



Premium Blends

NEW!

THE PINK DRAGON (390 cal.)
 DRAGONFRUIT, STRAWBERRY JUICE, MANGOS, YOGURT,
 PINEAPPLE SORBET, LEMON SQUEEZE, CHIA SEEDS

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*

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|------------------|--------------------|
| 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, WHEATGRASS,
 SPIRULINA AND CHLORELLA

FRESH SQUEEZED

SIMPLE, CLEAN AND FRESH!

CHOOSE 1 BASE: • APPLE
 • CARROT
 • ORANGE

CHOOSE UP TO 2 MORE:

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|------------|----------|
| • APPLE | • GINGER |
| • BEET | • KALE |
| • CARROT | • LEMON |
| • CELERY | • LIME |
| • CUCUMBER | • 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!



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

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

Freshly Squeezed!



BOWLS & WRAPS

BLENDED BOWLS

EACH BOWL INCLUDES 3 TOPPINGS OF YOUR CHOICE

DRAGONFRUIT BOWL (220 cal.)

DRAGONFRUIT, RASPBERRIES, 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

- 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, 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, ROMAINE LETTUCE

HONEY MUSTARD CHICKEN WRAP (520 cal.)

TENDER CHICKEN BREAST, TOMATO, ROMAINE LETTUCE, SHREDDED CHEDDAR CHEESE, LOW-FAT HONEY MUSTARD DRESSING

SPICY TURKEY WRAP (370 cal.)

SLICED SMOKED TURKEY BREAST, SHREDDED CHEDDAR CHEESE, TOMATO, ROMAINE LETTUCE, OUR SIGNATURE SPICY SAUCE

AVOCADO TURKEY WRAP (310 cal.)

SLICED SMOKED TURKEY BREAST, HASS AVOCADO, FAT-FREE MAYONNAISE, TOMATO, ROMAINE LETTUCE

WHITE ALBACORE TUNA WRAP (280 cal.)

PREMIUM WHITE ALBACORE TUNA, FAT-FREE MAYONNAISE, CHOPPED CELERY, SHREDDED CARROTS, ROMAINE LETTUCE, CUCUMBER SLICES

VEGGIE WRAP (170-420 cal.)

ROMAINE LETTUCE, SHREDDED CARROTS, CUCUMBERS, TOMATOES, CHOICE OF CHEESE, DRESSING

PB&G WRAP (600 cal.)

PEANUT BUTTER, SLICED BANANAS, CRUNCHY GRANOLA, HONEY, 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
50
AMAZING LOCATIONS

AMHERST/LORAIN, OH • (440) 654-4259

AKRON, OH • (330) 258-5020

ARLINGTON RD, OH • (234) 312-9443

ASHLAND, OH • (419) 496-0133

AUSTINTOWN, OH • (330) 953-1010

AVON, OH • (440) 695-8653

BOARDMAN, OH • (234) 254-4014

BROADVIEW, OH • (440) 736-7312

BROOKLYN, OH • (216) 417-8115

BRUNSWICK, OH • (330) 741-3581

CAMBRIDGE, OH • (740) 421-9398

CANTON-WEST, OH • (234) 360-3001

CHESTERLAND, OH • (440) 688-4161

CLIFTON BLVD, OH • (216) 230-2854

CONCORD, OH • (440) 551-9333

CRANBERRY TWP, PA • (724) 776-3500

CUYAHOGA FALLS, OH • (234) 334-0246

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EUCLID, OH • (216) 965-0054

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GAHANNA, OH • (614) 934-5062

HILLIARD, OH • (614) 655-PULP

HUNTINGTON, WV • (304) 850-PULP

INDEPENDENCE, OH • (216) 264-4263

KENT, OH • (330) 677-0355

LEWIS CENTER, OH • (614) 505-3579

MACEDONIA, OH • (330) 467-0022

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MEDINA - 71818, OH • (330) 952-1721

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MIDDLEBURG HTS, OH • (440) 297-4564

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NORTH CANTON, OH • (330) 244-9167

