



OUR REAL JUICY MENU

TROPICAL



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



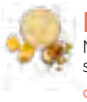
BLUE HONOLULU
Mango, blue spirulina, banana,
tropical juice, mango yoghurt,
vanilla yoghurt & ice
orig 1560 kJ med 1340 kJ
jnr 1030 kJ



**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 [✓]
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 [✓]**
Freshly juiced watermelon,
tropical juice, sorbet & ice
orig 916 kJ med 736 kJ jnr 590 kJ



LYCHEE CRUSH [✓]
Lychees, mango nectar,
tropical juice, sorbet & ice
orig 1290 kJ med 966 kJ
jnr 730 kJ



**MANGO
TANGO CRUSH [✓]**
Mango, passionfruit, mango
nectar, tropical juice, sorbet & ice
orig 1370 kJ med 1100 kJ
jnr 782 kJ



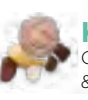
MANGO & CO [✓]
Mango, passionfruit,
banana, mango nectar,
frozen coconut cream & ice
orig 2230 kJ med 1890 kJ
jnr 1380 kJ



**PALM PEACH
CRUSH [✓]**
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

CHOC

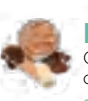


KING WILLIAM CHOCOLATE
Chocolate powder, banana, low fat milk, vanilla yoghurt
& ice orig 1830 kJ med 1390 kJ jnr 1080 kJ



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

BREKKIE



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



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



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

FRESH JUICES

CREATE YOUR OWN FRESH JUICES [✓]

CHOOSE YOUR BASES

Apple	Orange	Watermelon
Carrot		

THEN ADD YOUR INGREDIENTS

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



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



MELON MOMENT [✓]
Watermelon, pink dragon fruit, strawberries, apple
& ice orig 854 kJ med 601 kJ jnr 462 kJ



GINGER ZING [✓]
Ginger, orange, carrot, celery & ice
orig 707 kJ med 549 kJ jnr 433 kJ



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



MINT CONDITION [✓]
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

[✓] 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.

PROTEIN



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 booster^{*} (**8.3 g of protein^{*}**)
orig 1740 kJ med 1350 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⁺ [✓]**
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

HAVE IT YOUR WAY

Extra Fruit & Veg [✓]
Coconut Water [✓]
Soy Mylk [✓]

Oat Mylk [✓]
Almond Mylk [✓]

AFTER MORE OOMPH?

Protein⁺/Plant Based⁺ [✓]
Immunity[†] (vit A & C) [✓]
Energiser⁺ [✓]

Vita[#]
All Greens [✓]
Superfruit [✓]

BERRY



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



BERRY CRUSH [✓]
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



PINK LEMONADE [✓]
Freshly juiced lemon, strawberries,
raspberries, freshly juiced apple, sorbet & ice
orig 1150 kJ med 838 kJ jnr 691 kJ



BERRY PEACHY [✓]
Peach, strawberries, raspberries,
mango nectar, sorbet & ice
orig 1360 kJ med 1090 kJ jnr 909 kJ



Important to know on the go

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PER 100 ML

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

v = Vegan

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TROPICAL	Banana Buzz
	Blue Honolulu
	Green Tea Mango Mantra ^{†^}
	Lychee Crush
	Mango & Co
	Mango Magic
	Mango Tango Crush
	Palm Peach Crush
	Passion Mango
	Tropical Crush
BERRY	Watermelon Crush
	All Berry Bang
	Berry Crush
	Berry Peachy
	Pink Lemonade
CHOC	Pink Paradise
	Strawberry Squeeze
	Bananas For Choc
	Coffee Dream [^]
PROTEIN	Cookies & Crème
	King William Chocolate
	Raspberry Ripe
	Choc Muscle Hustle [†]
	Energy Lift [†]
	Gym Junkie [†]
	Power Plant Protein [†]
FRESH JUICE	Protein Supreme [†]
	Wondermelon [†]
	Engisiser [†]
	Ginger Zing
	Immunity [†] (vit A & C)
BREKKIE	Mint Condition
	Melon Moment
	Two & Five ¹⁰
BOOSTER	Brekkie to Go-Go [†]
	Strawbrekkie [†]
	Mornin' Mocha
	All Greens
	Engisiser ^{^††}
ADD ONS	Immunity ^{2††} (vit A & C)
	Plant Based Protein [†]
	Protein [†]
	Superfruit
	Vita [#]
ADD ONS	Blue Spirulina (n/a as a booster)
	Green Tea [^] (n/a as a Booster)
	Chia Seeds
	Almond Mylk
	Coconut Water
ADD ONS	Extra Fruit & Veg
	Oat Mylk
	Soy Mylk

