

Burgers:

Burger	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Classic ShackBurger (Single)	500	30	12	1	105	1250	26	0	6	29
Classic ShackBurger (Double)	760	48	20	2	185	2280	27	0	6	51
Hamburger (Single)	370	18	8	1	75	850	24	0	5	25
Hamburger (Double)	560	30	12	1.5	140	1540	24	0	5	44
Cheeseburger (Single)	440	24	11	1	95	1200	25	0	5	29
Cheeseburger (Double)	700	42	20	2	175	2220	25	0	5	51
Vegetarian 'Shroom Burger	510	27	10	0.5	45	670	49	0	7	18
Shack Stack (Beef + 'Shroom)	770	45	18	1.5	125	1700	50	0	7	40
SmokeShack (Single)	570	35	13	1	120	2010	28	0	7	36
SmokeShack (Double)	830	53	22	2	200	3030	28	0	7	58

Roadside Double	770	46	20	2	175	2300	32	0	7	53
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
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
Grilled Cheese	320	18	10	0.5	45	850	25	0	5	14
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 (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
ShackSauce	60	6	1	0	10	60	0	0	0	0
Lettuce Wrap	5	0	0	0	0	15	1	1	0	1
Gluten-Free Bun	160	3	0	0	0	350	31	2	5	3

Potato Bun	180	6	3	0	10	170	24	0	5	7
------------	-----	---	---	---	----	-----	----	---	---	---

Chicken

Shake Shack Chicken & Sauce Nutrition Facts

Chicken	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken Shack Sandwich	550	31	7	0	110	1170	34	0	6	33
Crispy Chicken Bites (6 pcs)	300	19	3.5	0	50	780	15	0	1	17
Crispy Chicken Bites (10 pcs)	510	32	6	0	85	1300	26	0	2	29
Avocado Bacon Chicken Sandwich	680	42	9	0	125	1480	37	2	6	40
Herb Mayonnaise	90	10	0.5	0	10	140	0	0	0	0
Creamy Ranch	140	14	1.5	0	5	250	1	0	1	1
Sweet 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

Shake Shack Breakfast Nutrition Facts

Breakfast	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Egg & Cheese Sandwich	340	19	9	0	215	850	25	0	5	17
Egg & Cheese Sandwich (Double Egg)	430	25	11	0	400	1190	26	2	5	23
Bacon, Egg & Cheese Sandwich	400	23	10	0	230	1140	25	2	5	23
Bacon, Egg & Cheese (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 (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
Buttery Croissant	420	26	15	0	75	480	39	1	6	7
Chocolate Croissant	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
Egg	90	7	2	0	185	340	0	0	0	6
Egg White	35	0	0	0	0	360	0	0	0	7
Crispy 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

Shake Shack Flat-Top Dogs Nutrition Facts

Flat Top Dog	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Classic 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-Ca go Dog	390	22	10	0	50	1490	32	0	12	17
Garden Dog (Veggie Option)	180	3	0	0	10	1060	27	1	7	8

Shake Shack Fries Nutrition Information

Fries Variety	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Classic Fries (Regular)	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
Fried Pickles with Ranch	370	31	4.5	0	5	1290	19	2	3	3
Parmesan Black Truffle Fries	800	52	10	0	75	1340	65	6	0	13
Side of Black Truffle Sauce	260	26	3	0	45	380	3	0	0	2

Shake Shack Shakes – Nutrition Guide

Shake Flavor	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic Vanilla Shake	680	36	22	0	235	430	72	0	71	18
Mini Vanilla Shake (8oz)	340	18	11	0	120	220	36	0	36	9
Rich Chocolate Shake	750	45	27	1.5	255	310	76	0	69	16
Mini Chocolate Shake (8oz)	380	23	14	0.5	125	160	38	2	35	8
Vanilla & Chocolate Blend Shake	720	41	25	0.5	245	380	74	2	71	18
Mini Vanilla & Chocolate Shake (8oz)	360	21	12	0	120	190	37	1	35	9
Black & White Shake	770	42	26	0	245	460	80	0	76	19
Mini Black & White Shake (8oz)	390	21	13	0	120	240	30	0	38	9

