



Nutritional Information



Burgers

100% all-natural Angus beef. No added hormones and no added antibiotics ever.
Our proprietary Shack blend is freshly ground and served on a non-GMO potato bun.

	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Single ShackBurger®	500	30	12	1	105	1250	26	0	6	29
Double ShackBurger®	760	48	20	2	185	2280	27	0	6	51
Single Hamburger	370	18	8	1	75	850	24	0	5	25
Double Hamburger	560	30	12	1.5	140	1540	24	0	5	44
Single Cheeseburger	440	24	11	1	95	1200	25	0	5	29
Double Cheeseburger	700	42	20	2	175	2220	25	0	5	51
'Shroom Burger	510	27	10	0.5	45	670	49	0	7	18
Shack Stack®	770	45	18	1.5	125	1700	50	0	7	40
Single SmokeShack™	570	35	13	1	120	2010	28	0	7	36
Double SmokeShack™	830	53	22	2	200	3030	28	0	7	58
Roadside Double Burger*	770	46	20	2	175	2300	32	0	7	53
Lockhart Link Burger*	780	56	21	1	155	2050	27	0	5	39
Lockhart Link Burger, Double*	1040	74	29	2	235	3080	28	0	5	61
Lockhart Link Burger, Triple*	1300	92	38	2.5	320	4110	29	0	6	83
Link Burger*	680	46	18	1	140	2010	27	0	6	39
Link Burger, Double*	930	64	26	2	220	3040	28	0	6	61
Link Burger, Triple*	1190	82	34	2.5	305	4070	28	0	7	83
Green Chile CheddarShack, Single*	470	26	12	1	100	1380	28	1	6	30
Green Chile CheddarShack, Double*	750	46	22	1.5	185	2190	28	1	6	53
Mound City Double*	780	48	20	1.5	185	2380	26	0	6	56
Brat Burger, Single*	860	61	20	1	140	1850	34	0	6	44
Brat Burger, Double*	1050	73	25	2	205	2530	34	0	6	62
Montlake Single Cut*	670	45	19	1	150	1560	36	0	5	29
Montlake Double Cut*	980	68	31	2	240	2470	36	0	5	54
Golden State Single*	560	37	13	1	100	1310	26	0	5	31
Golden State Double*	840	56	22	2	190	2130	27	0	5	54
Slap Shot Burger, Single*	490	27	10	1	80	1150	33	0	6	28
Slap Shot Burger, Double*	680	40	15	1.5	145	1840	33	0	6	47
SilverLake Shack, Single*	530	33	13	1	110	1520	28	0	6	30
SilverLake Shack, Double*	790	51	22	2	190	2540	28	0	7	52
Bacon Cheeseburger, single	500	29	13	1	110	1480	25	0	5	35
Bacon Cheeseburger, double	760	47	21	2	190	2510	25	0	6	58
Avocado Bacon Burger, Single	610	39	14	1	115	1540	28	2	5	36
Avocado Bacon Burger, Double	870	57	22	2	200	2560	29	2	6	58
Korean Style Burger, Single	690	47	15	1	105	1690	35	0	7	31
Korean Style Burger, Double	980	68	24	2	185	2790	36	0	8	53
Veggie Shack Single	630	31	16	0	40	1630	53	2	8	20
Veggie Shack Double	910	41	27	0.5	55	2730	73	3	10	31
Grilled Cheese	320	18	10	0.5	45	850	25	0	5	14
Martin's Potato Roll	180	6	3	0	10	170	24	0	5	7
Gluten Free Bun	160	3.0	0	0	0	350	31	2	5	3
Lettuce Wrap	5	0	0	0	0	15	1	1	0	1
Burger Patty	190	12	4.5	0.5	65	690	0	0	0	19
Veggie Patty	210	4	7.0	0.0	0	760	20	2	2	8
American Cheese	70	6	3.5	0	15	340	1	0	0	4
ShackSauce	60	6	1	0	10	60	0	0	0	0
Avocado	60	5	0.5	0	0	0	3	2	0	1
Lettuce	1	0	0	0	0	0	0	0	0	0
Tomato	5	0	0	0	0	0	1	0	0	0

Pickle	1	0	0	0	0	140	0	0	0	0
Onion	5	0	0	0	0	0	1	0	0	0
Bacon (2 Slices)	70	4.5	1.5	0	15	290	0	0	0	6
Cherry Peppers	10	0	0	0	0	470	2	0	2	0
Pickled Jalapenos*	5	0	0	0	0	300	1	1	0	0
Crispy Onions	110	8	1.5	0	0	95	7	0	0	1