[illegible]

If you have an allergy to a specific product, please also read the most recent Boost and Boost will endeavour to provide an allergen-free product for you. Boost however, cannot guarantee that our products (including those containing "No" 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 soy free environment. Whilst we take our greatest care in preparing all products to prevent cross contamination, we do use the same equipment and facilities to make all drinks. Boost Juice products may contain traces of cereals containing gluten including wheat, oats, barley and rye. Boost Juice products may also contain egg, milk, peanuts, sesame, sulphites, soy, sulphites, lupin, almond, brazil nut, cashew, macadamia, pecan, pistachio, walnut and hazelnut. Whey protein does not contain cereals containing gluten. Soy milk does not contain cereals containing gluten and does not contain gluten. Boost Juice frozen yoghurts, sorbet and frozen coconut cream do not contain gluten-containing cereals. However, our Boost stores do not stock products that contain gluten.

Our frozen yoghurts contain milk. * Boosters with this symbol, Whey Protein and * Caffeine are not recommended for young 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 of essential vitamins and minerals. †† Represents an individual's daily intake of fruits and vegetables. * For original size. Suitable for vegans. Although products marked with this symbol may contain plant-based ingredients, there may be traces of animal products present due to potential cross contamination in store equipment and during the manufacturing process of the ingredients used in such products. Our kids' collectable cups are 250mL, and our metals are 500mL, 750mL and 1000mL. 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. The nutrition and allergen information are based on the low fat milk and low fat milk options displayed on the low-fat milk or soy option. Whenever changes in nutrition information and recipes occur, we'll do our best to tell you in the loop. The key ingredients and nutritional information and the most up-to-date ingredient listing please refer to our website <https://www.boostjuice.com.au/>.



Important to know on the g

Important to know on the g

	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
	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
	242 kJ	58 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	13.6 g	12.0 g	0.8 g	3 mg
	186 kJ	45 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	10.4 g	9.9 g	0.3 g	4 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
	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
	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
	145 kJ	35 Cal	2.3 g	0.4 g	0.2 g	5.1 g	4.7 g	1.1 g	17 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

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

v = Vegan

Y = Allergen is present
y = Allergen is absent

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[illegible]

Boost Juice is not a nut or gluten free environment. Whilst we take our allergen control seriously, we are not preparing all products to prevent cross contamination, so we do use the same store environment to store all drinks. Boost Juice products do not contain traces of cereals containing gluten including wheat, oats, barley and rye and egg, soy, lupin, sesame, sulphites, soy, sulphites, lupin, almond, brazil nut, cashew, macadamia, pecan, pistachio, walnut and hazelnut. Whey protein does not contain cereals containing gluten. Soy milk does not contain cereals containing gluten and does not contain any of the above. Our frozen yoghurts, sorbet and frozen coconut cream do not contain gluten-containing cereals. However, our products does carry other products that contain gluten. Our frozen yoghurts contain milk. Boosts with this symbol, 'Wheys' are not recommended for young children under 15 years, pregnant or lactating women. # At least 10% of the RDI of essential vitamins and minerals. 1 Contains vitamin A & C necessary for normal immune function as a part of a healthy diet. # Counts as maximum of one serve only towards an individual's daily intake of fruits and vegetables. # The original size suitable for 100% of the population. Although products marked with this symbol are made using plant-based ingredients, they may be traces of allergen present due to potential cross contamination in store or during the external manufacturing process. # The products used in such products. Our kids' collectable cups are 250 mL, and our 610 mL reusable cups are 610mL. Fruit changes with the season and 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. The nutrition and allergen information are based on low fat milk for drinks displayed with the low fat milk. # Whenever changes in nutrition information and recipes occur, we'll do our very best to keep you up to date. # All ingredients and nutritional information and the most up-to-date ingredient listing please refer to our website <https://www.boostjuice.com.au/>.



