




# PICK ONE OF THESE:

<p>LOW CARB WHOLE WHEAT <b>WRAP</b> 6<sup>92</sup></p> 	<p>SUPER-CHARGED <b>PLATE</b> w/ BROWN RICE 8<sup>30</sup></p> 	<p><b>SALAD</b> 7<sup>61</sup></p> 
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## THEN:




PICK A	ADD A	TOP WITH A	FINISH WITH
<p><b>LEAN PROTEIN</b></p> <p>MARINATED CHICKEN BREAST</p> <p>12-HOUR TURKEY BREAST</p> <p>MOM'S LEAN BRAISED BEEF</p> <p>SPICY GROUND BISON</p> <p>TODAY'S VEGETARIAN OPTION</p>	<p>NUTRIENT-DENSE <b>VEGETABLE OR LEGUME</b></p> <p>STEAMED BABY SPINACH</p> <p>STEAMED BROCCOLI</p> <p>VEG MEDLEY</p> <p>STEAMED SWEET POTATOES</p> <p>BALSAMIC MARINATED PORTABELLAS</p> <p>3-BEAN VEGETARIAN CHILI</p> <p>LENTIL SOUP</p>	<p><b>BOLD FLAVOR</b></p> <p>ROMA TOMATOES w/BASIL</p> <p>MARINATED CUCUMBERS &amp; FRESH DILL</p> <p>"COOL GREEN"</p> <p>"SWEET RED" w/ CHERRY PEPPERS</p> <p>CARAMELIZED GREEN PEPPERS &amp; ONIONS</p>	<p><b>GOOD FATS</b></p> <p>GRASS FED CHEDDAR</p> <p>REDUCED FAT SWISS</p> <p>~~~~~</p> <p>HOUSE-MADE HUMMUS +1<sup>15</sup></p> <p>FRESH-MADE LITE GUACAMOLE +1<sup>15</sup></p>

<b>B'FAST</b>	HEALTHY BURRITO 3 <sup>69</sup>	BREAKFAST SANDWICH 3 <sup>69</sup>	GREEK YOGURT w/ TOPPING 3 <sup>69</sup>	OATMEAL w/ TOPPING 3 <sup>69</sup>	7-GRAIN MINI PANCAKES 3 <sup>23</sup>	BAKED EGG WHITE OMELET 4 <sup>61</sup>
<b>ENERGY SHAKES</b>	MOCHA ROCKET 4 <sup>61</sup>	PEANUT BUTTER DREAM 6 <sup>00</sup>	DARKBERRY 5 <sup>08</sup>	SMOOTH SAILING 4 <sup>61</sup>	SUNBURST 5 <sup>08</sup>	PRO-OMEGA 6 <sup>92</sup>
<b>OTHER THINGS</b>	SOUPS 3 <sup>46</sup>	SIDES 2 <sup>08</sup>	BAKED SWEET POTATO CHIPS 1 <sup>85</sup>	BAKED PITA CHIPS 1 <sup>85</sup>		
<b>FRESH-SQUEEZED JUICES</b>	ORANGE • APPLE • GRAPEFRUIT • CARROT 3 <sup>46</sup>			CUCUMBER • CELERY • SPINACH • BEET • GINGER +4 <sup>6</sup> EA. ADD'L		
<b>DRINKS</b>	MIGHTY LEAF ORGANIC ICED TEA 1 <sup>85</sup>	BOTTLED DRINKS 2 <sup>08</sup>	POLAND SPRING WATER 1 <sup>61</sup>	1 LITER FIJI WATER 3 <sup>00</sup>	KOBRIK'S COFFEE 1 <sup>85</sup>	



PINE & PEARL  
212.785.1110

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<b>DRINKS</b>	MIGHTY LEAF ORGANIC ICED TEA 1 <sup>85</sup>	BOTTLED DRINKS 2 <sup>08</sup>	POLAND SPRING WATER 1 <sup>61</sup>	1 LITER FISI WATER 3 <sup>00</sup>	KOBRIK'S COFFEE 1 <sup>85</sup>	

Miss your old favorite (Popeye, Baseball)? We can still make it... **JUST ASK!**

# THE PUMPS SECRET FORMULA

Combining items from each of the groups below has a positive cumulative effect greater than the individual components. You absorb more nutrients, avoid the dreaded sugar spike, and get more sustained energy. You'll feel fuller and eat lesser. It's building the perfect meal.

## WHOLE GRAINS

They're loaded with fiber. Your body takes longer to digest these and absorb their nutrients, giving you long-lasting energy. Bonus points: helps curb sugar cravings.

	Serving	Calories	Unsat Fat (g)	Sat Fat (g)	Total Fat (g)	Fiber (g)	Carbs (g)	Protein (g)	Sodium (mg)
Brown Rice	1.5 cup	270	2	0	2	4	57	6	2
Wrap - 12" low carb, whole wheat	1 ea	140	5	0	5	20	28	14	560
Mixed Greens	3 oz wt	15	0	0	0	2	4	1	18

## LEAN PROTEINS

Marinated Chicken Breast	3.5	150	3	1	4	0	0	27	222
12-hour Turkey	2.75 oz wt	*	*	*	*	*	*	*	*
Mom's Lean Braised Beef	2.5 oz wt	*	*	*	*	*	*	*	*
Ground Bison	2.5 oz wt	*	*	*	*	*	*	*	*
Tofu	1.5 pc	135	6.5	1.5	9	0	1.5	14	390
Nature Burger	1 pc	190	11.5	1.5	13	3	14	8	320
Baked Falafel	2 pcs	200	3.5	0.05	4	10	32	11	426

