



CORE INGREDIENTS

***SHANE'S ORIGINAL BBQ SAUCE:** Distilled vinegar, sugar, tomato paste (tomatoes), prepared mustard (mustard seed, vinegar, salt, turmeric), corn syrup, water, cider vinegar, molasses, spices, salt, natural flavors, citric acid, dehydrated onions, dehydrated garlic, caramel color, and xanthan gum.

***SHANE'S BUTT RUB:** Brown sugar, salt, spices, dehydrated garlic, dehydrated onion, soybean oil, sugar, citric acid, dehydrated parsley, maltodextrin, natural flavors, soy lecithin, extractives of paprika, extractives of turmeric, ground mustard, and less than 2% silicon dioxide added to prevent caking. **Contains soy**

***SHANE'S BUTT RUB SPICE PACK:** Salt, spices, dehydrated garlic, dehydrated onion, soybean oil, sugar, citric acid, dehydrated parsley, maltodextrin, natural flavors, soy lecithin, extractives of paprika, extractives of turmeric, ground mustard, and less than 2% silicon dioxide added to prevent caking. **Contains soy**

***SHANE'S RIB-N-CHICK SEASONING:** Salt, spices, dehydrated garlic, dehydrated onion, dehydrated parsley, soybean oil and less than 2% silicon dioxide added to prevent caking.

***SHANE'S SEASONING SALT:** Salt, dehydrated garlic, dehydrated parsley, soybean oil, and extractives of turmeric.

***TEXAS TOAST:** Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of the following: yeast, salt, soybean oil, wheat gluten, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides (and distilled), mono and diglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono and diglycerides, enzymes, ascorbic acid), soy flour, soy lecithin, monocalcium phosphate, calcium sulfate, calcium carbonate, calcium propionate. **Contains wheat, soy**

***5" BUN:** Unbleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, contains 2% or less of the following: wheat gluten, salt, soybean oil, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides (and distilled), mono and diglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono and diglycerides, enzymes, ascorbic acid), soy flour, calcium sulfate, monocalcium phosphate, calcium carbonate, sorbic acid, soy lecithin, calcium propionate. **Contains wheat, soy**

***LIQUID MARGARINE:** Liquid and hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, sodium benzoate, citric acid, natural and artificial flavor, calcium disodium edta, beta carotene, vitamin a palmitate added. **Contains soy**

***CHEDDAR JACK CHEESE:** Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto color), monterey jack cheese (pasteurized milk, cheese culture, salt, enzymes), potato starch and powdered cellulose, natamycin. **Contains milk**



**Please be advised that Shane's Rib Shack relies on its suppliers to provide accurate information regarding ingredients and allergens for ingredients used in our menu items. The manufacturing facility of our suppliers are not 100% allergen free and may use ingredients in other products that could come in contact with Shane's ingredients. Therefore, we cannot guarantee that our products are free from any allergens. Our products are prepared fresh every day and while we take precautionary measures, our standard kitchen operations involve the use of shared preparation areas and cooking equipment, including but not limited to, common fryer oil and common grills, which could result in cross-contact of ingredients including allergens. Shane's cannot eliminate the risk of cross contact or guarantee that any menu item is free of any allergens. Shane's Rib Shack, LLC, its franchisees, and employees do not assume responsibility for a particular allergy or sensitivity to any food provided by our restaurants. According to the FDA, highly refined oils are not considered a major food allergen. If you have a food allergy or special dietary needs, we recommend that you consult with your physician prior to consuming these foods. Ingredients subject to change without notice. Ask the restaurant owner if you have concerns about a menu item or its ingredients. Visit our website for the most current information www.shanesribshack.com. All proteins are born and raised in USA, all natural, antibiotic free, no hormones added. 2000 calories a day is used for general nutrition advice, but calorie needs vary. © 2020 Shane's Rib Shack, LLC.



SANDWICHES									BURGERS			
	CHOPPED BBQ CHICKEN	"BIG DAD" [®] (CHOPPED BBQ PORK)	SMOTHERED PORK	CHICKEN TENDER (GRILLED)	CHICKEN TENDER (FRIED)	SHACK WRAP [®] (GRILLED CHICKEN)	SHACK WRAP [®] (FRIED CHICKEN)	BIG MOM (CHICKEN SALAD)	ALL-AMERICAN CHEESE	COWBOY	THE SHANIAC [®]	BBQ BURGER
Serving Size	1 Sandwich	1 Sandwich	1 Sandwich	1 Sandwich	1 Sandwich	2 Wraps	2 Wraps	1 Sandwich	1 Sandwich	1 Sandwich	1 Sandwich	1 Sandwich
Total Calories	450	730	770	630	920	690	880	820	830	1020	1180	1000
Total Fat Calories	110	370	360	240	400	220	320	530	410	550	630	520
Total Fat (g)	15	46	44	27	45	25	36	59	46	61	73	60
Saturated Fat (g)	1.5	9	9	5	7	6	9	8	19	24	24	22
Trans Fat (g)	0	0	0	0	0	0	0	0	1	1	1	1
Cholesterol (mg)	80	105	90	125	160	90	120	100	165	200	215	205
Sodium (mg)	1340	1350	1350	1470	1150	1860	1650	1520	2550	3120	3390	3170
Total Carbs (g)	51	67	79	39	67	70	88	40	46	47	74	60
Dietary Fiber (g)	1	1	3	1	2	5	5	1	1	1	3	2
Sugar (g)	12	30	34	4	4	2	3	4	6	6	27	18
Protein (g)	39	36	30	54	59	45	48	30	56	68	69	68

