



EATING GUIDE FOR FIVE GUYS



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FOOD MENU (MEAT)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
BACON (2 PIECES)	14	80	7	0	4
HAMBURGER PATTY	94	302	17	0	16
HOT DOG	90	280	26	1	11
BUN	77	240	9	39	7
FOOD MENU (FRIES - COOKED IN 100% PEANUT OIL)					
LITTLE	227	526	23	72	8
REGULAR	411	953	41	131	15
LARGE	567	1314	57	181	20
FOOD MENU (TOPPINGS)					
A.1. ORIGINAL STEAK SAUCE	17	15	0	3	0
BBQ SAUCE	28	49	0	15	<1
CHEESE (1 SLICE)	19	70	6	<1	4
GREEN PEPPERS	25	3	0	1	0
GRILLED MUSHROOMS	21	19	0	1	0
HOT SAUCE	5	0	0	0	0
JALAPENO PEPPERS	11	3	0	<1	0
KETCHUP	17	30	0	5	0
LETTUCE	30	3	0	1	0
MAYONNAISE	14	111	11	0	0
MUSTARD	5	0	0	0	0
ONIONS/GRILLED ONIONS	26	11	0	2	0
PICKLES	28	4	0	1	0
RELISH	15	16	0	4	0

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FOOD MENU (MILKSHAKES)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
FIVE GUYS SHAKE BASE	396	670	32	84	13
WHIPPED CREAM	7	20	1.5	1	0

FOOD MENU (MIX-INS (AMOUNT OF INDIVIDUAL MIX-INS MAY VARY DEPENDING UPON NUMBER OF MIX-INS INCLUDED IN SHAKE))					
BACON	14	80	7	0	4
BANANA	14-56	30-120	0	7-28	0
CHOCOLATE	14-56	40-160	9-34	8-32	0-2
CHERRY	14-56	39-157	0	10-39	0-2
COFFEE	14-56	3-10	0	0	0
DARK VANILLA SYRUP	7-28	20-82	0	5-19	5-19
MALTED MILK	14-56	60-241	1-5	10-40	1-5
OREO CRÈME	14-56	90-360	7-28	7-27	0
OREO COOKIE PIECES	14-54	65-260	3-10	10-40	1-2
PEANUT BUTTER	14-56	86-342	7-29	3-13	3-13
SALTED CARAMEL	14-56	43-173	0-1	10-41	0-1