



allergen information

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

bowls	peanuts	tree nuts	wheat gluten ⁺	egg	soy no soy free option ⁺	milk no dairy free option ⁺	sesame	fish	shellfish
original acai bowl			●						
pb & a bowl	●	●	●			●			
dragon bowl			●						
rawçai bowl			●						
raw - pb bowl	●		●			●			
the buzz bowl			●						
craftyourcup	peanuts	tree nuts	wheat gluten ⁺	egg	soy no soy free option ⁺	milk no dairy free option ⁺	sesame	fish	shellfish
overnight oats base			●						
classic oatmeal base			●						
greek yogurt base						●			
chia seed pudding base		●							
pourovers	peanuts	tree nuts	wheat gluten ⁺	egg	soy no soy free option ⁺	milk no dairy free option ⁺	sesame	fish	shellfish
cold brew									
salted pistachio cold brew (whey protein only)		●				●			
green tea matcha									
proteinballs	peanuts	tree nuts	wheat gluten ⁺	egg	soy no soy free option ⁺	milk no dairy free option ⁺	sesame	fish	shellfish
choc chip cookie dough	●		●			●			
birthday cake	●		●			●			
salted pistachio	●	●	●			●			
brownie batter	●		●						

*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**

+shakes & bowls can be made **vegan** by substituting plant protein in place of whey protein

+dark chocolate **contains dairy**, substitute for an alternate dairy free topping



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smarttoast	peanuts	tree nuts	wheat gluten ⁺	egg	soy no soy free option ⁺	milk no dairy free option ⁺	sesame	fish	shellfish
peanut butter	●		●				●		
almond butter		●	●				●		
avocado			●				●		
(spicy) tuna			●	●			●	●	

wraps	peanuts	tree nuts	wheat gluten ⁺	egg	soy no soy free option ⁺	milk no dairy free option ⁺	sesame	fish	shellfish
veggie delight		●	●		●		●		
turks & 'matoes			●			●			
rubi's tuna salad			●	●		●		●	

sandwiches	peanuts		wheat gluten ⁺	egg	soy no soy free option ⁺	milk no dairy free option ⁺	sesame	fish	shellfish
peanut butter	●		●						
almond butter		●	●						

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