

Nutrition & Allergen Information

FIVE GUYS

NUTRITION

ALLERGENS

	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)	Peanut / Peanut Oil	Gluten/Wheat	Soy	Milk	Eggs	Fish/Shellfish	MSG	Corn (or corn derivatives)	High Fructose Corn Syrup	Sesame
MEAT																						
Bacon (2 pieces)	14	80	60	7	3	0	15	280	0	0	0	4										
Hamburger Patty	84	302	160	17	8	1	80	50	0	0	0	19										
Hot Dog	80	280	235	28	12	1	50	800	1	0	0	11			✓							
BUN																						
Bun	77	240	80	8	3.5	0	5	330	36	2	8	7		✓	✓	✓	✓					✓
FRIES - COOKED IN 100% PEANUT OIL																						
Little	227	520	204	23	4	0	0	531	72	8	2	8	✓									
Regular	411	953	370	41	7	1	0	962	131	15	4	15	✓									
Large	597	1314	511	57	10	1	0	1327	181	21	8	20	✓									
TOPPINGS																						
A.1.® Original Steak Sauce	17	15	0	0	0	0	0	280	3	0	2	0										
BBQ Sauce	28	49	0	0	0	0	0	400	15	<1	10	<1										✓
Cheese (1 slice) ^{1 2}	19	70	50	6	3.5	0	20	310	<1	0	<1	4				✓						
Green Peppers	25	3	0	0	0	0	0	1	1	<1	<1	0										
Grilled Mushrooms	21	19	0	0	0	0	0	55	1	0	1	0										✓
Hot Sauce	5	0	0	0	0	0	0	200	0	0	0	0										
Jalapeño Peppers	11	3	0	0	0	0	0	0	<1	0	0	0										
Ketchup	17	39	0	0	0	0	0	160	5	0	4	0										✓
Lettuce	30	3	0	0	0	0	0	3	1	<1	<1	0										
Mayonnaise	14	111	100	11	1.5	0	10	70	0	0	0	0			✓		✓					✓
Mustard	5	0	0	0	0	0	0	55	0	0	0	0										
Onions / Grilled Onions	28	11	0	0	0	0	0	1	2	<1	1	0										
Pickles	28	4	0	0	0	0	0	260	1	0	0	0										
Relish	15	15	0	0	0	0	0	85	4	0	3	0										✓
Tomatoes	52	8	0	0	0	0	0	3	2	<1	1	<1										

MILKSHAKES

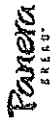
Five Guys Shake Base	388	870	280	32	21	1	130	300	84	0	82	13	✓ ³				✓					
Whipped Cream	7	20	15	1.5	1	0	5	8	1	0	1	0					✓					

MIX-INS

(Amount of individual mix-ins may vary depending upon number of mix-ins included in shake)

Bacon	14	80	60	7	3	0	15	260	0	0	0	4	✓ ³				✓ ⁶					
Banana	14-58	38-120	0	0	0	0	0	3-10	7-28	0	8-24	0	✓ ³				✓ ³					
Chocolate	14-58	40-160	8-34	1-4	1-3	0	0	10-39	8-32	1-2	8-25	0-2	✓ ³				✓ ⁶					✓
Cherry	14-58	38-157	0	0	0	0	0	1-5	10-39	0	7-28	0	✓ ³	✓ ⁴	✓ ³		✓ ⁰	✓				
Coffee	14-58	3-10	0	0	0	0	1-2	0	0	0	0	0	✓ ³				✓ ⁶					
Dark Vanilla Syrup	7-28	20-82	0	0	0	0	0	3-11	5-19	0	5-19	0	✓ ³				✓ ⁰					✓
Malted Milk	14-58	80-241	13-54	1-5	1-3	0	3-13	87-288	10-40	0	7-27	1-5	✓ ³	✓	✓ ³		✓					
Oreo® Crème	14-58	80-300	83-258	7-28	2-8	0	0	14-55	7-27	0	8-28	0	✓ ³		✓		✓ ⁰					

Allergen Guide for National Menu Items



VALID FOR: Winter C1 - 2023 Effective 1/11/2023

VERSION 2

NOTE: Menu items that do "NOT" contain any major allergens will reflect "No Major Allergens Present" under the allergen categories.

