

ALLERGEN GUIDE
FOR USE IN
NORTHERN
IRELAND
LOCATIONS ONLY

MEAT

	NUTS	PEANUTS	SESAME SEEDS	MILK	EGG	LUPIN	SOYA	CEREALS CONTAINING GLUTEN	FISH	CRUSTACEANS	CELERY	MOLLUSCS	SULPHUR DIOXIDE AND SULPHITES	MUSTARD
Bacon				1			1							
Beet Burger Patty				1			1							
Hot Dog				1			✓							

BUN

Burger Bun	✓	✓	✓		✓	✓								
Hot Dog Bun	1	✓	✓		✓	✓								

FRIES

Fries - COOKED IN PEANUT OIL		✓							1					
Cajun Seasoning											✓			

TOPPINGS

BBQ Sauce												✓		
Cheese			✓			1								
Green Peppers														
Grilled Mushrooms	1	1	1		1	1			1				1	
Hot Sauce									✓				1	
HP Brown Sauce									✓				1	
Jalapeño Peppers														
Tomato Ketchup											✓			
Lettuce														
Mayonnaise	1	1	✓		1	1							✓	
Mustard												✓		
Onions														
Grilled Onions	1	1	1		1	1			1				1	
Pickles														
Relish	1	1	1		1	1			1				1	
Tomatoes														

MILKSHAKES

Five Guys Milkshake Base	1	1	1	✓			1	1						
Whipped Cream	1	1	1	✓			1	1						
Banana	1	1	1	✓			1	1						
Strawberry	1	1	1	✓			1	1						
Chocolate	1	1	1	✓			✓	1						
Peanut Butter	1	✓	1	✓			1	1						
Salted Caramel	1	1	1	✓			1	1						
Oreo® Cookie Pieces	1	1	1	✓			✓	✓						
Lotus Biscoff® Cookie Crumble	1	1	1	✓			✓	✓						
Mango	1	1	1	✓			1	1						
Cinnamon Bun	1	1	1	✓			✓	✓						

OTHER ITEMS

Veggie Sandwich			✓	✓	✓		✓	✓		1			1	
Cheese Veggie Sandwich			✓	✓	✓		✓	✓		1			1	
Grilled Cheese			✓	✓	✓		✓	✓						
BLT			✓	✓	✓		✓	✓						
Bulk Peanuts without shell		✓												
Malt Vinegar								✓						

DRINKS (FREESTYLE AND BOTTLED) - Please Ask to Check the Freestyle Machine Screen and/or the Bottle Label

✓ Contains this allergen.

1 Not suitable for allergy sufferers due to manufacturing, preparation, and cooking methods.

Oreo® is a registered trademark of Mondelēz International Group, used with permission.

Five Guys Holdings, Inc. 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 International 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

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	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		Typical values per serving										Typical values per 100g									
Bacon (2 pieces)	315	76	5.46	2.10	0.6	0.1	0.1	6.2	0.64	14	2252	542	39	15	4	0.5	0.5	44	4.6		
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 - COOKED IN PEANUT OIL																					
Little FRIES	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	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	6204	1491	88	12	160	2.2	14	23	2.38	550	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		
TOPPINGS																					
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	0.76	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		
HP Brown Sauce	52	10	0.01	0.01	2.8	2.3	0	0.1	0.13	10	517	102	0.1	0.1	28.3	23	0	0.9	1.3		
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	11	3	0	0	0	0	0	0	0.46	20	49	12	0	0	1	1	1.1	0.6	2.0		
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 (MIX-INS) - amount of individual mix-ins may vary depending upon number of mix-ins included in shake																					
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		
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		
Chocolate	769	184	2.8	2.1	41.4	30.4	3.3	2.6	0.5	69	1115	266	4	3.1	60	44	4.8	3.8	0.7		
Peanut Butter	1444	348	28	4.3	7.8	3.7	2.0	15.1	0.9	56	2579	622	50	7.6	14	6.6	3.6	27	1.6		
Salted Caramel	869	208	0.5	0.3	50.3	38.2	0.1	0.7	0.6	67	1297	310	0.7	0.4	75	57	0.2	1	0.95		
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		
Lotus Biscoff® Cookie Crumbles	610	145	5.70	2.40	22	11	0.4	1.5	0.06	30	1297	310	0.7	0.4	75	57	0.2	1	0.95		
Popcorn - Sweet and Salted Popcorn Pieces in Popcorn Flavoured Syrup	467	110	0.6	0	26	24	2.0	0.8	0	41	1140	269	1.5	0	64	59	3.9	1.8	0.03		
Mango	15.7	3.7	<0.1	0	0.92	0.84	<0.1	<0.1	0	30	471.1	111	0.1	0	27.7	25.3	1	0.3	0		
Pistachio	133.8	32.35	2.75	0.33	0.37	0.23	0.36	1.3	0	20	2676	647	55	6.5	7.4	4.6	7.1	26	0		
Cinnamon Bun	598	142	3.2	1.5	27	20	0.3	0.9	0.15	30	1441	341	7.7	3.5	65	48	0.8	2.3	0.37		
OTHER ITEMS																					
Veggie Sandwich	1381	330	7.4	2.4	52	13	5.4	10	1.2		540	129	2.9	1	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	30	5	2	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	23	4.4	1.8	11	1.3		
Bulk Peanuts without shell											2462	594	43	7	25	3.3	11	25	1.86		
DRINKS (FREESTYLE AND BOTTLED) - Please Ask to Check the Freestyle Machine Screen and/or the Bottle Label																					

