

ALLERGEN GUIDE - UK LOCATIONS ONLY

CONTAINS AN ALLERGEN.

1. Not suitable for this allergen sufferer due to manufacturing and preparation methods
2. Due to cooking methods used not suitable for allergy sufferers during Breakfast operation hours.

	Nuts or nut derivatives
	Peanut or peanut derivatives
	Sesame seeds or sesame derivatives
	Milk or milk derivatives
	Egg or egg derivatives
	Lupin or lupin derivatives
	Soya or soya derivatives
	Cereals containing gluten or derivatives
	Fish or fish derivatives
	Crustaceans or crustacean derivatives
	Celery or celery derivatives
	Molluscs or mollusc derivatives
	Sulphur dioxide and sulphites
	Mustard or mustard derivatives

MEAT													
Bacon**													
Beef Burger Patty				1	2		1						
Hot Dog			1	2			•						
BUN													
Burger Bun	1		•	•	•		•	•			1		1
Hot Dog Bun	1		1	•	•		•	•			1		1
FRIES COOKED IN PEANUT OIL													
Fries		•									1		
Cajun seasoning											•		
Loaded fries*		•		•	•						•		•
Loaded Cajun fries*		•		•	•						•		•
TOPPINGS													
BBQ Sauce								1					•
Cheese (pasteurised)				•			1						
Green Peppers (including diced)	1		1	1	1		1	1			1		1
Grilled Mushrooms	1		1	1	1		1	1			1		1
Hot Sauce								1					1
HP Brown Sauce								•					1
Jalapeño Peppers (including diced)	1		1	1	1		1	1					1
Tomato Ketchup											•		
Lettuce	1		1	1	1		1	1					1
Mayonnaise	1		1	1	•		1	1					•
Mustard													•
Fresh Onions	1		1	1	1		1	1					1
Grilled Onions	1		1	1	1		1	1			1		1
Pickles	1		1	1	1		1	1					1
Relish	1		1	1	1		1	1			1		1
Tomatoes (including diced)	1		1	1	1		1	1					1
Crispy Onions													
Grilled Toppings	1		1	1	1		1	1			1		1
MILKSHAKES + (MIX-INS)													
Five Guys Milkshake Base	1	1	1	•			1	1					
Whipped Cream	1	1	1	•			1	1					
Flake	1	1	1	•			1	1					
Banana	1	1	1	•			1	1					
Chocolate	1	1	1	•			•	1					
Lotus Biscoff®	1	1	1	•			•	•					
Oreo® Cookie Pieces	1	1	1	•			•	•					
Jimmy's Iced Coffee	1	1	1	•			1	1					
Pistachio***	•	1	1	•			1	1					
Reese's Peanut Butter Cups***	1	•	1	•			•	1					
Peanut Butter***	1	•	1	•			1	1					
Salted Caramel	1	1	1	•			1	1					
Strawberry	1	1	1	•			1	1					

MOVE ADDITIONAL ALLERGY INFORMATION TO THE NEXT PAGE.

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Nuts or nut derivatives	Peanut or peanut derivatives	Sesame seeds or sesame derivatives	Milk or milk derivatives	Egg or egg derivatives	Lupin or lupin derivatives	Soya or soya derivatives	Cereals containing gluten or derivatives	Fish or fish derivatives	Crustaceans or crustacean derivatives	Celery or celery derivatives	Molluscs or mollusc derivatives	Sulphur dioxide and sulphites	Mustard or mustard derivatives

OTHER ITEMS														
Veggie Sandwich	1		●	●	●		●	●				1		1
Cheese Veggie Sandwich	1		●	●	●		●	●				1		1
Grilled Cheese	1		●	●	●		●	●						●
BLT **	1		●	●	●		●	●						●
Lettuce Wrap Patty, Tomatoes, Pickles, Grilled Onions, Green Peppers, Grilled Mushrooms	1		1	1	1		1	1				1		1
Bulk Peanuts Without Shell ***		●												
Egg*				●	●		1							

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INGREDIENT LISTING - GUIDE FOR USE IN UK LOCATIONS ONLY (for allergens see ingredients in BOLD)

