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## Restaurant Guide to Five Guys

Last updated on Oct, 1st 2022

### OVERVIEW

If you're looking for a quick but made fresh meal, look no further. Five Guys hand preps fresh ingredients every morning. And with literally thousands of ways to customize your burger, you'll get to pick exactly what you want and stay on track!

### THIS PLACE IS KNOWN FOR

- |   |  |   |   |
|---|--|---|---|
|  Good for Groups |  Salads |  Low Calorie |  Bar & Cocktails |
|  Pasta           |  Pizza  |  Fast Food   |  Mexican         |
|  Asia            |  Fish   |  Vegetables  |  Grill           |

### 3 QUICK TIPS FOR EATING HEALTHI AT FIVE GUYS

- Stick with the singles
- Avoid heavy sauces
- Load up on veggie toppings

### FRIENDLY MENU ITEM'S AT FIVE GUYS

#### MAIN COURSE

Five Guys is most famous for their hamburgers, and understandably so! Here, to keep things lighter, it'll be best to stick with a single patty sandwich. Start with a single patty on a bun, and add your favorite toppings like green peppers, mushrooms, and grilled onions. If you like it simple, order a single patty with lettuce and tomatoes.

If you're looking for something lighter, you can also build your own veggie sandwich! (No, it's not a veggie burger.) Start with a bun and add your favorite veggies like green peppers, mushrooms, lettuce, tomatoes and top with a slice of cheese.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Single Hamburger w/green peppers, mushrooms, onions	575	26g	43g	25g
Single Hamburger w/ lettuce, tomatoes	553	26g	42g	23.5g
Veggie Sandwich w/ green peppers, mushrooms, lettuce, tomatoes, cheese	354	15g	45g	11g

## SIDES

The only side option here is fries, go with the “little” size.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Fries, little	526	23g	72g	8g