

## Coffee (S/M/L)

House \$2/2.5/3

Cappuccino \$3/3.5/4

Latte \$3/3.5/4

Mocha \$3/3.5/4

Chai \$3/3.5/4

Cold Brew \$4/4.5/5

## Açaí Bowls \$7<sup>50</sup>

available all day blended with organic açai powder

## Berry Yogurt

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

## Nut Job

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

## Smoothies \$6<sup>75</sup>

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

## Tropic Thunder

mango, strawberry, pineapple, banana, OJ, coconut water  

## Grasshopper

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

## In a Nutshell\*\*

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

## Purple Rain

berries, banana, peach, kale, spinach, OJ, milk\*  

## Jolly Green

apple, kale, spinach, banana, coconut water  

## Mid-Youth Crisis

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

## Silverback Gorilla\*\*

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

\*2%, skim, almond, or oat

\*\*Add espresso \$1

## Supplements

one free per smoothie

## Protein \$1.50/ea

vanilla whey/egg white/hemp protein

## Seeds and Nuts 75¢/ea

chia seeds/hemp hearts/peanut butter/flax seeds/almond butter

## Natural Boosts 75¢/ea

shredded coconut/oats/spinach/kale/maca/cacao nibs/spirulina/bee pollen

## By the Glass \$3

## Lemonade

fresh lemon juice, lavender honey, mint 

## Cherry Limeade

fresh lime, cherry, lavender honey 

## Lemongrass Ginger Ale

house-made ginger syrup, fresh lime, soda water (on tap)  

## Kombucha

locally sourced, organic, and fairtrade (on tap) 

## Cold-Pressed Juices \$6<sup>50</sup>

## Greenie in a Bottle

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

## Clockwork Orange

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

## Early Riser

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

## Type C Personality

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

## Life Partner 2.0

beet, fuji apple, carrot, lemon  

## Solar Eclipse

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

## House-Pressed Almond Milk \$8<sup>50</sup>

## Classic Vanilla

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

## House-made Hydros \$4

## Waltz #2

cucumber, mint, lemon, pineapple, stevia  

## Revolution #9

orange, turmeric root, ginger, mint  

## #41

pomegranate, beet, apple, lemon, ginger  

## Wellness Shots \$5

Double Shot

## Face Plant turmeric, ginger, lemon, honey

**Bee Sting** lemon juice, ginger juice, green apple juice, maple syrup, lavender honey, cayenne 

## Lawn Furniture wheatgrass, lemon

# Cleanses

## Gentle Rinse \$39

daily program - Greenie in a Bottle (qty. 2), Life Partner 2.0, Clockwork Orange, Solar Eclipse, almond milk

## Robust Reboot \$39

daily program - Greenie in a Bottle (qty. 2), Life Partner 2.0, Type C Personality, Solar Eclipse, almond milk

## Pulp Intervention \$42

daily program - Greenie in a Bottle (qty. 3), Life Partner 2.0, Early Riser, Solar Eclipse, Face Plant shot

## Sick Pack \$42

daily program - Type C Personality, Clockwork Orange, Life Partner 2.0, Early Riser, Solar Eclipse, Greenie in a Bottle, Bee Sting shot

## The Selfie \$39

daily program - pick 6 - it's your mix (+\$2 each almond milk)

**pulp**  
— lifestyle kitchen —

**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

www.pulplifestylekitchen.com

 paleo compatibility

 gluten free

 vegan options available

# Breakfast

available until 11am, Mon-Fri  
All-day Sat and Sun

## Breakfast Bagel \$7.50

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

## Breakfast Wrap \$8

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

## Southwest Wrap \$8

honey jalapeño glaze, roasted sweet potato, cage-free egg, black beans, corn, cilantro-lime cashew cream, scallions, brown rice, fresh salsa, spinach tortilla

## Breakfast Bowl \$9

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

## Pancakes \$8.50

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

## Complete Breakfast \$10

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

## Pulp Benedict \$12

grilled wild salmon, cashew hollandaise, poached cage-free eggs, lemon zest, zucchini-leek fritters, pulp hash

## Smashed Avocado Toast \$6.50

smashed avocado, two slices of sprouted wheatberry toast

## Porridge \$7

steel cut oats, berries, amaranth, milk\*, quinoa, hemp hearts, chia seeds, house-made granola, pure maple syrup   

## Fruit Parfait \$7

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

\*2%, skim, almond, or oat

## Sides & Extras

**Pulp Hash \$4** roasted sweet potato, butternut squash, brussels sprouts   

**2 Cage-free Eggs \$2** poached, fried, or scrambled  

**Turkey Sausage \$4**  

**Half Smashed Avocado Toast \$4** one slice of smashed avocado toast 

**Sprouted Wheatberry Toast \$2** 

**Sprouted Wheat Bagel \$4** with house-made peanut butter, house-made jam 

**House-made Granola \$4**  

**Fresh-cut Fruit Salad \$4**   

# Lunch/Dinner

served 10:30am - close

## Starts \$6<sup>.50</sup>

**Smashed Avocado Toast** smashed avocado, sprouted wheatberry toast 

**Heirloom Avocado Toast** heirloom tomato, smashed avocado, sprouted wheatberry toast, olive oil, sea salt, pepper 

**House Soup** moroccan coconut lentil soup, lime, cilantro 

**Seasonal Soup** ask about our current seasonal soup

## Kiddos \$5

served with chia pudding or fruit salad

**PB & J | Quesadilla | Grilled Cheese**

## Sandwiches, Wraps, &

## Burgers \$9

served with choice of side

## Veggie Sandwich

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

## Naked Tuna

mayo-free albacore tuna salad (with hummus), arugula, shaved red onion, tomato, cucumber, sprouted wheatberry toast

