



JUICE AND SMOOTHIE BAR

## 16 OZ. NUTRITIONAL INFORMATION

	Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Vitamin C
<b>CLASSIC SMOOTHIES</b>						
Anna Banana	295	1.4	3.4	65.7	3.3	36%
Blueberry Heaven	232	1.2	1.4	56.1	2.8	13%
Cranberry Fix	204	1.2	2.2	48.4	2.7	94%
Peach Beach	202	1.0	2.3	48.1	1.6	119%
Pulp Swirl	201	1.1	1.2	47.3	2.3	27%
Raspberry Harmony	213	0.8	1.5	52.2	3.9	40%
Strawberry Banana	216	1.2	3.0	50.7	2.8	95%
Strawberry Extreme	190	0.9	1.9	45.4	2.2	68%
Three Berry	205	0.9	1.2	50.0	3.0	33%
<b>CITRUS SMOOTHIES</b>						
Citrus Berry	180	1.3	2.6	41.8	3.4	207%
Orange Chill	201	1.3	3.4	47.4	2.4	292%
Samma Jamma	194	1.3	3.1	45.0	2.8	267%
<b>TROPICAL SMOOTHIES</b>						
Pulp Coolada	244	4.7	2.9	49.0	2.2	77%
Elite Eight	207	0.7	2.0	50.0	1.7	127%
Island Cruiser	233	0.8	1.7	56.7	2.1	119%
Mango Tango	206	0.7	2.0	50.3	1.6	127%
Pulp Passion	205	0.7	1.9	48.6	1.9	167%
Tropical Blast	210	0.9	2.1	50.4	2.4	88%
<b>SOY SMOOTHIES</b>						
Soy Blueberry	174	2.5	4.5	34.7	3.3	13%
Soy Peach	163	2.0	4.7	33.2	2.5	109%
Soy Strawberry Banana	172	2.1	4.5	35.5	2.9	55%
<b>SUPER SMOOTHIES</b>						
Anti-Oxiberry	369	1.7	2.0	86.4	0.2	134%
Cram Session	194	1.3	3.2	45.3	2.6	293%
Guava Burner	232	0.9	1.5	56.5	2.3	121%
Hangover Relief	208	0.8	1.6	50.8	2.0	109%
Protein Packer	367	12.9	26.8	38.1	3.2	9%
Green Tea Smoothie	172	3.6	2.3	16.5	1.7	16%
<b>HIGH ENERGY SMOOTHIES</b>						
Mango Bomb	212	0.9	1.3	52.5	1.9	90%
Mango Bomb Sugarfree	145	0.9	2.1	35.2	1.9	90%
Pulp Fusion	217	0.9	1.4	53.4	2.4	55%
Pulp Fusion Sugarfree	150	0.9	2.1	36.6	2.4	55%
Raging Berry	202	0.9	1.2	49.4	3.0	33%
Raging Berry Sugarfree	135	0.9	1.9	32.6	3.0	33%
<b>VEGGIE 'n' GREENS SMOOTHIES</b>						
Kale Ka-Pow!	150	0.7	3.4	34.2	4.0	256%
Carrot Chop	186	1.3	6.0	38.9	2.0	162%
Beet Bada-Boom	123	1.3	2.0	27.5	4.0	86%
Matcha Match	184	3.4	7.4	32.2	2.7	96%



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24 OZ. NUTRITIONAL INFORMATION

	Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Vitamin C
<b>CLASSIC SMOOTHIES</b>						
Anna Banana	440	2.1	5.0	98.0	4.9	53%
Blueberry Heaven	346	1.8	2.1	83.8	4.2	19%
Cranberry Fix	304	1.8	3.3	72.3	4.1	141%
Peach Beach	301	1.5	3.4	71.8	2.4	177%
Pulp Swirl	300	1.6	1.8	70.6	3.4	40%
Raspberry Harmony	318	1.2	2.3	77.9	5.8	60%
Strawberry Banana	323	1.8	4.5	75.6	4.2	142%
Strawberry Extreme	284	1.4	2.8	67.7	3.3	102%
Three Berry	306	1.4	1.8	74.7	4.5	49%
<b>CITRUS SMOOTHIES</b>						
Citrus Berry	269	2.0	3.9	62.4	5.0	309%
Orange Chill	300	1.9	5.0	70.7	3.6	436%
Samma Jamma	289	2.0	4.6	67.2	4.2	398%
<b>TROPICAL SMOOTHIES</b>						
Pulp Coolada	364	7.0	4.3	73.2	3.3	115%
Elite Eight	309	1.1	3.0	74.6	2.6	190%
Island Cruiser	348	1.2	2.5	84.7	3.2	178%
Mango Tango	307	1.0	3.0	75.1	2.4	190%
Pulp Passion	306	1.1	2.9	72.5	2.8	249%
Tropical Blast	314	1.3	3.1	75.2	3.6	132%
<b>SOY SMOOTHIES</b>						
Soy Blueberry	259	3.7	6.7	51.8	4.9	19%
Soy Peach	244	3.0	7.0	49.6	3.7	163%
Soy Strawberry Banana	257	3.1	6.7	53.0	4.3	82%
<b>SUPER SMOOTHIES</b>						
Anti-Oxiberry	550	2.5	3.0	129.0	0.3	200%
Cram Session	289	2.0	4.8	67.6	3.9	438%
Guava Burner	347	1.3	2.3	84.4	3.4	180%
Hangover Relief	311	1.2	2.4	75.8	3.0	163%
Protein Packer	548	19.3	40.0	56.8	4.8	14%
Green Tea Smoothie	257	5.3	3.4	24.6	2.5	24%
<b>HIGH ENERGY SMOOTHIES</b>						
Mango Bomb	317	1.3	1.9	78.3	2.8	135%
Mango Bomb Sugarfree	217	1.3	3.2	52.6	2.8	135%
Pulp Fusion	324	1.3	2.1	79.7	3.6	82%
Pulp Fusion Sugarfree	224	1.3	3.1	54.7	3.6	82%
Raging Berry	301	1.4	1.8	73.7	4.5	49%
Raging Berry Sugarfree	201	1.4	2.8	48.7	4.5	49%
<b>VEGGIE 'n' GREENS SMOOTHIES</b>						
Kale Ka-Pow!	224	1.0	5.0	51.0	6.0	382%
Carrotty Chop	278	2.0	9.0	58.0	3.0	242%
Beet Bada-Boom	184	2.0	3.0	41.0	6.0	128%
Matcha Match	275	5.0	11.0	48.0	4.0	143%



