



allergen information

while we prioritize accommodating dietary restrictions and allergies, shake smart is not an allergen free facility and can not guarantee any product is entirely allergen free. we appreciate your understanding.



peanut allergy?
ask a team member to use our peanut free blender

caution: we will be careful, but cross contamination is still a risk



GLUTEN CONSCIOUS
& want an acai bowl?

pro tip: sub granola for any other topping for a gluten free treat!



NO SOY... no problem

our soy-lution: substitute whey protein for plant protein for a soy free protein option



lactose free
your tummy... & roommates will thank us

the inside scoop: all shakes can be made 99.9% lactose free by choosing almond or soy milk



calling all VEGANS

plant based promise: choose almond or soy milk + soy or plant protein for a 100% plant based shake

shakes	peanuts	tree nuts	gluten	egg	no soy free option**	no dairy free option*
chocolate frosty						
vanilla thrilla						
cookies n' cream			●			●
pb squared	●					
grammy's goods	●		●			●
banana split						
strawberry fields						
organic supershake	●					
green tea matcha						
carrot cake						
greens to go						
a perfect 10	●					
chocolate covered strawberry						
breakfast to go						
mea aloha						
acai energy	●					
fruitopia						
pink cadillac						
shake your coffee						



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bowls	peanuts	tree nuts	gluten*	egg	no soy free option**	no dairy free option+
original acai bowl			●			
pb & a bowl	●	●	●			●
dragon bowl			●			
rawçaí bowl			●			
raw - pb bowl	●		●			●
the buzz bowl			●			

oatmeal	peanuts	tree nuts	gluten	egg	no soy free option**	no dairy free option+
pb & b	●		●			
choc chip banana bread			●			●
toasted coconut cream		●	●			●
berries n cream			●			●

craftyourcup	peanuts	tree nuts	gluten	egg	no soy free option**	no dairy free option+
overnight oats base		●	●			
greek yogurt base						●

sandwiches	peanuts	tree nuts	gluten	egg	no soy free option**	no dairy free option+
peanut butter & banana	●		●			
almond butter & banana		●	●			

*bowls can be made **gluten free** by substituting granola for an alternate topping
 **bowls can be made soy free by substituting plant protein in place of whey protein and substituting granola for an alternate topping
 +all bowls are **99.9% lactose free**
 +bowls can be made **vegan** by substituting soy or plant protein in place of whey protein
 +dark chocolate **contains dairy**, substitute for an alternate dairy free topping