

## Fresh Fruit Smoothies

Small 16oz - \$5.50    Medium 20oz - \$6.50    Large 24oz - \$7.50

### Verry Berry

Apple Juice, Strawberry,  
Blueberry

### Berry Dreams

Cranberry Juice, Strawberry,  
Blueberry

### Peach Pineapple Plunge

Pineapple Juice, Peaches,  
Mango

### Synful Sweetness

Skim Milk, Banana,  
Honey

### Chai Strength

Oregon Chai, Soy Milk,  
Banana

### Additional Protein Powder

Chocolate, Vanilla, Strawberry  
Per Scoop  
\$1.00

### Peanut Butter Cup

Skim Milk, Banana,  
Peanut Butter, Chocolate Syrup

### Banana Bunch

Apple Juice, Banana,  
Peaches

### Mango Mania

Mango, Pineapple Juice,  
Banana

### Mocha Madness

Skim Milk, Banana, Espresso,  
Chocolate Syrup

### George's Post Work Out Tonic

Myoplex, Skim Milk, Blueberry, Ba-  
nana, Honey

### Additional Fruits

Banana, Strawberry, Blueberry,  
Mango, Pineapple  
\$0.75

## Fresh Juice Bar

16oz - \$6.95

Up To 5 Selections:

Red Apple - Green Apple - Celery - Beets - Ginger - Carrots - Orange - Lemon - Pineapple  
Lime - Grapefruit - Cucumber - Kiwi - Spinach - Tomato - Peppers - Broccoli - Blueberry

## Cold Beverages

16oz Poland Springs	\$1.50
24oz Poland Springs	\$2.25
1 Liter Poland Springs	\$3.00
20oz Soda Bottles	\$2.00
Vitamin Water	\$2.50
Gatorade	\$2.50
Borba Skin Water	\$4.50
Protein Drinks	\$5.00
San Pellegrino	\$2.50
VitaCoco Water	\$3.00
Fresh OJ / Grapefruit	\$4.00
Myoplex	\$5.00

## Hot Beverages

Coffee	Sm. \$1.25	Lg. \$2.00
Hot Teas	Sm. \$1.25	Lg. \$2.00
Iced Coffee	Sm. \$1.25	Lg. \$2.00
Iced Tea	Sm. \$1.25	Lg. \$2.00
Espresso	Sm. \$2.00	Lg. \$3.00
Mochaccino	Sm. \$2.75	Lg. \$3.75
Cappuccino	Sm. \$2.75	Lg. \$3.75
Latte	Sm. \$2.75	Lg. \$3.75
Café Aulait	Sm. \$2.75	Lg. \$3.75
Americano	Sm. \$2.75	Lg. \$3.75
Hot Chocolate	Sm. \$2.75	Lg. \$3.75
Chai Latte	Sm. \$2.75	Lg. \$3.75



Full-Service Catering Available

## Café Menu

In the Heart of Rockefeller Center  
Pulse Café located at The Sports Club/LA  
45 Rockefeller Plaza, New York, NY 10111  
Phone: 212.218.8666  
[www.pulse-restaurant.com](http://www.pulse-restaurant.com)

## Café Hours

Monday - Friday      6:00am - 9:00pm  
Saturday - Sunday    9:00am - 5:00pm  
Serving Breakfast, Lunch, Dinner  
Contemporary American Cuisine

## Contact

Nick Castiglione - GM  
[nick@pulse-restaurant.com](mailto:nick@pulse-restaurant.com)  
212.218.8663

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## Breakfast

<b>Three-Egg Omelet</b> Choice of Three Toppings, Toast and Home Fries	\$5.95
<b>Breakfast Burrito</b> Eggs, Black Beans, Corn, Mixed Peppers, Rice, Cheddar, Salsa, on Tortilla Wrap	\$5.95
<b>Three-Eggs Scrambled</b> Toast and Home Fries	\$4.75
<b>Breakfast Sandwich</b> Choice of Cheese, Bacon, Ham or Sausage on English Muffin	\$4.75
<b>Pancakes</b> Stack of Three - Whole Wheat or Regular	\$5.25
<b>Bagel / English Muffin</b> Plain, Everything, Sesame, Cinnamon-Raisin, Honey Wheat	\$1.25
<b>Assorted Spreads</b> Light Plain, Scallion, Light Vegetable, and Peanut Butter	\$0.75
<b>Strawberry or Grape Jelly</b>	\$0.50
<b>Yogurt Parfait</b> Choice of Low-Fat Vanilla, Strawberry Yogurt, or Low-Fat Cottage Cheese Served with Granola and Fresh Berries	\$4.25
<b>Hot Oatmeal w/One Topping</b> 12oz Small 16oz Large Additional Toppings Additional Fresh Fruit	\$2.95 \$3.95 \$0.50 \$1.00
<b>Fruit Salad Bowl</b>	\$4.95
<b>Sides</b> Homefries Baguette Hard-Boiled Eggs (Two) Toast (Multi-Grain or White)	\$2.00 \$2.00 \$2.00 \$1.00
<b>Snacks</b> Small Protein Cookie Large Cookie Fage Yogurt Assorted Fresh Baked Muffins Bag of Chips Nature's Valley Bars Cliff Luna Bars Protein Bars Cereal Cup w/Milk Cheese & Crackers Crudité's Cup	\$3.00 \$3.00 \$3.00 \$2.50 \$2.00 \$2.00 \$3.00 \$3.75 \$2.95 \$4.00 \$4.95

