



CREATE YOUR OWN JUICE		
THEN ADD YOUR INGREDIENTS		
SELECT YOUR BASE		
• Apple	• Banana	• Ginger
• Carrot	• Beetroot	• Grapes
• Raspberry	• Kale	• Lemon
• Spinach	• Mango	• Strawberry
• Orange	• Celery	• Cucumber
• Pineapple	• Dates	• Watermelon

EXTRAS
coconut water | extra fruit | soy milk

FRESH JUICES OR BLENDS		
freshly squeezed or whole fruit blended		
Energyiser[†] Orange, strawberries, banana & ice [orig 995 kJ med 663 kJ sml 502 kJ] + energiser booster [†]	Wild Berry[†] Orange, apple, carrot, cucumber, celery, beetroot, spinach & ice + vita booster [†] [orig 710 kJ med 535 kJ sml 405 kJ]	Two & Five[†] Pineapple, apple, raspberries, strawberries, cucumber, spinach, celery, carrot, orange, chia seeds & ice [orig 722 kJ med 513 kJ sml 406 kJ]
Veggie Garden Pineapple, apple, raspberries, strawberries, cucumber, spinach, celery, carrot, orange, chia seeds & ice [orig 722 kJ med 513 kJ sml 406 kJ]	Immunity[†] Watermelon, orange, strawberries + immunity booster [†] [orig 621 kJ med 477 kJ sml 360 kJ]	Mint Condition Mint, apple, spinach, cucumber, celery & ice [orig 610 kJ med 447 kJ sml 333 kJ]

KIDS		
so yummy they'll think it's naughty		
Banana Bandit Banana, milk, dates, carrot, pineapple, essence, chia seeds & ice [sml 628 kJ kids 426 kJ]	Berry'd Treasure Strawberries, banana, apple, milk, dates, superfruit booster & ice [sml 874 kJ kids 651 kJ]	Choc Champion 100% cocoa powder, banana, blueberries, milk, kale, dates & ice [sml 979 kJ kids 719 kJ]

PROTEIN & ENERGY		
source of protein for when you need a lift		
Gym Junkie[†] Strawberries, banana, low fat milk, water, whey protein, chia seeds & ice [orig 1630 kJ med 1170 kJ] (21.1 g of protein*)	Energy Lift[†] Mango, banana, tropical juice, mango yoghurt & ice [orig 1740 kJ med 1350 kJ] (8.5 g of protein*)	Weekend Warrior[†] Banana, blueberries, oats, dates, coconut water, whey protein, chia seeds & ice [orig 1490 kJ med 1160 kJ] (21.1 g of protein*)

LEAN & GREEN		
medium size under 200 calories		
Caribbean Green Mango, passionfruit, banana, spinach, mango nectar, coconut milk, coconut water & ice [orig 1200 kJ med 812 kJ sml 687 kJ]	Wondermelon[†] Apple, pineapple, grapes, kale, spinach, cucumber, lemon, banana, mint, coconut water & ice + all greens booster [orig 798 kJ med 651 kJ sml 576 kJ] + superfruit booster	Pure Eden Super Smoothie[†] Strawberry yoghurt, whey protein & ice [orig 746 kJ med 505 kJ sml 361 kJ] + energiser booster

MOST POPULAR		
real fruit smoothies & crushes		
All Berry Bang Strawberries, raspberries, blueberries, apple juice, strawberry yoghurt & ice [orig 1460 kJ med 1110 kJ sml 874 kJ]	Banana Buzz Banana, honey, low fat milk, vanilla yoghurt & ice [orig 1800 kJ med 1460 kJ sml 1040 kJ]	Passion Mango Mango, passionfruit, tropical juice, sorbet, mango yoghurt & ice [orig 1780 kJ med 1350 kJ sml 1010 kJ]
King William Chocolate Chocolate, banana, low fat milk, vanilla yoghurt & ice [orig 1830 kJ med 1390 kJ sml 1080 kJ]	Raspberry Ripe Raspberries, chocolate, coconut milk, low fat milk, sorbet, strawberry yoghurt & ice [orig 2000 kJ med 1570 kJ sml 1100 kJ]	Tropical Storm Coconut milk, mango yoghurt & ice [orig 1710 kJ med 1320 kJ sml 1050 kJ]
Berry Crush Raspberries, strawberry, blueberries, apple juice, sorbet & ice [orig 1780 kJ med 1390 kJ sml 1080 kJ]	Mango Tango Crush Mango, passionfruit, mango nectar, tropical juice, sorbet & ice [orig 1410 kJ med 1130 kJ sml 805 kJ]	Tropical Crush Mango, banana, apple juice, sorbet & ice [orig 1770 kJ med 1340 kJ sml 1050 kJ]
Blueberry Blast Blueberries, banana, apple juice, sorbet, vanilla yoghurt & ice [orig 1770 kJ med 1340 kJ sml 1050 kJ]	Lychee Crush Lychee, mango nectar, tropical juice, sorbet & ice [orig 1340 kJ med 983 kJ sml 763 kJ]	The average adult daily energy intake is 8700 kJ



