



Nutrition Guide



The Booster Juice Nutrition Guide information is calculated by a Registered Dietitian and provides data for permanent menu items. Product nutritional values shown here are as complete as possible using the information currently available. Please note that product changes or new product introductions may cause this information to become outdated or incomplete.



DAILY CALORIE AND SODIUM REQUIREMENTS: Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

SMOOTHIES: CLASSICS

	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Strawberry Sunshine	710 ml	359	1.9	1.0	0.0	5	47	85	5	66	3.6	16%	76%	9%	7%
Very Berry	710 ml	329	1.9	0.9	0.0	5	52	75	6	58	3.5	1%	43%	8%	5%
The Original	710 ml	359	1.8	1.0	0.0	5	48	86	5	66	3.7	1%	221%	9%	8%
Mango Hurricane	710 ml	361	1.7	0.9	0.0	5	45	86	5	71	3.3	18%	104%	9%	6%
Tropical Tornado	710 ml	383	1.7	1.0	0.0	5	46	91	4	73	4.1	18%	85%	9%	3%
Breezy Banana	710 ml	402	1.8	1.0	0.0	5	44	96	5	77	3.8	20%	63%	8%	4%

SMOOTHIES: SPIRIT

Orangesicle	710 ml	275	1.8	1.2	0.0	12	122	65	2	61	2.0	0%	157%	10%	3%
Funky Monkey	710 ml	417	7.0	2.0	0.0	12	304	90	6	71	5.0	3%	22%	50%	11%
Canadian Colada	710 ml	423	7.5	5.7	0.0	18	149	89	5	74	5.9	2%	58%	18%	6%
Berry Cream Sensation	710 ml	323	3.0	1.5	0.0	11	97	74	5	61	3.8	0%	66%	13%	6%
Mean Mocha	710 ml	419	2.9	2.1	0.0	24	515	81	0	63	19.6	0%	2%	46%	11%
Raspberry Rapture	710 ml	304	3.2	2.1	0.0	18	152	65	5	52	5.3	2%	56%	17%	6%
Pineapple Freeze	710 ml	363	3.4	2.1	0.0	18	147	82	4	72	5.1	1%	79%	18%	6%

SMOOTHIES: HARDCORE

Spinach Is In It	710 ml	384	3.0	1.0	0.0	0	131	91	13	72	8.0	40%	296%	22%	54%
UnBEEtable	710 ml	258	0.7	0.1	0.0	0	52	65	11	45	4.0	24%	164%	8%	17%
I C Carrots	710 ml	296	1.0	0.2	0.0	0	8	76	12	48	4.0	455%	133%	7%	13%
Tropi-Kale	710 ml	275	0.8	0.2	0.0	0	28	71	9	51	3.4	26%	158%	7%	8%
Marathon	710 ml	397	2.0	1.1	0.0	5	225	81	6	57	14.0	3%	134%	12%	20%
Sonic Boom	710 ml	372	5.0	0.6	0.0	0	333	69	5	56	13.0	5%	101%	45%	21%
Coco Crush	710 ml	310	2.0	1.5	0.0	--	49	73	5	58	7.0	2%	53%	2%	3%

SMOOTHIES: HIGH PROTEIN

Bananas-A-Whey	710 ml	370	3.0	1.0	0.0	14	290	65	3	51	25.0	1%	26%	23%	2%
Ripped Berry	710 ml	403	3.4	1.4	0.0	15	305	72	3	63	25.9	1%	18%	26%	4%
Strawberry Storm	710 ml	298	2.8	0.9	0.0	10	230	50	4	38	20.2	1%	74%	9%	7%

SMOOTHIES: SUPERFOOD

Brazilian Thunder	710 ml	426	3.6	1.3	0.0	5	40	96	4	75	4.2	13%	36%	9%	7%
Pomegranate Passion	710 ml	314	2.4	1.5	0.0	11	97	68	5	53	4.4	1%	89%	13%	9%
Matcha Monsoon	710 ml	360	3.0	2.0	0.0	18	320	76	2	59	11.1	--	22%	47%	12%
Aha Caja	710 ml	437	2.3	1.0	0.0	5	45	104	4	83	3.8	18%	49%	8%	3%
Caja Kicker	710 ml	471	6.2	4.4	0.0	5	50	104	4	89	3.7	17%	47%	9%	5%
Scaryberry	710 ml	250	2.2	1.3	0.0	14	151	57	4	49	4.7	17%	119%	17%	6%

SMOOTHIES: SUPERFOOD+

High Impact Acai	710 ml	481	6.0	2.1	0.0	19	325	87	3	76	24.0	9%	27%	22%	6%
Mind Over Matcha	710 ml	358	6.0	2.0	0.0	12	343	56	5	47	22.0	0%	48%	38%	6%
Pomegranate Punch	710 ml	350	2.0	0.7	0.0	7	200	63	4	47	20.2	1%	30%	6%	4%

NOTE: All Smoothie nutritional information is based on 710 ml size.

BOOSTER JUICE MENU ALLERGY ALERT: Tell us before placing your order if you have any food allergies. Booster Juice smoothies, juices and food items may contain traces of food allergens. For more information on our products and ingredients please visit boosterjuice.com/allergies.