JUNIOR SIZE 350ML

FACTS & FIGURES

Important to know on the go

		Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
		Kilojoules	Calories		Total	-saturated	Total	-sugars		
TROPICAL	Banana Buzz	1010 kJ	242 Cal	10.0 g	3.0 g	1.9 g	42.8 g	36.9 g	1.0 g	146 mg
	Blue Honolulu	1030 kJ	245 Cal	4.7 g	2.6 g	1.7 g	50.2 g	42.4 g	3.3 g	79 mg
	Green Tea Mango Mantra [†]	1160 kJ	277 Cal	3.8 g	2.2 g	1.4 g	60.5 g	53.7 g	1.7 g	62 mg
	Lychee Crush	730 kJ	174 Cal	1.2 g	0.2 g	0.1 g	42.4 g	39.4 g	0.7 g	11 mg
	Mango & Co	1380 kJ	330 Cal	2.2 g	9.7 g	8.7 g	57.7 g	47.1 g	3.3 g	52 mg
	Mango Magic	1070 kJ	255 Cal	4.6 g	2.9 g	1.9 g	52.4 g	45.9 g	1.7 g	82 mg
	Mango Tango Crush	782 kJ	187 Cal	1.5 g	0.3 g	0.2 g	44.5 g	40.5 g	2.4 g	11 mg
	Palm Peach Crush	996 kJ	238 Cal	2.0 g	0.4 g	0.2 g	57.2 g	48.8 g	2.1 g	13 mg
BERRY	Passion Mango	1010 kJ	242 Cal	3.9 g	2.0 g	1.3 g	52.1 g	45.7 g	2.4 g	56 mg
	Tropical Crush	849 kJ	203 Cal	1.8 g	0.4 g	0.2 g	48.9 g	42.2 g	1.7 g	10 mg
	Watermelon Crush	590 kJ	141 Cal	1.3 g	0.5 g	0.1 g	33.6 g	30.9 g	0.3 g	7 mg
	All Berry Bang	861 kJ	206 Cal	4.2 g	2.8 g	1.8 g	42.7 g	39.2 g	0.7 g	88 mg
	Berry Crush	730 kJ	174 Cal	1.1 g	0.4 g	0.2 g	40.3 g	38.3 g	1.4 g	16 mg
	Berry Peachy	909 kJ	217 Cal	1.7 g	0.3 g	0.1 g	51.3 g	45.6 g	3.1 g	13 mg
	Pink Lemonade	691 kJ	165 Cal	1.3 g	0.4 g	0.1 g	38.4 g	36.6 g	1.3g	15 mg
	Pink Paradise	965 kJ	230 Cal	4.1 g	2.5 g	1.6 g	51.0g	45.8 g	1.1 g	72 mg
CHOC	Strawberry Squeeze	891 kJ	213 Cal	4.4 g	2.8 g	1.8 g	44.2 g	39.4 g	1.0 g	87 mg
	Bananas For Choc	1420 kJ	340 Cal	6.8 g	14.0 g	10.3 g	45.0 g	33.5 g	3.6 g	188 mg
	Coffee Dream [*]	1150 kJ	275 Cal	11.2 g	3.3 g	2.1 g	49.0 g	43.2 g	1.6 g	175 mg
	Cookies & Creme	1140 kJ	274 Cal	9.6 g	4.1 g	2.3 g	49.3 g	41.4 g	0.6 g	172 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
	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
	Energiser [†]	502 kJ	120 Cal	1.9 g	0.4 g	LESS THAN 0.1g	25.9 g	24.0 g	1.8 g	17 mg
	Ginger Zing	433 kJ	103 Cal	2.2 g	0.4 g	LESS THAN 0.1g	21.7 g	21.3 g	1.4 g	106 mg
FRESH JUICES	Immunity [†] (vit A & C)	360 kJ	86 Cal	1.3 g	0.5 g	LESS THAN 0.1g	18.2 g	18.1 g	1.1 g	12 mg
	Mint Condition	333 kJ	80 Cal	1.0 g	0.1g	LESS THAN 0.1g	17.9 g	17.9 g	0.7 g	94 mg
	Melon Moment	462 kJ	110 Cal	1.0 g	0.4 g	LESS THAN 0.1g	24.7 g	24.2 g	1.1 g	16 mg
	Two & Five [†] a	405 kJ	97 Cal	1.8 g	0.3 g	LESS THAN 0.1g	20.6 g	20.2 g	1.7 g	128 mg
	Choc Muscle Hustle [†]	1190 kJ	285 Cal	13.1 g	5.2g	2.5 g	43.9 g	33.0 g	4.4 g	179 mg
	Energy Lift [†]	1080 kJ	259 Cal	5.3 g	3.1 g	2.0 g	52.7 g	44.0 g	1.7 g	88 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
	Power Plant Protein [†]	664 kJ	159 Cal	5.8 g	1.1g	0.4 g	28.9 g	22.4 g	3.7 g	127 mg
PROTEIN	Protein Supreme [†]	937 kJ	224 Cal	13.4 g	4.0 g	1.1 g	30.8 g	21.5 g	4.6 g	121 mg
	Wondermelo [†]	475 kJ	113 Cal	7.0 g	1.4 g	0.7 g	17.4 g	16.1 g	2.8 g	52 mg
	Brekkie to Go-Go [†]	1520 kJ	364 Cal	14.2 g	6.9 g	2.5 g	58.2 g	40.5 g	4.3 g	1588 mg
	Strawbrekkie [†]	960 kJ	229 Cal	11.9 g	3.0 g	1.5 g	38.3 g	28.9 g	2.5 g	93 mg
	Mornin' Mocha [†] a	1160 kJ	278 Cal	12.5 g	3.2 g	1.7 g	48.4 g	39.0 g	2.2 g	152 mg
BREKKIE										