BREAD (toasted with liquid margarine)												
	Serving Size	Total Calories	Total Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Texas Toast	1 Slice	150	60	7	1	0	0	250	19	0	2	3
5" Bun	1 Bun	270	70	8	1.5	0	0	490	43	1	6	7

SANDWICHES & BURGERS

CHOPPED BBQ CHICKEN

Chicken tenderloin, Shane's Rib-N-Chick Seasoning*, Shane's Seasoning Salt*, Shane's Original BBQ Sauce*, 5" Bun*, Liquid Margarine*. **Contains wheat, soy**

"BIG DAD"[®]

Boston pork butt, Shane's Butt Rub*, Shane's Original BBQ Sauce*, Texas Toast*, Liquid Margarine*. **Contains wheat, soy**

SMOTHERED PORK

Boston pork butt, Shane's Butt Rub*, Shane's Original BBQ Sauce*, Coleslaw (cabbage, carrots, coleslaw dressing [soybean oil, corn syrup, water, sugar, distilled vinegar, salt, egg yolk, modified food starch, spices, xanthan gum, white pepper, calcium disodium edta]), 5" Bun*, Liquid Margarine*. **Contains eggs, wheat, soy**

CHICKEN TENDER

*See **Proteins: Fried Chicken Tenders** or **Grilled Chicken Tenders***, Texas Toast*, Liquid Margarine*. **Contains wheat, soy** **See **Proteins** for additional allergens.

SHACK WRAPS[®]

*See **Proteins: Fried Chicken Tenders** or **Grilled Chicken Tenders***, salad lettuce (80/20 blend of iceberg & romaine lettuce), pickles (cucumbers, water, vinegar, salt, spices, garlic, calcium chloride, potassium sorbate, yellow 5, polysorbate 80), Cheddar Jack Cheese*, tortillas (enriched unbleached flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid]), water, vegetable shortening (contains one or more of the following: palm oil, corn oil), contains 2% or less of the following: salt, aluminum free leavening (sodium acid phosphate, sodium bicarbonate, corn starch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), fumaric acid, gum blend, dough conditioner (lecithin, mono and diglycerides, sodium metabisulfate). **Contains milk, wheat, soy** **See **Proteins** for additional allergens.

BIG MOM (SMOKED CHICKEN SALAD)

*See **Proteins: Big Mom**. Texas Toast*, Liquid Margarine*. **Contains eggs, fish, wheat, soy**

BUFF-Q CHICKEN

Chicken tenderloin, Shane's Buff-Q Sauce*, Shane's Seasoning Salt*, milk and egg wash (liquid egg [whole eggs, citric acid, 0.15% water], whole milk [milk, vitamin D3]), flour (bleached enriched wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate, calcium sulfate, refined soybean oil (soybean oil, tbhq and citric acid, dimethylpolysiloxane), pork bacon (water, salt, sugar, sodium phosphate, natural smoke flavoring, sodium erythorbate, sodium nitrate), American sliced cheese (cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid, citric acid, artificial color, acetic acid, enzymes, soy lecithin), 5" Bun*, Liquid Margarine*. **Contains milk, eggs, wheat, soy**

ALL-AMERICAN CHEESEBURGER

Beef, Shane's Burger Seasoning (salt, spices, dehydrated garlic, dehydrated onion, soybean oil, sugar, citric acid, dehydrated parsley, maltodextrin, natural flavors, soy lecithin, extractives of paprika, extractives of turmeric, ground mustard, and less than 2% silicon dioxide added to prevent caking), American sliced cheese (cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid, citric acid, artificial color, acetic acid, enzymes, soy lecithin), 5" Bun*, Liquid Margarine*. **Contains milk, wheat, soy**

COWBOY BURGER

Beef, Shane's Original BBQ Sauce*, Shane's Burger Seasoning (salt, spices, dehydrated garlic, dehydrated onion, soybean oil, sugar, citric acid, dehydrated parsley, maltodextrin, natural flavors, soy lecithin, extractives of paprika, extractives of turmeric, ground mustard, and less than 2% silicon dioxide added to prevent caking), American sliced cheese (cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid, citric acid, artificial color, acetic acid, enzymes, soy lecithin), pork bacon (water, salt, sugar, sodium phosphate, natural smoke flavoring, sodium erythorbate, sodium nitrate), fried onions (onions, palm oil, wheat flour, salt, dextrose), 5" Bun*, Liquid Margarine*. **Contains milk, wheat, soy**

THE SHANIAC[®] BURGER

Beef, *See **Proteins: Chopped BBQ Pork**, Shane's Original BBQ Sauce*, Shane's Burger Seasoning (salt, spices, dehydrated garlic, dehydrated onion, soybean oil, sugar, citric acid, dehydrated parsley, maltodextrin, natural flavors, soy lecithin, extractives of paprika, extractives of turmeric, ground mustard, and less than 2% silicon dioxide added to prevent caking), American sliced cheese (cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid, citric acid, artificial color, acetic acid, enzymes, soy lecithin), coleslaw (cabbage, carrots, coleslaw dressing (soybean oil, corn syrup, water, sugar, distilled vinegar, salt, egg yolk, modified food starch, spices, xanthan gum, white pepper, calcium disodium edta), pickles (cucumbers, water, vinegar, salt, spices, garlic, calcium chloride, potassium sorbate, yellow 5, polysorbate 80), 5" Bun*, Liquid Margarine*. **Contains milk, eggs, wheat, soy**