MEAT	
Bacon**	Pork Belly (96%), Acidity Regulator: Sodium Lactate, Salt, Sugar, Stabiliser: Triphosphates, Antioxidant: Sodium Izoascorbate, Bacterial Cultures, Preservative: Sodium Nitrite.
Beef Burger Patty	Ground Beef.
Hot Dog	Beef, Water, Salt, Spices, Spice extracts, stabilisers: Disodium Dihydrogen Diphosphate, Sodium Acetate; Glucose syrup, Dextrose, Seasoning, antioxidant: Ascorbic acid, preservative: Sodium Nitrate, SOYA protein, Beech wood smoke.
BUN	
Burger Bun	WHEAT flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Vegetable Fat (Palm, Rapeseed), SESAME SEEDS, Whole MILK powder , Yeast, Liquid pasteurised whole EGG , Salt, SOYA flour, Spirit Vinegar, Acidity regulator (E170), Emulsifiers (E471, E472(e), E481), WHEAT GLUTEN , Flour treatment agent (E300).
Hot Dog Bun	WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Vegetable fat (Palm oil, Rapeseed oil), Whole MILK powder , Yeast, Liquid pasteurised EGG , Salt, SOYA flour, Spirit Vinegar, WHEAT GLUTEN , Acidity regulator (E170), Emulsifiers (E471, E472(e), E481), Flour treatment agent E300.
FRIES	
Five Guys Style	Potatoes, PEANUT oil, Salt.
Cajun Seasoning	Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, CELERY seeds, Rapeseed oil.
Loaded Fries* - (Fries with Cheese Sauce, Fry Sauce)	Fries: Potatoes, PEANUT oil, Salt. Cheese Sauce : Water, Cheddar Cheese (10%) (MILK), Modified Starch, Skimmed MILK Powder, Vegetable Oil (Palm), Cheese Powder (3%) (MILK), Vegetable Stock Powder [Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Dried Tomato, Dried Herb, Sunflower Oil], Salt, Acidity Regulator (Trisodium citrate), Flavouring (MILK), Stabiliser (Xanthan gum), Emulsifier (Lecithin), Colours (Paprika extract, Beta-Carotene). Five Guys Fry Sauce : Mayonnaise (Rapeseed oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, Water, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice), Tomato Ketchup (Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (CELERY), Spice), Pickle Juice (Sugar, Spirit Vinegar, Water, Salt, Flavourings, stabiliser: Xanthan Gum), Cajun Seasoning (Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, CELERY seeds, Rapeseed oil).
Loaded Cajun Fries* - (Cajun Fries with Cheese Sauce, Fry Sauce)	Fries: Potatoes, PEANUT oil, Salt. Cheese Sauce : Water, Cheddar Cheese (10%) (MILK), Modified Starch, Skimmed MILK Powder, Vegetable Oil (Palm), Cheese Powder (3%) (MILK), Vegetable Stock Powder [Salt, Yeast Extract, Maltodextrin, Sugar, Dried Onion, Dried Carrot, Dried Tomato, Dried Herb, Sunflower Oil], Salt, Acidity Regulator (Trisodium citrate), Flavouring (MILK), Stabiliser (Xanthan gum), Emulsifier (Lecithin), Colours (Paprika extract, Beta-Carotene). Five Guys Fry Sauce : Mayonnaise (Rapeseed oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, Water, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice), Tomato Ketchup (Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (CELERY), Spice), Pickle Juice (Sugar, Spirit Vinegar, Water, Salt, Flavourings, stabiliser: Xanthan Gum), Cajun Seasoning (Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, CELERY seeds, Rapeseed oil). Cajun Seasoning : Garlic, Salt, Onion, Paprika, Oregano, White pepper, Cayenne pepper, CELERY seeds, Rapeseed oil.
TOPPINGS	
BBQ Sauce	Water, Sugar, Tomato Paste (Tomato Paste, Acidity Regulator: Citric Acid), Spirit Vinegar, Cane Molasses, Salt, MUSTARD Bran, Modified Maize Starch, Spices, Smoked Maltodextrin, Preservative (Potassium Sorbate), Caramelised Sugar Syrup.
