

# Cook Out Restaurant Shake Menu: What's Shaking!

## Why Cook Out Shakes Are the Talk of the Town

Cook Out, started in 1989 in Greensboro, NC, is a Southeastern gem with over 350 locations. Its 32–34 oz milkshakes, made with real ice cream and whole milk, range from 538 to 894 calories and feature over 40 flavors.

## A Whirlwind Tour of the Shake Menu

- **Vanilla:** 555 calories, a smooth classic.
- **Hershey's® Chocolate:** 620 calories, rich and satisfying.
- **Strawberry:** 610 calories, a fruity delight.
- **Oreo:** 802 calories, with cookie chunks.
- **Reese's Cup:** 894 calories, peanut butter-chocolate heaven.
- **Banana Pudding:** 781 calories, a Southern treat.
- **Watermelon:** 645 calories, light and seasonal.

## What's the Deal with Those Calories?

Shakes vary from 555 (Vanilla) to 894 (Reese's) calories. Share one or pair with a lighter meal to balance intake.

## Regional Shake Vibes and Hours

Open 10:30 AM to 3:00 AM (Sunday–Thursday) or 4:00–5:00 AM (weekends), varying by location. Check [cookout.com/locations](https://cookout.com/locations).

## How to Score Your Perfect Shake

- Visit off-peak (e.g., 2:00 PM or late night).
- Try custom blends like Vanilla-Strawberry.
- Use cash, cards, or Apple Pay.
- Watch for seasonal flavors.

## Shake Stories and Tips

Try Peach Cobbler (790 calories) or Cappuccino (555 calories). Start with Vanilla or Strawberry for beginners.

## Wrapping Up Our Shake Chat

Cook Out's shake menu shines with diverse flavors and late hours. Find your spot and enjoy!