



How to Eat **SHAKE SMART**



DAIRY FREE

Dairy free means there has been no milk added to the products. Dairy products include but not limited to cheese, cream, butter, and yogurt.



**REQUEST ALMOND OR SOY MILK
READ ALL DESCRIPTIONS CAREFULLY
ALWAYS HAVE MEDICINE (ANTACIDS)**

DO



FEEL LIMITED WITH YOUR OPTIONS

DON'T

FOOD ITEMS TO CHOOSE FROM

SPECIALTY SHAKES

REQUEST W/ SOY OR ALMOND MILK

BANANA SPLIT

STRAWBERRY FIELDS

P-B²

GRAMMY'S GOODS

SHAKE YOUR SMOOTHIE

MAKE YOUR OWN SMOOTHIE

OVERNIGHT OATS

CHOICE OF 4 TOPPINGS
SOAKED IN ALMOND MILK

WHOLLY OATMEAL

BERRIES & CREAM

PB & B

TOASTED COCONUT CREAM

CHOCOLATE CHIP BANANA
BREAD

CLASSIC SHAKES

REQUEST W/ SOY OR ALMOND MILK

CHOCOLATE FROSTY

VANILLA THRILLA

COOKIES & CREAM

EXOTIC SHAKES

REQUEST W/ SOY OR ALMOND MILK

A PERFECT 10

ACAI ENERGY

CHOCOLATE COVERED

STRAWBERRY

BREAKFAST TO GO

MEA ALOHA

FRUITOPIA

PINK CADILLAC

SCOOPED BOWLS

RAWCAI

RAW-PB

THE BUZZ BOWL

GREEN & VEGGIES SHAKES

REQUEST W/ SOY OR ALMOND MILK

GREEN TEA MATCHA

ORGANIC SUPERSHAKE

GREENS TO GO

CARROT CAKE

BLENDED BOWLS

ORIGINAL ACAI BOWL

PB & A BOWL

DRAGON BOWL

ALL NATURAL SANDWICHES

PEANUT BUTTER SANDWICH

ALMOND BUTTER SANDWICH

COLD BREW COFFEE

REQUEST W/ SOY OR ALMOND MILK

SHAKE YOUR COFFEE

COLD BREW



How to Eat **SHAKE SMART**

NGA

NO GLUTEN ADDED

No Gluten Added means the recipe itself does not include gluten, however, the facility it was produced in may contain gluten in it. If you have Celiac intolerance or gluten sensitivity, use your best judgment according to the severity.



ASK EMPLOYEES TO CHANGE THEIR GLOVES

ASK QUESTIONS OR FOR CLARIFICATIONS

DO



FEEL LIMITED WITH THE OPTIONS

DON'T

FOOD ITEMS TO CHOOSE FROM

SPECIALTY SHAKES

BANANA SPLIT
STRAWBERRY FIELDS
P-B²
GRAMMY'S GOODS

CLASSIC SHAKES

CHOCOLATE FROSTY
VANILLA THRILLA
COOKIES & CREAM

GREEN & VEGGIES SHAKES

GREEN TEA MATCHA
ORGANIC SUPERSHAKE
GREENS TO GO
CARROT CAKE

SHAKE YOUR SMOOTHIE

SHAKE YOUR SMOOTHIE

EXOTIC SHAKES

A PERFECT 10
ACAI ENERGY
CHOCOLATE COVERED
STRAWBERRY
BREAKFAST TO GO
MEA ALOHA
FRUITOPIA
PINK CADILLAC

COLD BREW COFFEE

SHAKE YOUR COFFEE
COLD BREW



How to Eat **SHAKE SMART**



NUT ALLERGIES

Nut allergies include any form of tree nut including walnut, almond, hazelnut, cashew, and pistachio.



