



MENU

NUTRITIONAL INFORMATION & ALLERGENS



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	RI*	Energy (kJ/kcal)		Fat (g)	Saturates	Carbohydrate	Sugars (g)	Fibre (g)	Protein	Salt** (g)	Vitamin C (mg)		Vitamin D (µg)		Calcium (mg)	Allergens***					Suitable for			
		8400kJ/2000kcal	2000kcal	70g	(g) 20g	(g) 20g	(g) 20g	90g	(g) 50g	6g	80mg	80mg	5µg	5µg	800mg	Contains Gluten	Contains Milk	Contains Nuts	Contains Peanuts	Contains Egg	Vegetarians	Vegans		
Juices	Dare to Detox	135	32	0.2	0.0	8.5	4.3	0.5	1.0	0.1	7.5	9	0	0	28.4	4						YES	YES	
	Green Genes	144	34	0.2	0.0	10.3	7.0	0.5	0.9	0.0	10.4	13	0	0	23.9	3						YES	YES	
	UP Beat	143	34	0.2	0.0	10.3	7.1	0.3	0.6	0.0	3.2	4	0	0	7.7	1						YES	YES	
	Avocado Green	242	58	3.2	0.5	8.3	4.1	1.8	0.9	0.0	6.3	8	0	0	13.3	2						YES	YES	
	Farmacy	81	19	0.2	0.0	5.2	2.1	0.3	0.9	0.0	10.7	13	0	0	29.8	4						YES	YES	
	Power Pack	189	45	0.2	0.0	12.4	6.3	2.7	1.0	0.0	14.1	18	0	0	36.1	5						YES	YES	
	Hop, Skip & a Jump	168	40	0.3	0.0	11.2	6.8	0.4	0.7	0.0	19.3	24	0	0	17.0	2						YES	YES	
	Orange Juice	171	41	0.2	0.0	11.3	7.8	0.2	0.9	0.0	46.3	58	0	0	10.2	1						YES	YES	
	Pear Necessities	176	42	0.4	0.0	11.7	8.3	1.8	0.4	0.0	8.1	10	0	0	17.7	2						YES	YES	
	Hawaiin Hit	201	48	0.2	0.0	13.2	8.9	0.8	0.9	0.0	39.1	49	0	0	15.0	2						YES	YES	
	Jump Fu Fighter	172	41	0.2	0.0	13.5	9.2	2.3	0.9	0.0	50.1	63	0	0	18.4	2						YES	YES	
	Immuni Juice	201	48	0.3	0.0	13.6	9.1	1.6	0.9	0.0	42.4	53	0	0	12.1	2						YES	YES	
	Strawberry Dream	264	63	1.1	0.7	11.4	8.6	0.6	2.8	0.0	9.7	12	0.8	15	96.0	12	YES					YES		
	Berry Blitz	263	63	0.6	0.3	13.3	11.1	0.9	1.8	0.0	18.2	23	0.4	8	57.8	7	YES					YES		
	Classic Banana	316	75	1.2	0.7	13.7	11.0	0.3	2.9	0.0	1.2	2	0.8	17	101.0	13	YES					YES		
	Tropical Tango	273	65	0.6	0.3	14.8	12.7	1.0	1.7	0.0	15.0	19	0.4	8	56.8	7	YES					YES		
	Cherry Blossom	296	71	1.1	0.7	12.7	10.6	0.6	2.8	0	1.9	2	0.8	16	95	12	YES					YES		
	Strawberry Sunrise	264	63	0.6	0.3	13.0	10.9	0.6	1.8	0.0	22.4	28	0.4	8	57.2	7	YES					YES		
	Monkey Moo	328	78	2.3	1.0	11.1	8.3	0.5	3.4	0.0	1.2	1	0.8	17	101.8	13	YES		YES			YES		
	Blueberry Burst	232	55	0.6	0.3	12.8	11.8	0.4	1.6	0.0	13.4	17	0.4	8	53.9	7	YES					YES		
	Peach Appeal	293	70	1.2	0.7	12.6	10.5	0.6	2.8	0.0	2.1	3	0.8	16	94.6	12	YES					YES		
	Mango Magic	266	63	0.6	0.3	14.8	14.6	0.9	1.7	0.0	19.2	24	0.4	8	57.8	7	YES					YES		
	Choco Crave	282	67	1.4	0.9	10.9	8.1	0.7	3.0	0.0	1.2	1	0.8	17	102.0	13	YES					YES		
	Raspberry Rush	231	55	0.6	0.3	10.7	9.6	1.0	1.7	0.0	16.9	21	0.4	8	56.4	7	YES					YES		
	Cranberry Cooler	271	64	0.6	0.3	13.6	10.9	0.9	1.7	0.0	15.7	20	0.4	8	54.2	7	YES					YES		
