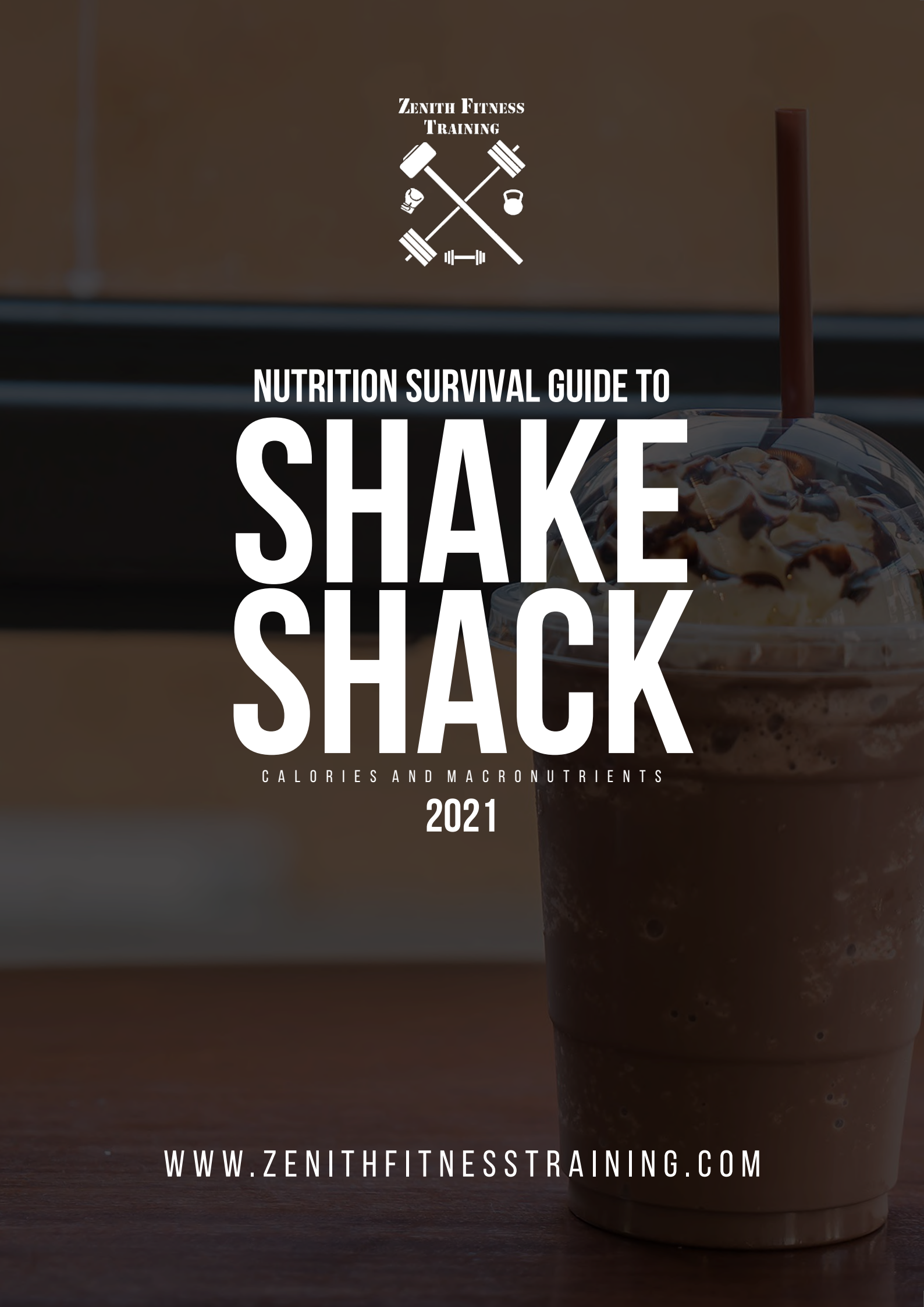
ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO SHAKE SHACK

CALORIES AND MACRONUTRIENTS

2021



WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SHAKES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Vanilla Shake	680	18	72	0	71	36	0.43
Vanilla Shake (12oz)	500	13	53	0	52	27	0.32
Chocolate Shake	750	16	76	0	69	45	0.31
Chocolate Shake (12oz)	550	12	56	0	51	33	0.22
Salted Caramel Shake	840	17	99	0	96	42	0.95
Salted Caramel Shake (12oz)	630	13	74	0	72	32	0.72
Black & White Shake	770	19	80	0	76	42	0.46
Black & White Shake (12oz)	580	14	60	0	58	32	0.35
Strawberry Shake	690	17	77	0	75	35	0.43
Strawberry Shake (12oz)	520	13	58	0	56	27	0.32
Cookies & Cream Shake	850	19	98	0	86	44	0.58
Cookies & Cream Shake (12oz)	630	15	73	0	64	33	0.43
Coffee Shake	680	18	74	0	70	35	0.42
Coffee Shake (12oz)	510	14	56	0	52	27	0.32
Peachtree Shake*	770	16	95	0	91	38	0.67
Traffic JAM Shake*	790	17	106	0	102	35	0.41
Bourbon Salted Caramel Shake*	890	18	89	0	87	44	0.7
Loaded Chocolate Cookies & Cream Shake*	1160	17	128	0	108	56	0.45
TKO' Clock Chocolate Cookies & Cream Shake*	1020	19	112	0	92	59	0.5
Bananas Foster Shake*	850	16	107	0	103	42	0.94
Whipped Cream	70	1	5	0	4	5	0.02
Malt	90	2	19	0	16	1	0.07

FLOATS

Root Beer Float	430	7	70	0	69	15	0.22
Purple Cow Float	460	7	79	0	78	15	0.21
Creamsicle® Float	440	7	75	0	74	15	0.24

CUP & CONES

Single Chocolate Cup	310	6	32	0	29	19	0.12
Double Chocolate Cup	490	9	51	0	47	30	0.19
Single Vanilla Cup	280	7	30	0	30	15	0.18
Double Vanilla Cup	450	11	49	0	48	24	0.28
Single Vanilla & Chocolate Cup	290	6	31	0	29	17	0.15
Double Vanilla & Chocolate Cup	470	10	50	0	47	27	0.23
Single Chocolate Cone	360	7	42	0	33	20	0.18
Double Chocolate Cone	540	10	61	0	50	31	0.25
Single Vanilla Cone	330	7	41	0	33	15	0.23
Double Vanilla Cone	500	11	59	0	51	24	0.34
Single Vanilla & Chocolate Cone	340	7	41	0	33	17	0.2
Double Vanilla & Chocolate Cone	520	11	60	0	51	28	0.29
Cone	50	1	10	0	4	0.5	0.055

CONCRETES**

125th Street Treat	460	9	61	0	51	21	310
125th Street Treat (Double)	930	18	122	0	102	41	0.61

