22	2										
Coffee	17	27	<1	<1	0	0	0	105	7	<1	1	<1										
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	80	107	<1	<1	0	0	0	12	28	1	24	<1										
DRINKS																						
Chocolate Milk	245	150	0	2.5	1.5	0	15	180	23	0	22	8										
Apple Juice	177	35	0	0	0	0	0	15	9	0	8	0										
Orange Juice Blend	300	140	0	0	0	0	0	5	34	0	33	1										
SAUCES																						
Cheese Sauce	90	92	62	6	3	<1	10	622	7	0	2	4										
Five Guys Sauce	35	169	141	15	2.8	0	10	300	4	<1	3	<1										
PEANUTS																						
Bulk Peanuts (1oz.)	30	170	120	14	2	0	0	180	5	3	1	7										
Cajun Peanuts	30	170	120	14	2	0	0	180	5	3	1	7										
OTHER ITEMS																						
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)	105	160	87	11	3.5	0	400	130	1	0	0	13										
Liquid Butter Flavored Oil	14	120	120	14	2.5	<1	0	110	0	0	0	0										
Chives Seasoning	1-2	0	0	0	0	0	0	0	0	0	0	0										
Lemons (1 slice)	10	3	0	0	0	0	0	0	<1	<1	<1	<1										
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.																					
Bacon (1 piece) (Supplier D)	Cured With: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Flavoring, Sodium Nitrite, Naturally Smoked.																					
Hamburger Patty	100% Beef																					
Mini Bun	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																						
Mini Bun	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Yeast, Whey Powder, Nonfat Dry Milk,Whole Eggs, Wheat Gluten, Hydrogenated Soybean Oil, Mono- and Diglycerides, Hydrogenated Cottonseed Oil. Contains 2% or less of: Wheat Starch, Wheat Protein,Cultured Wheat Flour, Vinegar, Salt, Vinegar, Salt, Sorbitan Monostearate, Ascorbic Acid, Lactic Acid, Natural Flavors, Canola Oil, Enzymes, Sodium Stearoyl Lactylate,Sunflower Lecithin, Sunflower Oil, Tocopherols, Ascorbyl Palmitate.																					
Hamburger Buns	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Yeast, Whey Powder, Nonfat Dry Milk, Whole Eggs, Wheat Gluten, Hydrogenated Soybean Oil, Mono- and Diglycerides, Hydrogenated Cottonseed Oil. Contains 2% or less of: Wheat Starch, Wheat Protein, Cultured Wheat Flour, Vinegar, Salt, Vinegar, Salt, Sorbitan Monostearate, Ascorbic Acid, Lactic Acid, Natural Flavors, Canola Oil, Enzymes, Sodium Stearoyl Lactylate, Sunflower Lecithin, Sunflower Oil, Tocopherols, Ascorbyl Palmitate.																					
Hot Dog Buns	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Yeast, Whey Powder, Nonfat Dry Milk, Whole Eggs, Wheat Gluten, Hydrogenated Soybean Oil, Mono- and Diglycerides, Hydrogenated Cottonseed Oil. Contains 2% or less of: Wheat Starch, Wheat Protein, Cultured Wheat Flour, Vinegar, Salt, Vinegar, Salt, Sorbitan Monostearate, Ascorbic Acid, Lactic Acid, Natural Flavors, Canola Oil, Enzymes, Sodium Stearoyl Lactylate, Sunflower Lecithin, Sunflower Oil, Tocopherols, Ascorbyl Palmitate.																					
FRIES	Contains: Eggs, Milk, Soy, Wheat. May contain Sesame.																					
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.
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
Cheese (1/2 slice) (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.
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
Jalapeno 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), and Natural Flavors.
Pickles (Supplier B)	Cucumbers, Water, Vinegar, Salt, Contains Less Than 2% of Calcium Chloride, Sodium Benzoate (Preservative), Natural Flavors, and Polysorbate 80.
Relish	Cucumbers, Corn Syrup, Water, High Fructose Corn Syrup, Vinegar, Salt, Xanthan Gum, Sodium Benzoate (Preservative), Calcium Chloride (Firming Agent), Alum, Natural Flavors, and Maltol.
Tomatoes	Fresh Tomatoes
SAUCES	
Cheese Sauce	Water, Cheddar Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Modified Food Starch, Nonfat Dry Milk, Palm Oil, Sodium Phosphate, Salt, Tomato Juice Concentrate, Sodium Citrate, Lactic Acid, Yeast Extract, Sodium Hexametaphosphate, Sugar, Natural Flavor, Xanthan Gum, Disodium Phosphate, Monterey Jack Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Potato Starch, Canola Lecithin, Carrot Extract, Paprika Extract, Beta-Apo-8'-Carotenal (Color). Contains: Milk
Five Guys Sauce	Mayonnaise: 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 Ketchup: Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring. Pickle Juice: Water, Vinegar, Salt, Contain Less Than 2% of: Calcium Chloride (Firming Agent), Sodium Benzoate, Natural Flavors, Polysorbate 80 (Emulsifier). Cajun Seasoning: Garlic, Spices (Including Paprika, Oregano, Red Pepper), Salt, Onion.
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	
Blackberry Sauce	Blackberries (Marion and Other Varieties), Water, Cane Sugar, Less Than 1% of the Following: Citric Acid, Guar Gum, Xanthan Gum, Natural Flavor.
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	Banana, Water, Sugar, Glycerin, Fructose, Banana Flakes, Calcium Lactate, Erythorbic Acid, Citric Acid, Natural Banana Flavor, Potassium Sorbate (Preservative) Salt, Sodium Benzoate (Preservative), and Ascorbic Acid
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, Water, Coffee, Caramel Color (Contains Sulfites), Salt, Natural Flavor, Citric Acid, Benzoic Acid as a Preservative.
Coffee	
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
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, Sugar, Water, Glycerine, Vegetable Juice (Color), Potassium Sorbate (Preservative), Xanthan Gum, Citric Acid, Sodium Benzoate (Preservative), Salt, and Black Pepper.
DRINKS	
Chocolate Milk	Grade A Low-fat Organic Milk, Organic Cane Sugar, Organic Cocoa (Processed With Alkali), Organic Cocoa, Gellan Gum, Organic Natural Flavor, Salt, Vitamin A Palmitate, Vitamin D3. Contains: Milk
Apple Juice	Filtered Water, Organic Apple Juice From Concentrate, Natural Flavors, Organic Natural Flavors, Vitamin C (Ascorbic Acid), Citric Acid (Provides Tartness).
Orange Juice	Filtered Water, Orange Juice Concentrate, Pear Juice Concentrate, Apple Juice Concentrate, Lemon Juice Concentrate, Natural Flavor, Ascorbic Acid (Vitamin C).
PEANUTS	
Peanuts	Peanuts, Salt Contains: Peanuts
Cajun Peanuts	Peanuts, Salt, Natural Flavors. Contains: Peanuts
OTHER ITEMS	
Coffee Decaffeinated	Grade A Low-fat Organic Milk, Organic Cane Sugar, Organic Cocoa (Processed With Alkali), Organic Cocoa, Gellan Gum, Organic Natural Flavor, Salt, Vitamin A Palmitate, Vitamin D3. Contains: Milk
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
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
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.
Sea Salt	Sea Salt
Chives Seasoning	Chives
Lemons (1 slice)	Lemons