

| Typical values per serving                                                                                      |            |              |              |                            |                  |                    |          |            |         | Typical values per 100g |              |              |                            |                  |                    |          |            |         |
|-----------------------------------------------------------------------------------------------------------------|------------|--------------|--------------|----------------------------|------------------|--------------------|----------|------------|---------|-------------------------|--------------|--------------|----------------------------|------------------|--------------------|----------|------------|---------|
| NUTRITION<br>UK LOCATIONS ONLY                                                                                  | Energy, kJ | Energy, kcal | Total fat, g | of which Saturat-<br>ed, g | Carbohydrates, g | of which Sugars, g | Fibre, g | Protein, g | Salt, g | Energy, kJ              | Energy, kcal | Total fat, g | of which Saturat-<br>ed, g | Carbohydrates, g | of which Sugars, g | Fibre, g | Protein, g | Salt, g |
| MEAT                                                                                                            |            |              |              |                            |                  |                    |          |            |         |                         |              |              |                            |                  |                    |          |            |         |
| Bacon                                                                                                           | 323        | 78           | 5.5          | 2.2                        | 0.7              | 0                  | 0        | 6.4        | 0.92    | 2306                    | 554          | 39           | 16                         | 5.0              | 0                  | 0        | 46         | 6.6     |
| Beef Burger Patty                                                                                               | 812        | 195          | 14           | 5.6                        | 0                | 0                  | 0        | 18         | 0.13    | 1212                    | 291          | 21           | 8.3                        | 0                | 0                  | 0        | 27         | 0.19    |
| Hot Dog                                                                                                         | 793        | 192          | 15           | 6.4                        | 2.1              | 0                  | 0        | 11         | 1.9     | 1044                    | 252          | 20           | 8.4                        | 2.8              | 0                  | 0        | 14         | 2.5     |
| BUN                                                                                                             |            |              |              |                            |                  |                    |          |            |         |                         |              |              |                            |                  |                    |          |            |         |
| Burger Bun                                                                                                      | 1001       | 238          | 7.5          | 2.6                        | 38               | 6.2                | 1.4      | 6.0        | 0.49    | 1300                    | 308          | 9.8          | 3.3                        | 49               | 8.0                | 1.8      | 7.8        | 0.64    |
| Hot Dog Bun                                                                                                     | 909        | 215          | 6.7          | 2.3                        | 34               | 5.9                | 1.2      | 5.3        | 0.47    | 1298                    | 307          | 9.6          | 3.2                        | 49               | 8.5                | 1.7      | 7.6        | 0.67    |
| FRIES                                                                                                           |            |              |              |                            |                  |                    |          |            |         |                         |              |              |                            |                  |                    |          |            |         |
| Mini Fries - Cooked in peanut oil                                                                               | 1455       | 350          | 21           | 2.84                       | 37               | 0.5                | 3.4      | 5.0        | 0.56    | 1128                    | 271          | 16           | 2.2                        | 29               | 0                  | 2.6      | 4.1        | 0.43    |
| Little Fries - Cooked in peanut oil                                                                             | 2741       | 659          | 39           | 5.4                        | 70               | 1.0                | 6.3      | 10         | 1.1     | 1128                    | 271          | 16           | 2.2                        | 29               | 0                  | 2.6      | 4.1        | 0.43    |
| Reg Fries - Cooked in peanut oil                                                                                | 4467       | 1073         | 63           | 8.7                        | 115              | 1.6                | 10       | 16         | 1.7     | 1128                    | 271          | 16           | 2.2                        | 29               | 0                  | 2.6      | 4.1        | 0.43    |
| Large Fries - Cooked in peanut oil                                                                              | 6283       | 1509         | 89           | 12                         | 162              | 2.2                | 14       | 23         | 2.4     | 1128                    | 271          | 16           | 2.2                        | 29               | 0                  | 2.6      | 4.1        | 0.43    |
| Cajun Seasoning                                                                                                 | 84         | 20           | 0            | 0                          | 2.9              | 1.1                | 0        | 0.8        | 1.2     | 1199                    | 287          | 4.6          | 0.8                        | 42               | 15                 | 0        | 12         | 16.5    |
| TOPPINGS                                                                                                        |            |              |              |                            |                  |                    |          |            |         |                         |              |              |                            |                  |                    |          |            |         |
