NEW! Premium Blends

CLASSIC SMOOTHIES
THE STRAWBERRY BANANA (320 cal.)
STRAWBERRY JUICE, BLUEBERRIES, RASPBERRIES, ORANGE SHERBERT
BLUEBERRY DREAM (310 cal.)
APPLE JUICE, BLUEBERRIES, BANANAS, STRAWBERRIES, ORANGE SHERBERT
RASPBERRY HARMONY (310 cal.)
APPLE JUICE, RASPBERRIES, BANANAS, ORANGE SHERBERT
ANNA BANANA (410 cal.)
GUAVA JUICE, PINEAPPLE JUICE, BANANAS, HONEY, YOGURT
CRANBERRY FIX (310 cal.)
CRANBERRY JUICE, BLUEBERRIES, BANANAS, RASPBERRIES, ORANGE SHERBERT
PEACH BEACH (310 cal.)
APPLE JUICE, PEACHES, BANANAS, ORANGE SHERBERT
STRAWBERRY EXTREME (320 cal.)
STRAWBERRY JUICE, STRAWBERRIES, PINEAPPLE SORBET, YOGURT
THREE BERRY (280 cal.)
STRAWBERRY JUICE, STRAWBERRIES, BLUEBERRIES, RASPBERRIES, ORANGE SHERBERT
PULP SWIRL (290 cal.)
APPLE JUICE, BLUEBERRIES, PEACHES, ORANGE SHERBERT, RASPBERRY SHERBERT

TROPICAL SMOOTHIES
ELITE EIGHT (250 cal.)
STRAWBERRY JUICE, PINEAPPLE JUICE, STRAWBERRIES, PEACHES, MANGO SHERBERT
PULP PASSION (230 cal.)
PINEAPPLE JUICE, MANGO JUICE, PINEAPPLE JUICE, STRAWBERRIES, PEACHES, ORANGE SHERBERT
TROPICAL BLAST (320 cal.)
PAPAYA JUICE, PINEAPPLE JUICE, STRAWBERRIES, BANANAS, ORANGE SHERBERT, PINEAPPLE SORBET
MANGO TANGO (310 cal.)
PAPAYA JUICE, BLUEBERRY-FRUIT-MANGO JUICE, MANGO SHERBERT
ISLAND CRUISER (320 cal.)
PASSIONFRUIT-MANGO JUICE, BANANAS, MANGO SHERBERT
PULP-COOLADA (400 cal.)
PINEAPPLE JUICE, BANANAS, COCONUT, PINEAPPLE SORBET

CITRUS SMOOTHIES
ORANGE CHILL (310 cal.)
FRESH SQUEEZED ORANGE JUICE, BANANAS, PEACHES, MANGO SHERBERT, YOGURT
CITRUS BERRY (290 cal.)
FRESH SQUEEZED ORANGE JUICE, CRANBERRY JUICE, STRAWBERRIES, BLUEBERRIES, RASPBERRIES, ORANGE SHERBERT
SAMMA JAMMA (310 cal.)
FRESH SQUEEZED ORANGE JUICE, STRAWBERRIES, BANANAS, ORANGE SHERBERT, YOGURT

NEW! Premium Blends

HIGH ENERGY SMOOTHIES
MANGO BOMB (270/160 cal.)
CHOOSE OF REGULAR OR SUGAR-FREE RED BULL, MANGOS, PEACHES, ORANGE SHERBERT
PULP FUSION (280/170 cal.)
CHOOSE OF REGULAR OR SUGAR-FREE RED BULL, STRAWBERRIES, MANGOS, ORANGE SHERBERT
RACING BERRY (270/160 cal.)
CHOOSE OF REGULAR OR SUGAR-FREE RED BULL, STRAWBERRIES, BLUEBERRIES, RASPBERRIES, ORANGE SHERBERT

SUPER SMOOTHIES
GUAVA BURNER (220 cal.)
GUAVA JUICE, MANGO, STRAWBERRIES, BANANAS, ORANGE SHERBERT WITH FAT BURNER AND FIBER BLEND ENHANCERS
CRAM SESSION (360 cal.)
FRESH SQUEEZED ORANGE JUICE, BANANAS, STRAWBERRIES, ORANGE SHERBERT, YOGURT WITH ENERGY AND SMART BLEND ENHANCERS
PROTEIN PACKER (40g OF PROTEIN) (540 cal.)
SOY MILK, PEANUT BUTTER, CHOCOLATE, BANANAS, YOGURT WITH WHEY AND SOY PROTEIN
GREEN TEA SMOOTHIE (290 cal.)
PREMIUM MATCHA GREEN TEA, SOY MILK AND YOGURT
HANGOVER RELIEF (340 cal.)
APPLE JUICE, PEACHES, BANANAS, ORANGE SHERBERT WITH ENERGY AND HANGOVER RELIEF ENHANCERS

SHOTS
WHEATGRASS (10/15 cal.)
A MINERAL-RICH SHOT PACKED WITH DIGESTION BENEFITS, ENHANCING OVERALL WELL-BEING, A DAILY SERVING OF VEGETABLES IN JUST 1 OZ.
GINGER (15 cal.)
FRESHLY JUICED GINGER AND LEMON IN A 2 OZ BLAST OF IMMUNE BOOSTING PROPERTIES REDUCES INFLAMMATION WHILE INCREASING ENERGY & FOCUS.

