



Interactive Nutrition Menu

Last Updated: 04/22/2025

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Burgers

Lettuce	0	0	0	0	0	0	0	0	0	0
Pickle	0	0	0	0	0	140	0	0	0	0
Lettuce Wrap	5	0	0	0	0	15	1	1	0	1
Onion	5	0	0	0	0	0	1	0	0	0
Pickled Jalapenos	5	0	0	0	0	300	1	1	0	0
Tomato	5	0	0	0	0	0	1	0	0	0
Cherry Peppers	10	0	0	0	0	470	2	0	2	0
Avocado	60	5	0.5	0	0	0	3	2	0	1
Shacksauce	60	6	1	0	10	60	0	0	0	0
American Cheese	70	6	3.5	0	15	340	1	0	0	4
Bacon (2 Slices)	70	4.5	1.5	0	15	290	0	0	0	6
Crispy Onions	110	8	1.5	0	0	95	7	0	0	1
Gluten Free Bun	160	3	0	0	0	350	31	2	5	3
Martin's Potato Roll	180	6	3	0	10	170	24	0	5	7
Burger Patty	190	12	4.5	0.5	65	690	0	0	0	19
Veggie Patty	210	4	7	0	0	760	20	2	2	8
Grilled Cheese	320	18	10	0.5	45	850	25	0	5	14
Single Hamburger	370	18	8	1	75	850	24	0	5	25
Single Cheeseburger	440	24	11	1	95	1,200	25	0	5	29
BLT Double	500	34	10	0	65	610	28	3	7	20
Bacon Cheeseburger, Single	500	29	13	1	110	1,480	25	0	5	35
Single ShackBurger	500	30	12	1	105	1,250	26	0	6	29
'Shroom Burger	510	27	10	0.5	45	670	49	0	7	18
Double Hamburger	560	30	12	1.5	140	1,540	24	0	5	44
Golden State Single	560	37	13	1	100	1,310	26	0	5	31
Single Smokeshack	570	35	13	1	120	2,010	28	0	7	36
Black Truffle 'Shroom Burger	600	35	11	0	60	830	50	5	7	19
Avocado Bacon Burger, Single	610	39	14	1	115	1,540	28	2	5	36

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Veggie Shack Single	630	31	16	0	40	1,630	53	2	8	20
Montlake Single Cut	670	45	19	1	150	1,560	36	0	5	29
Black Truffle Burger, Single	700	48	16	0.5	120	1,270	32	3	5	33
Double Cheeseburger	700	42	20	2	175	2,220	25	0	5	51
Triple Hamburger	750	43	17	2	205	2,220	24	2	5	63
Bacon Cheeseburger, Double	760	47	21	2	190	2,510	25	0	6	58
Double ShackBurger	760	48	20	2	185	2,280	27	0	6	51
Roadside Double Burger	770	46	20	2	175	2,300	32	0	7	53
Shack Stack	770	45	18	1.5	125	1,700	50	0	7	40
Fried Pickle Bacon Burger, Single	810	54	18	1	140	1,990	40	4	7	39
Double Smokeshack	830	53	22	2	200	3,030	28	0	7	58
Golden State Double	840	56	22	2	190	2,130	27	0	5	54
Brat Burger, Single	860	61	20	1	140	1,850	34	0	6	44
Avocado Bacon Burger, Double	870	57	22	2	200	2,560	29	2	6	58
Black Truffle 'Shroom Stack	870	55	21	1	145	1,620	50	5	7	43
Veggie Shack Double	910	41	27	0.5	55	2,730	73	3	10	31
Triple Cheeseburger	950	60	28	2.5	255	3,250	26	2	6	73
Black Truffle Burger, Double	970	68	26	1.5	205	2,060	32	3	5	56
Montlake Double Cut	980	68	31	2	240	2,470	36	0	5	54
Bacon Cheeseburger, Triple	1,020	65	29	2.5	270	3,540	26	2	6	80
Triple ShackBurger	1,020	67	28	2.5	265	3,310	27	2	6	74
Brat Burger, Double	1,050	73	25	2	205	2,530	34	0	6	62
Fried Pickle Bacon Burger, Double	1,080	73	27	2	225	2,810	41	4	7	63
Triple Smokeshack	1,090	71	30	2.5	280	4,060	29	2	8	80
Avocado Bacon Burger, Triple	1,160	78	31	2.5	280	2,970	31	6	6	81

Chicken

Bbq Sauce	70	0	0	0	0	380	16	0	14	1
Herb Mayonnaise	90	10	0.5	0	10	140	0	0	0	0
Ranch	140	14	1.5	0	<5	250	1	0	1	1
Honey Mustard	180	19	2.5	0	15	230	4	0	4	1
Chicken Bites (6 Piece)	300	19	3.5	0	50	780	15	0	1	17
Chicken Bites (10 Piece)	510	32	6	0	85	1,300	26	0	2	29
Chicken Shack	550	31	7	0	110	1,170	34	0	6	33
Avocado Bacon Chicken	680	42	9	0	125	1,480	37	2	6	40
Spicy Pickle Bacon Chicken Sandwich	690	43	12	0	145	1,590	37	3	7	40