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
24 Carrot Magic	480	9	55	0	44	27	0.2
24 Carrot Magic (Double)	970	17	111	0	89	54	0.39
A La Rhode	410	8	52	0	48	20	0.34
A La Rhode(Double)	820	16	102	1	94	40	0.68
A Sprinkle In Time	500	8	66	0	54	23	0.25
A Sprinkle In Time (Double)	1000	17	132	0	108	48	0.5
All-In	520	8	61	0	58	27	0.48
All-In (Double)	1030	16	122	0	115	55	0.96
Austin Street Treat	420	7	51	0	42	23	0.29
Austin Street Treat (Double)	840	14	101	0	85	46	0.59
Back Bay Blend	560	7	64	0	58	33	0.41
Back Bay Blend (Double)	1130	14	129	1	116	67	0.82
Banana Buyout	400	8	50	0	47	20	0.34
Banana Buyout (Double)	800	16	99	0	93	40	0.68
Banana Caramel Crunch	420	8	48	0	46	19	0.39
Banana Caramel Crunch (Double)	850	17	112	1	91	38	0.79
Banana Post Road	430	8	45	0	38	27	0.53
Banana Post Road (Double)	860	16	91	1	745	54	1.06
Bathazar Blender	560	10	64	0	51	30	0.44
Bathazar Blender (Double	1120	21	127	0	101	60	0.86
Bergen County Blend	420	9	48	0	40	22	0.25
Bergen County Blend (Double)	850	18	96	1	80	44	0.5
Berry Blender	410	8	49	0	40	21	0.25
Berry Blender (Double)	820	16	97	0	81	42	0.5
Beverly Chills	540	9	62	0	56	29	0.42
Beverly Chills (Double)	1070	18	124	0	113	58	0.85
Birming Graham	460	9	62	0	50	20	0.25
Birming Graham (Double)	920	17	123	1	101	40	0.51
Black & White Cookie	450	8	51	0	41	25	0.23
Black & White Cookie (Double)	900	16	102	0	82	51	0.45
Blackout Cookie	530	8	62	0	46	30	0.21
Blackout Cookie (Double)	1060	15	125	0	92	60	0.43
Brownie Points	540	10	64	0	57	28	0.49
Brownie Points (Double)	1070	19	129	0	114	56	0.96
Buffalo Street Brownie	520	9	68	0	57	26	0.41
Buffalo Street Brownie (Double)	1050	19	135	0	114	52	0.83
Burrowing Banana	400	7	48	0	41	23	0.27
Burrowing Banana (Double)	790	13	91	1	81	48	0.53
Busy Bee	460	9	53	0	43	24	0.27
Busy Bee (Double)	920	19	106	1	86	47	0.53
California Cold Rush	440	9	50	1	42	23	0.39
California Cold Rush (Double)	880	17	100	1	85	46	0.78
Camden County Carame	480	9	58	0	51	25	0.36
Camden County Caramel (Double)	970	18	117	0	102	50	0.71
Campfire S'mores	560	9	66	0	50	31	0.2
Campfire S'mores (Double)	1110	18	131	1	100	63	0.4
Caramel Aficiona-Dough	490	9	57	0	40	26	0.42
Caramel Aficiona-Dough (Double	980	18	114	0	79	52	0.84
Caramel Apple Fritter	540	10	62	0	43	29	0.51
Caramel Apple Fritter (Double)	1090	21	123	0	83	57	1.03

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Caramel Bourbon Twist	460	8	54	0	51	24	0.4
Caramel Bourbon Twist (Double)	920	16	108	0	102	49	0.8
Caramel Carousel	420	8	54	0	45	19	0.39
Caramel Carousel (Double)	830	17	108	0	90	38	0.79
Caramel Cone	410	8	50	0	45	20	0.36
Caramel Cone (Double)	810	16	101	0	90	40	0.72
Caramel Crumble	410	8	50	0	45	20	0.36
Caramel Crumble (Double)	810	18	101	0	90	40	0.72
Caruso's Crunch	470	8	55	0	50	24	0.34
Caruso's Crunch (Double)	930	16	109	0	101	48	0.69
Cary Cookie Crumble	460	9	57	0	49	22	0.26
Cary Cookie Crumble (Double)	920	17	114	0	98	45	0.51
Central West Blend	550	10	71	0	61	26	0.62
Central West Blend (Double)	1100	19	141	0	122	52	1.24
Choc 'n' Roll, Defend the Blend	550	8	68	0	58	30	0.43
Choc 'n' Roll, Defend the Blend (Double	1090	16	136	0	115	61	0.87
Choc heard Round the World	470	9	52	1	44	28	0.18
Choc Heard Round the World (Double)	930	18	105	2	87	56	0.35
Choc of the Town	480	8	50	0	41	30	0.15
Choc of the Town (Double)	960	16	99	1	82	61	0.31
Chocolate and Chip	570	8	59	0	45	35	0.31
Chocolate and Chip (Double)	1150	16	119	0	90	71	0.62
Chocolate Caramel Crunchcrete	520	7	60	0	53	30	0.34
Chocolate Caramel Crunchcrete (Double)	1040	16	120	0	107	61	0.69
Chocolate Caramel Pretzel	480	9	54	0	47	25	0.37
Chocolate Caramel Pretzel (Double)	950	18	107	0	95	51	0.74
Chocolate Caramel Pretzel Crunch	510	8	55	0	47	30	0.31
Chocolate Caramel Pretzel Crunch (Double)	1020	18	111	1	93	60	0.61
Chocolate Chip Cookie	600	9	66	0	43	37	0.37
Chocolate Chip Cookie (Double)	1200	18	131	1	86	73	0.73
Chocolate Minted Marshmallow	430	7	53	0	46	24	0.15
Chocolate Minted Marshmallow (Double)	860	15	105	0	92	48	0.3
Chocolate Thayer Cake	580	8	64	0	52	34	0.28
Chocolate Thayer Cake (Double)	1160	17	129	0	104	68	0.56
Chocolate Truffle Cookie Cone	420	8	52	0	44	22	0.21
Chocolate Truffle Cookie Cone (Double)	840	16	104	0	88	44	0.41
Churn of the Century	590	14	56	0	45	36	0.45
Churn of the Century (Double)	1180	28	112	0	90	73	890
Coffee & Donuts	460	9	55	0	41	23	0.29
Coffee & Donuts (Double)	920	19	111	0	83	45	0.58
Coffee Caramel Popcorn	410	10	47	0	43	20	0.4
Coffee Caramel Popcorn (Double)	810	19	94	0	87	41	0.79
Coffee Toffee	450	8	56	0	42	22	0.27
Coffee Toffee (Double)	900	18	113	0	105	45	0.54
Cold Fashioned	490	9	57	0	47	25	0.46
Cold Fashioned (Double)	970	18	114	1	93	51	0.92
Cold Shot	550	7	66	0	61	30	0.49
Cold Shot (Double)	1080	15	130	0	121	58	0.88
Coldspot	500	10	65	0	54	23	0.4
Coldspot (Double)	1000	20	130	0	109	47	0.81

