

Açaí Bowls \$7

available all-day, bowls are blended with organic açaí powder

Origin of Species

mixed berries, fat-free greek yogurt, bananas, strawberries, chia seeds, hemp hearts, house-made granola  

Nut Job

mixed berries, raw cacao, house-made peanut butter, bananas, strawberries, chia seeds, hemp hearts, house-made granola  

Blends \$6.50

real fruits & veggies, no fake stuff, includes a free supplement

Tropic Thunder

mango, strawberry, pineapple, banana, orange juice, coconut water  

Grasshopper

avocado, fresh mint, spinach, banana, cacao nibs, milk*  

In a Nutshell**

peanut butter, banana, cocoa powder, dates, milk*  

Purple Rain

banana, peach, kale, spinach, berries, orange juice, milk*  

Jolly Green

kale, spinach, banana, apple, coconut water  

Mid-Youth Crisis

banana, apple, kale, cucumber, ginger, lemon, coconut water  

Silverback Gorilla**

peanut butter, oats, banana, cinnamon, vanilla, dates, milk*  

* 2%, skim, almond, or soy

**add espresso \$1

Shots

Singe \$3 Double \$5

Lawn Furniture

wheatgrass and lemon  

Face Plant

tumeric, ginger, lemon, raw honey 

Zero Gravity

apple cider vinegar, ginseng, ginger, raw honey, orange 

Bee Sting

lemon, ginger, green apple, maple syrup, lavender honey and cayenne 

Cold-Pressed Juices \$6

Greenie in a Bottle

apple, cucumber, kale, spinach, celery, ginger root, lemon, parsley  

Green with Envy

cucumber, spinach, celery, collard greens, kale, swiss chard, lime, parsley, peppermint  

Sassy Pants 2.0

green apple, pear, spinach, kale, pineapple, lime, cilantro, cayenne  

Clockwork Orange

orange, carrot, pineapple, ginger root, turmeric, lemon  

Early Riser

orange, green apple, carrot, cantaloupe, beet, ginger root, lemon  

Everybody in the Pool

cucumber, apple, pear, mixed berries, ginger root, lemon, peppermint  

Type C Personality

orange, grapefruit, cucumber, pear, pineapple, ginger root, lime, lemon  

Ruby Slipper

orange, grapefruit, cucumber, pear, pomegranate, beet, ginger root, lemon, lime  

Life Partner 2.0

carrot, beet, fuji apple, lemon  

The Oracle

apple, cucumber, spinach, romaine, kale, carrot, beet, celery, ginger root, lemon, parsley  

Solar Eclipse

water, lavender honey, lemon, peppermint, spirulina powder, activated charcoal  

House-Pressed Almond Milks \$8

Classic Vanilla

almonds, filtered water, dates, vanilla, maca, cinnamon, hemp hearts, sea salt   

Cacao Classic

almonds, filtered water, dates, raw cacao, maca, cinnamon, hemp hearts, sea salt   

Golden Milk

almonds, filtered water, maple syrup, vanilla, turmeric, black pepper, cardamom, cinnamon, ginger   

By the Glass

all house-made beverages served by the glass

House-made Lemonades \$3

Honey-Lavender Lemonade

lavender honey, fresh lemon juice, mint, filtered water (original & seasonal flavors on rotation)  

Cherry Limeade

lavender honey, fresh lime, cherry, filtered water 

House-made Hydros \$4

Waltz #2

cucumber, mint, lemon, pineapple, stevia  

Revolution #9

orange, turmeric root, ginger, mint  

#41

pomegranate, beet, apple, lemon, ginger  

On Tap \$3

Lemongrass Ginger Ale

house-made ginger syrup, soda water, fresh lime (rotating flavor)  

Sünnte Kombucha

locally sourced and organic 

Cleanses

Gentle Rinse \$36

greenie in a bottle, the oracle, sassy pants 2.0, clockwork orange, solar eclipse, almond milk choice

Robust Reboot \$36

green with envy, life partner 2.0, the oracle, greenie in a bottle, solar eclipse, almond milk choice