## NUTRIENT-DENSE VEGETABLES & LEGUMES

Spinach - steamed	1 oz wt	5	0	0	0	<1	1	<1	22
Broccoli - steamed	2 oz wt	15	0	0	0	2	3	2	15
Mixed Vegetables - steamed	2 oz wt	15	0	0	0	2	3	1	12
Sweet Potato	2 oz wt	45	0	0	0	2	10	1	18
Mushrooms	1.25 oz wt	20	<1	0	<1	<1	2	1	3
Vegetarian Chili	6 fl oz	100	0	0	0	4	20	5	291
Lentil Soup	6 fl oz	130	1.5	0	1.5	5	22	9	234

## BOLD FLAVORS

Roma Tomato & Basil	1.5 oz wt	15	1	0	1	<1	2	0	2
Cucumber & Fresh Dill	1.5 oz wt	10	0	0	0	0	<1	0	1
Cool Green	1 fl oz	*	*	*	*	*	*	*	*
Sweet Red	1 fl oz	20	0	0	0	0	4	0	41
Honey Mustard	1 fl oz	35	0	0	0	0	5	0	158
Green Peppers & Onions	*	*	*	*	*	*	*	*	*

## GOOD FATS

Cheese - Cheddar	1 oz wt	110	3	6	9	0	<1	7	2
Cheese - Swiss	1 oz wt	35	0	0	0	0	1	7	227
Hummus	1scp/80g	140	4.5	0.05	5	3	19	6	220
Guacamole	1scp/95g	135	10	2	12	6	8	2	97

There's more to digest. Check out Adam's blog at:  
[www.pumpenergyfood.com](http://www.pumpenergyfood.com)



## NUTRIENT-DENSE VEGETABLES

The darker their color, the richer they are in antioxidants and other good stuff. Cauliflower also rocks, despite its humble pallor.

## LEAN PROTEINS

Chock full of amino acids, the building blocks of life. Lean proteins give you muscle energy (and muscle repair, like after a workout) and make you feel full.

## GOOD FATS & LEGUMES

Beans have four times the fiber of oats, lots of nutrients, and postpone hunger. Your body needs good fats, which help your heart and boost your immune system.

## BREAKFAST

	Serving	Calories	Unsat Fat (g)	Sat Fat (g)	Total Fat (g)	Fiber (g)	Carbs (g)	Protein (g)	Sodium (mg)
Breakfast Burrito	1	170	6.5	0.5	7	15	24	16	435
Breakfast Sandwich	1	160	1	0	1	2	27	12	291
Greek Yogurt	*	*	*	*	*	*	*	*	*
Oatmeal	12 fl oz	200	3.5	0.5	4	4	32	11	89
Seven Grain Pancake	1 each	230	1.75	0.25	2	4	40	15	426
Eggwhite Omelet - plain	6 oz	90	0	0	0	0	1	20	303

## SHAKES

Mocha Rocket	20 oz vol	250	1	1	2	0	32	27	292
Peanut Butter Dream	20 oz vol	350	8	2	10	1	34	30	291
Darkberry	20 oz vol	205	1	0	1	4	49	4	102
Smooth Sailing	20 oz vol	240	1	0	1	3	50	12	226
Sunburst	20 oz vol	*	*	*	*	*	*	*	*
Pro-Omega	20 oz vol	350	11	2	13	3	42	19	132

## JUICES

Orange	12 fl oz	170	<1	0	<1	1	39	3	4
Apple	12 fl oz	160	0	0	0	0	38	0	14
Grapefruit	12 fl oz	140	<1	0	<1	0	34	2	4
Carrot	12 fl oz	80	0	0	<1	0	18	2	132
Cucumber	1 fl oz	4	0	0	0	0	1	0	0
Beet	1 fl oz	12	0	0	0	0	3	0	22
Ginger	1 fl oz	10	0	0	0	0	2	0	2
Spinach	1 fl oz	7	0	0	0	0	1	1	22
Celery	1 fl oz	2	0	0	0	0	0.5	0	12

## OTHER THINGS

Carob Chip Protein Muffin	1 pc	220	0.5	3.5	4	7	43	8	235
Blueberry Protein Muffin	1 pc	160	<1	0	<1	8	35	8	235
Oatmeal Raisin Protein Cookie	1 pc	250	3	0	3	5	45	12	58
Carob Chip Protein Cookie	1 pc	290	3	3	6	5	47	12	57
Lentil Soup	12 oz vol	260	2.5	0.5	3	9	45	17	468
Chicken Soup	12 oz vol	140	2.5	0.5	3	4	15	13	431
Vegetarian Chili	12 oz vol	210	<1	0	<1	9	40	11	582
Steamed Spinach	3.5 oz wt	20	<1	0	<1	3	3	3	78
Steamed Mixed Veg	7 oz wt	55	<1	0	<1	5	12	4	43
Steamed Broccoli	5 oz wt	40	<1	0	<1	4	7	4	38
Side Salad	8 oz vol	20	<1	0	<1	2	5	1	20
Side of Hummus	1scp/80g	140	4.5	0.5	5	3	19	6	220
Side of Guacamole	1scp/95g	135	10	2	12	6	8	2	97
Steamed Sweet Potato	9 oz vol	200	<1	0	<1	8	47	5	81
Sweet Potato Chips	*	*	*	*	*	*	*	*	*
Pita Chips	*	*	*	*	*	*	*	*	*

## DRINKS

Kobrick's Coffee	16 oz	5	0	0	0	0	0	0	9
Kobrick's Iced Coffee	20 oz	0	0	0	0	0	0	0	0
Mighty Leaf Iced Tea	20 oz	0	0	0	0	0	0	0	0

\* Sent to the lab, numbers coming soon.