

BOOST[®]

OUR SUPER JUICY MENU

The nitty-gritty details



boostjuicebars.com.my



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



[myboostjuice](https://www.instagram.com/myboostjuice)

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

BLUEBERRY BLAST

blueberries, banana, apple juice, **probiotic** vanilla yoghurt, sorbet & ice

BERRY SUPERFRUIT



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

RASPBERRY CHOC

raspberries, chocolate, coconut milk, low fat milk or soy, **probiotic** strawberry yoghurt, 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

SORAYA'S FAVOURITE



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

CHOC

TREAT YOURSELF

COOKIES & CREAM



cookies, 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**

WILD BERRY JUICE

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

ENERGISER JUICE

freshly squeezed orange, strawberries, banana & ice
+ **energiser wellmune**

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

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

SINGLE JUICE

- Apple
- Orange
- Watermelon

PROTEIN

STAY TONED & TERRIFIC

PROTEIN SUPREME

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

BREKKIE TO GO-GO

banana, toasted muesli, honey, low fat milk or soy, **probiotic** vanilla yoghurt & ice
+ energiser wellmune

STRAWBREKKIE PROTEIN

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


GYM JUNKIE

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


PREMIUM

BOOST YOUR GLOW

RED ROYALE

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

SKINNY DIP COLLAGEN

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

HEALTHY NEVER TASTED SO GOOD



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



Real Fruit, Real Vegetables, Made For Real



Sustainable, Zero Plastic Cup Packaging



Rainforest Alliance Certified Chocolate
www.ra.org



ADD ONS

EXTRA GOODNESS, EXTRA BOOST

HEALTHY BOOSTERS*

Immunity

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

Vita

Multi-vitamins & Minerals
Daily nutrients for energy & vitality

Wheatgrass

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

Superfruit

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

Green Tea

Green Tea Extract
Energises naturally; supports metabolism & wellness



SUPER BOOSTERS*

 PREMIUM

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
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BERRIES					
All Berry Bang	✓	X	X	✓	X
Strawberry Squeeze	✓	X	X	✓	X
Blueberry Blast	✓	X	X	✓	X
Berry Superfruit	✓	X	X	✓	✓
Raspberry Choc	X	X	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
Soraya's Favourite	X	X	X	✓	✓
CHOC					
Cookies & Cream	X	X	✓	✓	X
King William Chocolate	✓	X	X	✓	X
JUICES					
5 A Day Juice	✓	✓	X	✓	X
Wild Berry Juice	✓	✓	X	✓	✓
Energiser Juice	✓	✓	X	✓	✓
Vita C Detox Juice	✓	✓	X	✓	X
Immunity Juice	✓	✓	X	✓	✓
PROTEIN					
Protein Supreme	X	X	✓	✓	✓
Brekkie To Go-Go	X	X	X	✓	✓
Strawbrekkie Protein	X	X	✓	✓	✓
Gym Junkie	✓	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
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PREMIUM					
Red Royale	✓	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>ORI 500ML</div></div> <div><div>MED 400ML</div></div> <div><div>KIDS 230ML</div></div>	Energy		Protein (g)	Fat		Carbohydrate		Dietary fibre, total (g)	Sodium (mg)
	Kilojoules (kJ)	Calories (cal)		Total (g)	- saturated(g)	Total (g)	- sugars (g)		
(Per 100 ml)									
BERRIES									
All Berry Bang	203	48	1.1	0.5	0.3	9.9	6.3	1.2	33
Strawberry Squeeze	217	52	1.1	0.5	0.2	10.9	6.8	1.3	31
Blueberry Blast	214	51	0.6	0.2	0.1	11.9	7.7	0.9	17
Berry Superfruit	215	51	1.2	0.5	0.3	10.5	6.5	1.1	34
Raspberry Choc	272	65	2.1	1.6	1.2	10	6.9	0.6	39
Berry Crush	113	27	0.2	<0.1	<0.1	6.5	4.9	0.8	3
TROPICAL									
Mango Magic	239	57	1.3	0.5	0.3	12.1	7.5	1.2	41
Banana Buzz	313	75	2.3	0.9	0.5	14.6	7.8	0.9	45
Passion Mango	206	49	0.7	0.3	0.2	10.8	7.1	0.8	24
Watermelon Lychee Crush	148	35	0.4	0.2	<0.1	7.0	5.5	0.1	3
Mango Lychee Crush	115	28	<0.1	<0.1	<0.1	6.8	4.9	0.5	8
Soraya’s Favourite	208	50	0.7	0.3	0.2	11.1	7.1	0.9	28
CHOC									
Cookies & Cream	619	148	2.9	4.8	0.5	23.2	13.7	0.3	150
King William Chocolate	286	68	2.5	1.0	0.5	11.9	7.7	0.9	49
JUICES									
5 A Day Juice	128	31	0.7	<0.1	<0.1	5.7	5.6	2.5	20
Wild Berry Juice	179	43	0.4	<0.1	<0.1	9.1	8.9	2.0	2
Energiser Juice	151	36	0.8	<0.1	<0.1	7.1	6.6	2.1	2
Vita C Detox Juice	156	37	0.6	<0.1	<0.1	7.3	7.1	2.4	10
Immunity Juice	139	33	0.8	0.2	<0.1	5.8	5.4	1.0	3
PROTEIN									
Protein Supreme	377	90	5.8	2.1	0.6	12.0	5.5	1.6	34
Brekkie To Go-Go	445	106	3.1	2.0	0.7	18.5	9.0	1.6	45
Strawbrekkie Protein	280	67	2.9	0.8	0.2	11.8	6.2	1.5	28
Gym Junkie	292	70	3.6	1.0	0.5	11.9	7.7	0.9	45
PREMIUM									
Red Royale	147	35	<1.0	<1.0	<1.0	7.8	5.8	1.1	19
Skinny Dip Collagen	249	60	3.1	<1.0	<1.0	10.7	6.7	1.2	35

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.

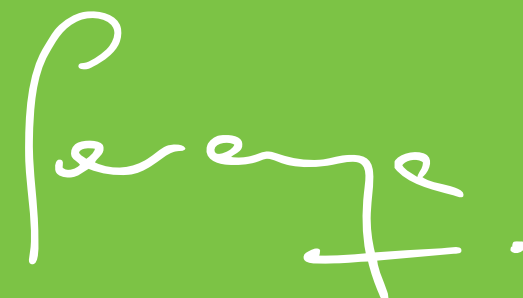
So let us blend and squeeze something delicious that does.

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.