Sweet Strawberry Shake	690	35	21	0	230	430	77	0	75	17
Mini Strawberry Shake (8oz)	350	18	11	0	115	210	38	0	37	9
Cookies & Cream Shake	850	44	24	0	235	580	98	0	86	19
Mini Cookies & Cream Shake (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

Mini Non-Dairy Chocolate Shake	420	24	20	0	0	240	49	3	37	6
Strawberry Frosted Donut Shake	850	48	28	0	260	460	94	0	91	20
Mini Strawberry Frosted Donut Shake	420	24	14	0	130	230	47	0	46	10
Summer Peach Shake	860	43	26	0	265	550	100	0	98	20
Mini Summer Peach Shake	430	22	13	0	130	280	50	0	49	10
Featured Salted Caramel Shake	1020	58	35	2	295	800	116	4	104	18
Mini Featured Salted Caramel Shake	510	29	17	1	150	400	58	2	52	9
Whipped Cream (Topping)	70	5	3.5	0	20	20	5	0	4	1

Malt (Add-on)	90	1	0.5	0	5	70	19	0	16	2
------------------	----	---	-----	---	---	----	----	---	----	---

Refreshing Floats – Nutritional Breakdown

Enjoy these **deliciously creamy floats** with a unique twist! Here’s an easy-to-read guide to their nutrition facts:

Float Variety	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic Root Beer Float	430	15	9	0	100	220	70	0	69	7
Dreamy Creamsicle® Float	440	15	9	0	100	240	75	0	74	7

Cups & Sundaes – Nutritional Guide

Cups And Sundaes	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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 Cup	400	22	19	0	0	190	48	2	36	5

Double Non-Dairy Chocolate Cup	800	44	39	0	0	380	96	4	72	10
Salted Caramel Sundae	630	31	17	0	140	750	81	0	70	10
Black & White Sundae	740	39	20	0.5	160	400	85	3	67	11
Build Your Own Sundae	440-1080	22-52	12-25	0-1.5	115-180	380-800	52-144	0-6	45-111	9-12
Salted Caramel Sauce	90	4	2.5	0	15	270	14	0	14	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
Caramel Popcorn	70	2	1	0	5	85	12	0	9	0
Black & White Cookie	110	3.5	0.5	0	10	60	18	0	14	0
Mini Cone	30	0	0	0	0	10	6	0	2	0
Rainbow Sprinkles	35	1.5	0	0.5	0	0	6	0	4	0

Oreo Cookie Crumbs	110	4.5	1.5	0	0	90	16	1	9	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

Refreshing Beverages – Nutritional Information

Beverage	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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
50/50 Lemonade & Iced Tea (Small)	80	0	0	0	0	10	22	0	20	0
50/50 Lemonade & Iced Tea (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
Unsweetened Iced Tea (Small)	5	0	0	0	0	10	1	0	0	0
Unsweetened Iced Tea (Large)	5	0	0	0	0	15	2	0	0	0
Sweetened Iced Tea (Small)	110	0	0	0	0	10	28	0	27	0
Sweetened Iced Tea (Large)	170	0	0	0	0	15	45	0	44	0
Featured Lemonade (Small)	130-140	0	0	0	0	15-20	33-35	0	27-30	0
Featured Lemonade (Large)	210-220	0	0	0	0	25-30	52-57	0	45-50	0
Shack-Made Lemonade (Gallon)	1480	0	0	0	0	180	369	0	345	0

Sweetened Iced Tea (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
Sprite (Small)	140	0	0	0	0	30	36	0	32	0
Sprite (Large)	240	0	0	0	0	55	60	0	53	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 oz.)	110	0	0	0	0	0	26	0	21	2
Cold Brew Nitro (10.3 oz.)	5	0	0	0	0	5	0	0	0	0
Drip Coffee (12 oz. or 16 oz.)	5	0	0	0	0	5	0	0	0	0

Honest Kids Apple Juice	40	0	0	0	0	0	10	0	9	0
SHACK2O Sparkling Water	0	0	0	0	0	23	0	0	0	0
SHACK2O Still Water	0	0	0	0	0	0	0	0	0	0

