



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®	530	34	14	1	115	1260	26	0	6	29
Double ShackBurger®	790	52	23	2	195	2280	27	0	6	51
Single Hamburger	400	22	10	1	85	850	24	0	5	25
Double Hamburger	590	34	15	1.5	150	1540	24	0	5	44
Single Cheeseburger	470	28	14	1	105	1200	25	0	5	29
Double Cheeseburger	730	46	22	2	185	2220	25	0	5	51
‘Shroom Burger	550	31	12	0.5	55	670	49	0	7	18
Shack Stack®	800	49	21	1.5	140	1700	50	0	7	40
Single SmokeShack™	610	39	16	1	130	2010	28	0	7	36
Double SmokeShack™	870	57	24	2	210	3030	28	0	7	58
Roadside Double Burger*	770	46	20	2	175	2300	32	0	7	53
Lockhart Link Burger*	810	60	24	1	165	2050	27	2	5	39
Lockhart Link Burger, Double*	1070	78	32	2	245	3080	28	2	6	61
Lockhart Link Burger, Triple*	1330	96	40	3	330	4110	29	2	6	83
Link Burger*	720	51	20	1	155	2000	29	2	6	37
Link Burger, Double*	980	69	29	2	235	3020	29	2	7	59
Link Burger, Triple*	1240	87	37	3	315	4050	30	2	7	81
Green Chile CheddarShack, Single*	510	30	15	1	110	1380	28	1	6	30
Green Chile CheddarShack, Double*	780	50	24	1.5	195	2190	28	1	6	54
Mound City Double*	810	52	22	1.5	195	2380	26	0	6	56
Crackle Shack, Single*	580	37	15	1	120	1400	25	0	5	34
Crackle Shack, Double*	770	49	20	2	185	2080	25	0	5	53
Montlake Double Cut*	940	64	29	1.5	230	2470	36	0	5	54
Golden State Double*	960	65	27	2	235	2200	41	0	9	52
Bacon Cheeseburger, single	540	33	15	1	120	1480	25	0	5	35
Bacon Cheeseburger, double	800	51	24	2	200	2510	25	0	6	58
Veggie Shack*	530	27	7	0	20	1250	56	6	10	16
Veggie Shack, vegan, lettuce wrap*	310	18	1.5	0	0	900	31	4	6	4
Veggie Shack, vegan*	390	22	1.5	0	0	1130	50	6	8	6
Grilled Cheese	350	22	13	0.5	55	850	25	0	5	14
Martin's Potato Roll	210	10	6	0	20	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
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



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™	590	36	10	0	120	1170	34	0	6	33
Hot Chick'N	560	31	9	0	115	1220	38	1	8	33
Chick'n Bites (6 piece)*	300	19	3.5	0	50	780	15	0	1	17
Chick'n 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*	440	27	13	0.5	240	890	25	0	5	23
Bacon Breakfast Sandwich (Double Egg)*	530	34	15	0.5	425	990	26	0	6	29
Sausage Breakfast Sandwich*	560	37	16	0.5	270	1220	28	0	8	30
Sausage Breakfast Sandwich (Double Egg)*	650	43	18	0.5	455	1310	28	0	8	36
Egg and Cheese Breakfast Sandwich*	370	23	11	0.5	225	610	25	0	5	17
Egg and Cheese Breakfast Sandwich (Double Egg*)	460	29	13	0.5	410	700	25	0	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	390	26	12	0	60	800	25	0	6	16
Chicken Dog	310	13	6	0	85	930	27	0	8	24
Shack-cago Dog®	410	26	12	0.5	60	1500	29	0	9	17
Chicken Shack-cago Dog®	330	13	6	0.5	85	1630	31	0	10	24
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
Garden Dog*	220	10	6	0.5	20	1020	28	1	8	8
Add Cheese Sauce	80	7	5	0	30	95	1	0	0	2
Add Rick's Picks Shack Relish	5	0	0	0	0	15	1	0	1	0



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
Big Bob's Cheese Fries*	800	46	19	0	115	1020	92	7	11	17



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 (12oz)	500	27	16	0	175	320	53	0	52	13
Chocolate Shake	750	45	27	1.5	255	310	76	0	69	16
Chocolate Shake (12oz)	550	33	20	1	190	220	56	0	51	12
Salted Caramel Shake	840	42	26	0	260	950	99	0	96	17
Salted Caramel Shake (12oz)	630	32	20	0	195	720	74	0	72	13
Black & White Shake	770	42	26	0	245	460	80	0	76	19
Black & White Shake (12oz)	580	32	19	0	180	350	60	0	58	14
Strawberry Shake	690	35	21	0	230	430	77	0	75	17
Strawberry Shake (12oz)	520	27	16	0	175	320	58	0	56	13
Cookies & Cream Shake	850	44	24	0	235	580	98	0	86	19
Cookies & Cream Shake (12oz)	630	33	18	0	175	430	73	0	64	15
Coffee Shake	680	35	22	0	235	420	74	0	70	18
Coffee Shake (12oz)	510	27	16	0	175	320	56	0	52	14
Peachtree Shake*	770	38	23	0	240	670	95	0	91	16
Traffic JAM Shake*	790	35	21	0	230	410	106	0	102	17
Bourbon Salted Caramel 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
TKO' Clock Chocolate Cookies & Cream Shake*	1020	59	33	1.5	270	500	112	0	92	19
Bananas Foster Shake*	850	42	26	0	255	940	107	0	103	16
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
Purple Cow Float	460	15	9	0	100	210	79	0	78	7
Creamsicle® Float	440	15	9	0	100	240	75	0	74	7



Cups & Cones	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
Single Chocolate Cone	360	20	11	0.5	110	180	42	0	33	7
Double Chocolate Cone	540	31	18	1	175	250	61	0	50	10
Single Vanilla Cone	330	15	9	0	100	230	41	0	33	7
Double Vanilla Cone	500	24	15	0	165	340	59	0	51	11
Single Vanilla & Chocolate Cone	340	17	10	0	105	200	41	0	33	7
Double Vanilla & Chocolate Cone	520	28	16	0	170	290	60	0	51	11
Cone	50	0.5	0	0	0	55	10	0	4	1



