

# MOST POPULAR

## ALL YOUR FAVOURITES!

### All Berry Bang

strawberries, raspberries, blueberries, apple juice, TD4 strawberry yoghurt & ice

### Mango Magic

mango, banana, mango nectar, TD4 vanilla yoghurt & ice

### Strawberry Squeeze

strawberries, banana, apple juice, TD4 strawberry yoghurt & ice

### Blueberry Blast

blueberries, banana, apple juice, TD4 vanilla yoghurt, sorbet & ice

### Banana Buzz

banana, honey, low fat milk or soy, TD4 vanilla yoghurt & ice

### Soraya's Favourite

mango, green tea, mango nectar, TD4 vanilla yoghurt, sorbet & ice  
+ immunity booster

## REFRESHING CRUSHES

### Watermelon Lychee Crush

freshly juiced watermelon, lychees, sorbet & ice

### Berry Crush

raspberries, strawberries, blueberries, apple juice, sorbet & ice

### Strawberry Melon Crush

strawberries, watermelon sorbet & ice

## INDULGENCE

### Cookies & Cream

cookies, low fat milk or soy, TD4 vanilla yoghurt, sorbet & ice

### King William Chocolate

banana, chocolate, low fat milk or soy, TD4 vanilla yoghurt & ice

### Raspberry Choc

raspberries, chocolate, coconut milk, low fat milk or soy, TD4 strawberry yoghurt, sorbet & ice

Eating an apple is a more reliable method of staying awake than consuming a cup of coffee!

# PROTEIN & ENERGY

## STAY TONED & TERRIFIC

### Protein Supreme Premium

banana, toasted muesli, dates, **why protein**, **chia seeds**, cinnamon, honey, coconut water, coconut milk & ice  
+ immunity booster  
+ vita booster  
26g of protein

### Strawbrekkie Protein Premium

strawberries, blueberries, banana, **oats**, **why protein**, apple juice, TD4 strawberry yoghurt & ice  
+ energiser booster

### Superfruit Energy

raspberries, blueberries, apple juice, TD4 vanilla yoghurt, TD4 strawberry yoghurt & ice  
+ superfruit booster  
+ energiser booster

### Gym Junkie

strawberries, banana, low fat milk or soy, TD4 vanilla yoghurt & ice  
+ protein booster  
18g of protein

### Brekkie To Go-Go

banana, toasted muesli, honey, low fat milk or soy, TD4 vanilla yoghurt & ice  
+ energiser booster

### Skinny Dip

raspberries, blueberries, banana, apple juice, TD4 strawberry yoghurt & ice  
+ protein booster

# CALORIE COUNTERS

## 150 - 250 CALORIES (ORI. SIZE)

### Red Royale Premium

strawberries, raspberries, blueberries, banana, apple, pineapple, dates, beetroot, coconut water & ice  
+ superfruit booster

### Wonder Melon Premium

freshly juiced watermelon, strawberries, **why protein**, TD4 strawberry yoghurt & ice  
+ superfruit booster

### Mini Me Mango

mango, passionfruit, mango nectar, TD4 vanilla yoghurt & ice  
+ immunity booster

### Pure Eden

kale, banana, pineapple, apple, lemon, cucumber, mint, coconut water & ice  
+ wheatgrass booster  
+ immunity booster

# FRESH JUICE BAR

## BOOST YOUR JUICE WITH NO ADDED SUGAR

### 5 A Day Juice Premium

freshly squeezed orange, freshly juiced apple, carrot, celery, beetroot & ice  
+ vita booster

### Wild Berry Juice Premium

freshly juiced pineapple, freshly juiced apple, strawberries, raspberries, blueberries & ice  
+ energiser booster

### Energiser Juice Premium

freshly squeezed orange, strawberries, banana & ice  
+ energiser booster

### Immunity Juice

freshly juiced watermelon, freshly squeezed orange, strawberries & ice  
+ immunity booster

### Vita C Detox Juice

freshly squeezed orange, freshly juiced apple, carrot, ginger & ice  
+ vita booster

