

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

Passion Mango

mango, passionfruit, mango nectar, 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

Berry Berry Light

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

Blueberry Blast

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

Superfruit Energy

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

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 Ripe

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, chia seeds, cinnamon, honey, coconut water, coconut milk & ice
+ immunity booster
+ vita booster
+ whey protein

Brekkie To Go-Go Premium

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

Strawbrekkie Protein

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

Gym Junkie

strawberries, banana, low fat milk or soy, TD4 vanilla yoghurt & ice
+ whey protein

Wonder Melon

freshly juiced watermelon, strawberries, TD4 Strawberry yoghurt & ice
+ superfruit booster
+ whey protein

Skinny Dip

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

REFRESHING CRUSHES

LOVE LIFE & CHILL

Watermelon Lychee Crush

freshly juiced watermelon, lychees, sorbet & ice

Mango Lychee Crush

lychees, mango nectar, apple juice, sorbet & ice

Berry Crush

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

Strawberry Melon Crush

strawberries, freshly juiced watermelon, sorbet & ice

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

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

Energiser Juice

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

Lean & Green Juice Premium

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

Veggie Juice

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

CREATE YOUR OWN JUICE

UP TO 5 YOUR WAY

START HERE

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

THEN ADD

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

**+50¢
FOR A
BOOSTER!**

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

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.com.bn boostbrunei @boostjuice_brunei



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

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
Passion Mango	✓	X	X	✓	X
Banana Buzz	✓	X	X	✓	X
Soraya's Favourite	X	X	X	✓	✓
Berry Berry Light	✓	X	X	✓	X
Blueberry Blast	✓	X	✓	✓	X
Superfruit Energy	✓	X	X	✓	✓
Cookies & Cream	X	X	✓	✓	X
King William Chocolate	✓	X	X	✓	X
Raspberry Ripe	X	X	X	✓	X

PROTEIN & ENERGY

Protein Supreme Premium	X	X	✓	✓	✓
Brekkie To Go-Go Premium	X	X	X	✓	✓
Strawbrekkie Protein	X	X	✓	✓	✓
Gym Junkie	✓	X	✓	✓	X
Wonder Melon	✓	X	✓	✓	X
Skinny Dip	✓	X	✓	✓	X

REFRESHING CRUSHES

Watermelon Lychee Crush	✓	✓	X	✓	X
Mango Lychee Crush	✓	✓	X	✓	X
Berry Crush	✓	✓	X	✓	X
Strawberry Melon Crush	✓	✓	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

FRESH JUICE BARS

	Gluten free ingredients	Dairy free	Contains soy	Vegetarian	Contains caffeine
5 A Day Juice Premium	✓	✓	X	✓	X
Wild Berry Juice	✓	✓	X	✓	✓
Energyiser Juice	✓	✓	X	✓	✓
Lean & Green Juice Premium	✓	✓	X	✓	X
Immunity Juice	✓	✓	X	✓	✓
Vita C Detox Juice	✓	✓	X	✓	X
Veggie Juice	✓	✓	X	✓	X

BOOSTERS†

Energyiser *	✓	✓	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, 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

original

500ml

medium

400ml

kids

230ml

(Per 100 ml)

MOST POPULAR

	Kilojoules (kJ)	Calories (cal)	Protein (g)	Fat		Carbohydrate		Dietary fibre, total (g)	Sodium (mg)
				Total (g)	- saturated (g)	Total (g)	- sugars (g)		
All Berry Bang	203	49	1.1	<1.0	<1.0	9.9	6.3	1.2	33
Mango Magic	239	57	1.3	<1.0	<1.0	12.1	7.5	1.2	41
Strawberry Squeeze	217	52	1.1	<1.0	<1.0	10.9	6.8	1.3	31
Passion Mango	206	49	<1.0	<1.0	<1.0	10.8	7.1	<1.0	24
Banana Buzz	287	69	2.3	<1.0	<1.0	12.9	8.1	<1.0	44
Soraya's Favourite	208	50	<1.0	<1.0	<1.0	11.1	7.1	<1.0	28
Berry Berry Light	99	24	<1.0	<1.0	<1.0	5.2	3.9	<1.0	9
Blueberry Blast	214	51	<1.0	<1.0	<1.0	11.9	7.7	<1.0	17
Superfruit Energy	215	51	1.2	<1.0	<1.0	10.6	6.7	1.1	33
Cookies & Cream	289	69	2.1	1.8	<1.0	14.8	9.7	<1.0	63
King William Chocolate	373	89	2.8	1.5	53.3	15.6	9.6	1.4	47
Raspberry Ripe	343	82	2.4	2.2	47.4	12.4	8.2	<1.0	36

PROTEIN & ENERGY

Protein Supreme Premium	375	90	5.7	2.1	<1.0	11.7	5.8	1.6	33
Brekkie To Go-Go Premium	419	100	3.1	1.9	<1.0	16.9	9.3	1.5	43
Strawbrekkie Protein	284	68	3.1	<1.0	<1.0	10.8	6.1	1.3	28
Gym Junkie	294	70	3.5	<1.0	<1.0	12.0	8.0	<1.0	39
Wonder Melon	166	40	1.8	<1.0	<1.0	6.5	5.0	<1.0	13
Skinny Dip	238	57	2.6	<1.0	<1.0	10.5	6.5	1.2	34

REFRESHING CRUSHES

Watermelon Lychee Crush	157	38	<1.0	<1.0	<1.0	7.5	5.9	<1.0	<5
Mango Lychee Crush	122	29	<1.0	<1.0	<1.0	7.1	5.2	<1.0	8
Berry Crush	113	27	<1.0	<1.0	<1.0	6.5	4.9	<1.0	<5
Strawberry Melon Crush	144	34	<1.0	<1.0	<1.0	6.8	5.3	<1.0	<5

FRESH JUICE BARS

5 A Day Juice Premium	132	31	<1.0	<1.0	<1.0	5.9	5.8	2.5	19
Wild Berry Juice	179	43	<1.0	<1.0	<1.0	9.1	8.9	2.0	<5
Energyiser Juice	151	36	<1.0	<1.0	<1.0	7.1	6.6	2.1	<5
Lean & Green Juice Premium	140	33	<1.0	<1.0	<1.0	7.2	7.0	1.6	7
Immunity Juice	139	33	<1.0	<1.0	<1.0	5.8	5.4	1.0	<5
Vita C Detox Juice	156	37	<1.0	<1.0	<1.0	7.3	7.1	2.4	10
Veggie Juice	107	26	<1.0	<1.0	<1.0	4.2	3.9	2.4	22

OUR SUPER JUICY MENU

The nitty-gritty details



LOVE LIFE!

BOOST

BOOST

POWERPACK



BOOST

BOOSTERS

GIVE YOUR SMOOTHIE OR JUICE AN EXTRA KICK!

Energiser^{^t}

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

Green Tea^t

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

Immunity^{^†t} (vit A & C)

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

Superfruit^t

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

Vita^t

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)

Wheatgrass^t

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

^ 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 some products may not be available in all stores.