Concretes**	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carbs	Fiber	Sugars	Protein
125th Street Treat	460	21	12	0	130	310	61	0	51	9
125th Street Treat (Double)	930	41	24	0	265	610	122	1	102	18
24 Carrot Magic	480	27	14	0.5	150	200	55	0	44	9
24 Carrot Magic (Double)	970	54	27	1.5	295	390	111	0	89	17
a la Rhode	410	20	12	0	120	340	52	0	48	8
a la Rohde (Double)	820	40	25	0	240	680	102	1	94	16
A Sprinkle In Time	500	23	14	1	140	250	66	0	54	8
A Sprinkle In Time (Double)	1000	46	27	1.5	280	500	132	0	108	17
All-In	520	27	17	0	140	480	61	0	58	8
All-In (Double)	1030	55	34	0.5	280	960	122	0	115	16
Austin Street Treat	420	23	14	0.5	130	290	51	0	42	7
Austin Street Treat (Double)	840	46	28	1.5	255	590	101	1	85	14
Back Bay Blend	560	33	21	1	150	410	64	0	58	7
Back Bay Blend (Double)	1130	67	41	2	300	820	129	1	116	14
Banana Buyout	400	20	12	0	120	340	50	0	47	8
Banana Buyout (Double)	800	40	25	0	240	680	99	0	93	16
Banana Caramel Crunch	420	19	11	0	120	390	48	0	46	8
Banana Caramel Crunch (Double)	850	38	23	0	240	790	112	1	91	17
Banana Post Road	430	27	16	0.5	120	530	45	0	38	8
Banana Post Road (Double)	860	54	33	1.5	240	1060	91	1	745	15
Bathazar Blender	560	30	18	0	150	440	64	0	51	10
Bathazar Blender (Double)	1120	60	37	0.5	305	890	127	0	101	21
Bergen County Blend	420	22	13	0	130	250	48	0	40	9
Bergen County Blend (Double)	850	44	27	0	255	500	96	1	80	18
Berry Blender	410	21	12	0.5	120	250	49	0	40	8
Berry Blender (Double)	820	42	25	1	240	500	97	0	81	16
Beverly Chills	540	29	18	0	130	420	62	0	56	9
Beverly Chills (Double)	1070	58	37	0	260	850	124	0	113	18
Birming Graham	460	20	11	0	130	250	62	0	50	9
Birming Graham (Double)	920	40	22	0	265	510	123	1	101	17
Black & White Cookie	450	25	15	0	130	230	51	0	41	8
Black & White Cookie (Double)	900	51	30	0.5	255	450	102	0	82	16
Blackout Cookie	530	30	14	0.5	120	210	62	0	46	8
Blackout Cookie (Double)	1060	60	29	1.5	240	430	125	0	92	15
Brownie Points	540	28	15	1	135	490	64	0	57	10
Brownie Points (Double)	1070	56	29	2.5	275	980	129	0	114	19
Buffalo Street Brownie	520	26	14	0	125	410	68	0	57	9
Buffalo Street Brownie (Double)	1050	52	29	0	250	830	135	0	114	19
Burrowing Banana	400	23	14	0.5	130	270	48	0	41	7
Burrowing Banana (Double)	790	48	28	1.5	255	530	91	1	81	13
Busy Bee	460	24	12	0	110	270	53	0	43	9
Busy Bee (Double)	920	47	23	0	225	530	106	1	86	19
California Cold Rush	440	23	14	0	130	390	50	1	42	9
California Cold Rush (Double)	880	46	28	0	255	780	100	1	85	17
Camden County Caramel	480	25	15	0	120	360	58	0	51	9
Camden County Caramel (Double)	970	50	30	0	240	710	117	0	102	18
Campfire S'mores	560	31	18	0.5	120	200	66	0	50	9
Campfire S'mores (Double)	1110	63	36	1.5	240	400	131	1	100	18
Caramel Aficiona-Dough	490	26	15	0	140	420	57	0	40	9

Caramel Aficiona-Dough (Double)	980	52	30	0	275	840	114	0	79	18
Caramel Apple Fritter	540	29	16	0	120	510	62	0	43	10
Caramel Apple Fritter (Double)	1090	57	32	0	240	1030	123	0	86	21
Caramel Bourbon Twist	460	24	15	0	130	400	54	0	51	8
Caramel Bourbon Twist (Double)	920	49	30	0	260	800	108	0	102	16
Caramel Carousel	420	19	11	0	120	390	54	0	45	8
Caramel Carousel (Double)	830	38	23	0	240	790	108	0	90	17
Caramel Cone	410	20	12	0	120	360	50	0	45	8
Caramel Cone (Double)	810	40	25	0	240	720	101	0	90	16
Caramel Crumble	410	20	12	0	120	360	50	0	45	8
Caramel Crumble (Double)	810	40	25	0	240	720	101	0	90	18
Caruso's Crunch	470	24	14	0.5	130	340	55	0	50	8
Caruso's Crunch (Double)	930	48	27	1.5	265	690	109	0	101	16
Cary Cookie Crumble	460	22	11	0	110	260	57	0	49	9
Cary Cookie Crumble (Double)	920	45	22	0	225	510	114	0	98	17
Central West Blend	550	26	15	0	155	620	71	0	61	10
Central West Blend (Double)	1100	52	29	0	310	1240	141	0	122	19
Choc 'n' Roll, Defend the Blend	550	30	18	0.5	135	430	68	0	58	8
Choc 'n' Roll, Defend the Blend (Double)	1090	61	35	1.5	270	870	136	0	115	16
Choc heard Round the World	470	28	17	0.5	130	180	52	1	44	9
Choc Heard Round the World (Double)	930	56	34	1.5	260	350	105	2	87	18
Choc of the Town	480	30	19	0.5	125	150	50	0	41	8
Choc of the Town (Double)	960	61	37	1.5	250	310	99	1	82	16
Chocolate and Chip	570	35	17	1	130	310	59	0	45	8
Chocolate and Chip (Double)	1150	71	34	1.5	265	620	119	0	90	16
Chocolate Caramel Crunchcrete	520	30	19	1	140	340	60	0	53	7
Chocolate Caramel Crunchcrete (Double)	1040	61	37	1.5	280	690	120	0	107	15
Chocolate Caramel Pretzel	480	25	15	0	125	370	54	0	47	9
Chocolate Caramel Pretzel (Double)	950	51	30	0	250	740	107	0	95	18
Chocolate Caramel Pretzel Crunch	510	30	18	0.5	135	310	55	0	47	8
Chocolate Caramel Pretzel Crunch (Double)	1020	60	35	1.5	270	610	111	1	93	18
Chocolate Chip Cookie	600	37	22	0.5	150	370	66	0	43	9
Chocolate Chip Cookie (Double)	1200	73	43	1.5	295	730	131	1	86	18
Chocolate Minted Marshmallow	430	24	14	0.5	125	150	53	0	46	7
Chocolate Minted Marshmallow (Double)	860	48	29	1.5	350	300	105	0	92	15
Chocolate Thayer Cake	580	34	19	1	155	280	64	0	52	8
Chocolate Thayer Cake (Double)	1160	68	38	1.5	305	560	129	0	104	17
Chocolate Truffle Cookie Cone	420	22	13	0	120	210	52	0	44	8
Chocolate Truffle Cookie Cone (Double)	840	44	26	0.5	240	410	104	0	88	16
Churn of the Century	590	36	14	0	130	450	56	0	45	14
Churn of the Century (Double)	1180	73	27	0	255	890	112	0	90	28
Coffee & Donuts	460	23	12	0	115	290	55	0	41	9
Coffee & Donuts (Double)	920	45	23	0	225	580	111	0	83	19
Coffee Caramel Popcorn	410	20	12	0	120	400	47	0	43	10
Coffee Caramel Popcorn (Double)	810	41	23	0	245	790	94	0	87	19
Coffee Toffee	450	22	14	0	120	270	56	0	42	8
Coffee Toffee (Double)	900	45	28	0	245	540	113	0	105	18
cOLD Fashioned	490	25	14	0	120	460	57	0	47	9
cOLD Fashioned (Double)	970	51	29	0	245	920	114	1	93	18
Cold Shot	550	30	18	0.5	145	490	66	0	61	7
Cold Shot (Double)	1080	58	36	1	290	880	130	0	121	15
Coldspot	500	23	13	0	120	400	65	0	54	10
Coldspot (Double)	1000	47	25	0	240	810	130	0	109	20
Colonial Custard	440	21	13	0	140	250	53	0	44	8
Colonial Custard (Double)	870	43	26	0	280	500	106	0	88	17
Concrete of Troy	520	26	14	0	125	410	68	0	57	9
Concrete of Troy (Double)	1050	52	29	0	250	830	135	0	114	19
Cookie & Coffee	450	24	15	0	125	350	52	0	43	9
Cookie & Coffee (Double)	910	49	30	0	250	700	104	0	87	17
Cookie Butter Blender	570	32	18	0	135	370	63	0	57	9
Cookie Butter Blender (Double)	1140	65	36	0.5	265	730	126	0	114	17
Cookie Butter Crunchcrete	530	32	18	1	130	230	56	0	48	8
Cookie Butter Crunchcrete (Double)	1050	65	35	1.5	265	460	112	0	97	15
Cookie-Crumble	460	22	11	0	110	260	57	0	49	9
Cookie-Crumble (Double)	920	45	22	0	225	510	114	0	98	17
Cookie Dough Country	500	31	16	0.5	125	270	51	0	41	10
Cookie Dough Country (Double)	1000	63	31	1.5	250	540	102	0	81	20
Coral Crisp	500	22	13	0	120	470	72	0	57	9
Coral Crisp (Double)	1000	43	26	0	240	940	144	0	114	18
Crimson Red Velvet	360	19	11	0	120	250	40	0	37	8