A message from Janine

"I must make more time for broccoli." said nobody, ever.

The truth is, life can be a whirlwind at times – and making time for your health fix is often the last thing on your mind.

That's where Boost comes in. We are on a mission to make healthy living easier. We don't like to take life too seriously, but health is one thing we do. We believe that we should aim to eat and drink foods that offer nutritional benefits and fuel for the body and that's why we put real fruit and veggies into our smoothies and juices.

And let's face it: squeezing and blending every drop of flavour and goodness out of quality produce is a better recipe for success than popping the latest diet pills. We're convinced you'll agree.

So here's the deal: if, after two sips, you don't love your Boost Juice, we'll be happy to replace it. And if your favourite item isn't on the menu, or you've a funkier mix in mind, just shout out and we'll serve it right up.

Healthy is one thing, however we also want to make sure you're happy. That's our guarantee to you. So if we've done something right or something wrong, don't be shy – let us know! It really is the best way we can improve.

And on one final note... if you want to know all the facts, figures and allergy advice on our products, you'll find all the info you need right here.

Here's to loving life!

@janineboost

Janine Allis

Founder - Boost Juice Bars



boostjuice.co.nz

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BOOST

LOVE LIFE!

The nitty-gritty details



Important to know on the go

Important to know on the go

MOST POPULAR			ORIGINAL 610 mL								MEDIUM 450 mL
			1460 kJ	349 Cal	7.6 g	5.0 g	3.1 g	73.3 g	65.7 g	1.1 g	
LEAN & GREEN	All Berry Bang	1800 kJ	431 Cal	16.4 g	5.1 g	3.2 g	77.9 g	67.1 g	1.9 g	240 mg	
	Banana Buzz	1180 kJ	283 Cal	2.2 g	0.8 g	0.2 g	65.9 g	61.1 g	2.3 g	19 mg	
	Berry Crush	1770 kJ	423 Cal	5.8 g	3.3 g	1.9 g	92.4 g	83.1 g	1.1 g	88 mg	
	Blueberry Blast	1990 kJ	475 Cal	5.4 g	3.4 g	2.0 g	105 g	93.7 g	2.7 g	90 mg	
	Green Tea Mango Mantra [†]	1830 kJ	437 Cal	18.3 g	6.4 g	4.1 g	74.4 g	66.2 g	2.8 g	334 mg	
	King William Chocolate	801 kJ	191 Cal	2.8 g	0.8 g	0.2 g	43.2 g	40.9 g	0.5 g	17 mg	
	Lemon Crush	1340 kJ	319 Cal	2.0 g	0.6 g	0.2 g	75.5 g	71.6 g	1.1 g	18 mg	
	Lychee Crush	1820 kJ	435 Cal	7.4 g	5.0 g	3.1 g	88.3 g	78.5 g	2.5 g	142 mg	
	Mango Magic	1410 kJ	336 Cal	2.9 g	0.9 g	0.2 g	76.5 g	70.3 g	6.1 g	19 mg	
	Mango Tango Crush	1780 kJ	426 Cal	6.8 g	3.3 g	1.9 g	90.6 g	81.4 g	4.4 g	79 mg	
