

Frozen Yogurt



Jump Smoothies are made with 98% fat free frozen yoghurt, containing probiotic cultures (Lactobacillus acidophilus and Bifidobacteria) to aid healthy digestion. Our frozen yoghurt is a source of Protein, Calcium and Phosphorous, important for healthy growth and the proper formation of bones and teeth. Each regular Jump Smoothie contains anything between 28- 61% of your RDA of Calcium.**

Our frozen yoghurt includes Vitamin B2 (Riboflavin) which helps the body to release energy from food, promotes growth and is needed for healthy eyes, hair, skin and nails. It also contains Vitamin B12 important in keeping the body's nerve and blood cells healthy.

Available in three varieties Natural, Mango and Strawberry Frozen Yoghurt, they contain no preservatives, artificial colours, gelatine or caffeine.

Natural Sugars



Fruit and vegetables naturally contain sugars such as Fructose. These sugars are accompanied by Water, Fibre and a wide variety of Vitamins, Minerals and Phytonutrients that have many beneficial health effects in our diet. Research indicates that people with higher intakes of fruit and vegetables generally tend to suffer less heart disease and some cancers. Fruits and vegetables are also naturally low in fat and are generally lower in calories than many other foods, so choosing to eat more fruits and vegetables can actually help you manage your weight.

Refined sugars found in processed foods and drinks are taken from plants such as sugar cane, corn and sugar beets through a process which removes trace minerals, vitamins and fibre. Processed foods are generally higher in fat and salt and usually lower in fibre in comparison to fruit and are generally lacking in essential nutrients.