**READ MENU ITEMS CAREFULLY
ASK EMPLOYEES TO SWITCH GLOVES
(IF SEVERE)**

DO



CONSUME ANY BAKED GOODS

DON'T

FOOD ITEMS TO CHOOSE FROM

SPECIALTY SHAKES

BANANA SPLIT
STRAWBERRY FIELDS

SHAKE YOUR SMOOTHIE

MAKE YOUR OWN SMOOTHIE

OVERNIGHT OATS

SMART OATS
CHOICE OF 4 TOPPINGS

WHOLLY OATMEAL

BERRIES & CREAM
TOASTED COCONUT CREAM
CHOCOLATE CHIP BANANA
BREAD

CLASSIC SHAKES

CHOCOLATE FROSTY
VANILLA THRILLA
COOKIES & CREAM

EXOTIC SHAKES

CHOCOLATE COVERED
STRAWBERRY
BREAKFAST TO GO
FRUITOPIA
PINK CADILLAC

SCOOPED BOWLS

RAWCAI
THE BUZZ BOWL

GREEN & VEGGIES SHAKES

GREEN TEA MATCHA
GREENS TO GO
CARROT CAKE

BLENDED BOWLS

ORIGINAL ACAI BOWL
DRAGON BOWL

ALL NATURAL SANDWICHES

NONE

COLD BREW COFFEE

SHAKE YOUR COFFEE WITH
VANILLA OR CHOCOLATE
PROTEIN
COLD BREW



How to Eat **SHAKE SMART**



SHELLFISH ALLERGIES

Shellfish allergy is an abnormal response to the consumption of marine animals. This includes shrimp, crab, lobster, squid, oysters and scallops. Fish including salmon, tuna, and mahi-mahi are all acceptable to consume.



**KNOW THE DIFFERENCE BETWEEN
FISH AND SHELLFISH**

DO



**FORGET YOUR EPIPEN
(IF APPLICABLE)**

DON'T

FOOD ITEMS TO CHOOSE FROM

SPECIALTY SHAKES

BANANA SPLIT
STRAWBERRY FIELDS
P-B²

GRAMMY'S GOODS
**SHAKE YOUR
SMOOTHIE**

MAKE YOUR OWN SMOOTHIE

OVERNIGHT OATS
CHOICE OF 4 TOPPINGS
SOAKED IN ALMOND MILK

WHOLLY OATMEAL
BERRIES & CREAM

PB & B
TOASTED COCONUT CREAM
CHOCOLATE CHIP BANANA
BREAD

CLASSIC SHAKES

CHOCOLATE FROSTY
VANILLA THRILLA
COOKIES & CREAM

EXOTIC SHAKES

A PERFECT 10
ACAI ENERGY
CHOCOLATE COVERED
STRAWBERRY
BREAKFAST TO GO
MEA ALOHA
FRUITOPIA
PINK CADILLAC

SCOOPED BOWLS

RAWCAI
RAW-PB
THE BUZZ BOWL

GREEN & VEGGIES SHAKES

GREEN TEA MATCHA
ORGANIC SUPERSHAKE
GREENS TO GO
CARROT CAKE

BLENDED BOWLS

ORIGINAL ACAI BOWL
PB & A BOWL
DRAGON BOWL

ALL NATURAL SANDWICHES

PEANUT BUTTER SANDWICH
ALMOND BUTTER SANDWICH

COLD BREW COFFEE

SHAKE YOUR COFFEE
COLD BREW



How to Eat **SHAKE SMART**



VEGETARIAN

Vegetarian means to abstain from meat products. One type of vegetarianism is *lacto-ovo vegetarian*. It includes eating plant foods, dairy products, and eggs which applies here.



**PAY ATTENTION TO FOOD LABELS
ASK QUESTIONS**

DO



SECOND GUESS

DON'T

FOOD ITEMS TO CHOOSE FROM

SPECIALTY SHAKES

BANANA SPLIT
STRAWBERRY FIELDS
P-B²
GRAMMY'S GOODS

SHAKE YOUR SMOOTHIE

MAKE YOUR OWN SMOOTHIE

OVERNIGHT OATS

CHOICE OF 4 TOPPINGS
SOAKED IN ALMOND MILK

WHOLLY OATMEAL

BERRIES & CREAM
PB & B
TOASTED COCONUT CREAM
CHOCOLATE CHIP BANANA
BREAD

CLASSIC SHAKES

CHOCOLATE FROSTY
VANILLA THRILLA
COOKIES & CREAM

EXOTIC SHAKES

A PERFECT 10
ACAI ENERGY
CHOCOLATE COVERED
STRAWBERRY
BREAKFAST TO GO
MEA ALOHA
FRUITOPIA
PINK CADILLAC

SCOOPED BOWLS

RAWCAI
RAW-PB
THE BUZZ BOWL

GREEN & VEGGIES SHAKES

GREEN TEA MATCHA
ORGANIC SUPERSHAKE
GREENS TO GO
CARROT CAKE

BLENDED BOWLS

ORIGINAL ACAI BOWL
PB & A BOWL
DRAGON BOWL

ALL NATURAL SANDWICHES

PEANUT BUTTER SANDWICH
ALMOND BUTTER SANDWICH

COLD BREW COFFEE

SHAKE YOUR COFFEE
COLD BREW