Crimson Red Velvet (Double)	720	38	22	0	235	510	79	0	74	16
Cross County Crunch	520	29	18	0	130	420	60	0	54	9
Cross County Crunch (Double)	1040	58	36	0	260	830	118	0	108	18
Crunch Time	470	22	13	0	120	350	59	0	53	9
Crunch Time (Double)	930	44	26	0	240	710	119	0	106	17
Crunch-stellation	470	24	15	0	125	290	57	0	52	9
Crunch-stellation (Double)	930	49	30	0	245	580	114	0	105	17
Cup Cake Crunch	530	28	15	0	135	340	61	0	55	9
Cup Cake Crunch (Double)	1060	57	31	0	265	690	123	0	109	18
D.O.D-licious	510	27	16	0	140	420	60	0	42	9
D.O.D-licious (Double)	1010	54	31	0	275	850	118	0	83	18
Da' S'more	500	26	14	0.5	125	200	63	0	50	8
Da' S'more (Double)	990	52	29	1.5	250	410	126	1	99	16
Dallas Dough	580	31	18	0.5	130	190	70	0	55	9
Dallas Dough (Double)	1160	63	35	1.5	255	380	140	0	110	19
Darien Cookie Dough	550	30	18	0	145	480	63	0	47	9
Darien Cookie Dough (Double)	1090	59	35	0	295	960	127	0	95	18
Declaration of Donuts	560	28	16	0	125	410	69	0	58	9
Declaration of Donuts (Double)	1120	56	32	0	250	830	137	0	115	19
Defend the Blend	600	35	19	0.5	165	430	69	0	59	9
Defend the Blend (Double)	1190	69	38	1.5	330	860	139	0	117	18
Del Rey Way	430	23	12	0	115	290	49	0	35	9
Del Rey Way (Double)	860	45	23	0	225	580	97	0	71	18
Devil's In The Details	550	31	16	1	150	460	64	0	50	9
Devil's In The Details (Double)	1100	62	32	1.5	295	910	128	0	100	17
Do It For The Graham	460	20	11	0	130	250	62	0	50	9
Do It For The Graham (Double)	920	40	22	0	265	510	123	1	101	17
Double Chocolate Trouble	490	26	15	0	140	420	57	0	40	9
Double Chocolate Trouble (Double)	980	52	30	0	275	840	114	0	79	18
Doughnut Look Swell	440	23	13	0	115	330	49	0	40	9
Doughnut Look Swell (Double)	880	47	26	0	230	660	99	0	81	18
Doughnuts Are Forever	370	19	11	0	110	220	42	0	37	8
Doughnuts are Forever (Double)	730	37	21	0.5	225	440	84	1	74	16
Downtown Butter Brown	390	20	12	0	110	220	45	0	39	8
Downtown Butter Brown (Double)	780	39	24	0	225	440	90	0	77	16
DTLA	480	30	19	0.5	125	150	50	0	41	8
DTLA (Double)	960	61	37	1.5	250	310	99	1	82	16
Dust Devil	460	22	13	0	125	390	599	0	51	8
Dust Devil (Double)	920	44	27	0	255	790	118	0	101	17
Easton Bound	470	24	15	0	135	390	55	0	47	9
Easton Bound (Double)	940	48	30	0	270	770	111	1	94	18
Eaton' Around Town	510	28	17	1	130	190	63	0	51	8
Eaton' Around Town (Double)	1010	55	33	1.5	260	390	127	0	102	16
Elm City Coffee Break	570	30	14	0	115	340	68	0	51	10
Elm City Coffee Break (Double)	1150	59	28	0	235	690	136	0	101	19
Empire State	550	30	16	1	125	240	65	0	48	9
Empire State (Double)	1090	61	31	1.5	250	470	131	1	97	18
Even S'more	520	27	15	0.5	125	210	66	0	52	8
Even S'more (Double)	1040	55	30	1.5	255	420	133	1	104	17
Eye Drive	530	29	18	0	140	470	63	0	59	8
Eye Drive (Double)	1070	58	36	0.5	280	950	125	1	117	16
Falls Fashion	430	22	13	0	120	390	50	0	44	8
Falls Fashion (Double)	850	44	26	0	240	790	101	1	88	17
Fidi Fudge	470	28	17	0.5	130	180	52	1	44	9
Fidi Fudge (Double)	930	56	34	1.5	260	350	104	2	86	17
Fluff'N Foster	490	22	12	0	130	340	64	0	55	9
Fluff'N Foster (Double)	970	44	24	0	260	680	129	1	109	18
Fly Me To The Shack	550	35	21	0.5	130	170	58	0	48	9
Fly Me To The Shack (Double)	1100	70	43	1.5	260	340	117	0	96	18
Fudge-eddaboutit	470	30	19	0.5	125	150	47	1	39	8
Fudge-eddaboutit (Double)	940	60	37	1.5	250	310	95	1	79	16
Garden State	440	21	13	0	125	320	55	0	36	9
Garden State (Double)	880	43	25	0	250	650	110	0	72	18
Give My Regards	520	29	18	0	130	420	60	0	54	9
Give My Regards (Double)	1040	58	36	0	260	830	118	0	108	18
Glades Donuts	470	25	15	0	125	400	52	0	47	8
Glades Donuts (Double)	930	51	30	0	255	800	105	0	93	16
Glazed Dazed Doughnut	520	28	16	0	130	490	61	0	52	9
Glazed Dazed Doughnut (Double)	1050	56	33	0	265	990	121	0	104	17
Grahammy Nominated	390	18	10	0	110	250	50	1	40	8

