



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®	550	37	14	1	89	824	27	3	8	28
Double ShackBurger®	860	60	25	2	156	1290	27	3	8	49
Single Hamburger	390	21	9	1	56	327	25	3	7	24
Double Hamburger	620	38	17	2	106	454	25	3	7	42
Single Cheeseburger	460	26	13	1	73	666	26	3	7	28
Double Cheeseburger	760	49	25	2	140	1132	26	3	8	49
'Shroom Burger	490	30	9	0	110	925	39	7	9	18
Shack Stack®	800	53	21	1	177	1391	40	7	9	40
Single SmokeShack™	620	42	16	1	104	1602	26	3	10	35
Double SmokeShack™	930	65	27	2	171	2068	27	3	10	56
Roadside Double Burger*	850	61	25	2	142	1160	36	4	11	55
Lockheart Link Burger*	730	50	20	1	120	1520	28	3	7	37
Link Burger*	730	50	20	1	120	1520	28	3	7	37
Bacon Cheeseburger, double	830	54	27	2	155	1432	26	3	8	56
Bacon Cheeseburger, single	530	31	15	1	88	966	26	3	7	35
Veggie Shack*	520	28	6	0	36	1290	54	7	13	15
Veggie Shack, standard build, lettuce wrap*	370	24	5	0	30	1090	29	4	6	9
Veggie Shack, vegan*	380	22	1	0	15	1130	48	6	9	6
BBQ Cheddar Bacon Burger*	570	90	16	0	90	1070	31	3	13	35
Martin's Potato Roll	150	4	1	0	6	200	25	3	7	6
Gluten Free Bun	90	4	0	0	0	230	19	2	3	2
Cheese	70	6	4	0	17	339	1	0	0	4
ShackSauce	60	11	1	0	16	156	0	0	0	0
Lettuce	1	0	0	0	0	1	0	0	0	0
Tomato	0	0	0	0	0	1	1	0	0	0
Pickle	5	0	0	0	0	120	1	0	0	0
Onion	5	0	0	0	0	1	1	0	1	0
Bacon (2 Slices/1.5g)	70	5	2	0	15	300	0	0	0	7
Cherry Peppers	0	0	0	0	0	280	0	0	2	0



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.										
Chick'n Shack™	595	36	7	0	71	1300	43	3	8	28
BBQ Cheddar Bacon Chick'n (Crispy)*	700	40	13	0	100	1800	48	3	14	39
BBQ Cheddar Bacon Chick'n (Grilled)*	470	18	8	0	110	1560	37	3	15	37
Griddled Chick'n Club*	470	21	4	0	90	1340	31	5	8	36
Herb Mayonnaise	90	9	1	0	5	128	0	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.										
Bacon Breakfast Sandwich*	370	18	8	0	215	1050	26	3	5	24
Bacon Breakfast Sandwich (Double Egg)*	460	25	10	0	399	1145	26	3	5	30
Sausage Breakfast Sandwich*	480	29	12	0	260	1440	28	3	7	28
Sausage Breakfast Sandwich (Double Egg)*	570	36	14	0	444	1535	28	3	7	34
Egg and Cheese Breakfast Sandwich*	300	13	6	0	200	750	26	3	5	17
Egg and Cheese Breakfast Sandwich (Double Egg*)	390	20	8	0	384	845	26	3	5	23



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	15	5	0	40	700	27	4	7	16
Chicken Dog	320	11	3	0	100	970	32	4	9	20
Shack-cago Dog®	380	20	10	1	40	1140	33	3	7	16
Sausage Link*	240	20	7	0	40	682	2	0	0	9
Publican Pork Sausage*	560	47	16	0	73	1188	14	1	1	13
Chili Cheesedog*	460	26	11	0	75	1120	29	4	8	20
Add Cheese Sauce	80	7	4	0	27	160	1	0	0	2
Add Rick's Picks Shack Relish	5	0	0	0	0	45	2	0	2	0



Fries	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Regular Fries	420	19	3	0	0	490	46	5	0	5
Cheese Fries	640	42	18	0	72	970	46	5	0	11
Bacon Cheese Fries	710	47	20	0	87	1270	46	5	0	18
BBQ Bacon Cheese Fries*	740	50	20	0	85	1430	52	5	6	18



