



Dr Juice™
NATURAL
GOOD FOOD

NUTRITIONAL INFORMATION

GRAB & GO

CHICKEN BURITTO BOWL

INGREDIENTS:

Basmati Rice, Chicken (18%), Black Beans, Sweetcorn, Avocado, Yoghurt, Corriander Dressing (Fresh **Milk**, **Milk** Solids, Stabiliser [E440], Corriander), Yellow And Red Cherry Tomatoes, Onions, Spring Onions, Jalapeno Pepper (Jalapenos, Water, Vinegar, Salt, Firming Agent [E509], Black And White

Sesame Seeds

SWEET POTATO FALAFEL SALAD

INGREDIENTS:

Quinoa, Sweet Potato Falafel (20%): (Chickpeas, Sweet Poatoes, Onions, Sweet Peppers, Garlic, Sea Salt, Rosemary, Sunflower Oil, Mint, Acidity, Regulator [E270], Thickeners [E412]. Coriander Dressing (Garlic, Coriander, Lemon Juice, Wine Vinegar (**Sulphites**), **Mustard** Dijon (Water, Vinegar (**sulphites**), **Mustard** (18%), Salt, Modified Corn Starch, Sugar, Ground Pimento, Ground Cloves, Pepper), Ginger, **Celery**, Sambal Oelek [Chilli (50%), Water, Sugar, Salt, Acid (E260) And Thickener [E1 442]) Tomatoes, Sweet Red Peppers, Almonds (**Nuts**), Onions, Kale, Rocket Leaves, Pomegranate, Coriander

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	454 KJ/108 KCAL	2592 KJ/617 KCAL
FAT	3.1G	17.7G
OF WHICH SATURATES	0.7G	3.9G
CARBOHYDRATE	11.6G	66G
OF WHICH SUGARS	2.1G	12G
FIBRE	2.6G	15G
PROTEIN	8.5G	48G
SALT	0.04G	0.25G

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	466 KJ/111 KCAL	2121 KJ/506 KCAL
FAT	4.2G	19.0G
OF WHICH SATURATES	0.4G	1.9G
CARBOHYDRATE	11.0G	51G
OF WHICH SUGARS	2.5G	11G
FIBRE	3.1G	14G
PROTEIN	5.4G	24G
SALT	0.13G	0.6G



TOSS'D CHICKEN BOOSTER SALAD

INGREDIENTS:

Basmati Rice, Chicken (25%. Feta Cheese: (Pasteurised Cow's **Milk**, Palm Oil, Salt, Enzymes, Cultures). Kale, Sweet Potato, Rocket Leaves, Cherry Tomatoes, Red Cabbage, Carrots, Red Radish, Tumeric.

TURKEY CASEAR SALAD

INGREDIENTS:

Turkey breast (21.5%). Romaine lettuce. Chickpeas: (Chickpeas, Water, Salt, Antioxidant [E300]). Caesar Dressing: (Parmesan cheese (Contains Milk, Worcestershire sauce (Contains **Fish**), Anchovies (**Fish**), Mayonnaise: ((Vegetable oil (Sunflower), Pasteurised **Egg** yolk, Water, Vinegar, Sugar, **Mustard**, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385]), **Mustard**, Garlic, Salt, Pepper)). Salad mix: (Escarole, White Cabbage, Beetroot, Rocket leaves). **Eggs**. Cherry tomatoes. Feta Cheese: (Pasteurised cow's **Milk**, Palm oil, Salt, Enzymes, Cultures). Avocado. Kale. Onions. Golden Raisins. Tortilla Wrap: (**Wheat** flour, Water, Vegetable oil (Sunflower), Humectant [E422], Sugar, Acidity regulator [E330], Raising agent [E450i, E500ii], Emulsifier [E471], Salt, Preservatives [E202, E282], Flour improver [E920, E1100i, E1100vi]).

