



NUTRITION SURVIVAL GUIDE TO

# STEAK 'N SHAKE

CALORIES AND MACRONUTRIENTS

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

## STEAKBURGERS

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

7 X 7	1660	95	29	0	4	128	9.5
Bacon 'n Cheese Triple	1030	52	32	1	7	74	4.8
Prime, White Truffle	1010	41	57	2	11	69	3.2
Prime, Texan BBQ	900	39	71	3	22	50	5.9
Bacon Lovers	840	37	34	1	9	57	4.4
Wisconsin Butter Burger	810	28	34	2	9	57	3
Jalapeno Crunch	790	27	42	2	9	53	3.9
Prime	780	37	56	3	11	44	4.6
Royale	780	37	32	2	6	55	3.3
Portobello and Swiss Steakburger	740	29	36	2	9	50	2.2
Triple w/Cheese	740	40	32	3	6	50	4.6
Garlic Double	730	28	33	1	8	50	3.7
Cajun Double	720	27	30	1	7	52	2.8
Western BBQ 'N Bacon	720	28	52	1	23	41	2.9
Guacamole Double	700	27	37	4	7	50	3
Chipotle Double	650	27	37	3	8	44	3
Signature Burger	640	34	33	2	7	41	3.5
Swiss 'N Mushroom (Value Menu)	610	19	33	1	8	42	2
Triple	600	32	32	3	6	38	2.9
Double (Value Menu)	580	24	36	2	10	34	3
Bacon 'n Cheese Double	570	30	29	0	4	37	2.8
Signature Burger w/o cheese	570	30	33	2	7	35	2.6
Spicy Chipolte (Value Menu)	570	19	39	4	10	35	7.4
Guacamole Single	540	18	36	4	7	37	2.5
The Original Double w/Cheese	530	27	33	2	6	32	3.3
All American (Value Menu)	510	19	36	2	10	28	3.7
Smokey BBQ (Value Menu)	500	15	46	1	17	24	4.8
The Original Double	460	23	33	2	6	26	2.5
Bacon 'n Cheese Single Steakburger	430	21	29	0	4	25	2.4
Single w/Cheese	380	19	32	3	6	20	2.9
Single w/o cheese	310	15	32	3	6	14	2.1

## MELTS

Frisco Melt	960	34	52	2	12	66	3.9
Patty Melt	770	32	30	2	4	57	3.7
Grilled Cheese Steakburger Melt	650	25	41	2	2	41	3.1
Veggie Melt with Portobellos	620	16	44	11	8	45	2.5

## STEAK FRANKS AND FOOTLONGS

Steak Frank - Foot Long, Chili n Cheese	730	33	48	4	6	45	4
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1-200 CAL

## SANDWICHES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Grilled Cheese	620	17	41	2	2	43	2.7
Grilled Cheese 'n Bacon	590	24	41	2	2	35	3.5
Spicy Chicken	520	27	51	5	10	19	4.2
Turkey Club	510	35	34	5	9	25	4.7
Grilled Chicken	480	28	37	2	8	21	2.5
Bacon, Lettuce, 'n Tomato	440	19	43	2	3	19	2.4

201-300 CAL

301-400 CAL

## CHILI

Chili Mac Supreme	1410	64	114	8	16	78	6.7
Chili Mac	1200	46	112	9	16	61	6.8
Chili 5-Way	1160	59	103	13	11	57	5.2
Chili Deluxe, Bowl	1000	58	71	14	5	56	4.9
Chili 3-Way	710	31	98	13	10	21	3.5
Chili, Genuine (NYC) - Cup	570	30	36	7	2	34	2.7
Chili, Genuine - Bowl	550	29	65	13	3	20	3.2
Chili Deluxe, Cup	500	29	36	7	2	28	2.5
Chili, Genuine - Cup	330	18	39	8	2	12	1.9

401-500 CAL

501+ CAL

## SALADS

Beef Taco Salad	950	33	43	5	5	73	3.6
Chicken Taco Salad	820	33	52	6	6	58	4.1
Fried Chicken Salad	600	37	34	6	6	36	3.2
Classic Grilled Chicken Salad	430	39	21	5	6	22	2.6
Garden Bowl Salad	400	19	24	7	5	27	1.4
Small Garden Salad	60	2	10	3	3	1	0.3