Shakes	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Vanilla Shake	740	37	24	0	240	430	75	0	72	19
Chocolate Shake	770	44	27	1	220	350	79	0	72	19
Salted Caramel Shake	890	43	28	0	265	950	102	0	97	17
Peachtree Shake*	820	38	24	0	245	670	96	0	92	16
Black & White Shake	820	43	27	0	250	460	82	0	77	19
Strawberry Shake	740	35	22	0	235	440	80	0	77	19
Peanut Butter Shake	890	50	25	0	240	610	81	0	73	23
Mocha Cookies and Cream Shake*	890	46	26	0	210	700	105	1	87	16
Marshmallow Chocolate Chip Shake*	1090	52	33	0	255	440	135	0	122	23
Chocolate Brownie Shake*	1050	60	35	0	280	837	116	3	89	15
Fair Shake	730	36	23	0	240	420	77	0	70	19



Floats	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Root Beer Float	510	18	11	0	105	270	86	0	73	6
Purple Cow Float	510	18	11	0	105	270	85	0	82	6
Creamsicle Float	510	18	11	0	105	270	86	0	83	6



Cups & Cones	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Single Chocolate Cup	260	16	10	0	90	140	27	1	21	4
Double Chocolate Cup	510	32	19	0	180	290	53	2	43	9
Single Vanilla Cup	220	12	7	0	70	170	26	0	24	4
Double Vanilla Cup	450	23	15	0	140	340	51	0	47	9
Single Chocolate Cone	290	16	10	0	90	155	32	1	21	4
Double Chocolate Cone	540	32	19	0	180	305	58	2	43	9
Single Vanilla Cone	250	12	7	0	70	185	31	0	24	4
Double Vanilla Cone	480	23	15	0	140	355	56	0	47	9
Cone	50	1	0	0	0	55	10	0	4	1



Concretes & Mix-Ins**	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Almonds	80	7	1	0	0	0	3	2	1	3
Amarena Cherries	30	0	0	0	0	5	5	0	4	0
Bacon Caramel Popcorn (H&F Bread)	20	1	0	2	2	20	2	0	1	0
Banana Bread	100	3	0	0	15	100	17	1	10	1
Banana Bread Donut (Glazed and Confused)	100	4	1	0	0	95	14	0	1	1
Banana Cake with PB Frosting (The Cupcakery)	100	3	1	0	15	100	16	0	12	0
Bananas	10	0	0	0	0	0	4	1	2	1
Bee Sting Bar (Baked & Wired)	140	10	4	0	15	70	16	2	6	2
Belgian Waffles	70	5	1	0	5	70	5	0	1	1
Black Magic Brownie (Zingerman's)	70	4	2	0	15	25	9	0	6	1
Black Salt Caramel (Vosges)	70	5	3	0	5	20	8	0	5	0
Blueberry Jam	40	0	0	0	0	0	9	0	9	0
Blueberry Pancake Pie (Dangerously Delicious)	150	9	3	0	10	280	15	0	9	3
Bolo Menino (Fat Rice)	80	6	1	0	0	25	8	0	5	0
Brownie (Mark's Bake Shoppe)	70	4	3	0	15	30	8	0	6	1
Brown Sugar Caramel	60	38	4	0	15	45	6	0	6	1
Cannoli Shell (Termini Bros.)	20	1	1	0	0	0	2	0	0	1
Caramelized Cocoa Nibs	50	2	1	0	0	150	7	1	0	1
Chocolate Cake Donut (Du's Donuts)	80	4	2	0	0	90	11	0	5	0
Chocolate Chip Cookie (Balthazar)	170	10	2	0	10	130	20	0	0	2
Chocolate Chip Cookie (Baked NYC)	90	4	3	0	15	80	9	0	6	1
Chocolate Chip Cookie (Baked and Wired)	80	4	2	0	10	50	10	0	7	1
Chocolate Chip Cookie (Winslow's Bakery)	90	4	3	0	15	80	9	0	6	1
Chocolate Cloud Cookie (Baked)	200	8	5	0	40	50	30	1	25	3
Chocolate Covered Pretzels	70	4	2	0	0	70	10	1	6	1
Chocolate Crunchies (Valrhona)	70	5	3	0	0	25	7	2	6	1
Chocolate Fudge Brownie (Milk & Cookies)	70	4	3	0	15	30	8	0	6	1
Chocolate Peanut Brittle (Hot Chocolate)	70	5	2	0	5	40	6	0	4	2
Chocolate Peanut Butter Crispy Bar (Baked NYC)	140	10	4	0	10	80	12	1	7	3
Chocolate Pearls (Valrhona)	80	5	3	0	0	15	7	1	7	1
Chocolate Sprinkles (E. Guittard)	30	1	1	0	0	0	7	0	6	0
Chocolate Toffee	70	4	3	0	10	50	8	0	7	1
Chocolate Truffle Cookie Dough	50	3	2	0	15	15	6	1	4	1
Cinnamon Fudge Sauce	70	6	3	0	10	15	6	1	5	1
Cinnamon Marshmallow Sauce	80	0	0	0	0	20	17	0	13	0