### Lean & Green Juice

freshly juiced apple, cucumber, celery, mint & ice  
+ wheatgrass booster

### Veggie Juice

freshly squeezed orange, carrot, cucumber, celery, **chia seeds** & ice  
+ vita booster

# CREATE YOUR OWN JUICE

## UPTO 5

### START HERE

- Apple
- Carrot
- Coconut water
- Orange
- Pineapple
- Watermelon

### THEN ADD

- Banana
- Beetroot
- Blueberry
- Celery
- Cucumber
- Dates
- Ginger
- Mango
- Lemon
- Kale
- Mint
- Passionfruit
- Raspberry
- Strawberry

# ADD ONS

## HEALTHY BOOSTERS

add an extra kick to your drink

### Energiser Booster\*

refresh and energise with guarana extract, ginseng extract, taurine and vitamin E (vitamin E – 50% RDI)

### Wheatgrass Powder

a concentrated dose of essential vitamins & minerals

### Immunity+ (vit A, C & zinc)

supports a healthy immune system with green tea extract, echinacea extract, vitamins A, C and zinc

### Protein Booster

why protein to support muscle growth as part of a healthy nutritious diet

### Superfruit Booster

a natural hit of acai berry, cranberry, goji berry & pomegranate packed with antioxidants

### Green Tea Booster

green tea extract

### Vita Booster

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 iodine)



## SUPER BOOSTERS!

add a nutrient-rich booster to your drink

### OATS

- naturally low GI to keep hunger pangs at bay
- rich in beta glucan, fibre & slow burning complex carbohydrates

### CHIA SEEDS

- rich natural source of Omega-3 oil
- packed full of antioxidants

### WHEY PROTEIN

- great source of amino acids
- good for building, toning, and repairing muscles



# A MESSAGE FROM SORAYA

Hi, and welcome to Boost!

Life can sometimes be a whirlwind, and trying to remember to get all the fruits and vegetables we need each day is the last thing on our busy minds. This is where Boost comes to the nutritional rescue – we make healthy easy! At Boost, our brand is empowered by the good stuff. Every single smoothie and juice is bursting with real fruit and/or veggies. We know that everyone is different. That's why there's a Boost juice or smoothie to suit every body and every taste.

So let us blend and squeeze something delicious that does.

If after 2 sips you don't love it, we'll replace it. Is your favourite missing from the menu or you want to change something up? **Just ask, and we will make it for you.** We want to hear from you if your experience at Boost wasn't all that you expected, and of course we'd love to hear if it was. Don't be shy, it's how we improve.

We know you want to know all the facts, figures and allergy info on our products, so you'll find them right here.

Enjoy your Boost.....and remember:  
Love life and life will love you right back!

Dr. Soraya R. Ismail  
Owner & Director Boost SE Asia  
(Malaysia, Singapore, Brunei, Thailand & Indonesia)

# OUR PROMISE TO YOU

Make fresh and nutritious juices and smoothies that taste great.

Only ever use the very best quality ingredients.

Never use any nasties.

Be on the lookout for new ways to make being healthy easy.

Always deliver amazingly friendly service.

Give you a reason to smile.

boostjuicebars.co.th boostjuicebarsthailand @boostjuice\_thailand



**2 sips. Don't love it?  
We'll replace it!**

If we have not delivered on our guarantee or you would simply like to share some good stuff, please email us at [soraya@boostjuicebars.com.sg](mailto:soraya@boostjuicebars.com.sg)