	Passion Mango	2000 kJ	478 Cal	15.3 g	7.4 g	4.7 g	88.3 g	81.2 g	4.4 g	295 mg	
	Raspberry Ripe	1580 kJ	377 Cal	8.0 g	5.0 g	3.1 g	79.5 g	70.4 g	1.6 g	143 mg	
	Strawberry Squeeze	1340 kJ	319 Cal	3.0 g	0.8 g	0.2 g	74.9 g	66.4 g	2.6 g	6 mg	
	Tropical Crush	1710 kJ	409 Cal	8.5 g	5.8 g	3.6 g	79.9 g	69.1 g	2.4 g	134 mg	
	Tropical Storm	916 kJ	219 Cal	2.1 g	0.9 g	0.2 g	51.0 g	47.8 g	0.5 g	8 mg	
	FRESH JUICES OR BLENDS	Watermelon Crush	1200 kJ	286 Cal	3.0 g	3.7 g	2.2 g	56.5 g	45.8 g	7.1 g	67 mg
Caribbean Green		1010 kJ	241 Cal	3.7 g	0.6 g	LESS THAN 0.1 g	50.8 g	44.9 g	8.8 g	66 mg	
Grape Escape		746 kJ	178 Cal	2.8 g	0.5 g	LESS THAN 0.1 g	37.1 g	32.4 g	7.0 g	79 mg	
Pure Eden [†]		798 kJ	191 Cal	13.1 g	2.3 g	1.0 g	27.3 g	24.8 g	6.9 g	92 mg	
Wondermelon [†]		995 kJ	238 Cal	3.8 g	0.8 g	LESS THAN 0.1 g	51.2 g	45.8 g	3.9 g	30 mg	
Energyiser Juice [†]		621 kJ	148 Cal	2.3 g	0.9 g	LESS THAN 0.1 g	31.1 g	30.9 g	2.4 g	20 mg	
Immunity Juice [†]		610 kJ	146 Cal	2.0 g	0.3 g	LESS THAN 0.1 g	32.5 g	32.4 g	1.5 g	177 mg	
Mint Colonial Juice		710 kJ	170 Cal	3.1 g	0.4 g	LESS THAN 0.1 g	36.3 g	35.7 g	2.9 g	187 mg	
Two & Five Juice [†]		722 kJ	168 Cal	5.7 g	3.3 g	0.3 g	27.2 g	26.5 g	6.3 g	261 mg	
Veggie Garden Juice		919 kJ	220 Cal	1.2 g	0.3 g	LESS THAN 0.1 g	51.3 g	50.7 g	1.8 g	29 mg	
Wild Berry Juice [†]		1040 kJ	249 Cal	5.4 g	4.3 g	LESS THAN 0.1 g	48.7 g	43.3 g	12.5 g	14 mg	
Energyiser Blend [†]		713 kJ	170 Cal	3.5 g	2.9 g	LESS THAN 0.1 g	33.0 g	32.8 g	8.4 g	13 mg	
Immunity Blend [†]		708 kJ	169 Cal	2.4 g	0.5 g	LESS THAN 0.1 g	35.5 g	34.9 g	5.6 g	164 mg	
Mint Colonial Blend		824 kJ	197 Cal	4.7 g	3.3 g	LESS THAN 0.1 g	37.8 g	37.3 g	10.3 g	136 mg	
Two & Five Blend [†]		825 kJ	197 Cal	6.5 g	5.0 g	0.3 g	30.6 g	29.9 g	10.7 g	200 mg	
PROTEIN & ENERGY		Veggie Garden Blend	961 kJ	230 Cal	3.4 g	0.5 g	LESS THAN 0.1 g	47.4 g	46.5 g	9.6 g	15 mg
	Wild Berry Blend [†]	1740 kJ	415 Cal	8.5 g	5.0 g	3.1 g	82.8 g	71.2 g	2.5 g	131 mg	
	Energy Lift [†]	1630 kJ	390 Cal	20.5 g	5.1 g	3.2 g	64.7 g	54.2 g	2.6 g	246 mg	
	Gym Junkie [†]	2370 kJ	567 Cal	30.1 g	12.0 g	2.9 g	77.1 g	47.9 g	12.5 g	230 mg	
	Protein Supreme [†]	1490 kJ	355 Cal	21.1 g	5.7 g	1.3 g	49.9 g	31.2 g	8.6 g	152 mg	
	Weekend Warrior [†]	2560 kJ	612 Cal	23.9 g	11.4 g	4.2 g	98.7 g	71.0 g	6.7 g	273 mg	
	Brekkie to Go-Go [†]	1960 kJ	469 Cal	19.5 g	5.7 g	3.6 g	83.0 g	73.9 g	2.8 g	312 mg	
	Coffee Dream [†]	819 kJ	196 Cal	2.6 g	0.5 g	0.1 g	41.6 g	32.5 g	7.3 g	62 mg	
	Passion Punch	1770 kJ	423 Cal	21.2 g	5.8 g	2.8 g	71.0 g	52.3 g	5.2 g	168 mg	

