

NUTRITIONAL INFORMATION

FOR USE IN FGEI MENA 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	Average portion size (g)	Energy, kJ	Energy, kcal	Total fat, g	of which Saturated, g	Carbohydrates, g	of which Sugars, g	Fibre, g	Protein, g	Salt, g	
MEAT																				
Beef Burger Patty	812	195	14	5.59	0.1	0.1	0.3	18	0.13	67	1212	291	21	8.34	0.1	0.1	0.5	27	0.19	
Hot Dog	793	192	15	6.38	2.1	0.4	0.4	11	1.37	76	1044	252	20	8.4	2.8	0.5	0.5	14	1.8	
BUN																				
Burger Bun	1001	238	7.52	2.57	37.6	6.2	1.4	6.0	0.49	77	1300	309	9.76	3.34	49	8.04	1.82	7.8	0.64	
Hot Dog Bun	908	215	6.72	2.26	34	5.9	1.2	5.3	0.47	70	1298	308	9.61	3.24	49	8.49	1.73	7.61	0.67	
FRIES																				
Little FRIES - COOKED IN PEANUT OIL	2888	694	41	5.63	74	1	6.7	10	1.11	256	1128	271	16	2.2	29	0.4	2.6	4.1	0.43	
Reg FRIES - COOKED IN PEANUT OIL	4670	1122	66	9.11	120	1.7	11	17	1.79	414	1128	271	16	2.2	29	0.4	2.6	4.1	0.43	
Large FRIES - COOKED IN PEANUT OIL	6204	1491	88	12	160	2.2	14	23	2.38	500	1128	271	16	2.2	29	0.4	2.6	4.1	0.43	
Cajun Seasoning	84	20	0.32	0.06	2.9	1.1	0	0.8	1.16	7	1199	287	4.6	0.8	42	15	0	12	16.5	
TOPPING																				
A.1.® Original Steak Sauce	397.1	95	0.2	0	22.0	10.0	1.5	1.3	4.1	17	67.5	16.2	0.0	0.0	3.7	1.7	0.3	0.2	0.7	
BBQ Sauce	86	20	0.08	0.02	4.1	3.9	0.4	0.2	0.35	15	575	136	0.5	0.1	27	26	2.6	1.5	2.3	
Cheese (1 Slice)	266	64	4.94	3.23	1.1	0.8	0.0	3.6	0.78	19	1400	337	26	17	6	4	0	19	4	
Green Peppers	7.1	1.6	0.02	0.01	0.4	0.2	0.1	0.1	0	8	89.2	20	0.2	0.1	4.6	2.4	1.7	0.9	0.01	
Grilled Mushrooms	51	12	0.13	0.03	2	0.4	0.7	1.0	0.23	32	160	38	0.4	0.1	6.4	1.3	2.2	3	0.73	
Hot Sauce	8.6	2.0	0.05	0.01	0.1	0.0	0.1	0.2	0.67	8	107	25	0.6	0.1	1.8	0.3	1.5	2.5	8.4	
Jalapeno Peppers	3.9	0.9	0.03	0.01	0.5	0.3	0.2	0.1	0.02	7	55	13	0.4	0.1	7.0	4.1	2.8	0.9	0.25	
Tomato Ketchup	61	14	0.01	0	3.2	3.2	0	0.2	0.25	14	435	102	0.1	0.0	23.2	23	0	1.2	1.8	
Lettuce	9.2	3	0.02	0	0.3	0	0.2	0.1	0	16	57.5	19	0.14	0.0	1.8	0	1.2	0.9	0.03	
Mayonnaise	466	113	12	1.95	0.3	0.3	0	0.2	0.20	15	3104	754	82	13.0	2.2	2.2	0	1.2	1.3	
Mustard	19	4.5	0.23	0.05	0.3	0.05	0.2	0.3	0.17	6	311	75	3.89	0.8	4.3	0.85	2.68	4.24	2.78	
Onions	33	8	0.08	0	1.8	1	0.5	0.3	0	25	133	32	0.3	0.0	7	3.8	2	1.2	0.01	
Grilled Onions	46	11	0.11	0.04	2.5	1.5	0.8	0.4	0	27	170	40	0.4	0.1	9.3	5.5	3	1.4	0.01	
Pickles	9.2	2.2	0	0	0.4	0.2	0	0	0.48	20	46	11	0	0.0	2.2	1	0	0	2.4	
Relish	65	15	0.04	0.02	3.5	2.9	0.1	0.1	0.14	10	653	154	0.4	0.2	35.1	29	1.2	0.4	1.4	
Tomatoes	26	6.0	0.04	0	1.3	1.3	0.4	0	0	43	61	14	0.1	0.0	3.0	3	1	0.1	0.01	
MILKSHAKES																				
Five Guys Milkshake Base	2879	690	36	23	80	78	0.4	9.2	0.52	401	718	172	9	5.8	20	20	0.1	2.3	0.13	
Whipped Cream	369	88	9.10	6.76	0.8	0.8	0.0	0.6	0.02	26	1418	339	35	26	3	3	0	2.3	0.08	
Banana	679	158	0.96	0.32	37	35	0.5	0.4	0	80	849	198	1.2	0.4	46	44	0.6	0.46	0	
Chocolate	830	201	2.07	1.59	41	31	1.7	2.3	0.01	69	1203	292	3	2.3	60	45	2.4	3.4	0.02	
Coffee	18	4.8	0.07	0.03	0.9	0.0	0.4	0.4	0.01	23	80	21	0.3	0.13	4.1	0.2	1.8	1.79	0.04	
Malted Milk	249	59	0.51	0.29	12	7.1	0.6	1.5	0.21	16	1559	368	3.2	1.8	74	45	3.9	9.3	1.3	
Oreo® Cookie Pieces	503	120	5.0	2.45	17	9.5	0.6	1.3	0.23	25	2010	480	20	9.8	69	38	2.5	5	0.9	
Peanut Butter	1365	312	25.2	4.48	9.5	6.7	3.9	14	0.56	56	2438	558	45	8	17	12	7	25	1	
Salted Caramel	922	218	1.47	0.94	50	36	0.3	0.6	0.64	67	1376	325	2.2	1.4	75	53	0.5	0.9	0.95	
Strawberry	402	94	0.16	0.08	23.2	23.2	0.7	0.3	0.02	80	503	118	0.2	0.1	29	29	0.9	0.43	0.03	
Vanilla Syrup	522	125	0	0	31	31	0	0	0.01	36	1411	338	0	0	84.5	83.9	0	0	0.03	
OTHER ITEMS																				
Bulk Peanuts without shell											2462	594	43	7	25	<1	11	25	1.86	
DRINKS - Please Ask to Check the Bottle Label or Ask a Manager																				

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.

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