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Breakfast

Egg White	35	0	0	0	0	360	0	0	0	7
Hashbrowns	80	5	1	0	0	100	7	0	0	0
Egg	90	7	2	0	185	340	0	0	0	6
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
Egg White Light	320	18	8	0	40	440	26	0	6	15
Blueberry Cheese Danish	340	19	11	0	75	260	37	1	12	6
Egg And Cheese Sandwich	340	19	9	0	215	850	25	0	5	17
Egg White Light (Double Egg)	340	18	8	0	40	500	26	0	6	19
Monkey Bread	380	18	11	0	55	280	48	2	21	6
Chocolate Crossiant	390	24	14	0	60	390	38	2	11	6
Bacon Egg And Cheese Sandwich	400	23	10	0	230	1,140	25	2	5	23
Crossiant	420	26	15	0	75	480	39	1	6	7
Egg And Cheese Sandwich (Double Egg)	430	25	11	0	400	1,190	26	2	5	23
Bacon Egg And Cheese Sandwich (Double Egg)	490	30	12	0	410	1,480	26	2	6	29
Sausage Breakfast Sandwich	530	32	14	0	260	1,220	28	0	8	30
Sausage Breakfast Sandwich (Double Egg)	620	39	16	0	445	1,310	28	0	8	36
Wake Up Shack	630	44	12	0	250	1,490	36	3	8	24
Wake Up Shack (Double Egg)	720	51	14	0	435	1,830	37	3	8	30
Hashbrowns with Sauce	740	54	8	0	25	990	58	5	3	6

Flat-Top Dogs

Add Cheese Sauce	80	7	5	0	30	95	1	0	0	2
Garden Dog	180	3	0	0	10	1,060	27	1	7	8
Sausage Link	240	20	7	0	40	680	2	0	0	9
Hot Dog	350	22	10	0	50	800	25	0	6	16
Shack-Cago Dog	390	22	10	0	50	1,490	32	0	12	17

Fries

Regular Fries	470	22	4.5	0	15	740	63	7	1	6
Spicy Fries with Ranch	610	37	6	0	30	980	65	7	1	6
Cheese Fries	710	44	19	0	95	1,020	64	7	1	12

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Parmesan Black Truffle Fries	800	52	10	0	75	1,340	65	6	0	13
Bacon Cheese Fries	840	52	21	0	125	1,570	65	7	1	24
Spicy Cheese Fries with Ranch	850	59	20	0.5	115	1,260	66	7	2	12
Double Down Fries	1,910	117	49	1	270	4,020	164	16	5	41

Shakes

Whipped Cream for Shakes	70	5	3.5	0	20	20	5	0	4	1
Malt	90	1	0.5	0	<5	70	19	0	16	2
Vanilla Shake	680	36	22	0	235	430	72	0	71	18
Strawberry Shake	690	35	21	0	230	430	77	0	75	17
Vanilla & Chocolate Shake	720	41	25	0.5	245	380	74	2	71	18
Orange County Dreamsicle Shake	740	38	23	0	240	420	86	0	85	16
Chocolate Shake	750	45	27	1.5	255	310	76	0	69	16
Black & White Shake	770	42	26	0	245	460	80	0	76	19
Salted Caramel Shake	840	42	26	0	260	950	99	0	96	17
Cookies & Cream Shake	850	44	24	0	235	580	98	0	86	19
Featured Thai Tea Shake	860	43	26	0	255	450	102	0	99	18
Featured Cherry Blossom Shake	880	45	27	0	260	480	104	0	101	20
Bourbon Salted Honey Shake	890	44	27	0	260	700	89	0	87	18
Featured Brownie Batter Hot Cocoa Shake	920	54	32	1.5	280	370	98	5	89	19
Featured Dubai Chocolate Shake	1,080	61	34	0	250	570	102	4	89	26
Loaded Chocolate Cookies & Cream Shake	1,160	56	32	1.5	265	450	126	0	108	17

Floats

Root Beer Float	430	15	9	0	100	220	70	0	69	7
Creamsicle Float	440	15	9	0	100	240	75	0	74	7

Cups & Sundaes

Whipped Cream	35	2.5	1.5	0	10	10	2	0	2	1
Single Vanilla Cup	280	15	9	0	100	180	30	0	30	7
Single Vanilla & Chocolate Cup	290	17	10	0	105	150	31	0	29	6
Single Chocolate Cup	310	19	11	0.5	110	120	32	0	29	6
Double Vanilla Cup	450	24	14	0	165	280	49	0	48	11
Double Vanilla & Chocolate Cup	470	27	16	0	170	230	50	0	47	10