| BBQ Sauce                                                                                                       | 69         | 16           | 0            | 0                          | 3.3              | 3.2                | 0        | 0          | 0.28    | 575                     | 136          | 0            | 0                          | 27               | 26                 | 2.6      | 1.5        | 2.3     |
| Cheese (pasteurised)                                                                                            | 266        | 64           | 4.9          | 3.2                        | 1.1              | 0.8                | 0.0      | 3.6        | 0.76    | 1400                    | 337          | 26           | 17                         | 6                | 4.0                | 0        | 19         | 4.0     |
| Green Peppers                                                                                                   | 7          | 2            | 0            | 0                          | 0                | 0                  | 0        | 0          | 0       | 89                      | 20           | 0            | 0                          | 4.6              | 2.4                | 1.7      | 0.9        | 0       |
| Grilled Mushrooms                                                                                               | 51         | 12           | 0            | 0                          | 2.0              | 0                  | 0.7      | 1.0        | 0.23    | 160                     | 38           | 0            | 0                          | 6.4              | 1.3                | 2.2      | 3.0        | 0.73    |
| Hot Sauce                                                                                                       | 9          | 2            | 0            | 0                          | 0                | 0                  | 0        | 0          | 0.67    | 107                     | 25           | 0.6          | 0                          | 1.8              | 0                  | 1.5      | 2.5        | 8.4     |
| HP Brown Sauce                                                                                                  | 36         | 7            | 0            | 0                          | 2.0              | 1.6                | 0        | 0          | 0.09    | 517                     | 102          | 0            | 0                          | 28               | 23                 | 0        | 0.9        | 1.3     |
| Jalapeno Peppers                                                                                                | 4          | 1            | 0            | 0                          | 0                | 0                  | 0        | 0          | 0.02    | 55                      | 13           | 0            | 0                          | 7.0              | 4.1                | 2.8      | 0.9        | 0.25    |
| Tomato Ketchup                                                                                                  | 61         | 14           | 0            | 0                          | 3.2              | 3.2                | 0        | 0          | 0.25    | 435                     | 102          | 0            | 0                          | 23               | 23                 | 0        | 1.2        | 1.8     |
| Lettuce                                                                                                         | 12         | 4            | 0            | 0                          | 0                | 0                  | 0        | 0          | 0       | 58                      | 19           | 0            | 0                          | 1.8              | 0                  | 1.2      | 0.9        | 0.03    |
| Mayonnaise                                                                                                      | 466        | 113          | 12           | 2.0                        | 0                | 0                  | 0        | 0          | 0.20    | 3104                    | 754          | 82           | 13                         | 2.2              | 2.2                | 0        | 1.2        | 1.3     |
| Mustard                                                                                                         | 19         | 5            | 0            | 0                          | 0                | 0                  | 0        | 0          | 0.17    | 311                     | 75           | 3.9          | 0.8                        | 4.3              | 0.9                | 2.7      | 4.2        | 2.8     |
| Onions                                                                                                          | 33         | 8            | 0            | 0                          | 1.8              | 1.0                | 0        | 0          | 0       | 133                     | 32           | 0            | 0                          | 7                | 3.8                | 2        | 1.2        | 0       |
| Grilled Onions                                                                                                  | 52         | 12           | 0            | 0                          | 2.8              | 1.8                | 0        | 0          | 0       | 158                     | 38           | 0            | 0                          | 8.4              | 5.6                | 1.1      | 1.2        | 0.02    |
| Pickles                                                                                                         | 11         | 3            | 0            | 0                          | 0                | 0                  | 0        | 0          | 0.46    | 49                      | 12           | 0            | 0                          | 1.0              | 1.0                | 1.1      | 0.6        | 2.0     |
| Relish                                                                                                          | 85         | 20           | 0            | 0                          | 4.6              | 3.8                | 0        | 0          | 0.18    | 653                     | 154          | 0            | 0.2                        | 35               | 29                 | 1.2      | 0          | 1.4     |
| Tomatoes                                                                                                        | 26         | 6            | 0            | 0                          | 1.3              | 1.3                | 0        | 0          | 0       | 61                      | 14           | 0            | 0                          | 3.0              | 3.0                | 1        | 0          | 0       |
| MILKSHAKES (MIX-INS) - amount of individual mix-ins may vary depending upon number of mix-ins included in shake |            |              |              |                            |                  |                    |          |            |         |                         |              |              |                            |                  |                    |          |            |         |