	Coconut Dream	359	86	5.2	4.1	8.6	7.5	0.8	1.7	0.0	2.3	3	0.4	8	64.8	8	YES					YES		
	Jumpuccino	284	68	1.4	0.9	10.4	8.5	0.0	3.4	0.1	0.2	0	1.0	20	124.1	16	YES					YES		
	Protein Punch	355	85	1.5	0.7	11.6	8.6	0.6	6.5	0.0	9.7	12	0.7	14	117.9	15	YES					YES		
	Gym Nut	409	97	2.7	1.0	11.4	8.3	0.5	7.1	0.0	1.2	1	0.8	17	123.8	15	YES	YES		YES		YES		
	Great Grain Gain	458	109	2.0	0.8	16.0	12.5	2.8	7.5	0.2	1.4	2	0.8	16	135.3	17	YES	YES				YES		
	Max Mocha	407	97	1.9	0.9	13.1	9.9	0.7	7.0	0.2	1.2	2	0.8	16	133.8	17	YES					YES		
	The Hemp Hulk	301	72	1.1	0.4	14.9	12.1	1.4	2.7	0.0	17.4	22	0.4	8	55.3	7	YES					YES		
	Ripped Raspberry	309	74	3.4	0.5	9.2	5.3	3.6	2.7	0.0	7.0	9	0.0	0	8.9	1						YES	YES	
	Almighty Almond	277	66	2.9	0.2	8.2	6.8	3.1	1.7	0.1	1.0	1	0.0	0	8.5	1	YES		YES			YES	YES	
	Coconut Red	495	118	8.9	5.3	8.5	5.3	3.6	1.4	0.0	11.1	14	0.0	0	17.6	2						YES	YES	
	Fruitfull	328	78	3.4	0.5	14.7	8.5	2.7	1.0	0.0	13.5	17	0.0	0	9.9	1						YES	YES	
	Cacao Calling	220	52	1.9	0.3	7.7	4.8	1.2	1.2	0.0	2.2	3	0.0	0	1.7	0			YES	YES		YES	YES	
	Burn Baby Burn	252	60	0.6	0.3	11.6	10.1	0.4	2.4	0.2	17.5	22	0.4	8	54.5	7	YES	YES				YES		
	C Breeze	275	65	0.6	0.3	14.3	12.2	0.8	1.8	0.0	51.7	65	0.4	8	67.4	8			YES			YES		
	Jump Start	392	93	1.4	0.7	17.3	14.3	2.7	3.3	0.2	10.9	14	1.3	27	98.7	12	YES	YES				YES		
	Spring Clean	276	66	0.6	0.3	13.8	11.1	0.9	1.7	0.0	15.7	20	0.4	8	57.8	7	YES	YES				YES		
	Pure Energy	292	70	0.6	0.3	15.9	13.2	1.0	1.7	0.0	15.0	19	0.4	8	56.8	7	YES	YES				YES		
	Wheatgrass Hopper	296	71	0.7	0.3	14.6	12.1	0.7	1.9	0.0	19.1	24	0.4	8	56.5	7	YES	YES				YES		
	Amazon Superberry	291	69	0.7	0.3	14.2	11.9	1.2	1.9	0.0	10.1	13	0.4	8	65.1	8	YES	YES				YES		
	Green Machine	267	64	0.6	0.3	12.6	10.0	0.3	1.9	0.0	12.0	15	0.4	8	56.5	7	YES	YES				YES		
	Omega Me	394	94	3.8	0.8	13.4	10.2	2.2	2.1	0.0	2.2	3	0.4	8	63.8	8								
	Toppers	Berry Topper	394	94	1.4	0.9	20.7	19.9	0.7	3.8	0.0	12.7	16	1.1	22	141.7	18		YES				YES	
	Crepes	Original	1318	314	1.9	0.5	67.8	19.2	1.9	8.7	0.0	6.3	8	0	0	89.1	11	YES	YES			YES	YES	
		Choco	1696	404	11.6	3.8	65.7	17.5	2.9	10.6	0.0	0.1	0	0	0	86.1	11	YES	YES	YES		YES	YES	
		Maple Me	1196	285	1.9	0.5	60.3	12.4	1.9	8.6	0.0	0.1	0	0	0	86.1	11	YES	YES			YES	YES	
		Fruity Fun	866	206	3.6	1.1	40.0	9.9	4.9	5.7	0.0	12.8	16	0	0	52.4	7	YES	YES	YES		YES	YES	
		Melted Mallow	1526	363	5.8	1.8	69.6	23.9	2.1	9.8	0.0	0.1	0	0	0	75.6	9	YES	YES	YES		YES	YES	
		Coconutterly	1795	427	19.4	13.3	54.4	9.3	5.1	10.1	0.0	0.1	0	0	0	81.0	10	YES	YES	YES		YES	YES	
		Honey Bee	1144	272	7.2	0.7	46.7	14.2	3.4	7.5	0.0	3.4	4	0	0	82.8	10	YES	YES	YES		YES	YES	
		Cheeky Monkey	1061	253	4.6	1.4	48.0	10.9	2.8	7.0	0.0	3.9	5	0	0	60.8	8	YES	YES	YES		YES	YES	