Chicken	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
100% all-natural cage-free chicken. No added hormones and no added antibiotics ever. Served on a non-GMO potato bun.										
Chicken Shack™	550	31	7	0	110	1170	34	0	6	33
Chicken Bites (6 piece)	300	19	3.5	0	50	780	15	0	1	17
Chicken Bites (10 piece)	510	32	6	0	85	1300	26	0	2	29
Avocado Bacon Chicken	680	42	9	0	125	1480	37	2	6	40
Herb Mayonnaise	90	10	0.5	0	10	140	0	0	0	0
Ranch	140	14	1.5	0	5	250	1	0	1	1
BBQ Sauce	70	0	0	0	0	380	16	0	14	1
Honey Mustard	180	19	2.5	0	15	230	4	0	4	1
Korean Style Chicken Sandwich	600	27	7	0	105	1020	55	1	13	34
Avocado Chicken BLT Ranch*	690	43	10	0	115	1230	37	4	7	39
Spicy Avocado Chicken BLT with Spicy Ranch*	660	40	10	0	115	1320	37	4	7	39
Spicy Ranch*	110	12	1.5	0	5	350	2	0	0	0



Breakfast*	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Cage-free eggs, griddled fresh. Served on a toasted non-GMO potato bun.										
Egg and Cheese Sandwich*	340	19	9	0	215	850	25	0	5	17
Egg and Cheese Sandwich (Double Egg*)	430	25	11	0	400	1190	26	2	5	23
Bacon Egg and Cheese Sandwich*	400	23	10	0	230	1140	25	2	5	23
Bacon Egg and Cheese Sandwich (Double Egg)*	490	30	12	0	410	1480	26	2	6	29
Sausage Breakfast Sandwich*	530	32	14	0	260	1220	28	0	8	30
Sausage Breakfast Sandwich (Double Egg)*	620	39	16	0	445	1310	28	0	8	36
Wake up Shack*	630	44	12	0	250	1490	36	3	8	24
Wake up Shack (Double Egg)*	720	51	14	0	435	1830	37	3	8	30
Egg White Light*	320	18	8	0	40	440	26	0	6	15
Egg White Light (Double Egg)*	340	18	8	0	40	500	26	0	6	19
Hashbrowns with Sauce*	740	54	8	0	25	990	58	5	3	6
Crossiant*	420	26	15	0	75	480	39	1	6	7
Chocolate Crossiant*	390	24	14	0	60	390	38	2	11	6
Blueberry Cheese Danish*	340	19	11	0	75	260	37	1	12	6
Monkey Bread*	380	18	11	0	55	280	48	2	21	6
Extras										
Egg*	90	7	2	0	185	340	0	0	0	6
Egg White*	35	0	0	0	0	360	0	0	0	7
Hashbrowns*	80	5	1	0	0	100	7	0	0	0
Breakfast Sauce*	150	15	1.5	0	25	250	4	0	3	0
Sausage Patty*	190	14	5	0	50	610	3	0	2	13



Flat -Top Dogs	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
100% all-natural Vienna beef. No added hormones and no added antibiotics ever. Served on a toasted non-GMO potato bun.										
Hot Dog	350	22	10	0	50	800	25	0	6	16
Sausage Link*	240	20	7	0	40	682	2	0	0	9
Shackmeister Cheddar Brat*	690	51	21	0.5	95	1210	33	0	6	27
Shack-Cago Dog*	390	22	10	0	50	1490	32	0	12	17

Garden Dog*	180	3	0	0	10	1060	27	1	7	8
Add Cheese Sauce	80	7	5	0	30	95	1	0	0	2



Fries	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Regular Fries	470	22	4.5	0	15	740	63	7	1	6
Cheese Fries	710	44	19	0	95	1020	64	7	1	12
Bacon Cheese Fries	840	52	21	0	125	1570	65	7	1	24
Double Down Fries*	1910	117	49	1	270	4020	164	16	5	41
Spicy Korean BBQ Fries	740	48	8	0.5	30	1830	71	1	5	7
Spicy Korean BBQ Cheese Fries	980	70	23	1	115	2110	72	1	5	13
Fried Pickles with Ranch*	370	31	4.5	0	5	1290	19	2	3	3
Spicy Fries with Ranch*	620	37	6	0	15	1030	65	6	1	7
Spicy Fries with Spicy Ranch*	590	34	6	0	15	1120	65	6	2	6
Spicy Cheese Fries with Ranch*	860	59	20	15	100	1300	67	7	2	12
Spicy Cheese Fries with Spicy Ranch*	830	56	20	15	100	1400	67	7	2	12



