



OUR REAL JUICY MENU

TROPICAL



MANGO MAGIC
Mango, banana, mango nectar, vanilla yoghurt & ice
orig 1760 kJ med 1360 kJ
jnr 1070 kJ



BLUE HONOLULU
Mango, blue spirulina, banana, tropical juice, mango yoghurt, vanilla yoghurt & ice
orig 1560 kJ med 1340 kJ
jnr 1030 kJ



GREEN TEA MANGO MANTRA⁺
Mango, green tea[^], mango nectar, vanilla yoghurt, sorbet & ice + immunity booster[†]
orig 1810 kJ med 1410 kJ
jnr 1160 kJ



TROPICAL CRUSH[✓]
Mango, banana, tropical juice, sorbet & ice
orig 1070 kJ med 849 kJ
jnr 666 kJ



PASSION MANGO
Mango, passionfruit, tropical juice, sorbet, mango yoghurt & ice
orig 1820 kJ med 1390 kJ
jnr 1010 kJ



BANANA BUZZ
Banana, honey, low fat milk, vanilla yoghurt & ice
orig 1750 kJ med 1410 kJ
jnr 1010 kJ



WATERMELON CRUSH[✓]
Freshly juiced watermelon, tropical juice, sorbet & ice
orig 916 kJ med 736 kJ jnr 590 kJ



LYCHEE CRUSH[✓]
Lychees, mango nectar, tropical juice, sorbet & ice
orig 1290 kJ med 966 kJ
jnr 730 kJ



MANGO TANGO CRUSH[✓]
Mango, passionfruit, mango nectar, tropical juice, sorbet & ice
orig 1370 kJ med 1100 kJ
jnr 782 kJ



MANGO & CO[✓]
Mango, passionfruit, banana, mango nectar, frozen coconut cream & ice
orig 2230 kJ med 1890 kJ
jnr 1380 kJ



PALM PEACH CRUSH[✓]
Mango, peach, mango nectar, tropical juice, sorbet & ice
orig 1450 kJ med 1170 kJ
jnr 996 kJ

The average adult daily energy intake is 8700 kJ

FRESH JUICES

CREATE YOUR OWN FRESH JUICES[✓]

CHOOSE YOUR BASES

Apple Orange Watermelon
Carrot Pineapple

THEN ADD YOUR INGREDIENTS

Açaí Cucumber Passionfruit
Banana Ginger Pink Dragon Fruit
Beetroot Lemon Raspberry
Blueberry Mango Spinach
Celery Mint Strawberry



IMMUNITY⁺ (vit A & C)[✓]
Watermelon, orange, strawberries & ice + immunity booster[^] orig 621 kJ med 477 kJ jnr 360 kJ



MELON MOMENT[✓]
Watermelon, pink dragon fruit, strawberries, apple & ice orig 854 kJ med 601 kJ jnr 462 kJ



GINGER ZING[✓]
Ginger, orange, carrot, celery & ice
orig 707 kJ med 549 kJ jnr 433 kJ



ENERGISER⁺[✓]
Orange, strawberries, banana & ice + energiser booster[^] orig 995 kJ med 663 kJ jnr 502 kJ



MINT CONDITION[✓]
Mint, apple, spinach, cucumber, celery & ice
orig 610 kJ med 447 kJ jnr 333 kJ



TWO & FIVE⁺[○]
Orange, apple, carrot, cucumber, celery, beetroot, spinach & ice + vita booster[#]
orig 710 kJ med 535 kJ jnr 405 kJ

[✓] Suitable for vegans. Although products marked with this symbol are made using plant-based ingredients, there may be traces of animal products present due to potential cross contamination in store or during the external manufacturing process of the ingredients used in such products.[†] Boosters with this symbol & Whey Protein are not recommended for young children under 15 years, pregnant or lactating women. [^] Contains Caffeine. For full ingredients and nutritional information refer to boostjuice.com.au. [#] At least 10% of your RDI of essential vitamins and minerals. [†] Contains vitamin A & C necessary for normal immune function as part of a healthy nutritious diet. [○] Counts as a maximum of one serve only towards an individual's daily intake of fruits and vegetables. ^{*} For original size.