	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Double Chocolate Cup	490	30	18	1	175	190	51	0	47	9

Drinks

Coke Zero, Large	0	0	0	0	0	60	0	0	0	0
Coke Zero, Small	0	0	0	0	0	40	0	0	0	0
Diet Coke, Large	0	0	0	0	0	60	0	0	0	0
Diet Coke, Small	0	0	0	0	0	40	0	0	0	0
Diet Dr. Pepper, Large	0	0	0	0	0	90	0	0	0	0
Diet Dr. Pepper, Small	0	0	0	0	0	60	0	0	0	0
Diet Pepsi, Large	0	0	0	0	0	55	0	0	0	0
Diet Pepsi, Small	0	0	0	0	0	35	0	0	0	0
Pepsimax, Large	0	0	0	0	0	60	0	0	0	0
Pepsimax, Small	0	0	0	0	0	40	0	0	0	0
Shack2O Sparkling	0	0	0	0	0	25	0	0	0	0
Diet Mountain Dew, Small	5	0	0	0	0	50	1	0	1	0
Fresh Brewed Unsweetened Iced Tea, Large	5	0	0	0	0	15	2	0	0	0
Fresh Brewed Unsweetened Iced Tea, Small	5	0	0	0	0	10	1	0	0	0
Joe Coffee Cold Brew (7.5oz Can)	5	0	0	0	0	5	1	0	0	0
Joe'S Coffee Cold Brew (16oz & 24oz)- Draft	5	0	0	0	0	5	0	0	0	0
Joe'S Coffee Nitro Cold Brew (10oz & 16oz)- Draft	5	0	0	0	0	5	0	0	0	0
Shackblend Stumptown Drip Coffee (12oz or 16oz)	5	0	0	0	0	5	0	0	0	0
Stumptown Cold Brew Nitro (10.3 fl oz)	5	0	0	0	0	5	0	0	0	0
Diet Mountain Dew, Large	10	0	0	0	0	75	1	0	1	0
Fresh Brewed Unsweetened Iced (Gallon)	40	0	0	0	0	115	11	0	0	0
Honest Kids Apple Juice	40	0	0	0	0	0	10	0	9	0
Fifty-Fifty Shack Made Lemonade, Small	80	0	0	0	0	10	22	0	20	0
Joe Coffee Honey Oat Latte (7.5oz Can)	90	2	0	0	0	65	16	1	13	<1
Fifty-Fifty Featured Lemonade, Small	110	0	0	0	0	15	25	1	21	0
Fresh Brewed Sweetened Iced Tea, Small	110	0	0	0	0	10	28	0	27	0
Orange Juice (8 fl oz)	110	0	0	0	0	0	26	0	21	2
Gingerale, Small	120	0	0	0	0	35	31	0	30	0
Coke, Small	140	0	0	0	0	45	39	0	39	0
Fifty-Fifty Shack Made Lemonade, Large	140	0	0	0	0	15	36	0	33	0
Sprite, Small	140	0	0	0	0	30	36	0	32	0
Starry, Small	140	0	0	0	0	35	39	0	39	0
Strawberry Lemonade, Small	140	0	0	0	0	20	36	0	33	0

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Dr. Pepper, Small	150	0	0	0	0	60	40	0	38	0
Pepsi, Small	150	0	0	0	0	35	41	0	41	0
Crush, Small	160	0	0	0	0	70	43	0	43	0
Fanta Orange, Small	160	0	0	0	0	60	45	0	44	0
Fifty-Fifty Featured Lemonade, Large	160	0	0	0	0	25	30	1	32	0
Shack-Made Lemonade, Small	160	0	0	0	0	10	43	0	40	0
Fresh Brewed Sweetened Iced Tea, Large	170	0	0	0	0	15	45	0	44	0
Mountain Dew, Small	170	0	0	0	0	65	46	0	46	0
Root Beer, Small	170	0	0	0	0	15	42	0	36	0
Root Beer Bottle or Can (12oz)	180	0	0	0	0	15	44	0	38	0
Featured Lemonade, Small	190	0	0	0	0	20	45	1	38	0
Gingerale, Large	190	0	0	0	0	60	51	0	49	0
Coke, Large	210	0	0	0	0	65	58	0	58	0
Dr. Pepper, Large	220	0	0	0	0	90	59	0	58	0
Pepsi, Large	220	0	0	0	0	50	62	0	62	0
Starry, Large	220	0	0	0	0	50	58	0	58	0
Strawberry Lemonade, Large	230	0	0	0	0	30	58	0	54	0
Crush, Large	240	0	0	0	0	110	65	0	64	0
Fanta Orange, Large	240	0	0	0	0	90	67	0	66	0
Sprite, Large	240	0	0	0	0	55	60	0	53	0
Mountain Dew, Large	260	0	0	0	0	95	69	0	69	0
Shack-Made Lemonade, Large	270	0	0	0	0	15	70	0	66	0
Root Beer, Large	280	0	0	0	0	25	69	0	59	0
Featured Lemonade, Large	290	0	0	0	0	35	72	1	61	0
Fresh Brewed Sweetened Iced (Gallon)	1,190	0	0	0	0	105	309	0	298	0
Shack-Made Lemonade (Gallon)	1,480	0	0	0	0	180	369	0	345	0

