

# Nutrition Information

# FIVE GUYS®

## BURGERS and FRIES

	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)
<b>BURGERS</b>												
Hamburger	265	700	400	43	19.5	0	125	430	39	2	8	39
Cheeseburger	303	840	500	55	26.5	0	165	1050	40	2	9	47
Bacon Burger	279	780	460	50	22.5	0	140	690	39	2	8	43
Bacon Cheeseburger	317	920	560	62	29.5	0	180	1310	40	2	9	51
<b>LITTLE BURGERS</b>												
Little Hamburger	171	480	240	26	11.5	0	65	380	39	2	8	23
Little Cheeseburger	190	550	290	32	15	0	85	690	39.5	2	8.5	27
Little Bacon Burger	185	560	300	33	14.5	0	80	640	39	2	8	27
Little Bacon Cheeseburger	204	630	350	39	18	0	100	950	39.5	2	8.5	31
<b>DOGS</b>												
Hot Dog	167	545	315	35	15.5	0	61	1130	40	2	8	18
Cheese Dog	186	615	365	41	19	0	81	1440	40.5	2	8.5	22
Bacon Dog	181	625	375	42	18.5	0	76	1390	40	2	8	22
Bacon Cheese Dog	200	695	425	48	22	0	96	1700	40.5	2	8.5	26
<b>SANDWICHES</b>												
Veggie	209	440	140	15	6	0	25	1040	60	2	14	16
Cheese Veggie	228	510	190	21	9.5	0	45	1350	60.7	2	14.4	20
Grilled Cheese	110	470	230	26	9	0	35	715	41	2.5	10	11
BLT	201	533	300	34	11.5	0	45	931	42	2.6	9.6	15.5
<b>FRIES</b>												
Little	227	526	204	23	4	0	0	531	72	8	2	8
Regular	411	953	370	41	7	0	0	962	131	15	4	15
Large	567	1314	511	57	10	0	0	1327	181	21	6	20
<b>TOPPINGS</b>												
Mushrooms	21	5	0	0	0	0	0	55	1	0	1	0
Green Peppers	25	5	0	0	0	0	0	1	1	<1	<1	0
Onions	26	10	0	0	0	0	0	1	2	<1	1	0
Jalapenos	11	3	0	0	0	0	0	0	<1	0	0	0
Lettuce	30	4	0	0	0	0	0	3	1	<1	<1	0
Tomatoes	52	9	0	0	0	0	0	3	2	<1	1	<1
Mayonnaise	14	100	100	11	1.5	0	10	70	0	0	0	0
Ketchup	17 (1 tbsp.)	20	0	0	0	0	0	160	5	0	4	0
A.1. Original Steak Sauce	17 (1 tbsp.)	15	0	0	0	0	0	280	3	0	2	0
BBQ Sauce	28 (2 tbsp.)	60	0	0	0	0	0	400	15	<1	10	<1
Mustard	5 (1 tsp.)	0	0	0	0	0	0	55	0	0	0	0
Hot Sauce	5 (1 tsp.)	0	0	0	0	0	0	200	0	0	0	0
Relish	15	15	0	0	0	0	0	85	4	0	3	0
Pickles	28g (approx. 6 chips)	5	0	0	0	0	0	260	1	0	0	0

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.

UPDATED JANUARY 2013

# BUNLESS OPTIONS

	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)
<b>BUNLESS BURGERS</b>												
Hamburger	188	440	320	34	16	0	120	100	0	0	0	32
Cheeseburger	226	580	420	46	23	0	160	720	1	0	1	40
Bacon Burger	202	520	380	41	19	0	135	360	0	0	0	36
Bacon Cheeseburger	240	660	480	53	26	0	175	980	1	0	1	44
<b>BUNLESS LITTLE BURGERS</b>												
Little Hamburger	94	220	160	17	8	0	60	50	0	0	0	16
Little Cheeseburger	113	290	210	23	11.5	0	80	360	<1	0	0.5	20
Little Bacon Burger	108	300	220	24	11	0	75	310	0	0	0	20
Little Bacon Cheeseburger	127	370	270	30	14.5	0	95	620	<1	0	0.5	24
<b>BUNLESS DOGS</b>												
Hot Dog	90	285	235	26	12	0	56	800	1	0	0	11
Cheese Dog	109	355	285	32	15.5	0	76	1110	1.5	0	0.5	15
Bacon Dog	104	365	295	33	15	0	71	1060	1	0	0	15
Bacon Cheese Dog	123	435	345	39	18.5	0	91	1370	1.5	0	0.5	19

# ADDITIONAL ITEMS

	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)
Burger Patty	94	220	160	17	8	0	60	50	0	0	0	16
Hot Dog	90	285	235	26	12	0	56	800	1	0	0	11
Cheese*** (1 slice)	19	70	50	6	3.5	0	20	310	<1	0	<1	4
Bacon (2 pieces)	14	80	60	7	3	0	15	260	0	0	0	4
Bun	77	260	80	9	3.5	0	5	330	39	2	8	7

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\*\*\* This information is subject to change without notification

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