NOTE: Many of our products may come into contact with common allergens during production and preparation.

NOTE: Highly refined oil from allergenic sources are not considered an allergenic ingredient according to FDA and are not reflected below.

Below is a list of our national menu items with allergens identified. There are 9 major FDA identified allergens, which may be of concern to our customers: Wheat (and Gluten also included though not an allergen), Tree Nuts, Peanuts, Milk, Soy, Egg, Fish, Crustacean Shellfish and Sesame.

Product	Wheat (and identifies Gluten sources)	Tree Nuts	Peanuts	Milk	Soy (excludes highly refined oil)	Egg	Fish/Shellfish	Sesame
Bagels:								
Asiago Cheese	Yes			Yes				
Blueberry	Yes							
Cherry Vanilla Bagel	Yes			Yes				
Chocolate Chip	Yes			Yes				
Cinnamon Crunch	Yes			Yes				
Cinnamon Swirl & Raisin	Yes			Yes				
Everything	Yes			Yes				
Plain	Yes							Yes
Sesame	Yes							Yes
Sprouted Grain Bagel Flat	Yes							
Breads								
Country Rustic Sourdough - XI Loaf	Yes							
Artisan Ciabatta- Loaf	Yes							
Focaccia - Asiago cheese- Loaf	Yes			Yes				
French Baguette	Yes							
Classic Sourdough - Loaf & Bread Bowl	Yes							
Tomato Basil - Miche	Yes							
Classic White - Miche	Yes							
Black Pepper Focaccia - Round Loaf	Yes			Yes				
Whole Grain Lahvash Wrap	Yes							
White Whole Grain - Loaf	Yes				Yes			Yes
Brioche Roll	Yes			Yes		Yes		May Contain
Cream Cheese Spreads:								
Reduced Fat Chive & Onion		Yes		Yes				
Reduced Fat Honey Walnut				Yes				
Plain				Yes				
Baked Goods								
Pastry- Bear Claw- (Large & Mini)	Yes			Yes	Yes	Yes		
Brownie (Large & Mini)	Yes	Yes		Yes	Yes	Yes		
Pastry- Vanilla Cinnamon Roll (Large & Mini)	Yes			Yes		Yes		
Cookie - Lemon Drop (Large & Mini)	Yes			Yes	Yes	Yes		
Cookie- Candy (Large & Mini)	Yes			Yes	Yes	Yes		
Cookie- Chocolate Chipper (Large & Petites)	Yes			Yes	Yes	Yes		
Cookie- Oatmeal Raisin with Berries (Large & Mini)	Yes			Yes	Yes	Yes		
Cookie- Kitchen Sink	Yes			Yes	Yes	Yes		
Cookie- Iced Shaped Shortbread	Yes			Yes	Yes	Yes		
Pastry- Croissant (Large & Mini)	Yes			Yes	May Contain	Yes		
Muffin/Muffin- Chocolate Chip	Yes			Yes	Yes	Yes		
Muffin- Pumpkin	Yes			Yes	Yes	Yes		
Muffin- Blueberry with Fresh Blueberries (Large & Mini)	Yes			Yes	Yes	Yes		
Muffin- Cranberry Orange (Large & Mini)	Yes			Yes	Yes	Yes		
Pastry- Chocolate Croissant (Large & Mini)	Yes			Yes	Yes	Yes		
Pastry- Pecan Braid (Large & Mini)	Yes	Yes		Yes	Yes	Yes		May Contain

Nutrition & Allergen Information

FIVE GUYS

TOPPINGS (CONT'D.)