Combo Meals	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
ShackBurger® Single- Double	970-1450	53-71	16-25	1-2	115-200	2050-3100	89-148	0	6-65	35-57
SmokeShack™ Single- Double	1040-1520	57-75	18-26	1-2	130-215	2800-3850	90-149	0	8-66	42-64
Avocado Bacon Burger Single- Double	1090-1300	62	19	1	130	2330-2350	91-150	2	6-64	42
Bacon Cheeseburger Single- Double	980-1190	51	17	1	120	2280-2300	88-146	0	6-64	41
Hot Dog	830-1040	44	14	0	65	1590-1610	88-146	0	7-65	22
Chicken Shack™	1030-1240	54	12	0	125	1970-1990	97-155	0	6-65	39
Avocado Bacon Chicken	1160-1370	65	14	0	140	2270-2290	100-158	2	7-65	46
Chicken Bites (6 piece) with BBQ Sauce, Honey Mustard & Ranch	830-1140	42-56	8-10	0	65-75	1780-1880	91-140	0	13-63	24
Chicken Bites (10 piece) with BBQ Sauce, Honey Mustard & Ranch	1030-1340	55-69	10-12	0-0.5	95-110	2310-2400	101-150	0	13-63	35
Korean Style Burger Single- Double*	1160-1670	69-90	20-28	1.5-2	115-200	2480-3610	98-157	0	8-67	37-59
Korean Style Chicken Sandwich*	1070-1290	49	12	0	120	1820-1840	118-178	1	14-72	40



Shakes	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Vanilla Shake	680	36	22	0	235	430	72	0	71	18
Vanilla Shake, Mini (8oz)*	340	18	11	0	120	220	36	0	36	9
Chocolate Shake	750	45	27	1.5	255	310	76	0	69	16
Chocolate Shake, Mini (8oz)*	380	23	14	0.5	125	160	38	2	35	8
Vanilla & Chocolate Shake	720	41	25	0.5	245	380	74	2	71	18
Vanilla & Chocolate Shake, Mini (8oz)*	360	21	12	0	120	190	37	1	35	9
Black & White Shake	770	42	26	0	245	460	80	0	76	19
Black & White Shake, Mini (8oz)*	390	21	13	0	120	240	30	0	38	9
Strawberry Shake	690	35	21	0	230	430	77	0	75	17
Strawberry Shake, Mini (8oz)*	350	18	11	0	115	210	38	0	37	9
Cookies & Cream Shake	850	44	24	0	235	580	98	0	86	19
Cookies & Cream Shake, Mini (8oz)*	430	22	12	0	120	290	49	1	43	10
Salted Caramel Shake	840	42	26	0	260	950	99	0	96	17
Bourbon Salted Honey Shake*	890	44	27	0	260	700	89	0	87	18
Loaded Chocolate Cookies & Cream Shake*	1160	56	32	1.5	265	450	126	0	108	17
Orange County Dreamsicle Shake*	740	38	23	0	240	420	86	0	85	16
Non Dairy Chocolate Shake	850	47	39	0	0	470	99	5	73	11
Non Dairy Chocolate Shake, Mini*	420	24	20	0	0	240	49	3	37	6
Featured Strawberry Frosted Donut Shake	850	48	28	0	260	460	94	0	91	20
Featured Strawberry Frosted Donut Shake- Mini*	420	24	14	0	130	230	47	0	46	10
Featured Summer Peach Shake	860	43	26	0	265	550	100	0	98	20
Featured Summer Peach Shake-Mini*	430	22	13	0	130	280	50	0	49	10
Featured Salted Caramel Shake	1020	58	35	2	295	800	116	4	104	18
Featured Salted Caramel Shake- Mini*	510	29	17	1	150	400	58	2	52	9
Whipped Cream	70	5	3.5	0	20	20	5	0	4	1
Malt	90	1	0.5	0	5	70	19	0	16	2



Floats	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Root Beer Float	430	15	9	0	100	220	70	0	69	7
Creamsicle® Float	440	15	9	0	100	240	75	0	74	7



Cups & Sundaes	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Single Chocolate Cup	310	19	11	0.5	110	120	32	0	29	6
Double Chocolate Cup	490	30	18	1	175	190	51	0	47	9
Single Vanilla Cup	280	15	9	0	100	180	30	0	30	7
Double Vanilla Cup	450	24	14	0	165	280	49	0	48	11
Single Vanilla & Chocolate Cup	290	17	10	0	105	150	31	0	29	6
Double Vanilla & Chocolate Cup	470	27	16	0	170	230	50	0	47	10
Single Non Dairy Chocolate Custard Cup	400	22	19	0	0	190	48	2	36	5
Double Non Dairy Chocolate Custard Cup	800	44	39	0	0	380	96	4	72	10
Strawberry Shortcake Sundae*	560	26	14	1	120	400	73	1	58	10
Shack Attack Sundae*	800	45	24	1	155	780	93	4	70	13
Build Your Own Sundae*	460-940	22-50	12-25	0-1.5	110-155	390-750	58-119	1-5	45-86	9-13
Baked Brownie Pieces	60	3	1.5	0	0	70	9	1	5	1
Rainbow Sprinkles	35	1.5	0	0.5	0	0	6	0	4	0
Strawberry Sauce	25	0	0	0	0	5	6	0	5	0
Fudge Sauce	100	7	4.5	0	10	40	9	0	7	1
Oreo Cookie Crumbs	110	4.5	1.5	0	0	90	16	1	9	1
Shack Attack Crunch	70	3.5	2	0	0	300	11	1	7	1
Maraschino Cherry	10	0	0	0	0	0	2	0	2	0
Whipped Cream	35	2.5	1.5	0	10	10	2	0	2	1