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Colonial Custard	440	8	53	0	44	21	0.25
Colonial Custard (Double)	870	17	106	0	88	43	0.5
Concrete of Troy	520	9	68	0	57	26	0.41
Concrete of Troy (Double)	1050	19	135	0	114	52	0.83
Cookie & Coffee	450	9	52	0	43	24	0.35
Cookie & Coffee (Double)	910	17	104	0	87	49	0.7
Cookie Butter Blender	570	9	63	0	57	32	0.37
Cookie Butter Blender (Double)	1140	17	126	0	114	65	0.73
Cookie Butter Crunchcrete	530	8	56	0	48	32	0.23
Cookie Butter Crunchcrete (Double)	1050	15	112	0	97	65	0.46
Cookie-Crumble	460	9	57	0	49	22	0.26
Cookie-Crumble (Double)	920	17	114	0	98	45	0.51
Cookie Dough Country	500	10	51	0	41	31	0.27
Cookie Dough Country (Double)	1000	20	102	0	81	63	0.54
Coral Crisp	500	9	72	0	57	22	0.47
Coral Crisp (Double	1000	18	144	0	114	43	0.94
Crimson Red Velvet	360	8	40	0	37	19	0.25
Crimson Red Velvet (Double)	720	16	79	0	74	38	0.51
Cross County Crunch	520	9	60	0	54	29	0.42
Cross County Crunch (Double)	1040	18	118	0	108	58	0.83
Crunch Time	470	9	59	0	53	22	0.35
Crunch Time (Double)	930	17	119	0	106	44	0.71
Crunch-stellation	470	9	57	0	52	24	0.29
Crunch-stellation (Double)	930	17	114	0	105	49	0.58
Cup | Cake Crunch	530	9	61	0	55	28	0.34
Cup | Cake Crunch (Double)	1060	18	123	0	109	57	0.69
D.O.D-licious	510	9	60	0	42	27	0.42
D.O.D-licious (Double)	1010	18	118	0	83	54	0.85
Da' S'more	500	8	63	0	50	26	0.2
Da' S'more (Double)	990	16	126	1	99	52	0.41
Dallas Dough	580	9	70	0	55	31	0.19
Dallas Dough (Double)	1160	19	140	0	110	63	0.38
Darien Cookie Dough	550	9	63	0	47	30	0.48
Darien Cookie Dough (Double	1090	18	127	0	95	59	0.96
Declaration of Donuts	560	9	69	0	58	28	0.41
Declaration of Donuts (Double)	1120	19	137	0	115	56	0.83
Defend the Blend	600	9	69	0	59	35	0.43
Defend the Blend (Double)	1190	18	139	0	117	69	0.86
Del Rey Way	430	9	49	0	35	23	0.29
Del Rey Way (Double)	860	18	97	0	71	45	0.58
Devil's In The Details	550	9	64	0	50	31	0.46
Devil's In The Details (Double)	1100	17	128	0	100	62	0.91
Do It For The Graham	460	9	62	0	50	20	0.25
Do It For The Graham (Double)	920	17	123	1	101	40	0.51
Double Chocolate Trouble	490	9	57	0	40	26	0.42
Double Chocolate Trouble (Double)	980	18	114	0	79	52	0.84
Doughnut Look Swell	440	9	49	0	40	23	0.33
Doughnut Look Swell (Double)	880	18	99	0	81	47	0.66
Doughnuts Are Forever	370	8	42	0	37	19	0.22
Doughnuts are Forever (Double)	730	16	84	1	74	37	0.44

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Downtown Butter Brown	390	8	45	0	39	20	0.22
Downtown Butter Brown (Double	780	16	90	0	77	39	0.44
DTLA	480	8	50	0	41	30	0.15
DTLA (Double)	960	16	99	1	82	61	0.31
Dust Devil	460	8	599	0	51	22	0.39
Dust Devil (Double)	920	17	118	0	101	44	0.79
Easton Bound	470	9	55	0	47	24	0.39
Easton Bound (Double)	940	18	111	1	94	48	0.77
Eaton' Around Town	510	8	63	0	51	28	0.19
Eaton' Around Town (Double)	1010	16	127	0	102	55	0.39
Elm City Coffee Break	570	10	68	0	51	30	0.34
Elm City Coffee Break (Double)	1150	19	136	0	101	59	0.69
Empire State	550	9	65	0	48	30	0.24
Empire State (Double)	1090	18	131	0	97	61	0.47
Even S'more	520	8	66	0	52	27	0.21
Even S'more (Double)	1040	17	133	0	104	55	0.42
Eye Drive	530	8	63	0	59	29	0.47
Eye Drive (Double)	1070	16	125	1	117	58	0.95
Falls Fashion	430	8	50	0	44	22	0.39
Falls Fashion (Double)	850	17	101	1	88	44	0.79
Fidi Fudge	470	9	52	1	44	28	0.18
Fidi Fudge (Double)	930	17	104	2	86	56	0.35
Fluff'N Foster	490	9	64	0	55	22	0.34
Fluff'N Foster (Double)	970	18	129	1	109	44	0.68
Fly Me To The Shack	550	9	58	0	48	35	0.17
Fly Me To The Shack (Double)	1100	18	117	0	96	70	0.34
Fudge-eddaboutit	470	8	47	1	39	30	0.15
Fudge-eddaboutit (Double)	940	16	95	1	79	60	0.31
Garden State	440	9	55	0	36	21	0.32
Garden State (Double)	880	18	110	0	72	43	0.65
Give My Regards	520	9	60	0	54	29	0.42
Give My Regards (Double)	1040	18	108	0	108	58	0.83
Glades Donuts	470	8	52	0	47	25	0.4
Glades Donuts (Double)	930	16	105	0	93	51	0.8
Glazed Dazed Doughnut	520	9	61	0	52	28	0.49
Glazed Dazed Doughnut (Double)	1050	17	121	0	104	56	0.99
Grahammy Nominated	390	8	50	1	40	18	0.25
Grahammy Nominated (Double)	790	17	100	2	80	37	0.5
Great Salted Dessert	480	9	63	0	55	22	0.4
Great Salted Dessert (Double)	960	17	126	0	109	44	0.79
Going Yard	520	9	68	0	57	26	0.41
Going Yard (Double)	1050	19	135	0	114	52	0.83
Heights Bites	560	9	72	0	64	28	0.57
Heights Bites (Double)	1130	17	143	0	128	56	1.15
Hill of Beans	480	10	60	1	52	25	0.35
Hill of Beans (Double)	970	19	120	2	105	51	0.7
Home-ward Bound	510	8	59	0	48	30	0.3
Home-ward Bound (Double)	1020	16	117	0	97	59	0.6
Hopscotch	510	9	56	0	51	29	0.4
Hopscotch (Double)	1020	17	113	0	103	57	0.81

