

boosty[®]

thoughtful food

Menu

salads • sandwiches • juices



DELIVERY & CATERING

Place your order at boostycuracao.com or call!

Caracasbaaiweg 280
(Eden Shoppers Paradise)

+5999 843 1470



Sandwiches

All prices in Antilliaanse Guldens

Classic

9,95 + 4,95 + 9,00

All America ②④⑤

Filet Americain, egg, red onion and capers

Dutchy ⑤

Ham, cheese, egg, cucumber and tomatoes

Easy Italian ③⑤

Buffalo mozzarella, tomatoes and baby spinach



Monthly Special

Monthly changing sandwich

9,95 / 11,95

Hummmus ②③④⑤

Hummus, grilled zucchini, capsicum, pine nuts and rocket

Briellicious ③⑤

Brie, caramelized walnuts and rocket

Wild Turkey ②③⑤

Turkey breast, creamcheese and baby spinach

Deluxe

11,95 + 5,95 + 11,00

Truffle Delight ②⑤ *Favorite!!*

Roast beef, parmesan and rocket

Classic Club ②⑤

Turkey breast, crispy bacon, tomatoes, egg and romaine lettuce

Smashing Avocado ②③⑤

Avocado, goat cheese and mixed leaf (with chicken + 3,50)

Spicy Chicken ②⑤

Spicy chicken, tomatoes and baby spinach

Asian Tuna ④

Tuna salad, avocado, bean sprouts and cashew nuts

Boosty BLT ②⑤

Aged cheese, egg, crispy bacon, tomatoes and rocket

Deluxe "toasted" *New*

11,95 + 5,95 + 11,00

Sizzling Chicken ③⑤

Grilled chicken, goat cheese, spinach and pine nuts

Tuna Melt ②

Tuna salad and cheese

Super deluxe

14,95 + 7,00 + 14,00

Super Salmon ②

Smoked salmon, creamcheese, capers, red onion and mixed leaf

Grilled Prawn & Avocado ③④

Grilled prawns, cashew nuts, bean sprouts, avocado and baby spinach

Carpaccio ③⑤

Beef carpaccio, parmesan, pine nuts and rocket

Choose your bread



GLUTEN-FREE?

Would you like a gluten-free bread? Please inform one of our staff members while placing your order, they will be more than happy to bake it off for you.

Salads

① Glutenfree ② Nut-free ③ Chickensegg-free ④ Lactose-free ⑤ Fish and shellfish-free

Salad suggestions

Spicy Chicken ⑤

Spicy chicken, noodles, red onion, tomatoes, bean sprouts, cashew nuts and romaine lettuce
high protein, iron, folic acid, potassium

⑤

Chicken Couscous ③⑤

Grilled chicken, couscous, feta, carrot, walnuts, raisins, olives and romaine lettuce
omega 3, folic acid, vitamin A en vitamin B12

③ ⑤

Grilled Chicken Caesar ②⑤

Grilled chicken, crispy bacon, parmesan, tomatoes, corn, egg, croutons and romaine lettuce
high protein, fiber, calcium, folic acid, vitamin C

② ⑤

Tuna Heaven ①②④

Tuna, green beans, egg, red onion, tomatoes, cucumber and mixed leaf
high protein, iron, omega 3, vitamin C, lower carbohydrates

① ② ④

Truffle Delight ②⑤

Roast beef, green beans, parmesan, tomatoes, egg, croutons and mixed leaf
calcium, iron, folic acid, vitamin C, vitamin B12, low gi

② ⑤

Greek Veggie ①③⑤

Grilled zucchini, capsicum, red onion, olives, feta, walnuts, tomatoes and romaine lettuce
low carbohydrates, calcium, vitamin C, low gi

① ③ ⑤

Sizzling Chicken ①③⑤

Grilled chicken, goat cheese, walnuts, green asparagus, sweet potato, pumpkin seeds and mixed leaf
high protein, calcium, folic acid

① ③ ⑤

Grilled Prawn & Avocado ③④

Grilled prawns, avocado, cashew nuts, carrot, chickpeas, bean sprouts and mixed leaf
potassium, calcium, vitamin C, iron, magnesium, reduced cholesterol

③ ④

Monthly special monthly changing salad 22,95

Bread for your salad 2,00



Create your own salad

Rather create your own salad?
Ask for the saladmenu and check your items!

from 17,95

Juices & Smoothies

All prices in Antilliaanse Guldens

Fresh juices



All boosty juices contain various minerals and vitamins that each provide their own specific boost. Choose your flavour or the boost that best suits you.