BBQ BURGER

Beef, *See **Proteins: Chopped BBQ Pork**, Shane's Original BBQ Sauce*, Shane's Burger Seasoning (salt, spices, dehydrated garlic, dehydrated onion, soybean oil, sugar, citric acid, dehydrated parsley, maltodextrin, natural flavors, soy lecithin, extractives of paprika, extractives of turmeric, ground mustard, and less than 2% silicon dioxide added to prevent caking), American sliced cheese (cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid, citric acid, artificial color, acetic acid, enzymes, soy lecithin), pickles (cucumbers, water, vinegar, salt, spices, garlic, calcium chloride, potassium sorbate, yellow 5, polysorbate 80), 5" Bun*, Liquid Margarine*. **Contains milk, wheat, soy**



PLATES (Values include meat & bread only; side items not included)																				
	CHOPPED BBQ PORK	CHOPPED BBQ CHICKEN	SMOKED HALF CHICKEN (WITH SKIN)	BABY BACK RIBS		SHACK SAMPLER				RIB & CHICKEN	RIB & PORK	TWO MEAT* (PICK TWO) * Two meat plate values do NOT include bread								
Serving Size	1/2 lb.	1/2 lb.	Half Chicken	Half Rack	Full Rack	W/Grilled Tenders	W/ Fried Tenders	W/ Grilled Tenders	W/Fried Tenders	Half Rack & Half Chicken	Half Rack & 1/2 lb. Pork	Chopped BBQ Chicken	Chopped BBQ Pork	Ribs	Half Chicken	Grilled Tenders	Fried Tenders	Trad. Wings	Smoked Wings	Boneless Wings
Total Calories	580	390	1070	1050	2090	1140	1230	940	1130	2120	1630	180	320	600	920	330	620	520	520	630
Total Fat Calories	310	120	600	680	1360	580	680	480	580	1280	990	42	190	420	540	130	280	410	410	300
Total Fat (g)	39	16	75	84	168	71	82	59	71	159	123	7	24	52	68	14	31	46	46	33
Saturated Fat (g)	8	1	15	22	45	17	19	14	15	37	31	0	6	14	14	3	5	9	9	5
Trans Fat (g)	0	0	0	.5	1	.5	.5	.5	.5	.5	.5	0	0	.5	0	0	0	0	0	0
Cholesterol (mg)	105	105	280	230	460	250	280	250	280	515	335	80	80	155	280	120	160	160	160	210
Sodium (mg)	1110	1380	1580	1680	3350	2040	1830	2180	1970	3250	2780	850	650	950	1330	970	660	120	1530	170
Total Carbs (g)	48	29	42	43	85	46	65	37	56	85	91	8	22	16	23	1	29	0	1	27
Dietary Fiber (g)	.5	1	.5	1	2	1	2	1	2	1	1	0	0	0	0	0	1	0	0	1
Sugar (g)	28	9	20	20	40	24	24	15	15	40	48	6	20	12	18	0	.5	0	0	1
Protein (g)	33	46	92	66	132	82	85	88	91	158	99	32	22	42	89	48	53	25	26	54

MEAT ONLY (Values do not include bread)									
	CHOPPED BBQ PORK		CHOPPED BBQ CHICKEN		BABY BACK RIBS		CHOPPED BBQ BRISKET		SMOKED HALF CHICKEN
Serving Size	1/2 lb.	Full Pound	1/2 lb.	Full Pound	Half Rack	Full Rack	1/2 lb.	Full Pound	Half Chicken
Total Calories	430	860	240	480	900	1790	200	1590	920
Total Fat Calories	250	490	60	110	620	1250	1130	2260	540
Total Fat (g)	32	65	10	19	77	155	125	251	68
Saturated Fat (g)	7	15	0	0	21	43	51	103	14
Trans Fat (g)	0	0	0	0	.5	1	0	0	0
Cholesterol (mg)	105	210	105	210	230	460	460	920	280
Sodium (mg)	860	1720	1140	2270	1430	2860	5740	11480	1330
Total Carbs (g)	29	59	10	20	24	47	2	4	23
Dietary Fiber (g)	0	0	0	1	0	1	0	1	0
Sugar (g)	26	52	7	15	18	36	1	2	18
Protein (g)	30	60	43	85	89	126	103	206	89

WINGS & TENDERS (Values do not include sauce, dressing, or side item)												
	TRADITIONAL WINGS		SMOKED WINGS		BONELESS WINGS		CHICKEN TENDERS					
Serving Size	10pc	20pc	10pc	20pc	6pc	10pc	3pc	4pc	6pc	3pc	4pc	6pc
Total Calories	690	1380	700	1400	630	1060	330	440	670	620	830	1250
Total Fat Calories	550	1090	123	1090	300	500	130	170	250	280	370	560
Total Fat (g)	61	123	61	123	33	56	14	19	28	31	42	63
Saturated Fat (g)	12	25	12	25	5	9	3	4	6	5	7	11
Trans Fat (g)	0	1	0	1	0	.5	0	0	0	0	.5	1
Cholesterol (mg)	215	430	215	430	210	350	120	170	250	160	220	330
Sodium (mg)	160	330	2040	4070	170	280	970	1300	1950	650	880	1950
Total Carbs (g)	0	0	2	3	27	45	1	1	2	29	39	59
Dietary Fiber (g)	0	0	0	1	1	2	0	0	0	1	2	2
Sugar (g)	0	0	0	0	1	2	0	0	0	.5	.5	1
Protein (g)	34	68	34	68	54	90	48	64	96	53	71	106

PROTEINS (** protein ingredients do not include bread)

CHOPPED BBQ PORK

Boston pork butt, Shane's Butt Rub*, Shane's Original BBQ Sauce*.

Contains soy

CHOPPED BBQ CHICKEN

Chicken tenderloin, Shane's Rib-N-Chick Seasoning*, Shane's Seasoning Salt*, Shane's Original BBQ Sauce*.

