

# Nutrition Information

**FIVE GUYS**  
BURGERS and FRIES

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>MEAT</b>											
Bacon (2 pieces)	14	80	7	3	0	15	260	0	0	0	4
Hamburger Patty	94	220	17	8	1	60	50	0	0	0	16
Hot Dog	90	240	20	9	1	45	1040	2	0	1	11
<b>BUN</b>											
Five Guys Bun	77	260	9	3.5	0	5	330	39	2	8	7
<b>FRIES</b>											
Little	227	526	23	4	0.5	0	531	72	8	2	8
Regular	411	953	41	7	1	0	962	131	15	4	15
Large	567	1314	57	10	1	0	1327	181	21	6	20
Poutine Curd	99	368	28	17	0.3	99	708	3	0	0	23
Poutine Sauce Mix	142	475	9	4	1	0	9,824	84	1	9	9
<b>TOPPINGS</b>											
A.1® Sauce	17	15	0	0	0	0	280	3	0	2	0
Bar-B-Q Sauce	28	60	0	0	0	0	400	15	<1	10	<1
Cheese** (1 slice)	21	70	6	4	0.2	15	360	0	0	0	4
Green Peppers	25	5	0	0	0	0	1	1	<1	<1	0
Grilled Mushrooms	21	5	0	0	0	0	55	1	0	1	0
Hot Sauce	5	0	0	0	0	0	200	0	0	0	0
Jalapeño Peppers	11	3	0	0	0	0	0	<1	0	0	0
Ketchup	17	20	0	0	0	0	160	5	0	4	0
Lettuce	30	4	0	0	0	0	3	1	<1	<1	0
Mayonnaise	14	100	11	2	0	10	75	0	0	0	0
Mustard	5	0	0	0	0	0	55	0	0	0	0
Onions / Grilled Onions	26	10	0	0	0	0	1	2	<1	1	0
Pickles	28	3	0	0	0	0	258	1	0	0	0
Relish	17	10	0	0	0	0	105	3	0	3	0
Tomatoes	52	9	0	0	0	0	3	2	<1	1	<1

\* Additional charges may incur  
\* This information is subject to change without notification

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.

UPDATED AUGUST 2014