

34 Commerce Drive
in the Wesmon Shopping Center
Morgantown, WV 26501
(304) 284-9200

1801 Patrick Street Plaza
next to KMart
Charleston, WV 25312
(304) 346-5328

727 9th Avenue
across from the old Hunt. High School
Huntington, WV 25701
(304) 781-2025



Good stuff

for you!

Cones and Cups

Cone	Reg \$1.50	Lg \$2.00
Cup	Reg \$1.50	Lg \$2.00
Dipped Cone	Reg \$2.00	Lg \$2.50

Toppings: Chocolate, Butterscotch, Peanut Butter

Sundaes - Ask for it "To Go" and enjoy at home!

Plain Ole Sundae	Reg \$ 2.00	Lg \$2.50
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Our delicious frozen confection with topping - plain, but fabulous!

Crunchy	Reg \$ 3.25	Lg \$5.50
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Chocolate wafers layered in your choice of frozen confection and topped off with a topping of choice.

Tin Roof	Reg \$ 3.25	Lg \$5.50
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Crunchy, roasted peanuts sprinkled on your frozen confection, with your choice of toppings.

Brownie	Reg \$ 3.25	Lg \$5.50
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Moist brownies layered in frozen confection and covered in your favorite topping.

Soups

Vegetable	Sm \$2.50	Lg \$4.69
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Our hearty vegetable soup has cabbage, carrots, cauliflower, broccoli, onions, green beans, tomatoes, celery, and zucchini in vegetable broth.

Bean	Sm \$2.50	Lg \$4.69
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This 16 bean soup is hearty and delicious - and it's also a season winter item!

White Bean Chicken Chili	Sm \$2.50	Lg \$4.69
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This zesty soup is a twist to traditional chili with chunks of chicken breast, white beans, celery, tomatoes and onions

Taco	Sm \$2.50	Lg \$4.69
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Our savory taco soup includes two beans, tomatoes, onions, and corn and ground turkey.

Stuffed Green Pepper	Sm \$2.50	Lg \$4.69
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We managed to put stuffed green peppers in a cup for you to enjoy!!! This filling soup is loaded with green peppers, brown rice, tomatoes, ground turkey and onions.

Corn Muffin	50¢
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A secret recipe makes this corn muffin delicious and healthy!

Salads

Scrambled Salad	\$5.00
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Fresh, Romaine lettuce with a choice of vegetables. You can choose to have it with our baked fresh daily boneless chicken breast, ham, or turkey. Choose from a large selection of fat-free, calorie-free Walden's Farm salad dressings.

Taco Salad	\$5.50
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Fresh bed of lettuce, green peppers, onions, tomatoes, and cheese, topped with our savory homemade taco soup. We also offer tortilla chips, salsa, and sour cream.

Side Salad	\$1.50
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A smaller version of your hearts delight!

Specialty Pizzas

Chicken Pizza	\$4.99
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Chicken breast, banana peppers, salsa and mozzarella cheese.

Turkey Pepperoni	\$4.99
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This pizza is a lighter alternative to the conventional pepperoni pizza, with the same great taste.

Veggie	\$4.99
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Packed with tomatoes, green peppers, onions and mozzarella cheese, this pizza is satisfying to any veggie lovers.

Paninis	\$4.99
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An Abrizinos bun filled with your choice of turkey, ham, roast beef or chicken (2 oz. each) and our newest addition of Boca Burger® topped with your requests, and grilled to a golden perfection - served with a pickle and bag of Cape Cod chips.

Stuffed Wraps

Chicken Cheddar in Wheat Wrap	\$5.50
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Wheat wrap, chicken breast, shredded mild cheddar cheese, tomato, lettuce, green, red, and yellow peppers with ranch dressing.

Club in Wheat Wrap	\$5.50
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Wheat wrap, pepper jack cheese, turkey bacon, turkey, ham, tomato, lettuce, fat-free may and red, green, and yellow pepper.

Greek in Spinach Wrap	\$5.50
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Spinach wrap, lettuce, black olives, onion, feta, tomatoes, pepperocini and caesar dressing.

Honey Ham and Cheese in Wheat Wrap	\$5.50
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Wheat Wheat wrap, ranch dressing, pepper jack cheese, ham, tomato, lettuce, green, red, and yellow peppers.



Hummus in Spinach/Veggie Wrap **\$5.50**
Spinach/Vegetable wrap, hummus, tomato, salsa, green onions, parsley, lettuce, and chick peas.

Roast Beef & Pepper Jack in Tomato Basil Wrap **\$5.50**
Tomato Basil Wrap with lettuce, tomato, Pepper Jack cheese, green, red and yellow peppers, sweet relish and fresh roast beef

Too Two Turkey in Tomato Basil Wrap **\$5.50**
Tomato Basil wrap, turkey bacon, turkey, tomato, lettuce, mayo, and sweet red, green, and yellow pepper.

Southwestern in Chipotle Wrap **\$5.50**
Chipotle wrap, lettuce, red, yellow and green peppers, chicken, black beans, salsa, jalepenos and sour cream.