ALLERGENS

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

TROPICAL	Banana Buzz	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
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Important to know on the go

Important to know on the go

[illegible]

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

v = Vegan

Y = Allergen is present
y = Allergen is absent

N = Allergen is not present

[illegible]

Boost Juice is not a nut or gluten free environment. Whilst we take our allergen control seriously, we cannot guarantee all products to prevent 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, soy, lupin, almonds, sulphites, lupin, almond, brazil nut, cashew, macadamia, pecan, pistachio, walnut and pine nut. Our whey protein powder contains cereals containing gluten. Soy milk does not contain cereals containing gluten and does not contain milk and lactose. Our chocolate, coconut and frozen coconut cream do not contain gluten-containing cereals. However, our Boost stores may use other products that contain gluten. Our frozen yoghurts contain milk. * Boosters with this symbol, Whey Protein and * Caffeine are not recommended for young children under 15 years, pregnant or lactating women. # At least 10% of your RDI of essential vitamins and minerals. * i.e. Vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. ° Counts as maximum of 10% of your RDI towards an individual's daily intake of fruits and vegetables. * For original size. Suitable for vegans. Although our products with this symbol are made using plant-based ingredients, there may be traces of animal products present due to potential cross contamination during or during the external manufacturing process of the ingredients used in such products. Our kids' collectable cups are made from 100% recycled and reusable cups are 610mL. Fruit changes with the seasons, and as most of our products are made fresh, the recipe and profile and flavour can vary. Please note that some products may not be available in all stores. The nutrition and allergen information is based on low fat milk for drinks displayed with the low-fat milk or soy option. Whenever changes to nutrition information and allergen information occur, we to our very best to keep you in the loop. For the full ingredients and nutritional information and the most up to date allergen and listing 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