Jalapeño Peppers	Fresh Jalapeño Peppers
Ketchup	Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring
Lettuce	Fresh Lettuce
Mayonnaise	Soybean Oil, Egg Yolks, Distilled And Cider Vinegar, Water, High Fructose Corn Syrup, Salt, Spice, Calcium Disodium Edta (To Preserve Freshness), Natural Flavoring
Mustard	Distilled Vinegar, Water, No.1 Grade Mustard Seed, Salt, Turmeric, Paprika, Spice, Natural Flavors, Garlic Powder
Onions / Grilled Onions	Fresh Onions / Fresh Onions [sautéed on grill]
Pickles	Cucumbers, Water, Vinegar, Salt, Calcium Chloride, 0.1% Sodium Benzoate (Preservative), Natural Flavors, Polysorbate 80, Yellow 5
Relish	Cucumbers, Corn Syrup, Water, High Fructose Corn Syrup, Vinegar, Salt, Xanthan Gum, 0.1% Sodium Benzoate (Preservative), Calcium Chloride, Alum, Natural Flavors, Polysorbate 80, Yellow 5, Maltol
Tomatoes	Fresh Tomatoes

MILKSHAKES

Five Guys Shake Base	Milkfat and Nonfat Milk, Sugar, Whey, Contains less than 1% of: Mono and Diglycerides, Cellulose Gum, Tetrasodium Pyrophosphate, Carrageenan, Natural and Artificial Flavors.
Whipped Cream	Cream, Milk, Sugar, Sorbitol, Nonfat Milk, Contains Less Than 1% Of: Artificial Flavor, Mono and Diglycerides, Carrageenan, Polysorbate 80, Mixed Tocopherols (Vitamin E) To Protect Flavor, Propellant: Nitrous Oxide.

MILKSHAKE MIX-INS

Bacon	Bacon cured with: Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite
Banana	Bananas, Simple Syrup (Cane Sugar, Water, Glycerin, Sodium Benzoate as a preservative, Citric Acid), Salt
Caramel	Corn Syrup, Water, High Fructose Corn Syrup, Sugar, Nonfat Milk, Heavy Cream, Salt, Pectin, Natural Flavor, Disodium Phosphate
Cherry	Sour Black Cherries, Sugar, Water, Glucose Syrup, Coloring: Anthocyanins (Grape Skin Extract), Citric Acid, Natural Flavors.
Chocolate	Sugar, High Fructose Corn Syrup, Water, Cocoa - Processed With Alkali, Vanilla, Unsweetened Chocolate, Potassium Sorbate - A Preservative, Mono And Diglycerides
Coffee	Ground Arabica Beans
Malt	Wheat Flour and Malted Barley Extracts, Dry Whole Milk, Salt, Sodium Bicarbonate
Oreo® Cookie Pieces	Sugar, Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), High Oleic Canola and/or Palm Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Cornstarch, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Vanillin - an artificial flavor, Chocolate
Oreo® Crème	Sugar, Soybean Oil, Coconut Oil, Cornstarch, Artificial Color, Emulsifiers (Soy Lecithin, Mono - and Diglycerides), Artificial Flavor, Salt
Peanut Butter	Peanut Butter (Peanuts, Sugar, Palm Oil, Salt), Honey (Maltodextrin, Honey and Silicon Dioxide)
Sea Salt	Natural Sea Salt
Strawberries	Strawberries, Simple Syrup (Cane Sugar, Water, Glycerin, Sodium Benzoate as a preservative, Citric Acid), Sugar, Salt, Pepper, Lemon Juice
Dark Vanilla Syrup	High Fructose Corn Syrup, Water, Imitation Flavor, Caramel Color, Citric Acid, Preserved With Sodium Benzoate and Potassium Borate

