

NUTRITION & ALLERGEN INFORMATION - CAN

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 & Mollusks	Eggs	Fish	Milk	Mustard	Peanuts	Sesame Seeds	Soy	Sulphites	Tree Nuts	Wheat & Triticale		
MEAT																									
Bacon (2 pieces)	14	70	50	6	2	0	15	210	0	0	0	5													
Hamburger Patty	65	302	160	17	8	1	60	50	0	0	0	16													
Hot Dog	90	280	235	26	12	1	56	800	1	0	0	11					●			●					
BUN																									
Bun	77	240	80	9	3.5	0	5	330	39	2	8	7		●		●			●	●				●	
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	23	4	0	0	862	45	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																									
BBQ Sauce	28	49	0	0	0	0	0	400	15	<1	10	<1					●								
Cheese (1 slice)	19	70	50	6	3.5	0	20	310	<1	0	<1	4				●									
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													
HP Sauce	17	21	<1	<1	0	0	0	164	4	<1	3	<1					●								
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	14	111	100	11	1.5	0	10	70	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	28	4	0	0	0	0	0	260	1	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	7	20	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.)																									
Bacon	14	70	50	6	2	0	15	210	0	0	0	5													
Banana	80	160	0	<1	0	0	0	5	51	1	44	1													
Candy Cane Crunch	48	185	0	0	0	0	0	2	48	0	33	0													
Chocolate	50	250	14	3.5	3.5	0	0	170	55	1	32	2				●				●					
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	170	5	3	<1	0	0	125	37	0	18	<1				●									
Strawberry	60	90	0	0	0	0	0	2	17	1	23	<1													
OTHER ITEMS																									
Bulk Peanuts (1oz.)	30	170	132	14	2	0	0	180	5	3	1	7						●							
Poutine Gravy	180	54	0	1	<1	0	0	1036	10	<1	1	1								●	●			●	