Grahammy Nominated (Double)	790	37	20	0	225	500	100	2	80	17
Great Salted Dessert	480	22	13	0	130	400	63	0	55	9
Great Salted Dessert (Double)	960	44	27	0	255	790	126	0	109	17
Going Yard	520	26	14	0	125	410	68	0	57	9
Going Yard (Double)	1050	52	29	0	250	830	135	0	114	19
Heights Bites	560	28	14	0	160	570	72	0	64	9
Heights Bites (Double)	1130	56	28	0	315	1150	143	0	128	17
Hill of Beans	480	25	15	0	125	350	60	1	52	10
Hill of Beans (Double)	970	51	31	0	245	700	120	2	105	19
Home-ward Bound	510	30	17	0.5	135	300	59	0	48	8
Home-ward Bound (Double)	1020	59	35	1.5	265	600	117	0	97	16
Hopscotch	510	29	18	0	130	400	56	0	51	9
Hopscotch (Double)	1020	57	36	0	260	810	113	0	103	17
Hopscotch (Roadie)*	2040	115	72	1	520	1610	226	0	206	34
Invictus	490	29	18	0.5	130	300	55	0	45	8
Invictus (Double)	980	58	36	1.5	255	600	109	0	89	16
Jitney	490	26	15	0	140	57	57	0	40	9
Jitney (Double)	980	52	30	0	275	840	114	0	79	18
Just Du It	570	29	16	0	150	470	68	0	58	9
Just Du It (Double)	1130	59	32	0	295	940	137	0	116	18
Kierland Campfire	530	29	16	0.5	120	190	62	0	48	9
Kierland Campfire (Double)	1050	58	32	1.5	245	390	124	1	95	17
King Neptune's Swirl	360	17	10	0	110	220	45	0	39	8
King Neptune's Swirl (Double)	710	33	20	0	225	450	89	1	78	16
Larks-Brr	370	16	10	0	110	280	50	0	43	8
Larks-Brr (Double)	750	33	20	0	225	520	99	0	85	16
Lemon Grove	460	20	11	0	130	250	62	0	50	9
Lemon Grove (Double)	920	40	22	0	265	510	123	1	101	17
Liberty Shell	380	19	11	0	120	200	43	0	39	9
Liberty Shell (Double)	750	38	23	0	235	410	86	0	79	18
Logan Swirl	500	27	15	0	130	450	58	0	52	8
Logan Swirl (Double)	1000	54	31	0	265	900	117	0	103	17
Lower West Side	480	28	17	0.5	120	150	52	4	44	9
Lower West Side (Double)	970	56	33	1.5	245	310	105	7	88	18
M Street Treat	510	27	16	0	120	260	64	0	53	10
M Street Treat (Double)	1030	54	33	0	245	530	129	1	106	20
Macaron Swoon	430	20	13	0	135	210	52	0	47	9
Macaron Swoon (Double)	850	40	27	0	270	410	104	0	93	17
'Mallow Monsoon	420	22	13	0	120	210	53	0	45	8
'Mallow Monsoon (Double)	850	44	26	0.5	240	410	105	1	89	16
Malt of America	460	22	13	0	125	390	58	0	50	8
Malt of America (Double)	920	44	27	0	255	790	117	0	100	17
Malt Whitman	510	26	15	0	125	300	61	0	42	10
Malt Whitman (Double)	1010	51	29	0	250	610	123	0	83	20
Maple, Bacon and Banana	440	24	13	0	120	430	48	0	40	11
Maple, Bacon and Banana (Double)	890	47	26	0	235	860	96	1	79	22
Marshmallow C.R.E.M.E.	550	29	16	0.5	125	220	720	0	58	9
Marshmallow C.R.E.M.E. (Double)	1100	57	31	1.5	250	440	144	0	116	17
MB Malt	430	24	13	0	115	250	47	0	40	8
MB Malt (Double)	870	48	26	0	235	510	94	1	79	17
Metairie Mixer	500	28	15	0	130	290	55	0	52	9
Metairie Mixer (Double)	1010	56	31	0	255	580	110	0	104	17
Millenia Malt	500	29	18	0.5	120	160	60	0	51	8
Millenia Malt (Double)	1010	57	35	1.5	245	310	120	0	102	16
Millennium Perk	480	24	13	0	115	330	58	0	47	9
Millennium Perk (Double)	950	47	26	0	230	660	115	1	94	18
Mindy's Mix Up	490	26	15	0	140	420	57	0	40	9
Mindy's Mix Up (Double)	980	52	30	0	275	840	114	0	79	18
MINT Chocolate	430	24	14	0.5	120	150	53	0	46	7
MINT Chocolate (Double)	860	48	29	1.5	250	300	105	0	92	15
Minted Magic	460	26	15	0.5	125	150	57	0	50	8
Minted Magic (Double)	920	51	31	1.5	250	300	114	0	99	15
Missi-chip-pi Fudge	430	24	14	0	125	260	46	0	36	9
Missi-chip-pi Fudge (Double)	850	47	28	0	255	520	92	0	73	17
Mix In Control	490	22	14	0	130	300	65	0	54	10
Mix In Control (Double)	990	44	27	0	260	600	130	0	108	19
Motor City Mix	470	27	16	0	130	260	48	0	46	9
Motor City Mix (Double)	930	53	32	0	260	510	97	0	91	18
Mount Tam Graham	520	29	16	0.5	120	200	63	0	48	8
Mount Tam Graham (Double)	1040	58	33	1.5	240	390	125	1	96	17