OTHER ITEMS

Bulk Peanuts	Peanuts Roasted with Salt Solution
Eggs	Fresh Eggs
Fry Sauce (UT Only)	Water, Mayonnaise (Soybean Oil, Eggs, Vinegar, Water, Salt, Egg Yolks, Sugar, Calcium Disodium EDTA as a preservative, Dried Garlic, Dried Onions, Natural Flavor), Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Salt, Food Starch-Modified, Potassium Sorbate and Sodium Benzoate (Preservatives), Natural Flavor. (Contains Egg)
Malt Vinegar	Malt Vinegar (Barley, Corn Malt); Diluted with water to 5% acidity
Peanut Oil	Peanut Oil with Citric Acid added as a preservative and Dimethylpolysiloxane added as an anti-foaming agent



ALLERGEN SCORECARD

INGREDIENTS	WHEAT/ GLUTEN	SOY	MILK	EGGS	FISH	SHELLFISH	SESAME	TREE NUTS	PEANUTS
ADOBO CHICKEN (DARK MEAT)		●							
BACON (PIECES)									
BLACK BEANS		✓							
BLACK OLIVES									
BROWNIE	✓	✓		✓			■	■	
CHIPOTLE RANCH			✓	✓					
CHOCOLATE CHIP COOKIE	✓	✓	✓	✓			■	■	
ÇILANTRO									
CILANTRO LIME RICE		✓							
CORN PICO DE GALLO		✓							
CRISPY CORN TORTILLA SHELL	◆	●							
CUCUMBERS									
DICED ONIONS									
FISH		●			✓				
FLOUR TORTILLAS	✓	●							
FRESH JALAPEÑOS									
FRIED TORTILLA CHIPS	◆	●							
GRILLED VEGGIES		●							
GROUND BEEF			✓						
GUACAMOLE									
HARD ROCK 'N' ROLL SAUCE									
LETTUCE									
LIME/LEMON WEDGE									
OATMEAL RAISIN COOKIE	✓	✓	✓	✓			■	■	
PICKLED JALAPEÑOS									
PICO DE GALLO									
PINTO BEANS									
PORK CARNITAS		●							
QUESO			✓						
QUINOA BLEND									
SALSA (EL GUAPO)									
SALSA (KAISER)									
SALSA (TOMATILLO)							◆		
SEASONED RICE		✓							
SHREDDED CHEESE			✓						
SNICKERDOODLE COOKIE	✓	✓	✓	✓			■	■	
SOFT CORN TORTILLA	◆								
SOUR CREAM			✓						
SOUTHWEST VINAIGRETTE		●							
STEAK		●							
TOFU		✓							
TOMATOES									
WHITE MEAT CHICKEN		✓							

Moe's Southwest Grill® attempts to identify ingredients that may cause allergic reactions for those with food allergies. We strive to educate our food staff on the severity of food allergens and critical points of cross-contamination. Because allergens are present in the environment, there is a potential risk of cross-contamination. If you have a food allergy to any of the ingredients prepared or served in our restaurants, please keep this allergen information in mind when deciding which food items are right for you.

Cross-contact may occur during food preparation and storage. Variations may occur due to differences in suppliers and/or ingredient substitutions. The national information listed is based on standard recipes, product formulations and information provided by suppliers, manufacturers and third-party audits. The information provided is as of November 2018.

Some variations in nutritional values may occur due to product assembly or preparation at the restaurant, season of the year, use of an alternate supplier or ingredient, or recipe revisions. Allergen information regarding test products and limited-time offers is not included but can be obtained by contacting us through moes.com/contact. Moe's Southwest Grill and its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in any Moe's Southwest Grill.

✓ Contains allergen.

● The only soy-derived ingredient used in the recipe or for cooking purposes is highly refined soybean oil, which studies have shown is safe for consumption by most individuals with soy allergies. Please reference foodallergy.org.

◆ Our corn chips and corn tortilla shells do not contain gluten as an ingredient. We do, however, prepare/heat our corn chips and corn tortilla shells in the same areas as our flour shells; therefore, there is a risk of cross-contamination during preparation.

■ Our products do not contain peanuts or tree nuts as an ingredient. They are, however, manufactured on the same line as other products that do contain peanuts or tree nuts; therefore, there is a risk of cross-contamination during preparation.