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Hopscotch (Roadie)*	**2040**	34	226	0	206	115	1.61
Invictus	490	8	55	0	45	29	0.3
Invictus (Double)	980	16	109	0	89	58	0.6
Jitney	490	9	57	0	40	26	0.057
Jitney (Double)	980	18	114	0	79	52	0.84
Just Du It	570	9	68	0	58	29	0.47
Just Du It (Double	1130	18	137	0	116	59	0.94
Kierland Campfire	530	9	62	0	48	29	0.19
Kierland Campfire (Double)	1050	17	124	1	95	58	0.39
King Neptune's Swirl	360	8	45	0	39	17	0.22
King Neptune's Swirl (Double)	710	18	89	1	78	33	0.45
Larks-Brr	370	8	50	0	43	16	0.28
Larks-Brr (Double)	750	16	99	0	85	33	0.52
Lemon Grove	460	9	62	0	55	20	0.25
Lemon Grove (Double)	920	17	123	1	101	40	0.51
Liberty She	380	9	43	0	39	19	0.2
Liberty Shell (Double)	750	18	86	0	79	38	0.41
Logan Swirl	500	8	58	0	52	27	0.45
Logan Swirl (Double)	1000	17	117	0	103	54	0.9
Lower West Side	480	9	52	4	44	28	0.15
Lower West Side (Double)	970	18	105	7	88	33	0.31
M Street Treat	510	10	64	0	53	27	0.26
M Street Treat (Double	1030	20	129	1	106	54	0.53
Macaron Swoon	430	9	52	0	47	20	0.21
Macaron Swoon (Double)	850	17	104	0	93	40	0.41
Mallow Monsoon	420	8	53	0	45	22	0.21
Mallow Monsoon (Double)	850	16	105	1	89	44	0.41
Malt of America	460	8	58	0	50	22	0.39
Malt of America (Double)	920	17	117	0	100	44	0.79
Malt Whitman	510	10	61	0	42	26	0.3
Malt Whitman (Double)	1010	20	123	0	83	51	0.61
Maple, Bacon and Banana	440	11	48	0	40	24	0.43
Maple, Bacon and Banana (Double)	890	22	96	1	79	47	0.86
Marshmallow C.R.E.M.E	550	9	720	0	58	29	0.22
Marshmallow C.R.E.M.E. (Double)	1100	17	144	0	116	57	0.44
MB Malt	430	8	47	0	40	24	0.25
MB Malt (Double	870	17	94	1	79	48	0.51
Metairie Mixer	500	9	55	0	52	28	0.29
Metairie Mixer (Double)	1010	17	110	0	104	56	0.58
Millenia Malt	500	8	60	0	51	29	0.16
Millenia Malt (Double)	1010	16	120	0	102	57	0.31
Millennium Perk	480	9	58	0	47	24	0.33
Millennium Perk (Double)	950	18	115	1	94	47	0.66
Mindy's Mix Up	490	9	57	0	40	26	0.42
Mindy's Mix Up (Double)	980	18	114	0	79	52	0.84
MINT Chocolate	430	7	53	0	46	24	0.15
MINT Chocolate (Double)	860	15	105	0	92	48	0.3
Minted Magic	460	8	57	0	50	26	0.16
Minted Magic (Double)	920	15	114	0	99	51	0.3
Missi-chip-pi Fudge	430	9	46	0	36	24	0.26

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Royal Sweet (Double)	910	17	112	0	98	45	0.5
Royal Treatment	370	8	50	0	43	16	0.26
Royal Treatment (Double)	750	16	99	0	85	33	0.52
Salt N' San Diego	390	8	49	0	43	19	0.36
Salt N' San Diego (Double)	780	16	98	1	86	37	0.71
Salt N' Sunset	470	9	53	0	40	25	0.42
Salt N' Sunset (Double)	930	18	106	0	79	49	0.85
Salted Carame'L'	430	9	49	0	37	22	0.31
Salted Carame'L' (Double)	860	18	99	1	73	45	0.63
Salted Caramel Crunch - Henderson	460	8	58	0	55	23	0.41
Salted Caramel Crunch (Double) - Henderson	930	16	115	0	110	46	0.82
Salted Caramel Crunch - Kierland Commons	520	7	59	0	55	29	0.44
Salted Caramel Crunch (Double) - Kierland Coomons	1040	14	118	0	110	59	0.88
Salty Balty	510	9	59	0	45	29	0.65
Salty Balty (Double)	1030	18	120	0	91	58	1.31
Seaport Salt and Malt	550	8	60	0	52	33	0.35
Seaport Salt and Malt (Double	1110	16	121	0	105	67	0.7
Seawolf Swir	430	8	51	0	42	22	0.26
Seawolf Swirl (Double)	860	17	101	0	83	43	0.51
Shack Attack	550	9	58	0	48	35	0.17
Shack Attack (Double)	1090	18	116	0	95	69	0.34
Shack Attack (Roadie)*	2200	36	234	0	193	140	0.69
Shacky Road	520	10	56	2	47	31	0.15
Shacky Road (Double	1030	20	111	3	94	63	0.3
Shake-ney	490	8	62	0	53	25	0.31
Shake-ney (Double)	980	15	125	0	107	51	0.63
Shark Attack	580	9	62	0	50	37	0.18
Shark Attack (Double)	1170	18	123	0	100	74	0.36
Shell Game	480	10	55	1	45	25	0.23
Shell Game (Double)	960	21	111	1	90	50	0.46
Short & Sweet	450	8	56	1	46	22	0.38
Short & Sweet (Double)	900	17	112	1	93	44	0.76
Skull and Cones	550	10	66	0	53	550	0.24
Skull and Cones (Double)	1100	19	131	0	105	62	0.49
S'More	560	9	66	0	50	18	0.2
S'More (Double)	1110	18	132	1	100	63	0.4
S'more Cookie Dough	520	8	66	0	52	27	0.21
S'more Cookie Dough (Double)	1040	17	133	1	104	55	0.42
S'Mores Please	520	8	63	0	48	29	0.2
S'Mores Please (Double)	1040	17	125	1	96	33	0.39
SMOREScode	470	8	61	1	46	24	0.22
SMOREScode (Double)	950	16	122	1	92	48	0.44
Snap, Crackle Crete	370	8	50	0	43	16	0.26
Snap, Crackle Crete (Double)	750	16	99	0	85	33	0.52
Somer Break	470	9	57	0	50	24	0.35
Somer Break (Double)	950	18	115	0	100	48	0.7
Spoon Feed	510	10	57	0	50	28	0.37
Spoon Feed (Double)	1020	19	114	0	100	56	0.74
Sticky Bun Banana	520	9	63	0	54	26	0.52
Sticky Bun Banana (Double)	1030	18	125	1	107	52	1.04