**Based on the RDA for an Adult of 800mg Calcium.

Nutritional Data by Item

	Calories (Kcal)	Protein (g)	Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Sodium % RDA**	Calcium % RDA**	Vitamin C % RDA**	Low in Fat**	Gluten Free	Suitable for Vegetarians
Juices													
Orange juice	169	3.8	0.8	0.0	46.8	32.2	0.8	0.7%	5%	319%	Y	Y	Y
Apple juice	190	0.8	2.3	0.0	55.6	36.8	0.8	0%	3%	26%	Y	Y	Y
Carrot juice	138	4.2	0.8	0.0	37.2	15.0	3.1	4.6%	18%	54%	Y	Y	Y
Hop skip and jump	166	2.9	1.3	0.0	46.5	28.0	1.5	1.8%	9%	133%	Y	Y	Y
Pear Necessities	173	1.5	1.6	0.0	48.4	34.5	7.3	0.4%	9%	56%	Y	Y	Y
Hawaain Hit	198	3.6	0.7	0.0	54.7	36.8	3.3	0.6%	8%	269%	Y	Y	Y
Power Pack	186	4.2	0.7	0.0	51.3	26.0	11.1	3.7%	19%	97%	Y	Y	Y
Jump flu fighter	170	3.9	0.7	0.0	55.8	37.9	9.5	0.6%	10%	346%	Y	Y	Y
Enerjuice	188	3.3	0.9	0.0	48.1	32.6	1.8	0.4%	4%	181%	Y	Y	Y
Dare to detox	133	4.0	0.9	0.0	35.3	17.8	1.9	5.8%	15%	52%	Y	Y	Y
Immuni juice	198	3.7	1.2	0.0	56.3	37.6	6.8	0.6%	6%	293%	Y	Y	Y
Morning After	187	2.6	1.0	0.0	46.7	35.3	0.5	0.3%	3%	202%	Y	Y	Y
Razzmatazz	170	1.9	1.8	0.0	44.4	31.5	4.4	0.1%	5%	46%	Y	Y	Y
Kiwi Kiss	178	3.9	1.0	0.0	47.7	31.4	3.6	0.6%	7%	368%	Y	Y	Y
Smoothies													
Strawberry Sunrise	272	7.4	2.3	1.3	56.4	50.7	2.6	0.05%	30%	154%	Y	Y	Y
Berry Blitz	271	7.5	2.3	1.3	57.8	51.7	3.6	0.05%	30%	126%	Y	Y	Y
Tropical Tango	281	7.2	2.3	1.3	63.8	58.2	4.1	0.1%	29%	103%	Y	Y	Y
Cool Bananas	282	11.4	4.7	2.8	49.7	41.3	2.6	3%	50%	67%	Y	Y	Y
Mango Motic	274	7.1	2.3	1.3	61.2	60.3	3.8	0.1%	30%	132%	Y	Y	Y
Cranberry Cooler	280	7.2	2.4	1.3	58.7	50.8	3.6	0.05%	28%	108%	Y	Y	Y
Blueberry Burst	241	6.8	2.3	1.3	52.8	49.0	1.6	0.03%	28%	93%	Y	Y	Y
Classic Banana	323	11.8	5.0	3.1	59.6	51.5	1.4	3%	52%	8%	Y	Y	Y
Raspberry Rush	240	7.1	2.4	1.3	46.8	45.7	4.0	0.03%	29%	116%	Y	Y	Y
Coconut Dream	367	7.2	21.4	17.1	38.3	36.8	3.3	0.1%	34%	16%	N	Y	Y
Monkey Moo	336	14.1	9.6	4.0	48.7	39.9	2.2	3%	53%	8%	N	Y	Y
Choco Crave	290	12.6	5.8	3.6	47.7	39.1	2.7	3%	53%	8%	Y	Y	Y
Super Smoothies													
Jump start	397	13.4	5.7	2.8	75.5	65.0	11.0	10%	51%	37%	Y	N	Y
Protein punch	362	26.8	6.1	2.8	50.7	41.3	2.6	4%	61%	67%	Y	Y	Y
Spring Clean	285	10.3	4.4	1.3	59.2	50.8	6.6	0.05%	30%	108%	Y	N	Y
Pure Energy	293	7.4	2.4	1.3	66.5	60.7	4.1	0.2%	29%	228%	Y	N	Y
Stress Buster	301	7.4	2.4	1.3	62.6	57.1	2.4	0.05%	29%	132%	Y	N	Y
Burn Bobby Burn	246	7.1	2.3	1.3	51.5	48.7	1.4	0.03%	28%	121%	Y	N	Y
C Breeze	284	7.4	2.3	1.3	61.9	56.5	3.4	0.4%	35%	357%	Y	N	Y
Amazon Superberry	299	7.7	3.0	1.3	61.5	55.0	4.8	0.05%	34%	69%	Y	Y	Y
Pomegranate Power	287	6.7	2.3	1.4	58.3	51.5	4.3	0.1%	29%	95%	Y	Y	Y
Toppers													
Berry Topper	166	5.7	2.2	1.3	31.4	30.3	1.0	0.02%	27%	32%	Y	Y	Y
Tropical Topper	197	5.8	2.3	1.3	40.6	36.4	3.0	0.1%	31%	72%	Y	Y	Y
Granola Topper	287	8.4	8.1	2.3	44.7	34.9	2.2	0.03%	29%	4%	Y	N	Y
Nutty Topper	365	11.3	17.5	2.5	41.4	35.0	4.9	0.04%	36%	8%	N	Y	Y
Brunch Pots													
Granola Pot	391	13.8	10.2	3.0	63.6	43.9	10.6	0.1%	42%	11%	N	N	Y
Berry Pot	298	11.1	4.3	2.1	57.8	45.5	13.1	0.1%	40%	37%	Y	Y	Y
Honey Pot	359	12.9	9.7	3.2	54.3	40.8	2.2	0.01%	45%	1%	N	N	Y
Yoghurt Pot	354	13.5	5.4	2.5	67.0	52.9	11.7	0.1%	48%	14%	Y	Y	Y
Fruit Salad Pot	79	0.6	0.0	0.0	22.5	16.4	7.2	0.1%	5%	42%	Y	Y	Y

Boost & smoothie data is based on the regular size drink option. *Low in fat i.e. less than 3g of fat per 100g or 1.5 of fat per 100ml. **Based on a RDA for an average Adult of 800mg Calcium, 60mg Vitamin C and a GDA of 2400mg Sodium (6g Salt).

Jump Juice realises the importance of making informed decision for healthy eating. Fruit and vegetable composition may vary seasonally and as drinks are freshly made each time, some slight nutritional differences may occur. Drink sizes may vary slightly also. New product introductions and product changes may cause in-store publications to be temporarily incomplete. For the most up to date information please refer to our website www.jumpjuicebar.com.



Menu & Nutritional Information

Nutritious Tasting Delicious



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www.jumpjuicebar.com

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
- Liquorice 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.