LEVEL UP



GYM JUNKIE⁺
Strawberries, banana, low fat milk, strawberry yoghurt, vanilla yoghurt, whey protein & ice (20.5 g of protein*)
orig 1630 kJ med 1170 kJ



WONDERMELON⁺
Strawberries, freshly juiced watermelon, strawberry yoghurt, whey protein & ice + superfruit booster (13.1 g of protein*)
orig 798 kJ med 651 kJ



ENERGY LIFT⁺
Mango, banana, tropical juice, mango yoghurt & ice + energiser booster[^] (8.3 g of protein*)
orig 1740 kJ med 1350 kJ



SUPER AÇAÍ⁺
Açaí, strawberries, apple juice, strawberry yoghurt, ice + immunity booster^{††}
NEW orig 1440 kJ med 1110 kJ



PROTEIN SUPREME⁺
Banana, muesli, dates, honey, coconut water, coconut mylk, whey protein, chia seeds, cinnamon & ice + immunity^{††} & vita booster[#] (29.1 g of protein*)
orig 2100 kJ med 1430 kJ



CHOC MUSCLE HUSTLE⁺
Chocolate powder, banana, oats, chia seeds, coconut water, coconut mylk, vanilla yoghurt, whey protein & ice (21.1 g of protein*)
orig 1890 kJ med 1500 kJ



POWER PLANT PROTEIN⁺[✓]
Mango, passionfruit, banana, pineapple, spinach, dates, coconut water, coconut mylk, plant based protein & ice + all greens booster (11.4 g of protein*)
orig 1180 kJ med 938 kJ



PURE EDEN SMOOTHIE[✓]
Pineapple, apple, banana, cucumber, spinach, lemon, mint, coconut water & ice + all greens booster
orig 712 kJ med 522 kJ

CRAVE



KING WILLIAM CHOCOLATE
Chocolate powder, banana, low fat milk, vanilla yoghurt & ice
orig 1830 kJ med 1390 kJ
jnr 1080 kJ



COOKIES & CREME
Chocolate biscuits, banana, low fat milk, vanilla yoghurt, sorbet & ice orig 2140 kJ med 1610 kJ jnr 1140 kJ



HONEYCOMB HEAVEN
Banana, honeycomb powder, low fat milk, vanilla yoghurt, sorbet & ice orig 2000 kJ med 1580 kJ jnr 1250 kJ



BANANAS FOR CHOC[✓]
Chocolate powder, banana, soy mylk, coconut mylk, frozen coconut cream & ice
orig 2370 kJ med 1880 kJ
jnr 1420 kJ



RASPBERRY RIPE
Chocolate powder, raspberries, coconut mylk, low fat milk, strawberry yoghurt, sorbet & ice orig 2000 kJ med 1570 kJ jnr 1100 kJ



COFFEE DREAM[^]
Coffee[^], low fat milk, banana, chocolate powder, vanilla yoghurt, sorbet & ice
orig 1750 kJ med 1460 kJ
jnr 1150 kJ

BREKKIE



BREKKIE TO GO-GO
Banana, muesli, honey, low fat milk, vanilla yoghurt & ice + energiser booster[^]
orig 2430 kJ med 1760 kJ
jnr 1520 kJ



STRAWBREKKIE⁺
Strawberries, blueberries, banana, apple juice, strawberry yoghurt, oats, whey protein & ice
orig 1770 kJ med 1340 kJ
jnr 960 kJ



MORNIN' MOCHA
Coffee[^], low fat milk, banana, chocolate powder, oats, vanilla yoghurt, sorbet, whey protein & ice
orig 2070 kJ med 1500 kJ
jnr 1160 kJ

BERRY



ALL BERRY BANG
Strawberries, raspberries, blueberries, apple juice, strawberry yoghurt & ice
orig 1440 kJ med 1110 kJ jnr 861 kJ



BERRY CRUSH[✓]
Raspberries, strawberries, blueberries, apple juice, sorbet & ice
orig 1160 kJ med 917 kJ jnr 730 kJ



PINK PARADISE
Pink dragon fruit, mango, mango nectar, strawberry yoghurt & ice
orig 1500 kJ med 1280 kJ jnr 965 kJ



STRAWBERRY SQUEEZE
Strawberries, banana, apple juice, strawberry yoghurt & ice
orig 1550 kJ med 1210 kJ jnr 891 kJ



AÇAÍ LYCHEE CRUSH[✓]
Açaí, lychees, apple juice, tropical juice, sorbet & ice
NEW orig 1370 kJ med 1110 kJ jnr 883 kJ