Murray Hill Malt	550	31	19	0.5	125	180	62	4	51	10
Murray Hill Malt (Double)	1100	62	37	1.5	250	350	125	7	102	20
Music City 'Mallow	490	25	15	0.5	130	310	62	0	53	8
Music City 'Mallow (Double)	980	51	30	1.5	255	630	125	0	107	15
Natural History Crunch-stellation	460	24	15	0	125	280	55	0	51	8
Natural History Crunch-stellation (Double)	920	48	30	0	245	570	110	0	101	17
NewBERRY	350	17	10	0	110	220	44	0	39	8
NewBERRY (Double)	710	33	20	0	225	450	88	1	79	16
New Castle	570	32	18	0	135	370	63	0	57	9
New Castle (Double)	1140	65	36	0.5	265	730	126	0	114	17
Nothin' But Nets	470	22	13	0	115	300	66	0	50	9
Nothin' But Nets (Double)	940	44	26	0.5	235	610	131	0	99	17
O Town Blend	510	27	15	0	130	500	59	0	54	8
O Town Blend (Double)	1020	55	29	0	255	990	118	0	109	17
Oh Fudge	470	29	17	0.5	130	170	51	0	44	8
Oh Fudge (Double)	940	58	35	1.5	260	330	103	0	88	16
Old Country Rocky Road	520	31	15	0.5	125	150	56	2	47	10
Old Country Rocky Road (Double)	1030	63	30	1.5	250	300	111	3	94	20
One Stop Choc	540	30	17	0.5	140	230	66	0	45	8
One Stop Choc (Double)	1090	61	35	1.5	280	470	132	0	89	17
OrlanDOUGH	510	28	16	0.5	125	170	61	0	51	8
OrlanDOUGH (Double)	1010	55	32	1.5	255	340	123	0	101	17
Pearl & Pecan	530	33	15	0	130	400	51	1	49	9
Pearl & Pecan (Double)	1060	66	30	0	260	800	103	3	96	18
Penthouse Sweet	480	28	17	0.5	140	410	55	0	42	8
Penthouse Sweet (Double)	960	57	33	1.5	275	830	110	0	85	15
Pie Oh My	490	25	13	0	115	320	54	0	44	8
Pie Oh My (Double)	970	51	26	0	230	640	109	1	88	17
Pie Oh My (Roadie)*	1950	101	52	0	460	1290	218	2	175	33
Presidential Sweet	470	22	14	0	120	340	59	0	56	9
Presidential Sweet (Double)	940	45	28	0	245	680	118	1	112	17
Pretzel Place	500	29	17	0.5	135	350	56	3	48	8
Pretzel Place (Double)	1000	57	34	1.5	265	710	113	6	95	16
Pretzel the Concrete	540	32	15	0.5	125	250	57	0	47	10
Pretzel the Concrete (Double)	1070	63	31	1.5	245	510	115	0	94	20
Rainbow Connection	460	24	12	0	115	300	53	0	37	9
Rainbow Connection (Double)	920	48	24	0.5	225	600	105	0	74	19
Red Velvet Rock	460	24	13	0	130	380	52	0	45	9
Red Velvet Rock (Double)	920	48	26	0	265	760	105	0	90	18
Revere's Tracks	490	26	16	0	130	410	58	0	54	8
Revere's Tracks (Double)	970	52	32	0	260	810	117	0	109	16
Rittenhouse	440	24	14	0.5	125	150	54	1	46	8
Rittenhouse (Double)	890	49	29	1.5	250	300	109	1	91	16
Royal Sweet	460	22	11	0	110	250	56	0	49	8
Royal Sweet (Double)	910	45	22	0	225	500	112	0	98	17
Royal Treatment	370	16	10	0	110	260	50	0	43	8
Royal Treatment (Double)	750	33	20	0	225	520	99	0	85	16
Salt N' San Diego	390	19	11	0	120	360	49	0	43	8
Salt N' San Diego (Double)	780	37	23	0	240	710	98	1	86	16
Salt N' Sunset	470	25	13	0	120	420	53	0	40	9
Salt N' Sunset (Double)	930	49	26	0	240	850	106	0	79	18
Salted Caram'e'L'	430	22	12	0	115	310	49	0	37	9
Salted Caram'e'L' (Double)	860	45	23	0	230	630	99	1	73	18
Salted Caramel Crunch - Henderson	460	23	14	0	130	410	58	0	55	8
Salted Caramel Crunch (Double) - Henderson	930	46	28	0	160	820	115	0	110	16
Salted Caramel Crunch - Kierland Commons	520	29	18	0.5	145	440	59	0	55	7
Salted Caramel Crunch (Double) - Kierland Coomons	1040	59	37	1.5	290	880	118	0	110	14
Salty Balty	510	29	17	0	135	650	59	0	45	9
Salty Balty (Double)	1030	58	35	1	270	1310	120	0	91	18
Seaport Salt and Malt	550	33	20	1	140	350	60	0	52	8
Seaport Salt and Malt (Double)	1110	67	40	1.5	280	700	121	0	105	16
Seawolf Swirl	430	22	13	0.5	120	260	51	0	42	8
Seawolf Swirl (Double)	860	43	25	1.5	245	510	101	0	83	17
Shack Attack	550	35	21	0.5	130	170	58	0	48	9
Shack Attack (Double)	1090	69	43	1.5	255	340	116	0	95	18
Shack Attack (Roadie)*	2200	140	86	3	520	690	234	0	193	36
Shacky Road	520	31	15	0.5	125	150	56	2	47	10
Shacky Road (Double)	1030	63	30	1.5	250	300	111	3	94	20
Shake-ney	490	25	15	0.5	130	310	62	0	53	8
Shake-ney (Double)	980	51	30	1.5	255	630	125	0	107	15