| Five Guys Milkshake Base                                                                                        | 2616       | 625          | 33           | 22                         | 75               | 69                 | 0        | 7.8        | 0.71    | 737                     | 176          | 9.4          | 6.2                        | 21               | 20                 | 0        | 2.2        | 0.20    |
| Whipped Cream                                                                                                   | 284        | 68           | 7.0          | 5.2                        | 0.6              | 0.6                | 0        | 0          | 0.02    | 1418                    | 339          | 35           | 26                         | 3.0              | 3.0                | 0        | 2.3        | 0.08    |
| Banana                                                                                                          | 814        | 194          | 0            | 0                          | 36               | 36                 | 0        | 0          | 0.14    | 904                     | 215          | 0            | 0                          | 40               | 40                 | 0        | 0          | 0.02    |
| Chocolate                                                                                                       | 922        | 217          | 2.0          | 1.2                        | 48               | 30                 | 1.9      | 1.3        | 0       | 1336                    | 315          | 2.9          | 1.7                        | 69               | 44                 | 2.8      | 1.9        | 0       |
| Lotus Biscoff®                                                                                                  | 467        | 111          | 4.4          | 1.8                        | 17               | 9.0                | 0        | 1.1        | 0.05    | 2032                    | 484          | 19           | 8                          | 73               | 38                 | 1.3      | 4.9        | 0.20    |
| Oreo® Cookie Pieces                                                                                             | 482        | 115          | 4.8          | 1.4                        | 17               | 9.1                | 0.6      | 1.2        | 0.55    | 2008                    | 480          | 20           | 6.0                        | 69               | 38                 | 2.5      | 5.0        | 0.85    |
| Bubblegum                                                                                                       | 495        | 116          | 0            | 0                          | 29               | 25                 | 0        | 0          | 0       | 1302                    | 306          | 0            | 0                          | 77               | 65                 | 0        | 0          | 0       |
| Mango                                                                                                           | 311        | 73           | 23           | 3.5                        | 6.4              | 3.0                | 1.7      | 12         | 0.74    | 471                     | 111          | 0            | 0                          | 27               | 25                 | 1        | 0          | 0       |
| Peanut Butter                                                                                                   | 1186       | 286          | 0            | 0                          | 18               | 17                 | 0.8      | 0          | 0       | 2579                    | 622          | 50           | 7.6                        | 14               | 6.6                | 3.6      | 27         | 1.6     |
| Salted Caramel                                                                                                  | 768        | 181          | 1.1          | 0.6                        | 42               | 33                 | 0        | 0          | 0.53    | 1302                    | 307          | 1.8          | 1.1                        | 72               | 56                 | 0        | 0          | 0.90    |
| Strawberry                                                                                                      | 489        | 115          | 0            | 0                          | 28               | 27                 | 0        | 0          | 0.02    | 611                     | 144          | 0            | 0                          | 35               | 34                 | 0        | 0          | 0.02    |
| OTHER ITEMS                                                                                                     |            |              |              |                            |                  |                    |          |            |         |                         |              |              |                            |                  |                    |          |            |         |
| Veggie Sandwich                                                                                                 | 1381       | 330          | 7.4          | 2.4                        | 52               | 13                 | 5.4      | 10         | 1.2     | 540                     | 129          | 2.9          | 1.0                        | 20               | 5.2                | 2.1      | 3.9        | 0.47    |
| Cheese Veggie Sandwich                                                                                          | 1791       | 428          | 14           | 5.9                        | 57               | 15                 | 5.9      | 14         | 2.5     | 611                     | 146          | 4.7          | 2.0                        | 20               | 5.0                | 2.0      | 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     |
| BLT                                                                                                             | 2728       | 652          | 41           | 9.9                        | 45               | 8.8                | 3.6      | 22         | 2.67    | 1364                    | 326          | 20           | 5.0                        | 23               | 4.4                | 1.8      | 11         | 1.3     |
| Bulk Peanuts Without Shell                                                                                      |            |              |              |                            |                  |                    |          |            |         | 2462                    | 594          | 43           | 7.0                        | 25               | 5.0                | 11       | 25         | 1.9     |
| Egg*                                                                                                            | 389        | 93           | 6.1          | 1.9                        | 1.3              | 0                  | 0.3      | 8.4        | 0.26    | 762                     | 183          | 12           | 3.7                        | 2.5              | 0                  | 0        | 16         | 0.51    |

