

Pulse

HEALTH & FITNESS CLUB



SHAKE THIS
NUTRITION BARS
SHAKIN' UP YOUR WORLD

Gainers

All Gainer shakes are 20 oz. blended with three different sources of protein, skim milk and various other quality ingredients. Weight Gainers have at least 550 calories and have a minimum of 55 grams of protein.

\$6.25

Master Blaster™

Be the master of the universe when you blast off with a tropical blend of strawberries, bananas, creatine, glutamine and the energy blend.
Pro-61 • Carb-112
Fat 5 • Cal 735



\$5.25

Large & In Charge™

Make people think there has been an eclipse when you walk by after drinking this mega charged mixture of chocolate and peanut butter.
Pro-58 • Carb-65 • Fat-12 • Cal-595

Chunky Monkey™

Don't let us catch you swinging from the equipment after drinking this creamy combination of caramel and banana.
Pro-55 • Carb-74 • Fat-4 • Cal-558

Maximum Overload™

Don't overload your biceps when trying to curl this popular combination of strawberries and bananas.
Pro-55 • Carb-79 • Fat-4 • Cal-583

Cookie Monster™

We raided the cookie jar to make this thick chocolatey Oreo® extravaganza.
Pro-55 • Carb-75 • Fat-8 • Cal-590

Freakazoid™

Be careful not to scare anybody after drinking this freaky mixture of pineapple juice, bananas and pineapple chunks.
Pro-56 • Carb-102 • Fat-4 • Cal-673

\$4.25

Itty Bitty™

Fit into an Itsy-Bitsy-Teeny-Weeny something (preferably bikini), with this combination of passion/mango, guava and pineapple juices, pineapple and banana.
Pro-20 • Carb-60 • Fat-1 • Cal-328

Tuti-Fruiti™

Wop-bop-aloo-bop-a-wop-bam-boom, Good golly Miss Molly this mixture of raspberry juice, strawberries, blueberries and bananas will shake you up.
Pro-20 • Carb-69 • Fat-2 • Cal-369

The Invisible Man™

Okay, you might not disappear but the fat will after drinking this popular blend of strawberries and bananas.
Pro-20 • Carb-51 • Fat-1 • Cal-293



All Burning shakes are 20oz. blended with Quality Protein Powder and the Fat Stripper Blend. Each also contains a minimum of 20 grams of protein.

BURNERS

\$4.25

Apocalypse Now™

If the end comes you will be ready after drinking this liquid peanut butter cup.
Pro-40 • Carb-48 • Fat-10 • Cal-440

Pump It Up™

Listen to me now and hear me later™ We want to PUMP U-UP™ with this creamy mixture of strawberries and bananas.
Pro-37 • Carb-62 • Fat-3 • Cal-428

No Bake Cookie™

Don't feel guilty if this tastes better than your mom used to make! We won't tell.
Pro-41 • Carb-60 • Fat-10 • Cal-492

Mighty Mouse™

"Here we come to save the day" with a whole bunch of Oreos® and chocolate.
Pro-37 • Carb-58 • Fat-7 • Cal-435

Purple People Eater™

Get ripped and shredded to the bone with this blueberry banana bomb.
Pro-37 • Carb-76 • Fat-3 • Cal-484

Coconut Almond™

You know the old saying, "sometimes you feel like a nut..." Enough said. This tastes just like an Almond Joy®!
Pro-36 • Carb-54 • Fat-2.5 • Cal-385

Caramel Apple™

You'll think that we just picked this shake up at the County Fair! Don't worry, it doesn't come on a stick.
Pro-36 • Carb-65 • Fat-2.5 • Cal-435

German Chocolate Cake™

After drinking this shake, you'll think we have a baker in the back. Enjoy!
Pro-36 • Carb-54 • Fat-2.5 • Cal-385

Buff Boy/Girl™

You will look like you've been sculpted from stone after drinking this delicious blend of chocolate and banana.
Pro-37 • Carb-57 • Fat-2.5 • Cal-403

Candy Bar Craving™

This tastes like a Snickers®, it's so good you'll be looking for the candy bar wrapper in the bottom of your cup.
Pro-40 • Carb-48 • Fat-10 • Cal-440



PB&J™

Jiffy® and Smucker's® will be envious of this shake. It's so much better in a shake than on bread!
Pro-41 • Carb-53 • Fat-11 • Cal-465

Thin Mint™

You'll think we robbed a girl scout after tasting this delicious blend of chocolate mint and Oreos®!
Pro-37 • Carb-73 • Fat-7 • Cal-495

Banana Bonita™

Slim down with this south-of-the-border favorite which includes a delicious blend of pineapple juice, banana, pineapple and coconut.
Pro-20 • Carb-71 • Fat-1 • Cal-373

Butt Buster™

Say good-bye to the Booty and hello to the Hooty with this mixture of raspberry, apple and guava juice, banana, pineapple and strawberries.
Pro-20 • Carb-71 • Fat-1 • Cal-373

Through the Lips, Off the Hips™

Through the teeth and over the gums, look out stomach, here it comes! Chocolate and peanut butter make this a favorite.
Pro-22 • Carb-31 • Fat-9 • Cal-285

BUILDERS

Every Builder shake is 20oz. blended with Quality Protein Powder, skim milk and various other quality ingredients. Muscle Builders have at least 35 grams of protein, are low in fat and can be "Jacked Up" with 10 grams of creatine for only \$1.00.

