

ALLERGEN & DIETARY SUITABILITY CHART

Issued: 24/04/2024

This document covers both our permanent menu items and ingredients, as well as limited time offers.

Please be advised that as we operate working kitchens, there is always a risk that traces of allergens may be transferred to products during storage, preparation, or cooking. Shake Out cannot assure that any food sold is allergen-free.

The allergens listed in this document are those outlined in the Australia New Zealand Food Standards Code (Standard 1.2.3 and Schedule 9).

Additionally, there is always a risk of cross-contamination with non-vegetarian items. Items marked as vegetarian suitable may not be certified but adhere to lacto-ovo vegetarian guidelines.

Please inform staff if you have any allergies or specific dietary requirements.

For the most up-to-date allergen and dietary suitability information, visit www.shakeout.co/allergens. If you would like further information or have concerns regarding specific ingredients or menu items, please ask a manager at our restaurants or email hello@shakeout.co

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MENU ITEM	MAIN INGREDIENTS	ALLERGENS*	VEGETARIAN SUITABLE**	ADDITIONAL INFORMATION
BURGERS				
BBQ BACON CHEESEBURGER	Beef, Potato Bun, Streaky Bacon, Cheese Slice, Cos Lettuce, Tomato, Pickle, Honey Chipotle BBQ Sauce, Mayonnaise, Clarified Butter, Salt & Pepper.	Gluten, Wheat, Egg, Milk, Soy, Sulphites.	No	
BBQ BACON CHICKEN	Chicken Bites, Potato Bun, Streaky Bacon, Cheese Slice, Cos Lettuce, Tomato, Honey Chipotle BBQ Sauce, Mayonnaise, Clarified Butter.	Gluten, Wheat, Egg, Milk, Soy, Sulphites.	No	
CHEESEBURGER SINGLE / DOUBLE	Beef, Potato Bun, Cheese Slice, Cos Lettuce, Tomato, Pickle, Shake Out Sauce, Clarified Butter, Salt & Pepper.	Gluten, Wheat, Egg, Milk, Soy, Sulphites.	No	
CHICKEN	Chicken Bites, Potato Bun, Cheese Slice, Cos Lettuce, Tomato, Shake Out Sauce, Clarified Butter.	Gluten, Wheat, Egg, Milk, Soy, Sulphites.	No	
ROYALE WITH CHEESE SINGLE / DOUBLE	Beef, Potato Bun, Cheese Slice, Ketchup, Mustard, Brown Onion, Clarified Butter, Salt & Pepper.	Gluten, Wheat, Egg, Milk, Soy, Sulphites.	No	
VEGGIE	Veggie Bites, Potato Bun, Cos Lettuce, Tomato, Shake Out Sauce, Yeast Seasoning, Clarified Butter, Salt & Pepper.	Gluten, Wheat, Egg, Milk, Soy, Sulphites.	Yes	
SIDES				
CHICKEN BITES	Chicken Bites, Shake Out Sauce.	Gluten, Wheat, Milk, Soy, Egg, Sulphites.	No	
CHEESY FRIES	Fries, Cheesy Sauce, Salt.	Wheat, Gluten, Milk.	Yes	
CHEESY SAUCE	Cheesy Sauce.	Milk.	Yes	Contains plant-based enzyme.
FRIES	Fries, Salt.	Wheat, Gluten.	Yes	Served with Salt & Vinegar Mayo or Tomato Sauce. Refer to the Ingredients section on page 3 for more details on your chosen sauce.
WHOLE PICKLE	Whole Pickle.	-	Yes	
SHAKES				
CARAMEL SHAKE	Shake Mix, Caramel Syrup, Salted Caramel Sauce.	Milk, Soy.	Yes	
CHOCOLATE SHAKE	Shake Mix, Chocolate Syrup, Salted Chocolate Sauce, Chocolate Flake.	Milk, Soy.	Yes	
FOUR BERRY SHAKE	Shake Mix, Berry Syrup, Wildberry Sauce, Freeze Dried Raspberries.	Milk, Soy.	Yes	
LIME PISTACHIO SHAKE	Shake Mix, Soft Serve Ice Cream, Caramel Syrup, Whipped Cream, Pistachio, Lime Juice, Salted Pistachio Syrup, Salted Caramel Sauce.	Milk, Soy, Pistachios.	Yes	
TOFFEE CHOC SHAKE	Shake Mix, Soft Serve Ice Cream, Toffee Chocolate Syrup, Caramel Syrup, Whipped Cream, Chocolate Caramel Fudge Balls, Gingernut Crumb, Chocolate Flake, Salted Caramel Sauce.	Milk, Soy, Gluten, Wheat, Egg.	Yes	
SODAS				
COLA	Carbonated Water, Ice, Cola Syrup.	Gluten.	Yes	Caffeine-free.
COLA NO SUGAR	Carbonated Water, Ice, Cola No Sugar Syrup.	-	Yes	Caffeine-free.
GINGER BEER	Carbonated Water, Ice, Ginger Beer Syrup.	-	Yes	
CITRUS LEMONADE	Carbonated Water, Ice, Citrus Lemonade Syrup.	-	Yes	
SODA WATER	Carbonated Water, Ice.	-	Yes	
DESSERTS				
CHOCOLATE SUNDAE	Soft Serve Ice Cream, Chocolate Caramel Fudge Balls, Salted Caramel Sauce, Salted Chocolate Sauce.	Milk, Soy.	Yes	
BERRY SUNDAE	Soft Serve Ice Cream, White Chocolate Chips, Wildberry Sauce.	Milk, Soy.	Yes	