SMOKED HALF CHICKEN

Bone-in, skin-on half chicken, Shane's Butt Rub Spice Pack*, Shane's Original BBQ Sauce*. **Contains soy**

BABY BACK RIBS

Baby back ribs, Shane's Rib-N-Chick Seasoning*, Shane's Original BBQ Sauce*.

CHOPPED BBQ BRISKET

Beef brisket, Shane's Original BBQ Sauce*, Shane's Butt Rub Spice Pack*.

Contains soy

BIG MOM (SMOKED CHICKEN SALAD)

Chicken tenderloin, Shane's Rib-N-Chick Seasoning*, mayonnaise (soybean oil, egg yolks, distilled and cider vinegar, water, high fructose corn syrup, salt, spice, calcium disodium edta, natural flavoring), worchestershire sauce (distilled white vinegar, molasses, sugar, onions, anchovies, water, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), celery, dill pickles (cucumbers, water, vinegar, salt, spices, calcium chloride, potassium sorbate, yellow 5, polysorbate 80), cayenne pepper.

Contains eggs, fish, soy

WINGS

TRADITIONAL WINGS

Chicken wings, refined soybean oil (tbhq and citric acid added to help preserve freshness, dimethylpolysiloxane).

SMOKED WINGS

Chicken wings, Shane's Butt Rub Spice Pack*, refined soybean oil (tbhq and citric acid added to help preserve freshness, dimethylpolysiloxane). **Contains soy**

BONELESS WINGS

Chicken tenderloin, milk and egg wash (liquid egg [whole eggs, citric acid, 0.15% water], whole milk [milk, vitamin D3]), flour (bleached enriched wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate, calcium sulfate, refined soybean oil (soybean oil, tbhq and citric acid, dimethylpolysiloxane).

Contains milk, eggs, wheat

CHICKEN TENDERS

GRILLED TENDERS

Chicken tenderloin, Shane's Rib-N-Chick Seasoning*, Shane's Seasoning Salt*, water, Liquid Margarine*. **Contains soy**

FRIED TENDERS

Chicken tenderloin, Shane's Seasoning Salt*, milk and egg wash (liquid egg [whole eggs, citric acid, 0.15% water], whole milk [milk, vitamin D3]), flour (bleached enriched wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate, calcium sulfate, refined soybean oil (soybean oil, tbhq and citric acid, dimethylpolysiloxane). **Contains milk, eggs, wheat**



SHACK SALADS® <i>(Values include meat, salad lettuce, tomatoes, & cucumbers only. Not Included: garlic toast, cheese, fried onions - see Salad Toppings chart)</i>							SALAD TOPPINGS		
	GARDEN SALAD (NO MEAT)	CHOPPED BBQ CHICKEN	CHOPPED BBQ PORK	GRILLED CHICKEN TENDER	FRIED CHICKEN TENDER	BIG MOM (CHICKEN SALAD)	GARLIC TOAST	CHEESE	FRIED ONIONS
Serving Size	1 Salad	1 Salad	1 Salad	1 Salad	1 Salad	1 Salad	1 Piece	2 oz.	2 oz.
Total Calories	40	220	360	380	660	560	150	250	180
Total Fat Calories	11	50	200	140	290	420	60	180	130
Total Fat (g)	0	7	25	14	32	45	7	20	15
Saturated Fat (g)	0	0	6	3	5	6	1	11	7
Trans Fat (g)	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	2	80	82	130	170	100	0	65	0
Sodium (mg)	13	870	660	990	670	1040	450	380	160
Total Carbs (g)	9	16	31	9	38	10	19	2	11
Dietary Fiber (g)	2	2	2	2	3	2	.5	0	1
Sugar (g)	5	11	25	5	6	5	2	0	1
Protein (g)	2	34	25	50	55	26	3	16	2

SHACK SALADS®

*See **Proteins: Chopped BBQ Chicken, Grilled Chicken Tender, Chopped BBQ Pork, Fried Chicken Tender, or Big Mom (Smoked Chicken Salad).**

Salad lettuce: (80/20 blend of Iceberg & Romaine lettuce), roma tomatoes, cucumbers

Salad Toppings: Garlic toast (Texas Toast*, Shane's Seasoning Salt*, Liquid Margarine*), Cheddar Jack Cheese*, fried onions (onions, palm oil, wheat flour, salt, dextrose). **Contains milk, wheat, soy** **See **Proteins** for additional allergens.

SHACK POTATOES®					SHACK FRIES			
	CHOPPED BBQ PORK	CHOPPED BBQ CHICKEN	SOUR CREAM (Served on side)	JALAPEÑOS (Served on side)	LOADED BBQ FRIES		LOADED BUFFALO FRIES	
					BBQ PORK	BBQ CHICKEN	GRILLED TENDERS	FRIED TENDERS
Serving Size	1 Potato	1 Potato	1 oz Packet	100g	1 order	1 order	1 order	1 order
Total Calories	1940	1800	60	25	1150	1030	1650	1940
Total Fat Calories	1130	990	45	10	570	450	910	1060
Total Fat (g)	136	119	5	1	61	46	101	119
Saturated Fat (g)	38	33	4	0	12	7	34	37
Trans Fat (g)	0	0	0	0	0	0	0	0
Cholesterol (mg)	215	210	1	0	75	75	265	305
Sodium (mg)	3490	3690	15	1670	4350	4520	6520	6210
Total Carbs (g)	163	149	1	5	132	120	90	119
Dietary Fiber (g)	13	13	0	3	5	5	4	5
Sugar (g)	38	24	1	2	38	26	1	2
Protein (g)	69	78	1	1	26	34	84	90

SHACK POTATOES®

Baked potato, *See **Proteins: Chopped BBQ Pork or Chopped BBQ Chicken**, Shane's Original BBQ Sauce*, Cheddar Jack Cheese*, Liquid Margarine*, refined soybean oil (soybean oil, tbhq and citric acid, dimethylpolysiloxane), salt. **Contains milk, soy** **See **Proteins** for additional allergens.