Mango

Happy Boost

Amino acids in mangos are similar to antidepressants. The Vitamin C in the fruit enhances the blood circulation.

Wortel

Healthy Boost

carrots contain a high dose of vitamin A which is good for the eyes. Also the Beta carotene works as an antioxidant which helps slower the aging proces.

Orange

Energy Boost

Orange helps against being tired and is also very good for a healthy skin. The vitamin C highers the resistance against infections.

Tropical

Complete Boost

The tropical is a mix off banana, pineapple and coconut. The pineapple provides power and the banana makes you feel happy. Also the juice contains a lot of essential minerals and vitamins, including power vitamin C.

All juices are boosted with fresh orange juice.



Boost your juice with an extra shot.

Megaboost

Acai & Tarwegras + NATL. 3,50



The **superberrie Acai** gives you energy, helps the body to detox, gives you a higher resistance to infections, and supports losing weight.

Wheetgrass contains a good ratio of vitamins and minerals that we need. It is a real energy booster and makes your immunesystem stronger. An overall improvement for your health.

Fresh smoothies



The boosty juices are prepared with fresh fruits and juices. Full of vitamins and minerals with a specific boost for each smoothie.

Detox Popeye

Pineapple, mango, apple, spinach, mint and applejuice

Grow your muscles like popeye with this mixture of fruits and vegetables!

Mango Tango

Mango, Strawberry, banana and fresh orange juice

If you can't dance, you will after this delicious Mango Tango!

Bon Berry

Raspberries, blackberries, berries, strawberry and applejuice

Higher your creativity with this hopi bon berry mix!

Smoothie of the day

A daily variation of fresh fruits in **combination** with yoghurt and juices

Drinks

Hot



	S	M	L
Coffee	4,95	6,95	8,95
Espresso	4,95	6,95	8,95
Espresso Macchiato	5,25	7,25	9,25
Cappuccino	5,50	8,25	10,50
Latte Macchiato	5,75	8,95	10,95
Chococcino	5,75	8,50	10,75
Tea	4,50	6,50	8,00
Fresh mint tea	4,75	6,75	8,25



Hot choco with a bite?

Choose for a Chococcino, hot choco with an espresso shot.

Fresh roasted Italian coffee:
Boosty's Cappuccino!



Dairy

Milk	4,00
Chocolate milk	6,95
Fristi	6,95

Soda's



Soda's
See refrigerator for our soda offer.

from 5,00

Water

Mineralwater	5,00
Sparkling water	4,00
Coconut water	7,95
Vitamin water	6,50

Dranken

Polar beer	5,50
Wine, white	from 7,50
Wine, rosé	from 7,50
Wine, red	from 7,50

Specials

Something to celebrate? Ask one of our employees for the opportunities!

Sweets ②

Croissant	4,50
Pain au Chocolat	4,75
Chocolate Chip Cookie	4,50
Muffin Vanille & Chocolate chunks	5,50
Muffin Chocolate & Hazelnut chunks	5,50
Fruit Flapjack	5,00
Chocolate Flapjack	5,00
Carrot cake	4,50



High Tea (p.p. only with reservation) 29,95
A mixture of sweets and sandwiches with unlimited tea.

for the kids

Kids grilled tosti 7,50
Ham/Cheese or Turkeybreast/Cheese
Mini-chef, create your own sandwich from 7,50
Ham, cheese, turkey, egg, jam etc.

Soup of the week
A weekly changing soup.



Soup (served with bread)

Pumpkinsoup ② ③ ⑤ 12,50
For the soup-lover!
Soup of the week 12,50
A weekly changing soup

Breakfast (till 11.30 am)

French breakfast 13,50
Croissant or Pain au Chocolat, coffee of your choice, fresh juice of your choice.
Boosty Power Muesli 7,95
Muesli with goji berries, chia seeds, mulberries, inca berries, cranberries, raisins, hempseed and linseed combined with yoghurt.



The Boosty breadpie!

