

Fresh Juices

- 1 Orange Juice
- 2 Apple Juice
- 3 Carrot Juice
- 4 Hop, Skip & a Jump
Orange, Apple, Carrot
- 5 Pear Necessities
Pear, Apple, Strawberries, Grapes
- 6 Hawaiian Hit
Pineapple, Orange, Banana
- 7 Power Pack
Carrot, Banana, Strawberries, Pineapple
- 8 Jump Flu Fighter
Orange, Strawberries, Lemon, Pineapple
- 9 Enerjuice
Pear, Banana, Orange
- 10 Dare to Detox
Carrot, Celery, Apple, Cucumber, Beetroot
- 11 Immuni Juice
Apple, Ginger, Strawberries, Orange
- 12 Morning After
Cranberry, Pear, Apple, Orange
- 13 Razzmatazz
Raspberries, Apple, Pear
- 14 Kiwi Kiss
Kiwi, Orange

Create your own juice: choose orange, apple or carrot juice plus any ingredients above



Brunch Pots

- Granola Pot**
Granola, Natural Yogurt, Strawberry Compote
- Yogurt Pot**
Natural Yogurt, Strawberry Compote
- Fruit Pot**
Strawberries, Blueberries, Pear, Grapes, Pineapple
- Honey Pot**
Honey, Granola, Natural Yogurt

- Berry Pot**
Strawberries, Blueberries, Grapes, Natural Yogurt, Strawberry Compote



Toppers

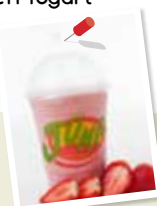
- Berry Topper**
Strawberries, Blueberries, Strawberry Frozen Yogurt
- Tropical Topper**
Kiwi, Pineapple, Mango Frozen Yogurt

- Granola Topper**
Granola, Grapes, Natural Frozen Yogurt
- Nutty Topper**
Sliced Almonds, Banana, Strawberries, Mango & Natural Frozen Yogurt



Smoothies

- 15 Strawberry Sunrise
Strawberries, Orange Juice, Banana, Strawberry Frozen Yogurt
- 16 Berry Blitz
Mixed Berries, Banana, Orange Juice, Natural Frozen Yogurt
- 17 Tropical Tango
Mixed Tropical Fruit, Orange Juice, Banana, Mango Frozen Yogurt
- 18 Cool Bananas
Banana, Low Fat Milk, Natural Frozen Yogurt, Strawberries
- 19 Mango Magic
Mango, Mixed Tropical Fruit, Orange Juice, Mango Frozen Yogurt
- 20 Cranberry Cooler
Cranberry Juice, Mixed Berries, Banana, Natural Frozen Yogurt
- 21 Blueberry Burst
Blueberries, Cranberry Juice, Orange Juice, Natural Frozen Yogurt
- 22 Classic Banana
Banana, Low Fat Milk, Honey, Natural Frozen Yogurt
- 23 Raspberry Rush
Raspberries, Cranberry Juice, Orange Juice, Natural Frozen Yogurt
- 24 Coconut Dream
Coconut Milk, Pineapple, Natural Frozen Yogurt
- 25 Monkey Moo
Peanut Butter, Low Fat Milk Banana, Natural Frozen Yogurt
- 26 Choco Crave
Organic Cocoa, Low Fat Milk Banana, Natural Frozen Yogurt



