



# Food Allergen & Sensitivities Guide

Allergens

Sensitivities

Milk	Egg	Peanut	Tree Nuts	Fish	Shellfish	Soy	Wheat	Gluten
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## Chicken

Chicken / Tenders						◦	x	†
Shack Wings						◦	x	†
Chicken Bites				•	•	◦	x	†

## Sandwiches

Chicken Sandwich		x				◦	x	†
Fish Sandwich with Alaskan Flounder		x		x	•	◦	x	†

## Sandwich Toppings

Sandwich Bun						◦	x	x
Hot n Spicy Mayo		x				◦		
Regular Mayo		x				◦		
Pickles								

## Ribs

Ribs (without sauce)						•	•	•
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## Seafood

Alaskan Flounder	x				x	•		x	†
Cod	x				x	•	x	x	†
Shrimp	•				•	x	x	x	†

### KEY

x = contains allergen

† = contains ingredient that may cause sensitivity

• = products prepared in common equipment and may contain allergen

◦ = contains soybean oil, which is not indicated as an allergen. According to the Food Allergy & Anaphylaxis Network, studies have shown that most soy-allergic individuals may safely eat most types of soybean oil (foodallergy.org).

The information contained is current as of September 2024. Variations may occur due to differences in suppliers, ingredient substitutions, or recipe revisions.



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## Sides

Shack Potatoes (no butter)							•	•
French Fries					•	◦	x	†
Shack Mushrooms				•	•	◦	x	†
Onion Rings	x				•	◦	x	†
Corn (no butter)								
Green Beans (no butter)								
Cole Slaw	•	x				◦	•	•
Dinner Rolls	•					◦	x	x

## Sauces

BBQ						◦		
Honey Mustard		x				◦		
Hot and Spicy						◦		
Sweet Chili Sauce								
Ranch	x	x				◦		
Tartar Sauce		x						
Cocktail Sauce								
Sour Cream	x							
Butter Sauce for Potatoes, Corn & Green Beans						◦	x	x

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### Notes:

Suggestions for wheat and gluten sensitive individuals

- corn, no butter
- green beans, no butter

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Broasted Chicken	Chicken	Marination
Grilled Chicken	Chicken	Marination
Wing Dings	Chicken	Marination
Chicken Tenders	Chicken	Marination
Tender Bites	Chicken	Marination
Ribs	pork ribs	BBQ seasoning
Pork Chops	Center cut pork chops	Marination
Chicken Sandwich	Broasted or Grilled Chicken	lettuce
Fish Sandwich	Broasted Tilapia	lettuce
Shack Wrap	Chicken Tender	lettuce
Tilapia	Tilapia (get name)	Chicken Flour
English style Cod	Cod (get name)	Fish Flour
Shrimp	Oriental Shrimp	see ingredients
Catfish	Catfish (get name)	fish flour
Broasted Potatoes	Potatoes	cooking oil
French Fries	-	cooking oil
Broasted Shack Mushrooms	Button Mushrooms	Fish Flour
Onion Rings	-	cooking oil
Corn	Sweet Corn	Marination
Cole Slaw	Cabbage	Mayonnaise
Rolls	-	
cooks sauce	-	
hms sauce	-	
hns sauce	-	

Chicken Flour	Cooking Oil	
Grilled Chicken Seasoning		
Chicken Flour	Cooking Oil	
Chicken Flour	Cooking Oil	
Fish Flour	Cooking Oil	may come in contact with fish and shrimp
BBQ sauce		
Chicken Flour	Cooking Oil	
Mayonnaise	Sesame Seed Bun	
Tartar Sauce	Sesame Seed Bun	
shredded Cheese	Flour Tortilla	Ranch or BBQ sauce with Sour Cream
Fish Flour	Cooking Oil	may come in contact with shrimp
Cooking Oil		may come in contact with shrimp
Cooking Oil		may come in contact with fish
chicken flour	Cooking Oil	may come in contact with shrimp
Marination	margarine	may come in contact with shrimp
may come in contact with shrimp		
Cooking Oil		may come into contact with shrimp and fish
may come in contact with shrimp		
Margarine		
Sugar	Carrots	Salt

