



# OUR SUPER JUICY MENU

The nitty-gritty details



[boostjuicebars.com.sg](http://boostjuicebars.com.sg)

 [boostsingapore](https://www.facebook.com/boostsingapore)

 [boostjuice\\_sg](https://www.instagram.com/boostjuice_sg)



# BERRIES

BURSTING WITH ANTIOXIDANT GOODNESS

## ALL BERRY BANG

strawberries, raspberries, blueberries, apple juice, **probiotic** strawberry yoghurt & ice

## STRAWBERRY SQUEEZE

strawberries, banana, apple juice, **probiotic** strawberry yoghurt & ice

## BERRY BLAST

raspberries, blueberries, apple juice, low fat milk or soy, **probiotic** vanilla yoghurt, sorbet & ice

## SUPERFRUIT SMOOTHIE

raspberries, blueberries, apple juice, **probiotic** vanilla yoghurt, **probiotic** strawberry yoghurt & ice  
+ **superfruit booster**  
+ **energiser wellmune**

## STRAWBERRY MELON CRUSH

freshly juiced watermelon, strawberries, sorbet & ice

## BERRY CRUSH

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

# TROPICAL

LOVE LIFE & CHILL

## MANGO MAGIC

mango, banana, mango nectar, **probiotic** vanilla yoghurt & ice

## BANANA BUZZ

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

## PASSION MANGO

mango, passionfruit, mango nectar, apple juice, **probiotic** vanilla yoghurt, sorbet & ice

## WATERMELON LYCHEE CRUSH

freshly juiced watermelon, lychees, sorbet & ice

## MANGO LYCHEE CRUSH

lychees, mango nectar, apple juice, sorbet & ice

## GREEN TEA MANGO

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

# CHOC

TREAT YOURSELF

## COOKIES & CREAM

cookie crumbs, low fat milk or soy, **probiotic** vanilla yoghurt, sorbet & ice

## KING WILLIAM CHOCOLATE

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

# JUICES

FRESHLY JUICED, NO ADDED SUGAR

## 5 A DAY JUICE

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

## IMMUNITY JUICE

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



# CREATE YOUR OWN

UP TO 5 YOUR WAY

## START HERE

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

## THEN ADD UP TO 4

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



# PROTEIN

STAY TONED & TERRIFIC

## PROTEIN SUPREME



banana, toasted muesli, cinnamon, honey, coconut water, coconut milk & ice  
+ immunity + vita boosters  
+ whey protein + chia seeds

## GYM JUNKIE

strawberries, banana, low fat milk or soy, **probiotic** vanilla yoghurt & ice  
+ whey protein

## STRAWBREKKIE PROTEIN

strawberries, blueberries, banana, oats, apple juice, **probiotic** strawberry yoghurt & ice  
+ whey protein  
+ energiser wellmune

# PREMIUM

BOOST YOUR GLOW

## RED ROYALE COLLAGEN



strawberries, raspberries, blueberries, pineapple, banana, apple juice, beetroot, coconut water & ice  
+ superfruit booster  
+ collagen plenibiotic **PREMIUM**

## SKINNY DIP COLLAGEN

raspberries, blueberries, banana, apple juice, **probiotic** strawberry yoghurt & ice  
+ whey protein  
+ collagen plenibiotic **PREMIUM**

## HEALTHY NEVER TASTED SO GOOD



Clinically Proven Probiotic Yoghurt For Digestion, Gut Health & Protein Absorption



Low Sugar, Low Fat



Real Fruit, Real Vegetables, Made For Real



Rainforest Alliance Certified Chocolate  
www.ra.org



Sustainable, Zero Plastic Cup Packaging



# ADD ONS

EXTRA GOODNESS, EXTRA BOOST

## HEALTHY BOOSTERS\*

### Immunity

Echinacea, Vitamins A & C, Zinc & Green Tea  
*Boost immunity & overall wellness*