Pulp Intervention \$36

green with envy, greenie in a bottle, green with envy, life partner 2.0, the oracle, solar eclipse, faceplant shot

Sick Pack \$36

type c personality, clockwork orange, everybody in the pool, sassy pants 2.0, early riser, solar eclipse, face plant shot

The Selfie \$36

pick 6, it's your mix (add \$2 for each almond milk)



Downtown

49 Gallivan Avenue
Salt Lake City, UT 84111
801-456-2513

Liberty Park

439 E. 900 S.
Salt Lake City, UT 84111
385-267-1092

Sandy

9645 S. State
Sandy, UT 84070
385-557-4986



 paleo compatibility

 gluten free

 vegan options available

www.pulplifestylekitchen.com

Early

available until 11am, Monday through Friday
and all day Saturday and Sunday

Porridge \$6

steel cut oats, quinoa, amaranth, milk*, berries, house-made granola, hemp hearts, chia seeds, pure maple syrup GFV
* 2%, skim, almond, or soy

Soccer Mom \$6

greek yogurt, chia pudding, berries, house-made granola, hemp hearts GFV

Smashed Avocado Toast \$6

two slices of sprouted wheatberry toast, smashed avocado V

Skinny Jeans \$7

egg whites, goat cheese crumbles, avocado, spinach, hummus, scallions, roasted sweet potato, whole wheat wrap, fresh salsa

Sammie Soho \$7

cage-free egg, sprouted wheat bagel, turkey sausage, irish cheddar, smashed avocado

Man Crush \$8

cage-free eggs, zucchini, spinach, mushrooms, scallions, kale, broccoli, choice of brown rice, quinoa or pulp hash V

Panacea \$8

coconut quinoa pancakes, greek yogurt, blueberry compote, lavender honey, lemon zest GF

Crowding the Plate \$9

cage-free eggs, smashed avocado toast, turkey sausage, tomato slices, pulp hash P

Sides & Extras

2 Cage-free Eggs \$2

poached, fried or scrambled GF

Sprouted Wheatberry Toast \$2 V

Turkey Sausage \$3.50 P GF

Pulp Hash \$3.50

sweet potato, butternut squash, brussels sprouts P GFV

Half Smashed \$3.50

single slice sprouted wheatberry toast, smashed avocado V

House-made Granola \$3.50

sweetened with organic maple and brown rice syrups GFV

Fresh-Cut Fruit Salad \$3.50 GFV

Sprouted Wheat Bagel \$4

house-made peanut butter and jam V

P paleo compatibility

GF gluten free

V vegan options available

Later

available 11 am-close

Starts \$6

Berber Shop

bowl of moroccan coconut lentil soup, lime GFV

Seasonal Soup

ask about our current selection

Hipster

sprouted wheatberry toast, smashed avocado, heirloom tomato, olive oil, sea salt, fresh pepper V

Palo Alto

sprouted wheatberry toast, smashed avocado, corn & black bean relish, cilantro-lime cashew cream V

Sanito

romaine, spinach, avocado vinaigrette, black bean & corn relish, cilantro cashew cream, cotija (optional) GFV

Smashed Avocado Toast

two slices of sprouted wheatberry toast, smashed avocado V

Kiddos \$5

served with chia pudding, fruit salad or veggie sticks and hummus

PB & J

single slice sprouted wheatberry toast, house-made peanut butter and jam V

Quesadilla

whole wheat tortilla, provolone, fresh salsa

Grilled Cheese

single slice sprouted wheatberry toast, provolone

Presses, Wraps & Such \$8

served with choice of side

Florence Henderson

sprouted wheatberry toast, walnut-kale pesto, roasted red pepper, tomato, avocado, hummus, provolone V

Naked Tuna

sprouted wheatberry toast, albacore tuna salad with hummus, arugula, shaved red onion, tomato, cucumber, (provolone, smoked gouda or irish cheddar +\$0.50)