Vegetarian in Garden Spinach/Veggie Wrap **\$5.00**
Spinach/Vegetable wrap, tomato, lettuce, green, red, and yellow peppers, sweet red pepper relish, and ranch.

Tuna in Wheat Wrap **\$5.50**
Wheat wrap, mayo, green peppers, and tuna.

Good Stuff

Ham Broth Seasoning **\$3.00**
This special seasoning tastes like ham in your green beans, but no fat to speak of! Great on everything, from pizza to salad!

Chicken Broth Seasoning **\$3.00**
So good, you'll think your grandmother came over with a pot of old fashioned chicken soup - none of the fat, but all of the taste!

Sweet Stuff

Coconut Pudding Cup **\$2.79**
Layers of graham crackers crumbs, vanilla pudding and lovely coconut through and through.

Crisp Puffs **\$1.99**
Like little puffs of heaven with just enough cinnamon to make them addictive!

Crumble Crisps **\$2.69**
A tasty treat of your favorite fruit topped with a yellow cake crumble (blueberry, cherry and apple)

The Shape Shop Eclair **\$1.99**
Crunchy graham crackers with vanilla pudding in the middle and yummy hot fudge drizzled across the top.

Exceptionally Great Pudding Cup **\$2.69**
Enjoy layers of graham cracker crumbs, peanut butter pudding and our signature whipped topping for this decadent dessert!

Miss Donna's Lemon Cream Roll **\$3.69**
Miss Donna created this lemon roll with love, but less fat and calories than Miss Little Debbie!

Lemon Poppy Seed Muffins **\$3.49**
Miss Donna created this lemony treat - beware - highly addictive!

Oozie **\$3.29**
Shape Shop's signature brownie sandwiched around peanut butter and whipped topping - truly to die for!

Parfait **\$2.50**
Delicious fat free yogurt with fruit and cereal - everybody loves a Parfait!

Pineapple Pudding Surprise **\$2.59**
Sweet and tangy with delicious graham cracker crumbs, this treat has it all!

Pumpkin Pie **\$1.99**
Not just for Thanksgiving, this crustless beauty has delicious flavor all year!

Shimmering Jels **\$1.29**
A low-calorie, non-fat way to eat a fantastic snack! (strawberry, raspberry, cherry, orange, lemon and lime)

Zebra Cake **\$3.25**
Clouds of whipped topping, with chocolate wafers "zebraed" throughout, looks as good as it tastes!

Junior Zebra **\$2.59**
A smaller version, but just as good!

Bran Muffins

All our bran muffins are made with the finest, healthiest ingredients - these muffins are not only delicious and filling, they are "helpful" if you catch our drift!
Blueberry • Carrot Raisin • Chocolate Chip • Chocolate Chip/Peanut Butter • Cranberry Orange • Peanut Butter • Pumpkin • Raisin **\$2.99**

Unique Stuff


Sesame Cookies **\$1.89**
These cookies are simple unique and delicious - three things you definitely need when eating cookies!

Chocolate Chip Rusks **\$1.89**
Crunchy and satisfying with hints of chocolate chips!

Shape Shop Signature Product - The Dippy Do

Flavors: Dutch Fudge dipped in chocolate, Good Ole Chocolate dipped in chocolate, Chocolate Peanut Butter dipped in peanut butter, Vanilla Cream dipped in chocolate, Vanilla Peanut Butter dipped in peanut butter, Vanilla Butterscotch dipped in butterscotch, Milky Bite dipped in chocolate, Butter Pecan dipped in chocolate, Chocolate Vanilla Swirl dipped in chocolate.

By the Box **\$3.49** **Individual (in store only)** **\$1.25**

					Square Savings Card Receive offer at the completion of each line.	
\$5	\$5	\$5	\$5	\$5	25¢ off any Wrap	
\$7	\$7	\$7	\$7	\$7	35¢ off one box of Dippy Dos	
\$9	\$9	\$9	\$9	\$9	45¢ off any bakery item over \$2	
\$11	\$11	\$11	\$11	\$11	One Free Regular Sundae	
\$12	\$12	\$12	\$12	\$12	5% Off Total Purchase	

Ask for your Square Savings Card today - the most unique way to save every time you shop here!

The Shape Shop was first opened on April 1st, 1976. The Shape Shop, located in Huntington and Charleston, West Virginia make absolute priority that all of the products match the high quality necessary to provide portion control and sensibly prepared fun foods plus unique creations without sacrificing taste.

In 1980 a low-calorie, low-fat frozen confection treat called the "Dipstick" was created. In 1985 when Quaker Oats purchased the name, it was renamed "Dippy Do." Available in The Shape Shop and on dry ice, these delicious "on a stick" bars can be shipped throughout the continental United States.

The Shape Shop is always looking for the most unique, delicious, healthy foods to share with our customers! If you have ideas of what we can make and/or sell, please do not hesitate to let us know!

