



# OUR SUPER JUICY MENU

## The nitty-gritty details

## A message from Janine

“I must make more time for broccoli.” said nobody, ever.

The truth is, life can be a whirlwind at times – and making time for your health fix is often the last thing on your mind.

That’s where Boost comes in. We are on a mission to make healthy living easier. We don’t like to take life too seriously, but health is one thing we do. We believe that we should aim to eat and drink foods that offer nutritional benefits and fuel for the body and that’s why we put real fruit and veggies into our smoothies and juices.

And let’s face it: squeezing and blending every drop of flavour and goodness out of quality produce is a better recipe for success than popping the latest diet pills. We’re convinced you’ll agree.

boostjuice.com.au

So here’s the deal: if, after two sips, you don’t love your Boost Juice, we’ll be happy to replace it. And if your favourite item isn’t on the menu, or you’ve a funkier mix in mind, just shout out and we’ll serve it right up.

Healthy is one thing, however we also want to make sure you’re happy. That’s our guarantee to you. So if we’ve done something right or something wrong, don’t be shy – let us know! It really is the best way we can improve.

And on one final note... if you want to know all the facts, figures and allergy advice on our products, you’ll find all the info you need right here.

Here’s to loving life!



Janine Allis  
Founder - Boost Juice Bars

@janineboost

### MOST POPULAR

- Mango Magic**  
Mango, banana, mango nectar, vanilla yoghurt & ice  
[orig 1820 kJ med 1410 kJ jnr 1110 kJ]
- Banana Buzz**  
Banana, honey, low fat milk, vanilla yoghurt & ice  
[orig 1800 kJ med 1460 kJ jnr 1040 kJ]
- Passion Mango**  
Mango, passionfruit, tropical juice, sorbet, mango yoghurt & ice  
[orig 1820 kJ med 1350 kJ jnr 1010 kJ]
- Janine’s Favourite**  
Raspberries, banana, mango nectar, mango yoghurt & ice  
[orig 1730 kJ med 1330 kJ jnr 1110 kJ]
- King William Chocolate**  
Chocolate, banana, low fat milk, vanilla yoghurt & ice  
[orig 1830 kJ med 1390 kJ jnr 1080 kJ]
- Raspberry Rippe**  
Raspberries, chocolate, coconut milk, low fat milk, sorbet, strawberry yoghurt & ice  
[orig 2000 kJ med 1570 kJ jnr 1100 kJ]
- Tropical Storm**  
Mango, banana, tropical juice, coconut milk, mango yoghurt & ice  
[orig 1710 kJ med 1320 kJ jnr 1050 kJ]
- Blueberry Blast**  
Blueberries, banana, apple juice, sorbet, vanilla yoghurt & ice  
[orig 1770 kJ med 1340 kJ jnr 1050 kJ]
- All Berry Bang**  
Strawberries, raspberries, blueberries, apple juice, strawberry yoghurt & ice  
[orig 1460 kJ med 1110 kJ jnr 874 kJ]
- Strawberry Squeeze**  
Strawberries, banana, apple juice, strawberry yoghurt & ice  
[orig 1580 kJ med 1230 kJ jnr 902 kJ]
- Green Tea Mango Mantra†**  
Mango, green tea\*, mango nectar, vanilla yoghurt, sorbet & ice + immunity booster\*\*  
[orig 1990 kJ med 1460 kJ jnr 1395 kJ]
- Watermelon Crush**  
Freshly juiced watermelon, tropical juice, sorbet & ice  
[orig 916 kJ med 736 kJ jnr 590 kJ]
- Mango Tango Crush**  
Mango, passionfruit, mango nectar, tropical juice, sorbet & ice  
[orig 1410 kJ med 1130 kJ jnr 805 kJ]
- Berry Crush**  
Raspberries, strawberries, blueberries, apple juice, sorbet & ice  
[orig 1180 kJ med 936 kJ jnr 743 kJ]
- Tropical Crush**  
Mango, banana, tropical juice, sorbet & ice (orig 1340 kJ med 1070 kJ jnr 849 kJ)
- Lemon Crush**  
Freshly squeezed lemon & orange, sorbet & ice  
[orig 816 kJ med 623 kJ jnr 490 kJ]
- Lychee Crush**  
Lychee, mango nectar, tropical juice, sorbet & ice  
[orig 1340 kJ med 983 kJ jnr 763 kJ]

The average adult daily energy intake is 8700 kJ

### CALORIE COUNTERS

UNDER 200 CALORIES ALSO AVAILABLE IN ORIGINAL SIZE

- Caribbean Green**  
Mango, passionfruit, banana, spinach, mango nectar, coconut milk, coconut water & ice  
[med 812 kJ jnr 687 kJ]
- Wondermelon†**  
Strawberries, freshly juiced watermelon, strawberry yoghurt, whey protein & ice + superfruit booster  
[med 651 kJ jnr 576 kJ]
- Grape Escape**  
Grapes, spinach, pineapple, banana, coconut water & ice  
[med 682 kJ jnr 509 kJ]
- Mango Mirage†**  
Mango, pineapple, banana, orange, ginger, coconut water, coconut milk, whey protein & ice + lucuma powder & immunity booster\*\*  
[med 809 kJ jnr 515 kJ]
- Pure Eden†**  
Apple, pineapple, grapes, kale, spinach, cucumber, lemon, banana, mint, coconut water & ice + all greens booster  
[med 505 kJ jnr 361 kJ]
- Red Royale†**  
Pomegranate, raspberries, strawberries, blueberries, beetroot, basil, banana, apple, pineapple, dates, coconut water & ice + superfruit booster  
[med 723 kJ jnr 461 kJ]

### PROTEIN & ENERGY

- Gym Junkie†**  
Strawberries, banana, low fat milk, strawberry yoghurt, vanilla yoghurt, whey protein & ice (20.5 g of protein\*)  
[orig 1630 kJ med 1170 kJ]
- Energy Lift†**  
Mango, banana, tropical juice, mango yoghurt & ice + energiser booster\*  
[orig 1740 kJ med 1350 kJ]
- Brekkie to Go-Go†**  
Banana, muesli, honey, low fat milk, vanilla yoghurt & ice + energiser booster\*  
[orig 2560 kJ med 1910 kJ]
- Weekend Warrior†**  
Banana, blueberries, oats, dates, coconut water, whey protein, chia seeds & ice (21.1 g of protein\*)  
[orig 1490 kJ med 1160 kJ]
- Protein Supreme†**  
Banana, muesli, dates, honey, coconut water, coconut milk, whey protein, chia seeds, cinnamon & ice + immunity\*\* & vita boosters (30.1 g of protein\*)  
[orig 2370 kJ med 1540 kJ]

### FRESH JUICE BAR

- Two & Five Juice†**  
Freshly squeezed orange, apple, carrot, cucumber, celery, beetroot, spinach & ice + vita booster  
[orig 710 kJ med 535 kJ jnr 405 kJ]
- Wild Berry Juice†**  
Freshly juiced pineapple, apple, raspberries, strawberries, blueberries & ice + energiser booster\*  
[orig 919 kJ med 728 kJ jnr 403 kJ]
- Immunity Juice†**  
Freshly juiced watermelon, freshly squeezed orange, strawberries & ice + immunity booster\*\*  
[orig 621 kJ med 477 kJ jnr 360 kJ]
- Energiser Juice†**  
Freshly squeezed orange, strawberries, banana & ice + energiser booster\*  
[orig 850 kJ med 555 kJ jnr 437 kJ]
- Veggie Garden**  
Cucumber, spinach, celery, carrot, orange, chia seeds & ice  
[orig 722 kJ med 513 kJ jnr 406 kJ]
- Mint Condition**  
Mint, apple, spinach, cucumber, celery & ice  
[orig 610 kJ med 447 kJ jnr 333 kJ]

EXTRAS coconut water | extra fruit | soy milk

DON'T SEE YOUR FAVOURITE? JUST ASK.

### CREATE YOUR OWN JUICE

- START HERE**
- Apple
  - Carrot
  - Coconut water
  - Orange
  - Pineapple
  - Watermelon
- THEN add**
- Banana
  - Basil
  - Beetroot
  - Blueberry
  - Celery
  - Cucumber
  - Dates
  - Ginger
  - Grapes
  - Kale
  - Lemon
  - Mango
  - Mint
  - Passionfruit
  - Pomegranate
  - Raspberry
  - Spinach
  - Strawberry

PLUS, ASK FOR A BOOSTER! †

### Give your juice or smoothie an extra boost!

### BOOSTERS POWERPACK CHOOSE ANY 3 BOOSTERS

- All greens†**  
A blend of wheatgrass, alfalfa, barley grass, spinach, spirulina and broccoli plant powders
- Chia seeds**  
An awesome plant-based source of omega 3
- Energiser\*\*†**  
Refresh and energise with guarana extract, ginseng extract, taurine and vitamin E (vitamin E – 50% RDI)
- Immunity\*\*†† (vit A & C)**  
Supports a healthy immune system with green tea extract, echinacea extract, vitamins A and C
- Protein†**  
Whey protein to support muscle growth as part of a healthy nutritious diet
- Lucuma powder†**  
Made from the lucuma fruit, it is gluten free, low fat and helps Boost your energy levels throughout the day
- Superfruit†**  
With cranberry, acai berry extract, pomegranate, goji berries, it's packed with antioxidants!
- Vita†**  
At least 10% of your RDI of essential vitamins and minerals (vitamin A, B12, C, D, E, niacin, riboflavin, pyridoxine, pantothenic acid, thiamine, folic acid, biotin; minerals sodium phosphate, magnesium oxide, ferrous sulphate, zinc sulphate, copper gluconate, manganese sulphate and potassium iodide)  
RDI: Recommended daily intake

\* Contains caffeine.  
† For original size.  
† Boosters not suitable for children under 15 years or pregnant women, except for chia seeds.  
For full ingredients refer to boostjuice.com.au.  
‡ Our whey protein does not contain gluten. Soy milk is gluten, dairy and lactose free. Boost sorbet products contain wheat and gluten. For the most up-to-date ingredient listing please refer to our website boostjuice.com.au.  
We've made sure that all the nitty gritty info in this flyer is correct at the time of printing.

Please note that sometimes some products may not be available in all stores.  
Our kids collectable cups are 250 mL, and our green enviro cups are 450 mL.  
Fruit changes with the seasons, and as most of our products are made fresh, the nutritional profile and flavour can vary. The nutrition information is based on low fat milk for drinks displayed with the low fat milk or soy option. Whenever changes in nutrition information and recipes occur, we'll do our very best to keep you in the loop.







# OUR SUPER JUICY MENU



## The nitty-gritty details MEDIUM SIZE 450mL

### FACTS & FIGURES

Important to know on the go

		Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
Kilojoules	Calories	Total	-saturated		Total	-sugars				
MOST POPULAR	All Berry Bang	1110 kJ	266 Cal	6.0 g	3.9 g	2.5 g	55.6 g	49.7 g	0.8 g	112 mg
	Banana Buzz	1460 kJ	349 Cal	13.1 g	4.1 g	2.6 g	63.4 g	55.2 g	1.3 g	194 mg
	Berry Crush	936 kJ	224 Cal	1.7 g	0.6 g	0.2 g	52.5 g	48.7 g	1.4 g	15 mg
	Blueberry Blast	1340 kJ	321 Cal	4.7 g	2.7 g	1.6 g	69.4 g	61.9 g	1.0 g	70 mg
	Green Tea Mango Mantra <sup>†</sup>	1460 kJ	349 Cal	4.3 g	2.7 g	1.6 g	76.1 g	68.1 g	1.9 g	72 mg
	Janine's Favourite	1330 kJ	318 Cal	5.8 g	4.0 g	2.5 g	63.3 g	56.6 g	1.7 g	112 mg
	King William Chocolate	1390 kJ	333 Cal	13.6 g	4.9 g	3.1 g	56.9 g	50.2 g	2.0 g	245 mg
	Lemon Crush	623 kJ	149 Cal	2.1 g	0.6 g	0.1 g	33.8 g	32.0 g	0.4 g	13 mg
	Lychee Crush	983 kJ	235 Cal	1.4 g	0.5 g	0.1 g	55.6 g	52.7 g	0.8 g	13 mg
	Mango Magic	1410 kJ	336 Cal	5.9 g	4.0 g	2.5 g	67.7 g	59.8 g	2.0 g	112 mg
	Mango Tango Crush	1130 kJ	270 Cal	2.2 g	0.7 g	0.2 g	61.8 g	56.8 g	4.4 g	15 mg
	Passion Mango	1350 kJ	323 Cal	5.3 g	2.7 g	1.6 g	68.3 g	61.3 g	3.2 g	65 mg
	Raspberry Ripe	1570 kJ	374 Cal	12.7 g	5.6 g	3.6 g	69.1 g	63.5 g	3.2 g	237 mg
	Strawberry Squeeze	1230 kJ	294 Cal	6.3 g	4.0 g	2.5 g	61.8 g	54.4 g	1.3 g	113 mg
	Tropical Crush	1070 kJ	256 Cal	2.5 g	0.7 g	0.2 g	60.0 g	53.2 g	2.1 g	5 mg
	Tropical Storm	1320 kJ	316 Cal	6.7 g	4.7 g	3.0 g	61.0 g	52.5 g	1.8 g	107 mg
Watermelon Crush	736 kJ	176 Cal	1.7 g	0.7 g	0.1 g	40.9 g	38.4 g	0.4 g	6 mg	
CALORIE COUNTER	Caribbean Green	812 kJ	194 Cal	2.0 g	2.0 g	1.1 g	39.1 g	33.1 g	5.3 g	50 mg
	Grape Escape	682 kJ	163 Cal	2.4 g	0.4 g	LESS THAN 0.1 g	34.5 g	30.4 g	5.8 g	51 mg
	Mango Mirage <sup>†</sup>	809 kJ	193 Cal	7.4 g	2.7 g	1.4 g	33.8 g	26.3 g	4.8 g	79 mg
	Pure Eden <sup>†</sup>	505 kJ	121 Cal	1.8 g	0.3 g	LESS THAN 0.1 g	25.2 g	22.3 g	4.8 g	58 mg
	Red Royale <sup>†</sup>	723 kJ	173 Cal	2.0 g	0.4 g	LESS THAN 0.1 g	35.7 g	30.7 g	6.7 g	59 mg
	Wondermelon <sup>†</sup>	651 kJ	156 Cal	10.2 g	1.9 g	0.9 g	23.0 g	21.0 g	4.9 g	75 mg
FRESH JUICE BAR	Energiser Juice <sup>†</sup>	555 kJ	132 Cal	2.1 g	0.4 g	LESS THAN 0.1 g	28.5 g	25.5 g	2.2 g	18 mg
	Immunity Juice <sup>†</sup>	477 kJ	114 Cal	1.8 g	0.7 g	LESS THAN 0.1 g	23.9 g	23.8 g	1.8 g	15 mg
	Mint Condition	447 kJ	107 Cal	1.4 g	0.2 g	LESS THAN 0.1 g	23.9 g	23.9 g	1.1 g	129 mg
	Two & Five Juice <sup>†</sup>	535 kJ	128 Cal	2.3 g	0.3 g	LESS THAN 0.1 g	27.5 g	27.0 g	2.1 g	151 mg
	Veggie Garden	513 kJ	123 Cal	3.8 g	1.8 g	0.2 g	20.8 g	20.4 g	4.0 g	184 mg
	Wild Berry Juice <sup>†</sup>	728 kJ	174 Cal	0.9 g	0.2 g	LESS THAN 0.1 g	40.9 g	40.3 g	1.3 g	24 mg
PROTEIN & ENERGY	Brekkie To Go-Go <sup>†</sup>	1910 kJ	456 Cal	17.1 g	8.2 g	2.9 g	74.6 g	53.7 g	5.1 g	191 mg
	Energy Lift <sup>†</sup>	1350 kJ	322 Cal	6.7 g	4.0 g	2.5 g	64.0 g	54.6 g	2.0 g	104 mg
	Gym Junkie <sup>†</sup>	1170 kJ	279 Cal	14.0 g	3.7 g	2.3 g	46.9 g	39.4 g	1.7 g	177 mg
	Protein Supreme <sup>†</sup>	1540 kJ	369 Cal	20.7 g	6.7 g	1.8 g	52.2 g	35.2 g	7.2 g	184 mg
	Weekend Warrior <sup>†</sup>	1160 kJ	278 Cal	14.7 g	3.9 g	0.9 g	41.9 g	25.4 g	6.5 g	112 mg

MEDIUM 450mL

Per 100 mL

		Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
Kilojoules	Calories	Total	-saturated		Total	-sugars				
247 kJ	59 Cal	1.3 g	0.9 g	0.5 g	12.4 g	11.0 g	0.2 g	25 mg		
324 kJ	78 Cal	2.9 g	0.9 g	0.6 g	14.1 g	12.3 g	0.3 g	43 mg		
208 kJ	50 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	11.7 g	10.8 g	0.3 g	3 mg		
299 kJ	71 Cal	1.0 g	0.6 g	0.3 g	15.4 g	13.8 g	0.2 g	16 mg		
325 kJ	78 Cal	1.0 g	0.6 g	0.4 g	16.9 g	15.1 g	0.4 g	16 mg		
296 kJ	71 Cal	1.3 g	0.9 g	0.5 g	14.1 g	12.6 g	0.4 g	25 mg		
309 kJ	74 Cal	3.0 g	1.1 g	0.7 g	12.6 g	11.2 g	0.5 g	55 mg		
138 kJ	33 Cal	0.5 g	0.1 g	LESS THAN 0.1 g	7.5 g	7.1 g	LESS THAN 0.1 g	3 mg		
218 kJ	52 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	12.4 g	11.7 g	0.2 g	3 mg		
313 kJ	75 Cal	1.3 g	0.9 g	0.6 g	15.0 g	13.3 g	0.4 g	25 mg		
251 kJ	60 Cal	0.5 g	0.2 g	LESS THAN 0.1 g	13.7 g	12.6 g	1.0 g	3 mg		
301 kJ	72 Cal	1.2 g	0.6 g	0.3 g	15.2 g	13.6 g	0.7 g	15 mg		
348 kJ	83 Cal	2.8 g	1.2 g	0.8 g	15.4 g	14.1 g	0.7 g	53 mg		
273 kJ	65 Cal	1.4 g	0.9 g	0.5 g	13.7 g	12.1 g	0.3 g	25 mg		
238 kJ	57 Cal	0.5 g	0.1 g	LESS THAN 0.1 g	13.3 g	11.8 g	0.5 g	1 mg		
294 kJ	70 Cal	1.5 g	1.1 g	0.7 g	13.6 g	11.7 g	0.4 g	24 mg		
164 kJ	39 Cal	0.4 g	0.2 g	LESS THAN 0.1 g	9.1 g	8.5 g	LESS THAN 0.1 g	1 mg		
181 kJ	43 Cal	0.4 g	0.4 g	0.3 g	8.7 g	7.4 g	1.2 g	11 mg		
152 kJ	36 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	7.7 g	6.7 g	1.3 g	11 mg		
180 kJ	43 Cal	1.6 g	0.6 g	0.3 g	7.5 g	5.8 g	1.1 g	18 mg		
112 kJ	27 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.6 g	5.0 g	1.1 g	13 mg		
161 kJ	38 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	7.9 g	6.8 g	1.5 g	13 mg		
145 kJ	35 Cal	2.3 g	0.4 g	0.2 g	5.1 g	4.7 g	1.1 g	17 mg		
123 kJ	29 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	6.3 g	5.7 g	0.5 g	4 mg		
106 kJ	25 Cal	0.4 g	0.2 g	LESS THAN 0.1 g	5.3 g	5.3 g	0.4 g	3 mg		
99 kJ	24 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.3 g	5.3 g	0.2 g	29 mg		
119 kJ	28 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	6.1 g	6.0 g	0.5 g	34 mg		
114 kJ	27 Cal	0.8 g	0.4 g	LESS THAN 0.1 g	4.6 g	4.5 g	0.9 g	41 mg		
162 kJ	39 Cal	0.2 g	LESS THAN 0.1 g	LESS THAN 0.1 g	9.1 g	9.0 g	0.3 g	5 mg		
424 kJ	101 Cal	3.8 g	1.8 g	0.6 g	16.6 g	11.9 g	1.1 g	43 mg		
300 kJ	72 Cal	1.5 g	0.9 g	0.6 g	14.2 g	12.1 g	0.4 g	23 mg		
260 kJ	62 Cal	3.1 g	0.8 g	0.5 g	10.4 g	8.8 g	0.4 g	39 mg		
343 kJ	82 Cal	4.6 g	1.5 g	0.4 g	11.6 g	7.8 g	1.6 g	41 mg		
259 kJ	62 Cal	3.3 g	0.9 g	0.2 g	9.3 g	5.6 g	1.4 g	25 mg		

### FACTS & FIGURES

Important to know on the go

MOST POPULAR	
All Berry Bang	
Banana Buzz	
Berry Crush	
Blueberry Blast	
Green Tea Mango Mantra <sup>†</sup>	
Janine's Favourite	
King William Chocolate	
Lemon Crush	
Lychee Crush	
Mango Magic	
Mango Tango Crush	
Passion Mango	
Raspberry Ripe	
Strawberry Squeeze	
Tropical Crush	
Tropical Storm	
Watermelon Crush	
CALORIE COUNTER	
Caribbean Green	
Grape Escape	
Mango Mirage <sup>†</sup>	
Pure Eden <sup>†</sup>	
Red Royale <sup>†</sup>	
Wondermelon <sup>†</sup>	
FRESH JUICE BAR	
Energiser Juice <sup>†</sup>	
Immunity Juice <sup>†</sup>	
Mint Condition	
Two & Five Juice <sup>†</sup>	
Veggie Garden	
Wild Berry Juice <sup>†</sup>	
PROTEIN & ENERGY	
Brekkie To Go-Go <sup>†</sup>	
Energy Lift <sup>†</sup>	
Gym Junkie <sup>†</sup>	
Protein Supreme <sup>†</sup>	
Weekend Warrior <sup>†</sup>	

ALLERGENS

### BOOSTERS

All greens	
Chia seeds	
Energiser <sup>†</sup>	
Green tea <sup>A</sup> (not available as a booster)	
Immunity <sup>A*</sup> (vit A & C)	
Lucuma powder	
Protein	
Superfruit	
Vita	