### Superfruit

Acai Berry, Cranberry, Goji Berry & Pomegranate  
*Antioxidant-rich, fibre-filled blend for all-day power*

### Vita

Multi-vitamins & Minerals  
*Daily nutrients for energy & vitality*

### Green Tea

Green Tea Extract  
*Energises naturally; supports metabolism & wellness*

### Wheatgrass

Organic Wheatgrass Extract  
*Packed with antioxidants & supports red blood cell health*



## SUPER BOOSTERS\* -



### Collagen *Plenibiotic*™

*Boosts skin firmness for a healthy youthful glow*

### Whey Protein

*Builds, tones & repairs muscle fast*

### Energiser *Wellmune*®

*Enhances energy, focus & daily stamina*

### Chia Seeds

*Omega-3 & fibre-rich for heart & gut health*

*\*pregnant mummies & children under 15, please check with your doctor first!*

## EXTRAS

- Fruit, Veggie & Others 
- No Ice/ Extra Cup 



# FACTS & FIGURES

IMPORTANT TO KNOW ON THE GO

## ALLERGY INFO

Gluten free  
ingredients

Dairy free

Contains  
soy

Vegetarian

Contains  
caffeine

| BERRIES                 |   |   |   |   |   |
|-------------------------|---|---|---|---|---|
| All Berry Bang          | ✓ | X | X | ✓ | X |
| Strawberry Squeeze      | ✓ | X | X | ✓ | X |
| Berry Blast             | ✓ | X | X | ✓ | X |
| Superfruit Smoothie     | ✓ | X | X | ✓ | ✓ |
| Strawberry Melon Crush  | ✓ | ✓ | X | ✓ | X |
| Berry Crush             | ✓ | ✓ | X | ✓ | X |
| TROPICAL                |   |   |   |   |   |
| Mango Magic             | ✓ | X | X | ✓ | X |
| Banana Buzz             | ✓ | X | X | ✓ | X |
| Passion Mango           | ✓ | X | X | ✓ | X |
| Watermelon Lychee Crush | ✓ | ✓ | X | ✓ | X |
| Mango Lychee Crush      | ✓ | ✓ | X | ✓ | X |
| Green Tea Mango         | X | X | X | ✓ | ✓ |
| CHOC                    |   |   |   |   |   |
| Cookies & Cream         | X | X | ✓ | ✓ | X |
| King William Chocolate  | ✓ | X | X | ✓ | X |
| JUICES                  |   |   |   |   |   |
| 5 A Day Juice           | ✓ | ✓ | X | ✓ | X |
| Lean & Green Juice      | ✓ | ✓ | X | ✓ | X |
| Vita C Detox Juice      | ✓ | ✓ | X | ✓ | X |
| Immunity Juice          | ✓ | ✓ | X | ✓ | ✓ |
| PROTEIN                 |   |   |   |   |   |
| Protein Supreme         | X | X | ✓ | ✓ | ✓ |
| Gym Junkie              | ✓ | X | ✓ | ✓ | X |
| Strawbrekkie Protein    | 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.

# FACTS & FIGURES

IMPORTANT TO KNOW ON THE GO

## ALLERGY INFO

Gluten free  
ingredients

Dairy free

Contains  
soy

Vegetarian

Contains  
caffeine

| PREMIUM                        |   |   |   |   |   |
|--------------------------------|---|---|---|---|---|
| Red Royale Collagen            | ✓ | X | X | X | X |
| Skinny Dip Collagen            | ✓ | X | ✓ | X | X |
| BOOSTERS †                     |   |   |   |   |   |
| Chia Seeds                     | ✓ | ✓ | X | ✓ | X |
| Collagen Plenibiotic           | ✓ | X | X | X | X |
| Energiser Wellmune^            | ✓ | ✓ | X | ✓ | ✓ |
| Green Tea^                     | X | ✓ | X | ✓ | ✓ |
| Immunity^‡ (vit A, C and zinc) | ✓ | ✓ | X | ✓ | ✓ |
| Superfruit                     | ✓ | ✓ | X | ✓ | X |
| Vita                           | ✓ | ✓ | X | ✓ | X |
| Wheatgrass Powder              | ✓ | ✓ | 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, C and zinc 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

