



# Salads

HALF \$5.99  
FULL \$9.99

## ALL AMERICAN COBB

Traditional style Cobb salad with chopped romaine lettuce, bacon, avocado, diced chicken, grape tomatoes, hardboiled eggs, blue cheese crumbles and mixed cheeses all on a fresh bed of kale with seasoned flat bread.

## CLASSIC CAESAR CAESAR

A **Shakeitup** version of a classic caesar salad with romaine mix, Caesar dressing, fresh Parmesan cheese and fresh homemade croutons all on a fresh bed of kale with seasoned flat bread.

## LITTLE ITALY ITALIAN

A delizioso salad combining romaine lettuce, basil, Genoa salami, turkey, Cappelletti ham, mozzarella cheese, baby tomatoes and chopped scallions all on a fresh bed of kale with seasoned flat bread

## PICANTE Y SABROSO MEXICAN

It all starts on a bed of romaine and iceberg lettuce, black beans, fresh corn, chopped tomatoes, green & red peppers, red onions, jalapeños, olive oil, red wine vinegar and fresh avocado all on a fresh bed of kale with seasoned flat bread

## BBQ STYLE CHOPPED SALAD BARBEQUE

A bed of Romain lettuce topped with fresh diced chicken, tortilla chips, black beans, avocado, diced tomatoes, sweet corn, green onions, cilantro, jicama and shredded mozzarella all drizzled in our unique BBQ sauce topped with ranch style dressing on a fresh bed of kale with seasoned flat bread.

## SPINACH SALAD LIGHT

Shake It Up's lighter spinach mix, red onions, artichokes, cherry tomatoes, fresh homemade croutons and hot bacon dressing all on a fresh bed of kale with seasoned flat bread.

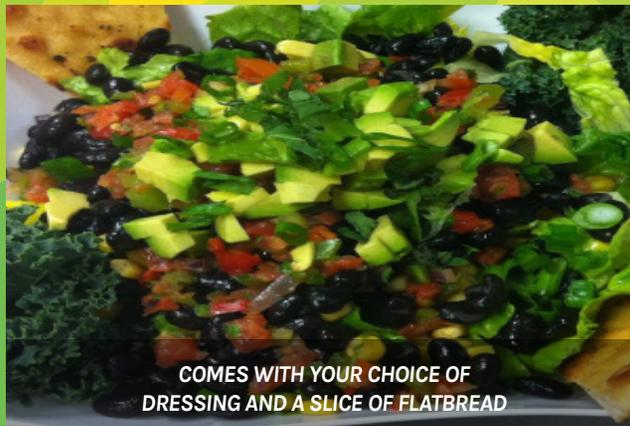
## ULTIMATE CLASSIC HOUSE

Our proprietary **Shakeitup** salad mix added to fresh Spring Mix, red radishes, red onions, grape tomatoes, fresh homemade croutons or garbanzo beans, topped with jack cheese with your choice of dressing on a fresh bed of kale with seasoned flat bread

## Shakeitup SALAD OF THE MONTH

Check your **Shakeitup** LTO Specials of the Month for details.

Add our fresh grilled seasoned chicken to any salad for only **\$2.99**



COMES WITH YOUR CHOICE OF DRESSING AND A SLICE OF FLATBREAD

## Style Your Salad

### DRESSING

1000 Island  
Hot Bacon  
Balsamic  
Blue Cheese  
Creamy Caesar

Honey Mustard  
Golden Italian  
Buttermilk Ranch  
Shake it Up Chipotle Vi

Would you like it tossed? Simply ask us!

**Allergen Warning:** Some of our salads contain peanuts and tree nut products.

## Tike Bites \$4.99

### FLYING SAUCERS

2 halves of English muffin topped with our signature pizza sauce and mozzarella cheese. (add pepperoni for just .75)

### CHICKEN LITTLES

3 fresh chicken strips with a side of fresh made ranch.

### MAC & CHEESE

Fresh elbow macaroni smothered in cheddar cheese.

### MINI BURGERS

Enjoy 2 of our proprietary burgers with your choice of cheese in a perfect Tike Bite size.

ALL TIKE BITE MEALS INCLUDE FRIES, TATER TOTS, FRICKLES OR A FRESH GARDEN SALAD AS A SIDE, 12 OZ. SOFT DRINK & VI-POP™ FOR DESSERT.

## Style Your Burger

BURGER	BUN	CHEESE
CharGrilled OR Flat Grilled Extra Cheese (\$ .99) Double Meat (\$2.99)	Wheat Rama Gourmet	Classic American White American Jack Cheddar Provolone Swiss

**Shakeitup Lighter Choices**



Burgers \$6.99 INCLUDES CHOICE OF BUN AND CHEESE

## THE CLASSIC

This is your traditional burger with Shake It Up's signature beef blend, topped with Yellow American cheese on a gourmet bun.

## MUSHROOM BURGER

Make room for mushrooms. Enjoy Shake It Up's signature beef blend smothered in fresh sauteed mushrooms and swiss cheese on a gourmet bun.

## PIZZA BURGER

A deadly mix of pizza and burger. Shake It Up's signature beef blend, topped with our fresh made marinara sauce, melted provolone cheese on a gourmet bun. Add pepperoni for a small upcharge.

