

SHAKE SHACK CANADA

Allergen Guide



How this guide is organized. This document consolidates our full Canadian allergen matrix into four parts: the Core Menu served at every Shake Shack in Canada, items that differ specifically in Ontario or Alberta, and our current seasonal / limited-time menus, each labelled with the province(s) they're available in.

Every dish is shown at the product level and broken down by its individual components, so you can see exactly which ingredient is contributing which allergen.

Effective September 2026 — recipes and suppliers can change; please confirm with a Shake Shack Team Member before ordering.

KEY TO SYMBOLS

Presence of allergen

Processed in a facility where possible cross-contact occurs with this allergen

Allergens tracked: Milk, Eggs, Peanuts, Wheat, Shellfish, Soy, Tree Nuts, Fish, Sesame, Gluten, Mustard, Sulphites

CORE MENU

The standard Shake Shack Canada menu — burgers, chicken, dogs, fries, shakes & more — served the same way from coast to coast.

50 items

ONTARIO-SPECIFIC ITEMS

Items only available at Ontario Shacks — including regional shake & alcohol selections not poured elsewhere.

8 items

ALBERTA-SPECIFIC ITEMS

Items only available at Alberta Shacks — regional shakes, concretes & alcohol unique to Alberta locations.

6 items

SEASONAL & LIMITED-TIME MENUS

Limited-time menus and collaborations, active for a defined season and specific province(s) only.

8 items

PART ONE

Core Menu

ALL PROVINCES

PART ONE

Core Menu



BURGERS & SANDWICHES

Our custom 100% Canadian Angus beef blend is fresh, never frozen and raised without antibiotics or added hormones.

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
ShackBurger®		✗	✗		✗		✗	○	○	✗	✗	✗	
	Burger Patty												
	American Cheese	✗					✗						
	ShackSauce	○	✗		○		○	○	○		○	✗	
	Lettuce												
	Tomato												
	Burger Bun	✗			✗					✗	✗		
SmokeShack™		✗	✗		✗		✗	○	○	✗	✗	✗	
	Burger Patty												
	American Cheese	✗					✗						
	Bacon												
	Cherry Peppers												
	ShackSauce	○	✗		○		○	○	○		○	✗	
	Burger Bun	✗			✗					✗	✗		
'Shroom Burger™		✗	✗		✗	○	✗	○	○	✗	✗	✗	
	Shroom Patty	✗	○		✗	○	✗		○		✗		
	Lettuce												
	Tomato												
	ShackSauce	○	✗		○		○	○	○		○	✗	
	Burger Bun	✗			✗					✗	✗		
Veggie Shack		✗	✗		✗	○	✗	✗	○	✗	✗	✗	
	Veggie Patty	○	○		✗	○	✗	✗	○	○	✗	○	
	American Cheese	✗					✗						
	Crispy Onions	✗			✗		✗				✗		
	Onions	✗			✗		✗				✗		
	Pickles												
	Shack Sauce	○	✗		○		○	○	○		○	✗	
	Burger Bun	✗			✗					✗	✗		

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Avocado Bacon Burger		X	X		X		X	O	O	X	X	X	
	Burger Patty												
	American Cheese	X					X						
	Bacon												
	Avocado												
	ShackSauce	O	X		O		O	O	O		O	X	
	Burger Bun	X			X					X	X		
Shack Stack™		X	X		X	O	X	O	O	X	X	X	
	Burger Patty												
	American Cheese	X					X						
	Shroom Patty	X	O		X	O	X		O		X		
	Lettuce												
	Tomato												
	ShackSauce	O	X		O		O	O	O		O	X	
	Burger Bun	X			X					X	X		
Hamburger		X			X					X	X		
	Burger Patty												
	Burger Bun	X			X					X	X		
Cheeseburger		X			X		X			X	X		
	Burger Patty												
	American Cheese	X					X						
	Burger Bun	X			X					X	X		
Bacon Cheeseburger		X			X		X			X	X		
	Burger Patty												
	American Cheese	X					X						
	Bacon												
	Burger Bun	X			X					X	X		
BLT		X			X		X			X	X		
	American Cheese	X					X						
	Bacon												
	Burger Bun	X			X					X	X		
Grilled Cheese		X			X		X			X	X	X	
	American Cheese	X					X						
	Burger Bun	X			X					X	X		

CHICKEN

100% Canadian whole white meat chicken, cage-free and raised without antibiotics in a vegetarian fed environment.