Shark Attack	580	37	21	0.5	125	180	62	0	50	9
Shark Attack (Double)	1170	74	41	1.5	250	360	123	0	100	18
Shell Game	480	25	13	0	115	230	55	1	45	10
Shell Game (Double)	960	50	27	0	235	460	111	1	90	21
Short & Sweet	450	22	13	0	130	380	56	1	46	8
Short & Sweet (Double)	900	44	27	0	255	760	112	1	93	17
Skull and Cones	550	31	18	0	130	240	66	0	53	10
Skull and Cones (Double)	1100	62	35	1	255	490	131	0	105	19
S'More	560	31	18	0.5	120	200	66	0	50	9
S'More (Double)	1110	63	36	1.5	240	400	132	1	100	18
S'more Cookie Dough	520	27	15	0.5	125	210	66	0	52	8
S'more Cookie Dough (Double)	1040	55	30	1.5	255	420	133	1	104	17
S'Mores Please	520	29	16	0.5	120	200	63	0	48	8
S'Mores Please (Double)	1040	58	33	1.5	240	390	125	1	96	17
SMOREScore	470	24	12	0.5	120	220	61	1	46	8
SMOREScore (Double)	950	48	25	1.5	240	440	122	1	92	16
Snap, Crackle Crete	370	16	10	0	110	260	50	0	43	8
Snap, Crackle Crete (Double)	750	33	20	0	225	520	99	0	85	16
Somer Break	470	24	13	0.5	130	350	57	0	50	9
Somer Break (Double)	950	48	27	1.5	260	700	115	0	100	18
Spoon Feed	510	28	15	1	135	370	57	0	50	10
Spoon Feed (Double)	1020	56	29	2.5	270	740	114	0	100	19
Sticky Bun Banana	520	26	16	0	145	520	63	0	54	9
Sticky Bun Banana (Double)	1030	52	32	0	285	1040	125	1	107	18
Strawberry Banana Cone-Crete	360	17	10	0	110	220	45	0	39	8
Strawberry Banana Cone-Crete (Double)	710	33	20	0	225	450	89	1	78	16
Strawberry Banana Crunch	360	17	10	0	110	220	45	0	39	8
Strawberry Banana Crunch (Double)	710	33	20	0	225	450	89	1	78	16
Strawberry Banana Crunchcake	400	20	12	0	120	250	49	0	40	8
Strawberry Banana Crunchcake (Double)	810	40	24	0	240	490	98	1	80	16
Strawberry Country Crunch	360	17	10	0	110	220	45	0	39	8
Strawberry Country Crunch (Double)	710	33	20	0	225	450	89	1	78	16
Strawberry Crunchcake	380	17	10	0	110	230	51	0	46	8
Strawberry Crunchcake (Double)	770	33	20	0	225	450	103	0	92	16
Strawberry Sunset	380	18	10	0.5	110	220	47	0	41	8
Strawberry Sunset (Double)	760	36	21	1.5	225	450	94	0	81	16
Strike Cone	520	28	17	0	125	260	65	0	54	10
Strike Cone (Double)	1040	55	33	0	245	530	131	0	108	20
Summerlin S'more	440	23	13	0.5	125	170	54	0	45	7
Summerlin S'more (Double)	870	47	27	1.5	245	340	108	0	91	15
Takes the CupCAKE	540	30	16	1	130	330	61	0	53	9
Takes the CupCAKE (Double)	1070	61	32	2	260	650	122	0	105	18
The "U" Malt	500	28	17	0.5	130	200	580	0	50	9
The "U" Malt (Double)	990	56	34	1.5	265	410	116	0	101	18
The Breakfast Club	410	20	12	0	120	380	50	0	43	8
The Breakfast Club (Double)	820	40	23	0	245	750	99	1	86	16
The Concrete Jungle - Buckhead	460	25	13	0	115	230	52	0	45	9
The Concrete Jungle (Double) - Buckhead	910	50	26	0	230	470	103	1	90	18
The Concrete Jungle - MSP	450	25	13	0	115	240	48	0	43	9
The Concrete Jungle (Double) - MSP	910	51	27	0	235	480	97	1	86	17
The Empire Shacks Back	430	23	12	0	120	370	49	0	42	8
The Empire Shacks Back (Double)	840	45	24	0	235	700	96	0	82	16
The Great Escape	380	19	11	0	115	240	45	0	40	8
The Great Escape (Double)	760	38	21	0	225	480	90	0	81	16
The Great White Way	370	16	10	0	110	260	50	0	43	8
The Great White Way (Double)	750	33	20	0	225	520	99	0	85	16
Tinseltown Toffee	540	33	21	1	140	340	58	0	51	8
Tinseltown Toffee (Double)	1080	66	41	1.5	280	680	116	0	101	15
Toffee Takeoff	520	27	17	0	140	480	61	0	57	8
Toffee Takeoff (Double)	1030	55	34	0.5	280	960	122	0	115	16
Township Toffee	530	30	18	0.5	145	450	62	0	57	7
Township Toffee (Double)	1070	59	37	1.5	290	900	124	0	114	15
Uchi-Koncrete	490	24	14	0	135	390	60	0	33	9
Uchi-Koncrete (Double)	980	48	28	0	265	780	120	0	66	19
Valley Forge Freeze	490	29	18	1	140	730	56	0	50	7
Valley Forge Freeze (Double)	980	58	35	1.5	280	1470	111	0	100	14
Vice Crispy Treat	370	16	10	0	110	260	50	0	43	8
Vice Crispy Treat (Double)	750	33	20	0	225	520	99	0	85	18
Vietnamese Coffee and Donuts	470	23	13	0	115	330	56	0	46	9
Vietnamese Coffee and Donuts (Double)	930	47	26	0	230	660	112	0	93	18

Washington Monu-Mint	430	24	14	0.5	125	150	53	0	46	7
Washington Monu-Mint (Double)	860	48	29	1.5	250	300	105	0	92	15
West U-Nicorn	430	21	12	0	120	380	52	0	47	8
West U-Nicorn (Double)	850	42	24	0	240	750	104	0	95	16
West Slide	480	24	11	0	145	310	60	0	53	9
West Slide (Double)	970	48	22	0	285	620	120	1	106	17
Westberry	440	18	10	0	110	330	62	0	45	9
Westberry (Double)	880	35	20	0	225	650	124	1	90	18
Whoopie Pie Oh My	480	25	13	0	130	330	57	0	51	9
Whoopie Pie Oh My (Double)	960	50	26	0	255	650	115	0	103	17
Wicked Crunchie	470	20	11	0	120	460	66	0	49	9
Wicked Crunchie (Double)	950	39	23	0	240	920	132	0	98	19
Winter's Wonderland	370	16	10	0	110	260	50	0	43	8
Winter's Wonderland (Double)	750	33	20	0	225	520	99	0	85	16
Wolverine Dream	490	20	10	0	110	310	67	1	51	9
Wolverine Dream (Double)	970	41	20	0	225	620	134	2	101	19
World's Fare	370	16	10	0	110	260	50	0	43	8
World's Fare (Double)	750	33	20	0	225	520	99	0	85	17