*RI: Reference Intake of an average adult.

Data provided is per 100ml or 100g. Juices and smoothies are available in sizes small (296ml), regular (414ml) and large (473ml)

**The salt content is exclusively due to the presence of naturally occurring sodium.

Jump Juice realises the importance of making informed decisions 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 instructions and product or ingredient changes may cause in-store publications to be temporarily incomplete.

***People suffering from severe fruit, nut and/or peanut allergies should be aware that although we will try to ensure that all products only contain the ingredients stated in the recipe, we cannot guarantee this and traces of other fruits, nuts or peanuts may find their way into products.

Also please note that our frozen yogurt and Hemp protein are produced in a factory that handles nuts. And our crepe mix is produced in a factory that handles soy. Completed by Regina Galvin BSc MSc Dietitian

FRESH JUICES

• FRESHLY SQUEEZED DELICIOUSNESS •

- Dare to Detox** 113 Kcal
Carrot, Apple, Cucumber, Beetroot
- Green Genes** 142 Kcal
Kale, Cucumber, Spinach, Apple, Wheatgrass
- Up Beet** 141 Kcal
Beetroot, Ginger, Apple, Cucumber, Spirulina
- Avocado Green** 239 Kcal
Avocado, Cucumber, Spinach, Apples
- Farmacy** 80 Kcal
Carrot, Spinach, Beetroot, Cucumber, Kale
- Power Pack** 398 Kcal
Carrot, Banana, Strawberries, Pineapple
- Hop, Skip & a Jump** 166 Kcal
Orange, Apple, Carrot
- Orange Juice** 169 Kcal
Oranges & More Oranges
- Pear Necessities** 173 Kcal
Pear, Apple, Strawberries, Grapes
- Hawaiian Hit** 198 Kcal
Pineapple, Oranges, Banana

- Jump Fu Fighter** 170 Kcal
Oranges, Strawberries, Lemon, Pineapple
- Immuni Juice** 198 Kcal
Apple, Ginger, Strawberries, Oranges

CREATE YOUR OWN:

Choose orange, apple, cucumber or carrot juice plus max of four from: Beetroot, Kale, Spinach, Avocado, Ginger, Strawberries, Pear, Pineapple, Lemon

ADD A BOOST: * +70c

Whey Protein, Aloe Vera, Spirulina, Wheatgrass, Hemp Protein, Weight Burn, Vitamin C, Multivitamin, Guarana, Chia Seeds, Turmeric