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Chicken Shack™		✗	✗	○	✗	○	✗	○	○	✗	✗	✗	
	Fried Chicken	✗	○	○	✗	○	✗	○	○	○	✗	○	
	Pickles												
	Shredded Lettuce												
	Herb Mayonnaise	✗	✗		○		○	○	○		○	✗	
	Burger Bun	✗			✗					✗	✗		
Avocado Bacon Chicken		✗	✗	○	✗	○	✗	○	○	✗	✗	✗	
	Fried Chicken	✗	○	○	✗	○	✗	○	○	○	✗	○	
	American Cheese	✗					✗						
	Bacon												
	Avocado												
	Herb Mayonnaise	✗	✗		○		○	○	○		○	✗	
	Burger Bun	✗			✗					✗	✗		
Chicken Bites		✗	○	○	✗	○	✗	○	○	○	✗	○	
	Fried Chicken Bites	✗	○	○	✗	○	✗	○	○	○	✗	○	
BBQ Sauce (ADD-ON)		○	○		○	○	○	○	○	○	○	✗	
Honey Mustard (ADD-ON)			✗									✗	
Ranch (ADD-ON)		✗	✗		○	○	○	○	○	○	○	○	

FLAT-TOP DOGS

100% beef from Vienna® Beef

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Hot Dog		✗			✗					✗	✗	✗	
	Hot Dog											✗	
	Hot Dog Bun	✗			✗					✗	✗		
Cheese Dog		✗	○		✗	○	✗	○	○	✗	✗	✗	
	Hot Dog											✗	
	Cheese Sauce	✗	○		○	○	✗	○	○	○	○		
	Hot Dog Bun	✗			✗					✗	✗		
Bacon Cheese Dog		✗	○		✗	○	✗	○	○	✗	✗	✗	

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
	Hot Dog											X	
	Cheese Sauce	X	O		O	O	X	O	O	O	O		
	Bacon												
	Hot Dog Bun	X			X					X	X		
High Heat Dog		X	O		X	O	X	O	O	X	X	X	
	Hot Dog											X	
	Cheese Sauce	X	O		O	O	X	O	O	O	O		
	Cherry Peppers												
	Hot Dog Bun	X			X					X	X		
Cheese Sauce	ADD-ON	X	O		O	O	X	O	O	O	O		
Cherry Peppers	ADD-ON												
Bacon	ADD-ON												

CRINKLE CUT FRIES

Crispy and cut from golden potatoes

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Fries		O			O		X				O		
Cheese Fries		X	O		O	O	X	O	O	O	O		
	Fries	O			O		X				O		
	Cheese Sauce	X	O		O	O	X	O	O	O	O		
Bacon Cheese Fries		X	O		O	O	X	O	O	O	O		
	Fries	O			O		X				O		
	Cheese Sauce	X	O		O	O	X	O	O	O	O		
	Bacon												

SHAKES, FROZEN CUSTARD & CONCRETES

Soft, premium ice cream, made in house daily with 100% Canadian dairy, real cane sugar and cage-free eggs. Concretes are blended with toppings & mix-ins from our favourite local partners

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Vanilla Shake		X	X	O	O		O	O		O	O		O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Milk	X											
Chocolate Shake		X	X	O	O		O	O		O	O		O

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
	Chocolate Custard	X	X	O	O		O	O		O	O		O
	Milk	X											
Cookies and Cream Shake		X	X	O	X		X	O		O	X		O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Milk	X											
	Chocolate Cookie Crumbles				X		X				X		
Strawberry Shake		X	X	O	O		O	O		O	O		O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Milk	X											
	Strawberry Puree												
Black & White Shake		X	X	O	O		O	O		O	O		O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Milk	X											
	Fudge Sauce	X	O		O		O	O		O	O		
Vanilla & Chocolate Shake		X	X	O	O		O	O		O	O		O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Chocolate Custard	X	X	O	O		O	O		O	O		
	Milk	X											
Vanilla Frozen Custard		X	X	O	O		O	O		O	O		O
Chocolate Frozen Custard		X	X	O	O		O	O		O	O		O
More S'mores		X	X	O	X		X	O		O	O		O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Toasted Marshmallow Sauce		X										
	Fudge Sauce	X	O		O		O	O		O	O		
	Graham Cracker				X		X						
	Chopped Chocolate Pieces	O											
Shack Attack		X	X	O	X		X	O		O	X		O
	Chocolate Custard	X	X	O	O		O	O		O	O		O
	Brownies	O	X		X		X				X		
	Fudge Sauce	X	O		O		O	O		O	O		
	Chocolate Chunks	O											
	Coca Nibs	O											

FLOATS

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Root Beer Float		✗	✗	○	○		○	○		○	○		○
	Vanilla Custard	✗	✗	○	○		○	○		○	○		○
	Root Beer												
Creamsicle®		✗	✗	○	○		○	○		○	○		○
	Vanilla Custard	✗	✗	○	○		○	○		○	○		○
	Orange Soda												

DRINKS

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Shack-Made Lemonade													
Strawberry Lemonade													
	Shack made lemonade												
	Strawberry Puree												
Unsweetened Brewed Iced Tea													
Fifty/Fifty™													
Fountain Drinks													
Organic Apple Juice													
Shack 20™ Sparkling Water													
Shack 20™ Still Water													