The average adult daily energy intake is 8700 kJ

BOOSTERS

Protein⁺/Plant Based⁺[✓]
Immunity^{††} (vit A & C)[✓]
Energiser^{††}[✓]

Vita[#]
All Greens[✓]
Superfruit[✓]

ADD ONS

Extra Fruit & Veg[✓]
Açaí[✓] **NEW**
Coconut Water[✓]

Soy Mylk[✓]
Oat Mylk[✓]
Almond Mylk[✓]



MEDIUM SIZE 450ML

FACTS & FIGURES

Important to know on the go

	Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
	Kilojoules	Calories		Total	-saturated	Total	-sugars		
TROPICAL Banana Buzz	1410 kJ	337 Cal	13.1 g	4.1 g	2.6 g	60.4 g	52.3 g	1.3 g	193 mg
Blue Honolulu	1340 kJ	319 Cal	6.2 g	3.5 g	2.3 g	65.1 g	54.9 g	4.3 g	105 mg
Green Tea Mango Mantra†*	1410 kJ	337 Cal	4.5 g	2.5 g	1.6 g	74.2 g	66.1 g	1.88 g	70 mg
Lychee Crush	966 kJ	231 Cal	1.6 g	0.3 g	0.2 g	56.0 g	52.0 g	0.9 g	14 mg
Mango & Co	1890 kJ	451 Cal	2.8 g	15.0 g	13.6 g	75.3 g	61.1 g	3.7 g	77 mg
Mango Magic	1360 kJ	325 Cal	6.1 g	3.8 g	2.5 g	66.1 g	57.8 g	2.0 g	110 mg
Mango Tango Crush	1100 kJ	262 Cal	2.3 g	0.5 g	0.2 g	61.4 g	55.4 g	4.5 g	16 mg
Palm Peach Crush	1170 kJ	280 Cal	2.3 g	0.4 g	0.2 g	67.3 g	56.8 g	2.7 g	15 mg
Passion Mango	1390 kJ	333 Cal	5.2 g	2.5 g	1.6 g	72.3 g	63.7 g	3.4 g	72 mg
Tropical Crush	1070 kJ	256 Cal	2.3 g	0.4 g	0.2 g	61.9 g	53.5 g	2.2 g	13 mg
Watermelon Crush	736 kJ	176 Cal	1.6 g	0.6 g	0.2 g	41.7 g	38.5 g	0.4 g	9 mg
BERRY Açai Lychee Crush	1110 kJ	266 Cal	2.0 g	2.6 g	0.7 g	57.5 g	53.8 g	1.4 g	23 mg
All Berry Bang	1110 kJ	262 Cal	5.6 g	3.7 g	2.5 g	54.3 g	49.5 g	0.8 g	116 mg
Berry Crush	917 kJ	219 Cal	1.2 g	0.4 g	0.2 g	50.8 g	48.5 g	1.4 g	21 mg
Pink Paradise	1280 kJ	307 Cal	5.8 g	3.6 g	2.3 g	67.2 g	59.9 g	1.5 g	103 mg
Strawberry Squeeze	1210 kJ	290 Cal	5.9 g	3.8 g	2.5 g	60.3 g	54.2 g	1.3 g	118 mg
GRAPE Bananas For Choc	1880 kJ	450 Cal	8.5 g	18.8 g	14.0 g	59.7 g	44.3 g	4.7 g	237 mg
Coffee Dream^	1460 kJ	350 Cal	14.0 g	4.2 g	2.7 g	62.4 g	55.4 g	2.1 g	226 mg
Cookies & Creme	1610 kJ	384 Cal	11.9 g	6.6 g	3.5 g	68.9 g	56.7 g	0.6 g	246 mg
Honeycomb Heaven	1580 kJ	378 Cal	14.1 g	5.4 g	4.3 g	64.6 g	56.8 g	0.6 g	213 mg
King William Chocolate	1390 kJ	333 Cal	13.6 g	4.9 g	3.1 g	56.9 g	50.2 g	2.0 g	245 mg
Raspberry Ripe	1570 kJ	374 Cal	12.7 g	5.6 g	3.6 g	69.1 g	63.5 g	3.2 g	237 mg
BREKKE Brekkie to Go-Go†	1760 kJ	419 Cal	16.4 g	7.4 g	2.8 g	68.4 g	49.9 g	4.4 g	191 mg
Strawbrekkie†	1340 kJ	321 Cal	16.6 g	4.5 g	2.0 g	52.8 g	37.1 g	4.3 g	121 mg
Mornin' Mocha†^	1500 kJ	359 Cal	16.2 g	4.1 g	2.1 g	63.0 g	51.3 g	2.7 g	185 mg
FRESH JUICES Energiser †	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
Ginger Zing	549 kJ	131 Cal	2.8 g	0.5 g	LESS THAN 0.1 g	27.7 g	27.1 g	1.7 g	129 mg
Immunity† (vitA&C)	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
Mint Condition	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
Melon Moment	601 kJ	144 Cal	1.3 g	0.5 g	LESS THAN 0.1 g	32.1 g	31.5 g	1.4 g	21 mg
Two & Five†*	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
LEVEL UP Choc Muscle Hustle†	1500 kJ	357 Cal	16.8 g	6.3 g	3.2 g	55.4 g	42.3 g	5.2 g	225 mg
Energy Lift†	1350 kJ	322 Cal	6.5 g	3.8 g	2.5 g	65.5 g	54.9 g	2.0 g	110 mg
Gym Junkie†	1170 kJ	279 Cal	14.0 g	3.7 g	2.3 g	46.9 g	39.4 g	1.7 g	177 mg
Power Plant Protein†	938 kJ	224 Cal	7.9 g	1.5 g	0.6 g	40.7 g	31.8 g	5.8 g	162 mg
Protein Supreme†	1430 kJ	340 Cal	20.3 g	6.1 g	1.8 g	47.1 g	31.7 g	6.88 g	183 mg
Pure Eden Super Smoothie	522 kJ	125 Cal	2.0 g	0.4 g	LESS THAN 0.1 g	26.0 g	21.6 g	4.5 g	59 mg
Super Açai†	1110 kJ	266 Cal	4.2 g	6.0 g	2.4 g	48.4 g	45.0 g	2.7 g	83 mg
Wondermelon†	651 kJ	156 Cal	10.2 g	1.9 g	0.9 g	23.0 g	21.0 g	4.9 g	75 mg