Marination	Salt, Monosodium Glutamate, Wheat Flour, Papain, Natural Flavorings	Wheat, MSG
Chicken Flour	Wheat Flour, Salt, Propylene Glycol, Soybean Oil, Spice Extractives, Polysorbate 80	Wheat, Soy Oil
Fish Flour	Wheat Flour, Corn Starch, Salt, Soy Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Monosodium Glutamate, Dextrose, Spice, Soybean Oil, Natural Flavor, and Spice Extract.	Wheat, MSG, Soy oil
Grilled Chicken Seasoning	Dehydrated Onion, Black Pepper, Orange Peel, Granulated Onion, Whole Celery Seed, Dehydrated Carrots, Granulated Tomatoes, Granulated Garlic, Granulated Red Bell Pepper, Parsley Powder, Whole Thyme, Powdered Lemon Juice, Ground Majoram, Ground Oregano, Ground Coriander, Ground Mustard, Ground Bay Leaves, Granular Citric Acid, California Lemon Oil, Ground Rosemary, Whole Dry Basil, Parsely Flakes, Paprika	
Cooking Oil	Meat Fats (Lard, Tallow, Hydrogenated Lard), Partially Hydrogenated Soybean Oil, BHA, Propyl Gallate, Citric, Dimethylpolysiloxane	Soy Oil
BBQ Seasoning	Salt, Paprika, Ground Pepper, Monosodium Glutamate, Garlic, and not more than 2% Calcium Stearate	MSG
Margarine	Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Natural & Artificial Flavor, Calcium Disodium EDTA, Beta Carotene, Vitamin A Palmitate	Soybean
Mayo	Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled Vinegar, Contains less than 2% of Salt, Spice, Calcium Disodium EDTA	Egg, Soy Oil
Tartar	Soybean Oil, Vinegar, Chopped Pickles, Egg Yolks, Salt, Sugar, Contains less than 2% of Dried Onions, Mustard Seed, Artificial Flavor, Xanthan Gum, Natural Flavor, Calcium Disodium EDTA, Spice	Egg, Soy oil
Buns	Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Wheat Starch, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, High Fructose Corn Syrup, Soybean Oil, Wheat Gluten, Salt, Yeast, Monoglycerides, Yeast Nutrients (Calcium Sulfate, Monocalcium Phosphate, Ammonium Sulfate), Calcium Propionate, Sodium Stearoyl Lactylate, Citric Acid, Azodicarbonamide, Ascorbic Acid, Calcium Peroxide. Topped with Sesame Seeds	Wheat, Soy Oil, MSG sensitivity, gluten

Rolls	Enriched Bleached Flour [Wheat Flour, Malted Barley Flour, Wheat Starch, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Folic Acid], Water, High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Yeast, Salt, Yeast Nutrients (Calcium Sulfate, Monocalcium Phosphate, Ammonium Sulfate), Calcium Propionate, Monoglycerides, Vinegar, Ethoxylated Mono- And Diglycerides, Sodium Stearoyl Lactylate, Citric Acid, Azodicarbonamide, Ascorbic Acid, Calcium Peroxide.	Wheat, Soy Oil, MSG sensitivity, gluten
Tortillas	Bleached Enriched Flour (Bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) Water, Vegetable Shortening (palm oil with monoglycerides), Sugar, Salt, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Fumaric Acid, Mono & Diglycerides, Calcium Propionate ( a preservative)	Wheat, gluten
French Fries	Potatoes, Vegetable Oil, (Contains one or more of the following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil, Sunflower Oil, Soybean Oil), Enriched Wheat Flour (flour, niacin, iron, thiamin Mononitrate, Riboflavin, Folic Acid), Cornstarch, Salt, Modified Corn Starch, Dextrin, Sugar, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Guar Gum, Dextrose	Soy Oil, Wheat
Shrimp	Shrimp, Water, Wheat Flour, Yellow Corn Flour, Contains 2% Or Less Of Salt, Sugar, Corn Starch, Yeast, Sodium Tripolyphosphate (To Retain Moisture), Sunflower Oil, Garlic Powder, Onion Powder, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Carrageenan Gum	Shrimp, Wheat, MSG sensitivity
Onion Rings	Onions, Water, Enriched Bleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavina, Folic Acid), Vegetable Oil (Soybean And/Or Canola), Yellow Corn Flour, Salt, Sugar, Defatted Soya Flour, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), Dextrose, Spice Extractive, Polysorbate 60	Contains Wheat, Soybean
ranch	Buttermilk, Mayonnaise, Salt, Monosodium Glutamate, Dried Garlic, Modified Food Starch, Spices, Dried Onion, Maltodextrin, Less Than 2% of: Natural Flavor (Milk, Soy), Guar Gum, Calcium Stearate.	may vary by location, Milk, Soybean, Egg, MSG