SHACK FRIES

LOADED BBQ FRIES

*See **Proteins: Chopped BBQ Pork or Chopped BBQ Chicken**, Shane's Original BBQ Sauce*, Shane's Ranch Dressing*, Potatoes (vegetable oil [contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil], salt, dextrose, sodium acid pyrophosphate), cheese sauce (cheddar cheese [cultured milk, salt, enzymes, annatto], whey, vegetable oil [contains one or more of the following: soybean oil, canola oil, sunflower oil], water, modified food starch, contains 1% or less of: jalapeno peppers, salt, sodium phosphate, natural flavors, monosodium glutamate, distilled vinegar, sodium stearyl lactylate, color added, yellow 5, yellow 6, acetic acid), refined soybean oil (soybean oil, tbhq and citric acid, dimethylpolysiloxane), salt. **Contains milk, eggs, MSG.** **See **Proteins** for additional allergens

LOADED BUFFALO FRIES

*See **Proteins: Grilled Chicken Tenders or Fried Chicken Tenders**, Cheddar Jack Cheese*, Shane's Medium Buffalo Sauce*, Shane's Ranch Dressing*, Potatoes (vegetable oil [contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil], salt, dextrose, sodium acid pyrophosphate), refined soybean oil (soybean oil, tbhq and citric acid, dimethylpolysiloxane), salt. **Contains milk, eggs, soy, MSG.** **See **Proteins** for additional allergens.

Toppings (served on side by request):

SOUR CREAM Grade A Cultured Cream. **Contains milk**

JALAPEÑOS Jalapeño peppers, water, salt, vinegar & calcium chloride.



SIDES

	SIDE SALAD (NO DRESSING)	SWEET POTATO FRIES	MAC & CHEESE	FRIED OKRA	BAKED BEANS	COLE-SLAW	POTATO SALAD	ONION RINGS	FRENCH FRIES	GREEN BEANS	BRUNSWICK STEW
Serving Size	Med.	Sm/Med	Sm/Med/Lg	Sm/Med/Lg	Sm/Med/Lg	Sm/Med/Lg	Sm/Med/Lg	Sm/Med	Sm/Med	Sm/Med/Lg	Sm/Med/Lg
Total Calories	70	430/620	350/560/1100	210/420/830	200/320/640	180/350/700	250/400/800	400/790	340/490	60/90/190	150/220/440
Total Fat Calories	45	190/270	200/310/620	80/160/320	10/20/38	110/220/440	160/250/500	230/450	110/160	45/70/140	80/110/220
Total Fat (g)	5	21/30	22/35/69	9/18/37	1.5/2/4	12/24/49	18/28/56	25/51	13/18	5/8/16	12/17/34
Saturated Fat (g)	3	3.5/5	9/15/30	1.5/3/5.5	0	2/3.5/7	2.5/4/8	4/8	2/3	1/1.5/3	1.5/2/4.5
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	15	0	45/70/140	0	0	10/25/48	45/70/140	0	0	0	20/30/65
Sodium (mg)	100	950/1120	610/980/2000	1120/2240/4500	420/670/1330	220/440/880	560/900/1800	550/1090	1400/1750	680/980/2000	710/1010/2000
Total Carbs (g)	3	58/83	25/40/80	27/54/110	43/69/140	14/28/56	21/34/68	37/75	49/70	4/6/12	20/29/57
Dietary Fiber (g)	1	5/7	2/2/4	4/9/17	8/13/26	2/4/7.5	1/2/4	2/3	2/3	2/2/5	0/1/2
Sugar (g)	1	19/27	2/3/7	3/6/11	20/33/65	8/17/34	8/12/24	6/12	0	1/1/2	13/18/35
Protein (g)	5	2/3	15/24/48	4/9/17	7/11/21	1/2/4	4/6/12	3/6	2/3	1/1/3	7/10/19

SIDES

SIDE SALAD

Salad lettuce (80/20 blend of iceberg & romaine lettuce), Cheddar Jack Cheese*, roma tomatoes, cucumbers. **Contains milk**

SWEET POTATO FRIES

Sweet potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), modified corn starch, modified potato starch, contains 2% or less of: annatto, baking soda, beta carotene, caramel (color), dextrin, maltodextrin, molasses, natural flavors, rice flour, salt, sodium acid pyrophosphate, sugar, xanthan gum, refined soybean oil (soybean oil, tbhq and citric acid, dimethylpolysiloxane), salt.

MAC & CHEESE

Water, elbow macaroni ([cooked] semolina, [enriched with iron (ferrous sulfate) and b vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], egg whites), Cheddar Jack Cheese*, Liquid Margarine*, cheese spread (cheddar and colby cheese [milk, cheese culture, salt, enzymes], whey, sodium phosphate, whey protein concentrate, skim milk, milk fat, salt, carrageenan, cellulose gum), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), cream, contains 2% or less of the following: modified food starch, swiss cheese ([swiss cheese, pasteurized part-skim milk, cheese culture, salt, enzymes], milk fat, sodium phosphate, salt), uncolored margarine (palm oil, water, soybean oil, salt, mono and diglycerides, artificial flavor, calcium disodium EDTA, vitamin a, whey protein concentrate, nonfat dry milk, salt, flour (wheat flour, enriched, bleached [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid])), natural flavor (maltodextrin, enzyme modified butter, salt, dehydrated butter, guar gum, sodium bicarbonate, annatto and turmeric for color), natural cheddar cheese flavor (cheddar cheese [pasteurized milk, cultures, salt and enzymes], water, parmesan cheese [pasteurized milk, cultures, salt and enzymes], yeast extract, salt, natural flavors, sodium phosphate, sodium citrate, xanthan gum, and potassium sorbate), soybean oil, emulsifier (mono and diglycerides prepared from fully hydrogenated palm oil), emulsifying salt (sodium polyphosphate, sodium phosphate), cellulose gum, xanthan gum, vegetable color (annatto extract). **Contains milk, eggs, wheat, soy**