\*Products available at participating locations only  
 Adults need around 2000 kcal a day. 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. OREO® is a registered trademark of Mondelez International group, used with permission. Lotus Biscoff® is a trademark of Lotus Bakeries, used with permission.

### Typical values per serving

### Typical values per 100g

| NUTRITION<br>UK LOCATIONS ONLY                                                                                            | 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 |
|---------------------------------------------------------------------------------------------------------------------------|------------|--------------|--------------|-----------------------|------------------|--------------------|----------|------------|---------|------------|--------------|--------------|-----------------------|------------------|--------------------|----------|------------|---------|
| LITTLE MILKSHAKES (MIX-INS)<br>- amount of individual mix-ins may vary depending upon number of mix-ins included in shake |            |              |              |                       |                  |                    |          |            |         |            |              |              |                       |                  |                    |          |            |         |
| Five Guys Milkshake Base Little                                                                                           | 1312       | 313          | 17           | 11                    | 37               | 35                 | 0        | 3.9        | 0.36    | 737        | 176          | 9.4          | 6.2                   | 21               | 20                 | 0        | 2.2        | 0.20    |
| Whipped Cream Little                                                                                                      | 142        | 34           | 3.5          | 2.6                   | 0                | 0                  | 0        | 0          | 0       | 1418       | 339          | 35           | 26                    | 3.0              | 3.0                | 0        | 2.3        | 0.08    |
| Banana Little                                                                                                             | 407        | 97           | 2.5          | 1.0                   | 18               | 18                 | 0        | 0          | 0.07    | 904        | 215          | 0            | 0                     | 40               | 40                 | 0        | 0          | 0.02    |
| Chocolate Little                                                                                                          | 461        | 109          | 1.0          | 0.6                   | 24               | 15                 | 1.0      | 0.7        | 0       | 1336       | 315          | 2.9          | 1.7                   | 69               | 44                 | 2.8      | 1.9        | 0       |
| Lotus Biscoff® Little                                                                                                     | 234        | 56           | 2.2          | 0.9                   | 8.0              | 4.4                | 0        | 0.6        | 0.02    | 2032       | 484          | 19           | 8                     | 73               | 38                 | 1.3      | 4.9        | 0.20    |
| Oreo® Cookie Pieces Little                                                                                                | 241        | 58           | 2.4          | 1.2                   | 8.0              | 4.6                | 0        | 0.6        | 0.28    | 2008       | 480          | 20           | 6.0                   | 69               | 38                 | 2.5      | 5.0        | 0.85    |
| Bubblegum Little                                                                                                          | 247        | 58           | 0            | 0                     | 15               | 12                 | 0        | 0          | 0       | 1302       | 306          | 0            | 0                     | 77               | 65                 | 0        | 0          | 0       |
| Mango Little                                                                                                              | 155        | 37           | 0            | 0                     | 9.0              | 8.3                | 0        | 0          | 0       | 471        | 111          | 0            | 0                     | 27               | 25                 | 1        | 0          | 0       |
| Peanut Butter Little                                                                                                      | 593        | 143          | 12           | 1.8                   | 3.2              | 1.5                | 0.8      | 6.0        | 0.37    | 2579       | 622          | 50           | 7.6                   | 14               | 6.6                | 3.6      | 27         | 1.6     |
| Salted Caramel Little                                                                                                     | 388        | 91           | 0.6          | 0.3                   | 21               | 17                 | 0.0      | 0          | 0.27    | 1302       | 307          | 1.8          | 1.1                   | 72               | 56                 | 0        | 0          | 0.90    |
| Strawberry Little                                                                                                         | 244        | 58           | 0            | 0                     | 14               | 14                 | 0        | 0          | 0       | 611        | 144          | 0            | 0                     | 35               | 34                 | 0        | 0          | 0.02    |

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Please scan the QR code with your mobile phone to provide details about your experience. This will reach our Food Safety team at the UK Support Office who will be in touch with you as soon as an investigation is conducted.



Please follow this link if you are unable to scan the QR code above: [grco.de/bd3LTr](https://grco.de/bd3LTr)

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