ONTARIO, OH • (567) 560-3010

PICKERINGTON, OH • (614) 694-0695

POLAND, OH • (330) 953-1175

PARMA, OH • (440) 345-5055

ROCK HILL, SC • (803) 327-7857

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STOW, OH • (234) 224-0405

STREETSBORO, OH • (330) 626-5744

STRONGSVILLE, OH • (440) 268-6650

UNIVERSITY HEIGHTS/SOUTH EUCLID, OH • (216) 860-0422

WILLOUGHBY, OH • (440) 269-1354

WOODMERE, OH • (216) 245-6852

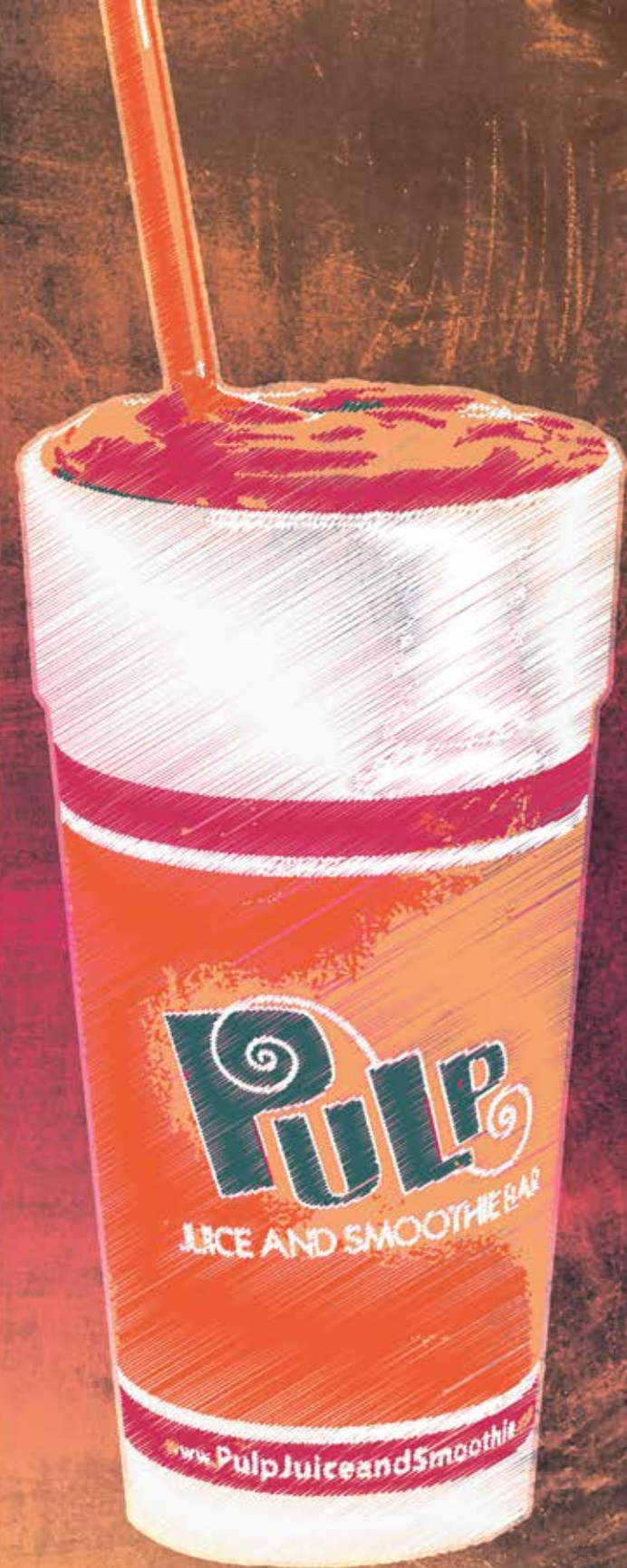
WOOSTER, OH • (234) 249-0999

WADSWORTH, OH • (330) 331-7311

NEW/UPCOMING STORES!

BAINBRIDGE, OH • DOWNTOWN CLEVELAND, OH
FAIRVIEW PARK/ROCKY RIVER, OH
NORTH CANTON - MARKET AVE, OH • NORTH OLMSTED, OH
SANDUSKY, OH

FRANCHISING OPPORTUNITIES ARE AVAILABLE! VISIT OUR WEBSITE: PULPJUCEANDSMOOTHIE.COM



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