



# How' to Eat SHAKE SMART



DAIRY FREE

Dairy free menu

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

FEEL LIMITED WITH YOUR OPTIONS

SPECIALTY SHAKES



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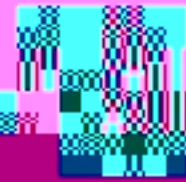
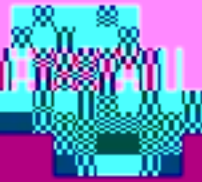
# SHAKE SMART

NGA

NO GLUTEN ADDED

Gluten *Added* means the recipe itself does not

contain gluten





# 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**



**DON'T**

**ITEMS TO CHOOSE FROM**

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## SHELLFISH ALLERGIES

Shellfish allergy

KNOW THE DIFFERENCE BETWEEN  
FISH AND SHELLFISH

FORGET YOUR EPIPEN  
(IF APPLICABLE)

### SPECIALTY SHAKES

SHAKE YOUR  
SMOOTHIE

OVERNIGHT OATS

WHOLLY OATMEAL

### CLASSIC SHAKES

EXOTIC SHAKES

SCOOPED BOWLS

### GREEN & VEGGIES SHAKES

BLENDED BOWLS

ALL NATURAL  
SANDWICHES

COLD BREW COFFEE

# How to Eat SHAKE SMART

PAY ATTENTION TO FOOD LABELS  
ASK QUESTIONS