Cheese (pasteurised)	Cheddar Cheese (MILK), Water, Butter (MILK), Cheese (MILK), MILK Proteins, Whey powder (MILK), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring (MILK), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent: Lecithin.
Green Peppers (including diced)	Green Peppers.
Grilled Mushrooms	Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid.
Hot Sauce	Cayenne Red Peppers, Distilled Vinegar, Water, Salt, Garlic powder.
HP Brown Sauce	Tomatoes, Malt vinegar (GLUTEN), Molasses, Glucose-fructose syrup, Spirit vinegar, Sugar, Dates, Corn flour, Rye flour (GLUTEN), Salt, Spices, Flavourings, Tamarind.
Jalapeño Peppers (including diced)	Jalapeño Peppers.
Tomato Ketchup	Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (CELERY), Spice.
Lettuce	Lettuce
Mayonnaise	Rapeseed oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, Water, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice.
Mustard	Spirit Vinegar, Water, MUSTARD Seed, Salt, Turmeric, Paprika, Spice, Flavouring, Garlic Powder.
Fresh Onions	Onions.
Pickles	Gherkins, Water, Spirit Vinegar, Salt, Firming Agent: Calcium Chloride, Acid: Lactic Acid, Natural Dill Flavouring.
Relish	Gherkin, Sugar, Spirit Vinegar, Water, Salt, Flavourings, stabiliser: Xanthan Gum.
Tomatoes (including diced)	Tomatoes
Crispy Fried Onions	Onions, Palm Oil, Buckwheat Flour, Rice Starch, Salt
MILKSHAKES	
Five Guys Milkshake Base	Reconstituted Skimmed Milk (MILK), Cream (MILK), Sugar, Water, Dextrose, Milk Solids (MILK), Emulsifiers: Mono and diglycerides of fatty acids, Propyleneglycol esters of fatty acids, stabilisers (Carrageenan, Cellulose Gum, Guar Gum), Natural Flavouring.
Whipped Cream	Cream (MILK); propellants: N2O, N2; emulsifier: Mono- and diglycerides of fatty acids; stabiliser: carrageenan.
Flake	MILK , sugar, cocoa butter, cocoa mass, whey powder (from MILK), vegetable fats (palm, shea), emulsifier (E442, E476), flavourings.
MILKSHAKE MIX-INS	
Banana	Bananas, Sugar, Water, Salt, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid).
Chocolate	Glucose syrup, Sugar, Water, Humectant (Glycerol), Chocolate (Cocoa Mass, Sugar, Dextrose, Emulsifier (SOYA Lecithins)), Fat reduced Cocoa Powder, Cocoa Extract, Preservative (Potassium Sorbate), Emulsifier (SOYA Lecithins), Natural flavourings, Colour (Plain Caramel).
Lotus Biscoff®	WHEAT flour, sugar, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon.
OREO® Cookie	WHEAT Flour (GLUTEN), Sugar, Vegetable Oil (Palm oil), Fat Reduced Cocoa Powder, WHEAT Starch (GLUTEN), Glucose-Fructose syrup, Raising Agents (Potassium Hydrogen Carbonate, Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate), Salt, Emulsifiers: SOYA Lecithin, Sunflower Lecithin, Flavouring: Vanillin.
Jimmy's Iced Coffee	Arabica Coffee Concentrate (Water, Arabica Coffee Concentrate).
Pistachio***	PISTACHIO (NUTS)
Reese's Peanut Butter Cups***	Sugar*, PEANUTS , Cocoa Butter, Cocoa Mass, Dextrose*, Skimmed MILK Powder, MILK Fat, Lactose (MILK), Salt, Emulsifiers (SOYA Lecithin*, E476), Antioxidant (E319), Acidity Regulator (E330). *Produced from genetically modified corn, sugar beets and soy beans.
Peanut Butter***	PEANUTS, PEANUT Oil, Sugar, Salt.
Salted Caramel	Glucose Syrup, Sugar, Water, Double Cream (MILK), Skimmed MILK powder, Salt, Acidity Regulator (Sodium Phosphates), Thickener (Pectins), Natural Flavouring.
Strawberry	Strawberries, Sugar, Water, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid), Pepper, Salt.