Soft Drinks

Drink	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Brooklyn Brewery ShackMei ster Ale (12oz)	160	0	0	0	0	0	17	0	0	2
Brooklyn Brewery ShackMei ster Ale (16oz)	210	0	0	0	0	0	17	0	0	2

Brooklyn Brewery ShackMeister Ale (24oz)	310	0	0	0	0	0	25	0	0	4
Brooklyn Brewery ShackMeister Ale (32oz)	420	0	0	0	0	0	33	0	0	5
Brooklyn Brewery ShackMeister Ale (60oz)	780	0	0	0	0	0	62	0	0	9
Beer Float	490	15	9	0	100	190	52	0	30	8
Shack White Wine (6oz)	140	0	0	0	0	0	4	0	0	0

Shack Red Wine (6oz)	150	0	0	0	0	0	5	0	0	0
Shack Red Can (8.4oz)	210	0	0	0	0	10	6	0	0	0
Shack White Can (8.4oz)	200	0	0	0	0	10	5	0	0	0
Shack Rosé Can (8.4oz)	210	0	0	0	0	10	9	0	0	1
Shack Sparkling Can (8.4oz)	200	0	0	0	0	15	6	0	0	0
Gotham Project Red Wine Can (8.4oz)	210	0	0	0	0	10	6	0	0	0

Gotham Project White Wine Can (8.4oz)	200	0	0	0	0	10	5	0	0	0
Gotham Project Rosé Wine Can (8.4oz)	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

Aperol 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 Hard Seltzer Can (24oz)	210	0	0	0	0	30	3	0	1	0

Craft Breweries & Beer Nutrition Facts

Craft Ales, IPAs & Wheat Beers

These beers come from various well-known craft breweries, each offering a distinct flavor profile.

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, 4 Hands.

Serving Size	Calories (Approx.)
12oz	100 - 290
16oz	130 - 390
24oz	230 - 580
32oz	310 - 670
Pitcher (64oz)	620 - 1120

Lagers & Pilsners

This category includes crisp and refreshing beers from global and local breweries.

Breweries:

Miller's, Coors, Bud Light, Budweiser, Short Local's, 21st Amendment, Oskar Blues,

Narragansett, Modelo, Yuengling, Surly, Sam Adams, Reuben's, Six Point, Victory, Made West, Brooklyn Brewery, DC, Great Lakes, Talea.

Serving Size	Calories (Approx.)
12oz	100 – 180
16oz	100 – 240
24oz	200 – 360
25oz	240
32oz	250 – 450
Pitcher (64oz)	300 – 910

Important Notes:

- The nutritional details provided are estimated values based on standard recipes, ingredients, and serving sizes.
- Actual calorie content may vary depending on the brewing process, seasonal variations, and supplier sources.
- Some trans fats found in these beverages occur naturally.
- The availability of specific items may vary depending on the Shake Shack location.

Craft Breweries & Beer Nutrition Facts

Craft Ales, IPAs & Wheat Beers

These beers come from various well-known craft breweries, each offering a distinct flavor profile.

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, 4 Hands.

Serving Size	Calories (Approx.)
12oz	100 - 290
16oz	130 - 390
24oz	230 - 580
32oz	310 - 670
Pitcher (64oz)	620 - 1120

Lagers & Pilsners

This category includes crisp and refreshing beers from global and local breweries.

Breweries:

Miller's, Coors, Bud Light, Budweiser, Short Local's, 21st Amendment, Oskar Blues,

Narragansett, Modelo, Yuengling, Surly, Sam Adams, Reuben's, Six Point, Victory, Made West, Brooklyn Brewery, DC, Great Lakes, Talea.

Serving Size	Calories (Approx.)
12oz	100 – 180
16oz	100 – 240
24oz	200 – 360
25oz	240
32oz	250 – 450
Pitcher (64oz)	300 – 910

Important Notes:

- The nutritional details are estimated values based on standard recipes, ingredients, and serving sizes.
- Actual calorie content may vary depending on the brewing process, seasonal variations, and supplier sources.
- Some trans fats found in these beverages occur naturally.
- The availability of specific items may vary depending on the Shake Shack location.