Energy				Fat		Carbohydrate			
Kilojoules	Calories	Protein	Total	-saturated	Total	-sugars	Dietary fibre, total	Sodium	
1110 kJ	266 Cal	6.0 g	3.9 g	2.5 g	55.6 g	49.7 g	0.8 g	112 mg	
1460 kJ	349 Cal	13.1 g	4.1 g	2.6 g	63.4 g	55.2 g	1.3 g	194 mg	
936 kJ	224 Cal	1.7 g	0.6 g	0.2 g	52.5 g	48.7 g	1.4 g	15 mg	
1340 kJ	321 Cal	4.7 g	2.7 g	1.6 g	69.4 g	61.9 g	1.0 g	70 mg	
1460 kJ	349 Cal	4.3 g	2.7 g	1.6 g	76.1 g	68.1 g	1.9 g	72 mg	
1390 kJ	333 Cal	13.6 g	4.9 g	3.1 g	56.9 g	50.2 g	2.0 g	245 mg	
643 kJ	154 Cal	2.3 g	0.7 g	0.1 g	34.6 g	32.8 g	0.4 g	14 mg	
983 kJ	235 Cal	1.4 g	0.5 g	0.1 g	55.6 g	52.7 g	0.8 g	13 mg	
1410 kJ	336 Cal	5.9 g	4.0 g	2.5 g	67.7 g	59.8 g	2.0 g	112 mg	
1130 kJ	270 Cal	2.2 g	0.7 g	0.2 g	61.8 g	56.8 g	4.4 g	15 mg	
1350 kJ	323 Cal	5.3 g	2.7 g	1.6 g	68.3 g	61.3 g	3.2 g	65 mg	
1570 kJ	374 Cal	12.7 g	5.6 g	3.6 g	69.1 g	63.5 g	3.2 g	237 mg	
1230 kJ	294 Cal	6.3 g	4.0 g	2.5 g	61.8 g	54.4 g	1.3 g	113 mg	
1070 kJ	256 Cal	2.5 g	0.7 g	0.2 g	60.0 g	53.2 g	2.1 g	5 mg	
1320 kJ	316 Cal	6.7 g	4.7 g	3.0 g	61.0 g	52.5 g	1.8 g	107 mg	
736 kJ	176 Cal	1.7 g	0.7 g	0.1 g	40.9 g	38.4 g	0.4 g	6 mg	
812 kJ	194 Cal	2.0 g	2.0 g	1.1 g	39.1 g	33.1 g	5.3 g	50 mg	
682 kJ	163 Cal	2.4 g	0.4 g	LESS THAN 0.1 g	34.5 g	30.4 g	5.8 g	51 mg	
505 kJ	121 Cal	1.8 g	0.3 g	LESS THAN 0.1 g	25.2 g	22.3 g	4.8 g	58 mg	
651 kJ	156 Cal	10.2 g	1.9 g	0.9 g	23.0 g	21.0 g	4.9 g	75 mg	
663 kJ	158 Cal	2.5 g	0.5 g	LESS THAN 0.1 g	34.2 g	31.3 g	2.4 g	22 mg	
477 kJ	114 Cal	1.8 g	0.7 g	LESS THAN 0.1 g	23.9 g	23.8 g	1.8 g	15 mg	
447 kJ	107 Cal	1.4 g	0.2 g	LESS THAN 0.1 g	23.9 g	23.9 g	1.1 g	129 mg	
535 kJ	128 Cal	2.3 g	0.3 g	LESS THAN 0.1 g	27.5 g	27.0 g	2.1 g	151 mg	
513 kJ	123 Cal	3.8 g	1.8 g	0.2 g	20.8 g	20.4 g	4.0 g	184 mg	
728 kJ	174 Cal	0.9 g	0.2 g	LESS THAN 0.1 g	40.9 g	40.3 g	1.3 g	24 mg	
710 kJ	170 Cal	3.8 g	3.2 g	LESS THAN 0.1 g	32.9 g	30.0 g	8.9 g	10 mg	
525 kJ	125 Cal	2.5 g	2.2 g	LESS THAN 0.1 g	24.3 g	24.2 g	6.2 g	9 mg	
531 kJ	127 Cal	1.8 g	0.4 g	LESS THAN 0.1 g	26.6 g	26.2 g	4.2 g	120 mg	
632 kJ	151 Cal	3.6 g	2.5 g	LESS THAN 0.1 g	29.1 g	28.7 g	7.8 g	116 mg	
551 kJ	132 Cal	4.2 g	3.0 g	0.2 g	21.4 g	21.0 g	7.0 g	137 mg	
741 kJ	177 Cal	2.6 g	0.4 g	LESS THAN 0.1 g	36.8 g	36.0 g	7.1 g	13 mg	
1350 kJ	322 Cal	6.7 g	4.0 g	2.5 g	64.0 g	54.6 g	2.0 g	104 mg	
1170 kJ	279 Cal	14.0 g	3.7 g	2.3 g	64.9 g	39.4 g	1.7 g	177 mg	
1540 kJ	369 Cal	20.7 g	6.7 g	1.8 g	52.2 g	35.2 g	7.2 g	184 mg	
1160 kJ	278 Cal	14.7 g	3.9 g	0.9 g	41.9 g	25.4 g	6.5 g	112 mg	
1910 kJ	456 Cal	17.1 g	8.2 g	2.9 g	74.6 g	53.7 g	5.1 g	191 mg	
1490 kJ	355 Cal	14.3 g	4.3 g	2.7 g	63.4 g	56.3 g	2.2 g	229 mg	
603 kJ	144 Cal	1.9 g	0.4 g	LESS THAN 0.1 g	30.6 g	24.0 g	5.4 g	47 mg	
1340 kJ	321 Cal	16.6 g	4.5 g	2.0 g	52.8 g	37.1 g	4.3 g	121 mg	



Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
Kilojoules	Calories		Total	-saturated	Total	-sugars		
KIDS COLLECTABLE CUPS 250 mL								
426 kJ	102 Cal	6.3 g	1.5 g	0.2 g	14.2 g	12.8 g	2.1 g	66 mg
719 kJ	172 Cal	6.7 g	0.6 g	0.2 g	29.8 g	26.2 g	3.5 g	67 mg
651 kJ	156 Cal	6.2 g	0.4 g	less than 0.1 g	27.4 g	25.6 g	4.6 g	68 mg
485 kJ	116 Cal	0.6 g	1.8 g	less than 0.1 g	23.8 g	20.6 g	5.2 g	30 mg

SML 350 mL

Banana Bandit	628 kJ	150 Cal	8.7 g	2.0 g	0.3 g	21.7 g	19.7 g	3.1 g	91 mg
Choc Champion	979 kJ	234 Cal	9.3 g	0.8 g	0.4 g	40.3 g	35.1 g	4.9 g	93 mg
Berry'd Treasure	874 kJ	209 Cal	8.4g	0.5 g	0.1 g	36.3 g	34.0 g	7.5 g	95 mg
Mango Magician	645 kJ	154 Cal	2.5 g	0.9 g	less than 0.1 g	31.3 g	27.5 g	7.4 g	44 mg

	Yes	No	Yes	No	Yes	No
Banana Bandit	Yes	No	No	Yes	No	No
Choc Champion	Yes	No	No	Yes	No	No
Berry'd Treasure	Yes	No	No	Yes	No	No
Mango Magician	Yes	Yes	No	Yes	No	No



