



## Restaurant Guide to Shake Shack

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### OVERVIEW

Shake Shack prides themselves with their custom 100% angus beef. They source premium ingredients as well, giving you the best food possible. Here, you'll be able to completely customize your sandwich to fit your taste buds and your BITES budget.

### THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

### 3 QUICK TIPS FOR EATING HEALTHI AT SHAKE SHACK

- Stick with single burgers
- Choose a lettuce wrap to cut down calories and carbs
- If choosing a frozen treat, stick with single cups

### FRIENDLY MENU ITEM'S AT SHAKE SHACK

#### MAIN COURSE

At Shake Shack, you'll be able to maximize on your protein.

If you're looking to "spend" a little more in BITES or calories, then the Shackburger is for you. With angus beef, lettuce, tomato, and ShackSauce, you'll get all the delicious flavor Shake Shack has to offer. The classic Single Hamburger or Cheeseburger is just that- their plain angus beef on a potato bun. Try loading it with all the veggies to get those healthy checks in.

The Veggie Shack is a great choice, and it's even Vegan! A veggie patty topped with sliced avocado, vegan aioli, tomato, pickles, lettuce, all on a toasted bun. You can even opt for a lettuce wrap in place of a bun!

If you're in the mood for chicken, the Chicken Bites are a delicious deal. They're crispy and white-meat BITES.

Last but certainly not least is the famous flat-top dogs. The classic Hot Dog is 100% beef.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Single Shackburger	500	30g	26g	29g
Single Hamburger	370	18g	24g	25g
Single Cheeseburger	440	24g	25g	29g
Veggie Shack, vegan, lettuce wrap	310	18g	31g	4g
Veggie Shack, vegan	530	22g	50g	6g
Chicken Bites (6 piece)	300	19g	15g	17g
Hot Dog	350	22g	25g	16g

## SIDES & TREATS

The only side offered that is relatively lower in BITES or calories are the regular size fries. Of course, they're famously known for their frozen treats as well, so go ahead and treat yourself if you'd like—you deserve it!

Sides & Treats	Calories	Fat (g)	Carbs (g)	Protein (g)
Regular fries	470	22g	63g	6g
Single Chocolate Cup	310	19g	32g	6g
Single Vanilla Cup	280	15g	30g	7g