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INGREDIENT	ALLERGENS*	VEGETARIAN SUITABLE**	ADDITIONAL INFORMATION
BEEF	-	No	
BERRY SYRUP	-	Yes	
BROWN ONION	-	Yes	
CARAMEL SYRUP	-	Yes	
CHEESE SLICE	Milk, Soy.	No	Contains non-animal and animal rennet.
CHEESY SAUCE	Milk.	Yes	Contains plant-based enzyme.
CHICKEN BITES	Gluten, Wheat, Milk, Soy.	No	
CHOCOLATE FLAKE	Soy, Milk.	Yes	
CHOCOLATE CARAMEL FUDGE BALLS	Soy, Milk.	Yes	
CHOCOLATE SYRUP	-	Yes	
CITRUS LEMONADE SYRUP	-	Yes	
CLARIFIED BUTTER	Milk, Soy.	Yes	
COLA SYRUP	Gluten.	Yes	
COLA NO SUGAR SYRUP	-	Yes	
COS LETTUCE	-	Yes	
FREEZE DRIED RASPBERRIES	-	Yes	
FRIES	Wheat, Gluten.	Yes	
GINGER BEER SYRUP	-	Yes	
GINGERNUT CRUMB	Gluten, Wheat, Egg, Soy.	Yes	
HONEY CHIPOTLE BBQ SAUCE	-	Yes	
KETCHUP	-	Yes	
LIME JUICE	-	Yes	
MAYONNAISE	Egg.	Yes	
MUSTARD	-	Yes	
PICKLE	-	Yes	
PISTACHIO	Pistachios.	Yes	
POTATO BUN	Gluten Wheat, Egg, Milk, Soy, Sulphites.	Yes	Our bun flour is fortified with folic acid, per the Australia New Zealand Food Standards Code.
SALT	-	Yes	
SALTED CARAMEL SAUCE	Milk.	Yes	
SALTED CHOCOLATE SAUCE	-	Yes	
SALTED PISTACHIO SYRUP	-	Yes	
SALT & PEPPER	-	Yes	
SALT & VINEGAR MAYO	Egg.	Yes	
SHAKE MIX	Milk, Soy.	Yes	
SHAKE OUT SAUCE	Egg, Wheat, Gluten, Sulphites.	Yes	
SOFT SERVE ICE CREAM	Milk.	Yes	
STREAKY BACON	-	No	
TOFFEE CHOCOLATE SYRUP	-	Yes	
TOMATO	-	Yes	
TOMATO SAUCE	-	Yes	
VEGGIE BITES	Wheat, Gluten.	Yes	
WHIPPED CREAM	Milk.	Yes	
WILDBERRY SAUCE	-	Yes	
WHITE CHOCOLATE CHIPS	Milk, Soy.	Yes	
WHOLE PICKLE	-	Yes	
YEAST SEASONING	-	Yes	

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LTO MENU ITEM	MAIN INGREDIENTS	ALLERGENS*	VEGETARIAN SUITABLE**	ADDITIONAL INFORMATION
DARTH MUSHIE	Beef, Potato Bun, Marinated Portobello Mushroom, Cheese Slice, Cos Lettuce, Tomato, Plain Cheese Sauce, Clarified Butter, Salt & Pepper.	Gluten Wheat, Egg, Milk, Soy, Sulphites.	No	
E-WOKE	Shake Mix, Soft Serve Ice Cream, Iced Coffee Syrup, Chocolate Syrup, Salted Chocolate Sauce, Mushroom Powder.	Milk, Soy.	Yes	Contains caffeine. If you are pregnant or breastfeeding, please consult with your health care provider before consuming mushroom powder.

LTO INGREDIENTS	ALLERGENS*	VEGETARIAN SUITABLE**	ADDITIONAL INFORMATION
MARINATED PORTOBELLO MUSHROOM	Gluten.	Yes	
PLAIN CHEESE SAUCE	Milk.	Yes	Contains plant-based enzyme.
CHARCOAL BLACK RUB	-	Yes	
ICED COFFEE SYRUP	-	Yes	Contains caffeine.
MUSHROOM POWDER	-	Yes	If you are pregnant or breastfeeding, please consult with your health care provider before consuming mushroom powder.

Page 3 contains information about permanent menu ingredients that might be featured in limited-time offers but aren't included in the above table.

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