## SALAD DRESSING

Blue Cheese	150	0	2	0	0	16	0.6
Ranch	130	0	0	0	0	14	0.7
Honey French	120	0	8	0	8	10	0.8
Honey Mustard	120	0	8	0	8	10	0.8
Thousand Island	110	0	5	0	4	10	0.7
Zesty Italian	90	0	3	0	2	9	1.3
Lite Italian	45	0	0	0	0	5	0.7

## FRENCH FRIES

Chili Cheese Fries, Large	1070	26	120	14	4	53	7.5
Cheese French Fries, Large	790	9	88	7	3	45	6

1-200 CAL

Parmesan &amp; Garlic Herb, Large

660 7 79 7 1 35 5

Cajun - Large

660 6 81 8 1 35 4.6

Large

650 6 79 7 1 34 3.5

Cheese French Fries, Regular

590 8 63 5 3 35 4.9

201-300 CAL

Cajun, Regular

450 4 55 5 0 24 2.9

Parmesan &amp; Garlic Herb, Regular

450 4 54 5 0 24 3.1

Regular

450 4 54 5 0 24 2.3

Chili Cheese Fries, Small

430 11 47 5 2 22 3.2

301-400 CAL

Cheese French Fries, Small

320 4 34 3 1 18 2.6

Parmesan &amp; Garlic Herb, Small

250 2 30 3 0 13 1.8

Cajun - Small

250 2 30 3 0 13 1.6

Small

240 2 30 3 0 13 1.4

401-500 CAL

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150 1 19 2 0 8 1.3

## SIDES

Onion Rings, Large

660 8 79 5 7 35 4.7

Chicken Fingers (3)

330 21 22 2 0 18 2.3

Onion Rings, Regular

330 4 39 2 3 17 2.4

Baked beans

310 13 64 11 23 0 2.4

Coleslaw

160 0 13 2 11 11 0.6

Vegetable - Bowl

140 5 27 4 9 3 5.3

Applesauce

90 0 22 2 18 0 0

Cottage Cheese w/Pineapple Ring

80 10 4 0 4 2 1.1

Vegetable - Cup

70 2 13 2 4 2 2.7

501+ CAL

## ADD-ONS

Chili (for fries)

170 9 19 4 0 6 1

Steakburger (1)

140 9 0 0 0 12 0.4

American Cheese

70 4 0 0 0 6 0.9

Guacamole

60 0 4 3 0 6 0.3

Hormel Precooked Sandwich Bacon

60 4 0 0 0 5 0.4

Grilled onions

30 0 2 0 2 3 0.1

Jalapenos

0 0 0 0 0 0 0.6

## MILKSHAKE (REGULAR)

Reese's® Chocolate PB

980 48 118 5 94 47 1.3

Chocolate Fudge Brownie

980 42 165 4 127 30 1

Oreo® Red Velvet Milk Shake

960 41 157 1 130 30 1.4

Smores

910 41 148 2 117 30 1.1

Reese's® Peanut Butter

900 47 98 3 83 47 1.2

1-200 CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Peppermint Choc. Chip	750	38	127	0	115	21	0.7

Chocolate Covered Strawberry	740	40	117	2	98	24	0.8
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Salted Caramel	730	73	124	0	106	20	2.5
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201-300 CAL

Oreo® Cookies 'n Cream	730	38	122	0	102	22	0.9
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Oreo® Mint Cookies 'n Cream	730	38	120	0	104	22	0.9
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Peanut M&M'S®	730	39	118	0	104	22	0.7
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Frosted Flakes	720	39	126	0	103	18	0.9
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301-400 CAL

Cheesecake	720	40	105	1	90	25	0.9
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Chocolate Banana	710	39	128	4	98	17	0.7
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Hershey's Dark Chocolate	710	39	121	2	100	21	0.8
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Kit Kat®	710	38	116	0	102	21	0.7
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401-500 CAL

Banana	700	40	126	6	92	17	0.6
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Snickers	690	38	113	0	99	20	0.7
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Froot Loops	670	38	116	1	99	18	0.8
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Pumpkin Spice	660	39	113	0	102	17	0.7
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501+ CAL

Strawberry BananaRegular	660	38	115	4	93	17	0.6
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Ultimate Banana	660	38	116	3	95	17	0.6
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Cinnamon Crunch	660	38	112	0	97	18	0.7
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Honey Smacks	660	38	113	0	98	17	0.7
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Egg Nog	630	38	106	0	97	17	0.7
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White Chocolate	630	37	105	0	96	18	0.6
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Vanilla	620	37	105	0	93	17	0.6
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Strawberry	610	37	103	0	94	17	0.6
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Chocolate	600	38	101	1	84	17	0.7
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Orange Freeze	600	35	104	0	95	16	0.6
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Very Berry Strawberry	550	37	87	0	78	17	0.6
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## MILKSHAKE (SMALL/KIDS)