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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Lotus Biscoff® is a trademark of Lotus Bakeries, used with permission.

INGREDIENTS GUIDE FOR USE IN NORTHERN IRELAND LOCATIONS ONLY

MEAT

Bacon	Pork, acidity regulator: Sodium Lactate, Salt, Sugar, stabilisers: Triphosphates, antioxidant: Sodium Izoascorbate, 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, SOY protein, Beech wood smoke

BUN

Burger Bun	Our bread is a proprietary recipe. The primary ingredients are: WHEAT flour, Water, Sugar, Vegetable fats, MILK , Dry yeast, EGGS , SESAME seeds, Salt, SOYA flour, acidity regulator: Calcium Carbonate, Spirit vinegar
Hot Dog Bun	Our bread is a proprietary recipe. The primary ingredients are: WHEAT flour, Water, Sugar, Vegetable fats, MILK , Dry yeast, EGGS , Salt, SOYA flour, acidity regulator: Calcium Carbonate, Spirit vinegar. May contain SESAME seeds

FRIES

Fries - Cooked in PEANUT Oil	Potatoes, PEANUT oil, Salt
Cajun Seasoning	Garlic, Salt, Onion, Paprika, Oregano, White Pepper, Cayenne Pepper, CELERY Seeds, Rapeseed Oil

TOPPINGS

BBQ Sauce	Distilled Vinegar, Sugar, Tomato Paste, Water, Molasses, Salt, MUSTARD Bran, Tamarind Extract, Smoke Flavoring, Preservative: Sodium Benzoate, Spices, Garlic Powder, Onion Powder
Cheese	Cheddar cheese (MILK), Water, Butter (MILK), Cheese (MILK), MILK Protein, Whey Powder (MILK), Emulsifying Salt (Trisodium Citrate), Natural Cheese Flavour (MILK), Salt, Acid Regulator (Lactic Acid) Preservative (Sorbic Acid), Colours (Beta-carotene, Paprika Extract), Anticaking Agent (Sunflower Lecithin)
Green Peppers	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 (BARLEY), Molasses, Glucose-fructose syrup, Spirit vinegar, Sugar, Dates, Corn flour, RYE flour, Salt, Spices, Flavourings, Tamarind
Jalapeño Peppers	Jalapeno Peppers
Tomato Ketchup	Tomatoes, Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (CELERY)
Lettuce	Lettuce
Mayonnaise	Rapeseed Oil, EGG yolk, Spirit Vinegar, Sugar, Apple Cider Vinegar, Salt, Ground MUSTARD Seeds, Antioxidant (Calcium Disodium EDTA), Spice
Mustard	Spirit Vinegar, Water, MUSTARD Seed, Salt, Turmeric, Paprika, Spice, Flavoring, Garlic Powder
Onions	Onions
Pickles	Gherkins, Water, Spirit Vinegar, Salt, Firming Agent: Calcium Chloride, Acid: Lactic Acid, Preservative: Sodium Benzoate, Natural Dill Flavouring, Colour: Riboflavin
Relish	Gherkin, Sugar, Spirit Vinegar, Water, Salt, Flavorings, stabiliser: Xanthan Gum
Tomatoes	Tomatoes