FRIED OKRA

Okra, breading (bleached wheat flour, salt, dextrose, leavening [sodium acid pyrophosphate, sodium bicarbonate], spice, dried whey, natural flavor, extractives of paprika), batter ([water, yellow corn flour, modified corn starch, bleached wheat flour, salt], leavening [sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate], spices, natural flavor), refined soybean oil (soybean oil, tbhq and citric acid, dimethylpolysiloxane), salt. **Contains milk, wheat**

BAKED BEANS

Navy beans, water, sugar, brown sugar, high fructose corn syrup, onion, green bell peppers, bacon (water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrate), salt, food starch modified, artificial flavor, liquid smoke, onion powder, caramel color.

COLESLAW

Cabbage, carrots, coleslaw dressing (soybean oil, corn syrup, water, sugar, distilled vinegar, salt, egg yolk, modified food starch, spices, xanthan gum, white pepper, calcium disodium edta). **Contains eggs**

POTATO SALAD

Redskin potatoes, mayonnaise (soybean oil, corn syrup, egg yolk, water, distilled vinegar, salt, sugar, spice [mustard], calcium disodium edta), salad dressing (soybean oil, water, high fructose corn syrup, distilled vinegar, egg yolks, modified food starch [corn], salt, spice [mustard], xanthan gum), whole hard cooked eggs (packaged in a modified atmosphere), celery, sweet pickle relish (cucumbers, high fructose corn syrup, distilled vinegar, salt, calcium chloride, xanthan gum, alum, natural flavors, turmeric, polysorbate 80), red peppers (peppers, water, citric acid), sugar, mustard (water, vinegar, mustard seed, salt, turmeric, spice), onion, salt, potassium sorbate, sodium benzoate, modified corn starch, artificial food color (fd&c yellow #5 and #6), xanthan gum, black pepper, celery seeds. **Contains eggs**

ONION RINGS

Onions, enriched bleached wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), vegetable oil (soybean and/or canola), beer (water, malted barley, corn syrup, hops, salt), yellow corn flour, modified corn starch. Contains 2% or less of: dextrose, guar gum, leavening (sodium acid pyrophosphate, sodium bicarbonate), leavening (sodium aluminum phosphate, sodium bicarbonate), mono and diglycerides, oleoresin paprika (color), onion powder, salt, sorbitol, soybean oil, spices, sugar, whey, refined soybean oil (soybean oil, tbhq and citric acid, dimethylpolysiloxane). **Contains milk, wheat**

FRENCH FRIES

Potatoes, vegetable oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil), salt, dextrose, sodium acid pyrophosphate, refined soybean oil (soybean oil, tbhq and citric acid, dimethylpolysiloxane), salt.

GREEN BEANS

Green beans (water, salt), Shane's Butt Rub Spice Pack*, Liquid Margarine*. **Contains soy**

BRUNSWICK STEW

*See **Proteins: Chopped BBQ Pork**, Shane's Original BBQ Sauce*, tomatoes (tomatoes, tomato juice, salt citric acid, calcium chloride), onions, green peppers, corn, tomato paste (tomatoes), water, contains less than 2% of the formula: modified food starch, flour (wheat flour, enriched, bleached [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid]), maltodextrin, cider vinegar, white sugar, salt flavor (hydrolyzed corn gluten and soy protein, salt, partially hydrogenated cottonseed and soy oil), spices, citric acid, dehydrated garlic, bay seasoning (celery salt, spices, paprika), caramel color. **Contains wheat, soy**



KIDS MEALS (values do not include side item or drink)									
	FRIED CHICKEN TENDERS	GRILLED CHICKEN TENDERS	GRILLED CHEESE SANDWICH	BABY BACK RIBS	WINGS			MAC & CHEESE	CHEESE-BURGER
Serving Size	2 Tenders	2 Tenders	1 Sandwich	2 Rib Bones	4 Boneless	4 Trad.	4 Smoked	Lg Side	1 Sandwich
Total Calories	420	220	440	300	420	350	350	560	550
Total Fat Calories	190	80	230	210	200	270	270	310	320
Total Fat (g)	21	9	25	26	22	31	31	35	36
Saturated Fat (g)	4	2	10	7	4	6	6	15	14
Trans Fat (g)	0	0	0	0	0	0	0	0	1
Cholesterol (mg)	110	83	30	75	140	110	110	70	95
Sodium (mg)	440	650	1170	480	110	80	120	980	740
Total Carbs (g)	20	.5	40	8	18	0	1	40	28
Dietary Fiber (g)	1	0	1	0	.5	0	.5	2	.5
Sugar (g)	.5	0	4	6	1	0	0	3	4
Protein (g)	35	32	14	21	36	17	17	24	27

KIDS MEALS

FRIED CHICKEN TENDERS

*See **Proteins**. Contains milk, eggs, wheat

GRILLED CHICKEN TENDERS

*See **Proteins**. Contains soy

GRILLED CHEESE SANDWICH

Texas Toast*, Liquid Margarine*, American sliced cheese (cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid, citric acid, artificial color, acetic acid, enzymes, soy lecithin). **Contains milk, wheat, soy**

BABY BACK RIBS

*See **Proteins**.

