

9to5strength - Five Guys (UK) Nutrition Tables

Five Guys - Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bacon Cheeseburger	795	50	38	8	50	22	2.0	3.1
Cheeseburger	730	46	38	8	45	20	1.9	2.2
Bacon Burger	651	42	36	6	38	14	2.0	1.7
Little Bacon Cheeseburger	616	34	38	8	37	18	1.7	3.0
Hamburger	586	38	36	6	33	12	1.9	0.7
Bacon Cheeseburger (no bun)	567	44	2	2	43	20	0.7	2.7
Little Cheeseburger	551	30	38	8	32	15	1.6	2.0
Cheeseburger (no bun)	502	40	2	2	38	18	0.6	1.7
Little Bacon Burger	472	26	36	6	25	9	1.7	1.6
Bacon Burger (no bun)	423	36	0	0	31	12	0.7	1.2
Little Hamburger	407	22	36	6	20	7	1.6	0.6
Little Bacon Cheeseburger (no bun)	388	28	2	2	30	15	0.4	2.5
Hamburger (no bun)	358	32	0	0	26	10	0.6	0.2
Little Cheeseburger (no bun)	323	24	2	2	25	13	0.3	1.6
Little Bacon Burger (no bun)	244	20	0	0	18	7	0.4	1.1
Little Hamburger (no bun)	179	16	0	0	13	5	0.3	0.1

Five Guys - Hot Dogs

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bacon Cheese Dog	672	31	38	9	44	20	1.8	4.4
Cheese Dog	607	27	38	9	39	18	1.7	3.4
Bacon Dog	528	23	36	7	32	12	1.8	2.9
All Beef Hot Dog	463	19	36	7	27	10	1.7	2.0
Bacon Cheese Dog (no bun)	444	25	2	3	37	18	0.5	3.9
Cheese Dog (no bun)	379	21	2	3	32	16	0.4	2.9
Bacon Dog (no bun)	300	17	0	1	25	10	0.5	2.5
All Beef Hot Dog (no bun)	235	13	0	1	20	8	0.4	1.5

Five Guys - Meat & Buns

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Hot Dog	235	13	1	1	20	9	0.4	1.5
Beef Burger Patty	179	16	0	0	13	5	0.3	0.1
Bacon	65	4	0	0	5	2	0.1	1.0
Hot dog bun	253	6	40	7	8	3	1.4	0.6
Burger bun	228	6	36	6	7	2	1.3	0.5
Lettuce (as a bun)	3	0	0	0	0	0	0.2	0.0

Five Guys - Fries

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Large Fries (Cooked in Peanut Oil)	1725	26	173	2	107	14	18.0	2.8
Regular Fries (Cooked in Peanut Oil)	1159	18	116	1	72	9	12.0	1.9
Little Fries (Cooked in Peanut Oil)	716	11	72	1	44	6	7.7	1.1
Cajun Seasoning	12	0	2	1	0	0	0.7	0.7

Five Guys - Toppings

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
All The Way	162	3	11	7	13	1	2.7	1.3
Mayonnaise	107	0	0	0	12	1	0.0	0.2
Cheese (1 Slice)	72	4	1	1	6	4	0.0	0.7
Relish	25	0	6	5	0	0	0.2	0.2
BBQ Sauce	20	0	4	4	0	0	0.4	0.4
Tomato Ketchup	17	0	4	4	0	0	0.0	0.3
HP Brown Sauce	13	0	3	3	0	0	0.0	0.2
Grilled Mushrooms	12	1	2	0	0	0	0.8	0.0
Grilled Onions	11	0	2	1	0	0	0.8	0.0
Onions	7	0	2	1	0	0	0.3	0.0
Tomatoes	6	0	1	1	0	0	0.4	0.0
Mustard	5	0	0	0	0	0	0.2	0.2
Lettuce	3	0	0	0	0	0	0.2	0.0
Green Peppers	2	0	0	0	0	0	0.2	0.0
Hot Sauce	2	0	0	0	0	0	0.1	0.7
Pickles	2	0	0	0	0	0	0.4	0.6
Jalapeno Peppers	1	0	1	0	0	0	0.2	0.0

Five Guys - Milkshakes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Base + Peanut Butter	574	17	38	33	39	13	4.1	1.0
Base + Salted Caramel	458	4	79	64	14	9	0.0	2.6
Base + Cherry	448	3	80	59	13	8	0.0	0.3
Base + Chocolate	438	5	70	58	16	10	1.9	0.3
Base + Banana	382	4	63	60	13	8	0.4	0.3
Base + Vanilla Syrup	355	3	50	48	13	8	0.0	0.3
Base + Strawberry	346	3	54	50	13	8	0.3	0.3
Base + Whipped cream	338	4	29	27	23	16	0.0	0.3
Base + Oreo® Cookie Pieces	319	4	39	32	16	10	0.4	0.4
Base + Malted Milk	306	5	41	34	14	8	0.7	0.5
Base + Coffee	246	4	29	26	13	8	0.8	0.3
Five Guys Milk Shake Base	240	3	28	26	13	8	0.0	0.3
Peanut Butter	334	14	10	7	26	5	4.1	0.7
Salted Caramel	218	1	51	38	1	1	0.0	2.3
Cherry	207	0	52	33	0	0	0.0	0.0
Chocolate	198	2	42	32	3	2	1.9	0.1
Banana	142	0	35	34	0	0	0.4	0.0
Vanilla Syrup	114	0	22	22	0	0	0.0	0.0
Strawberry	106	0	26	24	0	0	0.3	0.0
Whipped cream	98	1	1	1	10	7	0.0	0.0
Oreo® Cookie Pieces	79	1	11	6	3	2	0.4	0.2
Malted Milk	66	2	13	8	1	0	0.7	0.2
Coffee	6	0	1	0	0	0	0.8	0.0