

shake Nutrition

shake Loves Fruit

Freshly Squeezed Juices And Smoothies Blended With All Natural And Fresh Ingredients



Classic shake Smoothies

Delicious fruit smoothie classics, as popular as ever!

REGULAR £3.35

LARGE £3.85

MEGA £4.50

Berry Skinny

Strawberries, raspberries, blueberries, cranberry juice, fat free frozen yoghurt.

Banana Berry

Banana, strawberries, apple juice, fat free frozen yoghurt.

Tropical Dream

Pineapple, papaya, pineapple & coconut juice, fat free frozen yoghurt.

Mellow Mango

Alphonso mango, passion fruit, peach, apple juice, fat free frozen yoghurt.

100% Fresh Juices

REGULAR £2.95

LARGE £3.45

Orange - Carrot - Apple

Why not try a combination at no extra charge!

Wake & shake

Granola Supplied

Start your day right with these morning goodness blends served with granola... or have one whenever... they taste great any time of the day!

REGULAR £3.15

LARGE £3.65

Californian Raisin

Juicy Californian raisins, banana, cherries, low fat milk, fat free frozen yoghurt, granola.

Go Mango Go

Alphonso mango, peach, papaya, apple juice, low fat milk, fat free frozen yoghurt, granola.

Berry Yummy

Raspberries, strawberries, blueberries, cranberry juice, low fat milk, fat free frozen yoghurt, granola.

Bananas in Pyjamas

Banana, honey, cinnamon, low fat milk, fat free frozen yoghurt, granola.

shake Try a combination at no extra charge!

Fruit & Veg

Acai, Acerola, Aloe Vera, Apple, Avocado, Banana, Blackberry, Blackcurrant, Blueberry, Carrot, Cherry, Coconut, Cranberry, Kale, Kiwi, Lemon, Lime, Mandarin, Mango, Melon, Orange, Papaya, Passion Fruit, Peach, Pear, Pineapple, Raisins, Raspberry, Redcurrant, Spinach, Strawberry.

shake Essentials

As well as tasting great, the Shaake essentials are designed to provide an array of health benefits... We make the blender work harder for you!

REGULAR £3.70

LARGE £4.20

MEGA £4.50

Cold Buster

Freshly squeezed orange juice, cranberries, mandarin, peach, fat free frozen yoghurt, multi vits, echinacea extract.

Greener & Meaner

Aloe vera, kale, spinach, mandarin, passion fruit, banana, apple juice, fat free frozen yogurt, multi vits.

Hangover Beater

Banana, strawberries, mint leaves, cranberry juice, fat free frozen yoghurt, multi vits, green tea extract.

Super Antioxidant

Blueberries, cranberries, acerola, acai, strawberries, fat free frozen yoghurt, cranberry juice, green tea extract, alpha lipoic acid.

Natural Energiser

Banana, pineapple, passion fruit, fat free frozen yoghurt, apple juice, guarana.

Chillax

Mango, banana, ginger, mint leaves, honey, apple juice, fat free frozen yoghurt, multi vits, thiodiola rosea.

shake Team Faves

Our Blendologists share their own favourite creations... You lucky things!!

REGULAR £3.45

LARGE £3.95

MEGA £4.50

Nuts for Bananas

Banana, peanut butter, honey, a bit of milk Belgian chocolate, low fat milk, fat free frozen yoghurt.

Tropical Twist

Pineapple, passion fruit, papaya, apple juice, fat free frozen yoghurt.

Cherry Tasty

Cherries, dark Belgian chocolate, low fat milk, fat free frozen yoghurt.

Raspberry Heaven

Raspberries, white Belgian chocolate, low fat milk, fat free frozen yoghurt.

Go Green

Spinach, peach, pineapple, mango, ginger, apple juice, fat free frozen yogurt.

Purple Passion

Blueberries, passion fruit, pineapple, apple juice, fat free frozen yoghurt.

Peach for the Stars

Peach, raspberries, apple juice, fat free frozen yoghurt.

Lemon Squeezy

Freshly squeezed lemon & orange juice, papaya, fat free frozen yoghurt.

shake Indulgence

MAKE A shake

Create Your Own Confectionery shake

Pick your own ingredient(s) from lots of yummy flavours and watch us add to our delicious Shaake base and blend before your eyes...

(Above price includes one ingredient. Shaake base = ice cream & milk)

REGULAR £3.00

LARGE £3.50

MEGA £4.50



Feeling Creative? Additional ingredients cost just 70p each.