☺ Kids: €2.60 Small: €3.50 Regular: €4.45 Large: €4.90

SMOOTHIES

• BLENDED WITH THE FINEST INGREDIENTS •

- Strawberry Dream** 270 Kcal
Strawberries, Low Fat Milk, Banana, Strawberry Frozen Yogurt
- Berry Blitz** 259 Kcal
Mixed Berries, Banana, Orange Juice, Natural Frozen Yogurt
- Classic Banana** 311 Kcal
Banana, Low Fat Milk, Natural Frozen Yogurt, Honey
- Tropical Tango** 269 Kcal
Peach, Pineapple, Melon, Orange Juice, Banana, Mango Frozen Yogurt
- Cherry Blossom** 280 Kcal
Cherries, Apple Juice, Banana, Natural Frozen Yogurt
- Strawberry Sunrise** 260 Kcal
Strawberries, Orange Juice, Banana, Strawberry Frozen Yogurt
- Monkey Moo** 323 Kcal
Peanut Butter, Low Fat Milk, Banana, Natural Frozen Yogurt
- Blueberry Burst** 229 Kcal
Blueberries, Cranberry Juice, Orange Juice, Natural Frozen Yogurt
- Peach Appeal** 277 Kcal
Peaches, Apple Juice, Banana, Natural Frozen Yogurt
- Mango Magic** 262 Kcal
Mango, Pineapple, Orange Juice, Mango Frozen Yogurt

- Choco Crave** 278 Kcal
Organic Cocoa, Low Fat Milk, Banana, Natural Frozen Yogurt
- Raspberry Rush** 228 Kcal
Raspberries, Cranberry Juice, Orange Juice, Natural Frozen Yogurt
- Cranberry Cooler** 267 Kcal
Cranberry Juice, Mixed Berries, Banana, Natural Frozen Yogurt
- Coconut Dream** 354 Kcal
Coconut Milk, Pineapple, Natural Frozen Yogurt
- Jumpuccino** 280 Kcal
Idee Coffee, Natural Frozen Yogurt, Low Fat Milk

ADD A BOOST: * +70c

Whey Protein, Aloe Vera, Spirulina, Wheatgrass, Hemp Protein, Weight Burn, Vitamin C, Multivitamin, Guarana, Chia Seeds, Turmeric



☺ Kids: €2.60 Small: €3.70 Regular: €4.65 Large: €5.10

BOOSTED SMOOTHIES*

• WITH ADDED BOOSTS OR SUPERFRUITS •

- Burn Baby Burn** 248 Kcal
Blueberries, Strawberries, Orange Juice, Cranberry Juice, Natural Frozen Yogurt, **Weight Burn Boost**
- C Breeze** 271 Kcal
Strawberries, Grapes, Orange Juice, Banana, Strawberry Frozen Yogurt, **Vitamin C Boost**
- Jump Start** 386 Kcal
Oatflakes, Honey, Banana, Low Fat Milk, Natural Frozen Yogurt, **Multi Vitamin Boost**
- Spring Clean** 272 Kcal
Cranberry Juice, Mixed Berries, Banana, Natural Frozen Yogurt, **Aloe Vera**
- Pure Energy** 288 Kcal
Banana, Peach, Pineapple, Melon, Orange Juice, Mango Frozen Yogurt, **Guarana**

- Wheatgrass Hopper** 292 Kcal
Mango, Banana, Orange Juice, Mango Frozen Yogurt, **Wheatgrass**
- Amazon Superberry** 287 Kcal
Acai, Strawberries, Bananas, Apple Juice, Natural Frozen Yogurt
- Green Machine** 263 Kcal
Spinach, Cranberry Juice, Banana, Natural Frozen Yogurt, **Spirulina**
- Omega Me** 388 Kcal
Avocado, Blueberries, Apple Juice, Natural Frozen Yogurt, **Chia Seeds**



Small: €4.00 Regular: €4.95 Large: €5.40

PROTEIN SMOOTHIES

- Protein Punch** 350 Kcal
Strawberries, Bananas, Low Fat Milk, Strawberry, Frozen Yogurt, Whey Protein Boost
- Gym Nut** 403 Kcal
Peanut Butter, Banana, Low Fat Milk, Natural Frozen Yogurt, Whey Protein Boost
- Great Grain Gain** 451 Kcal
Oatflakes, Banana, Low Fat Milk, Natural Frozen Yogurt, Blueberries, Whey Protein boost
- Max Mocha** 401 Kcal
Coffee, Cocoa, Low Fat Milk, Banana, Natural Frozen Yogurt, Maple Syrup, Whey Protein Boost
- Hemp Hulk** 297 Kcal
Spinach, Banana, Mango, Natural Frozen Yogurt, Cranberry Juice, Hemp Protein Boost