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Missi-chip-pi Fudge (Double)	850	17	92	0	73	47	0.52
Mix In Control	490	10	65	0	54	22	0.3
Mix In Control (Double)	990	19	130	0	108	44	0.6
Motor City Mix	470	9	48	0	46	27	0.26
Motor City Mix (Double)	930	18	97	0	91	53	0.51
Mount Tam Graham (Double)	1040	17	125	1	96	58	0.39
Murray Hill Malt	550	10	62	4	51	31	0.18
Murray Hill Malt (Double)	1100	20	125	7	102	62	0.35
Music City 'Mallow	490	8	62	0	53	25	0.31
Music City 'Mallow (Double)	980	15	125	0	107	51	0.63
Natural History Crunch-stellation	460	8	55	0	51	24	0.28
Natural History Crunch-stellation (Double)	920	17	110	0	101	48	0.57
New Berry	350	8	44	0	39	17	0.22
New Berry(Double)	710	16	88	1	79	33	0.45
New Castle	570	9	63	0	57	32	0.37
New Castle (Double)	1140	17	126	0	114	65	0.73
Nothin' But Nets	470	9	66	0	50	22	0.3
Nothin' But Nets (Double)	940	17	131	0	99	44	0.61
O Town Blend	510	8	59	0	54	27	0.5
O Town Blend (Double)	1020	17	118	0	109	55	0.99
Oh Fudge	470	8	51	0	44	29	0.17
Oh Fudge (Double)	940	16	103	0	88	58	0.33
Old Country Rocky Road	520	10	56	2	47	31	0.15
Old Country Rocky Road (Double)	1030	20	111	3	94	63	0.3
One Stop Choc	540	8	66	0	45	30	0.23
One Stop Choc (Double)	1090	17	132	0	89	61	0.47
OrlanDOUGH	510	8	61	0	51	16	0.17
OrlanDOUGH (Double)	1010	17	123	0	101	55	0.34
Pearl & Pecan	530	9	51	1	49	33	0.4
Pearl & Pecan (Double	1060	18	103	3	96	66	0.8
Penthouse Sweet	480	8	55	0	42	28	0.41
Penthouse Sweet (Double)	960	15	110	0	85	57	0.83
Pie Oh My	490	8	54	0	44	25	0.32
Pie Oh My (Double)	970	17	109	1	88	51	0.64
Pie Oh My (Roadie)*	1950	33	218	1	175	101	1.29
Presidential Sweet	470	9	59	0	56	22	0.34
Presidential Sweet (Double)	940	17	118	1	112	45	0.68
Pretzel Place	500	8	56	3	48	29	0.35
Pretzel Place (Double)	1000	16	113	6	95	57	0.71
Pretzel the Concrete	540	10	57	0	47	32	0.25
Pretzel the Concrete (Double)	1070	20	115	0	94	63	0.51
Rainbow Connection	460	9	53	0	37	24	0.3
Rainbow Connection (Double)	920	19	105	0	74	48	0.6
Red Velvet Rock	460	9	52	0	45	24	0.38
Red Velvet Rock (Double)	920	18	105	0	90	48	0.76
Revere's Tracks	490	8	56	0	54	26	0.41
Revere's Tracks (Double)	970	16	117	0	109	52	0.81
Rittenhouse	440	8	54	1	46	24	0.15
Rittenhouse (Double)	890	16	109	1	91	49	0.3
Royal Sweet	460	8	56	0	49	22	0.25

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Strawberry Banana Cone-Crete	360	8	45	0	39	17	0.22
Strawberry Banana Cone-Crete (Double)	710	16	89	1	78	33	0.45
Strawberry Banana Crunch	360	8	45	0	39	17	0.22
Strawberry Banana Crunch (Double)	710	16	89	1	78	33	0.45
Strawberry Banana Crunchcake	400	8	49	0	40	20	0.25
Strawberry Banana Crunchcake (Double)	810	16	98	1	80	40	0.49
Strawberry Country Crunch	360	8	45	0	39	17	0.22
Strawberry Country Crunch (Double)	710	16	89	1	78	33	0.45
Strawberry Crunchcake	380	8	51	0	46	17	0.23
Strawberry Crunchcake (Double)	770	16	103	0	92	33	0.45
Strawberry Sunset	380	16	94	0	81	18	0.22
Strawberry Sunset (Double	760	16	94	0	81	36	0.45
Strike Cone	520	10	65	0	54	28	0.26
Strike Cone (Double)	1040	20	131	0	108	55	0.53
Summerlin S'more	440	7	54	0	45	23	0.17
Summerlin S'more (Double)	870	15	108	0	91	47	0.34
Takes the CupCAKE	540	9	61	0	53	30	0.33
Takes the CupCAKE (Double)	1070	18	122	0	105	61	0.65
The "U" Malt	500	9	580	0	50	28	0.2
The "U" Malt (Double)	990	18	116	0	101	56	0.41
The Breakfast Club	410	8	50	0	43	20	0.38
The Breakfast Club (Double)	820	16	99	1	86	40	0.75
The Concrete Jungle - Buckhead	460	9	52	0	45	25	0.23
The Concrete Jungle (Double) - Buckhead	910	18	103	1	90	50	0.47
The Concrete Jungle - MSP	450	9	48	0	43	25	0.24
The Concrete Jungle (Double) - MSP	910	17	97	1	86	51	0.418
The Empire Shacks Back	430	8	49	0	42	23	0.37
The Empire Shacks Back (Double)	840	16	96	0	82	45	0.7
The Great Escape	380	8	45	0	40	19	0.24
The Great Escape (Double)	760	16	90	0	81	38	0.48
The Great White Way	370	8	50	0	43	16	0.26
The Great White Way (Double)	750	16	99	0	85	33	0.52
Tinseltown Toffee	540	8	58	0	51	33	0.34
Tinseltown Toffee (Double)	1080	15	116	0	101	66	0.68
Toffee Takeoff	520	8	61	0	57	27	0.48
Toffee Takeoff (Double)	1030	16	122	0	115	55	0.96
Township Toffee	530	7	62	0	57	30	0.45
Township Toffee (Double)	1070	15	124	0	114	59	0.9
Uchi-Koncret	490	9	60	0	33	24	0.39
Uchi-Koncrete (Double)	980	19	120	0	66	48	0.78
Valley Forge Freeze	490	7	56	0	50	29	0.73
Valley Forge Freeze (Double)	980	14	111	0	100	58	1.47
Vice Crispy Treat	370	6	50	0	43	16	0.26
Vice Crispy Treat (Double)	750	18	99	0	85	33	0.52
Vietnamese Coffee and Donuts	470	9	56	0	46	23	0.33
Vietnamese Coffee and Donuts (Double)	930	18	112	0	93	47	0.66
Washington Monu-Mint	430	7	53	0	46	24	0.15
Washington Monu-Mint (Double)	860	15	105	0	92	48	0.3
West U-Nicorn	430	8	52	0	47	21	0.38
West U-Nicorn (Double)	850	16	104	0	95	42	0.75

