









SHAKE SHACK Nutritional Information

	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat* (g)	Chol. (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
 Burgers Our Black Angus burgers are 100% all natural, vegetarian fed and humanely raised. No hormones, and no antibiotics ever.										
Single Burger	360	17	7	1	75	460	25	3	7	26
Single Cheeseburger	430	22	10	1	90	760	26	3	8	29
Single ShackBurger®	490	29	10	1	100	850	27	3	9	29
'Shroom Burger	570	36	14	0.5	130	750	41	7	11	23
Double Burger	570	31	12	2	145	720	25	3	7	46
Double Cheeseburger	710	41	18	2	175	1320	27	3	9	52
Double ShackBurger®	770	48	18	2	185	1410	28	3	10	52
Shack Stack®	850	55	22	1.5	215	1300	42	7	12	46
 Fries 100% free of artificial trans-fats and made from Yukon Gold potatoes.										
Regular Fries	470	23	3	0	0	670	61	6	0	6
Cheese Fries	700	47	16	0	75	1020	62	6	0	12
 Flat-Top Dogs Split and griddled crisp.										
New York Dog	280	14	5	0	30	790	29	4	7	13
Shack-cago Dog®	300	14	5	0	30	920	31	4	10	13
Bird Dog	250	9	3.5	0	50	660	26	4	6	21
Second City Bird-Dog™	270	9	4	0	50	910	30	4	9	21
 Cups & Cones What happens when soft serve shacks up with premium ice cream.										
Single Vanilla	220	12	7	0	70	170	26	0	24	4
Single Chocolate	260	16	10	0	90	140	27	1	21	9
Double Vanilla	450	23	15	0	140	340	51	0	47	9
Double Chocolate	510	32	19	0	180	290	53	2	43	13
Triple Vanilla	670	35	22	0	210	510	77	0	71	13
Triple Chocolate	770	48	29	0	275	430	80	3	64	4
Cone	20	0	0	0	0	10	5	0	0	0
 Sundaes										
Double Dip Vanilla Sundae	560	33	21	0	175	350	55	0	50	9
Double Dip Chocolate Sundae	620	42	25	0	220	300	58	2	46	13
Triple Dip Vanilla Sundae	780	45	29	0	245	520	81	0	74	13
Triple Dip Chocolate Sundae	880	58	35	0	310	440	85	3	67	9
 Floats										
Creamsicle Float	510	18	11	0	105	270	86	0	83	6
Root Beer Float	510	18	11	0	105	270	86	0	73	6
Purple Cow Float	510	18	11	0	105	270	85	0	82	6
 Shakes										
Vanilla Shake	640	34	21	0	190	480	71	0	66	14
Chocolate Shake	740	46	27	0	250	420	75	3	61	15
Black & White Shake	760	43	26	0	200	490	82	1	74	15
Caramel Shake	750	38	23	0	205	490	91	0	84	14
Peanut Butter Shake	870	52	24	0	190	680	81	1	69	21
Strawberry Shake	660	33	21	0	190	480	76	1	70	14
Fair Shake	650	33	21	0	190	480	72	1	69	14
 Concretes & Mix-Ins Our mix-ins and sauces are all made with premium ingredients.										
Concreation Foundation Vanilla	560	29	19	0	175	430	64	0	59	11
Concreation Foundation Chocolate	640	40	24	0	225	360	67	3	53	11
Whipped Cream, Topping 1.5 fl. oz.	80	8	5	0	30	10	2	0	1	0
Peanut Butter, Topping 1 fl. oz.	210	17	2.5	0	0	190	9	1	3	6
Bananas, Topping 2 oz.	50	0	0	0	0	0	13	1	7	1
Seasonal Fresh Fruit, Topping 2 oz.	20	0	0	0	0	0	4	1	3	0
Almonds, Topping 0.5 oz.	80	7	0.5	0	0	0	3	2	1	3
Hot Fudge Sauce, Topping 1 fl. oz.	130	11	6	0	15	10	12	1	10	2
Hot Caramel Sauce, Topping 1 fl. oz.	120	4.5	2.5	0	15	5	21	0	20	0
Chocolate Truffle Cookie Dough, Topping 1 oz.	90	5	3	0	30	25	11	1	8	2
Chocolate Toffee, Topping 1 oz.	140	8	5	0	15	95	16	0	14	1
Chocolate Chunks, 66% Chocolate, Topping 1 oz.	160	11	6	0	0	0	15	2	10	2
Shortbread Cookie, Topping 1 oz.	140	8	4.5	0	20	45	15	0	5	1
Marshmallow Sauce, Topping 1 oz.	90	1	0.5	0	5	10	21	0	17	0

This nutritional information is derived from testing in accredited laboratories, published resources or from information provided by Shake Shack suppliers. This information is based on standard product formulations and serving sizes. It is based on average values for ingredients from Shake Shack suppliers. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal formulations change periodically.

*The Trans Fats in these items are Naturally Occurring.