



Burgers	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
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.										
Single ShackBurger®	500	30	12	1	105	1250	26	0	6	29
Double ShackBurger®	760	48	20	2	185	2280	27	0	6	51
Triple ShackBurger®	1020	67	28	2.5	265	3310	27	2	6	74
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
Triple Hamburger	750	43	17	2	205	2220	24	2	5	63
Single Cheeseburger	440	24	11	1	95	1200	25	0	5	29
Double Cheeseburger	700	42	20	2	175	2220	25	0	5	51
Triple Cheeseburger	950	60	28	2.5	255	3250	26	2	6	73
Single SmokeShack™	570	35	13	1	120	2010	28	0	7	36
Double SmokeShack™	830	53	22	2	200	3030	28	0	7	58
Triple SmokeShack™	1090	71	30	2.5	280	4060	29	2	8	80
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
Bacon Cheeseburger, triple	1020	65	29	2.5	270	3540	26	2	6	80
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
Avocado Bacon Burger, Triple	1160	78	31	2.5	280	2970	31	6	6	81
'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
Roadside Double Burger*	770	46	20	2	175	2300	32	0	7	53
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
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
Black Truffle Burger, (Single)	700	48	16	0.5	120	1270	32	3	5	33
Black Truffle Burger, (Double)	970	68	26	1.5	205	2060	32	3	5	56
Black Truffle 'Shroom Burger	600	35	11	0	60	830	50	5	7	19
Black Truffle 'Shroom Stack	870	55	21	1	145	1620	50	5	7	43
Fried Pickle Bacon Burger, Single*	810	54	18	1	140	1990	40	4	7	39
Fried Pickle Bacon Burger, Double*	1080	73	27	2	225	2810	41	4	7	63
Grilled Cheese	320	18	10	0.5	45	850	25	0	5	14
BLT (Double)	500	34	10	0	65	610	28	3	7	20
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
Spicy Pickle Bacon Chicken Sandwich*	690	43	12	0	145	1590	37	3	7	40



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
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
Parmesan Black Truffle Fries	800	52	10	0	75	1340	65	6	0	13
Spicy Fries with Ranch	610	37	6	0	30	980	65	7	1	6
Spicy Cheese Fries with Ranch	850	59	20	0.5	115	1260	66	7	2	12



Combo Meals	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
ShackBurger®, Single*	970-1240	53	16	1	115	2050-2090	89-153	9	6-71	35
ShackBurger®, Double*	1230-1490	71	25	2	200	3080-3120	89-154	9	6-71	57
SmokeShack™, Single*	1070-1340	60	19	1	135	2620-2720	91-155	9	8-72	42
SmokeShack™, Double*	1330-1600	78	28	2	215	3700-3740	91-156	9	8-73	64
Avocado Bacon Burger, Single*	1140-1400	67	20	1	135	2200-2250	93-157	12	6-71	42
Avocado Bacon Burger, Double*	1400-1660	85	29	2	215	3230-3270	93-158	12	6-71	64
Bacon Cheeseburger, Single*	1010-1270	54	19	1	125	2150-2190	88-153	8	6-70	41
Bacon Cheeseburger, Double*	1260-1530	72	27	2	205	3180-3220	89-153	8	6-71	63
Cheeseburger, Single*	910-1180	46	16	1	105	1990-2030	88-152	8	5-70	35
Cheeseburger, Double*	1170-1430	64	24	2	190	3020-3060	88-153	8	6-70	57
Hot Dog*	830-1090	44	14	0	65	1590-1640	88-152	9	7-71	22
Chicken Shack™*	1030-1290	54	12	0	125	1970-2010	97-162	9	6-71	39
Chicken Bites (6 piece) with BBQ Sauce, Honey Mustard & Ranch*	830-1190	42-56	8-10	0	65-75	1810-1880	91-146	7	13-69	24
Chicken Bites (10 piece) with BBQ Sauce, Honey Mustard & Ranch*	1030-1390	55-69	10-12	0-0.5	95-110	2330-2400	101-157	7	13-69	35
Black Truffle Burger, Single*	1180-1440	71	20	1	135	2060-2110	95-160	9	6-70	38
Black Truffle Burger, Double*	1450-1710	90	30	1.5	220	2850-2890	95-160	9	6-70	62



