

# 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		
<b>MEAT</b>																									
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					●			●					
<b>BUN</b>																									
Bun	77	240	80	9	3.5	0	5	330	39	2	8	7		●		●			●	●				●	
<b>FRIES - COOKED IN 100% PEANUT OIL</b>																									
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													
<b>TOPPINGS</b>																									
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)	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													
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													
<b>MILKSHAKES</b>																									
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				●									
<b>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.)</b>																									
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													
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													
<b>OTHER ITEMS</b>																									
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								●	●			●	

## NUTRITION

## ALLERGENS

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<b>Cheese Curd</b>	100	366	266	28	17	2	99	700	4	0	0	24				●								
<b>Malt Vinegar (1tbs)</b>	15	0	0	0	0	0	0	2	0	0	0	0												●

## INGREDIENT LISTING

MEAT	
<b>Bacon</b>	Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Naturally Smoked.
<b>Hamburger Patty</b>	100% Beef
<b>Hot Dog</b>	Beef, Water, Salt, Spices (Contains Mustard), Sodium Lactate, Paprika, Hydrolyzed Soy Protein, Garlic Powder, Sodium Diacetate, Sodium Erythorbate, Flavour, Sodium Nitrite, Smoke Flavour. <b>Contains: Mustard, Soy</b>
BUN	
<b>Bun</b>	Water, Salt, Sugar, Vegetable Shortening (Contains Soy), Milk, Eggs, Bleached Wheat Flour, Yeast, Sesame Seeds. <b>Contains: Eggs, Milk, Sesame Seeds, Soy, Wheat</b>
FRIES	
<b>Five Guys Style</b>	Potatoes, Refined Peanut Oil, Salt.
<b>Cajun Style (Supplier M)</b>	Potatoes, Refined Peanut Oil, Salt, Cajun Seasoning: Garlic, Spices (Including Paprika, Oregano, Red Pepper), Salt, Onion.
<b>Cajun Style (Supplier R)</b>	Potatoes, Refined Peanut Oil, Salt, Cajun Seasoning: Dehydrated vegetables (garlic, onion, red bell pepper), Salt, Spices, Paprika, Canola oil, Spice extracts.
TOPPINGS	
<b>A.1.® Sauce</b>	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.
<b>BBQ Sauce</b>	Tomato Paste, Glucose-Fructose, Glucose Syrup, Water, Vinegar, Fancy Molasses, Salt, Mustard Bran, Natural Hickory Smoke Flavour, Spices, Onion Powder, Sodium Benzoate, Garlic Powder, Caramel Colour, Sugar and Natural Flavours. <b>Contains: Mustard</b>
<b>Cheese</b>	Cheese (Milk Ingredients, Modified Milk Ingredients, Salt, Bacterial Culture, Microbial Enzyme, Lipase, Calcium Chloride, Colour), Water, Modified Milk Ingredients, Salt, Sodium Citrate, Sodium Phosphates, Sorbic Acid, Colour. Contain Modified Coconut, Palm, And Palm Kernel Oils With Sunflower Lecithin Or Canola Oil To Aid In Slice Separation. <b>Contains: Milk</b>
<b>Green Peppers</b>	Fresh Green Peppers
<b>Grilled Mushrooms</b>	Mushrooms, Water, Cane Sugar, Salt, Bisulfate of Soda, Ascorbic Acid, Sodium Benzoate, Potassium Sorbate.
<b>Hot Sauce</b>	Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Garlic Powder.
<b>Jalapeño Peppers</b>	Fresh Jalapeño Peppers
<b>Ketchup</b>	Tomato Paste (Made from Fresh, Ripe Tomatoes) Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices
<b>Lettuce</b>	Fresh Iceberg Lettuce
<b>Mayonnaise</b>	Soybean Oil, Liquid Egg Yolk, Water, Glucose-Fructose, Vinegar, Salt, Mustard, Calcium Disodium EDTA. <b>Contains: Eggs, Mustard</b>
<b>Mustard</b>	Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavor & Garlic Powder. <b>Contains: Mustard</b>
<b>Onions / Grilled Onions</b>	Fresh Onions
<b>Pickles</b>	Fresh Cucumbers, Water, White Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Spices, Turmeric and Polysorbate 80.
<b>Relish</b>	Cucumbers, Sugar, Vinegar, Salt, Spices, Xanthan Gum, Sodium Benzoate (Preservative), Tartrazine, Potassium Sorbate (Preservative), Polysorbate 80.
<b>Tomatoes</b>	Fresh Tomatoes
MILKSHAKES	
<b>Vanilla Shake Base</b>	Milk Ingredients, Sugar, Modified Milk Ingredients, Natural Flavour, Artificial Flavour, Mono- and diglycerides, Cellulose Gum, Tetrasodium pyrophosphate, Carrageenan. <b>Contains: Milk</b>
<b>Whipped Cream</b>	Cream, Water, Sugar, Skim Milk Powder, Maltodextrin, Cellulose Gel, Mono- And Diglycerides, Natural Flavour, Carrageenan, Cellulose Gum, Nitrous Oxide (Pressure Dispensing Agent). <b>Contains: Milk</b>
MIX-INS	
<b>Bacon</b>	Cured With: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite, Naturally Smoked.
<b>Banana</b>	Bananas, Simple Syrup (Cane Sugar, Water, Glycerin, Sodium Benzoate as a Preservative, Citric Acid), Salt.
<b>Chocolate</b>	Sugars (corn syrup, sugar/glucose-fructose, condensed skim milk [contains lactose]), Water, Cocoa, Modified tapioca starch, Hydrogenated palm kernel oil (contains soy lecithin), Salt, Sodium benzoate, Artificial flavour. <b>Contains: Milk, Soy</b>
<b>Oreo® Cookie Pieces</b>	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 Lecithin, Salt, Chocolate, Natural Flavor. <b>Contains: Soy, Wheat</b>
<b>Peanut Butter</b>	Peanuts, Peanut Oil, Sugar, Contains 2% Or Less Of: Salt, Hydrogenated Vegetable Oil (Rapeseed Oil, Cottonseed Oil, Soybean Oil). <b>Contains: Peanuts</b>
<b>Reese's® Peanut Butter Cup</b>	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. <b>Contains: Milk, Peanuts, Soy. May contain: Tree Nuts, Wheat</b>
<b>Salted Caramel</b>	Corn Syrup, Sugar, Water, Brown Sugar, Modified Milk Ingredient, Canola Oil and Modified Palm and Palm Kernel Oils, Sweetened Condensed Milk (Contains Lactose), Salt, Artificial and Natural Flavour, Disodium Phosphate, Caramel, Pectin, Mono- and Diglycerides, Sodium Benzoate, Potassium Sorbate, Xanthan Gum, Colour. <b>Contains: Milk</b>
<b>Strawberry</b>	Strawberries, Simple Syrup (Cane Sugar, Water, Glycerin, Sodium Benzoate as a Preservative, Citric Acid), Sugar, Salt, Pepper, Lemon Juice.
OTHER ITEMS	
<b>Peanuts</b>	Peanuts, Salt <b>Contains: Peanuts</b>
<b>Poutine Gravy</b>	Modified Corn Starch, Hydrolyzed Vegetable Protein (soy), Wheat Flour (wheat, gluten), Salt, Sugars (sugar, corn syrup solids, maltodextrin), Palm Oil, Corn Starch, Monosodium Glutamate, Dehydrated Vegetables (garlic, onion), Caramel Colour (sulphites), Soy Lecithin (soy), Disodium Inosinate, Disodium Guanylate, Spices, Natural Flavor, Locust Bean & Guar Gum, Guar Gum. <b>Contains: Soy, Sulphites, Wheat</b>
<b>Cheese Curd</b>	Pasteurized Milk, Modified Milk Ingredients, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme. <b>Contains: Milk</b>
<b>Malt Vinegar</b>	Malt Vinegar. Contains 7% Acetic Acid by volume. <b>Contains: Barley (Gluten)</b>
<b>Sea Salt</b>	Sea Salt