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	460 KJ/109 KCAL	1870 KJ/444 KCAL
FAT	2.8G	11G
OF WHICH SATURATES	1.6G	6.3G
CARBOHYDRATE	9.5G	39G
OF WHICH SUGARS	2G	8.2G
FIBRE	1.2G	4.9G
PROTEIN	11G	44G
SALT	0.31G	1.3G

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	662 KJ/158 KCAL	3573 KJ/856 KCAL
FAT	8.9G	48G
OF WHICH SATURATES	2.1G	12G
CARBOHYDRATE	10G	55G
OF WHICH SUGARS	3.3G	18G
FIBRE	1.7G	9.1G
PROTEIN	8.7G	47G
SALT	0.8G	4.3G

CHIPTOLE CHICKEN MELT

INGREDIENTS:

Tortilla Wrap: (**Wheat** flour, Water, Vegetable oil (Sunflower), Humectant [E422], Sugar, Acidity regulator [E330], Raising agent [E450i, E500ii], Emulsifier [E471], Salt, Preservatives [E202, E282], Flour improver [E920, E1100i, E1100vi]). Chicken (37%). Cheese: (Pasteurised Cow's **milk**, Salt, Starter cultures, Microbial rennet). Chipotle mayonnaise: (Vegetable oil (Sunflower), Pasteurised **Egg** yolk, Water, Vinegar, Sugar, **Mustard**, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385], Lime juice, Garlic, Chipotle peppers (1%), Smoked paprika, Salt, Pepper). Mixed sweet peppers. Jalapenos: (Jalapeno peppers, Water, Vinegar, Salt, Firming agent [E509]).

MANGO CHICKEN MELT

INGREDIENTS:

Tortilla Wrap: (Wheat flour, Water, Vegetable oil (Sunflower), Humectant [E422], Sugar, Acidity regulator [E330], Raising agent [E450i, E500ii], Emulsifier [E471], Salt, Preservatives [E202, E282], Flour improver [E920, E1100i, E1100vi]). Chicken (35%). Cheese: (Pasteurised Cow's Milk, Salt, Starter cultures, Microbial rennet). Mango Chutney: (Mango (2%), Pineapple, Sugar, White vinegar, White wine vinegar (Contains Sulphites), Onions, Raisins (Contain Sulphites), Balsamic vinegar (Contains Sulphites), Garlic, Ginger, Red sweet peppers, Salt, Pepper, Curry powder). Onions. Mixed sweet peppers

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	1094 KJ/262 KCAL	3677 KJ/881 KCAL
FAT	16G	54G
OF WHICH SATURATES	4.3G	14G
CARBOHYDRATE	11G	37G
OF WHICH SUGARS	1G	3.5G
FIBRE	1G	3.3G
PROTEIN	18G	61G
SALT	1.3G	4.4G

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	853 KJ/203 KCAL	2899 KJ/690 KCAL
FAT	7.2G	25G
OF WHICH SATURATES	3.9G	13G
CARBOHYDRATE	15G	52G
OF WHICH SUGARS	6G	20G
FIBRE	1.2G	3.9G
PROTEIN	18G	63G
SALT	0.9G	3.1G



CHICKEN CAESAR WRAP

INGREDIENTS:

Chicken (45%). Tortilla Wrap: (**Wheat** flour, Water, Vegetable oil (Sunflower), Humectant [E422], Sugar, Acidity regulator [E330], Raising agent [E450i, E500ii], Emulsifier [E471], Salt, Preservatives [E202, E282], Flour improver [E920, E1100i, E1100vi]). Caesar Dressing: (Parmesan cheese (Contains Milk, Worcestershire sauce (Contains **Fish**), Anchovies (**Fish**), Mayonnaise: ((Vegetable oil (Sunflower), Pasteurised **Egg** yolk, Water, Vinegar, Sugar, **Mustard**, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385]), **Mustard**, Garlic, Salt, Pepper)). Salad mix: (Escarole, White Cabbage, Beetroot, Rocket leaves). Cheese: (**Milk**, Salt, Rennet).

