

From the Bakery

Delicious treats from our bakery to satisfy your sweet tooth!

Crispuffs \$3.00 - 😊 Zebra Cake \$5.00 - 😊 Oozie \$5.00

😊 Chocolate Peanut Butter Chew Lg. \$4.00

😊 Cranberry Chew \$4.00 - 😊 Chocolate Chip Oatmeal Chew \$4.00

😊 Cherry Delight \$3.00

😊 Cream Rolls \$4.00

Chocolate, peanut butter, Coconut and Lemon

😊 Fluffs \$4.00

Vanilla, Chocolate, Coconut, Peanut Butter

😊 All Bran Muffins \$5.50 (4 per container)

Pumpkin, Cranberry Orange, Peanut Butter, Chocolate Chip,
Apple Cinnamon, Granberry Walnut., Carrot Raisin, Blueberry

😊 Shortcake - Blueberry and Strawberry \$5.00

😊 Crust-less Pumpkin Pie Slice \$2.75/Whole \$18.00 (seasonal)

😊 Ice Cream

Cone Reg. \$2.00/Lg. \$3.00

Cup Reg. \$3.00/Lg. \$5.00

Chocolate and Vanilla

Twist is available

FROZEN CUP

Butter Pecan, Chocolate, Vanilla \$3.00

CRUNCHY SUNDAES

Reg. \$4.00/Lg. \$7.00

Get your cone dipped! \$.50 extra

Plain or waffle cones

Take home cups of ice cream**

Drinks

Ice cold 16oz. bottled water \$1.25. Ice cold 12oz. Sodas \$1.25

Diet & Regular



Don't forget to visit our food truck
as it brings our delicious and healthy
foods to you throughout the city.



Never Processed!
Our items are made fresh daily.

NEW Location:

West Charleston's Food Meca Area

**706 Central Avenue
Charleston, WV
ShapeShopWV.com**

Store Hours:

Monday - Friday

10:00am - 5:00pm

Saturday

9:00am - 1:00pm

Closed on Sunday



Don't forget to pick up one of Millie's cookbooks!

Our sugar grams information now available at LeanAndLuscious.com

NEVER PROCESSED! Our items are made fresh daily. **The Shape Shop Cafe is now Diabetes Friendly.**

Items marked with the red smiley face 😊 are all good choices for diabetics. Items marked with a yellow smiling face 😊 are lower sugar content, but not sugar free.

😊 Breakfast Pita

Enjoy a pita filled with egg whites, bacon and low fat cheese.

\$3.00

😊 Sammies

Our Sammies are served on thin sliced whole wheat sandwich bread with romaine lettuce and topped off with a side of salsa.

Beef Burger, Turkey Burger, Boca Burger, Grilled Chicken or Grilled Codfish \$7.00

😊 Pizza

All of our pizzas are made with our very own marinara.

Margarita, Turkey Pepperoni, Cheese Pizza, Veggie (only available at Cafe location) \$7.50

***We also offer a gluten-free choice.*

😊 Wraps

Hand rolled, freshly made. Each wrap is individually made with the freshest available ingredients.

Chicken Cheddar or Turkey Bacon \$7.50

😊 Tacos

Two tacos with seasoned taco meat and cheese. **\$7.50**

Roasted Veggie \$7.50

😊 Panini's

Our meats, chicken, fish and veggies are prepared on our premises and served on seeded, tasty delicious bread with crispy chips and a pickle.

Chicken, Ham, Veggie or Grilled Codfish \$7.00

😊 Dippy Dos

Our homemade signature low fat frozen treat! The ice cream in Dippy Dos are sugar free. Available in our freezers.

Box (of 4) \$5.00 – Individual \$1.50 ea.

Butter Pecan, Cherry Chocolate, Cherry Vanilla, Chocolate Vanilla Swirl, Double Dutch Chocolate, French Vanilla, Milky Bite, Orange Delight, Mint Chocolate Chip, Cookies N Cream, Good Ole' Chocolate, Orange Smoothy, Vanilla Snow, Chocolate Snow, Vanilla Butterscotch, Vanilla Peanut Butter, Chocolate Peanut Butter.

Dippy Dos are also available in many Kroger stores!

NEW! Combo Special

Combine a small salad or small soup with a Panini, Sammie, or Wrap. **\$9.50**

😊 Soup

Our soups are gluten-free, except Chicken Noodle.

Stuffed Green Pepper, Taco, Vegetable, White Bean Chicken Chili, Chicken Noodle, 16 Bean Reg. \$3.25/Lg. \$6.50
Take Home Freezer Sizes: 16oz. \$6.00/32oz. \$8.00

😊 Salads

Chicken Bleu Cheese Salad \$8.50

Grilled Chicken, Blue Cheese, Egg & Veggies + dressing of choice

Black Bean Salad \$8.50

Chicken, Black Beans, Feta Cheese, Veggies + dressing of choice

Taco Salad \$8.50

Delicious Taco Mixture, Salsa, Cheese, Fat Free Sour Cream, Corn Tortilla Chips

Small Side Salad \$3.00

This & That

Sesame Cookies \$2.50 | Chocolate Cookie Wafers \$2.50 |
Chocolate Rusks \$2.50

The Shape Shop Cafe is now Diabetes Friendly

Your great health is a top priority for us, so we've developed our menu to reflect that promise. Items marked with the red smiley face 😊 are all good choices for diabetics. Items marked with a yellow smiling face 😊 are lower sugar content, but not sugar free.



We now use Stevia as our sweetener in all Shape Shop products. Stevia is naturally grown and renewable. Many items are practically sugar free. Please check labels!

****Erythritol** carbs have no calories or effect on blood sugar and is the sweetener in our ice cream.

Note: Diabetics are advised to consult with their healthcare professionals.

