



***NUTRITIONAL INFORMATION***  
***HOT KITCHEN***

# CHEEKY BREAKFAST BUN

**INGREDIENTS:**

Brioche Bun (Wheat flour, Water, Sugar, Yeast, Butter (Milk), Vegetable oil (Palm and Rapeseed), Iodised Salt, Emulsifiers [E471, E472e], Whole Milk Powder, Whey Powder (Milk), Stabilizer [E466], Dextrose, Natural Flavour, Antioxidant [E300], Enzymes (Wheat), Colouring [160a(iii), E160a(i)], Eggs)).  
 Streaky Bacon (Pork, Sea Salt, Sugar, Preservatives: [E250, E251], Antioxidant: [E301]). Eggs. Sriracha Mayo (Mayonnaise: (Vegetable oil (Sunflower), Pasteurised Egg yolk, Water, Vinegar, Sugar, Mustard, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385])).  
 Sriracha (Chili, Garlic, Sugar, Salt, Distilled Vinegar, Preservative [E202], Stabiliser [E415]). Dijon Mustard (Water, White Wine Vinegar (Sulphites), Mustard, Salt, Modified Maize Starch, Sugar, Ground Pimento, Ground Cloves, Black Pepper), Worcestershire Sauce (Contains Fish), Smoked Paprika. Lemon Juice. Salt. Smoke liquid)). Spinach. Onions.

**NUTRITIONAL INFORMATION**

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>1126 KJ/270 KCAL</b>	<b>2625 KJ/629 KCAL</b>
<b>FAT</b>	<b>16G</b>	<b>37G</b>
<b>OF WHICH SATURATES</b>	<b>5.3G</b>	<b>12G</b>
<b>CARBOHYDRATE</b>	<b>20G</b>	<b>48G</b>
<b>OF WHICH SUGARS</b>	<b>4.9G</b>	<b>12G</b>
<b>FIBRE</b>	<b>1.2G</b>	<b>2.8G</b>
<b>PROTEIN</b>	<b>11G</b>	<b>26G</b>
<b>SALT</b>	<b>1.5G</b>	<b>3.5G</b>

# VEGGIE BREAKFAST BUN

**INGREDIENTS:**

Brioche Bun (**Wheat** flour, Water, Sugar, Yeast, Butter (**Milk**), Vegetable oil (Palm and Rapeseed), Iodised Salt, Emulsifiers [E471, E472e], Whole **Milk** Powder, Whey Powder (**Milk**), Stabiliser [E466], Dextrose, Natural Flavour, Antioxidant [E300], Enzymes (**Wheat**), Colouring [160a(iii), E160a(i)], Eggs)).  
 Halloumi Cheese (20%) (Cow's **Milk**, Sheep's **Milk**, Goat's **Milk**). Eggs.  
 Spinach. Sriracha Mayo (Mayonnaise: (Vegetable oil (Sunflower), Pasteurised Egg yolk, Water, Vinegar, Sugar, **Mustard**, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385])).  
 Sriracha (Chili, Garlic, Sugar, Salt, Distilled Vinegar, Preservative [E202], Stabiliser [E415]).  
**Mustard** (Water, White Wine Vinegar (**Sulphites**), **Mustard**, Salt, Modified Maize Starch, Sugar, Ground Pimento, Ground Cloves, Black Pepper),  
 Worcestershire Sauce (Contains **Fish**), Smoked Paprika. Lemon Juice. Salt. Smoke liquid)). Crispy Onions.

**NUTRITIONAL INFORMATION**

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>1174 KJ/281 KCAL</b>	<b>2958KJ/ 708KCAL</b>
<b>FAT</b>	<b>16G</b>	<b>41G</b>
<b>OF WHICH SATURATES</b>	<b>8.1G</b>	<b>20G</b>
<b>CARBOHYDRATE</b>	<b>19G</b>	<b>49G</b>
<b>OF WHICH SUGARS</b>	<b>5G</b>	<b>13G</b>
<b>FIBRE</b>	<b>1.1G</b>	<b>2.8G</b>
<b>PROTEIN</b>	<b>14G</b>	<b>35G</b>
<b>SALT</b>	<b>1.6G</b>	<b>4G</b>



# CHEEKY BEEF BUN

**INGREDIENTS:**

Brioche Bun (**Wheat** flour, Water, Sugar, Yeast, Butter (**Milk**), Vegetable oil (Palmand Rapeseed), Iodised Salt, Emulsifiers [E471, E472e], Whole **Milk** Powder, Whey Powder (**Milk**), Stabiliser [E466], Dextrose, Natural Flavour, Antioxidant [E300], Enzymes (Wheat), Colouring [160a(iii), E160a(i)], **Eggs**)). Beef (23%). Sriracha Mayo (Mayonnaise: (Vegetable oil (Sunflower), Pasteurised **Egg** yolk, Water, Vinegar, Sugar, **Mustard**, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385]). Sriracha (Chili, Garlic, Sugar, Salt, Distilled Vinegar, Preservative [E202], Stabiliser [E415]). Dijon Mustard (Water, White Wine Vinegar (**Sulphites**), **Mustard**, Salt, Modified Maize Starch, Sugar, Ground Pimento, Ground Cloves, Black Pepper), Worcestershire Sauce (Contains **Fish**), Smoked Paprika. Lemon Juice. Salt. Smoke liquid)). Eggs. Onions. Spinach.