MILKSHAKES

Five Guys Milkshake Base	Reconstituted Skimmed MILK , Cream (MILK), Sugar, Water, Dextrose, MILK Solids, Emulsifiers: Mono and diglycerides of fatty acids, Propyleneglycol esters of fatty acids, stabilisers: Carrageenan, Guar Gum, Cellulose Gum, Natural Flavoring
Whipped Cream	Cream (MILK): propellants: N2O, N2; emulsifier: Mono-and Diglycerides; stabiliser: Carrageenan
Banana	Bananas, Salt, Sugar, Water, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid)
Strawberry	Strawberry, Sugar, Pepper, Salt, Sugar, Water, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid)
Chocolate	Glucose Syrup, Sugar, Water, Humectant (Glycerol), Chocolate (7%) (Cocoa Mass, Sugar, Dextrose, Emulsifier (SOYA Lecithins)), Fat Reduced Cocoa Powder, Cocoa Extract, Preservative (Potassium Sorbate), Emulsifier (SOYA Lecithins), Natural flavourings, Colour (Plain Caramel)
Peanut Butter	Roasted PEANUTS , PEANUT Oil, Sugar, Sea Salt
Salted Caramel	Glucose Syrup, Sugar, Water, Double Cream (MILK), Skimmed MILK Powder, Sea Salt, Acidity Regulator (Disodium Phosphate), Thickener (Pectin), Natural Flavouring
Oreo® Cookie Pieces	WHEAT Flour, Sugar, Palm oil, Fat Reduced Cocoa Powder, WHEAT Starch Glucose-Fructose syrup, Raising Agents: Potassium Hydrogen Carbonate, Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate, Salt, Emulsifiers: SOYA Lecithin, Sunflower Lecithin, Flavoring: Vanillin
Lotus Biscoff® Cookie Crumbles	WHEAT flour, sugar, vegetable oils (palm, rapeseed), candy sugar syrup, raising agent (sodium hydrogen carbonate), salt, cinnamon
Mango	Mango Puree (50%), Water, Sugar, Acidity Regulators (Citric Acid, Ascorbic Acid), Natural Flavourings
Cinnamon Bun	Cinnamon Flavoured Sauce: Sugar, Water, Sweetened Condensed skinned MILK (MILK , Sugar), Glucose Syrup, Butter (MILK), Natural Flavouring, Cornflour, Burnt Sugar, Ground Cinnamon, Acidity Regulator, Lactid Acid, Salt, Preservative: Potassium Sorbate (E202) Lotus Biscoff: WHEAT flour, vegetable oils (palm oil from sustainable and certified plantations, rapeseed oil), Candy sugar syrup, raising agent (sodium hydrogen carbonate), SOYA flour, salt, cinnamon.

OTHER ITEMS

Veggie Sandwich	Bun: WHEAT flour (GLUTEN), Water, Sugar, Vegetable fats, MILK , Dry yeast, EGGS , GLUTEN , SESAME seeds, Salt, SOYA flour acidity regulator Calcium Carbonate, Spirit vinegar. Toppings: Tomato, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Lettuce, Green Peppers.
Cheese Veggie Sandwich	Bun: WHEAT flour (GLUTEN), Water, Sugar, Vegetable fats, MILK , Dry yeast, EGGS , GLUTEN , SESAME seeds, Salt, SOYA flour acidity regulator Calcium Carbonate, Spirit vinegar. Toppings: Tomato, Grilled Onions, Grilled Mushrooms (Mushrooms, Water, Sugar, Salt, acidity regulators: Citric acid, Ascorbic acid), Lettuce, Green Peppers. Cheese: 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	Bun: WHEAT flour (GLUTEN), Water, Sugar, Vegetable fats, MILK , Dry yeast, EGGS , GLUTEN , SESAME seeds, Salt, SOYA flour acidity regulator Calcium Carbonate, Spirit vinegar. Cheese: 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.
BLT	Bun: WHEAT flour (GLUTEN), Water, Sugar, Vegetable fats, MILK , Dry yeast, EGGS , GLUTEN , SESAME seeds, Salt, SOYA flour acidity regulator Calcium Carbonate, Spirit vinegar. Toppings: Tomato, Lettuce, Bacon: Pork, acidity regulator: Sodium Lactate, Salt, Sugar, stabilisers: Triphosphates, antioxidant: Sodium Izoascorbate, preservative: Sodium Nitrite. Mayonnaise: Rapeseed oil, EGG yolk, spirit vinegar, sugar, apple cider vinegar, salt, ground MUSTARD seeds, antioxidant (calcium disodium EDTA), spice.
Bulk Peanuts without shell	PEANUTS , Salt
Malt Vinegar	BARLEY Malt Vinegar, BARLEY Malt Extract

DRINKS (FREESTYLE AND BOTTLED)

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