## FACTS & FIGURES

Important to know on the go

### ALLERGY INFO

#### MOST POPULAR

|                         | Gluten free ingredients | Dairy free | Contains soy | Vegetarian | Contains caffeine |
|-------------------------|-------------------------|------------|--------------|------------|-------------------|
| All Berry Bang          | ✓                       | X          | X            | ✓          | X                 |
| Mango Magic             | ✓                       | X          | X            | ✓          | X                 |
| Strawberry Squeeze      | ✓                       | X          | X            | ✓          | X                 |
| Blueberry Blast         | ✓                       | X          | ✓            | ✓          | X                 |
| Banana Buzz             | ✓                       | X          | X            | ✓          | X                 |
| Soraya's Favourite      | ✓                       | X          | X            | ✓          | ✓                 |
| Watermelon Lychee Crush | ✓                       | ✓          | X            | ✓          | X                 |
| Berry Crush             | ✓                       | ✓          | X            | ✓          | X                 |
| Strawberry Melon Crush  | ✓                       | ✓          | X            | ✓          | X                 |
| Cookies & Cream         | X                       | X          | ✓            | ✓          | X                 |
| King William Chocolate  | ✓                       | X          | X            | ✓          | X                 |
| Raspberry Choc          | X                       | X          | X            | ✓          | X                 |

#### PROTEIN & ENERGY

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| Protein Supreme <small>Premium</small>      | X | X | ✓ | ✓ | ✓ |
| Strawbrekkie Protein <small>Premium</small> | X | X | ✓ | ✓ | ✓ |
| Superfruit Energy                           | ✓ | X | ✓ | ✓ | ✓ |
| Gym Junkie                                  | ✓ | X | ✓ | ✓ | X |
| Brekkie To Go-Go                            | X | X | X | ✓ | ✓ |
| Skinny Dip                                  | ✓ | X | ✓ | ✓ | X |

#### CALORIE COUNTERS

|                                     |   |   |   |   |   |
|-------------------------------------|---|---|---|---|---|
| Red Royale <small>Premium</small>   | ✓ | ✓ | X | ✓ | X |
| Wonder Melon <small>Premium</small> | ✓ | X | ✓ | ✓ | X |
| Mini Me Mango                       | ✓ | X | ✓ | ✓ | X |
| Pure Eden                           | ✓ | ✓ | X | ✓ | X |

Our kids collectable cups are 230 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. For the most up-to-date ingredient listing please refer to our website [boostjuicebars.co.th](http://boostjuicebars.co.th).

## FACTS & FIGURES

Important to know on the go

### ALLERGY INFO

#### FRESH JUICE BARS

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| 5 A Day Juice <small>Premium</small>    | ✓ | ✓ | X | ✓ | X |
| Wild Berry Juice <small>Premium</small> | ✓ | ✓ | X | ✓ | ✓ |
| Energiser Juice <small>Premium</small>  | ✓ | ✓ | X | ✓ | ✓ |
| Immunity Juice                          | ✓ | ✓ | X | ✓ | ✓ |
| Vita C Detox Juice                      | ✓ | ✓ | X | ✓ | X |
| Lean & Green Juice                      | ✓ | ✓ | X | ✓ | X |
| Veggie Juice                            | ✓ | ✓ | X | ✓ | X |

#### BOOSTERS†

|  |   |   |   |   |   |
|--|---|---|---|---|---|
| Energiser*                                 | ✓ | ✓ | X | ✓ | ✓ |
| Green Tea                                  | ✓ | ✓ | X | ✓ | ✓ |
| Immunity* <sup>‡</sup> (vit A, C and zinc) | ✓ | ✓ | X | ✓ | ✓ |
| Superfruit                                 | ✓ | ✓ | X | ✓ | ✓ |
| Vita                                       | ✓ | ✓ | X | ✓ | X |
| Wheatgrass Powder                          | ✓ | ✓ | X | ✓ | X |
| Chia Seeds                                 | ✓ | ✓ | X | ✓ | X |
| Whey Protein                               | ✓ | X | ✓ | ✓ | X |
| Wholegrain Oats                            | X | X | ✓ | ✓ | X |

\* Contains caffeine.

† Boosters are not a sole source of nutrition and should be consumed in conjunction with a healthy nutritious diet.

‡ Children under 15 years or pregnant women need to check with their doctor before consuming boosters, except for chia seeds.

‡ Contains vitamin A and C necessary for normal immune function as part of a healthy nutritious diet.