Small: €4.00 Regular: €4.95 Large: €5.40

DAIRY-FREE SMOOTHIES

- Ripped Raspberry** 305 Kcal
Raspberries, Coconut Water, Avocado, Banana, Spinach, Hemp Protein Boost
- Almighty Almond** 273 Kcal
Almond Butter, Almond Water, Banana, Oatflakes, Maple Syrup
- Coconut Red** 488 Kcal
Coconut Milk, Strawberries, Raspberries, Avocado, Banana, Maple Syrup
- Fruitful** 323 Kcal
Strawberries, Blueberries, Coconut Water, Banana, Avocado
- Cacao Calling** 217 Kcal
Cacao, Peanut Butter, Almond Water, Maple Syrup, Banana



Small: €4.20 Regular: €5.15 Large: €5.60

SWEET CREPES

• FILLED WITH YOUR FAVOURITES •

- Original** 248 Kcal €2.95
Lemon & Sugar
- Choco** 319 Kcal €2.95
Melted Nutella or Belgian Chocolate
- Maple Me** 225 Kcal €2.95
Maple Syrup
- Coconutterly** 301 Kcal €2.95
Melted Nutella or Belgian Chocolate and Shredded Coconut
- Cheeky Monkey** 293 Kcal €3.95
Melted Nutella or Belgian Chocolate with Slices of Banana
- Melted Mallow** 327 Kcal €3.95
Melted Nutella or Belgian Chocolate and Marshmallows
- Fruity Fun** 301 Kcal €3.95
Fresh Strawberries, Slices of Banana with Melted Nutella or Belgian Chocolate
- Honey Bee** 365 Kcal €3.95
Honey, Sliced Banana & Roasted Almonds

Any Reg. Smoothie & any €2.95 Crepe €7

TOPPERS

• SCOOPS OF JUMP FROZEN YOGURT WITH TOPPINGS •

- Succulent Scoops of Frozen Yogurt* *Delicious Berries*
- Berry Topper** 166 Kcal
Strawberries, Blueberries, Strawberry Frozen Yogurt

CREATE YOUR OWN:

STEP 1: Choose: Strawberry, Mango or Natural Frozen Yogurt
STEP 2: Choose Your Two Toppings: Strawberries, Blueberries, Pineapple, Granola, Honey, Grapes, Banana, Almonds
EXTRAS: Extra Toppings 50c Each

Only €3.25

COFFEE

• FAIRTRADE AND ORGANIC •

- Americano** 7 Kcal
- Cappuccino** 65 Kcal
- Latte** 135 Kcal
- Mocha** 220 Kcal
- ESPRESSO** 5 Kcal
- Loose Leaf Teas** 0 Kcal



* Select Stores Only

REUSABLE CUPS



Pick up a reusable cup for only €10 and receive a **Free large smoothie!** and 20c off every time you use our cup.

LOCATIONS

City Square Shopping Centre, Waterford
Wilton Shopping Centre, Cork
Douglas Court Shopping Centre, Cork
Douglas Village Shopping Centre, Cork
Ballincollig Shopping Centre, Cork
Savoy Centre, Patrick St., Cork
Paul St. Shopping Centre, Cork
Blackpool Shopping Centre, Cork
Pier 100, Terminal 1, Dublin Airport
Jervis Shopping Centre, Dublin 1
Ilac Shopping Centre, Dublin 1
St. Stephen's Green Shopping Centre, Dublin 2
Blanchardstown Centre, Dublin 15
Pavillions Shopping Centre, Swords, Co. Dublin
Liffey Valley Shopping Centre, Clondalkin, Dublin 22
Heuston Station, Dublin 8
Nutmeg Shopping Centre, Rathfarnham, Dublin 14
Arthur's Quay Shopping Centre, Limerick
Corrib Shopping Centre, Galway
Athlone Towncentre, Co. Westmeath
Manor Mills Shopping Centre, Maynooth, Co. Kildare
Whitewater Shopping Centre, Newbridge, Co. Kildare
McDonagh Junction Shopping Centre, Kilkenny