Concrete Mix-Ins**	Calories	Total Fat	Sat Fat	Trans Fat	Chol.	Sodium	Total Carb	Fiber	Sugars	Protein
Almonds	80	7	0.5	0	0	0	3	2	1	3
Almond Sable (Ir's Delicious Desserts)	80	4.5	1.5	0	0	50	8	0	3	1
Amarena Cherries	40	0	0	0	0	0	9	0	8	0
Apple Fritter (Randy's Donuts)	45	3	1	0	0	45	5	0	1	1
Banana Bread	50	3	0	0	5	30	6	0	3	1
Banana Bread Donut (Glazed and Confused)	35	1	0	0	0	45	6	0	2	1
Bananas	10	0	0	0	0	0	3	0	2	0
Bananas Foster Cupcake (Sugar Ray's Bakery)	150	6	2	0	20	150	23	0	16	1
Bee Sting Bar (Baked & Wired)	70	3.5	1.5	0	5	40	9	0	4	1
Belgian Waffle	45	2	0	0	5	50	6	0	2	1
Black Magic Brownie (Zingerman's)	60	2.5	0.5	0	0	40	9	0	5	1
Brownie (Mark's Bake Shoppe)	70	4	1	0	10	50	7	0	5	1
Brownie (Rocket Baby Bakery)	60	2.5	0.5	0	5	40	9	0	5	1
Brownie (Mindy's Hot Chocolate)	60	3	1.5	0	15	20	8	0	6	1
Brownie (Baked & Wired)	50	2	0	0	10	35	8	0	6	1
Cacao Nibs	90	7	4	0	0	10	4	4	0	2
Café Sua Da Marshmallow Sauce (Greenway)	40	0	0	0	0	0	10	0	8	0
Cannoli Shell (Termini Bros.)	50	2.5	1	0	5	0	7	0	2	1
Cannoli Shell (High Street on Hudson)	50	3	1	0	10	0	8	0	3	1
Carrot Cake (UB Preserv)	100	5	0	0	20	45	12	1	5	1
Chocolate Cake Donut (Du's Donuts)	60	3	0.5	0	10	30	8	0	4	1
Chocolate Chip Cookie (Baked NYC)	70	4	2	0	10	8	8	0	5	1
Chocolate Chip Cookie (Baked and Wired)	60	3	2	0	5	45	8	0	5	1
Chocolate Chip Cookie (Winslow's Bakery)	70	4	2	0	5	65	9	0	6	1
Chocolate Chip Seasalt Cookie (Mindy's Hot Chocolate)	60	3	2	0	10	70	9	0	6	1
Chocolate Cloud Cookie (Baked)	70	3.5	2	0	10	30	9	0	9	1
Chocolate Covered Pretzels	70	2.5	1	0	0	70	10	0	5	1
Chocolate Crunch Cupcake (Cupcakery)	50	3	1	0	5	50	7	0	6	0
Chocolate Crunchies (Valrhona)	70	4.5	3	0	0	0	6	0	6	1
Chocolate Fudge Brownie (Milk & Cookies)	60	3	2	0	15	20	8	0	6	1
Chocolate Sprinkles	60	3	2	0	0	5	9	0	7	1
Chocolate Toffee	80	4.5	3	0	10	70	9	0	8	0
Chocolate Truffle Cookie Dough	50	3	2	0	5	15	7	1	5	1
Cinnamon Fudge Sauce	50	3.5	2	0	5	20	4	0	3	1
Cinnamon Marshmallow Sauce	40	0	0	0	0	25	10	0	9	0
Cinnamon Sugar	50	0	0	0	0	0	13	2	10	0
Citrus Marinated Raspberries	15	0	0	0	0	0	4	1	3	0
Cocoa Powder	20	1	1	0	0	35	1	1	1	1
Coffee Beans	0	0	0	0	0	0	0	0	0	0
Coffee Marshmallow Sauce	40	0	0	0	0	0	10	0	8	0
Condensed Milk	45	1	1	0	5	20	8	0	8	1
Cookie Butter	80	6	1	0	0	25	8	0	5	1
COP Donut (Morningstar)	60	4	2	0	5	55	6	0	2	1
Couch Potato Cookie Dough (Fluff Bake Bar)	140	8	4	0	20	95	16	0	15	2
Crispy Crunchies	50	0	0	0	0	130	12	0	1	1
Criossant Brittle (Sea Wolf)	70	4	2.5	0	10	60	9	0	3	1