## BBQ IN STYLE BURGER

Yep! Here is one for you BBQ lovers. Our signature beef blend, topped with classic American cheese, BBQ sauce and onion rings all on a gourmet bun.

## SRIRACHA BURGER

Go ahead...Spice it UP! This burger comes with our signature beef blend with a kick of Sriracha sauce, all topped with a fresh grilled poblano pepper, jack cheddar cheese on a gourmet bun.

## RAMA BURGER

Our one of a kind "Rama Bun" made with fresh rama noodles, deep fried to perfection, surrounding our signature beef blend and topped with white American Cheese. A **Shakeitup** specialty!

## VEGGIE OR BLACK BEAN BURGER

Your choice of Shake It Up's homemade Black Bean patty or traditional veggie patty topped with melted provolone cheese on a wheat bun. Don't be afraid to ask for it wrapped in lettuce. Enjoy the protein and save the carbs!

## Shakeitup BURGER OF THE MONTH

Check your **Shakeitup** LTO Specials of the Month for details.

ALL BURGERS INCLUDE LETTUCE, TOMATO, RED ONION, AND PICKLE.

NOTICE: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.



**Shakes** \$4.99 TEXTURE Thin | Med | LAVA  
MILK Almond OR Soy  
ADD EXTRA FRUIT \$.99

Shake of the Month \$5.99 Shake Shot Trio of the Day \$2.99

**COOKIES 'N' CREAM**

Vi-Shape Mix®, Oreo cookie, vanilla flavoring

**ZABBA DABBA DOO**

Vi-Shape Mix®, low-fat peanut butter, honey, cinnamon, frozen banana

**OATMEAL COOKIES**

Vi-Shape Mix®, oatmeal, cinnamon, sugar-free caramel syrup, sea salt

**STRAWBERRY BONANZA**

Vi-Shape Mix®, orange juice, frozen banana, frozen strawberries

**CHOCO BANANA FRAP**

Vi-Shape Mix®, coffee crystals, sugar-free chocolate syrup, frozen banana

**BUTTERSCOTCH CANDY**

Vi-Shape Mix®, butterscotch syrup, low-fat peanut butter

**ORANGE DREAM**

Vi-Shape Mix®, greek yogurt, vanilla flavoring, orange juice

**GREEN MONSTER**

Vi-Shape Mix®, frozen strawberries, spinach leaves, honey

**MANGO MANGO**

Vi-Shape Mix®, frozen tropical blend, frozen banana, orange juice

**PEANUT BUTTER CUP**

Vi-Shape Mix®, low-fat peanut butter, sugar-free chocolate syrup

**VANILLA LATTE**

Vi-Shape Mix®, coffee crystals, vanilla flavoring

**SNICKER-DOODLE**

Vi-Shape Mix®, sugar-free caramel syrup, sugar-free chocolate syrup, low-fat peanut butter

**KALE BLUEBERRY**

Vi-Shape Mix®, pomegranate blueberry blend juice, frozen banana, frozen blueberries, fresh kale

**CHERRY LEMONADE**

Vi-Shape Mix®, lemonade, frozen dark cherries

**PEACH MANGO**

Vi-Shape Mix®, frozen tropical blend, orange juice

**MOCHA JITTER**

Vi-Shape Mix®, coffee crystals, vanilla flavoring, sugar-free chocolate syrup

**CINNAMON ROLL**

Vi-Shape Mix®, cinnamon, vanilla flavoring, butter flavor, graham crackers

**SHAKE IT UP**

Vi-Shape Mix®, pomegranate blueberry blend juice, orange juice, berry blast mix



OUR SHAKES ARE PROUDLY MADE WITH VI-SHAPE® NUTRITIONAL SHAKE MIX FROM VISALUS®, A PATENTED PROTEIN BLEND PACKED WITH NUTRITIOUS INGREDIENTS AND HEART-HEALTHY BENEFITS. MORE INFO AT [WWW.VITALITYGROUP.BODYBYVI.COM](http://WWW.VITALITYGROUP.BODYBYVI.COM)

Note: Contains milk & soy. Allergen Warning: Our product is manufactured on equipment that processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.

Trademark owned by ViSalus, Inc.

**Sides**

BASK-O-FRIES

BASK-O-RINGS

BASK-O-TOTS

BASK-O-FRICKLES

BASK-O-BREAD

GARDEN SALAD w/ choice of dressing

ALL SIDES COME WITH YOUR CHOICE OF DIPPING SAUCE.

**Shakeitup Combo**

CHOICE OF ANY

BURGER OR 1/2 SALAD,

YOUR CHOICE OF SIDE

AND 20 OZ. BEVERAGE \$9.99

(Pick any of the below upgrades for an additional charge)

UPGRADE TO 32 OZ. BEVERAGE

SUBSTITUTE SHAKE FOR BEVERAGE

SUBSTITUTE BEER OR WINE FOR BEVERAGE

**Beverages**



FUSION ICE TEA

DRAFT & BOTTLED BEER

RED & WHITE WINE

Menu designed & formatted by #THETEAM

Hasan Khodr | Vikram Sangha | Brittany Agnihotri

**Shakeitup**

SIGNATURE SALADS • GOURMET BURGERS • HEALTHY SHAKES



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**Connect with us!**

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