



(732) 963-9268

**BiG on
Taste
Less
on The
waIST**

GOURMET SHACK SALADS **

	Calories	Rounded Values
Simple Shack	87	90
Apple Shack	550	550
Asian Shack	427	430
Shrimp Shack	329	330
Beet Shack	297	300
Greek Shack	177	175
Caesar Shack	280	280
Chef Shack	612	610
Steak Shack	406	400
Southwest Shack	392	390
Guido Shack	312	310
Grilled Veggie Shack	81	80
Spring Shack	381	380
Split Shack- Chicken	275	275
Split Shack- Egg	250	250
Split Shack-Tuna	240	240
Wedge Shack	290	290
Triple Shack	401	400
Baja Shack	281	280
Gumby Shack	435	435
Man Shack	621	620
Buffalo Shack	340	340

SHACK WRAPS**

	Calories	Rounded Values
Veggie Shack Wrap	425	425
Caesar Shack Wrap	543	540
Southwest Shack Wrap	533	530
Black & Blue Shack Wrap	650	650
Shrimp Shack Wrap	536	535
Triple Shack Wrap with Tuna	466	465
Triple Shack Wrap with Chicken	519	520
Triple Shack Wrap with Egg	534	535
Thanksgiving Shack Wrap	567	570
Hummus Shack Wrap	494	495
Steak and Shrooms Shack Wrap	545	545
Buffalo Chicken Shack Wrap	623	625

**** Calorie counts do not include calories for dressing.**

1 tbsp of dressing is approx. 100 calories