Dark Chocolate Chunks (Askinosie Chocolate)	80	5	3.5	0	0	0	7	3	4	1
Dark Chocolate Chunks (Dandelion)	70	5	3	0	0	0	7	0	4	1
Dark Chocolate Chunks (Mast Brothers)	80	6	4	0	0	5	7	2	4	1
Dark Chocolate Chunks (Taza)	80	4.5	3.5	0	0	0	7	1	4	1
Dark Chocolate Chunks (Theo's)	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 Cookie (Warm Belly)	70	4	3	0	15	30	8	0	6	1
Devil's Food Cake (Fluff Bake Bar)	45	2	0	0	10	70	7	0	4	1
Devil's Food Cake (It's Delicious Desserts)	90	3.5	1	0	20	140	13	0	8	1
Donut (Doughnut Plant)	60	3	1	0	0	50	6	1	4	1
Double Chocolate Chip Cookie (BIRD Bakery)	60	3.5	1.5	0	0	30	9	0	5	1
Double Concrete, Chocolate	680	42	25	1.5	240	260	70	3	64	13
Double Concrete, Vanilla	610	33	20	0	225	380	67	3	66	15
Double Concrete, Vanilla and Chocolate	650	37	22	0.5	235	320	69	2	65	14
Dulce De Leche Brownie (Zingerman's)	60	3.5	0.5	0.5	10	75	7	0	5	1
French Toast Donut (Federal Donuts)	60	3.5	1.5	0	0	75	7	1	3	1
Frosted Butter Cake (Make My Cake)	50	2.5	0	0	10	40	8	0	6	0
Fudge Sauce	50	3.5	2	0	5	20	4	0	3	1
Glazed Donut (North Lime Donuts)	60	3	1	0	0	50	6	1	5	1
Graham Crackers	60	2	0	0	0	55	10	0	3	1
Graham Crackers (Pollystyle)	50	2	1	0	5	50	8	0	4	1
Ginger Chocolate Chip Cookie Dough (Sono Baking Company)	60	3	1	0	10	45	9	0	5	1
Goopy Butter Cake (Park Ave. Coffee)	50	2.5	1	0	15	30	8	1	6	1
Hazelnut Brown Butter Streusel (Milk and Cookies)	70	5	2	0	6	25	9	0	4	1
Kitchen Sink Cookie (Mindy's Hot Chocolate)	60	3	1.5	0	5	45	8	0	5	1
Lemon Curd	45	1.5	1	0	20	0	8	0	5	0
Lemon Ricotta	40	1.5	1	0	5	10	5	0	5	1
Macaron Shells (Bakery Lorraine)	60	2.5	3	0	0	10	8	0	6	1
Malt Caramel (Bon Bon Bon)	70	4.5	2.5	0	5	10	6	0	5	1
Malted Marshmallow Sauce	35	0	0	0	0	15	9	0	8	0
Maple Bacon Donut (Astro Donuts)	50	2.5	1	0	15	100	4	0	1	2
Marshmallow Sauce	40	0	0	0	0	0	10	0	9	0
Matcha Green Tea Powder	40	0	0	0	0	0	0	0	0	14
Minted Marshmallow Sauce	40	0	0	0	0	0	10	0	9	0
Mint White Chocolate Ganache (Chocopologie)	70	4	3	0	5	10	9	0	9	1
Miso Huckleberry Hazelnut Blondie (Uchi)	60	3	1.5	0	10	10	8	0	6	1
Nutella Pretzel Cookie (Mark's Bake Shoppe)	80	4.5	1	0	10	40	9	0	3	1
Old Fashioned Doughnut (Doughnut Plant)	60	3.5	1.5	0	5	55	7	0	3	1
Old Fashioned Buttermilk Vanilla Donut (Kettle Glazed)	50	2	1	0	5	50	7	0	4	1
Old Fashioned Donut (Do Rite)	70	4.5	2	0	0	70	7	0	3	1
Pecan Shortbread (Scratch Baking)	80	4.5	1.5	0	0	50	8	0	3	1
Pecan Sticky Bun (Balthazar)	50	3	2	0	10	30	6	0	3	1
Pecans	100	10	1	0	0	0	2	1	1	1
Pistachios	80	6	1	0	0	0	4	1	1	3
Potato Chips (Route 11)	80	4.5	0	0	0	55	8	0	0	1
Rainbow Sprinkles	70	3	1	1.5	0	0	11	0	7	0
Red Velvet Cake (South End Buttery)	50	2.5	0	0	10	55	6	0	4	1
Red Velvet Cake (The Cupcakery)	50	2.5	1	0	5	60	6	0	4	1
Salted Caramel Chocolate Brownie (Larder Baking Company)	60	3.5	0.5	0.5	10	75	7	0	5	1
Salted Caramel Sauce	45	2	1.5	0	5	135	7	0	7	0
Salted Crunch Dark Chocolate Brownie (Southport Grocery & Caf	130	7	1.5	1	20	150	15	0	10	1
Seasonal Pie	45	2.5	1	0	5	35	5	0	3	0
Shortbread Cookie	70	3.5	2	0	10	55	9	0	3	1
Shortbread (Pollystyle)	70	3.5	1	0	0	50	9	0	3	1
Single Concrete, Chocolate	340	21	12	0.5	120	130	35	2	32	6
Single Concrete, Vanilla	310	16	10	0	110	190	33	0	33	7
Single Concrete, Vanilla and Chocolate	320	19	11	0	115	160	34	1	32	7
Snickerdoodle (Lady Lexis)	120	5	2	0	20	90	17	0	9	1
Strawberry Cupcake (Sugar Ray's)	45	2	0.5	0	5	45	6	0	4	0
Strawberry Jam	35	0	0	0	0	0	9	0	8	0
Strawberry Purée	10	0	0	0	0	0	3	0	2	0
Strawberry & Rose Geranium Jam (Sqirl)	25	0	0	0	0	0	6	0	5	0
Toffee Shortbread (Pollystyle)	70	4	2	0	0	45	8	0	3	1
Triple Chocolate Sea Salt Cookie (Luna Baking Company)	60	3	2	0	5	90	8	0	6	1
Unicorn Bait Cookie Dough (Fluff Bake Bar)	60	2.5	1	0	0	55	9	0	4	1

Vanilla Glazed Donut (Astro Donuts)	60	3.5	1.5	0	5	55	7	0	3	1
Walnut Sable Cookie (Balthazar)	70	3.5	1.5	0	5	65	8	0	4	1
Walnuts	90	9	1	0	0	0	2	1	0	2
White Peach Puree	10	0	0	0	0	0	3	0	3	0
Whole Wheat Chocolate Chip Walnut Cookie (Manresa)	70	4	2	0	10	50	8	1	6	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
Featured Lemonade Small	150 - 230	0 - 4	0 - 4	0	0	5 - 15	39 - 50	0	36 - 47	0 - 1
Featured Lemonade Large	250 - 380	0 - 7	0 - 7	0	0	10 - 25	64 - 81	0	59 - 79	0 - 1
Fresh Brewed Iced Tea Small	5	0	0	0	0	10	1	0	0	0
Fresh Brewed 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
Fifty-Fifty Small	80	0	0	0	0	10	22	0	20	0
Fifty-Fifty Large	140	0	0	0	0	15	36	0	33	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
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	180	0	0	0	0	16	44	0	38	0
Abita Root Beer Small	165	0	0	0	0	15	40	0	35	0
Abita Root Beer Large	265	0	0	0	0	24	66	0	57	0
Stumptown Cold Brew	5	0	0	0	0	5	0	0	0	0
Stumptown Cold Brew Nitro*	5	0	0	0	0	5	0	0	0	0
Stumptown Cold Brew Float*	280	15	9	0	100	180	30	0	30	7
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 (6oz)	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
Prosecco (375 ml)	310	0	0	0	0	20	10	0	4	0
Scarpetta (6oz)	140	0	0	0	0	10	4	0	2	0
Gotham Red Can	210	0	0	0	0	10	6	0	0	0
Gotham White Can	200	0	0	0	0	10	5	0	0	0
Gotham Rosé Can	210	0	0	0	0	10	9	0	0	1
Vinny Sparkling Can	200	0	0	0	0	15	6	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