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
West Slide	480	9	60	0	53	24	0.31
West Slide (Double)	970	17	120	1	106	48	0.62
Westberry	440	9	62	0	45	18	330
Westberry (Double)	880	18	124	1	90	35	0.65
Whoopie Pie Oh My	480	9	57	0	51	25	0.33
Whoopie Pie Oh My (Double)	960	17	115	0	103	50	0.65
Wicked Crunchie	470	9	66	0	49	20	0.46
Wicked Crunchie (Double)	950	19	132	0	98	39	0.92
Winter's Wonderland	370	8	50	0	43	16	0.26
Winter's Wonderland (Double)	750	16	99	0	85	33	0.52
Wolverine Dream	490	9	67	1	51	20	0.31
Wolverine Dream (Double)	970	19	134	2	101	41	0.62
World's Fare	370	8	50	0	43	16	0.26
World's Fare (Double)	750	17	99	0	85	33	0.52

CONCRETE MIX-INS**

Almonds	80	3	3	2	1	7	0
Almond Sable (Ir's Delicious Desserts	80	1	8	0	3	4.5	0.05
Amarena Cherries	40	0	9	0	8	0	0
Apple Fritter (Randy's Donuts)	45	1	5	0	1	3	0.045
Banana Bread	50	1	6	0	3	3	30
Banana Bread Donut (Glazed and Confused)	35	1	6	0	2	1	0.03
Bananas	10	0	3	0	2	0	0
Bananas Foster Cupcake (Sugar Ray's Bakery)	150	1	23	0	16	6	0.15
Bee Sting Bar (Baked & Wired)	70	1	9	0	4	3.5	0.04
Belgian Waffle	45	1	6	0	2	2	0.05
Black Magic Brownie (Zingerman's)	60	1	9	0	5	2.5	0.04
Brownie (Mark's Bake Shoppe)	70	1	7	0	5	4	0.05
Brownie (Rocket Baby Bakery	60	1	9	0	5	2.5	0.04
Brownie (Mindy's Hot Chocolate)	60	1	8	0	6	3	0.02
Brownie (Baked & Wired)	50	1	8	0	6	2	0.035
Cacao Nibs	90	2	4	4	0	7	0.01
Café Sua Da Marshmallow Sauce (Greenway	40	0	10	0	8	0	0
Cannoli Shell (Termini Bros)	50	1	7	0	2	2.5	0
Cannoli Shell (High Street on Hudson)	50	1	8	0	3	3	0
Carrot Cake (UB Preserv)	100	1	12	1	5	5	0.045
Chocolate Cake Donut (Du's Donuts)	60	1	8	0	4	3	0.03
Chocolate Chip Cookie (Baked NYC)	70	1	8	0	5	4	8
Chocolate Chip Cookie (Baked and Wired)	60	1	8	0	5	3	0.045
Chocolate Chip Cookie (Winslow's Bakery)	70	1	9	0	6	4	0.065
Chocolate Chip Seasalt Cookie (Mindy's Hot Chocolate)	60	1	9	0	6	3	0.07
Chocolate Cloud Cookie (Baked)	70	1	9	0	9	3.5	0.03
Chocolate Covered Pretzels	70	1	10	0	5	2.5	0.07
Chocolate Crunch Cupcake (Cupcakery)	50	0	7	0	6	3	0.05
Chocolate Crunchies (Valrhona)	70	1	6	0	6	4.5	0
Chocolate Fudge Brownie (Milk & Cookies)	60	1	8	0	6	3	0.02
Chocolate Sprinkles	60	1	9	0	7	3	5
Chocolate Toffee	80	0	9	0	8	4.5	0.07
Chocolate Truffle Cookie Dough	50	1	7	1	5	3	0.015

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cinnamon Fudge Sauce	50	1	4	0	3	3.5	0.02
Cinnamon Marshmallow Sauce	40	0	10	0	9	0	0.025
Cinnamon Sugar	50	0	13	2	10	0	0
Citrus Marinated Raspberries	15	0	4	1	3	0	0
Cocoa Powder	20	1	1	1	1	1	0.035
Coffee Beans	0	0	0	0	8	0	0
Coffee Marshmallow Sauce	40	0	10	0	8	0	0
Condensed Milk	45	1	8	0	8	1	0.02
Cookie Butter	80	1	8	0	5	6	0.025
Cop Donut (Morningstar)	60	1	6	0	2	4	0.055
Couch Potato Cookie Dough (Fluff Bake Bar)	140	2	16	0	15	8	0.095
Crispy Crunchies	50	1	12	0	1	0	0.13
Criossant Brittle (Sea Wolf)	70	1	9	0	3	4	0.06
Dark Chocolate Chunks (Askinosie Chocolate)	80	1	7	3	4	5	0
Dark Chocolate Chunks (Dandelion)	70	1	7	0	4	5	0
Dark Chocolate Chunks (Mast Brothers)	80	1	7	2	4	6	0.005
Dark Chocolate Chunks (Taza)	80	1	7	1	4	4.5	0
Dark Chocolate Chunks (Theo's	80	1	7	2	4	6	0.005
Dark Chocolate Chunks (Zak's)	70	1	7	0	4	5	0
Dark Chocolate Cookie (Warm Belly)	70	1	8	0	6	4	0.03
Devil's Food Cake (Fluff Bake Bar)	45	1	7	0	4	2	0.07
Devil's Food Cake (It's Delicious Desserts)	90	1	13	0	8	3.5	0.14
Donut (Doughnut Plant)	60	1	6	1	4	3	0.05
Double Chocolate Chip Cookie (BIRD Bakery)	60	1	9	0	5	3.5	0.03
Double Concrete, Chocolate	680	13	70	3	64	42	0.26
Double Concrete, Vanilla	610	15	67	3	66	33	0.38
Double Concrete, Vanilla and Chocolate	650	14	69	2	65	37	0.32
Dulce De Leche Brownie (Zingerman's)	60	1	7	0	5	3.5	0.075
French Toast Donut (Federal Donuts)	60	1	7	1	3	3.5	0.075
Frosted Butter Cake (Make My Cake)	50	0	8	0	6	2.5	0.04
Fudge Sauce	50	1	4	0	3	3.5	0.02
Glazed Donut (North Lime Donuts)	60	1	6	1	5	3	0.05
Graham Crackers	60	1	10	0	3	2	0.055
Graham Crackers (Pollystyle)	50	1	8	0	4	2	0.05
Ginger Chocolate Chip Cookie Dough (Sono Baking Company)	60	1	9	0	5	3	0.045
Gooey Butter Cake (Park Ave. Coffee)	50	1	8	1	6	2.5	0.03
Hazelnut Brown Butter Streusel (Milk and Cookies)	70	1	9	0	4	5	0.025
Kitchen Sink Cookie (Mindy's Hot Chocolate)	60	1	8	0	5	3	0.045
Lemon Curd	45	0	8	0	5	1.5	0
Lemon Ricotta	40	1	5	0	5	1.5	0.01
Macaron Shells (Bakery Lorraine)	60	1	8	0	6	2.5	0.01
Malt Caramel (Bon Bon Bon)	70	1	6	0	5	4.5	0.01
Malted Marshmallow Sauce	35	0	9	0	8	0	0.015
Maple Bacon Donut (Astro Donuts)	50	2	4	0	1	2.5	0.1
Marshmallow Sauce	40	0	10	0	9	0	0
Matcha Green Tea Powder	40	14	0	0	0	0	0
Minted Marshmallow Sauce	40	0	10	0	9	0	0
Mint White Chocolate Ganache (Chocopologie)	70	1	9	0	9	4	0.01
Miso Huckleberry Hazelnut Blondie (Uchi)	60	1	8	0	6	3	0.01
Nutella Pretzel Cookie (Mark's Bake Shoppe)	80	1	9	0	3	4.5	0.04