Great Balls of Fire™

Goodness Gracious Great Balls of Fire is what you'll be saying after drinking this Butterfinger® taste-alike which includes bananas, hazelnut and peanut butter.
Pro-41 • Carb-61
Fat-10 • Cal-498

Specialty COFFEES

Espresso \$1.50

A full bodied coffee characterized by a rich creamy head.

Macchiato \$1.75

A spoonful of froth on a serving of espresso — an Italian specialty.

Cafe Americano \$1.50

A serving of espresso and hot water — a great substitute for drip coffee.

Cappuccino \$2.75

1/3 espresso, 1/3 steamed milk, 1/3 frothed milk — a great way to start your morning!

Cafe Latte \$3.00

A serving of espresso with steamed milk and a spoonful of frothed milk mixed together. (BIGGEST SELLER)



Extra shot of espresso \$.50

Add flavoring to any drink \$.50

We also use numerous sugar free flavorings which include: Hazelnut, Vanilla, Strawberry, Irish Creme, Chocolate, Almond, Carmel, Raspberry, etc....

AVAILABLE AT SELECT LOCATIONS

S.M.O.K.I.N. SMOOTHIES

\$3.99

Your choice of 2 or 3 of the following fruit juices:

Passion/Mango
Guava
Pineapple
Raspberry
Apple



Your choice of 2 or 3 of the following fruits:

Bananas
Strawberries
Blueberries
Raspberries
Pineapple

Please specify "Milk" or "NO-Milk" in your smoothie.

With Milk
Pro-9 • Carb-60
Fat-0 • Cal-276

Without Milk
Pro-1 • Carb-48 • Fat-0 • Cal-196
"Jack it Up" 10 grams of creatine for \$1.00

COFFEE CONCOCTIONS

Espresso Eskimo

You will think somebody froze your mocha latte after drinking this frozen chocolatey coffee favorite.

As a Gainer (20 oz) **\$5.25**
Pro-54 • Carb-61 • Fat-4 • Cal-508

As a Builder (20 oz) **\$4.25**
Pro-36 • Carb-42 • Fat-2 • Cal-300

As a Burner (20 oz) **\$4.25**
Pro-18 • Carb-17 • Fat-1 • Cal-190

Ask for your Eskimo to ride a "White Zebra" and we'll make it frozen vanilla latte.

Ask for your Eskimo to be an "Insomniac" and we'll give you a double shot of espresso. (add \$.50)

CARB DEPLETED SHAKES

\$3.50

Please specify "Milk" or "NO-Milk"

With Milk
Pro-40 • Carb-20 • Fat-3 • Cal-260

Without Milk
Pro-32 • Carb-8 • Fat-3 • Cal-180

Possible flavors:
Chocolate, Vanilla,
Strawberry Vanilla,
Chocolate Carmel
Hazelnut Vanilla,
Raspberry Vanilla

ADD ONS for \$1.00

Meal Replacement Powder

An ideal protein powder to use for a meal replacement. This is our most popular and highest quality protein powder.
Pro-10 • Carb-15 • Fat-1 • Cal-110

Whey Protein

Lactose free and easy for your body to digest, absorb and use. Pro-16 • Carb-4 • Fat-1 • Cal-90

Creatine (10 Grams)

Creatine can be one of the muscles main sources of energy. Creatine forces fluid into the muscle which in return helps muscles recover faster, handle heavy loads and have more endurance. (which all lead to quicker muscle growth) Ask for any shake "Jacked Up"

Glutamine (5 Grams)

Aids in muscle recovery by increasing blood levels to help the body regulate protein synthesis. High levels of glutamine signal a need for growth hormone.

SUPPLEMENT BLENDS

Add any of these blends to your shake for \$.50 or have a Stand Alone Shot with your choice of juice for \$1.50, shaken, not stirred.

Smart Blend

Einstein Who? Get the creative juices flowing with this brain wave wonder.

Multi Vitamin Blend

Forget to eat your veggies today, no problem. Vitamin A, Thiamin B1, Riboflavin B2, Niacin B3, Vitamin B6, Vitamin B12, Biotin, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Panthothenic Acid, Calcium, Iodine, Iron, Magnesium, Phosphorus, Potassium, Sodium, Copper, Zinc

Relaxing Blend

Take a chill pill, everything is groovy baby with this nerve calming combo.

Energy Blend

If your wagon is draggin', get dialed up and plugged in with this movement making combo.

Love Potion Blend

Fuscious say, nobody's happy unless mama's happy. Don't be rude. Get in the mood.

Fat Stripper Blend

Keep your jeans from looking like spandex with this blend of herbs, supplements and fat burning agents.