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**32 OZ. NUTRITIONAL INFORMATION**

	Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)	Vitamin C
<b>CLASSIC SMOOTHIES</b>						
Anna Banana	585	2.8	6.7	130.3	6.5	70%
Blueberry Heaven	460	2.4	2.8	111.5	5.6	25%
Cranberry Fix	404	2.4	4.4	96.2	5.5	188%
Peach Beach	400	2.0	4.5	95.5	3.2	235%
Pulp Swirl	399	2.1	2.4	93.9	4.5	53%
Raspberry Harmony	423	1.6	3.1	103.6	7.7	80%
Strawberry Banana	430	2.4	6.0	100.5	5.6	189%
Strawberry Extreme	378	1.9	3.7	90.0	4.4	136%
Three Berry	407	1.9	2.4	99.4	6.0	65%
<b>CITRUS SMOOTHIES</b>						
Citrus Berry	358	2.7	5.2	83.0	6.7	411%
Orange Chill	399	2.5	6.7	94.0	4.8	580%
Samma Jamma	384	2.7	6.1	89.4	5.6	529%
<b>TROPICAL SMOOTHIES</b>						
Pulp Coolada	484	9.3	5.7	97.4	4.4	153%
Elite Eight	411	1.5	4.0	99.2	3.5	253%
Island Cruiser	463	1.6	3.3	112.7	4.3	237%
Mango Tango	408	1.3	4.0	99.9	3.2	253%
Pulp Passion	407	1.5	3.9	96.4	3.7	331%
Tropical Blast	418	1.7	4.1	100.0	4.8	176%
<b>SOY SMOOTHIES</b>						
Soy Blueberry	344	4.9	8.9	68.9	6.5	25%
Soy Peach	325	4.0	9.3	66.0	4.9	217%
Soy Strawberry Banana	342	4.1	8.9	70.5	5.7	109%
<b>SUPER SMOOTHIES</b>						
Anti-Oxiberry	732	3.3	4.0	171.6	0.4	266%
Cram Session	384	2.7	6.4	89.9	5.2	583%
Guava Burner	462	1.7	3.1	112.3	4.5	239%
Hangover Relief	414	1.6	3.2	100.8	4.0	217%
Protein Packer	729	25.7	53.2	75.5	6.4	19%
Green Tea Smoothie	342	7.0	4.6	32.7	3.4	32%
<b>HIGH ENERGY SMOOTHIES</b>						
Mango Bomb	422	1.7	2.5	104.1	3.7	180%
Mango Bomb Sugarfree	289	1.7	4.3	70.0	3.7	180%
Pulp Fusion	431	1.7	2.8	106.0	4.8	109%
Pulp Fusion Sugarfree	298	1.7	4.1	72.8	4.8	109%
Raging Berry	400	1.9	2.4	98.0	6.0	65%
Raging Berry Sugarfree	267	1.9	3.7	64.8	6.0	65%
<b>VEGGIE 'n' GREENS SMOOTHIES</b>						
Kale Ka-Pow!	298	1.3	6.7	67.8	8.0	508%
Carrotty Chop	370	2.7	12.0	77.1	4.0	322%
Beet Bada-Boom	245	2.7	4.0	54.5	8.0	170%
Matcha Match	366	6.7	14.6	63.8	5.3	190%



JUICE AND SMOOTHIE BAR

## Wraps, Bowls and Salads

	Calories	Fat (g)	Protein (g)	Carbs (g)	Fiber (g)
<b>Wraps</b>					
Chicken Caesar	553	26	45	34	7
Spicy Turkey	483	21	30	43	9
White Albacore Tuna	340	9	24	42	9
PB & G	641	22	19	100	13
Veggie	320	13	8	42	9
Roast Beef with Horseradish	437	18	30	37	8
Asian Chicken	295	11	33	17	2
Honey Mustard Chicken	554	24	44	40	9
Pulp Club	437	17	30	41	9
<b>Salads</b>					
Garden Salad	344	19	29	15	4
<b>Bowls</b>					
Acai Bowl	332	4	4	74	7
PB & G Bowl	424	15	12	68	6