



NEW!

# Premium Blends

## CLASSIC SMOOTHIES

### THE STRAWBERRY BANANA (320 cal.)

STRAWBERRY JUICE, PINEAPPLE JUICE, BANANAS, STRAWBERRIES, YOGURT

### BLUEBERRY DREAM (310 cal.)

APPLE JUICE, STRAWBERRY JUICE, BLUEBERRIES, BANANAS, ORANGE SHERBET

### RASPBERRY HARMONY (310 cal.)

APPLE JUICE, RASPBERRIES, BANANAS, RASPBERRY SHERBET

### ANNA BANANA (410 cal.)

GUAVA JUICE, PINEAPPLE JUICE, BANANAS, HONEY, YOGURT

### CRANBERRY FIX (310 cal.)

CRANBERRY JUICE, BLUEBERRIES, STRAWBERRIES, BANANAS, RASPBERRY SHERBET, YOGURT

### PEACH BEACH (310 cal.)

APPLE JUICE, PEACHES, BANANAS, ORANGE SHERBET, YOGURT

### STRAWBERRY EXTREME (290 cal.)

STRAWBERRY JUICE, STRAWBERRIES, PINEAPPLE SORBET, YOGURT

### THREE BERRY (280 cal.)

STRAWBERRY JUICE, STRAWBERRIES, BLUEBERRIES, RASPBERRIES, RASPBERRY SHERBET

### PULP SWIRL (290 cal.)

APPLE JUICE, BLUEBERRIES, PEACHES, ORANGE SHERBET, RASPBERRY SHERBET

### STRAWBERRY BASIL W/CHIA (350 cal.)

STRAWBERRY AND GUAVA JUICES, STRAWBERRIES, FRESH BASIL, LIME SQUEEZE, CHIA SEEDS

### ORANGE GINGER ELIXIR (310 cal.)

FRESHLY SQUEEZED ORANGE, CARROT, GINGER AND LEMON, PINEAPPLE SORBET, MANGOS, TURMERIC

### SMOOTH AVOCADO (550 cal.)

FRESH SQUEEZED ORANGE JUICE, HASS AVOCADO, MANGOS, BANANAS, LIME SQUEEZE, PINEAPPLE SORBET, HONEY, KALE

### ULTIMATE AÇAÍ (480 cal.)

PREMIUM ORGANIC AÇAÍ, STRAWBERRY JUICE, MANGOS, BLUEBERRIES, YOGURT, CHIA SEEDS



## HIGH ENERGY SMOOTHIES

### MANGO BOMB (270/160 cal.)

CHOICE OF REGULAR OR SUGAR-FREE RED BULL, MANGOS, PEACHES, ORANGE SHERBET

### PULP FUSION (280/170 cal.)

CHOICE OF REGULAR OR SUGAR-FREE RED BULL, STRAWBERRIES, BANANAS, ORANGE SHERBET

### RAGING BERRY (270/160 cal.)

CHOICE OF REGULAR OR SUGAR-FREE RED BULL, STRAWBERRIES, BLUEBERRIES, RASPBERRIES, RASPBERRY SHERBET

## SUPER SMOOTHIES

### GUAVA BURNER (320 cal.)

GUAVA JUICE, MANGOS, STRAWBERRIES, BANANAS, ORANGE SHERBET WITH FAT BURNER AND FIBER BLEND ENHANCERS

### CRAM SESSION (340 cal.)

FRESH SQUEEZED ORANGE JUICE, BANANAS, STRAWBERRIES, PEACHES, ORANGE SHERBET, 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 SHERBET WITH ENERGY AND HANGOVER RELIEF ENHANCERS

## PULP ENHANCERS\*

- |                  |                    |
|------------------|--------------------|
| ENERGY           | STRESS ELIMINATOR  |
| IMMUNITY         | FIBER BLEND        |
| SMART BLEND      | HANGOVER RELIEF    |
| VITAMIN BLEND    | WHEY PROTEIN       |
| FAT BURNER       | SOY PROTEIN        |
| PROBIOTIC - NEW! | PEA PROTEIN - NEW! |

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

## VEGGIE 'N' GREENS SMOOTHIES

### KALE KA-POW (300 cal.)

PINEAPPLE JUICE, KALE, MANGOS, STRAWBERRIES, PINEAPPLE SORBET WITH OUR GREENS BLEND\*

### CARROTY CHOP (320 cal.)

FRESH SQUEEZED ORANGE JUICE, CARROTS, MANGOS, PEACHES, YOGURT

### BEEF 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\*

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

## FRESH SQUEEZED

SIMPLE, CLEAN AND FRESH!

CHOOSE 1 BASE: • APPLE

• CARROT

• ORANGE

CHOOSE UP TO 2 MORE:

• APPLE

• BEET

• CARROT

• CELERY

• CUCUMBER

• GINGER

• KALE

• LEMON

• LIME

• ORANGE



Simple and Delicious!

## PULP LEMONADE

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

\*ADD KALE OR GINGER FOR \$50 (190/290 cal.)



## SHOTS

### WHEATGRASS (10/15 cal.)

A MINERAL-RICH SHOT PACKED WITH DETOXIFYING 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.