BONELESS WINGS

*See **Proteins**. Contains milk, eggs, wheat

TRADITIONAL WINGS

*See **Proteins**.

SMOKED WINGS

*See **Proteins**. Contains soy

MAC & CHEESE

*See **Sides**. Contains milk, eggs, wheat, soy

CHEESEBURGER

*See **Proteins**. Contains milk, wheat, soy

DESSERTS				
	PEACH COBBLER	BANANA PUDDING	BROWNIE	COOKIE
Serving Size	Reg/ Lg /Pint	Lg Side	1 Brownie	1 Cookie
Total Calories	350/590/1180	380	370	170
Total Fat Calories	100/170/340	90	150	70
Total Fat (g)	12/19/39	10	16	8
Saturated Fat (g)	2/3.5/7	4	4	4
Trans Fat (g)	0/0/.5	0	0	0
Cholesterol (mg)	0/1/2	10	90	10
Sodium (mg)	115/190/380	370	280	110
Total Carbs (g)	60/100/200	67	54	24
Dietary Fiber (g)	2/3/6	2	2	1
Sugar (g)	43/72/145	43	40	13
Protein (g)	2/4/7	5	6	2

LUNCH BASKETS							
(Values do not include sauce, side items, or drink)							
	SHACK WRAP (FRIED)	SHACK WRAP (GRILLED)	TENDERS (FRIED)	TENDERS (GRILLED)	BONELESS WINGS	SMOKED WINGS	RIBS
Serving Size	1 Wrap	1 Wrap	2 Tenders	2 Tenders	5 Wings	5 Wings	4 Bones 1 Toast
Total Calories	440	340	420	220	530	440	750
Total Fat Calories	160	110	190	80	250	340	470
Total Fat (g)	18	12	21	9	28	38	58
Saturated Fat (g)	4	4	4	2	5	8	15
Trans Fat (g)	0	0	0	0	0	0	0.5
Cholesterol (mg)	59	46	110	83	180	130	150
Sodium (mg)	830	930	440	650	140	1270	1200
Total Carbs (g)	44	35	20	22	22	1	35
Dietary Fiber (g)	3	2	1	1	1	.5	1
Sugar (g)	1	1	.5	1	1	0	14
Protein (g)	24	22	35	45	45	21	45

DESSERTS

HOMEMADE PEACH COBBLER

Peach slices (peaches, water, sugar), whole milk (milk, vitamin d3), white sugar, flour (bleached enriched wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate, calcium sulfate), Liquid Margarine*.

Contains milk, wheat, soy

BANANA PUDDING

Bananas, vanilla pudding (dextrose, sugar, modified food starch, disodium phosphate, tetrasodium pyrophosphate, calcium sulfate; natural and artificial flavor, salt, xanthan gum, mono and diglycerides, yellow 5, yellow 6), whole milk (milk, vitamin d3), vanilla wafers (enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], sugar, soybean and palm oil with tbhq for freshness, contains 2% or less of: salt, high fructose corn syrup, leavening (baking soda, monocalcium phosphate), butter (cream, salt), soy lecithin, natural and artificial vanilla flavor.

Contains milk, wheat, soy

BROWNIE

Sugar, eggs, margarine (liquid and fully hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, sodium benzoate, natural and artificial flavor, calcium disodium edta, vitamin a palmitate, beta carotene, citric acid), unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), cocoa (processed with alkali), artificial flavors, salt, cornstarch.

Contains eggs, wheat, soy

COOKIE

Enriched bleached flour (bleached flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla, salt), palm oil, eggs, molasses, unsalted butter, natural and artificial flavors, salt, baking soda.

Contains milk, eggs, wheat, soy



TOSSED SAUCES

	BUFF-Q	MILD BUFFALO	MEDIUM BUFFALO	HOT BUFFALO	LEMON PEPPER	TERIYAKI	ORIGINAL BBQ	HONEY BBQ	SPICY BBQ	CAROLINA MUSTARD BBQ
Serving Size	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz
Total Calories	40	60	40	25	180	50	40	40	40	35
Total Fat Calories	54	60	35	20	180	0	0	0	0	0
Total Fat (g)	6	7	4	2.5	20	0	0	0	0	0
Saturated Fat (g)	.5	3	2	1	3.5	0	0	0	0	0
Trans Fat (g)	.5	0	0	0	0	0	0	0	0	0
Cholesterol (mg)	0	0	0	0	0	0	0	0	0	0
Sodium (mg)	450	280	620	630	620	390	260	230	260	260
Total Carbs (g)	6	0	0	1	0	12	10	10	10	7
Dietary Fiber (g)	0	0	0	0	0	0	0	0	0	1
Sugar (g)	4	0	0	0	0	10	8	8	8	6
Protein (g)	0	0	0	0	0	1	0	0	0	0

TOSSED SAUCES

BUFF-Q

Distilled vinegar, sugar, tomato paste (tomatoes), prepared mustard (mustard seed, vinegar, salt, turmeric), corn syrup, water, cider vinegar, molasses, spices, salt, natural flavor, citric acid, dehydrated onions, dehydrated garlic, caramel color, and xanthan gum, palm oil margarine (palm oil, water, soybean oil, salt, vegetable mono and diglycerides, soy lecithin, beta carotene, and whey), cayenne peppers, vinegar, garlic powder, malic acid, natural and artificial butter flavor.

Contains milk, soy

MILD BUFFALO

Water, palm oil margarine (palm oil, water, soybean oil, salt, vegetable mono and diglycerides, soy lecithin, beta carotene, and whey), cayenne peppers, vinegar, garlic powder, malic acid, xanthan gum, natural and artificial butter flavor.