Chocolate Fudge Brownie	620	20	104	3	81	19	0.7
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Oreo® Red Velvet Milk Shake	610	19	102	0	82	19	1
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Smores	580	19	93	1	73	18	0.8
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Caramel Apple	580	21	103	0	87	14	0.8
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Turtle Caramel Nut	580	19	99	0	79	16	0.8
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Reese's® Chocolate PB	570	22	73	2	59	25	0.8
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Double Chocolate Fudge	560	19	94	2	77	17	0.6
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M&M'S®	560	18	93	1	82	16	0.5
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Reese's® Peanut Butter	550	21	70	2	60	24	0.7
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Cheesecake	550	19	83	1	71	18	0.7
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Peanut Butter Cup	540	18	86	0	76	18	0.6
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Cocoa Krispies	530	18	75	0	57	24	0.8
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Salted Caramel	520	43	92	0	77	13	1.9
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Butterfinger®	520	18	88	0	72	15	0.6
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1-200 CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Peanut M&M'S®	490	19	79	0	69	15	0.5
Red Velvet	490	18	84	0	72	13	0.7
Hershey's Dark Chocolate	470	17	80	1	67	13	0.5
Kit Kat®	470	18	78	0	67	14	0.5
Frosted Flakes	460	18	84	0	66	10	0.7
Snickers	450	18	74	0	65	13	0.6
Chocolate Covered Strawberry	450	18	73	1	61	13	0.5
Chocolate Banana	440	17	82	2	64	10	0.5
Banana	420	18	77	3	58	10	0.5
Ultimate Banana	420	17	76	2	63	10	0.5
Honey Smacks	420	17	75	0	64	10	0.5
Vanilla	410	16	73	0	64	9	0.4
Cinnamon Crunch	410	17	70	0	60	10	0.6
Froot Loops	410	17	74	1	61	10	0.6
Pumpkin Spice	400	17	71	0	63	9	0.5
Strawberry	400	16	72	0	66	9	0.5
Strawberry Banana	400	17	71	2	58	10	0.5
White Chocolate	400	16	69	0	61	10	0.5
Chocolate	390	16	68	0	56	10	0.5
Egg Nog	390	16	67	0	60	10	0.5
Orange Freeze	360	15	65	0	58	9	0.4
Very Berry Strawberry	350	16	58	0	51	9	0.5

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## DESSERTS

Chocolate Chip Cookie Sundae	850	32	109	3	76	42	0.9
Hot Fudge Sundae	460	12	62	1	46	23	0.4
Strawberry Sundae	310	10	40	0	33	15	0.2
Root Beer Float	280	3	51	0	47	9	0.2
Hot Fudge Sundae, Kids	240	9	31	0	24	11	0.2
Chocolate Chip Cookie	200	2	26	1	16	10	0.3
Root Beer Float, Kids	160	1	31	0	29	5	0.1

## BREAKFAST

Chocolate Chip Pancakes	1320	43	226	4	119	38	6.2
Country Skillet	1320	37	57	2	5	106	5.9
Banana Pancakes	970	41	189	6	72	16	6.1
Sausage Gravy and Biscuits (full order)	970	13	81	2	7	67	6.7
Portobello and Sausage Skillet / no bread	840	23	19	2	4	76	2.5
California Skillet, Sausage	820	20	25	6	4	72	3.6
Sausage, Egg and Cheese Biscuit	760	27	34	1	4	56	4.7
Cheddar Scrambler (a la carte)	710	42	6	0	4	55	2.9

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sausage Gravy and Biscuits (half order)	480	7	41	1	3	33	3.4
Breakfast Bowl with Hash Browns	460	12	11	1	2	42	1.5
Egg and Cheese Biscuit	460	14	34	1	4	30	3.4
Bagel Sandwich w/bacon	450	23	53	2	7	16	2.5
Bacon Biscuit	380	8	33	1	3	25	2.7
Breakfast Bowl without Hash Browns	350	21	5	1	3	27	2.1
Sausage, Egg n Cheese Breakfast Taco	220	8	18	0	1	12	1.3
Potato and Egg Breakfast Taco	190	5	20	0	1	10	1.2