PANINI

	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BBQ Chicken	146 g	291	7.6	2.9	0.1	35	777	35	2	9	19.4	8%	28%	12%	16%
Chipotle Chicken	146 g	311	11.4	3.5	0.2	37	700	32	2	6	19.5	5%	29%	12%	17%
Pesto Chicken	145 g	232	8.1	3.2	0.1	13	435	30	2	4	8.8	5%	27%	12%	11%
Sundried Caprese Vegetarian	186 g	343	17.5	3.9	0.1	14	454	35	5	5	12.0	5%	65%	20%	26%
Chipotle Steak	146 g	333	13.5	5.0	0.3	43	667	33	2	7	19.7	5%	30%	13%	19%

WRAPS & QUESADILLA

Chicken Quesadilla SP	178 g	337	11	4	0	46	1074	36	2	2	26	1%	18%	13%	29%
Chicken Quesadilla SDT	178 g	337	11	4	0	46	1194	35	1	2	25	1%	20%	13%	24%
Chicken Quesadilla WW	178 g	337	11	3	0	46	854	34	3	1	26	1%	16%	22%	21%
Tuna SP	213 g	342	11	4	0	32	903	37	3	3	27	0%	15%	28%	34%
Tuna SDT	213 g	342	11	4	0	32	1023	36	2	3	26	0%	17%	15%	29%
Tuna WW	213 g	342	11	3	0	32	683	35	4	2	27	0%	13%	25%	26%
Chipotle Chicken SP	181 g	380	15	4	0	48	1090	38	2	4	26	5%	21%	25%	29%
Chipotle Chicken SDT	181 g	380	15	4	0	48	1210	37	1	4	25	5%	23%	12%	24%
Chipotle Chicken WW	181 g	380	15	4	0	48	870	36	3	3	26	5%	19%	22%	21%
Sundried Caprese Vegetarian SP	196 g	383	20	5	0	14	684	41	5	3	13	5%	57%	33%	36%
Sundried Caprese Vegetarian SDT	196 g	383	20	5	0	14	804	40	4	3	12	5%	59%	20%	31%
Sundried Caprese Vegetarian WW	196 g	383	21	4	0	14	464	39	6	2	13	5%	55%	29%	28%
Steak & Egg Scrambler SP	241 g	491	25	9	0	540	1160	38	2	3	32	17%	6%	32%	41%
Steak & Egg Scrambler SDT	241 g	491	25	9	0	540	1280	37	1	3	31	17%	8%	19%	36%
Steak & Egg Scrambler WW	241 g	491	25	8	0	540	940	36	3	2	32	17%	4%	28%	34%
Egg Scrambler SP	204 g	522	28	9	0	771	1122	38	2	3	31	25%	6%	34%	43%
Egg Scrambler SDT	204 g	522	28	9	0	771	1242	37	1	3	30	25%	8%	21%	38%
Egg Scrambler WW	204 g	522	29	9	0	771	902	36	3	2	31	25%	4%	31%	35%

FRESHLY SQUEEZED JUICES & SHOTS

Apple	480 ml	0.8	0.1	0.0	0	63	9	47	1.2	5	2%	4%	--	35%	35%
Carrot	480 ml	0.7	0.2	0.0	0	42	10	25	4.2	0	10%	15%	--	66%	66%
Orange	480 ml	0.9	0.1	0.0	0	47	1	38	3.2	5	5%	6%	--	378%	378%
Maui Juice	480 ml	0.7	0.2	0.0	0	49	4	34	2.5	8	3%	4%	2%	153%	153%
Tahiti Squeeze	480 ml	0.6	0.1	0.0	0	45	5	32	1.8	5	4%	9%	--	206%	206%
Green Hornet	480 ml	1.0	0.3	0.0	0	36	10	20	5.2	84	16%	30%	--	128%	128%
Red Sunrise	480 ml	0.8	0.2	0.0	0	49	9	32	3.6	46	7%	13%	--	53%	53%
Ginger Hammer	480 ml	0.9	0.2	0.0	0	50	0	31	3.4	4	7%	11%	--	55%	55%
Crazy-Cu(Q)	480 ml	1.0	0.1	0.0	0	41	5	32	2.3	5	4%	6%	0%	139%	139%
Cool-Cumber	480 ml	0.5	0.1	0.0	0	37	5	29	2.0	10	4%	4%	0%	37%	37%
Matcha Shaker Single Shot	105 ml	0.2	0.1	0.0	0	10	1	6	3.3	49	11%	6%	--	18%	18%
Matcha Shaker Single Shot	105 ml	0.3	0.1	0.0	0	12	3	7	4.1	50	13%	9%	--	34%	34%
Açai NRG Shaker Single Shot	105 ml	0.8	0.2	0.0	0	17	1	13	1.8	34	7%	4%	4%	1%	1%
Açai NRG Shaker Double Shot	105 ml	1.2	0.2	0.0	0	21	1	18	1.6	26	6%	4%	6%	1%	1%
Wheatgrass Single Shot	30 ml	0.0	0.0	0.0	0	1	0	1	0.9	0	0%	12%	0%	6%	6%
Wheatgrass Double Shot	60 ml	0.0	0.0	0.0	0	2	0	2	1.9	0	0%	24%	0%	11%	11%

SPECIALTY ITEMS

Greek Yogurt - Mango Passionfruit	355 ml	278	8.1	3.3	0.0	18	100	44	2	22	9.2	13%	4%	23%	4%
Greek Yogurt - Mixed Berries	355 ml	277	8.2	3.3	0.0	18	99	43	3	22	9.5	0%	24%	24%	6%
Greek Yogurt - Banana Coconut	355 ml	325	12.0	6.7	0.0	18	101	48	3	24	10.0	1%	5%	23%	6%
Açai Berry Bowl	480 ml	565	11.1	1.7	0.0	6	76	115	7	83	6.4	22%	11%	10%	19%
Booster Bake - Funky Monkey	60 g	190	6.0	2.5	0.1	0	125	35	4	15	3.0	--	6%	2%	15%
Booster Bake - Very Berry	60 g	190	6.0	2.5	0.1	0	105	36	4	15	3.0	--	8%	2%	10%

LEGEND: WW = Whole Wheat Tortilla, SDT = Sundried Tomato Tortilla, SP = Spinach Tortilla.

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The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.