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
Chocolate Shake	750	45	27	1.5	255	310	76	0	69	16
Vanilla & Chocolate Shake	720	41	25	0.5	245	380	74	2	71	18
Black & White Shake	770	42	26	0	245	460	80	0	76	19
Strawberry Shake	690	35	21	0	230	430	77	0	75	17
Cookies & Cream Shake	850	44	24	0	235	580	98	0	86	19
Salted Caramel Shake	840	42	26	0	260	950	99	0	96	17
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
Bourbon Salted Honey Shake*	890	44	27	0	260	700	89	0	87	18
Featured Cherry Blossom Shake	880	45	27	0	260	480	104	0	101	20
Featured Thai Tea Shake	860	43	26	0	255	450	102	0	99	18
Featured Brownie Batter Hot Cocoa Shake	920	54	32	1.5	280	370	98	5	89	19
Featured Dubai Chocolate Shake*	1080	61	34	0	250	570	102	4	89	26
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
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	140-190	0	0	0	0	15-20	34-45	0-1	31-38	0
Featured Lemonade Large	220-290	0	0	0	0	20-35	55-72	0-1	51-61	0
Fifty-Fifty Featured Lemonade Small	70-110	0	0	0	0	10-15	17-25	0-1	15-21	0
Fifty-Fifty Featured Lemonade Large	110-160	0	0	0	0	20-25	28-30	0-1	25-32	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
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
Starry Small*	140	0	0	0	0	35	39	0	39	0
Starry 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
Root Beer Bottle or Can (12oz)	180	0	0	0	0	16	44	0	38	0
Root Beer Small	170	0	0	0	0	15	42	0	36	0
Root Beer Large	280	0	0	0	0	25	69	0	59	0
Orange Juice (8 fl.oz)*	110	0	0	0	0	0	26	0	21	2
Stumptown Cold Brew Nitro* (10.3 fl.oz)	5	0	0	0	0	5	0	0	0	0
ShackBlend Stumptown Drip Coffee (12oz or 16oz)*	5	0	0	0	0	5	0	0	0	0
Joe's Coffee Cold Brew (16oz & 24oz)- Draft	5	0	0	0	0	5	0	0	0	0
Joe's Coffee Nitro Cold Brew (10oz & 16oz)- Draft	5	0	0	0	0	5	0	0	0	0
Joe Coffee Cold Brew (7.5oz can)	5	0	0	0	0	5	1	0	0	0
Joe Coffee Honey Oat Latte (7.5oz can)	90	2	0	0	0	65	16	1	13	<1



Beer, Wines & Cocktails

	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Brooklyn Brewery ShackMeister Ale (12oz. Draft)	160	0	0	0	0	0	17	0	0	2
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 Red (6 oz)	150	0	0	0	0	0	5	0	0	0
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
Gotham Project Red Wine Can (8.4 oz)*	210	0	0	0	0	10	6	0	0	0
Gotham Project White Wine Can (8.4 oz)*	200	0	0	0	0	10	5	0	0	0
Gotham Project Rosé Wine Can (8.4 oz)*	210	0	0	0	0	10	9	0	0	1
Margarita Can (100mL)*	190	0	0	0	0	5	15	0	12	0
Old Fashioned Can (100mL)*	230	0	0	0	0	0	4	0	4	0
Negroni Can (100mL)*	210	0	0	0	0	0	9	0	9	0
Appico Spritz Can (250mL)*	240	0	0	0	0	0	18	0	19	0
Vodka White Tea Soda Can (250mL)*	80	0	0	0	0	20	0	0	0	0
Paloma Can (250mL)*	170	0	0	0	0	10	7	0	6	0
Truly Can (24 oz)*	210	0	0	0	0	30	3	0	1	0



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, 4 Hands	Beer Type: Ale, IPA & Wheat Calories
12oz	100-290
16oz	130-390
24oz	230-580
32oz	310-670
Pitcher (64oz)	620-1120

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, Talea	Beer Type: Lagers & Pilsners Calories
12oz	100-180
16oz	100-240
24oz	200-360
25oz	240
32oz	250-450
Pitcher (64oz)	300-910

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.