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Old Fashioned Doughnut (Doughnut Plant)	60	1	7	0	3	3.5	0.055
Old Fashioned Buttermilk Vanilla Donut (Kettle Glazed)	50	1	7	0	4	2	0.05
Old Fashioned Donut (Do Rite)	70	1	7	0	3	4.5	0.07
Pecan Shortbread (Scratch Baking)	80	1	8	0	3	4.5	0.05
Pecan Sticky Bun (Balthazar)	50	1	6	0	3	3	0.03
Pecans	100	1	2	1	1	10	0
Pistachios	80	3	4	1	1	6	0
Potato Chips (Route 11)	80	1	8	0	0	4.5	0.055
Rainbow Sprinkles	70	0	11	0	7	3	0
Red Velvet Cake (South End Buttery)	50	1	6	0	4	2.5	0.055
Red Velvet Cake (The Cupcakery)	50	1	6	0	4	2.5	0.06
Salted Caramel Chocolate Brownie (Larder Baking Company)	3	1	7	0	5	3.5	0.075
Salted Caramel Sauce	45	0	7	0	7	2	0.135
Salted Crunch Dark Chocolate Brownie (Southport Grocery & Café	130	1	15	0	10	7	0.15
Seasonal Pie	45	0	5	0	3	2.5	0.035
Shortbread Cookie	70	1	9	0	3	3.5	0.055
Shortbread (Pollystyle)	70	1	9	0	3	3.5	0.055
Single Concrete, Chocolate	340	6	35	2	32	21	0.13
Single Concrete, Vanilla	310	7	33	0	33	16	0.19
Single Concrete, Vanilla and Chocolate	320	7	34	1	32	19	0.16
Snickerdoodle (Lady Lexis)	120	1	17	0	9	5	0.09
Strawberry Cupcake (Sugar Ray's)	45	0	6	0	4	2	0.045
Strawberry Jam	35	0	9	0	8	0	0
Strawberry Purée	10	0	3	0	2	0	0
Strawberry & Rose Geranium Jam (Sqirl)	25	0	6	0	5	0	0
Toffee Shortbread (Pollystyle)	4	0	8	0	3	4	0.045
Triple Chocolate Sea Salt Cookie (Luna Baking Company)	60	1	8	0	6	3	0.09
Unicorn Bait Cookie Dough (Fluff Bake Bar)	60	1	9	0	4	2.5	0.055
Vanilla Glazed Donut (Astro Donuts)	60	1	7	0	3	3.5	0.055
Walnut Sable Cookie (Balthazar)	70	1	8	0	4	3.5	0.065
Walnuts	90	2	2	1	0	9	0
White Peach Puree	10	0	3	0	3	0	0
Whole Wheat Chocolate Chip Walnut Cookie (Manresa)	70	1	8	1	6	4	0.05

DRINKS

Shack-made Lemonade Small	160	0	43	0	40	0	0.01
Shack-made Lemonade Large	270	0	70	0	66	0	0.015
Featured Lemonade Small	230	1	50	0	47	4	0.015
Featured Lemonade Large	380	1	81	0	79	7	0.025
Fresh Brewed Iced Tea Small	5	0	1	0	0	0	0.01
Fresh Brewed Iced Tea Large	5	0	2	0	0	0	0.015
Fresh Brewed Sweetened Iced Tea Small	110	0	28	0	27	0	0.01
Fresh Brewed Sweetened Iced Tea Large	170	0	45	0	44	0	0.015
Fifty-Fifty Small	80	0	22	0	20	0	0.01
Fifty-Fifty Large	140	0	36	0	33	0	0.015
Coke Small	140	0	39	0	39	0	0.045
Coke Large	210	0	58	0	58	0	0.065
Diet Coke Small	0	0	0	0	0	0	0.04
Diet Coke Large	0	0	0	0	0	0	0.06

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BURGERS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Single ShackBurger®	530	29	26	0	6	34	1.26
Double ShackBurger®	790	51	27	0	6	52	2.28
Single Hamburger	400	25	24	0	5	22	0.85
Double Hamburger	590	44	24	0	5	34	1.54
Single Cheeseburge	470	29	25	0	5	28	1.2
Double Cheeseburger	730	51	25	0	5	46	2.22
Shroom Burger	550	18	49	0	7	31	0.67
Shack Stack®	800	40	50	0	7	49	1.7
Single SmokeShack™	610	36	28	0	7	39	2.01
Double SmokeShack™	870	58	28	0	7	57	3.03
Roadside Double Burger*	770	53	32	0	7	46	2.3
Lockhart Link Burger*	810	39	27	2	5	60	2.05
Lockhart Link Burger, Double*	1070	61	28	2	6	78	3.08
Lockhart Link Burger, Triple*	1330	83	29	2	6	96	4.11
Link Burger*	720	37	29	2	6	51	2
Link Burger, Double*	980	59	29	2	7	69	3.02
Link Burger, Triple*	1240	81	30	2	7	87	4.05
Green Chile CheddarShack, Single*	510	30	28	1	6	30	1.38
Green Chile CheddarShack, Double*	780	54	28	1	6	50	2.19
Mound City Double*	810	56	26	0	6	52	2.38
Crackle Shack, Single*	580	34	25	0	5	37	1.4
Crackle Shack, Double*	770	53	25	0	5	49	2.08
Montlake Double Cut*	940	54	36	0	5	64	2.47
Golden State Double*	960	52	41	0	9	65	2.2
Bacon Cheeseburger, single	540	35	25	0	5	33	1.48
Bacon Cheeseburger, double	800	58	25	0	6	51	2.51
Veggie Shack*	530	16	56	6	10	27	1.25
Veggie Shack, vegan, lettuce wrap*	310	4	31	4	6	18	0.9
Veggie Shack, vegan*	390	6	50	6	8	22	1.13
Grilled Cheese	350	14	25	0	5	22	0.85
Martin's Potato Roll	210	7	24	0	5	10	0.17
Gluten Free Bun	160	3	31	2	5	3	0.35
Lettuce Wrap	5	1	1	1	0	0	0.015
Burger Patty	190	19	0	0	0	12	0.69
American Cheese	70	4	1	0	0	6	0.34
ShackSauce	60	0	0	0	0	6	0.06
Lettuce	1	0	0	0	0	0	0
Tomato	5	0	1	0	0	0	0
Pickle	1	0	0	0	0	0	0.14
Onion	5	0	1	0	0	0	0
Bacon (2 Slices)	70	6	0	0	0	4.5	0.29
Cherry Peppers	10	0	2	0	2	0	0.47