PULP ENHANCERS*
ENERGY
STRESS ELIMINATOR
IMMUNITY
FIBER BLEND
SMART BLEND
HANGOVER RELIEF
VITAMIN BLEND
WHEY PROTEIN
FAT BURNER
SOY PROTEIN
PROBIOTIC
PEA PROTEIN

* PULP ENHANCERS ARE NOT FOR USE BY PREGNANT OR LACTATING WOMEN, AS WELL AS WITH ALL SUPPLEMENTS, THOSE WITH MEDICAL CONDITIONS SHOULD CONSULT A PHYSICIAN BEFORE USING.

FRESH SQUEEZED SIMPLE, CLEAN AND FRESH!
CHOOSE 1 BASE:
APPLE
CARROT
ORANGE

CHOOSE UP TO 2 MORE:
APPLE
GINGER
CARROT
LEMON
CELERY
LIME
CUCUMBER
ORANGE

PULP LEMONADE
A NEW TWIST ON AN OLD FAVORITE!
FRESHLY JUICED APPLES AND LEMONS MAKE FOR A REFRESHING, THIRST QUENCHING TREAT!

190/290 cal.

VEGGIE ‘N’ GREENS SMOOTHIES
KALE KA-POW (300 cal.)
PIÑEAPPLE JUICE, KALE, MANGOS, STRAWBERRIES, PINEAPPLE SORBET
CARROTY CHOP (320 cal.)
FRESH SQUEEZED ORANGE JUICE, CARROTS, MANGOS, PEACHES, YOGURT
BEET BADA-BOOM (240 cal.)
STRAWBERRY JUICE, BEET, STRAWBERRIES, BLUEBERRIES
MATCHA MATCH (350 cal.)
ALMOND MILK, MATCHA GREEN TEA, KALE, BANANAS, YOGURT WITH OUR GREENS BLEND

*GREEN BLEND INCLUDES FLAX SEED, ALFALFA, BARLEY GRASS, WHEAT GRASS, SPIRULINA AND CHLORELLA

CALORIES LISTED ARE FOR REGULAR SIZE SMOOTHIES.
* 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.
## BOWLS & WRAPS

### OVER 30 AMAZING LOCATIONS

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Akron, OH</td>
<td>(330) 258-5020</td>
</tr>
<tr>
<td>Arlington Rd, OH</td>
<td>(234) 312-9443</td>
</tr>
<tr>
<td>Ashland, OH</td>
<td>(419) 496-0133</td>
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<tr>
<td>Avon, OH</td>
<td>(440) 695-8653</td>
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<tr>
<td>Boardman, OH</td>
<td>(234) 254-4014</td>
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<tr>
<td>Broadview, OH</td>
<td>(440) 736-7312</td>
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<tr>
<td>Brunswick, OH</td>
<td>(330) 741-3581</td>
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<tr>
<td>Clifton Blvd, OH</td>
<td>(216) 230-2854</td>
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<tr>
<td>Concord, OH</td>
<td>440-551-9333</td>
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<tr>
<td>Cranberry Twp, PA</td>
<td>(724) 776-3500</td>
</tr>
<tr>
<td>Cuyahoga Falls, OH</td>
<td>(330) 920-4220</td>
</tr>
<tr>
<td>Delaware, OH</td>
<td>(740) 957-8085</td>
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<tr>
<td>Dover, OH</td>
<td>(330) 440-7199</td>
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<tr>
<td>Fairlawn, OH</td>
<td>(234) 334-3080</td>
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<tr>
<td>Hilliard, OH</td>
<td>(614) 655-PULP</td>
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<tr>
<td>Independence, OH</td>
<td>(216) 264-4263</td>
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<tr>
<td>Kent, OH</td>
<td>(330) 677-0355</td>
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<tr>
<td>Macedonia, OH</td>
<td>(330) 467-0022</td>
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<tr>
<td>Mayfield, OH</td>
<td>(440) 646-1916</td>
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<tr>
<td>Medina, OH</td>
<td>(330) 952-0088</td>
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<tr>
<td>Mentor, OH</td>
<td>(440) 266-0900</td>
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<tr>
<td>Middleburg Hts, OH</td>
<td>(440) 297-4564</td>
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<tr>
<td>Niles, OH</td>
<td>330-505-9672</td>
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<tr>
<td>North Canton, OH</td>
<td>(330) 244-9167</td>
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<tr>
<td>Parma, OH</td>
<td>(440) 345-5055</td>
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<tr>
<td>Rock Hill, SC</td>
<td>(803) 327-7857</td>
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<tr>
<td>Solon, OH</td>
<td>(440) 600-7372</td>
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<td>Stow, OH</td>
<td>(234) 334-0405</td>
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<tr>
<td>Streetsboro, OH</td>
<td>(330) 626-5744</td>
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<td>Strongsville, OH</td>
<td>(440) 268-6650</td>
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<td>Willoughby, OH</td>
<td>(440) 269-1354</td>
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<td>Woodmere, OH</td>
<td>(216) 245-6852</td>
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<tr>
<td>Wooster, OH</td>
<td>(234) 249-0999</td>
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</tbody>
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### FRANCHISING OPPORTUNITIES AVAILABLE!
Visit our website: PulpJuiceAndSmoothie.com