## BREAKFAST SIDES

Pancakes - a la carte (3)	880	17	151	3	47	21	6.3
Pancakes - a la carte (2)	670	11	113	2	39	18	4.4
2 Biscuits	640	8	66	2	6	40	4.5
Sausage (2 patties 170g)	600	26	0	0	0	52	2.6
Single Pancake	370	6	74	0	30	6	2.2
Sausage gravy, 8 oz	330	5	15	0	0	27	2.3
Biscuit (1)	320	4	33	1	3	20	2.2
Hash Browns - Shredded	300	1	15	1	1	28	0.5
Sausage (1 patty 85g)	300	13	0	0	0	26	1.3
Toast - Sourdough (buttered)	270	9	41	2	2	6	1
Single bagel	250	9	52	2	6	1	0.9
Hashbrowns (5 pieces)	240	2	21	2	0	17	1.5
Toast - Rye (buttered)	180	6	25	1	0	6	1.1
Toast - Wheat (buttered)	180	5	23	2	3	6	0.7
Sausage gravy, 4 oz	160	3	8	0	0	13	1.2
Bacon (4 slices)	160	10	0	0	0	14	1.2
2 Eggs	150	13	0	0	0	10	0.4
Sausage (1/2 patty 42.5g)	150	7	0	0	0	13	0.7
Side of Syrup	140	0	35	0	22	0	0.2
Toast - Sourdough (buttered) 1 slice	140	4	20	0	0	3	0.5
2 egg scrambled	130	12	2	0	1	8	0.7
Toast - Rye (buttered) 1 slice	90	3	13	0	0	3	0.5
Toast - Wheat (buttered) 1 slice	90	3	12	1	2	3	0.3
Bacon (2 slices)	80	5	0	0	0	7	0.6
1 egg scrambled	70	6	1	0	0	4	0.3
Bacon (1.5 slices)	60	4	0	0	0	5	0.4
1 slice of bacon	40	2	0	0	0	4	0.3

Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

## BEVERAGES

Coke/Pepsi/Root Beer/Dr P. - 44 oz	330	0	88	0	88	0	0.3
Tea - Sweet, 44 oz	250	0	64	0	61	0	0.1
Coke/Pepsi/Root Beer/Dr P. - 32 oz	240	0	64	0	64	0	0.2
Sprite/Hi C/Fanta - 44 oz	210	0	57	0	57	0	0.1
Coke/Pepsi/Root Beer/Dr P. - 24 oz	180	0	48	0	48	0	0.2
Flavoured Iced Tea - 44. oz	170	0	40	0	40	0	0.2
Coke/Pepsi/Root Beer/Dr P. - 22 oz	170	0	44	0	44	0	0.2
Sprite/Hi C/Fanta - 32 oz	160	0	42	0	42	0	0.1
Coke/Pepsi/Root Beer/Dr P. - 20 oz	150	0	40	0	40	0	0.1
Cherry Limeade - 20 oz	140	0	38	0	37	0	0.1
Coke/Pepsi/Root Beer/Dr P. - 18 oz	130	0	36	0	36	0	0.1
Tea - Sweet, 24 oz	130	0	35	0	34	0	0
Fresh Lemonade, Sugar	120	0	4	0	30	0	0
Coke/Pepsi/Root Beer/Dr P. - 16 oz	120	0	32	0	32	0	0.1
Sprite/Hi C/Fanta - 24 oz	120	0	31	0	31	0	0.1
Sprite/Hi C/Fanta - 22 oz	110	0	29	0	29	0	0.1
Hot Chocolate	110	7	17	0	9	4	0.4
Tea - Sweet, 20 oz	110	0	28	0	27	0	0
Sprite/Hi C/Fanta - 20 oz	100	0	26	0	26	0	0.1
Red Bull	100	0	28	0	27	0	0.3
Coke/Pepsi/Root Beer/Dr P. - 12 oz	90	0	24	0	24	0	0.1
Sprite/Hi C/Fanta - 18 oz	90	0	23	0	23	0	0.1
Minute Maid Apple Juice	80	0	21	0	19	0	0
Flavoured Iced Tea - 20 oz	80	0	20	0	20	0	0.1
Sprite/Hi C/Fanta - 16 oz	80	0	21	0	21	0	0.1
Sprite/Hi C/Fanta - 12 oz	60	0	16	0	16	0	0
Flavoured Iced Tea - 12 oz	45	0	10	0	10	0	0.1
Fresh Lemonade, Splenda	15	0	5	0	2	0	0
Tea - Iced, 20 oz	0	0	1	0	0	0	0
Tea-Hot	0	0	0	0	0	0	0

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL