



OUR REAL JUICY MENU

TROPICAL



MANGO MAGIC
Mango, banana, mango nectar,
vanilla yoghurt & ice
orig 1760 kJ med 1360 kJ
jnr 1070 kJ



BLUE HONOLULU
Mango, blue spirulina, banana,
tropical juice, mango yoghurt,
vanilla yoghurt & ice
orig 1560 kJ med 1340 kJ
jnr 1030 kJ



GREEN TEA MANGO MANTRA⁺
Mango, green tea [^], mango nectar,
vanilla yoghurt, sorbet & ice
+ immunity booster[†]
orig 1810 kJ med 1410 kJ
jnr 1160 kJ



TROPICAL CRUSH ^V
Mango, banana, tropical juice, sorbet & ice
orig 1070 kJ med 849 kJ
jnr 666 kJ



PASSION MANGO
Mango, passionfruit, tropical juice,
sorbet, mango yoghurt & ice
orig 1820 kJ med 1390 kJ
jnr 1010 kJ



BANANA BUZZ
Banana, honey, low fat milk,
vanilla yoghurt & ice
orig 1750 kJ med 1410 kJ
jnr 1010 kJ



WATERMELON CRUSH ^V
Freshly juiced watermelon,
tropical juice, sorbet & ice
orig 916 kJ med 736 kJ jnr 590 kJ



LYCHEE CRUSH ^V
Lychees, mango nectar,
tropical juice, sorbet & ice
orig 1290 kJ med 966 kJ
jnr 730 kJ



MANGO TANGO CRUSH ^V
Mango, passionfruit, mango
nectar, tropical juice, sorbet & ice
orig 1370 kJ med 1100 kJ
jnr 782 kJ



MANGO & CO ^V
Mango, passionfruit,
banana, mango nectar,
frozen coconut cream & ice
orig 2230 kJ med 1890 kJ
jnr 1380 kJ



PALM PEACH CRUSH ^V
Mango, peach, mango nectar,
tropical juice, sorbet & ice
orig 1450 kJ med 1170 kJ
jnr 996 kJ

The average adult
daily energy intake
is 8700 kJ

CRAVE



KING WILLIAM CHOCOLATE
Chocolate powder, banana, low
fat milk, vanilla yoghurt & ice
orig 1830 kJ med 1390 kJ
jnr 1080 kJ



COOKIES & CREME
Chocolate biscuits, banana,
low fat milk, vanilla yoghurt,
sorbet & ice orig 2140 kJ
med 1610 kJ jnr 1140 kJ



HONEYCOMB HEAVEN
Banana, honeycomb powder,
low fat milk, vanilla yoghurt,
sorbet & ice orig 2000 kJ
med 1580 kJ jnr 1250 kJ



BANANAS FOR CHOC ^V
Chocolate powder, banana,
soy mylk, coconut mylk, frozen
coconut cream & ice
orig 2370 kJ med 1880 kJ
jnr 1420 kJ



RASPBERRY RIPE
Chocolate powder, raspberries,
coconut mylk, low fat milk,
strawberry yoghurt,
sorbet & ice orig 2000 kJ
med 1570 kJ jnr 1100 kJ



COFFEE DREAM[^]
Coffee[^], low fat milk, banana,
chocolate powder, vanilla
yoghurt, sorbet & ice
orig 1750 kJ med 1460 kJ
jnr 1150 kJ

BREKKIE



BREKKIE TO GO-GO
Banana, muesli, honey, low fat
milk, vanilla yoghurt & ice
+ energiser booster[^]
orig 2430 kJ med 1760 kJ
jnr 1520 kJ



STRAWBREKKIE⁺
Strawberries, blueberries,
banana, apple juice, strawberry
yoghurt, oats, whey protein & ice
orig 1770 kJ med 1340 kJ
jnr 960 kJ



MORNIN' MOCHA
Coffee[^], low fat milk, banana,
chocolate powder, oats,
vanilla yoghurt, sorbet, whey
protein & ice
orig 2070 kJ med 1500 kJ
jnr 1160 kJ

FRESH JUICES

CREATE YOUR OWN FRESH JUICES ^V

CHOOSE YOUR BASES

Apple	Orange	Watermelon
Carrot	Pineapple	

THEN ADD YOUR INGREDIENTS

Açaí	Cucumber	Passionfruit
Banana	Ginger	Pink Dragon Fruit
Beetroot	Lemon	Raspberry
Blueberry	Mango	Spinach
Celery	Mint	Strawberry



IMMUNITY⁺ (vit A & C) ^V
Watermelon, orange, strawberries & ice + immunity
booster[^] orig 621 kJ med 477 kJ jnr 360 kJ



MELON MOMENT ^V
Watermelon, pink dragon fruit, strawberries, apple
& ice orig 854 kJ med 601 kJ jnr 462 kJ



GINGER ZING ^V
Ginger, orange, carrot, celery & ice
orig 707 kJ med 549 kJ jnr 433 kJ



ENERGISER⁺ ^V
Orange, strawberries, banana & ice + energiser
booster[^] orig 995 kJ med 663 kJ jnr 502 kJ



MINT CONDITION ^V
Mint, apple, spinach, cucumber, celery & ice
orig 610 kJ med 447 kJ jnr 333 kJ



TWO & FIVE⁺
Orange, apple, carrot, cucumber, celery,
beetroot, spinach & ice + vita booster[#]
orig 710 kJ med 535 kJ jnr 405 kJ

^V Suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of animal products present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products.[†] Boosters with this symbol & Whey Protein are not recommended for young children under 15 years, pregnant or lactating women. [^] Contains Caffeine. For full ingredients and nutritional information refer to boostjuice . com . au. # At least 10% of your RDI of essential vitamins and minerals. † Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. * Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. * For original size.

LEVEL UP



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



WONDERMELON⁺
Strawberries, freshly juiced watermelon,
strawberry yoghurt, whey protein & ice
+ superfruit booster (13.1 g of protein*)
orig 798 kJ med 651 kJ



ENERGY LIFT⁺
Mango, banana, tropical juice,
mango yoghurt & ice + energiser boost-
er[^] (8.3 g of protein*)
orig 1740 kJ med 1350 kJ



SUPER AÇAÍ⁺
Açaí, strawberries, apple juice, strawberry
yoghurt, ice + immunity booster*^{††}
NEW orig 1440 kJ med 1110 kJ



PROTEIN SUPREME⁺
Banana, muesli, dates, honey, coconut water,
coconut mylk, whey protein, chia seeds,
cinnamon & ice + immunity*[†]
& vita booster[#] (29.1 g of protein*)
orig 2100 kJ med 1430 kJ



CHOC MUSCLE HUSTLE⁺
Chocolate powder, banana, oats, chia seeds,
coconut water, coconut mylk,
vanilla yoghurt, whey protein & ice
(21.1 g of protein*)
orig 1890 kJ med 1500 kJ



POWER PLANT PROTEIN⁺ ^V
Mango, passionfruit, banana, pineapple,
spinach, dates, coconut water, coconut mylk,
plant based protein & ice
+ all greens booster (11.4 g of protein*)
orig 1180 kJ med 938 kJ



PURE EDEN SMOOTHIE ^V
Pineapple, apple, banana, cucumber, spinach,
lemon, mint, coconut water & ice
+ all greens booster
orig 712 kJ med 522 kJ

BERRY



ALL BERRY BANG
Strawberries, raspberries, blueberries, apple
juice, strawberry yoghurt & ice
orig 1440 kJ med 1110 kJ jnr 861 kJ



BERRY CRUSH ^V
Raspberries, strawberries,
blueberries, apple juice, sorbet & ice
orig 1160 kJ med 917 kJ jnr 730 kJ



PINK PARADISE
Pink dragon fruit, mango,
mango nectar, strawberry yoghurt & ice
orig 1500 kJ med 1280 kJ jnr 965 kJ



STRAWBERRY SQUEEZE
Strawberries, banana, apple juice,
strawberry yoghurt & ice
orig 1550 kJ med 1210 kJ jnr 891 kJ



AÇAÍ LYCHEE CRUSH ^V
Açaí, lychees, apple juice, tropical juice,
sorbet & ice
NEW orig 1370 kJ med 1110 kJ jnr 883 kJ

The average adult daily
energy intake is 8700 kJ

BOOSTERS

Protein⁺/Plant Based[†] ^V
Immunity*^{††} (vit A & C) ^V
Energiser^{^††} ^V

Vita#[†]
All Greens ^V
Superfruit ^V

ADD ONS

Extra Fruit & Veg ^V
Açaí ^V **NEW**
Coconut Water ^V

Soy Mylk ^V
Oat Mylk ^V
Almond Mylk ^V



Important to know on the go

TROPICAL	Banana Buzz	1750 kJ	419 Cal	16.4 g	5.1 g	3.2 g	75.0 g	64.2 g	1.9 g	239 mg
	Blue Honolulu	1560 kJ	373 Cal	7.3 g	4.1 g	2.7 g	75.6 g	63.9 g	5.5 g	124 mg
	Green Tea Mango Mantra†	1810 kJ	433 Cal	5.3 g	2.9 g	1.8 g	96.9 g	86.8 g	2.3 g	81 mg
	Lychee Crush	1290 kJ	308 Cal	2.1 g	0.4 g	0.2 g	74.5 g	69.7 g	1.1 g	18 mg
	Mango & Co	2230 kJ	532 Cal	3.2 g	18.0 g	16.3 g	88.2 g	71.7 g	4.6 g	93 mg
	Mango Magic	1760 kJ	420 Cal	7.7 g	4.8 g	3.2 g	86.0 g	75.7 g	2.5 g	139 mg
	Mango Tango Crush	1370 kJ	326 Cal	3.0 g	0.6 g	0.3 g	75.9 g	68.6 g	6.1 g	21 mg
	Palm Peach Crush	1450 kJ	347 Cal	3.0 g	0.5 g	0.3 g	83.1 g	69.5 g	3.4 g	18 mg
	Passion Mango	1820 kJ	435 Cal	6.6 g	3.1 g	1.9 g	95.2 g	83.9 g	4.5 g	89 mg
	Tropical Crush	1340 kJ	319 Cal	2.8 g	0.6 g	0.3 g	77.3 g	66.8 g	2.7 g	16 mg
BERRY	Watermelon Crush	916 kJ	219 Cal	2.0 g	0.8 g	0.2 g	51.9 g	47.9 g	0.5 g	12 mg
	Açaí Lychee Crush	1370 kJ	328 Cal	2.5 g	3.2 g	0.9 g	70.7 g	66.3 g	1.7 g	27 mg
	All Berry Bang	1440 kJ	344 Cal	7.1 g	4.7 g	3.1 g	71.4 g	65.4 g	1.1 g	149 mg
	Berry Crush	1160 kJ	277 Cal	1.7 g	0.6 g	0.2 g	63.9 g	60.9 g	2.3 g	26 mg
	Pink Paradise	1500 kJ	357 Cal	7.0 g	4.4 g	2.9 g	77.6 g	69.0 g	1.6 g	127 mg
CRAVE	Strawberry Squeeze	1550 kJ	371 Cal	7.4 g	4.8 g	3.1 g	77.5 g	70.1 g	1.6 g	150 mg
	Bananas For Choc	2370 kJ	566 Cal	11.3 g	23.1 g	16.9 g	75.6 g	56.5 g	6.2 g	316 mg
	Coffee Dream^	1750 kJ	418 Cal	16.1 g	4.3 g	2.7 g	77.2 g	69.3 g	2.7 g	253 mg
	Cookies & Creme	2140 kJ	510 Cal	15.8 g	9.1 g	4.9 g	90.9 g	74.3 g	0.6 g	342 mg
	Honeycomb Heaven	2000 kJ	477 Cal	16.7 g	6.6 g	5.3 g	83.0 g	72.4 g	1.0 g	250 mg
BREKKE	King William Chocolate	1830 kJ	437 Cal	18.3 g	6.4 g	4.1 g	74.4 g	66.2 g	2.8 g	334 mg
	Raspberry Ripe	2000 kJ	478 Cal	15.3g	7.4g	4.7 g	88.3 g	81.2 g	4.4 g	295 mg
	Brekkie to Go-Go†	2430 kJ	580 Cal	22.6 g	10.3 g	4.0 g	94.9 g	70.4 g	5.7 g	268 mg
	Strawbrekkie†	1770 kJ	423 Cal	21.2 g	5.8 g	2.8 g	71.0 g	52.3 g	5.2 g	168 mg
FRESH JUICES	Mornin' Mocha†^	2070 kJ	493 Cal	22.6 g	5.5 g	2.7 g	86.0 g	68.3 g	4.3 g	237 mg
	Energiser †	995 kJ	238 Cal	3.8 g	0.8 g	LESS THAN 0.1 g	51.2 g	45.8 g	3.9 g	30 mg
	Ginger Zing	707 kJ	169 Cal	3.7 g	0.6 g	LESS THAN 0.1 g	35.5 g	34.8 g	2.3 g	178 mg
	Immunity† (vitA&C)	621 kJ	148 Cal	2.3 g	0.9 g	LESS THAN 0.1 g	31.1 g	30.9 g	2.4 g	20 mg
	Mint Condition	610 kJ	146 Cal	2.0 g	0.3 g	LESS THAN 0.1 g	32.5 g	32.4 g	1.5 g	177 mg
LEVEL UP	Melon Moment	854 kJ	204 Cal	1.8 g	0.8 g	LESS THAN 0.1 g	45.8 g	45.1 g	1.7 g	29 mg
	Two & Five†*	710 kJ	170 Cal	3.1 g	0.4 g	LESS THAN 0.1 g	36.3 g	35.7 g	2.9 g	187 mg
	Choc Muscle Hustle†	1890 kJ	451 Cal	21.1 g	7.8 g	4.0 g	70.4 g	54.2 g	6.4 g	297 mg
	Energy Lift†	1740 kJ	415 Cal	8.3 g	4.8 g	3.2 g	85.1 g	71.6 g	2.6 g	140 mg
	Gym Junkie†	1630 kJ	390 Cal	20.5 g	5.1 g	3.2 g	64.7 g	54.2 g	2.6 g	246 mg
	Power Plant Protein†	1180 kJ	281 Cal	11.4 g	1.8 g	0.6 g	49.6 g	38.1 g	7.6 g	219 mg
	Protein Supreme†	2100 kJ	502 Cal	29.1 g	10.6 g	2.5 g	66.4 g	40.5 g	11.2 g	228 mg
	Pure Eden Super Smoothie	712 kJ	170 Cal	2.8 g	0.5 g	LESS THAN 0.1 g	35.5 g	29.2 g	6.0 g	80 mg
	Super Açai†	1440 kJ	345 Cal	5.9 g	7.8 g	3.3 g	63.1 g	58.3 g	3.1 g	116 mg
	Wondermelon†	798 kJ	191 Cal	13.1 g	2.3 g	1.0 g	27.3 g	24.8 g	6.9 g	92 mg

Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
Kilojoules	Calories		Total	- saturated	Total	- sugars		
287 kJ	69 Cal	2.7 g	0.8 g	0.5 g	12.3 g	10.5 g	0.3 g	39 mg
256 kJ	61 Cal	1.2 g	0.7 g	0.4 g	12.4 g	10.5 g	0.9 g	20 mg
297 kJ	71 Cal	0.9 g	0.5 g	0.3 g	15.9 g	14.2 g	0.4 g	13 mg
212 kJ	51 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.2 g	11.4 g	0.2 g	3 mg
365 kJ	87 Cal	0.5 g	3.0 g	2.7 g	14.5 g	11.8 g	0.8 g	15 mg
288 kJ	69 Cal	1.3 g	0.8 g	0.5 g	14.1 g	12.4 g	0.4 g	23 mg
224 kJ	54 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.4 g	11.2 g	1.0 g	3 mg
238 kJ	57 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	13.6 g	11.4 g	0.6 g	3 mg
299 kJ	71 Cal	1.1 g	0.5 g	0.3 g	15.6 g	13.7 g	0.7 g	15 mg
219 kJ	52 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.7 g	11.0 g	0.4 g	3 mg
150 kJ	36 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	8.5 g	7.9 g	LESS THAN 0.1 g	2 mg
225 kJ	54 Cal	0.4 g	0.5 g	0.2 g	11.6 g	10.9 g	0.3 g	5 mg
236 kJ	56 Cal	1.2 g	0.8 g	0.5 g	11.7 g	10.7 g	0.2 g	24 mg
190 kJ	45 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	10.5 g	10.0 g	0.4 g	4 mg
245 kJ	59 Cal	1.2 g	0.7 g	0.5 g	12.7 g	11.3 g	0.3 g	21 mg
255 kJ	61 Cal	1.2 g	0.8 g	0.5 g	12.7 g	11.5 g	0.3 g	25 mg
388 kJ	93 Cal	1.9 g	3.8 g	2.8 g	12.4 g	9.3 g	1.0 g	52 mg
287 kJ	69 Cal	2.6 g	0.7 g	0.4 g	12.7 g	11.4 g	0.4 g	41 mg
350 kJ	84 Cal	2.6 g	1.5 g	0.8 g	14.9 g	12.2 g	0.1 g	56 mg
327 kJ	78 Cal	2.7 g	1.1 g	0.9 g	13.6 g	11.9 g	0.2 g	41 mg
300 kJ	72 Cal	3.0 g	1.0 g	0.7 g	12.2 g	10.8 g	0.5 g	55 mg
328 kJ	78 Cal	2.5 g	1.2 g	0.8 g	14.5 g	13.3 g	0.7 g	48 mg
398 kJ	95 Cal	3.7 g	1.7 g	0.7 g	15.6 g	11.5 g	0.9 g	44 mg
290 kJ	69 Cal	3.5 g	0.9 g	0.5 g	11.6 g	8.6 g	0.8 g	28 mg
339 kJ	81 Cal	3.7 g	0.9 g	0.4 g	14.1 g	11.2 g	0.7 g	39 mg
163 kJ	39 Cal	0.6 g	0.1 g	0.0 g	8.4 g	7.5 g	0.6 g	5 mg
116 kJ	28 Cal	0.6 g	0.1 g	LESS THAN 0.1 g	5.8 g	5.7 g	0.4 g	29 mg
102 kJ	24 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	5.1 g	5.1 g	0.4 g	3 mg
100 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
140 kJ	33 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	7.5 g	7.4 g	0.3 g	5 mg
116 kJ	28 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	6.0 g	5.9 g	0.5 g	31 mg
309 kJ	74 Cal	3.5 g	1.3 g	0.6 g	11.5 g	8.9 g	1.1 g	49 mg
285 kJ	68 Cal	1.4 g	0.8 g	0.5 g	13.9 g	11.7 g	0.4 g	23 mg
267 kJ	64 Cal	3.4 g	0.8 g	0.5 g	10.6 g	8.9 g	0.4 g	40 mg
193 kJ	46 Cal	1.9 g	0.3 g	0.1 g	8.1 g	6.3 g	1.2 g	36 mg
344 kJ	882 Cal	4.8 g	1.7 g	0.4 g	10.9 g	6.6 g	1.8 g	37 mg
117 kJ	28 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.8 g	4.8 g	1.0 g	13 mg
237 kJ	57 Cal	1.0 g	1.3 g	0.5 g	10.3 g	9.6 g	0.5 g	19 mg
131 kJ	31 Cal	2.1 g	0.4 g	0.2 g	4.5 g	4.1 g	1.1 g	15 mg

ALLERGENS

V = Vegan
Y = Allergen is present
N = Allergen is not present

TROPICAL	Banana Buzz
	Blue Honolulu
	Green Tea Mango Mantra ^{1*}
	Lychee Crush
	Mango & Co
	Mango Magic
	Mango Tango Crush
	Palm Peach Crush
	Passion Mango
	Tropical Crush
BERRY	Watermelon Crush
	Açaí Lychee Crush
	All Berry Bang
	Berry Crush
	Lychee Charm
CRAVE	Pink Paradise
	Strawberry Squeeze
	Bananas For Choc
	Coffee Dream [†]
	Cookies & Crème
BREKKIE	Honeycomb Heaven
	King William Chocolate
	Raspberry Ripe
	Brekkie to Go-Go [†]
	Strawbrekkie [†]
LEVEL UP	Mornin' Mocha
	Choc Muscle Hustle [†]
	Energy Lift [†]
	Gym Junkie [†]
	Power Plant Protein [†]
FRESH JUICES	Protein Supreme [†]
	Pure Eden Super Smoothie
	Super Açaí [†]
	Wondermelon [†]
	Energiser [†]
BOOSTERS	Ginger Zing
	Immunity [†] (vit A & C)
	Mint Condition
	Melon Moment
	Two & Five ^{†*}
ADDONS	All Greens
	Energiser ^{††}
	Immunity ^{††} (vit A & C)
	Plant Based Protein [†]
	Protein [†]
	Superfruit
	Vita! [#]
	Blue Spirulina (<i>n/a as a booster</i>)
	Green Tea [™] (<i>n/a as a Booster</i>)
	Chia Seeds
	Almond Mylk
	Coconut Water
	Extra Fruit & Veg
	Oat Mylk
	Soy Mylk

[illegible]

If you have an allergy to a specific product, please alert your Boost store, and Boost will endeavour to provide an allergen-free product for you. Boost however, cannot guarantee that any products (including those marketed as "free from") in the above table) will be free from traces of these allergens due to potential cross contamination that may occur in store or during the external manufacturing process of any ingredient utilised in a product.

Boost Juice is not a nut or gluten free environment. Whilst we take our allergen management seriously, comparing all products to prevent cross contamination, we do use the same store environment to make all drinks. Boost stores do not contain any trace amounts of nuts containing gluten including wheat, oats, barley and rye and egg, milk, peanuts, sesame, soy, lupin, almonds, cashew, lupin, almond, brazil nut, cashew, macadamia, pecan, pistachio, walnut and pine nut. Oh yes protein does not contain any allergens. Soy milk does not contain cereals containing gluten and does not contain milk and lactose. Our frozen yoghurts, sorbet and cream do not contain gluten-containing cereals. However, our Boost stores do carry other products that contain gluten. If you are allergic to any of the following ingredients, please contact your nearest Boost store. We're sorry! At least 10% of your RDI of essential vitamins and minerals. I Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ° Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. * Not suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of animal products present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in the product. Kids' collectable cups are 250 mL, and our metal reusable cups are 610mL. Fruit changes with the seasons, and as most of our produce is locally fresh, the nutritional profile and flavour can vary. Please note that some products may not be available in all stores. Allergen information are based on low fat milk for drinks displayed with the low-fat milk or soy option. Whenever changes in ingredients and recipes occur, we'll do our very best to keep you in the loop. For the full ingredients and nutritional information and the most up-to-date allergen listing please refer to our website <https://www.boostjuice.com.au/>.



	Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
	Kilojoules	Calories		Total	- saturated	Total	- sugars		
PER 100 ML	313 kJ	75 Cal	2.9 g	0.9 g	0.6 g	13.4 g	11.6 g	0.3 g	43 mg
	297 kJ	71 Cal	1.4 g	0.8 g	0.5 g	14.5 g	12.2 g	1.0 g	23 mg
	313 kJ	75 Cal	1.0 g	0.6 g	0.4 g	16.5 g	14.7 g	0.4 g	16 mg
	215 kJ	51 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.4 g	11.6 g	0.2 g	3 mg
	419 kJ	100 Cal	2.8 g	15.0 g	13.6 g	75.3 g	61.1 g	3.7 g	77 mg
	302 kJ	72 Cal	1.4 g	0.8 g	0.6 g	14.7 g	12.8 g	0.4 g	24 mg
	243 kJ	58 Cal	0.5 g	0.1 g	LESS THAN 0.1 g	13.6 g	12.3 g	1.0 g	4 mg
	261 kJ	62 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	14.9 g	12.6 g	0.6 g	3 mg
	310 kJ	74 Cal	1.2 g	0.6 g	0.4 g	16.1 g	14.2 g	0.7 g	16 mg
	238 kJ	57 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	13.8 g	11.9 g	0.5 g	3 mg
	164 kJ	39 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	9.3 g	8.6 g	LESS THAN 0.1 g	2 mg
	248 kJ	59 Cal	0.4 g	0.6 g	0.2 g	12.8 g	12.0 g	0.3 g	5 mg
	244 kJ	58 Cal	1.2 g	0.8 g	0.6 g	12.1 g	11.0 g	0.2 g	26 mg
	204 kJ	49 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	11.3 g	10.8 g	0.3 g	5 mg
	285 kJ	68 Cal	1.3 g	0.8 g	0.5 g	14.9 g	13.3 g	0.3 g	23 mg
	270 kJ	64 Cal	1.3 g	0.8 g	0.5 g	13.4 g	12.0 g	0.3 g	26 mg
	418 kJ	100 Cal	1.9 g	4.2 g	3.1 g	13.3 g	9.8 g	1.0 g	53 mg
	325 kJ	78 Cal	3.1 g	0.9 g	0.6 g	13.9 g	12.3 g	0.5 g	50 mg
	357 kJ	85 Cal	2.7 g	1.5 g	0.8 g	15.3 g	12.6 g	0.1 g	55 mg
	351 kJ	84 Cal	3.1 g	1.2 g	1.0 g	14.4 g	12.6 g	0.1 g	47 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
	348 kJ	83 Cal	2.8 g	1.2 g	0.8 g	15.4 g	14.1 g	0.7 g	53 mg
	390 kJ	93 Cal	3.7 g	1.7 g	0.6 g	15.2 g	11.1 g	1.0 g	42 mg
	299 kJ	71 Cal	3.7 g	1.0 g	0.4 g	11.7 g	8.2 g	1.0 g	27 mg
	334 kJ	80 Cal	3.6 g	0.9 g	0.5 g	14.0 g	11.4 g	0.6 g	41 mg
	147 kJ	35 Cal	0.6 g	0.1 g	0.0 g	7.6 g	7.0 g	0.5 g	5 mg
	122 kJ	29 Cal	0.6 g	0.1 g	LESS THAN 0.1 g	6.2 g	6.0 g	0.4 g	29 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
	134 kJ	32 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	7.1 g	7.0 g	0.3 g	5 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
	332 kJ	79 Cal	3.7 g	1.4 g	0.7 g	12.3 g	9.4 g	1.2 g	50 mg
300 kJ	72 Cal	1.5 g	0.8 g	0.6 g	14.6 g	12.2 g	0.4 g	25 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	
208 kJ	50 Cal	1.8 g	0.3 g	0.1 g	9.0 g	7.1 g	1.3 g	36 mg	
317 kJ	76 Cal	4.5 g	1.4 g	0.4 g	10.5 g	7.0 g	1.5 g	41 mg	
116 kJ	28 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.8 g	4.8 g	1.0 g	13 mg	
248 kJ	59 Cal	0.9 g	1.3 g	0.5 g	10.8 g	10.0 g	0.6 g	18 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	

[illegible]

If you have an allergy to a specific product, please alert your Boost store, and Boost will endeavour to provide an allergen-free product for you. Boost however, cannot guarantee that any products (including those marked "allergen free" in the above table) will be free from traces of these allergens due to potential cross contamination that may occur in store or during the external manufacturing process of any ingredient utilised in a product.

Boost Juice is not a nut or gluten free environment. Whilst we take our allergen management seriously, comparing all products to prevent cross contamination, we do use the same store environment to make all drinks. Boost stores do not contain any products that contain traces of cereals containing gluten including wheat, oats, barley and rye and egg, milk, peanuts, sesame, soy, tree nuts, walnuts, lupin, almond, brazil nut, cashew, macadamia, pecan, pistachio, walnut and pine nut. Oh yes protein does not contain any allergens. Our frozen yoghurts, sorbet and soft serve ice cream do not contain gluten-containing cereals. However, our Boost stores do carry other products that contain gluten. If you are a parent of a young child under 5 years, pregnant or lactating women. At least 10% of your RDI of essential vitamins and minerals. I Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ° Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. All products are suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of allergens present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in the products. Kids' collectable cups are 250 mL, and our metal reusable cups are 610mL. Fruit changes with the seasons, and as most of our products are made fresh, the nutritional profile and flavour can vary. Please note that some products may not be available in all stores. Allergen information are based on low fat milk for drinks displayed with the low-fat milk or soy option. Whenever changes in ingredients and recipes occur, we'll do our very best to keep you in the loop. For the full ingredients and nutritional information and the most up to date allergen listing please refer to our website <https://www.boostjuice.com.au/>.



Important to know on the go

V = Vegan
Y = Allergen is present
N = Allergen is not present

If you have an allergy to a specific product, please alert your Boost store, and Boost will endeavour to provide an allergen-free product for you. Boost however, cannot guarantee that any products (including those marked "allergen free" in the above table) will be free from traces of these allergens due to potential cross contamination that may occur in store or during the external manufacturing process of any ingredient utilised in a product.

Boost Juice is not a nut or gluten free environment. Whilst we take our allergen management and preparing all products to prevent cross contamination, we do use the same store environment to make all drinks. Boost stores do not contain any trace amounts of cereals containing gluten including wheat, oats, barley and rye and egg, milk, peanuts, sesame, soy, lupin, cashew, lupin, almond, brazil nut, cashew, macadamia, pecan, pistachio, walnut and pine nut. Our whey protein does not contain any allergens. Soy milk does not contain cereals containing gluten and does not contain milk and lactose. Our frozen yoghurts, sorbet and frozen custard cream do not contain gluten-containing cereals. However, our Boost stores do carry other products that contain gluten. Our frozen yoghurts do contain milk. * Boosters with this symbol, Whey Protein and * Caffeine is not recommended for young children under 12 years, pregnant or lactating women. At least 10% of your RDI of essential vitamins and minerals. I Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ° Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. † Contains ingredients not suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of allergens present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in the products. ‡ Kids' collectable cups are 250 mL, and our metal reusable cups are 610mL. Fruit changes with the seasons, and as most of our products are made fresh, the nutritional profile and flavour can vary. Please note that some products may not be available in all stores. All allergen information are based on low fat milk for drinks displayed with the low-fat milk or soy option. Whenever changes in ingredients and recipes occur, we'll do our very best to keep you in the loop. For the full ingredients and nutritional information and the most up to date allergen listing please refer to our website <https://www.boostjuice.com.au/>.



Important to know on the go

Important to know on the go

ALLERGENS

$\bar{N}$ = Allergen is not present

Boost Juice is not a nut or gluten free environment. Whilst we take our greatest care in preparing our products, we cannot guarantee 100% product free from cross contamination, we do use the same store environment to make all drinks. Boost Juice products may contain traces of cereals containing gluten including wheat, oats, barley and rye, and egg, milk, peanuts, sesame, soy, lupin, almond, brazil nut, cashew, macadamia, pecan, pistachio, walnut and pine nut. Our whey protein does not contain any allergens, except for lupin, almond, brazil nut, cashew, macadamia, pecan, pistachio, walnut and pine nut. Our whey protein does not contain any allergens, except for lupin, almond, brazil nut, cashew, macadamia, pecan, pistachio, walnut and pine nut. Soy milk does not contain cereals containing gluten and does not contain milk and lactose. Our products do not contain alcohol, sorbet and frozen coconut cream do not contain gluten-containing cereals. However, our Boost stores do carry other products which may contain allergens. Our frozen yoghurts contain milk. * Boosters with this symbol, Whey Protein and * Caffeine is not recommended for children under 15 years, pregnant or lactating women. # At least 10% of your RDI of essential vitamins and minerals. † Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ° Counts as a maximum of 10% of your RDI towards an individual's daily intake of fruits and vegetables. * For original size. Suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of animal products present due to potential cross contamination. † During the manufacturing process of the ingredients used in such products. Our kids' cable cups are 100% plant-based and reusable cups are 610mL. Fruit changes with the seasons, and as most of our products are made in the UK, the nutritional profile and flavour can vary. Please note that some products may not be available in all stores. The nutrition and allergen information occurs only on low fat milk for drinks displayed with the low-fat milk or soy option. Whenever changes in nutrition information and allergen information occur, we do our very best to keep you in the loop. For the full ingredients and nutritional information and the most up to date ingredients list please refer to our website <https://www.boostjuice.com.au/>.



SNACKS NUTRITION GUIDE

HAZELNUT PROTEIN BALL



INGREDIENTS

Biscuit Crumbs (**WHEAT** flour, sugar, vegetable shortening (mass balance palm oil RSPO certified), Golden Syrup, Salt, vanilla flavour powder [caster sugar, natural flavour, anti-caking agent (E551)], bromelain (maltodextrin)), Butter Unsalted (**MILK** (Pasteurised cream)), **HAZELNUT** (10%), Condensed **MILK** (Cow's **MILK**, sugar), Hydrogenated Coconut Oil, Pea Protein Isolate, Protein Powder (**MILK**) (6%) (Whey protein concentrate, vanilla flavour, guar gum, stevia), **ALMONDS**, Cocoa Powder, Honey, Coconut (Coconut meat, Sodium Metabisulphite (**SULPHITES**)), **SESAME** Seed, Wholegrain Oats (**GLUTEN**), Sunflower Seeds, Hazelnut Flavour (Ethanol, water, propylene glycol (1520), glycerine, triacetin, preservative (202), antioxidant (307), Vanilla (Ethanol, natural flavouring substances)).

ALLERGENS

CONTAINS ALMOND, HAZELNUT, SESAME, SULPHITES, WHEAT, GLUTEN & MILK.

MAY CONTAIN EGGS, LUPIN, PEANUT, PISTACHIO, SOY, WALNUT, BARLEY & RYE.

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.

• SOURCE OF PROTEIN

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	823 kJ (197 Cal)	2352 kJ (562 Cal)
Protein	6.31 g	18.04 g
Fat, total	14.46 g	41.32 g
- saturated	7.87 g	22.49 g
Carbohydrate	10.63 g	30.37 g
- sugars	5.36 g	15.32 g
Sodium	38.56 mg	110.1 mg

WHITE CHOCOLATE PROTEIN BALL



INGREDIENTS

Biscuit Crumbs (**WHEAT** flour, sugar, vegetable shortening (mass balance palm oil RSPO certified), Golden Syrup, Salt, vanilla flavour powder [caster sugar, natural flavour, anti-caking agent (E551)], bromelain (maltodextrin)), Butter Unsalted (**MILK** (Pasteurised cream)), **HAZELNUT** (10%), Condensed **MILK** (Cow's **MILK**, sugar), Hydrogenated Coconut Oil, Pea Protein Isolate, Protein Powder (**MILK**) (6%) (Whey protein concentrate, vanilla flavour, guar gum, stevia), **ALMONDS**, Cocoa Powder, Honey, Coconut (Coconut meat, SODIUM METABISULPHITE (**SULPHITES**)), **SESAME** Seed, Wholegrain Oats (**GLUTEN**), Sunflower Seeds, Hazelnut Flavour (Ethanol, water, propylene glycol (1520), glycerine, triacetin, preservative (202), antioxidant (307), Vanilla (Ethanol, natural flavouring substances)).

ALLERGENS

CONTAINS ALMOND, SESAME, SOY, SULPHITES, WHEAT, GLUTEN & MILK.

MAY CONTAIN EGGS, HAZELNUT, LUPIN, PEANUT, PISTACHIO, WALNUT, BARLEY & RYE.

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.

• SOURCE OF PROTEIN

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	851 kJ (203 Cal)	2432 kJ (581 Cal)
Protein	6.36 g	18.16 g
Fat, total	14.37 g	41.04 g
- saturated	9.83 g	28.08 g
Carbohydrate	11.58 g	33.09 g
- sugars	7.21 g	20.61 g
Sodium	50.96 mg	145.61 mg

CHOCOLATE PROTEIN BALL



INGREDIENTS

Butter Unsalted (**MILK** (Pasteurised cream)), Biscuit Crumbs (**WHEAT** flour, sugar, vegetable shortening (mass balance palm oil RSPO certified), golden syrup, salt, vanilla flavour powder [caster sugar, natural flavour, anti-caking agent (E551)], bromelain (maltodextrin)), Coconut (Coconut meat, SODIUM METABISULPHITE) (**SULPHITES**), Condensed **MILK** (Cow's **MILK**, sugar), Hydrogenated Coconut Oil, Cocoa Powder (6%), **ALMONDS**, Pea Protein Isolate, Protein Powder (**MILK**) (6%) (Whey protein concentrate, vanilla flavour, guar gum, stevia), Honey, **SESAME** Seed, Wholegrain Oats (**GLUTEN**), Sunflower Seeds

ALLERGENS

CONTAINS ALMOND, SESAME, SULPHITES, WHEAT, GLUTEN & MILK.

MAY CONTAIN EGGS, HAZELNUT, LUPIN, PEANUT, PISTACHIO, SOY, WALNUT, BARLEY & RYE.

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.

• SOURCE OF PROTEIN

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	850 kJ (203 Cal)	2429 kJ (581 Cal)
Protein	5.90 g	16.85 g
Fat, total	15.16 g	43.31 g
- saturated	10.19 g	29.12 g
Carbohydrate	10.76 g	30.73 g
- sugars	5.36 g	15.31 g
Sodium	38.48 mg	109.94 mg

COOKIES & CREAM PROTEIN BALL



INGREDIENTS

Butter Unsalted (**MILK** (Pasteurised cream)), Biscuit Crumbs (**WHEAT** flour, sugar, vegetable shortening (mass balance palm oil RSPO certified), golden syrup, salt, vanilla flavour powder [caster sugar, natural flavour, anti-caking agent (E551)], bromelain (maltodextrin)), Condensed **MILK** (Cow's **MILK**, sugar), Hydrogenated Coconut Oil, Choc Biscuit Crumb (7%) (**WHEAT** flour, sugar, vegetable shortening (mass balance palm oil RSPO certified), vanilla, salt, golden syrup, cocoa)(**GLUTEN**), Pea Protein Isolate, Protein Powder (**MILK**) (7%) (Whey protein concentrate, vanilla flavour, guar gum, stevia), **ALMOND** Meal, Honey, White Compound Chip (Sugar, hydrogenated vegetable fat, total **MILK** solids, stabiliser(sorbitan tristearate), emulsifier(**SOYA** lecithin) (**SOY**)), Coconut (Coconut meat, SODIUM METABISULPHITE) (**SULPHITES**), Yoghurt Powder (Skim **MILK**, culture), Whole **MILK**, Vanilla.

ALLERGENS

CONTAINS ALMOND, SOY, SULPHITES, WHEAT, GLUTEN & MILK.

MAY CONTAIN EGGS, HAZELNUT, LUPIN, PEANUT, PISTACHIO, SESAME, WALNUT, BARLEY, OATS & RYE.

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.

• SOURCE OF PROTEIN

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	792 kJ (189 Cal)	2263 kJ (541 Cal)
Protein	5.84 g	16.67 g
Fat, total	13.06 g	37.32 g
- saturated	9.12 g	26.05 g
Carbohydrate	11.78 g	33.65 g
- sugars	7.37 g	21.04 g
Sodium	61.46 mg	175.60 mg



SNACKS NUTRITION GUIDE

BANANA BREAD



INGREDIENTS

Banana (25.7%), **WHEAT** Flour (**GLUTEN**), Sucrose, Canola Oil, **EGGS**, Yoghurt (**MILK**), **MILK** Solids, Culture), Sodium Bicarbonate (500), Vanilla, Salt, Cinnamon.

ALLERGENS

CONTAINS WHEAT, EGGS, GLUTEN & MILK.

MAY CONTAIN ALMOND, HAZELNUT, LUPIN, PEANUT, PISTACHIO, SESAME, SOY, SULPHITES, WALNUT, BARLEY, OATS & RYE.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 120 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1692 kJ (404 Cal)	1410 kJ (338 Cal)
Protein	5.9 g	4.9 g
Fat, total	16.6 g	13.8 g
- saturated	3.4 g	1.5 g
Carbohydrate	55.6 g	46.3 g
- sugars	35.8 g	29.8 g
Dietary fibre, total	4.9 g	4.1 g
Sodium	276 mg	230 mg

COBS NATURAL POPCORN SEA SALT



INGREDIENTS

Popcorn, sunflower oil, sea salt.

ALLERGENS

MAY CONTAIN MILK

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	496 kJ (119 Cal)	1987 kJ (475 Cal)
Protein	1.8 g	7.2 g
Fat, total	6.2 g	24.6 g
- saturated	0.6 g	2.3 g
Carbohydrate	12.4 g	49.9 g
- sugars	0.2 g	0.9 g
Sodium	90 mg	360 mg

COBS NATURAL POPCORN LIGHTLY SALTED, SLIGHTLY SWEET



INGREDIENTS

Popcorn, sunflower oil, raw sugar, sea salt.

ALLERGENS

MAY CONTAIN MILK

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	507 kJ (121 Cal)	2030 kJ (71 Cal)
Protein	1.3 g	5.2 g
Fat, total	5.6 g	24.6 g
- saturated	0.5 g	2.1 g
Carbohydrate	15.4 g	61.6 g
- sugars	4.1 g	16.2 g
Sodium	68 mg	272 mg