ALCOHOL

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
ShackMeister Ale™					✗						✗		

RETAIL

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Pooch-ini		✗	✗	○	✗		○	○		○	○		
Bag O' Bones		○			✗		○				✗		

PART TWO

Ontario-Specific Items

ONTARIO ONLY

PART TWO

Ontario-Specific Items



CHICKEN

ONTARIO ONLY

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Hot Chicken Sandwich		X	X	O	X	O	X	O	O	X	X	X	
	Fried Chicken	X	X	O	X	O	X	O	O	O	X	O	
	Pickles												
	Shredded Cabbage												
	Burger Bun	X			X					X	X		
	Hot Slaw	X	X		O		O	O	O		O	X	
	Spice Mix												



SHAKES, FROZEN CUSTARD & CONCRETES

ONTARIO ONLY

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Maple Salted Pretzel Shake		X	X	O	X		X	O		O	X		O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Milk	X											
	Maple Syrup												
	Pretzels			O	X		X	O			X		
	Whipped Cream	X											
Chocolate Fudge Shake		X	X	O	O		O	O		O	O		O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Milk	X											
	Fudge Sauce	X	O		O		O	O		O	O		
I Heart Butter Tart		X	X	O	X		O	O		O	X	O	O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Butter Tart	X	X		X						X	O	



ALCOHOL

ONTARIO ONLY

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Shack Red													

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Shack White													
Bud Light					✗						✗		
Mill Street Organic					✗						✗		

PART THREE

Alberta-Specific Items

ALBERTA ONLY

PART THREE

Alberta-Specific Items



SHAKES, FROZEN CUSTARD & CONCRETES

ALBERTA ONLY

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Prairie Berry Shake		X	X	O	X		X	O		O	O		O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Milk	X											
	Honey												
	Whipped Cream	X											
	Golden Oreo				X		X						
	Saskatoon Berry Spread	O			O								
	Saskatoon Berry Powder	O			O								
Oh My Honey Pie Concrete		X	X	O	X		X	O		O	X	O	O
	Vanilla Custard	X	X	O	O		O	O		O	O		O
	Salted Honey Pie	X	X		X			O			X	O	
	Flaky Salt												



ALCOHOL

ALBERTA ONLY

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Passionfruit Mojito					O								
Night Gallery Hazy Pale Ale					X						X		
Wave Pool Tropical IPA					X						X		
Molson Canadian					X						X		

PART FOUR

Seasonal & Limited-Time Menus

ROTATES SEASONALLY

PART FOUR

Seasonal & Limited-Time Menus

 SHAKE SHACK X CHUDLEIGHS FALL LTO · ONTARIO ONLY													
PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
Pumpkin Pie Shake		✗	✗	○	✗		✗	○		○	✗		✗
	Vanilla Custard	✗	✗	○	○		○	○		○	○		○
	Milk	✗											
	Pumpkin Pie	✗	✗		✗		✗	○			✗		
	Pumpkin Spice												✗
	Whipped Cream	✗											
Apple Pie Concrete		✗	✗	○	✗		○	○		○	✗		○
	Vanilla Custard	✗	✗	○	○		○	○		○	○		○
	Apple Pie	✗	✗		✗		○	○			✗		

FRENCH ONION MENU

LTO · ONTARIO & ALBERTA

PRODUCT	INGREDIENTS	MILK	EGGS	PEANUTS	WHEAT	SHELLFISH	SOY	TREE NUTS	FISH	SESAME	GLUTEN	MUSTARD	SULPHITES
French Onion Burger		X	X		X		X			X	X	X	X
	Burger Patty												
	Swiss Cheese	X					X						
	Garlic Parmesan Sauce	X	X									X	X
	Crispy Onions	X			X		X				X		
	French Onions						X						X
	Burger Bun	X			X					X	X		
French Onion 'Shroom Burger		X	X		X		X		O	X	X	X	X
	Shroom Patty	X	O		X		X		O		X		
	Swiss Cheese	X					X						
	Garlic Parmesan Sauce	X	X									X	X
	French Onions						X						X
	Burger Bun	X			X					X	X		
French Onion Shack Stack		X	X		X		X		O	X	X	X	X
	Burger Patty												
	Swiss Cheese	X					X						
	Garlic Parmesan Sauce	X	X									X	X
	French Onions						X						X
	Shroom Patty	X	O		X		X		O		X		
	Burger Bun	X			X					X	X		
Onion Rings		X			X		X				X		
	Onion Rings	X			X		X				X		
Parmesan Garlic Fries		X	X		O		X				O	X	X
	Fries	O			O		X				O		
	Roasted Garlic Parmesan Aioli	X	X									X	X
	Parmesan	X											
Roasted Garlic Parmesan Aioli ADD-ON													
	Roasted Garlic Parmesan Aioli	X	X									X	X