IMPORTANT TO KNOW ON THE GO

 **ORI**  
500ML

 **MED**  
400ML

 **KIDS**  
230ML

(Per 100 ml)

| <div><div></div><div>ORI<br/>500ML</div></div> <div><div></div><div>MED<br/>400ML</div></div> <div><div></div><div>KIDS<br/>230ML</div></div> | Energy          |                | Protein (g) | Fat       |                 | Carbohydrate |              | Dietary<br>fibre, total (g) | Sodium (mg) |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------|-------------|-----------|-----------------|--------------|--------------|-----------------------------|-------------|
|                                                                                                                                                                                                                                                                                                                                                                                                        | Kilojoules (kJ) | Calories (cal) |             | Total (g) | - saturated (g) | Total (g)    | - sugars (g) |                             |             |
| (Per 100 ml)                                                                                                                                                                                                                                                                                                                                                                                           |                 |                |             |           |                 |              |              |                             |             |
| BERRIES                                                                                                                                                                                                                                                                                                                                                                                                |                 |                |             |           |                 |              |              |                             |             |
| All Berry Bang                                                                                                                                                                                                                                                                                                                                                                                         | 228             | 55             | 1.3         | 0.6       | 0.3             | 11.2         | 4.4          | 1.3                         | 37          |
| Strawberry Squeeze                                                                                                                                                                                                                                                                                                                                                                                     | 235             | 56             | 1.2         | 0.5       | 0.3             | 11.8         | 4.9          | 1.4                         | 34          |
| Berry Blast                                                                                                                                                                                                                                                                                                                                                                                            | 220             | 53             | 1.5         | 0.6       | 0.4             | 10.2         | 4.3          | 0.7                         | 30          |
| Superfruit Smoothie                                                                                                                                                                                                                                                                                                                                                                                    | 263             | 63             | 1.4         | 0.6       | 0.3             | 12.8         | 4.4          | 1.4                         | 41          |
| Strawberry Melon Crush                                                                                                                                                                                                                                                                                                                                                                                 | 132             | 32             | 0.5         | 0.1       | 0.0             | 6.3          | 4.9          | 0.3                         | 3           |
| Berry Crush                                                                                                                                                                                                                                                                                                                                                                                            | 114             | 27             | 0.1         | 0.1       | 0.1             | 6.6          | 4.9          | 0.8                         | 3           |
| TROPICAL                                                                                                                                                                                                                                                                                                                                                                                               |                 |                |             |           |                 |              |              |                             |             |
| Mango Magic                                                                                                                                                                                                                                                                                                                                                                                            | 264             | 63             | 1.4         | 0.6       | 0.3             | 13.3         | 4.7          | 1.3                         | 45          |
| Banana Buzz                                                                                                                                                                                                                                                                                                                                                                                            | 310             | 74             | 2.4         | 1.0       | 0.5             | 14.3         | 4.7          | 0.9                         | 46          |
| Passion Mango                                                                                                                                                                                                                                                                                                                                                                                          | 200             | 48             | 0.8         | 0.3       | 0.2             | 10.2         | 4.7          | 0.9                         | 27          |
| Watermelon Lychee Crush                                                                                                                                                                                                                                                                                                                                                                                | 139             | 33             | 0.4         | 0.1       | 0.0             | 6.8          | 5.2          | 0.3                         | 3           |
| Mango Lychee Crush                                                                                                                                                                                                                                                                                                                                                                                     | 118             | 28             | 0.1         | 0.1       | 0.1             | 6.9          | 5.0          | 0.7                         | 8           |