SWEET POTATO FALAFEL WRAP

INGREDIENTS:

Tortilla Wrap: (**Wheat** flour, Water, Vegetable oil (Sunflower), Humectant [E422], Sugar, Acidity regulator [E330], Raising agent [E450i, E500ii], Emulsifier [E471], Salt, Preservatives [E202, E282], Flour improver [E920, E1100i, E1100vi]). Sweet Potato Falafel (18%): (Chickpeas, Sweet potatoes, Onions, Sweet peppers, Garlic, Sea salt, Rosemary, Sunflower oil, Mint, acidity regulator [E270], thickeners [E412]). Tomatoes. Beetroot Hummus: (Beetroot, Chickpeas, Water, Tahini (**Sesame** seeds), Sunflower oil, Lemon Juice, Garlic, Cumin, Smoked paprika). Quinoa. Almond (**Nuts**). Yoghurt Corriander dressing (Fresh **Milk**, **Milk** solids, Stabiliser [E440], coriander). Cucumber. Salad mix: (Escarole, White Cabbage, Beetroot, Rocket leaves).

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	979 KJ/234 KCAL	2790 KJ/666 KCAL
FAT	11G	33G
OF WHICH SATURATES	3.3G	9.5G
CARBOHYDRATE	13G	36G
OF WHICH SUGARS	0.9G	2.7G
FIBRE	1G	3G
PROTEIN	20G	56G
SALT	0.8G	2.4G

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	639 KJ/152 KCAL	2077 KJ/495 KCAL
FAT	4.8G	16G
OF WHICH SATURATES	1G	3.2G
CARBOHYDRATE	20G	63G
OF WHICH SUGARS	3.3G	11G
FIBRE	3.7G	12G
PROTEIN	5.6G	18G
SALT	0.6G	2G



SRIRACHA BEEF MELT

INGREDIENTS:

Beef (25%). Tortilla Wrap: (**Wheat** flour, Water, Vegetable oil (Sunflower), Humectant [E422], Sugar, Acidity regulator [E330], Raising agent [E450i, E500ii], Emulsifier [E471], Salt, Preservatives [E202, E282], Flour improver [E920, E1100i, E1100vi]). Cheese: (Pasteurised Cow's **Milk**, Salt, Starter cultures, Microbial rennet). Sweet Peppers. Schriraha Mayo: (Vegetable oil (Sunflower), Pasteurised **Egg** yolk, Water, Vinegar, Sugar, **Mustard**, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385]). Sriracha: (Pickled red chillies, Salt, Acidity regulator [E300], Sugar, Water, Garlic, Salt, Thickener [E415, Modified starch], Flavour enhancer [Yeast extract], Preservative [E202], Colour [E160c]). Caramelised onions: (Onions, Sugar, White vinegar (Contains **Malt**), Worcestershire sauce (Contains **Fish**)).

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	1191 KJ/286 KCAL	3455 KJ/829 KCAL
FAT	19G	54G
OF WHICH SATURATES	5.1G	15G
CARBOHYDRATE	15G	43G
OF WHICH SUGARS	3.1G	9.1G
FIBRE	1.4G	4G
PROTEIN	14G	41G
SALT	1.1G	3.1G

KLESSIK TOASTIE

INGREDIENTS:

Bread: (**Wheat** flour, Water, Vegetable oil (Sunflower), Sugar, Salt, Yeast, **Soya** flour, Preservative [E202], Flour treatment agent [E300], Emulsifiers [E472e, E471, E481], Acidity regulators [E171, E341]). Ham : (Pork, Water, Starch, Salt, Dextrose, Natural flavourings, Smoke flavouring, Gelling agent [E407a], Antioxidant [E301], Preservative [E250]). Cheese: (Pasteurised Cow's **Milk**, Salt, Starter cultures, Microbial rennet). Honey **Mustard**: (Honey, Water, White wine vinegar (Contains **Sulphites**), **Mustard**, Salt, Modified maize starch, Sugar, Ground pimento, Ground Cloves, Black pepper).