PER 100 ML

	Energy		Protein	Fat		Carbohydrate		Dietary fibre, total	Sodium
	Kilojoules	Calories		Total	-saturated	Total	-sugars		
Banana Buzz	313 kJ	75 Cal	2.9 g	0.9 g	0.6 g	13.4 g	11.6 g	0.3 g	43 mg
Blue Honolulu	297 kJ	71 Cal	1.4 g	0.8 g	0.5 g	14.5 g	12.2 g	1.0 g	23 mg
Green Tea Mango Mantra†*	313 kJ	75 Cal	1.0 g	0.6 g	0.4 g	16.5 g	14.7 g	0.4 g	16 mg
Lychee Crush	215 kJ	51 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	12.4 g	11.6 g	0.2 g	3 mg
Mango & Co	419 kJ	100 Cal	2.8 g	15.0 g	13.6 g	75.3 g	61.1 g	3.7 g	77 mg
Mango Magic	302 kJ	72 Cal	1.4 g	0.8 g	0.6 g	14.7 g	12.8 g	0.4 g	24 mg
Mango Tango Crush	243 kJ	58 Cal	0.5 g	0.1 g	LESS THAN 0.1 g	13.6 g	12.3 g	1.0 g	4 mg
Palm Peach Crush	261 kJ	62 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	14.9 g	12.6 g	0.6 g	3 mg
Passion Mango	310 kJ	74 Cal	1.2 g	0.6 g	0.4 g	16.1 g	14.2 g	0.7 g	16 mg
Tropical Crush	238 kJ	57 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	13.8 g	11.9 g	0.5 g	3 mg
Watermelon Crush	164 kJ	39 Cal	0.4 g	0.1 g	LESS THAN 0.1 g	9.3 g	8.6 g	LESS THAN 0.1 g	2 mg
BERRY Açai Lychee Crush	248 kJ	59 Cal	0.4 g	0.6 g	0.2 g	12.8 g	12.0 g	0.3 g	5 mg
All Berry Bang	244 kJ	58 Cal	1.2 g	0.8 g	0.6 g	12.1 g	11.0 g	0.2 g	26 mg
Berry Crush	204 kJ	49 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	11.3 g	10.8 g	0.3 g	5 mg
Lychee Charm	285 kJ	68 Cal	1.3 g	0.8 g	0.5 g	14.9 g	13.3 g	0.3 g	23 mg
Pink Paradise	270 kJ	64 Cal	1.3 g	0.8 g	0.5 g	13.4 g	12.0 g	0.3 g	26 mg
Strawberry Squeeze	418 kJ	100 Cal	1.9 g	4.2 g	3.1 g	13.3 g	9.8 g	1.0 g	53 mg
Bananas For Choc	325 kJ	78 Cal	3.1 g	0.9 g	0.6 g	13.9 g	12.3 g	0.5 g	50 mg
Coffee Dream™	357 kJ	85 Cal	2.7 g	1.5 g	0.8 g	15.3 g	12.6 g	0.1 g	55 mg
Cookies & Creme	351 kJ	84 Cal	3.1 g	1.2 g	1.0 g	14.4 g	12.6 g	0.1 g	47 mg
Honeycomb Heaven	309 kJ	74 Cal	3.0 g	1.1 g	0.7 g	12.6 g	11.2 g	0.5 g	55 mg