| Green Tea Mango                                                                                                                                                                                                                                                                                                                                                                                        | 217             | 52             | 0.9         | 0.4       | 0.2             | 11.2         | 4.8          | 1.1                         | 34          |
| CHOC                                                                                                                                                                                                                                                                                                                                                                                                   |                 |                |             |           |                 |              |              |                             |             |
| Cookies & Cream                                                                                                                                                                                                                                                                                                                                                                                        | 324             | 77             | 1.9         | 1.9       | 0.9             | 13.0         | 4.9          | 0.5                         | 64          |
| King William Chocolate                                                                                                                                                                                                                                                                                                                                                                                 | 361             | 86             | 2.8         | 1.5       | 1.0             | 15.1         | 4.4          | 1.3                         | 47          |
| JUICES                                                                                                                                                                                                                                                                                                                                                                                                 |                 |                |             |           |                 |              |              |                             |             |
| 5 A Day Juice                                                                                                                                                                                                                                                                                                                                                                                          | 164             | 39             | 0.7         | 0.1       | 0.0             | 7.7          | 6.2          | 2.5                         | 10          |
| Lean & Green Juice                                                                                                                                                                                                                                                                                                                                                                                     | 150             | 36             | 0.4         | 0.0       | 0.0             | 7.7          | 5.0          | 1.8                         | 8           |
| Vita C Detox Juice                                                                                                                                                                                                                                                                                                                                                                                     | 169             | 40             | 0.6         | 0.1       | 0.0             | 8.1          | 7.0          | 2.4                         | 7           |
| Immunity Juice                                                                                                                                                                                                                                                                                                                                                                                         | 167             | 40             | 0.9         | 0.2       | 0.0             | 7.0          | 4.7          | 1.2                         | 3           |
| PROTEIN                                                                                                                                                                                                                                                                                                                                                                                                |                 |                |             |           |                 |              |              |                             |             |
| Protein Supreme                                                                                                                                                                                                                                                                                                                                                                                        | 344             | 82             | 6.0         | 1.8       | 0.8             | 10.3         | 4.5          | 1.3                         | 40          |
| Gym Junkie                                                                                                                                                                                                                                                                                                                                                                                             | 311             | 74             | 4.4         | 1.0       | 0.6             | 12.1         | 3.4          | 0.9                         | 50          |
| Strawbrekkie Protein                                                                                                                                                                                                                                                                                                                                                                                   | 285             | 68             | 3.9         | 0.8       | 0.4             | 11.4         | 4.2          | 1.5                         | 33          |
| PREMIUM                                                                                                                                                                                                                                                                                                                                                                                                |                 |                |             |           |                 |              |              |                             |             |
| Red Royale Collagen                                                                                                                                                                                                                                                                                                                                                                                    | 155             | 37             | 0.7         | 0.1       | 0.0             | 8.3          | 6.1          | 1.2                         | 20          |
| Skinny Dip Collagen                                                                                                                                                                                                                                                                                                                                                                                    | 240             | 57             | 2.8         | 0.6       | 0.3             | 10.4         | 4.4          | 1.2                         | 36          |



# 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.

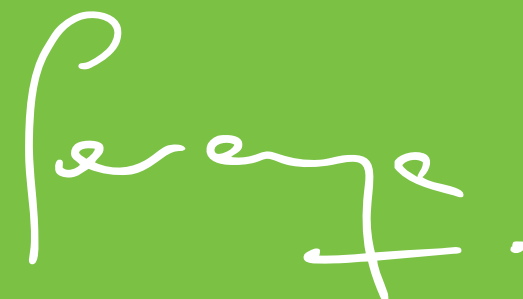
So let us blend and squeeze something delicious that does.

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  
Founder - Boost Juice SEA  
(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.
- Always deliver amazingly friendly service & give you a reason to smile.

*If we have not delivered on our guarantee or you would simply like to share some good stuff, please scan the QR Code.*