Contains milk, soy

MEDIUM BUFFALO

Water, palm oil margarine (palm oil, water, soybean oil, salt, vegetable mono and diglycerides, soy lecithin, beta carotene, and whey), cayenne peppers, vinegar, garlic powder, malic acid, xanthan gum, natural and artificial butter flavor.

Contains milk, soy

HOT BUFFALO

Water, palm oil margarine (palm oil, water, soybean oil, salt, vegetable mono and diglycerides, soy lecithin, beta carotene, and whey), cayenne peppers, vinegar, garlic powder, malic acid, xanthan gum, natural and artificial butter flavor.

Contains milk, soy

LEMON PEPPER

Salt, citric acid, dehydrated onion, spices, dehydrated garlic, silicon dioxide (to prevent caking), oil of lemon, Liquid Margarine*.

Contains soy

TERIYAKI

Water, soy sauce (water, soybeans, wheat, salt), sugar, vinegar, modified corn starch, garlic, onion, monosodium glutamate, xanthan gum.

Contains wheat, soy, MSG

ORIGINAL BBQ

Distilled vinegar, sugar, tomato paste (tomatoes), prepared mustard (mustard seed, vinegar, salt, turmeric), corn syrup, water, cider vinegar, molasses, spices, salt, natural flavors, citric acid, dehydrated onions, dehydrated garlic, caramel color, and xanthan gum.

HONEY BBQ

Distilled vinegar, honey, sugar, tomato paste (tomatoes), prepared mustard (mustard seed, vinegar, salt, turmeric), corn syrup, starch, water, cider vinegar, molasses, spices, salt, natural flavors, citric acid, dehydrated onions, dehydrated garlic, caramel color, and xanthan gum.

SPICY BBQ

Distilled vinegar, sugar, tomato paste (tomatoes), prepared mustard (mustard seed, vinegar, salt, turmeric), corn syrup, water, cider vinegar, molasses, spices, salt, natural flavors, citric acid, dehydrated onions, dehydrated garlic, caramel color, and xanthan gum.

CAROLINA MUSTARD BBQ

Distilled vinegar, prepared mustard (mustard seed, vinegar, salt, turmeric), tomato paste (tomatoes), cider vinegar, corn syrup, water, sugar, molasses, spices, salt, natural flavors, citric acid, dehydrated onions, dehydrated garlic, caramel color, and xanthan gum.



DRESSINGS

	SHACK SAUCE®	Q-RANCH®	RANCH	LITE RANCH	BLEU CHEESE	HONEY MUSTARD	SHANE'S VINAIGRETTE
Serving Size	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz
Total Calories	100	70	100	80	140	110	110
Total Fat Calories	80	45	90	70	130	80	90
Total Fat (g)	9	5	10	8	15	9	10
Saturated Fat (g)	1.5	1	1.5	1.5	2.5	1.5	1.5
Trans Fat (g)	0	0	0	0	0	0	0
Cholesterol (mg)	10	5	10	10	10	10	0
Sodium (mg)	480	270	280	250	240	130	105
Total Carbs (g)	5	6	1	2	1	6	5
Dietary Fiber (g)	0	0	0	0	0	0	0
Sugar (g)	4	5	1	1	1	5	4
Protein (g)	0	0	1	1	1	0	0

DRESSINGS

SHACK SAUCE®

Soybean oil, water, corn syrup, tomato paste (tomatoes), worcestershire sauce (water, molasses, soy sauce [water, soybeans, wheat, salt], onion, garlic, lemons and lime juice from concentrate), vinegar, sugar, salt, egg yolk, spices, black pepper, dehydrated onion, dehydrated garlic, xanthan gum, calcium disodium edta.

Contains eggs, wheat, soy

Q-RANCH®

Buttermilk (cultured fat free milk and salt), soybean oil, water, corn syrup, sugar, distilled vinegar, tomato paste (tomatoes), prepared mustard (vinegar, mustard seeds, salt, spices, turmeric), salt, egg yolk, spices, molasses, black pepper, red pepper, natural flavor, dehydrated onion, dehydrated garlic, citric acid, white pepper, xanthan gum, and calcium disodium edta.

Contains milk, eggs

RANCH

Buttermilk (cultured fat free milk and salt), soybean oil, water, distilled vinegar, egg yolk, maltodextrin, sugar, dehydrated onion, dehydrated garlic, salt, spices, monosodium glutamate, xanthan gum, citric acid, and calcium disodium edta.

Contains milk, eggs, MSG

LITE RANCH

Buttermilk (cultured fat free milk and salt), soybean oil, water, distilled vinegar, egg yolk, modified food starch, maltodextrin, sugar, dehydrated onion, dehydrated garlic, salt, spices, monosodium glutamate, xanthan gum, citric acid, and calcium disodium edta.

Contains milk, eggs, MSG

BLEU CHEESE

Soybean oil, bleu cheese (milk, culture, selected mold strains, salt, enzymes), buttermilk (cultured fat free milk and salt), water, vinegar, egg yolk, salt, spices, sugar, dehydrated garlic, lemon juice from concentrate, and calcium disodium edta.

Contains milk, eggs

HONEY MUSTARD

Soybean oil, corn syrup, prepared mustard (vinegar, mustard seeds, salt, spices, turmeric), sugar, water, distilled vinegar, egg yolk, spices, salt, xanthan gum, modified food starch, calcium disodium edta.

Contains eggs

SHANE'S VINAIGRETTE

Salad oil, water, corn syrup, mango concentrate, wine vinegar, sugar, spices, onion, red pepper, black pepper, citric acid, xanthan gum, calcium disodium edta.