Breadpie (8 slices, order in advance)

Classic 39,95
Topping: choose from our Classic sandwiches
Deluxe 43,95
Topping: choose from our Deluxe sandwiches
Super deluxe 49,95
Topping: choose from our Super deluxe sandwiches

Nutritional value %of DV (Daily value)



Sandwiches (S)	Omega 3	Dietary fibers	Calcium	Magnesium	Iron	Vitamin A	Vitamin D	Folic acid	Vitamin B12	Vitamin C
All America	67%	15%	6%	21%	24%	11%	35%	14%	52%	0%
Dutchy	100%	15%	30%	24%	17%	19%	42%	16%	28%	6%
Easy Italian	100%	15%	29%	17%	12%	15%	3%	14%	1%	6%
Hummmmus	94%	29%	12%	30%	26%	8%	0%	17%	0%	76%
Brieliocious	100%	19%	22%	28%	16%	3%	11%	15%	17%	1%
Wild Turkey	32%	14%	28%	25%	14%	9%	19%	23%	50%	2%
Truffle Delight	30%	13%	14%	19%	14%	3%	4%	8%	26%	0%
Classis Club	40%	14%	5%	21%	18%	13%	36%	14%	42%	7%
Smashing Avocado	88%	19%	6%	18%	11%	6%	5%	10%	3%	1%
Spicy Chicken	100%	15%	4%	24%	13%	6%	76%	13%	9%	5%
Carpaccio	100%	13%	14%	23%	18%	8%	45%	14%	7%	0%
Boosty BLT	67%	15%	38%	23%	17%	19%	54%	15%	28%	6%
Sizzling Chicken	100%	14%	7%	28%	18%	8%	45%	14%	7%	0%
Tuna Melt	100%	14%	29%	20%	17%	14%	6%	11%	11%	6%
Super Salmon	100%	14%	29%	24%	14%	9%	100%	10%	83%	1%
Prawn Avocado	80%	23%	12%	38%	20%	4%	7%	16%	63%	5%
Asian Tuna	100%	22%	7%	40%	33%	20%	48%	18%	71%	8%

Salads

Spicy Chicken	100%	19%	18%	29%	28%	35%	80%	61%	8%	19%
Chicken Couscous	100%	22%	16%	25%	19%	41%	76%	19%	35%	9%
Chicken Caesar	100%	14%	43%	31%	22%	39%	100%	36%	58%	15%
Tuna Heaven	100%	19%	14%	24%	25%	65%	100%	35%	100%	0%
Truffle Delight	50%	18%	42%	24%	29%	33%	40%	34%	89%	21%
Greek Veggie	100%	29%	26%	38%	28%	35%	15%	38%	10%	28%
Sizzling Chicken	100%	26%	25%	69%	41%	31%	90%	54%	13%	25%
Prawn Avocado	100%	50%	35%	84%	52%	53%	15%	67%	100%	17%

Juices (S)

Tropical	0%	5%	1%	6%	1%	0%	0%	10%	0%	94%
Bon Berry	0%	5%	0%	0%	0%	5%	0%	0%	0%	94%
Mango	0%	3%	1%	6%	1%	0%	0%	10%	0%	88%
Orange	0%	4%	2%	8%	1%	0%	0%	15%	0%	100%
Detox Popeye	0%	18%	5%	19%	8%	3%	0%	18%	0%	100%
Mango Tango	0%	15%	3%	13%	5%	1%	0%	24%	0%	100%
Carrot	0%	23%	6%	5%	5%	63%	0%	17%	0%	76%



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Easy Italian	100%	15%	29%	15%	19%	12%	3%	14%	1%	6%
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Brieliocious	100%	19%	22%	24%	25%	2%	11%	15%	17%	1%
Wild Turkey	32%	14%	28%	21%	21%	7%	19%	23%	50%	2%
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Sizzling Chicken	100%	14%	7%	24%	29%	6%	45%	14%	7%	0%
Tuna Melt	100%	14%	29%	20%	17%	14%	6%	4%	11%	6%
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Chicken Caesar	100%	14%	43%	27%	22%	31%	100%	36%	58%	15%
Tuna Heaven	100%	19%	14%	21%	39%	52%	100%	35%	100%	0%
Truffle Delight	63%	22%	15%	19%	29%	26%	35%	42%	69%	25%
Greek Veggie	100%	29%	26%	33%	28%	28%	15%	38%	10%	28%
Sizzling Chicken	100%	26%	25%	59%	41%	25%	90%	54%	13%	25%
Prawn Avocado	100%	50%	35%	72%	52%	43%	15%	67%	100%	17%

Juices (S)

Tropical	0%	5%	1%	5%	1%	0%	0%	10%	0%	94%
Bon Berry	0%	5%	0%	0%	0%	5%	0%	0%	0%	94%
Mango	0%	3%	1%	5%	1%	0%	0%	10%	0%	88%
Orange	0%	4%	2%	7%	1%	0%	0%	15%	0%	100%
Detox Popeye	0%	18%	5%	17%	12%	3%	0%	18%	0%	100%
Mango Tango	0%	15%	3%	12%	7%	0%	0%	24%	0%	100%
Carrot	0%	23%	6%	4%	7%	50%	0%	17%	0%	76%