**add cheese (50¢):** provolone, smoked gouda, or irish cheddar

## Wrapper's Delight

sprouted lentil & kale salad, beet pesto, goat cheese crumbles, cucumber, whole wheat wrap

**choice of protein:** grilled chicken or orange ginger tofu 

## Collard Green Wrap

wasabi hummus, brussels sprout slaw, avocado, tamari ginger dipping sauce, collard green wrap

**choice of protein:** sesame-seared ahi tuna or orange ginger tofu   

## House Burger

sautéed mushrooms, onions, smoked gouda, hummus, tomato, arugula, oat bun

**choice of burger:** lean turkey, house-made veggie, or (+\$1.25) Beyond Meat

## Savory Burger

caramelized onions, gouda, harissa, hummus, arugula, tomato, oat bun

**choice of burger:** lean turkey, house-made veggie, or (+\$1.25) Beyond Meat

## Pesto Burger

kale pesto, roasted pepper, provolone, hummus, arugula, tomato, oat bun

**choice of burger:** lean turkey, house-made veggie, or (+\$1.25) Beyond Meat

**Lettuce wrap available upon request**

## Bowls \$10<sup>.50</sup>

## Sano

honey jalapeño glaze, roasted sweet potato, corn, black beans, scallions, cotija, cilantro, fresh lime, house-made salsa

**choice of base:** brown rice, quinoa, or pulp hash

**choice of protein:** grilled chicken or orange ginger tofu  

## Uma

roasted carrots, broccoli, mushrooms, zucchini, spinach, kale, scallions, tamari, sesame seeds, cilantro, sweet chili-ginger sauce

**choice of base:** brown rice, quinoa, or pulp hash

**choice of protein:** grilled chicken, orange ginger cod, or orange ginger tofu  

## Italian

spaghetti squash, meatballs, garlic, shallots, fresh herbs, tomatoes, arugula, olive oil, shaved parmesan

**choice of protein:** turkey meatballs or lentil meatballs   

## Thai

red bell pepper, basil, broccoli, mushrooms, green onion, drunken noodle sauce,

**choice of base:** soba, rice, or green tea noodles

**choice of protein:** grilled chicken or orange ginger tofu

## Tikka

tikka masala, greek yogurt, edamame, roasted sweet potato, cashew cream, brown rice

**choice of protein:** grilled chicken or orange ginger tofu  

## Bento

broccoli, scallions, roasted carrots, toasted sesame seeds, brussels sprout slaw, chili-lime dressing (served chilled)

**choice of base:** soba, rice, or green tea noodles

**choice of protein:** orange ginger tofu, orange ginger cod, or (+\$2) sesame-seared ahi tuna  

## Salads \$8<sup>.50</sup>

add protein

## Caesar

romaine, kale, tomato, corn, candied pepitas, cotija, parmesan, lemon-Dijon vinaigrette 

## Garden Variety

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

## By the Roots

roasted veggies (beets, sweet potato, & carrots), spinach, arugula, red onion, candied walnuts, goat cheese crumbles, sour apple, pear, fig vinaigrette, honey balsamic reduction  

## Add Protein

to any dish

**Farm Fresh Chicken Breast (\$3)**

**Orange Ginger Tofu (\$2)**

**Wild Salmon (\$4)**

**Sesame-seared Ahi Tuna (\$4)**

**Orange Ginger Cod (\$4)**

## Sides & Extras \$4

**Pulp Hash** roasted sweet potato, butternut squash, brussels sprouts   

**Quinoa Salad** quinoa, beets, shallots, garlic, thai chili, goat cheese, olive oil, balsamic and apple cider vinegar

**Kale Chips** choice of: original, sriracha, cashew ranch   

**Steamed Broccoli**   

**Roasted Root Veggies** beets, sweet potato, carrots

  

**Chia Pudding** chia seeds, vanilla, cashew cream, cinnamon, dates, coconut oil  

**Soup** house or seasonal 

**Fresh-cut Fruit Salad** green apples, pear, strawberry and pineapple   

**Pulp Crackers & Hummus**   

# Coffee & Dessert

Available all day.  
We proudly serve locally roasted coffee from Publik.

## Desserts \$3

**Black Bean Avocado Brownies** organic cacao powder, semi-sweet chocolate chips, black bean, avocado, organic maple syrup, brown sugar, flaxseed, coconut oil, vanilla (available with house-made peanut butter)  

**Chocolate Chip Cookie**  

 paleo compatibility  
 gluten free  
 vegan options available