Super Smoothies

with added boosts or super fruits

- 27 Jump Start
Oatflakes, Honey, Banana, Low Fat Milk, Natural Frozen Yogurt, Multi Vitamin Boost
- 28 Protein Punch
Strawberries, Banana, Low Fat Milk, Strawberry Frozen Yogurt, Protein Boost
- 29 Spring Clean
Cranberry Juice, Mixed Berries, Banana, Natural Frozen Yogurt, Fibre Boost
- 30 Pure Energy
Banana, Mixed Tropical Fruit, Orange Juice, Mango Frozen Yogurt, Energy Boost
- 31 Stress Buster
Mango, Banana, Orange Juice, Mango Frozen Yogurt, Chill Out Boost
- 32 Burn Baby Burn
Blueberries, Strawberries, Cranberry Juice, Orange Juice, Natural Frozen Yogurt & Slender Blend Boost
- 33 C Breeze
Strawberries, Grapes, Orange Juice, Banana, Strawberry Frozen Yogurt, Vitamin C Boost
- 34 Amazon Superberry
Acai, Strawberries, Banana, Apple Juice, Natural Frozen Yogurt
- 35 Pomegranate Power
Pomegranate, Raspberries, Cranberry Juice, Banana, Natural Frozen Yogurt



Nuts & Dried Fruit*

pick 'n' mix gone nuts

- | | | |
|-------------|--------------|-------------------|
| Almonds | Hazelnuts | Raisins |
| Brazil Nuts | Peanuts | Sesame Sticks |
| Cashew Nuts | Banana Chips | Hot Rice Crackers |

Coffee*

- Americano
Cappuccino
Latte
Mocha
Espresso



Loose Leaf Teas*

- Winter Apple
Rooibos Orange
Green Tea
Rose Garden Green Tea
Elderberry & Blueberry
Licorice Mint



Boosters

Add a Jump Nutritional Boost to any juice or smoothie or simply pick up a Super Smoothie that contains your chosen boost already.

Protein Boost: 100% Whey Protein Fuel - Jumps protein boost flexes its muscles with whey protein containing 18 amino acids, including all 8 essential amino acids as well as BCAA to support new lean muscle growth, reduce muscle breakdown as well as help you recover quickly after strenuous exercise. Found in Protein Punch.

Chill Out Boost: Valerian root ext, Inositol, Lecithin, L- Glutamine, Choline and Taurine - This combination of nutrients and herbs helps reduce nervous tension, anxiety, and restlessness while improving your mood and memory. Found in Stress Buster.

Fibre Boost: Oat fibre, Bran fibre, Wheat fibre, Inulin, Fructo-oligosaccharides and Citrus fibre - Improves nutritional absorption, lowers cholesterol, and regulates blood sugar. Found in Spring Clean.

Multi-Vitamin Boost: Vit A,C,D,E, all 8 B Complex vitamins as well as Iron, Calcium and the essential Minerals - Does exactly what it says on the tin. This potent duo of 27 vitamins and minerals provides a powerful blend to keep your body strong and nourished. Found in Jump Start.

NRG Boost: Creatine, Taurine, Alpha Lipoic acid, L- Carnitine, Caffeine and Citric acid - This potent combination enhances your physical energy and increases mental alertness and performance. Found in Pure Energy.

Slender Blend Boost: Bitter Orange, Sida Cordifolia, White Willow Bark, L-Carnitine and Caffeine HCL - This nutrient and herb boost complements the low fat/ high nutritional value of our juices and smoothies by helping to support metabolism, contribute to an increase in lean muscle mass and provide energy to muscles. Found in Burn Baby Burn.

Vitamin C Boost: Vitamin C from Ascorbic Acid - A powerful anti-oxidant Vitamin C reduces the severity of a cold, stimulates the immune system and protects against free radicals. Found in C Breeze.

Acai: Acai Berries - A food with great potential, native to South America and found mainly in Brazil this powerful antioxidant berry is rich in Omega 3 and 6 as well as being very high in fibre and a good source of polyphenols- natural plant substances which are famous for their antioxidant capacities and potential to fight disease. Found in Amazon Superberry.

Pomegranate: Pomegranate Seeds - Pomegranate is high in vitamins C, E, and A, and is full of antioxidants such as ellagic acid which are key to preventing debilitating diseases such as prostate cancer and heart disease. Found in Pomegranate Power.

These products are not intended to diagnose, treat, cure or prevent any diseases. Individuals with high blood pressure, diabetes, pregnant women or nursing mothers and children under 18 years of age should consult their doctor before using these supplements.