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	1003 KJ/240 KCAL	1849 KJ/442 KCAL
FAT	12G	22G
OF WHICH SATURATES	4.4G	8.1G
CARBOHYDRATE	19G	35G
OF WHICH SUGARS	3G	5.6G
FIBRE	1.2G	2.3G
PROTEIN	14.1G	26.1G
SALT	1.1G	2.04G



PROTEIN TOASTIE

INGREDIENTS:

Bread: (Wheat flour, **Water**, Grain and seed blend (Linseeds, Sunflower seeds, **Soya** granules, **Rye** kernels, Pumpkin seeds, **Sesame** seeds), **Oat** flakes, Millet flour, **Barley** flour, Maize, Roasted Malt, Vegetable fat, Sunflower oil, **Wheat** gluten, **Wheat** semolina bran, Yeast, Salt, Sugar, **Wheat** malt flour, Preservative [E282], Flour treatment agent [E300], Emulsifier [E481], Acidity regulator [E170, E341]). Cottage cheese: (Cow's **Milk**, Salt). Chicken. Tomatoes. Pesto (Sunflower oil, Basil, Water, Cashew nut flour, Grated cheese (Sheep's **Milk**), Potato flour, salt, sugar, Garlic, Acidity regulator [E575]). Salt. Pepper.

TURKEY AND DILL SANDWICH

INGREDIENTS:

Bread: (**Wheat** flour, Water, Grain and seed blend (Linseeds, Sunflower seeds, **Soya** granules, **Rye** kernels, Pumpkin seeds, **Sesame** seeds), **Oat** flakes, Millet flour, **Barley** flour, Maize, Roasted Malt, Vegetable fat, Sunflower oil, **Wheat** gluten, **Wheat** semolina bran, Yeast, Salt, Sugar, **Wheat** malt flour, Preservative [E282], Flour treatment agent [E300], Emulsifier [E481], Acidity regulator [E170, E341]). Turkey Breast (16%). **Eggs**. Cucumber. Mayonnaise: (Vegetable oil (Sunflower), Pasteurised Egg yolk, Water, Vinegar, Sugar, **Mustard**, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385]). Tomatoes. Spinach.

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	707 KJ/168 KCAL	1802 KJ/430 KCAL
FAT	6.9G	18G
OF WHICH SATURATES	1.6G	4.2G
CARBOHYDRATE	14G	35G
OF WHICH SUGARS	2.5G	6.3G
FIBRE	2G	5G
PROTEIN	12G	30G
SALT	2.7G	6.9G

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	801 KJ/192 KCAL	2203 KJ/528 KCAL
FAT	12G	32G
OF WHICH SATURATES	1.5G	4G
CARBOHYDRATE	12G	33G
OF WHICH SUGARS	1.5G	4.1G
FIBRE	1.7G	4.6G
PROTEIN	9.2G	25G
SALT	0.7G	2.1G



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GF MUSHROOM BAGUETTE

INGREDIENTS:

Gluten Free Baguette (Cord starch, Rice starch, Rice flour, Water, Sunflower oil, Sugar, Yeast, **Sesame** seeds, **Egg**). Mushroom (40%). Vegan Mayo (Apple Cider Vinegar, Dijon Mustard (Water, White Wine Vinegar (**Sulphites**), **Mustard**, Salt, Modified Maize Starch, Sugar, Ground Pimento, Ground Cloves, Black Pepper), Sugar, Lemon Juice, Coriander, basil, Garlic), Garlic, **Soya** Milk, Sunflower Oil, Salt. Sriracha Sauce (Chili, Garlic, Sugar, Salt, Distilled Vinegar, Preservative [E202], Stabiliser [E415]), Chili, Lime, Garlic powder, Onion powder)). Tomatoes. Spinach. Fresh Coriander.

PROTEIN POWER POT

INGREDIENTS:

Chicken. Eggs. Mayonnaise: (Vegetable oil (Sunflower), Pasteurised Egg yolk, Water, Vinegar, Sugar, Mustard, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385]). Baby spinach. Pumpkin seeds. Sunflower seeds.

