

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

Mango Tango Crush

mango, passionfruit, mango nectar, apple juice, sorbet & ice

Raspberry Mango Crush

raspberries, mango, mango nectar, 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, **whey protein**, **chia seeds**, cinnamon, honey, coconut water, coconut milk & ice
+ immunity booster
+ vita booster
26g of protein

Strawbrekkie Protein Premium

strawberries, blueberries, banana, **oats**, **whey 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

Mini Me Mango

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

Berry Berry Light

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

Wonder Melon Premium

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

UP TO 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

whey 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

FACTS & FIGURES

Important to know on the go

ALLERGY INFO

	Gluten free ingredients	Dairy free	Contains soy	Vegetarian	Contains caffeine
MOST POPULAR					
All Berry Bang	✓	X	X	✓	X
Mango Magic	✓	X	X	✓	X
Strawberry Squeeze	✓	X	X	✓	X
Blueberry Blast	✓	X	X	✓	X
Banana Buzz	✓	X	X	✓	X
Soraya's Favourite	X	X	X	✓	✓
Cookies & Cream	X	X	✓	✓	X
King William Chocolate	✓	X	X	✓	X
Raspberry Choc	X	X	X	✓	X
PROTEIN & ENERGY					
Protein Supreme Premium	X	X	✓	✓	✓
Strawbrekkie Protein Premium	X	X	✓	✓	✓
Superfruit Energy	✓	X	X	✓	✓
Gym Junkie	✓	X	✓	✓	X
Brekkie To Go-Go	X	X	X	✓	✓
Skinny Dip	✓	X	✓	✓	X
REFRESHING CRUSHES					
Watermelon Lychee Crush	✓	✓	X	✓	X
Berry Crush	✓	✓	X	✓	X
Strawberry Melon Crush	✓	✓	X	✓	X
Mango Tango Crush	✓	✓	X	✓	X
Raspberry Mango Crush	✓	✓	X	✓	X
CALORIE COUNTERS					
Red Royale Premium	✓	✓	X	✓	X
Wonder Melon Premium	✓	X	✓	✓	X
Mini Me Mango	✓	X	✓	✓	✓
Pure Eden	✓	✓	X	✓	✓
Berry Berry Light	✓	X	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.

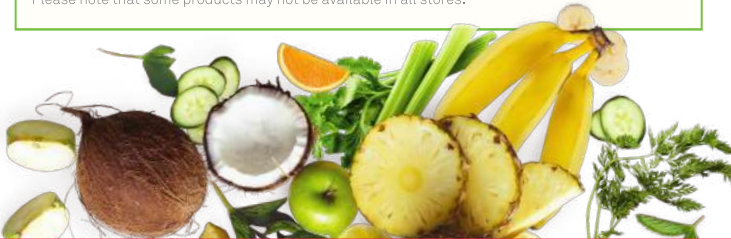
FACTS & FIGURES

Important to know on the go

ALLERGY INFO

	Gluten free ingredients	Dairy free	Contains soy	Vegetarian	Contains caffeine
FRESH JUICE BARS					
5 A Day Juice Premium	✓	✓	X	✓	X
Wild Berry Juice Premium	✓	✓	X	✓	✓
Energiser Juice Premium	✓	✓	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	✓	X	✓	✓
Immunity*† (vit A, C and zinc)	✓	✓	X	✓	✓
Superfruit	✓	✓	X	✓	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 some products may not be available in all stores.



FACTS & FIGURES

		Energy		Protein (g)	Fat		Carbohydrate		Dietary fibre, total (g)	Sodium (mg)
		Kilojoules (kJ)	Calories (cal)		Total (g)	- saturated (g)	Total (g)	- sugars (g)		
original	500ml									
medium	400ml									
kids	230ml									

(Per 100 ml)

MOST POPULAR										
All Berry Bang	249	59	1.1	0.5	0.2	12.8	8.2	0.7	37	
Mango Magic	282	67	1.3	0.5	0.2	14.6	8.9	1.1	38	
Strawberry Squeeze	260	62	1.2	0.5	0.2	13.6	8.6	0.8	35	
Blueberry Blast	260	62	0.6	0.2	0.1	14.6	9.8	0.5	21	
Banana Buzz	309	74	2.3	0.7	0.4	14.8	9.5	0.9	48	
Soraya's Favourite	252	60	0.8	0.3	0.1	13.6	8.5	0.9	26	
Cookies & Cream	616	147	2.9	4.6	0.3	23.4	13.7	0.3	153	
King William Chocolate	282	67	2.5	0.8	0.4	12.1	7.7	0.9	52	
Raspberry Choc	266	64	2.1	1.4	1.0	10.2	6.7	0.5	41	
PROTEIN & ENERGY										
Protein Supreme Premium	348	83	5.1	1.6	0.7	12.3	6.2	1.7	24	
Strawbrekkie Protein Premium	306	73	3.0	0.7	0.2	14.0	7.4	1.1	28	
Superfruit Energy	264	63	1.2	0.5	0.2	13.4	8.5	0.6	37	
Gym Junkie	279	67	3.4	0.8	0.4	12.0	7.4	0.8	46	
Brekkie To Go-Go	426	102	3.1	1.4	0.6	18.7	10.6	1.5	51	
Skinny Dip	275	66	2.5	0.5	0.2	13.1	8.4	0.8	36	
REFRESHING CRUSHES										
Watermelon Lychee Crush	149	36	0.4	0.2	<0.1	7.2	5.9	0.1	5	
Berry Crush	168	40	0.2	<0.1	<0.1	10.0	7.1	0.1	8	
Strawberry Melon Crush	144	34	0.5	0.2	<0.1	6.8	5.2	0.1	4	
Mango Tango Crush	167	40	<1.0	<1.0	<1.0	9.8	6.6	<1.0	9	
Raspberry Mango Crush	167	40	<1.0	<1.0	<1.0	9.8	5.9	<1.0	9	
CALORIE COUNTERS										
Red Royale Premium	165	39	0.4	<0.1	<0.1	9.5	6.5	1.0	10	
Wonder Melon Premium	167	40	2.1	0.4	<0.1	6.4	4.0	0.3	13	
Mini Me Mango	166	40	0.5	0.1	<0.1	9.0	5.6	0.8	17	
Pure Eden	127	30	0.4	<0.1	<0.1	7.6	4.8	1.0	8	
Berry Berry Light	143	34	<1.0	<1.0	<1.0	8.0	5.7	<1.0	14	
FRESH JUICE BARS										
5 A Day Juice Premium	131	31	0.7	<0.1	<0.1	5.9	5.8	2.5	19	
Wild Berry Juice Premium	180	43	0.4	<0.1	<0.1	9.1	8.7	1.9	2	
Energiser Juice Premium	152	36	0.8	0.1	<0.1	7.2	6.5	2.0	2	
Immunity Juice	138	33	0.7	0.2	<0.1	5.9	5.3	0.8	3	
Vita C Detox Juice	155	37	0.6	<0.1	<0.1	7.3	7.1	2.4	10	
Lean & Green Juice	140	33	0.4	<0.1	<0.1	7.2	7.0	1.6	7	
Veggie Juice	114	27	0.9	0.2	<0.1	4.5	4.2	2.6	23	

OUR SUPER JUICY
MENU

The nitty-gritty details



LOVE LIFE!

BOOST

BOOST

POWERPACK



BOOST

BOOSTERS

GIVE YOUR SMOOTHIE OR JUICE AN EXTRA KICK!

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

Wheatgrass[†]

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

Protein[†]

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

Green Tea[†]

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

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)

[^] 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.