



Protein Snack Shop

Scope: New retail and commercial kitchen space

Location: Smyrna, Tennessee

Owners: Dana and Sonny Hampton

Protein Snack Shop owners Dana and Sonny Hampton were renting retail and commercial kitchen space when they first started their business in 2018. Soon, due to immense popularity, Protein Snack Shop needed a new home.

Dow Smith Company helped the Hamptons find, and then build-out, 2,000 square feet at 879 Seven Oaks Boulevard, Suite 620 in the Seven Oaks Business Park. The Dow Smith team built the original four buildings at Seven Oaks and returned a few years later to construct the fifth building where The Hamptons' new facility is located. Protein Snack Shop's new location includes ovens, freezers, coolers, prep space, and a product packing room. Sonny and Dana say they couldn't be happier with their new location, and they've enjoyed working with Dow Smith Company every step of the way.