Cinnamon Sugar	10	0	0	0	0	0	2	0	2	0
Cinnamon Sugar Twist	60	3	2	0	9	66	7	0	3	1
Citrus Marinated Fresh Raspberries	30	0	0	0	0	0	8	3	4	0
Cocoa Nibs (Mast Brothers)	90	8	5	0	0	0	4	3	0	2
Cocoa Powder	20	1	1	0	0	35	1	1	1	1
Coconut Doughnut (Astro Doughnuts)	30	2	1	0	10	30	4	0	2	1
Coffee Beans	0	0	0	0	0	0	0	0	0	0
Coffee Marshmallow Sauce	60	0	0	0	0	20	14	0	11	0
Coney Island Chocolate Chunks (Compertes)	80	6	3	0	5	15	7	1	7	1
Cookie Butter	80	6	1	0	0	25	8	0	5	0
Cream Cheese Pound Cake (Milk and Cookies)	80	4	3	0	20	80	9	0	7	1
Crispy Crunchies	50	0	0	0	0	130	12	0	1	0
Dark Chocolate Chunks (Askanosie Chocolate)	80	5	3	0	0	0	7	3	4	1
Dark Chocolate Chunks (Cocoa Atlanta)	30	3	2	0	0	0	3	1	1	1
Dark Chocolate Chunks (Mast Brothers)	80	6	4	0	0	5	7	2	4	1
Dark Chocolate Chunks (Taza)	80	6	4	0	0	0	8	1	5	1
Dark Chocolate Chunks (Tradestone)	80	6	4	0	0	5	7	2	4	1
Dark Chocolate Chunks (Vosges)	50	3	2	0	0	20	6	1	5	1
Dark Chocolate Crack Bar (Dude, Sweet Chocolate)	80	6	4	0	0	5	7	2	4	1
Dark Chocolate Chunks (Zak's)	70	5	3	0	0	0	7	0	4	1
Dark Chocolate Chunks (Compertes)	70	5	3	0	0	0	7	0	4	1
Dark Chocolate Cookie (Warm Belly)	70	4	3	0	15	30	8	0	6	1
Donut (Doughnut Plant)	100	4	1	0	2	95	14	0	1	1
Double Chocolate Donut (Cofax)	80	4	2	0	0	90	11	0	5	0
Double Concrete, Chocolate	640	40	24	0	230	360	67	3	53	11
Double Concrete, Vanilla	560	29	19	0	175	430	64	0	59	11
Double Concrete, Vanilla and Chocolate	600	35	22	0	200	400	66	2	56	11
Freckles Cupcake (The Cupcakery)	170	9	3	0	20	130	24	0	20	1
French Toast Donut (Federal Donuts)	70	2	1	0	15	70	13	0	6	1
Fudge Sauce	60	4	2	0	5	25	5	0	4	0
Glazed Donut (North Lime Donuts)	100	4	1	0	0	95	14	0	1	1
Graham Crackers	60	2	0	0	0	80	11	0	4	1
Graham Crackers (Pollystyle)	50	2	1	0	5	50	8	0	4	1
Ginger Chocolate Chip Cookie Dough (Sona Baking Company)	50	3	2	0	15	15	6	0	4	1
Goopy Butter Cake (Park Ave. Coffee)	170	9	3	0	20	130	24	0	20	1
Hazelnut Brown Butter Streusel (Milk and Cookies)	70	5	2	0	6	0	7	0	4	1
Honey Roasted Peanut Bark (Bon Bon Bon)	50	3	2	0	15	15	6	1	4	1