Please note that sometimes some products may not be available in all stores.



## FACTS & FIGURES

original  
medium  
kids

500ml  
400ml  
230ml

(Per 100 ml)

#### MOST POPULAR

|                         | Energy          |                | Protein (g) | Fat       |                 | Carbohydrate |              | Dietary fibre, total (g) | Sodium (mg) |
|-------------------------|-----------------|----------------|-------------|-----------|-----------------|--------------|--------------|--------------------------|-------------|
|                         | Kilojoules (kJ) | Calories (cal) |             | Total (g) | - saturated (g) | Total (g)    | - sugars (g) |                          |             |
| All Berry Bang          | 233             | 56             | 1.6         | 0.5       | 0.4             | 10.8         | 9.7          | <0.1                     | 19          |
| Mango Magic             | 277             | 66             | 1.4         | 0.6       | 0.4             | 13.6         | 12.1         | 0.6                      | 19          |
| Strawberry Squeeze      | 243             | 58             | 1.2         | 0.5       | 0.4             | 11.7         | 9.8          | <0.1                     | 18          |
| Blueberry Blast         | 245             | 59             | 0.6         | 0.3       | 0.2             | 13.0         | 9.7          | 0.3                      | 13          |
| Banana Buzz             | 302             | 72             | 2.4         | 1.0       | 0.8             | 12.8         | 8.0          | 0.5                      | 33          |
| Soraya's Favourite      | 256             | 61             | 0.8         | 0.3       | 0.2             | 13.7         | 11.4         | 0.6                      | 12          |
| Watermelon Lychee Crush | 128             | 31             | 0.4         | 0.1       | <0.1            | 7.1          | 5.5          | 0.2                      | 4           |
| Berry Crush             | 153             | 37             | 0.1         | <0.1      | <0.1            | 8.7          | 6.5          | 0.2                      | 4           |
| Strawberry Melon Crush  | 123             | 29             | 0.4         | 0.1       | <0.1            | 6.7          | 5.0          | 0.2                      | 4           |
| Cookies & Cream         | 368             | 88             | 2.3         | 2.2       | 1.3             | 14.7         | 9.1          | 0.6                      | 54          |
| King William Chocolate  | 368             | 88             | 2.9         | 1.8       | 0.8             | 14.8         | 9.5          | 0.6                      | 33          |
| Raspberry Choc          | 349             | 83             | 2.4         | 2.1       | 1.2             | 13.5         | 7.8          | 0.2                      | 29          |

#### PROTEIN & ENERGY

|   |     |     |     |     |     |      |      |     |    |
|---|-----|-----|-----|-----|-----|------|------|-----|----|
| Protein Supreme <small>Premium</small>      | 378 | 90  | 5.2 | 1.5 | 0.6 | 13.3 | 6.2  | 1.2 | 45 |
| Strawbrekkie Protein <small>Premium</small> | 305 | 73  | 3.2 | 0.7 | 0.3 | 13.0 | 8.3  | 0.5 | 28 |
| Superfruit Energy                           | 239 | 57  | 1.3 | 0.6 | 0.4 | 11.1 | 9.6  | 0.3 | 19 |
| Gym Junkie                                  | 290 | 70  | 3.5 | 1.0 | 0.7 | 11.2 | 7.4  | 0.6 | 39 |
| Brekkie To Go-Go                            | 419 | 100 | 3.2 | 1.8 | 1.0 | 17.0 | 9.0  | 1.4 | 35 |
| Skinny Dip                                  | 271 | 65  | 2.6 | 0.6 | 0.3 | 12.0 | 10.0 | 0.1 | 28 |