King William Chocolate	348 kJ	83 Cal	2.8 g	1.2 g	0.8 g	15.4 g	14.1 g	0.7 g	53 mg
Raspberry Ripe	390 kJ	93 Cal	3.7 g	1.7 g	0.6 g	15.2 g	11.1 g	1.0 g	42 mg
BREKKE Brekkie to Go-Go†	299 kJ	71 Cal	3.7 g	1.0 g	0.4 g	11.7 g	8.2 g	1.0 g	27 mg
Strawbrekkie†	334 kJ	80 Cal	3.6 g	0.9 g	0.5 g	14.0 g	11.4 g	0.6 g	41 mg
Mornin' Mocha	147 kJ	35 Cal	0.6 g	0.1 g	0.0 g	7.6 g	7.0 g	0.5 g	5 mg
LEVEL UP Choc Muscle Hustle†	122 kJ	29 Cal	0.6 g	0.1 g	LESS THAN 0.1 g	6.2 g	6.0 g	0.4 g	29 mg
Energy Lift†	106 kJ	25 Cal	0.4 g	0.2 g	LESS THAN 0.1 g	5.3 g	5.3 g	0.4 g	3 mg
Gym Junkie†	99 kJ	24 Cal	0.3 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.3 g	5.3 g	0.2 g	29 mg
Power Plant Protein†	134 kJ	32 Cal	0.3 g	0.1 g	LESS THAN 0.1 g	7.1 g	7.0 g	0.3 g	5 mg
Protein Supreme†	119 kJ	28 Cal	0.5 g	LESS THAN 0.1 g	LESS THAN 0.1 g	6.1 g	6.0 g	0.5 g	34 mg
Pure Eden Super Smoothie	332 kJ	79 Cal	3.7 g	1.4 g	0.7 g	12.3 g	9.4 g	1.2 g	50 mg
Super Açai†	300 kJ	72 Cal	1.5 g	0.8 g	0.6 g	14.6 g	12.2 g	0.4 g	25 mg
Wondermelon†	260 kJ	62 Cal	3.1 g	0.8 g	0.5 g	10.4 g	8.8 g	0.4 g	39 mg
FRESH JUICES Energiser†	208 kJ	50 Cal	1.8 g	0.3 g	0.1 g	9.0 g	7.1 g	1.3 g	36 mg
Ginger Zing	317 kJ	76 Cal	4.5 g	1.4 g	0.4 g	10.5 g	7.0 g	1.5 g	41 mg
Immunity† (vit A & C)	116 kJ	28 Cal	0.4 g	LESS THAN 0.1 g	LESS THAN 0.1 g	5.8 g	4.8 g	1.0 g	13 mg
Mint Condition	248 kJ	59 Cal	0.9 g	1.3 g	0.5 g	10.8 g	10.0 g	0.6 g	18 mg
Melon Moment	145 kJ	35 Cal	2.3 g	0.4 g	0.2 g	5.1 g	4.7 g	1.1 g	17 mg
Two & Five†*									
BOOSTERS All Greens									
Energiser**									
Immunity**†† (vit A & C)									
Plant Based Protein†									
Protein†									
Superfruit									
Vita#									
ADDONS Blue Spirulina (†/‡ as a booster)									
Green Tea* (†/‡ as a booster)									
Chia Seeds									
Almond Mylk									
Coconut Water									
Extra Fruit & Veg									
Oat Mylk									
Soy Mylk									

