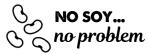


while we prioritize accommodating dietary restrictions and allergies, shake smart is not an allergen free facility and can not guarantee any product is entirely allergen free. we appreciate your understanding.











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

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

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

the inside scoop: all shakes can be made 99.9% lactose free by choosing almond or oat milk plant based promise: choose almond or oat milk + 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						
matcha mentality						
carrot cake						
greens to go						
a perfect 10						
chocolate covered strawberry						
breakfast to go						
mea aloha						
acai energy						
fruitopia						
pink cadillac						
shake your coffee						

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						
craftyourcup	peanuts	tree nuts	gluten	egg	no soy free option**	no dairy free option
overnight oats base						
classic oatmeal base						
greek yogurt base						
smart toast	peanuts	tree nuts	gluten	egg	no soy free option**	no dairy free option
peanut butter & banana						
almond butter & banana						
avocado						
sandwiches	peanuts	tree nuts	gluten	egg	no soy free option**	no dairy free option
peanut butter & banana						
almond butter & banana						
protein balls	peanuts	tree nuts	gluten	egg	no soy free option**	no dairy free option
choc chip cookie dough						
magic matcha						

*bowls can be made **gluten free** by substituting granola for an alternate topping

**shakes & bowls can be made soy free by substituting plant protein, & substituting granola for a different topping

*shakes & bowls are **99.9% lactose free**