#### CALORIE COUNTERS

|                                     |     |    |     |     |      |     |     |     |    |
|-------------------------------------|-----|----|-----|-----|------|-----|-----|-----|----|
| Red Royale <small>Premium</small>   | 174 | 42 | 0.4 | 0.1 | <0.1 | 9.8 | 6.5 | 0.4 | 15 |
| Wonder Melon <small>Premium</small> | 152 | 36 | 1.8 | 0.3 | 0.1  | 6.7 | 4.4 | 0.3 | 14 |
| Mini Me Mango                       | 185 | 44 | 0.5 | 0.1 | 0.1  | 9.8 | 8.8 | 0.5 | 7  |
| Pure Eden                           | 139 | 33 | 0.4 | 0.1 | <0.1 | 7.7 | 4.5 | 0.4 | 15 |

#### FRESH JUICE BARS

|   |     |    |     |     |      |      |     |     |    |
|---|-----|----|-----|-----|------|------|-----|-----|----|
| 5 A Day Juice <small>Premium</small>    | 154 | 37 | 0.7 | 0.3 | <0.1 | 8.0  | 5.0 | 0.7 | 41 |
| Wild Berry Juice <small>Premium</small> | 200 | 48 | 0.3 | 0.3 | <0.1 | 11.0 | 8.3 | 0.4 | 8  |
| Energiser Juice <small>Premium</small>  | 196 | 47 | 0.7 | 0.4 | <0.1 | 10.0 | 6.5 | 0.8 | 5  |
| Immunity Juice                          | 136 | 32 | 0.6 | 0.3 | <0.1 | 6.9  | 5.1 | 0.5 | 4  |
| Vita C Detox Juice                      | 185 | 44 | 0.6 | 0.3 | <0.1 | 9.8  | 6.5 | 0.6 | 28 |
| Lean & Green Juice                      | 157 | 37 | 0.3 | 0.2 | 0.1  | 8.6  | 6.2 | 0.1 | 8  |
| Veggie Juice                            | 134 | 32 | 0.9 | 0.3 | <0.1 | 6.3  | 3.3 | 0.9 | 51 |

# OUR SUPER JUICY MENU

The nitty-gritty details



LOVE LIFE!

**BOOST**

**BOOST**

# POWERPACK

Superfruit<sup>†</sup>

Immunity<sup>^‡†</sup>  
(Vit A & C)

Green Tea<sup>†</sup>

Energiser<sup>^†</sup>

ADD ANY 3  
BOOSTERS

Protein<sup>†</sup>

Wheatgrass<sup>†</sup>

Vita<sup>†</sup>

^ Contains caffeine. \* For original size. A source of protein to assist muscle growth as part of a healthy nutritious diet. † Boosters are not a sole source of nutrition and should be consumed in conjunction with a healthy nutritious diet. ‡ Contains vitamin A, C and zinc necessary for normal immune function as part of a healthy nutritious diet. Please note that sometimes some products may not be available in all stores.

**BOOST**

# BOOSTERS

GIVE YOUR SMOOTHIE OR JUICE AN EXTRA KICK!

## Energiser<sup>^†</sup>

Refresh and energise with guarana extract, ginseng extract, taurine and vitamin E (vitamin E – 50% RDI)

## Immunity<sup>^‡†</sup> (vit A & C)

Supports a healthy immune system with green tea extract, echinacea extract, vitamins A and C

## Wheatgrass<sup>†</sup>

Packed with a powerful combination of nutrients including iron, calcium, magnesium, protein, chlorophyll, vitamins A,C,E, K and B complex.

## Protein<sup>†</sup>

Whey protein to support muscle growth as part of a healthy nutritious diet

## Green Tea<sup>†</sup>

Rich in antioxidants to reduce free radical damage to cells. Contains caffeine and L-theanine, to help you feel alert, energized and relaxed.

## Superfruit<sup>†</sup>

With cranberry, acai berry extract, pomegranate, goji berries, it's packed with antioxidants!

## Vita<sup>†</sup>

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)

^ Contains caffeine. \* For original size. A source of protein to assist muscle growth as part of a healthy nutritious diet. † Boosters are not a sole source of nutrition and should be consumed in conjunction with a healthy nutritious diet. ‡ Contains vitamin A, C and zinc necessary for normal immune function as part of a healthy nutritious diet. Please note that sometimes some products may not be available in all stores.