Drinks	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Shack-made Lemonade Small	160	0	0	0	0	10	43	0	40	0
Shack-made Lemonade Large	270	0	0	0	0	15	70	0	66	0
Fifty-Fifty Shack made Lemonade Small	80	0	0	0	0	10	22	0	20	0
Fifty-Fifty Shack made Lemonade Large	140	0	0	0	0	15	36	0	33	0
Strawberry Lemonade Small	140	0	0	0	0	20	36	0	33	0
Strawberry Lemonade Large	230	0	0	0	0	30	58	0	54	0
Fresh Brewed Unsweetened Iced Tea Small	5	0	0	0	0	10	1	0	0	0
Fresh Brewed Unsweetened Iced Tea Large	5	0	0	0	0	15	2	0	0	0
Fresh Brewed Sweetened Iced Tea Small	110	0	0	0	0	10	28	0	27	0
Fresh Brewed Sweetened Iced Tea Large	170	0	0	0	0	15	45	0	44	0
Featured Lemonade Small	150-170	0	0	0	0	20-25	37-43	0-1	34-40	0
Featured Lemonade Large	240-270	0	0	0	0	35-40	60-69	0-1	56-65	0
Fifty-Fifty Featured Lemonade Small	80-100	0	0	0	0	15	19-23	0-1	17-20	0
Fifty-Fifty Featured Lemonade Large	120-150	0	0	0	0	25	31-36	0-1	28-32	0
Shack-made Lemonade (Gallon)	1480	0	0	0	0	180	369	0	345	0
Fresh Brewed Unsweetened Iced (Gallon)	40	0	0	0	0	115	11	0	0	0
Fresh Brewed Sweetened Iced (Gallon)	1190	0	0	0	0	105	309	0	298	0
Coke Small	140	0	0	0	0	45	39	0	39	0
Coke Large	210	0	0	0	0	65	58	0	58	0
Diet Coke Small	0	0	0	0	0	40	0	0	0	0
Diet Coke Large	0	0	0	0	0	60	0	0	0	0
Coke Zero Small	0	0	0	0	0	40	0	0	0	0
Coke Zero Large	0	0	0	0	0	60	0	0	0	0
Sprite Small	140	0	0	0	0	30	36	0	32	0
Sprite Large	240	0	0	0	0	55	60	0	53	0
Fanta Orange Small	160	0	0	0	0	60	45	0	44	0
Fanta Orange Large	240	0	0	0	0	90	67	0	66	0
Gingerale Small	120	0	0	0	0	35	31	0	30	0
Gingerale Large	190	0	0	0	0	60	51	0	49	0

[illegible]



Regional Beers	Calories
Breweries: Firestone, Avondale, Georgetown, AleSmith, Revolver Cahaba, Country Boy, New Belgium, Wasatch, Brooklyn Brewery, Sun King, Wynwood, New Glarus, Papago, Mother Earth, Revolution, Jailbreak, Odell, Cigar City, Bell's, Squatters, Bearded Iris, Sycamore, New England, Creature Comforts, Revision, Deep Ellum, Modern Times, Dogfish Head, Ecliptic, Funky Buddha, Allagash, Flying Dog, Port City, Boulevard, Rhinegeist, San Tan, Smog City, Sierra Nevada, New Belgium	Beer Type: Ale, IPA & Wheat Calories
12oz	100-240
16oz	130-310
24oz	260-470
32oz	310-670
Pitcher (64oz)	620-1070

Breweries: Miller's, Coor's, Bud Light, Budweiser, Short Local's, 21st Amendment, Oskar Blue's, Narragansett, Modelo, Yuengling, Surly, Sam Adams, Rueben's, Six Point, Victory, Made West, Brooklyn Brewery, DC, Great Lakes	Beer Type: Lagers & Pilsners Calories
12oz	100-180
16oz	100-240
24oz	200-360
25oz	240
32oz	250-380
Pitcher (64oz)	310-740

This nutritional information is derived from testing in accredited laboratories, published resources or from information provided by Shake Shack suppliers. This information is based on standard product formulations and serving sizes. It is based on average values for ingredients from Shake Shack suppliers. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal formulations change periodically.

*The Trans Fats in these items are Naturally Occuring. **Mix-Ins ingredient nutritional information is based on half concrete serving size. For regular concrete serving size, please double the nutritional information quantities.

*This item is not available at all Shacks.