ALLERGENS

MOST POPULAR	All Berry Bang	
	Banana Buzz	
	Berry Crush	
	Blueberry Blast	
	Green Tea Mango Mantra [†]	
	King William Chocolate	
	Lemon Crush	
	Lychee Crush	
	Mango Magic	
	Mango Tango Crush	
	Passion Mango	
	Raspberry Ripe	
	Strawberry Squeeze	
LEAN & GREEN	Tropical Crush	
	Tropical Storm	
	Watermelon Crush	
	Caribbean Green	
	Grape Escape	
FRESH JUICES OR BLENDS	Pure Eden [†]	
	Wondermelon [†]	
	Energiser Juice [†]	
	Immunity Juice [†]	
	Mint Condition Juice	
	Two & Five Juice [†]	
	Veggie Garden Juice [†]	
	Wild Berry Juice [†]	
	Energiser Blend [†]	
	Immunity Blend [†]	
PROTEIN & ENERGY	Mint Condition Blend	
	Two & Five Blend [†]	
	Veggie Garden Blend	
	Wild Berry Blend [†]	
	Energy Lift [†]	
	Gym Junkie [†]	
	Protein Supreme [†]	
	Weekend Warrior [†]	
	ANYTIME BREKIE	Brekkie To Go-Go [†]
		Coffee Dream [†]
Passion Punch		
Strawbrekkie [†]		

All greens

- All greens
- Chia seeds
- Energiser^
- Green tea^ (not available as a booster)
- Immunity^+ (vit A & C)
- Protein
- Vita

ALLERGENS

[illegible]

ALLERGENS

[illegible]