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	623 KJ/149 KCAL	1532 KJ/367 KCAL
FAT	7.5G	18G
OF WHICH SATURATES	1G	2.4G
CARBOHYDRATE	16G	40G
OF WHICH SUGARS	2.5G	6G
FIBRE	3.5G	8.6G
PROTEIN	3G	7.3G
SALT	0.47G	1.2G

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	987 KJ/238 KCAL	2113 KJ/508 KCAL
FAT	17G	37G
OF WHICH SATURATES	2.1G	4.6G
CARBOHYDRATE	0.5G	1.1G
OF WHICH SUGARS	0G	0.5G
FIBRE	0G	0.5G
PROTEIN	20G	42G
SALT	0.42G	0.89G



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BURRITO POWER POT

INGREDIENTS:

Chicken thighs. Black Beans. Sweet Corn. Cabbage. Rice. Jalapeno Peppers. Coriander Dressing (Sunflower oil, White Vinegar (Sulphites), Dijon Mustard (Water, White Wine Vinegar (Sulphites), Mustard, Salt, Modified Maize Starch, Sugar, Ground Pimento, Ground Cloves, Black Pepper), Sugar, Lemon Juice, Coriander, basil, Garlic)). Onions. Burrito Mix (White Wine (Sulphites), Ginger, Garlic, Salt, Thyme, Rosemary). Sesame Seeds.

FALAFEL POWER POT

INGREDIENTS:

Bulgar **Wheat**. Carrots. Pomegranate. Yoghurt Coriander Dressing (Sunflower oil, White Vinegar (**Sulphites**), Dijon Mustard (Water, White Wine Vinegar (**Sulphites**), Mustard, Salt, Modified Maize Starch, Sugar, Ground Pimento, Ground Cloves, Black Pepper), Sugar, Lemon Juice, Coriander, basil, Garlic)). Jalapeno Peppers. Chickpeas. Sunflower oil. Water. Lemon juice. Vegetable stock. Garlic. **Sesame seeds**. Fresh coriander. Anise. Bayleaves. Thyme. Cumin. Coriander seeds. Salt. Pepper

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	686 KJ/164 KCAL	1688 KJ/404 KCAL
FAT	8.3G	20G
OF WHICH SATURATES	1.1G	2.8G
CARBOHYDRATE	12G	30G
OF WHICH SUGARS	2.2G	5.4G
FIBRE	2.5G	6.2G
PROTEIN	8.9G	22G
SALT	0.37G	0.91G

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	757 KJ/183 KCAL	1878 KJ/253 KCAL
FAT	14G	35G
OF WHICH SATURATES	1.6G	4G
CARBOHYDRATE	8.4G	21G
OF WHICH SUGARS	1.8G	4.4G
FIBRE	2.9G	7.1G
PROTEIN	4.1G	10G
SALT	0.49G	1.2G



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DRAGON POWER POT

INGREDIENTS:

Oat Mix (**Oats**, Almond Milk (**Almond**), Coconut Milk, Greek Yoghurt (**Milk**), Chia Seeds, Vanilla, Salt). Granola (Honey, **Oats**, Puffed Rice, Almonds (**Nuts**), Pumpkin Seeds, Sunflower Seeds, Sultanas, Vanilla). Dragon Fruit. Honey. Strawberries. Water. Coconut Milk. Water. Vanilla.

ACAI POWER POT

INGREDIENTS:

Ingredients: Banana. Blueberries. Strawberries. Corn Flour. Acai (5%). Almonds (**Nuts**). Granola (Honey, **Oats**, Puffed Rice, Almonds (**Nuts**), Pumpkin Seeds, Sunflower Seeds, Sultanas, Vanilla).

NUTRITIONAL INFORMATION


	PER 100G	PER SERVING
ENERGY	892 KJ/213 KCAL	2451 KJ/585 KCAL
FAT	9.1G	25G
OF WHICH SATURATES	4.7G	13G
CARBOHYDRATE	25G	69G
OF WHICH SUGARS	4.5G	12G
FIBRE	3.9G	11G
PROTEIN	5.5G	15G
SALT	0.65G	1.8G

NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
ENERGY	1158 KJ/279 KCAL	2721 KJ/655 KCAL
FAT	17G	40G
OF WHICH SATURATES	2G	4.6G
CARBOHYDRATE	18G	42G
OF WHICH SUGARS	8.9G	21G
FIBRE	8.9G	21G
PROTEIN	8.8G	21G
SALT	0.02G	0.05G



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