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Adults need around 2000 kcal a day

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OTHER ITEMS

Veggie Sandwich	<u>Bun</u> : WHEAT flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Vegetable Fat (Palm, Rapeseed), SESAME SEEDS , Whole MILK powder , Yeast, Liquid pasteurised whole EGG , Salt, SOYA flour, Spirit Vinegar, Acidity regulator (E170), Emulsifiers (E471, E472(e), E481), WHEAT GLUTEN , Flour treatment agent (E300). <u>Toppings</u> : Tomato, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Lettuce, Green Peppers.
Cheese Veggie Sandwich	<u>Bun</u> : WHEAT flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Vegetable Fat (Palm, Rapeseed), SESAME SEEDS , Whole MILK powder , Yeast, Liquid pasteurised whole EGG , Salt, SOYA flour, Spirit Vinegar, Acidity regulator (E170), Emulsifiers (E471, E472(e), E481), WHEAT GLUTEN , Flour treatment agent (E300). <u>Toppings</u> : Tomato, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Lettuce, Green Peppers. <u>Cheese</u> : Cheddar Cheese (MILK), Water, Butter (MILK), Cheese (MILK), MILK Proteins, Whey powder (MILK), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring (MILK), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent: Lecithin.
Grilled Cheese	<u>Bun</u> : WHEAT flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Vegetable Fat (Palm, Rapeseed), SESAME SEEDS , Whole MILK powder , Yeast, Liquid pasteurised whole EGG , Salt, SOYA flour, Spirit Vinegar, Acidity regulator (E170), Emulsifiers (E471, E472(e), E481), WHEAT GLUTEN , Flour treatment agent (E300). <u>Cheese</u> : Cheddar Cheese (MILK), Water, Butter (MILK), Cheese (MILK), MILK Proteins, Whey powder (MILK), Emulsifying Salt (Trisodium Citrate), Natural Cheese flavouring (MILK), Salt, acidity regulator: Lactic acid, preservative: Sorbic acid, Colours: Beta-carotene, Paprika extract, anticaking agent. <u>Mayonnaise</u> : Rapeseed oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice.
BLT (Bacon, Lettuce and Tomato) **	<u>Bun</u> : WHEAT flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Vegetable Fat (Palm, Rapeseed), SESAME SEEDS , Whole MILK powder , Yeast, Liquid pasteurised whole EGG , Salt, SOYA flour, Spirit Vinegar, Acidity regulator (E170), Emulsifiers (E471, E472(e), E481), WHEAT GLUTEN , Flour treatment agent (E300). <u>Toppings</u> : Tomato, Lettuce, <u>Bacon</u> : Pork Belly (96%), Acidity Regulator: Sodium Lactate, Salt, Sugar, Stabiliser: Triphosphates, Antioxidant: Sodium Isoascorbate, Bacterial Cultures, Preservative: Sodium Nitrite. <u>Mayonnaise</u> : Rapeseed oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice.
Lettuce Wrap	Ground Beef, Lettuce, Tomatoes, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Pickles (Gherkins, Water, Spirit Vinegar, Salt, Firming Agent: Calcium Chloride, Acid: Lactic Acid, Natural Dill Flavouring), <u>Green Peppers</u> .
Bulk Peanuts***	PEANUTS , Salt.
Egg*	EGG , Butter Alternative: Vegetable Oil (Rapeseed/Palm Oil), Salt, Emulsifier (Lecithin), Flavouring (MILK), Colour (Beta Carotene)

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NUTRITION GUIDE - UK LOCATIONS ONLY