CHOOSE A CAYENNE OR TURMERIC TOPPER FOR AN EXTRA BOOST!



## TROPICAL SMOOTHIES

### ELITE EIGHT (290 cal.)

STRAWBERRY JUICE, PINEAPPLE JUICE, STRAWBERRIES, PEACHES, MANGOS, ORANGE SHERBET

### PULP PASSION (290 cal.)

PASSIONFRUIT-MANGO JUICE, PINEAPPLE JUICE, STRAWBERRIES, PEACHES, ORANGE SHERBET

### TROPICAL BLAST (320 cal.)

PAPAYA JUICE, PINEAPPLE JUICE, STRAWBERRIES, BANANAS, ORANGE SHERBET, PINEAPPLE SORBET

### MANGO TANGO (310 cal.)

PAPAYA JUICE, PASSIONFRUIT-MANGO JUICE, MANGOS, ORANGE SHERBET

### ISLAND CRUISER (320 cal.)

PASSIONFRUIT-MANGO JUICE, BANANAS, MANGOS, ORANGE SHERBET

### PULP-COOLADA (400 cal.)

PINEAPPLE JUICE, BANANAS, COCONUT, PINEAPPLE SORBET



## CITRUS SMOOTHIES

### ORANGE CHILL (310 cal.)

FRESH SQUEEZED ORANGE JUICE, BANANAS, MANGOS, PEACHES, ORANGE SHERBET, YOGURT

### CITRUS BERRY (290 cal.)

FRESH SQUEEZED ORANGE JUICE, CRANBERRY JUICE, STRAWBERRIES, BLUEBERRIES, RASPBERRIES, RASPBERRY SHERBET, YOGURT

### SAMMA JAMMA (310 cal.)

FRESH SQUEEZED ORANGE JUICE, STRAWBERRIES, BANANAS, ORANGE SHERBET, YOGURT



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

## BLENDING BOWLS **NEW!**

EACH BOWL INCLUDES 3 TOPPINGS OF YOUR CHOICE

### DRAGONFRUIT BOWL (220 cal.)

DRAGONFRUIT, RASBERRIES, MANGOS, ALMOND MILK, STRAWBERRY JUICE

### AÇAÍ BOWL (210 cal.)

ORGANIC AÇAÍ, MANGOS, BLUEBERRIES, STRAWBERRIES, ALMOND MILK, STRAWBERRY JUICE

### AVOCADO BOWL (440 cal.)

HASS AVOCADO, MANGOS, BANANAS, PINEAPPLE SORBET, HONEY SOYMILK

#### TOPPINGS

- CACAO NIBS (100 cal.)
- CHIA SEEDS (90 cal.)
- BLUEBERRIES (20 cal.)
- GRANOLA (110 cal.)
- BANANA (90 cal.)
- COCONUT (70 cal.)
- PEANUT BUTTER (140 cal.)
- HONEY (60 cal.)

## CLASSIC BOWLS

### THE ORIGINAL AÇAÍ BOWL (310 cal.)

ORGANIC AÇAÍ, FRESH BANANA AND GRANOLA (ADD PEANUT BUTTER OR BLUEBERRIES FOR \$.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 (510 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)

# OVER 30 AMAZING PULP LOCATIONS

**AKRON, OH**  
(330) 258-5020

**ARLINGTON RD, OH**  
(234) 312-9443

**ASHLAND, OH**  
(419) 496-0133

**AVON, OH**  
(440) 695-8653

**BOARDMAN, OH**  
(234) 254-4014

**BROADVIEW, OH**  
(440) 736-7312

**BRUNSWICK, OH**  
(330) 741-3581

**CLIFTON BLVD, OH**  
(216) 230-2854

**CONCORD, OH**  
440-551-9333

**CRANBERRY TWP, PA**  
(724) 776-3500

**CUYAHOGA FALLS, OH**  
(330) 920-4220

**DELAWARE, OH**  
(740) 957-8085

**DOVER, OH**  
(330) 440-7199

**FAIRLAWN, OH**  
(234) 334-3080

**HILLIARD, OH**  
(614) 655-PULP

**INDEPENDENCE, OH**  
(216) 264-4263

**KENT, OH**  
(330) 677-0355

**MACEDONIA, OH**  
(330) 467-0022

**MAYFIELD, OH**  
(440) 646-1916

**MEDINA, OH**  
(330) 952-0088

**MENTOR, OH**  
(440) 266-0900

**MIDDLEBURG HTS, OH**  
(440) 297-4564

**NILES, OH**  
330-505-9672

**NORTH CANTON, OH**  
(330) 244-9167

**PARMA, OH**  
(440) 345-5055

**ROCK HILL, SC**  
(803) 327-7857

**SOLON, OH**  
(440) 600-7372

**STOW, OH**  
(234) 334-0405

**STREETSBORO, OH**  
(330) 626-5744

**STRONGSVILLE, OH**  
(440) 268-6650

**WILLOUGHBY, OH**  
(440) 269-1354

**WOODMERE, OH**  
(216) 245-6852

**WOOSTER, OH**  
(234) 249-0999



\* 2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.

FRANCHISING OPPORTUNITIES AVAILABLE!  
VISIT OUR WEBSITE: PULPJUICEANDSMOOTHIE.COM