

# 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.

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

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)													
Grilled Mushrooms	1		1	1	1		1	1			1		1
Hot Sauce								1					1
HP Brown Sauce								●					1
Jalapeño Peppers (including diced)													
Tomato Ketchup											●		
Lettuce													
Mayonnaise	1		1	1	●		1	1					●
Mustard													●
Fresh Onions													
Grilled Onions	1		1	1	1		1	1			1		1
Pickles													
Relish	1		1	1	1		1	1			1		1
Tomatoes (including diced)													
Crispy Onions													
Grilled Toppings	1		1	1	1		1	1					
Crispy Fried Onions													
MILKSHAKES + (MIX-INS)													
Five Guys Milkshake Base	1	1	1	●			1	1					
Whipped Cream	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	●			●	●					
Cinnamon Bun	1	1	1	●			●	●					
Reese's Peanut Butter Cups***	1	●	1	●			●	1					
Peanut Butter***	1	●	1	●			1	1					
Mango	1	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.

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

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. **Items marked as "including diced" indicate the preparation method only. The ingredient itself does not change.**

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OREO® is a registered trademark of Mondelez International group, used with permission

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

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

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

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

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**Adults need around 2000 kcal a day**

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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
<b>MEAT</b>																		
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
<b>BUN</b>																		
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
<b>FRIES COOKED IN PEANUT OIL</b>																		
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
<b>LOADED FRIES COOKED IN PEANUT OIL</b>																		
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
<b>TOPPINGS</b>																		
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
<b>MILKSHAKES + (MIX-INS) - amount of individual mix-ins may vary depending upon number of mix-ins included in shake</b>																		
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
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
Cinnamon Bun	598	142	3.2	1.5	27	20	0.3	0.9	0.15	1441	341	7.7	3.5	65	48	0.8	2.3	0.37
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
Mango	311	73	0.1	0	18	17	0.7	0.2	0	471	111	0	0	27	25	1	0	0
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.

## OTHER ITEMS

<b>Veggie Sandwich</b>	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
<b>Cheese Veggie Sandwich</b>	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
<b>Grilled Cheese</b>	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
<b>BLT**</b>	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
<b>Lettuce Wrap</b> 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
<b>Bulk Peanuts Without Shell ***</b>										2462	594	43	7.0	25	5.0	11	25	1.9
<b>Egg*</b>	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
<b>Cajun seasoning</b>	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

<b>Five Guys Milkshake Base Little</b>	1312	313	17	11	37	35	0	3.9	0.36	737	176	9.4	6.2	21	20	0	2.2	0.20
<b>Whipped Cream Little</b>	142	34	3.5	2.6	0	0	0	0	0	1418	339	35	26	3.0	3.0	0	2.3	0.08
<b>Banana Little</b>	407	97	2.5	1.0	18	18	0	0	0.07	904	215	0	0	40	40	0	0	0.02
<b>Chocolate Little</b>	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
<b>Lotus Biscoff® Little</b>	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
<b>Oreo® Cookie Pieces Little</b>	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
<b>Cinnamon Bun Little</b>	299	71	1.6	0.7	14	10	0.2	0.5	0.08	1441	341	7.7	3.5	65	48	0.8	2.3	0.37
<b>Reese's Peanut Butter Cups***</b>	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
<b>Mango Little</b>	155	37	0	0	9.0	8.3	0	0	0	471	111	0	0	27	25	1	0	0
<b>Peanut Butter Little***</b>	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
<b>Salted Caramel Little</b>	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
<b>Strawberry Little</b>	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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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](https://qrco.de/bd3LTr)