Lemon Curd	50	2	1	0	0	40	8	0	8	0
Lemon Ricotta	40	2	1	0	10	10	4	0	3	2
Malt	20	0	0	0	0	15	4	0	3	0
Malted Marshmallow Sauce	60	3	0	0	0	20	14	0	11	0
Maple Bacon Donut (Astro Donuts)	210	10	4	0	5	235	24	0	10	4
Marshmallow Sauce	50	1	0	0	0	5	10	0	8	0
Matcha Green Tea Powder	20	0	0	0	0	0	0	0	0	0
Milk Chocolate Chunks (Guittard)	80	6	3	0	5	15	7	1	7	1
Minted Marshmallow Sauce	30	0	0	0	0	5	6	0	5	0
Mint White Chocolate Ganache (Chocopologie)	70	6	3	0	8	15	6	1	5	1
Miso Huckleberry Hazelnut Blondie (Uchi)	270	12	6	0	25	410	36	0	24	2
Old Fashioned Donut	100	4	1	0	2	95	14	0	1	1
Old Fashioned Buttermilk Vanilla Donut (Kettle Glazed)	100	4	1	0	2	95	14	0	1	1
Peanut Butter Sauce	170	14	2	0	0	190	7	2	3	5
Peanut Butter Toffee Cookie (Larder Baking Company)	70	4	1	0	0	60	8	0	4	1
Pecan Shortbread (Scratch Baking)	200	12	6	0	25	20	18	0	6	3
Pecan Walnut Caramel Toffee (Vosges)	160	10	6	0	10	20	14	2	12	2
Pecans	110	11	1	0	0	0	2	1	0	1
Philly-style Soft Pretzel	70	0	0	0	0	60	15	0	0	2
Rainbow Sprinkle Sanding Sugar	30	0	0	0	0	0	8	0	8	0
Rainbow Sprinkles	70	2	2	0	0	0	13	0	11	0
Red Velvet Cake (South End Buttery)	160	10	3	0	20	90	15	0	10	1
Red Velvet Cake (The Cupcakery)	160	10	3	0	20	90	15	0	10	1
Salted Caramel Chocolate Brownie (Larder Baking Company)	130	6	6	0	25	100	16	0	12	2
Salted Caramel Old Fashioned Doughnut (Glazed and Infused)	140	8	2	4	5	85	16	0	10	1
Salted Caramel Sauce	50	2	2	0	10	110	8	0	7	0
Salted Peanuts	90	7	1	0	0	115	3	1	1	0
Seasonal Pie	180	9	3	0	3	130	75	0	11	1
Shortbread Cookie	70	4	2	0	10	20	8	0	3	1
Single Concrete, Chocolate	320	20	12	0	110	180	34	2	27	6
Single Concrete, Vanilla	280	15	10	0	90	220	32	0	30	6
Single Concrete, Vanilla and Chocolate	300	18	11	0	100	200	33	1	29	6
Spiced Crumb Donut (Cofax)	80	4	2	0	0	90	11	0	5	0
Sticky Bun (Balthazar)	80	5	2	0	10	35	7	1	4	1
Strawberries	10	0	0	0	0	0	2	1	1	0
Strawberry Jam	40	0	0	0	0	0	10	0	5	0
Strawberry Purée	5	0	0	0	0	0	1	0	1	0
Strawberry & Rose Geranium Jam (Squirrel)	40	0	0	0	0	0	10	0	5	0

