



Nutritional Information



Burgers	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
100% all-natural Angus beef. No hormones and no antibiotics ever. Our proprietary Shack blend is freshly ground and served on a non-GMO potato bun.										
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
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
Veggie Shack*	630	31	16	0	40	1630	53	2	8	20
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
Add 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
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
Crispy Shallots	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 hormones and no 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
Herb Mayonnaise	90	10	0.5	0	10	140	0	0	0	0
BBQ Sauce	70	0	0	0	0	380	16	0	14	1
Honey Mustard	180	19	2.5	0.0	15	230	4	0	4	1



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.										
Bacon Breakfast Sandwich*	400	23	10	0	230	890	25	0	5	23
Bacon Breakfast Sandwich (Double Egg)*	490	30	12	0	410	990	26	0	6	29
Sausage Breakfast Sandwich*	340	19	9	0	215	610	25	0	5	17
Sausage Breakfast Sandwich (Double Egg)*	430	25	11	0	400	700	25	0	5	23
Egg and Cheese Breakfast Sandwich*	530	32	14	0	260	1220	28	0	8	30
Egg and Cheese Breakfast Sandwich (Double Egg*)	620	39	16	0	445	1310	28	0	8	36



Flat -Top Dogs	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
100% all-natural Vienna beef. No hormones and no 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
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



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- 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
Featured Blood Orange Dreamsicle Shake	820	40	24	0	250	450	98	1	94	19
Featured Blood Orange Dreamsicle Shake - Mini (8oz)	410	20	12	0	125	220	49	1	47	10
Featured Tiramisu Shake	840	40	24	0	250	560	101	2	90	20

Featured Tiramisu Shake - Mini (8oz)	420	20	12	0	125	280	51	1	45	10
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	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



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 - 180	0	0	0	0	20-85	37-47	0	34-42	0 - 1
Featured Lemonade Large	240- 300	0	0	0	0	35-140	60-76	0	56-69	0 - 1
Fifty-Fifty Featured Lemonade Small	80-90	0	0	0	0	15-45	19-24	0	17-21	0
Fifty-Fifty Featured Lemonade Large	120-150	0	0	0	0	25-75	31-39	0	28-35	0-1
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
Fanta Grape Small	180	0	0	0	0	35	49	0	49	0
Fanta Grape Large	270	0	0	0	0	55	73	0	73	0
Dr. Pepper Small	150	0	0	0	0	60	40	0	38	0
Dr. Pepper Large	220	0	0	0	0	90	59	0	58	0
Diet Dr. Pepper Small*	0	0	0	0	0	60	0	0	0	0
Diet Dr. Pepper Large*	0	0	0	0	0	90	0	0	0	0
Crush Small*	160	0	0	0	0	70	43	0	43	0
Crush Large*	240	0	0	0	0	110	65	0	64	0
Diet Pepsi Small*	0	0	0	0	0	35	0	0	0	0
Diet Pepsi Large*	0	0	0	0	0	55	0	0	0	0
Mist TWST Small*	140	0	0	0	0	35	39	0	39	0
Mist TWST Large*	220	0	0	0	0	50	58	0	58	0
Mountain Dew Small*	170	0	0	0	0	65	46	0	46	0
Mountain Dew Large*	260	0	0	0	0	95	69	0	69	0
Diet Mountain Dew Small*	5	0	0	0	0	50	1	0	1	0

Diet Mountain Dew Large*	10	0	0	0	0	75	1	0	1	0
Pepsi Small*	150	0	0	0	0	35	41	0	41	0
Pepsi Large*	220	0	0	0	0	50	62	0	62	0
PepsiMAX Small*	0	0	0	0	0	40	0	0	0	0
PepsiMAX Large*	0	0	0	0	0	60	0	0	0	0
Abita Root Beer Bottle or Can (12oz)	180	0	0	0	0	16	44	0	38	0
Abita Root Beer Small	170	0	0	0	0	15	42	0	36	0
Abita Root Beer Large	280	0	0	0	0	25	69	0	59	0
Orange Juice	165	0	0	0	0	12	41	2	30	3
Honest Kids Apple Juice	40	0	0	0	0	0	10	0	9	0
SHACK2O	0	0	0	0	0	0	0	0	0	0



Beer & Wines	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Brooklyn Brewery ShackMeister Ale (16oz. Draft)	210	0	0	0	0	0	17	0	0	2
Brooklyn Brewery ShackMeister Ale (24oz. Draft)	310	0	0	0	0	0	25	0	0	4
Brooklyn Brewery ShackMeister Ale (32oz. Draft)	420	0	0	0	0	0	33	0	0	5
Brooklyn Brewery ShackMeister Ale (60oz. Draft)	780	0	0	0	0	0	62	0	0	9
Beer Float	490	15	9	0	100	190	52	0	30	8
Shack White (6 oz)	140	0	0	0	0	0	4	0	0	0
Shack White Bottle (750 ml)	600	0	0	0	0	0	15	0	0	1
Shack Red (6 oz)	150	0	0	0	0	0	5	0	0	0
Shack Red Bottle (750 ml)	620	0	0	0	0	0	19	0	0	1
Shack Red Can (8.4 oz)	210	0	0	0	0	10	6	0	0	0
Shack White Can (8.4 oz)	200	0	0	0	0	10	5	0	0	0
Shack Rosé Can (8.4 oz)	210	0	0	0	0	10	9	0	0	1
Shack Sparkling Can (8.4 oz)	200	0	0	0	0	15	6	0	0	0