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CHICKEN

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chick'n Shack™	590	33	34	0	6	36	1.17
Hot Chick'N	560	33	38	1	8	31	1.22
Chick'n Bites (6 piece)*	300	17	15	0	1	19	0.78
Chick'n Bites (10 piece)*	510	29	26	0	2	32	1.13
Herb Mayonnaise	90	0	0	0	0	10	0.14
BBQ Sauce*	70	1	16	0	14	0	0.38
Honey Mustard*	180	1	4	0	4	19	0.23

BREAKFAST

Bacon Breakfast Sandwich*	440	23	25	0	5	27	0.89
Bacon Breakfast Sandwich (Double Egg)*	530	29	26	0	6	34	0.99
Sausage Breakfast Sandwich*	560	30	28	0	8	37	1.22
Sausage Breakfast Sandwich (Double Egg)*	650	36	28	0	8	43	1.31
Egg and Cheese Breakfast Sandwich*	370	17	25	0	5	23	0.61
Egg and Cheese Breakfast Sandwich (Double Egg*)	460	23	25	0	5	29	0.7

FLAT -TOP DOGS

Hot Dog	390	16	25	0	6	26	0.8
- Add Cheese Sauce	470	18	26	0	6	33	0.895
- Add Rick's Picks Shack Relish	395	16	26	0	7	26	0.815
Chicken Dog	310	24	27	0	8	13	0.93
- Add Cheese Sauce	390	26	28	0	8	20	1.025
- Add Rick's Picks Shack Relish	315	24	28	0	9	13	0.945
Shack-cago Dog®	410	17	29	0	9	26	1.5
- Add Cheese Sauce	490	19	30	0	9	33	1.595
- Add Rick's Picks Shack Relish	415	17	30	0	10	26	1.515
Chicken Shack-cago Dog®	330	24	31	0	10	13	1.63
- Add Cheese Sauce	410	26	32	0	10	20	1.725
- Add Rick's Picks Shack Relish	335	24	32	0	11	13	1.645
Sausage Link*	240	9	2	0	0	20	0.682
- Add Cheese Sauce	320	11	3	0	0	27	0.777
- Add Rick's Picks Shack Relish	245	9	3	0	1	20	0.697
Publican Pork Sausage*	560	13	14	1	1	47	1.188
- Add Cheese Sauce	640	15	15	1	1	54	1.283
- Add Rick's Picks Shack Relish	565	13	15	1	2	47	1.203
Garden Dog*	220	8	28	1	8	10	1.02
- Add Cheese Sauce	640	15	15	1	1	54	1.283
- Add Rick's Picks Shack Relish	565	13	15	1	2	47	1.203

FRIES

Regular Fries	470	6	63	7	1	22	0.74
Cheese Fries	710	12	64	7	1	44	1.02
Bacon Cheese Fries	840	24	65	7	1	52	1.57
Double Down Fries*	1910	41	164	16	5	117	4.02
Big Bob's Cheese Fries*	800	17	92	7	11	46	1.02

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Coke Zero Small	0	0	0	0	0	0	0.04
Coke Zero Large	0	0	0	0	0	0	0.06
Sprite Small	140	0	36	0	32	0	0.03
Sprite Large	240	0	60	0	53	0	0.055
Fanta Orange Small	160	0	45	0	44	0	0.06
Fanta Orange Large	240	0	67	0	66	0	0.09
Fanta Grape Small	180	0	49	0	49	0	0.035
Fanta Grape Large	270	0	73	0	73	0	0.055
Dr. Pepper Small	150	0	40	0	38	0	0.06
Dr. Pepper Large	220	0	59	0	58	0	0.09
Diet Dr. Pepper Small*	0	0	0	0	0	0	0.06
Diet Dr. Pepper Large*	0	0	0	0	0	0	0.09
Crush Small*	160	0	43	0	43	0	0.07
Crush Large*	240	0	65	0	64	0	0.07
Diet Pepsi Small*	0	0	0	0	0	0	0.035
Diet Pepsi Large*	0	0	0	0	0	0	0.055
Mist TWST Small*	140	0	39	0	39	0	0.035
Mist TWST Large*	220	0	58	0	58	0	0.05
Mountain Dew Small*	170	0	46	0	46	0	0.065
Mountain Dew Large*	260	0	69	0	69	0	0.095
Diet Mountain Dew Small*	5	0	1	0	1	0	0.05
Diet Mountain Dew Large*	10	0	1	0	1	0	0.075
Pepsi Small*	150	0	41	0	41	0	0.035
Pepsi Large*	220	0	62	0	62	0	0.05
PepsiMAX Small*	0	0	0	0	0	0	0.04
PepsiMAX Large*	0	0	0	0	0	0	0.06
Abita Root Beer Bottle	180	0	44	0	38	0	0.016
Abita Root Beer Small	165	0	40	0	35	0	0.015
Abita Root Beer Large	265	0	66	0	57	0	0.024
Stumptown Cold Brew	5	0	0	0	0	0	0.005
Stumptown Cold Brew Nitro*	5	0	0	0	0	0	0.005
Stumptown Cold Brew Float*	280	7	30	0	30	15	0.18
Orange Juice	165	3	41	2	30	0	0.012
Honest Kids Apple Juice	40	0	10	0	9	0	0
Shack2O	0	0	0	0	0	0	0

BEER & WINES

Brooklyn Brewery ShackMeister Ale (16oz. Draft)	210	2	17	0	0	0	0
Brooklyn Brewery ShackMeister Ale (24oz. Draft)	310	4	25	0	0	0	0
Brooklyn Brewery ShackMeister Ale (32oz. Draft)	420	5	30	0	0	0	0
Brooklyn Brewery ShackMeister Ale (60oz. Draft)	780	9	62	0	0	0	0
Beer Float	490	8	52	0	30	15	0.19
Shack White (6oz)	140	0	4	0	0	0	0
Shack White Bottle (750 ml)	600	1	15	0	0	0	0
Shack Red (6 oz)	150	0	5	0	0	0	0
Shack Red Bottle (750 ml)	620	1	19	0	0	0	0
Prosecco (375 ml)	310	0	10	0	4	0	0.02
Scarpetta (6oz)	140	0	4	0	2	0	0.01
Gotham Red Can	210	0	6	0	0	0	0.01