Beer, Wines & Cocktails

Vodka White Tea Soda Can (250mL)	80	0	0	0	0	20	0	0	0	0
Shack White (6 oz)	140	0	0	0	0	0	4	0	0	0
Shack Red (6 oz)	150	0	0	0	0	0	5	0	0	0
Brooklyn Brewery Shackmeister Ale (12oz. Draft)	160	0	0	0	0	0	17	0	0	2
Paloma Can (250mL)	170	0	0	0	0	10	7	0	6	0
Margarita Can (100mL)	190	0	0	0	0	5	15	0	12	0
Gotham Project White Wine Can (8.4 oz)	200	0	0	0	0	10	5	0	0	0
Shack Sparkling Can (8.4 oz)	200	0	0	0	0	15	6	0	0	0

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Shack White Can (8.4 oz)	200	0	0	0	0	10	5	0	0	0
Brooklyn Brewery Shackmeister Ale (16oz. Draft)	210	0	0	0	0	0	17	0	0	2
Gotham Project Red Wine Can (8.4 oz)	210	0	0	0	0	10	6	0	0	0
Gotham Project Rose Wine Can (8.4 oz)	210	0	0	0	0	10	9	0	0	1
Negroni Can (100mL)	210	0	0	0	0	0	9	0	9	0
Shack Red Can (8.4 oz)	210	0	0	0	0	10	6	0	0	0
Shack Rose Can (8.4 oz)	210	0	0	0	0	10	9	0	0	1
Truly Can (24 oz)	210	0	0	0	0	30	3	0	1	0
Old Fashioned Can (100mL)	230	0	0	0	0	0	4	0	4	0
Appico Spritz Can (250mL)	240	0	0	0	0	0	18	0	19	0
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
Beer Float	490	15	9	0	100	190	52	0	30	8
Brooklyn Brewery Shackmeister Ale (60oz. Draft)	780	0	0	0	0	0	62	0	0	9

Combo Meals

Hot Dog, Combo Meal (High Range)	1,090	44	14	0	65	1,640	152	9	71	22
Cheeseburger, Single, Combo Meal (High Range)	1,180	46	16	1	105	2,030	152	8	70	35
Chicken Bites (6 Piece) with BBQ Sauce, Honey Mustard & Ranch, Combo Meal (High Range)	1,190	56	10	0	75	1,880	146	7	69	24
ShackBurger, Single, Combo Meal (High Range)	1,240	53	16	1	115	2,090	153	9	71	35
Bacon Cheeseburger, Single, Combo Meal (High Range)	1,270	54	19	1	125	2,190	153	8	70	41
Chicken Shack, Combo Meal (High Range)	1,290	54	12	0	125	2,010	162	9	71	39
Smokeshack, Single, Combo Meal (High Range)	1,340	60	19	1	135	2,720	155	9	72	42
Chicken Bites (10 Piece) with BBQ Sauce, Honey Mustard & Ranch, Combo Meal (High Range)	1,390	69	12	0.5	110	2,400	157	7	69	35
Avocado Bacon Burger, Single, Combo Meal (High Range)	1,400	67	20	1	135	2,250	157	12	71	42
Cheeseburger, Double, Combo Meal (High Range)	1,430	64	24	2	190	3,060	153	8	70	57
Black Truffle Burger, Single, Combo Meal (High Range)	1,440	71	20	1	135	2,110	160	9	70	38
ShackBurger, Double, Combo Meal (High Range)	1,490	71	25	2	200	3,120	154	9	71	57
Bacon Cheeseburger, Double, Combo Meal (High Range)	1,530	72	27	2	205	3,220	153	8	71	63
Smokeshack, Double, Combo Meal (High Range)	1,600	78	28	2	215	3,740	156	9	73	64
Avocado Bacon Burger, Double, Combo Meal (High Range)	1,660	85	29	2	215	3,270	158	12	71	64

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Black Truffle Burger, Double, Combo Meal (High Range)	1,710	90	30	1.5	220	2,890	160	9	70	62

Last Updated: 04/22/2025



Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix. [\[Full Disclaimer\]](#)