ALLERGENS

- V = Vegan
- Y = Allergen is present
- N = Allergen is not present

	Vegan	Milk	Egg	Cereals containing gluten - Wheat	Cereals containing gluten - Oats	Cereals containing gluten - Quinoa	Cereals containing gluten - Rye	Lupin	Sesame	Peanut	Soy	Fish	Molluscs	Crustacean	Almond	Brazil Nut	Cashew	Hazelnut	Macadamia	Pecan	Pistachio	Walnut	Pine Nut	Sulphites	Caffeine	Vegetarian
TROPICAL Banana Buzz	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Blue Honolulu	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Green Tea Mango Mantra†*	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y
Lychee Crush	V	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Mango & Co	V	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Mango Magic	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Mango Tango Crush	V	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Palm Peach Crush	V	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Passion Mango	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Tropical Crush	V	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Watermelon Crush	V	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
BERRY Açai Lychee Crush	V	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
All Berry Bang	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Berry Crush	V	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Lychee Charm	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Pink Paradise	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Strawberry Squeeze	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
GRAPE Bananas For Choc	V	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	Y
Coffee Dream™	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y
Cookies & Creme	N	Y	N	Y	N	N	N	N	N	N	Y	N	N	N												



SNACKS NUTRITION GUIDE

HAZELNUT PROTEIN BALL



INGREDIENTS

Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Golden Syrup, Salt, Natural Vanilla Flavour], Unsalted Butter [Cream (From Milk)], Hazelnut, Whey Protein Concentrate (From Milk), Sweetened Condensed Milk [Milk, Sugar], Coconut Oil, Almond Meal, Cocoa Powder, Honey, Dessicated Coconut [Coconut, Preservative(223)], Sesame Seed, Rolled Oats, Sunflower Kernels, Hazelnut Flavour, Natural Vanilla Flavour.

ALLERGENS

CONTAINS ALMOND, HAZELNUT, OATS, SESAME, SULPHITES, WHEAT, GLUTEN, MILK

MAY CONTAIN EGGS, LUPIN, PEANUT, PISTACHIO, SOY, TREE NUTS, WALNUT, BARLEY, RYE

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.

• SOURCE OF PROTEIN

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	839 kJ (200 Cal)	2397 kJ (572 Cal)
Protein	6.1 g	17.4 g
Fat, total	15.2 g	43.4 g
- saturated	8.3 g	23.8 g
Carbohydrate	9.9 g	28.3 g
- sugars	5.6 g	16.0 g
Dietary fibre, total	1.5 g	4.3 g
Sodium	33 mg	94 mg

WHITE CHOCOLATE PROTEIN BALL



INGREDIENTS

Unsalted Butter [Cream (From Milk)], Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Golden Syrup, Salt, Natural Vanilla Flavour], Whey Protein Concentrate (13%) [Whey Powder (From Milk), Vegetable Oil, Emulsifier (322 From Soy)], Sweetened Condensed Milk (Milk, Sugar), Vegetable Oil, Almond Meal, Honey, White Compound Chocolate (4%) [Sugar, Vegetable Fat, Milk Solids, Emulsifiers (492, 322 From Soy)], Desiccated Coconut [Coconut, Preservative (223)], Yoghurt Powder (Milk Solids, Cultures), Full Cream Milk Powder, Sesame Seeds, Rolled Oats, Sunflower Kernels, Natural Vanilla Flavour.

ALLERGENS

CONTAINS ALMOND, OATS, SESAME, SOY, SULPHITES, WHEAT, GLUTEN, MILK

MAY CONTAIN EGGS, HAZELNUT, LUPIN, PEANUT, PISTACHIO, TREE NUTS, WALNUT, BARLEY, RYE

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.

• SOURCE OF PROTEIN

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	799 kJ (191 Cal)	2280 kJ (545 Cal)
Protein	5.5 g	15.6 g
Fat, total	14.3 g	40.9 g
- saturated	9.5 g	27.0 g
Carbohydrate	10.0 g	28.5 g
- sugars	6.6 g	18.7 g
Dietary fibre, total	0.8 g	2.4 g
Sodium	36 mg	102 mg

CHOCOLATE PROTEIN BALL



INGREDIENTS

Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Raising Agent (500), Salt], Unsalted Butter [Cream (From Milk), Whey Cream (From Milk), Water], Whey Protein Concentrate (12%) [Whey Protein Concentrate (From Milk), Emulsifier (322 From Soy)], Sweetened Condensed Milk [Milk, Sugar], Desiccated Coconut [Coconut, Preservative (223)], Almond Meal, Alkalised Cocoa Powder (6%), Vegetable Oil, Honey, Sesame Seeds, Sunflower Kernels, Rolled Oats.