FACTS & FIGURES

Important to know on the go

MOST POPULAR		SMALL 350 mL										COLLECTABLE CUPS 250 mL
		Calories		Carbs		Fats		Protein		Fiber		
		kJ	Cal	g	g	g	g	g	g	g	g	
	All Berry Bang	874 kJ	209 Cal	4.5 g	2.9 g	1.8 g	43.9 g	39.3 g	0.7 g	84 mg		
	Banana Buzz	1040 kJ	248 Cal	10.0 g	3.0 g	1.9 g	44.3 g	38.3 g	1.0 g	146 mg		
	Berry Crush	743 kJ	178 Cal	1.4 g	0.5 g	0.1 g	41.5 g	38.4 g	1.4 g	11 mg		
	Blueberry Blast	1050 kJ	252 Cal	3.7 g	2.1 g	1.2 g	54.1 g	48.1 g	0.8 g	56 mg		
	Green Tea Mango Mantra [†]	1395 kJ	332 Cal	4.3 g	2.7 g	1.6 g	72.0 g	64.5 g	1.9 g	71 mg		
	King William Chocolate	1080 kJ	259 Cal	10.9 g	3.7 g	2.3 g	44.2 g	38.9 g	1.7 g	191 mg		
	Lemon Crush	518 kJ	124 Cal	1.7 g	0.5 g	0.1 g	28.1 g	26.6 g	0.3 g	10 mg		
	Lychee Crush	763 kJ	182 Cal	1.1 g	0.4 g	0.1 g	43.2 g	41.0 g	0.7 g	10 mg		
	Mango Magic	1110 kJ	265 Cal	4.5 g	3.0 g	1.8 g	53.8 g	47.6 g	1.7 g	84 mg		
	Mango Tango Crush	805 kJ	192 Cal	1.5 g	0.5 g	0.1 g	44.6 g	41.4 g	2.4 g	10 mg		
	Passion Mango	1010 kJ	242 Cal	4.1 g	2.1 g	1.2 g	50.9 g	45.5 g	2.3 g	51 mg		
	Raspberry Ripe	1100 kJ	262 Cal	9.2 g	3.8 g	2.4 g	48.9 g	44.8 g	2.0 g	170 mg		
	Strawberry Squeeze	902 kJ	216 Cal	4.7 g	3.0 g	1.8 g	45.3 g	39.5 g	0.9 g	83 mg		
	Tropical Crush	849 kJ	203 Cal	2.0 g	0.5 g	0.2 g	47.4 g	41.9 g	1.7 g	4 mg		
	Tropical Storm	1050 kJ	250 Cal	5.1 g	3.4 g	2.1 g	49.2 g	42.2 g	1.6 g	79 mg		
LEAN & GREEN	Watermelon Crush	590 kJ	141 Cal	1.3 g	0.5 g	0.1 g	32.9 g	30.8 g	0.3 g	5 mg		
	Caribbean Green	687 kJ	164 Cal	1.6 g	1.9 g	1.1 g	33.0 g	27.3 g	4.2 g	42 mg		
	Grape Escape	509 kJ	122 Cal	1.6 g	0.3 g	LESS THAN 0.1 g	26.1 g	23.4 g	4.2 g	46 mg		
	Pure Eden [†]	361 kJ	86 Cal	1.3 g	0.2 g	LESS THAN 0.1 g	18.1 g	15.6 g	3.3 g	45 mg		
FRESH JUICES OR BLENDS	Wondermelon [†]	576 kJ	137 Cal	8.5 g	1.7 g	0.8 g	21.1 g	19.5 g	3.4 g	63 mg		
	Energiser Juice [†]	502 kJ	120 Cal	1.9 g	0.4 g	LESS THAN 0.1 g	25.9 g	24.0 g	1.8 g	17 mg		
	Immunity Juice [†]	360 kJ	86 Cal	1.3 g	0.5 g	LESS THAN 0.1 g	18.2 g	18.1 g	1.1 g	12 mg		
	Mint Condition Juice	333 kJ	80 Cal	1.0 g	0.1 g	LESS THAN 0.1 g	17.9 g	17.9 g	0.7 g	94 mg		
	Two & Five Juice [†]	405 kJ	97 Cal	1.8 g	0.3 g	LESS THAN 0.1 g	20.6 g	20.2 g	1.7 g	128 mg		
	Veggie Garden Juice	406 kJ	97 Cal	3.1 g	1.7 g	0.2 g	15.9 g	15.5 g	3.3 g	142 mg		
	Wild Berry Juice [†]	403 kJ	96 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	22.7 g	22.5 g	0.6 g	14 mg		
	Energiser Blend [†]	510 kJ	122 Cal	2.7 g	2.3 g	LESS THAN 0.1 g	23.6 g	21.7 g	6.5 g	8 mg		
	Immunity Blend [†]	442 kJ	106 Cal	2.1 g	1.9 g	LESS THAN 0.1 g	20.6 g	20.6 g	5.0 g	8 mg		
	Mint Condition Blend	377 kJ	90 Cal	1.2 g	0.3 g	LESS THAN 0.1 g	18.9 g	18.7 g	3.0 g	88 mg		
	Two & Five Blend [†]	489 kJ	117 Cal	2.8 g	2.0 g	LESS THAN 0.1 g	22.5 g	22.2 g	6.1 g	75 mg		
	Veggie Garden Blend	464 kJ	111 Cal	3.5 g	2.7 g	0.2 g	17.7 g	17.3 g	6.0 g	106 mg		
PROTEIN & ENERGY	Wild Berry Blend [†]	579 kJ	138 Cal	2.0 g	0.3 g	LESS THAN 0.1 g	28.8 g	28.4 g	5.5 g	10 mg		
	Energy Lift [†]	1080 kJ	259 Cal	5.4 g	3.2 g	2.0 g	51.4 g	43.8 g	1.6 g	83 mg		
	Gym Junkie [†]	890 kJ	213 Cal	11.3 g	2.8 g	1.7 g	35.1 g	29.6 g	1.2 g	139 mg		
	Protein Supreme [†]	988 kJ	236 Cal	13.6 g	4.2 g	1.1 g	33.1 g	23.2 g	4.8 g	122 mg		
	Weekend Warrior [†]	915 kJ	218 Cal	10.1 g	3.4 g	0.7 g	33.8 g	21.3 g	5.5 g	95 mg		
	Brekkie to Go-Go [†]	1784 kJ	425 Cal	16.7 g	7.6 g	2.3 g	69.5 g	50.1 g	4.5 g	195 mg		
	Coffee Dream [†]	1170 kJ	279 Cal	11.3 g	3.4 g	2.1 g	49.8 g	43.9 g	1.7 g	178 mg		
	Passion Punch	464 kJ	111 Cal	1.5 g	0.3 g	LESS THAN 0.1 g	23.7 g	18.6 g	4.0 g	37 mg		
ANYTIME BREKKIE	Strawbrekkie [†]	960 kJ	229 Cal	11.9 g	3.0 g	1.5 g	38.3 g	28.9 g	2.5 g	93 mg		

[illegible]