sour cream	Cream ,Skim Milk, Food Starch-Modified (Corn), Lactic and Citric Acid, Gelatin, Mono and Diglycerides, Guar Gum, Potassium Sorbate, Carrageenan, Sodium Phosphate, Natural and Artificial Flavor, Lactic Acid Culture.	Milk
BBQ Sauce	High Fructose Corn Syrup, Sugar, Water, Tomatoes, Vinegar, Corn Syrup, Salt, Sugarcane Molasses, Food Starch-Modified Corn, Hydrolyzed Soy Protein, Mustard Flour, Dehydrated Onion and Garlic, Caramel (Color), Soybean Oil, Natural Flavor.	Soybean, MSG sensitivity
Hot-and-Spicy Sauce	Water, Cayenne Pepper Sauce (Cayenne Peppers, Water, Vinegar, Salt, Garlic Powder, Guar Gum, Xanthan Gum), Red Pepper, Tomato Paste, Food Starch-Modified Corn, Black Pepper, Corn Syrup, Vinegar, Salt.	
Honey Mustard Sauce	Water, Vinegar, Mustard Seed, Salt, Spices, Sugar, Corn Syrup, Cayenne Pepper Sauce (Cayenne Peppers, Water, Vinegar, Salt, Garlic Powder, Guar Gum, Xanthan Gum), High Fructose Corn Syrup, Soy Bean Oil, Tomato Paste, Honey, Sugarcane Molasses, Food Starch-Modified Corn, Xanthan Gum, Hydrolyzed Soy Protein, Mustard Flour, Dehydrated Onion and Garlic, Caramel (Color), Natural Flavor.	Soybean, MSG sensitivity
Sweet Heat Sauce		soybean, wheat, egg.

(6/2011)Onion Powder, Black Pepper, Garlic Powder, Red Pepper, Onion Powder.

(6/2011)Wheat Flour, Shortening, Salt, Sodium Aluminum Phosphate, Sodium Bicarbonate, Mono and Dichlycerides, Calcium Prompinate, Fumeric Acid, Potassium Sorbate, and L-Crystine

(6/2011)Potatoes, Vegetable Oil, (Contains one or more of the following: Soybean Oil, Canola Oil), Modified Potato Starch, Rice Flour, Corn Starch, Corn Dextrin, Salt, Leavening (Sodium Acid Pyophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Xanthan Gum, Disodium Dihydrogen Pyrophosphate and Dextrose

(6/2011)Farm Raised Shrimp, Batter Mix (Wheat Flour, Tapioca Starch, Corn Flour, Sugar, Salt, Guar Gum), Predust (Tapioca Starch, Salt, Calcium Carbonate), White Breaded Crumb (Wheat Flour, Shortening, Sugar, Yeast, Salt, Yeast Food), Sodium Tripolyphoshphate, salt, water