Chocolate

Aero Mint, After Eight, Boost, Bounty, Bournville, Buttons, Crunchie, Curly Wurly, Dairy Milk Caramel, Daim, Double Decker, Flake, Fry's Peppermint Cream, Fudge, Galaxy, Hershey's Cookies & Cream, Kinder Bueno, Kinder Bueno White, KitKat Chunky, Lion Bar, M&M's, M&M's Crispy, M&M's Peanut, Maltesers, Mars, MilkyWay, Milky Bar, Minstrels, Munchies, Nutella, Reese's Peanut Butter Cups, Rolo, Smarties, Snickers, Terry's Chocolate Orange, Toblerone, Toblerone White, Toffee Crisp, Turkish Delight, Twirl, Twix, Wispa, Yorkie, Yorkie Raisin & Biscuit.

Disclaimer: Some of the much loved ingredients given the blender treatment at Shaake have registered trademarks and brand names. Our drinks containing these products are not made by the product manufacturers themselves, they are added by Shaake to ingredients only.

Sweets

Black Jack Bar, Flumps, Fruit Salad Bar, Haribo Jelly Babies, Haribo Starmix, Haribo Tangfastics, Love Hearts, Millions - Raspberry, Strawberry or Bubblegum, Parma Violets, Refreshers Bar, Rhubarb & Custard, Rowntrees Fruit Pastilles, Rowntrees Jelly Tots, Skittles, Skittles Sours, Werther's Original.

Cakes & Biscuits

Battenberg, Cadbury Mini Rolls, Cadbury Shortcake Snack, Cherry Bakewell, Fox's Party Rings, Ginger Nuts, Jammie Dodgers, Lotus Biscoff, Maryland Chocolate Chip Cookies, McVitie's Jaffa Cakes, McVitie's Jamaica Ginger Cake, McVitie's Penguin, McVitie's Milk Chocolate Hobnobs, Oreos.

Dairy Free

Dairy free option available on all drinks. No charge for soya milk. Only £1 more for soya ice cream.



Need a Protein Boost?

Add a shot of protein for only 70p!



Do You Love Coffee?

Add espresso to any drink for only 70p!



SUPER shake

REGULAR £3.70

LARGE £4.20

MEGA £4.50

...Struggling To Make Your Mind Up?

Why not pick one of these tried and tested SUPER SHAAKES with A LOT more thrown in for a little extra coin....

Rolo® Banoffee

Banana and a full pack of Rolo's® blended with Shaake base, topped with whipped cream.

mOreo

Oreos! Oreos! and even more Oreos! blended with Shaake base, topped with crushed Oreos.

Daim® Time

Daim® and Battenberg blended with Shaake base, topped with mini marshmallows.

Let's Go Nuts

Ferrero Rocher® and Nutella® blended with Shaake base, topped with chopped nuts.

Get Minted

Aero Mint® and After Eight® blended with Shaake base, topped with whipped cream.

Eton Mess

Strawberries, raspberries and meringues blended with Shaake base, topped with whipped cream.

Chocolate Fudge Sundae

Chocolate fudge cake blended with Shaake base, topped with whipped cream.

Black Forest Gateau

Cadbury Mini Rolls®, sweet dark cherries and dark Belgian chocolate blended with Shaake base, topped with whipped cream.

Orange Turbo

Terry's Chocolate Orange® and Jaffa Cakes® blended with Shaake base, topped with choc chips.

Snickerbocker Glory

Snickers®, banana and a squeeze of honey blended with Shaake base, topped with chopped nuts.

Mocha

Espresso and milk Belgian chocolate blended with Shaake base, topped with whipped cream + a chocolate dusting.

Lemon Meringue Pie

Lemon curd tarts and meringues blended with Shaake base, topped with whipped cream.

shake Hot



Don't forget... You can try your Indulgent Confectionery Shake warm!

WE MELT PROPER CHOCOLATE

NO POWDER AT SHAAKE

STANFORD'S REAL MELTED HOT CHOC WITH FREE MARSHMALLOW!

CHOOSE YOUR FLAVOUR

REGULAR £3.00 LARGE £3.50 MEGA £4.50

OR THE ULTIMATE COFFEE MOCHA

After Eight BELGIAN CHOCOLATE Dark, Milk, or White Chocolate

Reese's nutella

Reese's

Latte

REGULAR £2.45 LARGE £2.95 Espresso served with steamed milk.

Cappuccino

REGULAR £2.45 LARGE £2.95 Espresso, topped with steamed and frothed milk, dusted with cocoa.

Americano

REGULAR £1.85 LARGE £2.35 Espresso with added hot water. Ask for milk if you like.

Tea £1.50

Coffee

MEGA 50p



100% Arabica