

FRESH COLD PRESSED JUICES AND SMOOTHIES

Nutritional information



THE MANGO SMOOTHIE

Energy (kJ/Kcal)	205/48 (2%)
Fat	0.5g (1%)
of which saturates	0g (0%)
Carbohydrates	10g (4%)
of which sugars	10g (11%)
Protein	0.5g (1%)
Salt	0g (0%)

Ingredients:
Mangoes (35%),
Freshly Squeezed Orange
Juice (33%), Pineapples
(20%), Apple Juice (12%)

Nutritional Information
Typical Values Per 100ml (%RI)

THE ORANGE JUICE

Energy (kJ/Kcal)	171/40 (1%)
Fat	0.2g (0%)
of which saturates	0g (0%)
Carbohydrates	8.7g (3%)
of which sugars	8.7g (8%)
Protein	0.7g (1%)
Salt	0g (0%)

Ingredients:
100% Orange Juice

Keep Refridgerated!

Once opened, consume
within 24 hrs

Nutritional Information
Typical Values Per 100ml (%RI)

THE STRAWBERRY SMOOTHIE

Energy (kJ/Kcal)	219/52 (3%)
Fat	0g (0%)
of which saturates	0g (0%)
Carbohydrates	11g (4%)
of which sugars	10g (11%)
Protein	0.7g (1%)
Salt	0g (0%)

Ingredients:
Strawberries (40%), Freshly
Squeezed Orange Juice (35%),
Red Grapes (15%), Bananas
(10%)

Nutritional Information
Typical Values Per 100ml (%RI)



WE USE ONLY 100% REAL FRUIT & VEG

Juiced fresh, our cold pressed juices are a positive
option in helping you 'Fuel Good' every day.

THE BERRY SMOOTHIE

Energy (kJ/Kcal)	250/48 (2%)
Fat	0.5g (1%)
of which saturates	0g (0%)
Carbohydrates	10g (4%)
of which sugars	10g (11%)
Protein	0.5g (1%)
Salt	0g (0%)

Ingredients:
Mixed Berries (40%) (Strawberries,
Raspberries, blackcurrants,
blackberries, redcurrants, wild
blueberries), Apple Juice (38%),
Freshly Squeezed Orange juice (12%),
Bananas (10%)

Nutritional Information
Typical Values Per 100ml (%RI)

THE CITRUS TWIST

Energy (kJ/Kcal)	160/38 (1%)
Fat	0g (0%)
of which saturates	0g (0%)
Carbohydrates	7.6g (3%)
of which sugars	7.4g (8%)
Protein	0.5g (1%)
Salt	0g (0%)

Ingredients:
Freshly Squeezed Orange Juice (40%),
Strawberries (30%), Pineapple Juice
(28%), Lemon Juice (2%)

Nutritional Information
Typical Values Per 100ml (%RI)

THE GREEN JUICE

Energy (kJ/Kcal)	105/25 (1%)
Fat	0.5g (1%)
of which saturates	0g (0%)
Carbohydrates	4.3g (2%)
of which sugars	3.9g (4%)
Protein	0.7g (1%)
Salt	0.03g (1%)

Ingredients:
Cucumber (45%), Apple Juice (44%),
Spinach (5%), Lime Juice (3%), Curly
Kale (2%), Wheatgrass Powder (1%)

Nutritional Information
Typical Values Per 100ml (%RI)

THE FRUITY JUICE

Energy (kJ/Kcal)	188kJ/44 12%)
Fat	0g 10%)
of which saturates	0g (0%)
Carbohydrates	9.8g 14%)
of which sugars	9.3g (10%)
Protein	0.5g (1%)
Salt	0.02g 10%)

Ingredients:
Apple Juice (50%), Strawberries (20%),
Pears (20%), Red Grapes 00%1

Nutritional Information
Typical Values Per 100ml (%RI)