ALLERGENS

Gluten free ingredients	Dairy free	Contains soy	Vegetarian	Contains caffeine
Yes	No	No	Yes	No
Yes	No	No	Yes	No
No	Yes	No	Yes	No
No	No	No	Yes	No
No	No	No	Yes	Yes
Yes	No	No	Yes	No
Yes	No	No	Yes	No
No	Yes	No	Yes	No
No	Yes	No	Yes	No
Yes	No	No	Yes	No
No	Yes	No	Yes	No
No	No	No	Yes	No
Yes	No	No	Yes	No
No	Yes	No	Yes	No
Yes	No	No	Yes	No
No	Yes	No	Yes	No
No	Yes	No	Yes	No
Yes	Yes	No	Yes	Yes
Yes	Yes	No	Yes	Yes
Yes	Yes	No	Yes	No
Yes	Yes	No	Yes	No
Yes	Yes	No	Yes	No
Yes	Yes	No	Yes	Yes
No	No	No	Yes	Yes
Yes	No	No	Yes	Yes
Yes	No	Yes	Yes	No
No	No	Yes	Yes	Yes
No	No	Yes	Yes	No
No	No	Yes	Yes	No
No	No	Yes	Yes	No
No	No	Yes	Yes	No
Yes	Yes	No	Yes	No
Yes	Yes	No	Yes	No
Yes	Yes	No	Yes	Yes
Yes	Yes	No	Yes	Yes
Yes	Yes	No	Yes	Yes
Yes	Yes	No	Yes	No
Yes	Yes	No	Yes	No
Yes	No	Yes	Yes	No
Yes	Yes	No	Yes	No
Yes	No	No	Yes	No



# OUR SUPER JUICY MENU



The nitty-gritty details  
**JUNIOR SIZE 350mL**

## FACTS & FIGURES

Important to know on the go

	Energy										Fat		Carbohydrate		Dietary fibre, total	Sodium	
	Kilojoules		Calories		Protein	Total	-saturated	Total	-sugars	Total	-sugars						
<b>MOST POPULAR</b>	All Berry Bang	874 kJ	209 Cal	4.5 g	2.9 g	1.8 g	43.9 g	39.3 g	0.7 g	84 mg							
	Banana Buzz	1040 kJ	248 Cal	10.0 g	3.0 g	1.9 g	44.3 g	38.3 g	1.0 g	146 mg							
	Berry Crush	743 kJ	178 Cal	1.4 g	0.5 g	0.1 g	41.5 g	38.4 g	1.4 g	11 mg							
	Blueberry Blast	1050 kJ	252 Cal	3.7 g	2.1 g	1.2 g	54.1 g	48.1 g	0.8 g	56 mg							
	Green Tea Mango Mantra†	1395 kJ	332 Cal	4.3 g	2.7 g	1.6 g	72.0 g	64.5 g	1.9 g	71 mg							
	Janine's Favourite	1110 kJ	264 Cal	4.4 g	3.0 g	1.8 g	53.6 g	48.2 g	1.6 g	85 mg							
	King William Chocolate	1080 kJ	259 Cal	10.9 g	3.7 g	2.3 g	44.2 g	38.9 g	1.7 g	191 mg							
	Lemon Crush	490 kJ	117 Cal	1.5 g	0.5 g	0.1 g	26.8 g	25.3 g	0.2 g	9 mg							
	Lychee Crush	763 kJ	182 Cal	1.1 g	0.4 g	0.1 g	43.2 g	41.0 g	0.7 g	10 mg							
	Mango Magic	1110 kJ	265 Cal	4.5 g	3.0 g	1.8 g	53.8 g	47.6 g	1.7 g	84 mg							
	Mango Tango Crush	805 kJ	192 Cal	1.5 g	0.5 g	0.1 g	44.6 g	41.4 g	2.4 g	10 mg							
	Passion Mango	1100 kJ	242 Cal	4.1 g	2.1 g	1.2 g	50.9 g	45.5 g	2.3 g	51 mg							
	Raspberry Ripe	1100 kJ	262 Cal	9.2 g	3.8 g	2.4 g	48.9 g	44.8 g	2.0 g	170 mg							
	Strawberry Squeeze	902 kJ	216 Cal	4.7 g	3.0 g	1.8 g	45.3 g	39.5 g	0.9 g	83 mg							
	Tropical Crush	849 kJ	203 Cal	2.0 g	0.5 g	0.2 g	47.4 g	41.9 g	1.7 g	4 mg							
	Tropical Storm	1050 kJ	250 Cal	5.1 g	3.4 g	2.1 g	49.2 g	42.2 g	1.6 g	79 mg							
Watermelon Crush	590 kJ	141 Cal	1.3 g	0.5 g	0.1 g	32.9 g	30.8 g	0.3 g	5 mg								
<b>CALORIE COUNTER</b>	Caribbean Green	687 kJ	164 Cal	1.6 g	1.9 g	1.1 g	36.0 g	27.3 g	4.2 g	42 mg							
	Grape Escape	590 kJ	122 Cal	1.6 g	0.3 g	LESS THAN 0.1 g	23.1 g	23.4 g	4.2 g	46 mg							
	Mango Mirage†	515 kJ	123 Cal	4.0 g	1.5 g	0.7 g	22.8 g	17.9 g	3.1 g	50 mg							
	Pure Eden†	361 kJ	86 Cal	1.3 g	0.2 g	LESS THAN 0.1 g	18.1 g	15.6 g	3.3 g	45 mg							
	Red Royale†	461 kJ	110 Cal	1.2 g	0.2 g	LESS THAN 0.1 g	23.0 g	19.8 g	4.4 g	50 mg							
	Wondermelon†	576 kJ	137 Cal	8.5 g	1.7 g	0.8 g	21.1 g	19.5 g	3.4 g	63 mg							
	<b>FRESH JUICE BAR</b>	Energiser Juice†	437 kJ	104 Cal	1.7 g	0.4 g	LESS THAN 0.1 g	22.5 g	20.6 g	1.7 g	15 mg						
		Immunity Juice†	360 kJ	86 Cal	1.3 g	0.5 g	LESS THAN 0.1 g	18.2 g	18.1 g	1.1 g	12 mg						
		Mint Condition	333 kJ	80 Cal	1.0 g	0.1 g	LESS THAN 0.1 g	17.9 g	17.9 g	0.7 g	94 mg						
		Two & Five Juice †	405 kJ	97 Cal	1.8 g	0.3 g	LESS THAN 0.1 g	20.6 g	20.2 g	1.7 g	128 mg						
Veggie Garden		406 kJ	97 Cal	3.1 g	1.7 g	0.2 g	15.9 g	15.5 g	3.3 g	142 mg							
Wild Berry Juice†		403 kJ	96 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	22.7 g	22.5 g	0.6 g	14 mg							
<b>PROTEIN &amp; ENERGY</b>	Brekkie To Go-Go†	1784 kJ	425 Cal	16.7 g	7.6 g	2.3 g	69.5 g	50.1 g	4.5 g	195 mg							
	Energy Lift†	1080 kJ	259 Cal	5.4 g	3.2 g	2.0 g	51.4 g	43.8 g	1.6 g	83 mg							
	Gym Junkie†	890 kJ	213 Cal	11.3 g	2.8 g	1.7 g	35.1 g	29.6 g	1.2 g	139 mg							
	Protein Supreme†	988 kJ	236 Cal	13.6 g	4.2 g	1.1 g	33.1 g	23.2 g	4.8 g	122 mg							
	Weekend Warrior†	915 kJ	218 Cal	10.1 g	3.4 g	0.7 g	33.8 g	21.3 g	5.5 g	95 mg							

## FACTS & FIGURES

Important to know on the go

	Energy										Fat		Carbohydrate		Dietary fibre, total	Sodium
	Kilojoules		Calories		Protein	Total	-saturated	Total	-sugars	Total	-sugars					
<b>MOST POPULAR</b>	All Berry Bang	874 kJ	209 Cal	4.5 g								2.9 g	1.8 g	43.9 g	39.3 g	0.7 g
	Banana Buzz	1040 kJ	248 Cal	10.0 g	3.0 g	1.9 g	44.3 g	38.3 g	1.0 g	146 mg						
	Berry Crush	743 kJ	178 Cal	1.4 g	0.5 g	0.1 g	41.5 g	38.4 g	1.4 g	11 mg						
	Blueberry Blast	1050 kJ	252 Cal	3.7 g	2.1 g	1.2 g	54.1 g	48.1 g	0.8 g	56 mg						
	Green Tea Mango Mantra†	1395 kJ	332 Cal	4.3 g	2.7 g	1.6 g	72.0 g	64.5 g	1.9 g	71 mg						
	Janine's Favourite	1110 kJ	264 Cal	4.4 g	3.0 g	1.8 g	53.6 g	48.2 g	1.6 g	85 mg						
	King William Chocolate	1080 kJ	259 Cal	10.9 g	3.7 g	2.3 g	44.2 g	38.9 g	1.7 g	191 mg						
	Lemon Crush	490 kJ	117 Cal	1.5 g	0.5 g	0.1 g	26.8 g	25.3 g	0.2 g	9 mg						
	Lychee Crush	763 kJ	182 Cal	1.1 g	0.4 g	0.1 g	43.2 g	41.0 g	0.7 g	10 mg						
	Mango Magic	1110 kJ	265 Cal	4.5 g	3.0 g	1.8 g	53.8 g	47.6 g	1.7 g	84 mg						
	Mango Tango Crush	805 kJ	192 Cal	1.5 g	0.5 g	0.1 g	44.6 g	41.4 g	2.4 g	10 mg						
	Passion Mango	1100 kJ	242 Cal	4.1 g	2.1 g	1.2 g	50.9 g	45.5 g	2.3 g	51 mg						
	Raspberry Ripe	1100 kJ	262 Cal	9.2 g	3.8 g	2.4 g	48.9 g	44.8 g	2.0 g	170 mg						
	Strawberry Squeeze	902 kJ	216 Cal	4.7 g	3.0 g	1.8 g	45.3 g	39.5 g	0.9 g	83 mg						
	Tropical Crush	849 kJ	203 Cal	2.0 g	0.5 g	0.2 g	47.4 g	41.9 g	1.7 g	4 mg						
	Tropical Storm	1050 kJ	250 Cal	5.1 g	3.4 g	2.1 g	49.2 g	42.2 g	1.6 g	79 mg						
Watermelon Crush	590 kJ	141 Cal	1.3 g	0.5 g	0.1 g	32.9 g	30.8 g	0.3 g	5 mg							
<b>CALORIE COUNTER</b>	Caribbean Green	687 kJ	164 Cal	1.6 g	1.9 g	1.1 g	36.0 g	27.3 g	4.2 g	42 mg						
	Grape Escape	590 kJ	122 Cal	1.6 g	0.3 g	LESS THAN 0.1 g	23.1 g	23.4 g	4.2 g	46 mg						
	Mango Mirage†	515 kJ	123 Cal	4.0 g	1.5 g	0.7 g	22.8 g	17.9 g	3.1 g	50 mg						
	Pure Eden†	361 kJ	86 Cal	1.3 g	0.2 g	LESS THAN 0.1 g	18.1 g	15.6 g	3.3 g	45 mg						
	Red Royale†	461 kJ	110 Cal	1.2 g	0.2 g	LESS THAN 0.1 g	23.0 g	19.8 g	4.4 g	50 mg						
	Wondermelon†	576 kJ	137 Cal	8.5 g	1.7 g	0.8 g	21.1 g	19.5 g	3.4 g	63 mg						
<b>FRESH JUICE BAR</b>	Energiser Juice†	437 kJ	104 Cal	1.7 g	0.4 g	LESS THAN 0.1 g	22.5 g	20.6 g	1.7 g	15 mg						
	Immunity Juice†	360 kJ	86 Cal	1.3 g	0.5 g	LESS THAN 0.1 g	18.2 g	18.1 g	1.1 g	12 mg						
	Mint Condition	333 kJ	80 Cal	1.0 g	0.1 g	LESS THAN 0.1 g	17.9 g	17.9 g	0.7 g	94 mg						
	Two & Five Juice †	405 kJ	97 Cal	1.8 g	0.3 g	LESS THAN 0.1 g	20.6 g	20.2 g	1.7 g	128 mg						
<b>PROTEIN &amp; ENERGY</b>	Brekkie To Go-Go†	1784 kJ	425 Cal	16.7 g	7.6 g	2.3 g	69.5 g	50.1 g	4.5 g	195 mg						
	Energy Lift†	1080 kJ	259 Cal	5.4 g	3.2 g	2.0 g	51.4 g	43.8 g	1.6 g	83 mg						
	Gym Junkie†	890 kJ	213 Cal	11.3 g	2.8 g	1.7 g	35.1 g	29.6 g	1.2 g	139 mg						
	Protein Supreme†	988 kJ	236 Cal	13.6 g	4.2 g	1.1 g	33.1 g	23.2 g	4.8 g	122 mg						

	Gluten free ingredients	Dairy free	Contains soy	Vegetarian	Contains caffeine
Yes	No	No	Yes	No	
Yes	No	No	Yes	No	
No	Yes	No	Yes	No	
No	No	No	Yes	No	
No	No	No	Yes	Yes	
Yes	No	No	Yes	No	
Yes	No	No	Yes	No	
No	Yes	No	Yes	No	
No	Yes	No	Yes	No	
Yes	No	No	Yes	No	
Yes	No	No	Yes	No	
No	Yes	No	Yes	No	
Yes	No	No	Yes	No	
No	Yes	No	Yes	No	
Yes	No	No	Yes	No	
No	Yes	No	Yes	No	
Yes	No	No	Yes	No	
Yes	Yes	No	Yes	Yes	
Yes	Yes	No	Yes	Yes	
Yes	Yes	No	Yes	No	
Yes	No	No	Yes	No	
Yes	Yes	No	Yes	No	
Yes	Yes	No	Yes	No	
Yes	Yes	No	Yes	Yes	
Yes	Yes	No	Yes	Yes	
No	No	No	Yes	Yes	
Yes	No	No	Yes	Yes	
Yes	No	Yes	Yes	No	
No	No	Yes	Yes	Yes	
No	No	Yes	Yes	No	

† Boosters not suitable for children under 15 years or pregnant women, except for chia and lucuma powder. However all 350 mL drinks are available upon request, should you want to order a smaller size.





# OUR SUPER JUICY MENU



## The nitty-gritty details COLLECTABLE CUPS 250mL

### FACTS & FIGURES

Important to know on the go

MOST POPULAR	All Berry Bang	COLLECTABLE CUPS 250 mL
	Banana Buzz	
	Berry Crush	
	Blueberry Blast	
	Janine's Favourite	
	King William Chocolate	
	Lemon Crush	
	Lychee Crush	
	Mango Magic	
	Mango Tango Crush	
CALORIE COUNTER	Caribbean Green	FRESH JUICE BAR
	Grape Escape	
FRESH JUICE BAR	Mint Condition	FRESH JUICE BAR
	Veggie Garden	

Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
Kilojoules	Calories		Total	-saturated	Total	-sugars		
675 kJ	161 Cal	3.5 g	2.3 g	1.4 g	33.8 g	30.3 g	0.7 g	65 mg
795 kJ	190 Cal	7.3 g	2.3 g	1.5 g	34.2 g	29.9 g	0.7 g	109 mg
499 kJ	119 Cal	1.0 g	0.3 g	LESS THAN 0.1 g	27.8 g	25.9 g	0.8 g	8 mg
765 kJ	183 Cal	2.8 g	1.6 g	0.9 g	39.1 g	34.4 g	0.7 g	41 mg
810 kJ	194 Cal	3.4 g	2.3 g	1.4 g	38.8 g	34.3 g	1.3 g	64 mg
806 kJ	193 Cal	7.7 g	2.7 g	1.7 g	33.3 g	28.9 g	1.3 g	135 mg
360 kJ	86 Cal	1.2 g	0.3 g	LESS THAN 0.1 g	19.6 g	18.6 g	0.2 g	8 mg
491 kJ	117 Cal	0.8 g	0.3 g	LESS THAN 0.1 g	27.8 g	26.2 g	0.5 g	6 mg
360 kJ	86 Cal	1.2 g	0.3 g	LESS THAN 0.1 g	19.6 g	18.6 g	0.2 g	8 mg
570 kJ	136 Cal	1.2 g	0.4 g	0.1 g	31.2 g	28.6 g	2.1 g	6 mg
770 kJ	184 Cal	3.1 g	1.6 g	0.9 g	38.5 g	34.2 g	2.1 g	39 mg
881 kJ	210 Cal	6.8 g	2.9 g	1.8 g	39.8 g	36.5 g	1.9 g	137 mg
626 kJ	150 Cal	3.2 g	1.9 g	1.2 g	31.5 g	27.2 g	0.9 g	54 mg
666 kJ	159 Cal	1.6 g	0.4 g	0.1 g	37.2 g	32.7 g	1.3 g	3 mg
714 kJ	171 Cal	3.4 g	2.2 g	1.3 g	33.8 g	28.9 g	1.2 g	49 mg
396 kJ	95 Cal	0.9 g	0.3 g	LESS THAN 0.1 g	22.0 g	20.6 g	0.3 g	3 mg
472 kJ	113 Cal	1.2 g	0.7 g	0.3 g	23.8 g	19.1 g	3.1 g	24 mg
374 kJ	89 Cal	1.4 g	0.2 g	LESS THAN 0.1 g	18.9 g	16.8 g	3.3 g	26 mg
259 kJ	62 Cal	0.8 g	0.1 g	LESS THAN 0.1 g	13.9 g	13.9 g	0.6 g	72 mg
307 kJ	73 Cal	2.4 g	1.6 g	0.2 g	11.2 g	10.9 g	2.7 g	103 mg

Per 100 mL

Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
Kilojoules	Calories		Total	-saturated	Total	-sugars		
270 kJ	65 Cal	1.4 g	0.9 g	0.6 g	13.5 g	12.1 g	0.3 g	26 mg
318 kJ	76 Cal	2.9 g	0.9 g	0.6 g	13.7 g	12.0 g	0.3 g	44 mg
199 kJ	48 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	11.1 g	10.4 g	0.3 g	3 mg
306 kJ	73 Cal	1.1 g	0.6 g	0.4 g	15.6 g	13.8 g	0.3 g	16 mg
324 kJ	77 Cal	1.4 g	0.9 g	0.6 g	15.5 g	13.7 g	0.5 g	26 mg
323 kJ	77 Cal	3.1 g	1.1 g	0.7 g	13.3 g	11.6 g	0.5 g	54 mg
144 kJ	34 Cal	0.5 g	0.1 g	LESS THAN 0.1 g	7.8 g	7.4 g	LESS THAN 0.1 g	3 mg
196 kJ	47 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	11.1 g	10.5 g	0.2 g	2 mg
144 kJ	34 Cal	0.5 g	0.1 g	LESS THAN 0.1 g	7.8 g	7.4 g	LESS THAN 0.1 g	3 mg
228 kJ	54 Cal	0.5 g	0.1 g	LESS THAN 0.1 g	12.5 g	11.4 g	0.9 g	3 mg
308 kJ	74 Cal	1.2 g	0.6 g	0.4 g	15.4 g	13.7 g	0.8 g	16 mg
352 kJ	84 Cal	2.7 g	1.2 g	0.7 g	15.9 g	14.6 g	0.8 g	55 mg
250 kJ	60 Cal	1.3 g	0.8 g	0.5 g	12.6 g	10.9 g	0.4 g	21 mg
266 kJ	64 Cal	0.6 g	0.2 g	LESS THAN 0.1 g	14.9 g	13.1 g	0.5 g	1 mg
286 kJ	68 Cal	1.4 g	0.9 g	0.5 g	13.5 g	11.6 g	0.5 g	20 mg
158 kJ	38 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	8.8 g	8.2 g	0.1 g	1 mg
189 kJ	45 Cal	0.5 g	0.3 g	0.1 g	9.5 g	7.6 g	1.3 g	10 mg
150 kJ	36 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	7.6 g	6.7 g	1.3 g	10 mg
104 kJ	25 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.6 g	5.6 g	0.2 g	29 mg
123 kJ	29 Cal	1.0 g	0.6 g	LESS THAN 0.1 g	4.5 g	4.4 g	1.1 g	41 mg

### FACTS & FIGURES

Important to know on the go

MOST POPULAR	All Berry Bang	CALORIE COUNTER
	Banana Buzz	
	Berry Crush	
	Blueberry Blast	
	Janine's Favourite	
	King William Chocolate	
	Lemon Crush	
	Lychee Crush	
	Mango Magic	
	Mango Tango Crush	
	Passion Mango	
	Raspberry Ripe	
	Strawberry Squeeze	
FRESH JUICE BAR	Mint Condition	FRESH JUICE BAR
	Veggie Garden	

ALLERGENS

Gluten free ingredients	Dairy free	Contains soy	Vegetarian	Contains caffeine
Yes	No	No	Yes	No
Yes	No	No	Yes	No
No	Yes	No	Yes	No
No	No	No	Yes	No
Yes	No	No	Yes	No
Yes	No	No	Yes	No
No	Yes	No	Yes	No
No	Yes	No	Yes	No
Yes	No	No	Yes	No
No	Yes	No	Yes	No
No	Yes	No	Yes	No
Yes	No	No	Yes	No
No	Yes	No	Yes	No
Yes	No	No	Yes	No
No	Yes	No	Yes	No
No	Yes	No	Yes	No
Yes	Yes	No	Yes	No
Yes	Yes	No	Yes	No
Yes	Yes	No	Yes	No

Our kids collectable cups are 250 mL, and our green enviro cups are 450 mL. Fruit changes with the seasons, and as most of our products are made fresh, the nutritional profile and flavour can vary. The nutrition information is based on low fat milk for drinks displayed with the low fat milk or soy option. Whenever changes in nutrition information and recipes occur, we'll do our very best to keep you in the loop. Products may contain traces of wheat, gluten cereals, egg, milk, peanuts, sesame, soy and tree nuts.

Our whey protein does not contain gluten. Soy milk is gluten, dairy and lactose free. Boost sorbet products contain wheat and gluten. For the most up-to-date ingredient listing please refer to our website [boostjuice.com.au](http://boostjuice.com.au).

We've made sure that all the nitty gritty info in this flyer is correct at the time of printing.