Wrapper's Delight

grilled organic chicken breast or orange ginger tofu, sprouted lentil & kale salad, cucumber, beet pesto, goat cheese crumbles, whole wheat wrap V

Hot Mess

burger choice (lean turkey or house-made lentil quinoa veggie), sautéed mushrooms and onions, smoked gouda, hummus, tomato, arugula, oat bun V

Blue Collard

sesame-seared ahi tuna or orange ginger tofu, wasabi hummus, brussels sprouts slaw, collard green wrap, tamari-ginger dipping sauce P GFV

Bowls \$10

Uma

organic chicken, orange ginger cod or tofu (sesame-seared ahi tuna +\$2), roasted broccoli and carrots, zucchini, spinach, kale, mushrooms, scallions, sesame seeds, sweet chili-ginger sauce, tamari, choice of brown rice, quinoa or pulp hash P GFV

Mao-se Pad

organic chicken, tofu, broccoli, mushrooms, green onion, red bell pepper, basil, drunken noodle sauce, choice of green tea or soba noodles V

Cacci

house-made meatballs (turkey or lentil), spaghetti squash, olive oil, garlic, shallots, fresh herbs, tomato, arugula, shaved parmesan P GFV

Chika

organic chicken breast or orange ginger tofu, tikka masala, cashew cream, roasted sweet potato, edamame, brown rice P GFV

Sano

organic chicken or orange ginger tofu, honey jalapeno glaze, roasted sweet potato, corn, black beans, scallions, avocado, cotija cheese, cilantro, lime, fresh salsa, brown rice or quinoa GFV

Bento

orange ginger tofu or cod (sesame seared ahi tuna +\$2), broccoli, roasted carrots, scallions, toasted sesame seeds, brussels sprouts slaw, chili-lime dressing, choice of chilled soba or green tea noodles GFV

Salads \$8

available in whole wheat wrap +\$1

Caesar Chavez

romaine, kale, tomato, corn, cotija cheese, parmesan, candied pepitas, lemon-dijon vinaigrette GF

Garden Variety

mixed greens, tomato, cucumber, egg, irish cheddar, edamame, toasted chickpeas, avocado vinaigrette GFV

Buy the Roots

spinach, arugula, roasted root veggies, red onion, candied walnuts, goat cheese crumbles, green apple, pear, fig vinaigrette, honey balsamic reduction GFV

Proteins

Sesame-seared Ahi Tuna +\$4

Wild Salmon +\$4

Orange Ginger Cod +\$4

Organic Chicken Breast +\$3

Orange Ginger Tofu +\$2

Sides & Extras \$3.50

Pulp Hash

sweet potato, butternut squash, brussels sprouts P GFV

Quinoa Salad

quinoa, beets, shallots, garlic, thai chili, goat cheese, olive oil, balsamic & apple cider vinegar

Kale Chips

seasonal flavors P GFV

Chia Pudding

chia seeds, vanilla, cashew cream, dates, cinnamon and coconut oil GFV

Baby Berber

cup of moroccan coconut lentil soup, lime GFV

Seasonal Soup

ask about our current selection

Steamed Broccoli

P GFV

Roasted Root Veggies

beets, sweet potato, carrots P GFV

Pulp Crackers & Market Hummus

P GFV

Fresh-Cut Fruit Salad

V

Half Smashed

single slice sprouted wheatberry toast, smashed avocado V

Coffee & Dessert

available all day

We proudly serve locally roasted coffee from Publik.
Full coffee/espresso menu available online.

Desserts \$3

gluten-free and vegan

Black Bean Avocado Brownies

black bean, avocado, organic cacao powder, semi-sweet chocolate chips, organic maple syrup, brown sugar, flaxseed, coconut oil, vanilla GFV

Black Bean Avocado Brownies w/ Peanut Butter

black bean, avocado, organic cacao powder, semi-sweet chocolate chips, organic maple syrup, brown sugar, flaxseed, coconut oil, vanilla, house-made peanut butter GFV

Snickerdoodle

GFV

Chocolate Chip

GFV