TYPICAL VALUES PER SERVING

TYPICAL VALUES PER 100G

	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
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 COOKED IN PEANUT OIL																		
Mini Fries	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	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	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	6283	1509	89	12	162	2.2	14	23	2.4	1128	271	16	2.2	29	0	2.6	4.1	0.43
LOADED FRIES COOKED IN PEANUT OIL																		
Loaded fries*	3135	751	41	8.9	77	4.3	8.9	14	3.97	947	227	12.3	2.7	23.3	1.3	2.7	4	1.2
Loaded Cajun fries*	3227	771	42	9.1	79	4	9	15	3.81	975	233	12.7	2.76	23.9	1.2	2.8	4	1.15
Diced Green Peppers	15	3	0	0	0.8	0.4	0.3	0.2	0	89	20	0	0	4.6	2.4	1.7	0.9	0
Fresh Onions	33	8	0	0	1.1	0.6	0.3	0.2	0	133	32	0	0	7	3.8	2	1.2	0
Diced Jalapeño Peppers	5	1	0	0	0.6	0.4	1.0	0.1	0.02	55	13	0	0	7	4.1	2.8	0.9	0.25
Diced Tomatoes	11	3	0	0	0.5	0.5	0	0	0	61	14	0	0	3	3	1	0	0
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
Jalapeño Peppers	4	1	0	0	0	0	0	0	0.02	55	13	0	0	7	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
Fresh 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	3	1	0	0
Crispy Fried Onions	196	47	3.5	1.7	3.2	0.7	0.4	0.5	0.1	2450	590	44	21	40	9	5	6	1.2
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
Flake	180	43	18	1.4	4.8	4.7	0.2	0.6	1.0	2184	522	28	17	58	57	2.8	7.2	0.26
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
Jimmy's Iced Coffee	34	8	0	0	1.6	0.2	0	0.4	0.0	111	27	0	0	5	1	0	1.2	0.02
Pistachio***	803	194	17	2.1	2.1	1.5	2.1	7.8	0	2676	647	55	7	7	5	7.1	26	0
Reese's Peanut Butter Cups ***	722	173	8.9	3.2	20	19	1.1	3.1	0.24	2187	523	27	9.7	61	57	3.4	9.5	0.74
Peanut Butter***	1186	286	23	3.5	6.4	3.0	1.7	12	0.74	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

MOVE ADDITIONAL INFORMATION TO THE NEXT PAGE.

NUTRITION GUIDE - UK LOCATIONS ONLY

TYPICAL VALUES PER SERVING

TYPICAL VALUES PER 100G

	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	
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	
Lettuce Wrap Patty, Tomatoes, Pickles, Grilled Onions, Green Peppers, Grilled Mushrooms	1030	246	14	6	5	3.7	1.8	24	0.76	393	94	5.4	2.3	1.9	1.4	0.7	9.1	0.29	
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	
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	
LITTLE MILKSHAKES + (MIX-INS) - 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	
Flake	180	43	18	1.4	4.8	4.7	0.2	0.6	1.0	2184	522	28	17	58	57	2.8	7.2	0.26	
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	
Jimmy's Iced Coffee	17	4	0	0	0.8	0.1	0	0.2	0.0	111	27	0	0	5	1	0	1.2	0.02	
Pistachio***	401	97	8.3	1.1	1.1	0.8	1.1	3.9	0.0	2676	647	55	7	7	5	7.1	26	0	
Reese's Peanut Butter Cups***	361	86	4.5	1.6	10	9.4	0.6	1.6	0.12	2187	523	27	9.7	61	57	3.4	9.5	0.74	
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	

*Products available at participating locations only | **Products available in NON-Halal stores | *** Products are not available in Heathrow Airport location.

Adults need around 2000 kcal a day

We have systems in place to identify the 14 legal allergens in our food. Staff receive training regarding allergens and the preparation of meals for people with allergies. However, due to nature of our ingredients, preparation and cooking methods THERE IS ALWAYS A RISK OF CROSS CONTAMINATION. Customers concerned with any food allergies/intolerances and sensitivities are advised that we cannot guarantee the absence of allergens in our food.

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FOOD SAFETY FEEDBACK

Thank you for taking the time to raise your concerns with us today. In order to investigate your feedback thoroughly, we need a few more details regarding your visit.

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: qrco.de/bd3LTr