



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*

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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, 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

Freshly Squeezed!



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.

WWW.PULPJUICEANDSMOOTHIE.COM

BOWLS & WRAPS

BLENDÉD 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

OLON, 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