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### BLENDED BOWLS

- Dragonfruit Bowl (220 cal.)
  - Dragonfruit, Raspberries, Mangos, Almond Milk, Strawberry Juice
- Acai Bowl (210 cal.)
  - Organic Acai, Mangos, Blueberries, Strawberries, Almond Milk, Strawberry Juice
- Avocado Bowl (440 cal.)
  - Hass Avocado, Mangos, Bananas, Pineapple Sorbet, Honey Soy Milk

### TOPPINGS
- Cacao Nibs (90 cal.)
- Chia Seeds (90 cal.)
- Blueberries (30 cal.)
- Granola (110 cal.)
- Banana (90 cal.)
- Coconut (70 cal.)
- Peanut Butter (140 cal.)
- Honey (60 cal.)

### CLASSIC BOWLS

- The Original Acai Bowl (310 cal.)
  - Organic Acai, Fresh Banana and Granola (Add Peanut Butter or Granola for $1.50)
- PB&G Bowl (460 cal.)
  - Our Famous PB&G Wrap Served in a Bowl; Peanut Butter, Fresh Banana, Granola, Honey and Low-Fat Vanilla Yogurt

### WRAPS

- *Fresh, Delicious and Nutritious*
  - Asian Chicken Wrap (420 cal.)
    - Tender Chicken Breast, Cucumber, Shredded Carrots, Romaine Lettuce, and Sesame Ginger Dressing
  - Buffalo Chicken Wrap (310 cal.)
    - Tender Chicken Breast, Shredded Cheddar Cheese, Hot Sauce, Ranch Dressing, Shredded Carrots, Romaine Lettuce
  - Chicken Caesar Wrap (520 cal.)
    - Tender Chicken Breast, Shredded Provolone and Mozzarella Cheese, Caesar Dressing and Romaine Lettuce
  - Honey Mustard Chicken Wrap (520 cal.)
    - Tender Chicken Breast, Tomato, Romaine Lettuce, Shredded Cheddar Cheese and Honey Mustard Dressing
  - Spicy Turkey Wrap (370 cal.)
    - Sliced Smoked Turkey Breast, Shredded Cheddar Cheese, Tomato, Romaine Lettuce and our Signature Spicy Sauce
  - Avocado Turkey Wrap (310 cal.)
    - Sliced Smoked Turkey Breast, Hass Avocado, Fat-Free Mayonnaise, Tomato and Romaine Lettuce
  - White Albacore Tuna Wrap (280 cal.)
    - Premium White Albacore Tuna, Fat-Free Mayonnaise, Chopped Celery, Shredded Carrots, Romaine Lettuce, and Cucumber Slices
  - Veggie Wrap (170-420 cal.)
    - Romaine Lettuce, Shredded Carrots, Cucumbers, Tomatoes, Choice of Cheese and Dressing
  - PB&G Wrap (600 cal.)
    - Peanut Butter, Sliced Bananas, Crunchy Granola, Honey and Low-Fat Vanilla Yogurt Rolled into a Whole Wheat Flour Tortilla, Great for Any Meal of the Day!
  - Garden Salad (120-400 cal.)
    - Romaine Lettuce, Tomato, Shredded Carrots, Cucumber, Choice of Cheese and Dressing (Add Chicken or Tuna for $2.00)

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*2000 Calories a Day is Used for General Nutrition Advice, but Calorie Needs Vary. Additional Nutrition Information Available Upon Request.*