ALLERGENS

CONTAINS ALMOND, OATS, SESAME, SULPHITES, WHEAT, GLUTEN, MILK

MAY CONTAIN EGGS, HAZELNUT, LUPIN, PEANUT, PISTACHIO, SOY, TREE NUTS, WALNUT

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.

• SOURCE OF PROTEIN

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	784 kJ (187 Cal)	2240 kJ (536 Cal)
Protein	5.7 g	16.2 g
Fat, total	13.6 g	38.8 g
- saturated	8.5 g	24.4 g
Carbohydrate	10.2 g	29.1 g
- sugars	5.8 g	16.6 g
Dietary fibre, total	1.5 g	4.4 g
Sodium	26 mg	75 mg

COOKIES & CREAM PROTEIN BALL



INGREDIENTS

Biscuits Crumbs (WHEAT, flour, sugar, veg oils, golden), Protein Powder (14%) (MILK, sunflower lecithin), ALMOND Meal, Honey, Butter Unsalted (Milk), Coconut, Condensed Milk (MILK, sugar), Yoghurt Powder (MILK), Choc Biscuit Crumb (WHEAT, flour, sugar, vegetable shortening (mass balance palm oil RSPO certified) vanilla powder, salt, golden syrup, raising) ,Whole Milk, Coconut Oil & Vanilla (ethanol, natural flavour).

ALLERGENS

CONTAINS ALMOND, SOY, SULPHITES, WHEAT, GLUTEN, MILK

MAY CONTAIN EGGS, HAZELNUT, LUPIN, PEANUT, PISTACHIO, SESAME, TREE NUTS, WALNUT, BARLEY, OATS & RYE.

Made in Australia. Whey protein is not suitable for children under 15 years of age or pregnant women.

• SOURCE OF PROTEIN

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	784 kJ (187 Cal)	2241 kJ (535 Cal)
Protein	5.7 g	16.4 g
Fat, total	13.2 g	37.8 g
- saturated	9.0 g	25.8 g
Carbohydrate	11.2 g	32.0 g
- sugars	6.6 g	19.0 g
Dietary fibre, total	0.65 g	1.87 g
Sodium	40.3 mg	115.2 mg



SNACKS NUTRITION GUIDE

BANANA BREAD



INGREDIENTS

Banana, Wheat Flour, Sucrose, Canola Oil, Eggs, Yoghurt (Milk, Milk Solids, Culture), Sodium Bicarbonate (500), Vanilla, Salt, Cinnamon.

ALLERGENS

CONTAINS WHEAT, EGGS, GLUTEN, MILK

MAY CONTAIN ALMOND, HAZELNUT, LUPIN, PEANUT, PISTACHIO, SESAME, SOY, SULPHITES, TREE NUTS, WALNUT

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 120 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1692 kJ (404 Cal)	1410 kJ (338 Cal)
Protein	5.9 g	4.9 g
Fat, total	16.6 g	13.8 g
- saturated	3.4 g	1.5 g
Carbohydrate	55.6 g	46.3 g
- sugars	35.8 g	29.8 g
Dietary fibre, total	4.9 g	4.1 g
Sodium	276 mg	230 mg

COBS NATURAL POPCORN SEA SALT



INGREDIENTS

Popcorn, sunflower oil, sea salt.

ALLERGENS

MAY CONTAIN MILK

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	496 kJ (119 Cal)	1987 kJ (475 Cal)
Protein	1.8 g	7.2 g
Fat, total	6.2 g	24.6 g
- saturated	0.6 g	2.3 g
Carbohydrate	12.4 g	49.9 g
- sugars	0.2 g	0.9 g
Sodium	90 mg	360 mg

COBS NATURAL POPCORN LIGHTLY SALTED, SLIGHTLY SWEET



INGREDIENTS

Popcorn, sunflower oil, raw sugar, sea salt.

ALLERGENS

MAY CONTAIN MILK

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	507 kJ (121 Cal)	2030 kJ (71 Cal)
Protein	1.3 g	5.2 g
Fat, total	5.6 g	24.6 g
- saturated	0.5 g	2.1 g
Carbohydrate	15.4 g	61.6 g
- sugars	4.1 g	16.2 g
Sodium	68 mg	272 mg