## Lunch / Dinner

<b>Daily Bowl of Soup</b> Small 12oz Large 16oz	\$4.50 \$5.50
<b>Poultry Entrée</b> Poultry w/One Side Poultry w/Two Sides	\$8.00 \$10.00 \$12.00
<b>Seafood Entrée</b> Seafood w/One Side Seafood w/Two Sides	\$8.00 \$10.00 \$12.00
<b>Protein Entrée</b> Protein w/One Side Protein w/Two Sides	\$8.00 \$10.00 \$12.00
<b>Steak Entrée</b> Steak w/One Side Steak w/Two Sides	\$8.95 \$13.90 \$15.95
<b>Side Dishes</b> Grain, Legume, Pasta, Vegetable, Tofu	4oz \$4.00
<b>Hot Pressed Panini</b> BBQ Chicken, Chicken Marinara, Turkey Pesto, Ham & Salami	\$7.95
<b>Pasta Bar</b> Choice of Pasta, Sauce, and Up to Three Toppings	\$9.95
<b>Turkey / Veggie Burger</b> Lettuce, Tomato, Choice of Bun or Toast with Greens	\$7.95
<b>Sizzling Teriyaki Stir-Fry</b> Vegetable, Chicken, or Steak Served with Brown Rice	\$9.95
<b>Quesadillas</b> Chicken, Pepper Jack Cheese, Chipotle Served with Sour Cream and Salsa	\$7.95
<b>Children's Menu</b> Grilled Cheese Sandwich Peanut Butter & Jelly Mac & Cheese	\$3.50 \$3.50 \$3.50

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## Sandwich/Wraps

<b>Create Your Own Sandwich</b> 1 Meat, 1 Cheese, 2 Toppings Full Sandwich Half Sandwich	\$7.95 \$4.95
<b>Sandwich Combos</b> Half Sandwich and Small Soup Half Sandwich and Small Salad	\$8.95 \$8.95
<b>Pulse Health Sandwich</b> Grilled Veggies, Cucumber, Alfalfa Sprouts, and Tomato	\$7.95
<b>California Chicken Sandwich</b> Grilled Chicken, Roasted Peppers, Avocado, Lettuce, and Tomato	\$7.95
<b>Jeff's Steak Sandwich</b> Grilled Steak, Mozzarella, Avocado	\$7.95
<b>Smokey T</b> Turkey Breast, Avocado, Turkey-Bacon, Lettuce and Tomato	\$7.95
<b>Chicken Pesto</b> Grilled Chicken Breast, Fresh Pesto, Mixed Greens, and Tomato on Roll	\$7.95
<b>Egg Salad Sandwich</b> Eggs, Onion, Celery Light Mayo Dijon Mustard on Toasted Multigrain	\$6.95
<b>Cobb Sandwich</b> Turkey, Bleu Cheese, Spinach, Romaine, Avocado, Bacon, on Tortilla Wrap	\$7.95
<b>Egg Salad Sandwich</b> Fresh Mozzarella, Tomato, Basil, Extra Virgin Olive Oil and Balsamic Vinaigrette on Baguette, Cold or Pressed	\$7.95
<b>Steak and Cheese</b> Roast Beef, Red Onions and Peppers, Provolone Cheese and Teriyaki Sauce on Wrap, Pressed	\$7.95
<b>Turkey Avocado Melt</b> Turkey, Avocado, Swiss Cheese, Bacon and Light Mayonnaise on a Baguette, Pressed	\$7.95
<b>Tuna Melt</b> Tuna Salad, Provolone, Tomato on Multigrain	\$7.95
<b>Chicken Salad Sandwich</b> Golden Raisins, Lettuce, Tomato, Light Mayo on Toasted Baguette	\$7.95

## Salads

<b>Fresh Tossed Grab N' Go Salads</b> Chicken Caesar Salad Cobb Salad	\$9.95 \$9.95
<b>Salad Combos</b> Small Salad and Small Soup Small Salad and Half Sandwich	\$8.95 \$8.95
<b>Design Your Own Salad</b> Choose Your Topping Large 64oz Medium 32oz Small 16oz	\$9.95 \$7.50 \$4.95
<b>Large - 7 Toppings</b> <b>Medium - 5 Toppings</b> <b>Small - 3 Toppings</b>	
<b>Greens</b> Romaine, Mixed Greens, or Spinach	
<b>Toppings</b> Broccoli, Beets, Black Beans, Broccoli, Carrots, Cashew, Cauliflower, Celery, Chick Peas, Chinese Noodles, Corn, Croutons, Cucumber, Green Beans, Green Peas, Jalapeno, Mandarin Orange, Mixed Peppers, Mushroom, Pinenuts, Radish, Raisins, Red Onion, Roasted Peppers, Sliced Almond, Black Olives, Snow Peas, Sprouts, Sunflower Seeds, Tofu, Water Chestnut, White Beans	
<b>Cheeses</b> Cottage, Goat, Parmesan, Feta, Bleu, Cheddar	
<b>Meats</b> Grilled Chicken, Spicy Chicken, Chicken Salad, Roasted Turkey, Turkey-Bacon, Tuna, Bacon, Hard-Boiled Egg, Egg Whites	
<b>Extras</b> Avocado Salmon / Steak / Shrimp	\$2.00 \$4.00
<b>Dressings</b> Asian Sesame, Caesar, Balsamic Vinaigrette, Honey Dijon, Low-Fat French, Bleu Cheese, Low -Fat Italian, Low-Fat Ranch, Red Wine Vinegar, Balsamic Vinegar, Extra Virgin Olive Oil, Low- Fat Russian, Lemon Juice, Fat-Free Raspberry Vinaigrette, Tomato Basil	

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