

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 Peachy New

peaches, apple juice, TD4 strawberry yoghurt & ice

Blueberry Blast New

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 New

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

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

blueberries, raspberries, 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

Peach Berry Crush New

peaches, blueberries, mango nectar, 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

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

Vita C Detox Juice

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

Immunity Juice

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

+ RM 1 FOR A BOOSTER!

SINGLE JUICE New

SIMPLY JUICY

- Apple
- Watermelon
- Orange

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.my boostmalaysia @myboostjuice



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.my

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 |
| Passion Mango | ✓ | X | X | ✓ | X |
| Banana Buzz | ✓ | X | X | ✓ | X |
| Soraya's Favourite | ✓ | X | X | ✓ | ✓ |
| Berry Peachy New | ✓ | X | X | ✓ | X |
| Blueberry Blast New | ✓ | X | ✓ | ✓ | X |
| Superfruit Energy | ✓ | X | X | ✓ | ✓ |
| Cookies & Cream | X | X | ✓ | ✓ | X |
| King William Chocolate | ✓ | X | X | ✓ | X |
| Raspberry Ripe New | X | X | X | ✓ | X |
| PROTEIN & ENERGY | | | | | |
| Protein Supreme Premium | X | X | ✓ | ✓ | ✓ |
| Brekkie To Go-Go | 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 |
| Berry Crush | ✓ | ✓ | X | ✓ | X |
| Mango Lychee Crush | ✓ | ✓ | X | ✓ | X |
| Peach Berry Crush New | ✓ | ✓ | 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 |
|------------------------------------|-------------------------|------------|--------------|------------|-------------------|
| FRESH JUICE BARS | | | | | |
| 5 A Day Juice Premium | ✓ | ✓ | X | ✓ | X |
| Wild Berry Juice | ✓ | ✓ | X | ✓ | ✓ |
| Energiser Juice | ✓ | ✓ | X | ✓ | ✓ |
| Lean & Green Juice | ✓ | ✓ | X | ✓ | X |
| Vita C Detox Juice | ✓ | ✓ | X | ✓ | X |
| Immunity Juice | ✓ | ✓ | X | ✓ | ✓ |
| BOOSTERS† | | | | | |
| Energiser^ | ✓ | ✓ | X | ✓ | ✓ |
| Green Tea | ✓ | ✓ | 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 sometimes 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 | | 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 |
| Passion Mango | | 246 | 59 | 0.8 | 0.3 | 0.2 | 12.6 | 10.4 | 0.5 | 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 |
| Berry Peachy <div>New</div> | | 227 | 54 | 1.1 | 0.4 | 0.3 | 11.0 | 10.3 | <0.1 | 16 |
| Blueberry Blast <div>New</div> | | 245 | 59 | 0.6 | 0.3 | 0.2 | 13.0 | 9.7 | 0.3 | 13 |
| Superfruit Energy | | 239 | 57 | 1.3 | 0.6 | 0.4 | 11.1 | 9.6 | 0.3 | 19 |
| 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 Ripe <div>New</div> | | 349 | 83 | 2.4 | 2.1 | 1.2 | 13.5 | 7.8 | 0.2 | 29 |
| PROTEIN & ENERGY | | | | | | | | | | |
| Protein Supreme <div>Premium</div> | | 369 | 88 | 5.2 | 1.6 | 0.6 | 12.7 | 5.6 | 1.2 | 46 |
| Brekkie To Go-Go | | 419 | 100 | 3.2 | 1.8 | 1.0 | 17.0 | 9.0 | 1.4 | 35 |
| Strawbrekkie Protein | | 306 | 73 | 3.2 | 0.7 | 0.3 | 13.0 | 8.3 | 0.5 | 28 |
| Gym Junkie | | 290 | 69 | 3.5 | 1.0 | 0.7 | 11.2 | 7.4 | 0.6 | 39 |
| Wonder Melon | | 149 | 36 | 1.6 | 0.3 | <0.1 | 6.6 | 4.5 | 0.3 | 13 |
| Skinny Dip | | 271 | 65 | 2.6 | 0.6 | 0.3 | 11.8 | 9.6 | 0.1 | 28 |
| REFRESHING CRUSHES | | | | | | | | | | |
| 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 |
| Mango Lychee Crush | | 173 | 41 | 0.1 | <0.1 | <0.1 | 10.2 | 8.2 | <0.1 | 5 |
| Peach Berry Crush <div>New</div> | | 196 | 47 | 0.1 | <0.1 | <0.1 | 11.5 | 10.0 | 0.2 | 4 |
| FRESH JUICE BARS | | | | | | | | | | |
| 5 A Day Juice <div>Premium</div> | | 154 | 37 | 0.7 | 0.3 | <0.1 | 8.0 | 5.0 | 0.7 | 41 |
| Wild Berry Juice | | 200 | 48 | 0.3 | 0.3 | <0.1 | 11.0 | 8.3 | 0.4 | 8 |
| Energiser Juice | | 196 | 47 | 0.7 | 0.4 | <0.1 | 10.0 | 6.5 | 0.8 | 5 |
| Lean & Green Juice | | 157 | 37 | 0.3 | 0.2 | 0.1 | 8.6 | 6.2 | 0.1 | 8 |
| Vita C Detox Juice | | 185 | 44 | 0.6 | 0.3 | <0.1 | 9.8 | 6.5 | 0.6 | 28 |
| Immunity Juice | | 136 | 32 | 0.6 | 0.3 | <0.1 | 6.9 | 5.1 | 0.5 | 4 |

OUR SUPER JUICY
MENU

The nitty-gritty details





POWERPACK



^ 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.



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

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)

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!

Wheatgrass[†]

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 sometimes some products may not be available in all stores.