

# FIVE GUYS

BURGERS and FRIES

## Five Guys Nutritional Information

<b>Burgers</b>	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)
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>	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)
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>	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)
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>Other Sandwiches</b>	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)
Veggie Sandwich	209	440	140	15	6	0	25	1040	60	2	14	16
Grilled Cheese	110	470	230	26	9	0	35	715	41	2.5	10	11

<b>Fries</b>	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)
One Serving of Fries (approx. half of regular order)	122	310	130	15	3	0	n/a	45	39	3	1	5
Regular Fries	244	620	260	30	6	0	n/a	90	78	6	2	10
Large Fries	454	1464	614	71	14	0	n/a	213	184	14	5	24

<b>Toppings</b>	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)
Cheese	19g / 1 slice	70	50	6	3.5	0	20	310	<1	0	<1	4
Bacon	14 g/ 2 slices	80	60	7	3	0	15	260	0	0	0	4
Mushrooms	25 g	10	0	0	0	0	n/a	100	1	<1	0	1
Green Peppers	25 g	5	0	0	0	0	0	1	2	<1	<1	0
Onions	26 g	10	0	0	0	0	0	1	3	<1	1	0
Jalepenos	11 g	3	0	0	0	0	0	184	<1	0	0	0
Lettuce	30 g	4	0	0	0	0	0	3	1	<1	<1	0
Tomatoes	52g	9	0	0	0	0	0	3	2	<1	2	<1
Mayonnaise	14g	100	100	11	2	0	10	75	n/a	n/a	0	0
Ketchup	17g (1 tbsp.)	15	0	0	0	0	0	190	4	0	4	0
A.1. Original Steak Sauce	17g (1 tbsp.)	15	0	0	0	0	0	280	3	0	2	0
BBQ Sauce	17g (1 tbsp.)	60	0	0	0	0	0	400	16	0	10	0
Mustard	17g (1 tbsp.)	0	0	0	0	0	0	55	0	0	0	0
Hot Sauce	5g (1 tsp.)	0	0	0	0	0	0	0	0	0	0	0
Relish	15 g	15	0	0	0	0	0	85	4	0	3	0
Pickles	28g (approx. 6 chips)	5	0	0	0	0	0	265	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.

Based on calculated results.