Sugar Cone Cookie	30	1	0	0	0	30	5	0	2	0
Triple Chocolate Sea Salt Cookie (Luna Baking Company)	130	5	3	0	20	90	16	0	2	
Unicorn Bait Cookie Dough (Fluff Bake Bar)	50	3	2	0	15	15	6	1	4	1
Walnut Sable Cookie (Balthazar)	140	5	4	0	5	50	21	0	8	2
Walnuts	100	9	1	0	0	0	2	1	1	2
Whipped Cream	80	5	3	0	25	25	5	0	5	0
White Peach Puree	20	0	0	0	0	0	5	0	5	0



Drinks	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Shack-made Lemonade Small	160	0	0	0	0	6	41	0	39	0
Shack-made Lemonade Large	240	0	0	0	0	8	60	0	59	0
Featured Lemonade Small	130-140	0	0	0	0	9-18	30-35	0	30-35	0
Featured Lemonade Large	200-210	0	0	0	0	13-26	50-55	0	45-50	0
Fresh Brewed Iced Tea Small	0	0	0	0	0	0	0	0	0	0
Fresh Brewed Iced Tea Large	0	0	0	0	0	0	0	0	0	0
Fresh Brewed Sweetened Iced Tea Small	170	0	0	0	0	0	44	0	44	0
Fresh Brewed Sweetened Iced Tea Large	200	0	0	0	0	0	50	0	50	0
Fifty-Fifty Small	80	0	0	0	0	3	20	0	19	0
Fifty-Fifty Large	120	0	0	0	0	4	30	0	29	0
Coke Small	150	0	0	0	0	15	40	0	40	0
Coke Large	220	0	0	0	0	20	61	0	61	0
Diet Coke Small	0	0	0	0	0	5	0	0	0	0
Diet Coke Large	0	0	0	0	0	10	0	0	0	0
Coke Zero Small	0	0	0	0	0	6	0	0	0	0
Coke Zero Large	0	0	0	0	0	10	0	0	0	0
Sprite Small	150	0	0	0	0	35	37	0	33	0
Sprite Large	220	0	0	0	0	50	56	0	50	0
Fanta Orange Small	180	0	0	0	0	15	48	0	48	0
Fanta Orange Large	270	0	0	0	0	20	72	0	72	0
Fanta Grape Small	180	0	0	0	0	15	47	0	47	0
Fanta Grape Large	260	0	0	0	0	20	70	0	70	0
Dr. Pepper Small	140	0	0	0	0	45	39	0	39	0
Dr. Pepper Large	210	0	0	0	0	68	59	0	59	0
Crush Small*	165	0	0	0	0	45	45	0	44	0
Crush Large*	220	0	0	0	0	60	60	0	58	0
Diet Pepsi Small*	0	0	0	0	0	40	0	0	0	0
Diet Pepsi Large*	0	0	0	0	0	60	0	0	0	0
Mist TWST Small*	150	0	0	0	0	30	41	0	41	0
Mist TWST Large*	200	0	0	0	0	40	54	0	54	0
Mountain Dew Small*	170	0	0	0	0	53	44	0	44	0
Mountain Dew Large*	220	0	0	0	0	70	58	0	58	0
Pepsi Small*	150	0	0	0	0	30	42	0	42	0
Pepsi Large*	200	0	0	0	0	40	56	0	56	0
PepsiMAX Small*	0	0	0	0	0	38	0	0	0	0
PepsiMAX Large*	0	0	0	0	0	50	0	0	0	0
Abita Root Beer Bottle	180	0	0	0	0	15	48	0	38	0
Abita Root Beer Small	180	0	0	0	0	15	48	0	38	0
Abita Root Beer Large	270	0	0	0	0	24	72	0	57	0
Stumptown Cold Brew	3	0	0	0	0	0	1	0	0	0
Stumptown Cold Brew Nitro	3	0	0	0	0	0	1	0	0	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)	190	0	0	0	0	0	15	0	0	2
Brooklyn Brewery ShackMeister Ale (24oz. Draft)	290	0	0	0	0	0	23	0	0	3
Shack White	120	0	0	0	0	0	3	0	0	0
Shack Red	130	0	0	0	0	0	4	0	0	0



Give Some Shack	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Mast Brothers Buttermilk Chocolate Bar	390	27	17	0	7	63	33	2	32	5

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

*This item is not available at all Shacks.