



SHAPE SHOP *FOOD TRUCK* MENU

NEW! Combo Special

Combine a small soup with a Panini, S sammie or Wrap for only \$9.50.

Never Processed!
Our items are made fresh daily.



Ice Cream

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

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

Chocolate and Vanilla Twist is available

FROZEN CUP

Butter Pecan, Chocolate, Vanilla
\$3.00

CRUNCHY SUNDAES

Sm. \$4.00/Lg. \$7.00

Get your cone dipped! \$.50 extra

Plain or waffle cones

Take home cups of ice cream**

Dippy Dos

Our homemade signature low fat frozen treat! The ice cream in Dippy Dos are sugar free. Assorted flavors. **\$1.50**

Drinks

Ice cold 16oz. bottled water **\$1.25**

Ice cold 12oz. Sodas **\$1.25**

Diet & Regular

Gotta Try: Breakfast Pita

Egg white with bacon and cheese. **\$3.00**



The Shape Shop Cafe is now **Diabetes Friendly**. We use Stevia in our ice cream and bakery products.

Wraps

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

Chicken Cheddar or Turkey Bacon \$7.50

Soup of the Day

Freshly made daily at the Cafe.

Sm. \$3.25/Lg. \$6.50

Salads

Chicken Bleu Cheese Salad \$8.50

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

Black Bean Salad \$8.50

Grilled 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

Smoothies

Made with fresh fruit and Shape Shop vanilla ice cream

\$4.00

If you like what you taste...

This is the famous Shape Shop that's been around for over 44 years. Please let us know what you'd like to see on the Food Trailer. Visit the Cafe at 706 Central Avenue, Charleston's West Side.

Our popular Ham, Beef & Chicken Seasonings (\$3.50) are on the trailer along with a variety of Walden's Dressings® calorie free (\$5.00). (tax included in our pricing)

Ask about our Square Savings Card!

Already have one? Bring it with you.

Panini's

Freshly prepared on our food truck and served on delicious whole grain bread with crispy chips and a pickle.

Chicken, Ham, Veggie \$7.00

Pizza

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

Turkey Pepperoni or Cheese Pizza
\$7.50

**We also offer a gluten-free choice.

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 \$7.00

Tacos

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

From the Bakery

Zebra Cakes, Oozies, & Muffins to name a few. Sweetened with Stevia.

All wide vareity Bran muffins

4 per container \$5.50

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



Visit the Food Mecca on Charleston's West Side.

706 Central Avenue • Charleston, WV

Ph. 681-265-3938 • ShapeShopWV.com



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OUR STORY

For more than 44 years the Shape Shop has been providing uniquely made delicious sandwiches, wraps, pizzas, soups, salads, paninis plus a host of desserts made to accommodate people wanting to eat healthy foods. Our signature ice cream, the Dippy Do, is dipped in various coatings including chocolate, peanut butter, and butterscotch. They have been a big hit since we first started making them and are available at our own outlet plus many area Kroger stores. No preservatives or chemicals are ever used in our food. We grill our own chicken, roast our turkeys and bake the lean hams we use. Visit our new food truck appearing at various locations, to enjoy top quality and excellent taste to ensure your satisfaction.