# AVO & EGG

**INGREDIENTS:**

Avocado smash, 2 poached eggs, tomato chutney, pomegranate, baby spinach, served on Maltese bread

**NUTRITIONAL INFORMATION**

	<b>PER 100G</b>	<b>PER SERVING</b>
<b>ENERGY</b>	<b>948KJ / 226KCAL</b>	<b>2910KJ / 695KCAL</b>
<b>FAT</b>	<b>11G</b>	<b>35G</b>
<b>OF WHICH SATURATES</b>	<b>3.3G</b>	<b>10G</b>
<b>CARBOHYDRATE</b>	<b>15G</b>	<b>47G</b>
<b>OF WHICH SUGARS</b>	<b>3.8G</b>	<b>12G</b>
<b>FIBRE</b>	<b>0.9G</b>	<b>2.7G</b>
<b>PROTEIN</b>	<b>15G</b>	<b>46G</b>
<b>SALT</b>	<b>0.63G</b>	<b>1.9G</b>

**NUTRITIONAL INFORMATION**

<b>ENERGY</b>		
<b>FAT</b>		
<b>OF WHICH SATURATES</b>		
<b>CARBOHYDRATE</b>		
<b>OF WHICH SUGARS</b>		
<b>FIBRE</b>		
<b>PROTEIN</b>		
<b>SALT</b>		



# BOSS OMELETTE

**INGREDIENTS:**

Grilled chicken, avocado, **bacon**, baby spinach, basil, tomato & chipotle **mayo** garnished with **sesame** seeds

# SHAKSHUKA OMELETTE

**INGREDIENTS:**

**Eggs**. Avocado. Feta Cheese (Sheep's Milk, Goats' Milk). Spinach. **Sesame** Seeds. Coriander Leaves.

**NUTRITIONAL INFORMATION**

	<b>PER SERVING</b>
<b>ENERGY</b>	<b>2500KJ/597.1KCAL</b>
<b>FAT</b>	<b>39.9G</b>
<b>OF WHICH SATURATES</b>	<b>9.2G</b>
<b>CARBOHYDRATE</b>	<b>3.3G</b>
<b>OF WHICH SUGARS</b>	<b>1.1G</b>
<b>FIBRE</b>	<b>3G</b>
<b>PROTEIN</b>	<b>51.7G</b>
<b>SALT</b>	<b>1.3G</b>

**NUTRITIONAL INFORMATION**

	<b>PER 100G</b>	<b>PER SERVING</b>
<b>ENERGY</b>	<b>677 KJ/163KCAL</b>	<b>1834 KJ/442KCAL</b>
<b>FAT</b>	<b>13G</b>	<b>34G</b>
<b>OF WHICH SATURATES</b>	<b>4.1G</b>	<b>11G</b>
<b>CARBOHYDRATE</b>	<b>1.3G</b>	<b>3.5G</b>
<b>OF WHICH SUGARS</b>	<b>0.5G</b>	<b>0.9G</b>
<b>FIBRE</b>	<b>1.2G</b>	<b>3.2G</b>
<b>PROTEIN</b>	<b>10G</b>	<b>28G</b>
<b>SALT</b>	<b>0.53G</b>	<b>1.4G</b>



# TERIYAKI NOODLES

**INGREDIENTS:**

Soba noodles, wok fried broccoli, peppers, onions, edamame, mushrooms & house teriyaki sauce

# PAD THAI RICE

**INGREDIENTS:**

Steamed Rice. Chicken Thighs. Amai Sauce (Malt Vinegar, Sugar, Light Soy Sauce, Dark Soy Sauce, Ketchup (Water, Tomato Paste, Modified Maize Starch, Salt, Acidity Regulator [E260, E330], Preservatives [E202], Colour [E163], Sweetener [E951], Tomato Spice, Salt, Garlic Powder, Spice Extracts, Onion Concentrate, Natural Flavourings), Apple Cider Vinegar, Sesame Oil), Tamarind Paste, Salt)). Red Onions. Red Capsicum Peppers. Eggs. Teriyaki Garnish (Coriander Leaves, Sesame Seeds, Crispy onions, Chili Peppers). Edamame Beans (Soya). Peanuts. Garlic.

**NUTRITIONAL INFORMATION**

	PER SERVING
<b>ENERGY</b>	<b>1322 KJ/316 KCAL</b>
<b>FAT</b>	<b>21.9G</b>
<b>OF WHICH SATURATES</b>	<b>4.6G</b>
<b>CARBOHYDRATE</b>	<b>22.3G</b>
<b>OF WHICH SUGARS</b>	<b>14.3G</b>
<b>FIBRE</b>	<b>5.2G</b>
<b>PROTEIN</b>	<b>7.4G</b>
<b>SALT</b>	<b>1.4G</b>

**NUTRITIONAL INFORMATION**

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>816 KJ/194 KCAL</b>	<b>5440 KJ/1297KCAL</b>
<b>FAT</b>	<b>8G</b>	<b>53G</b>
<b>OF WHICH SATURATES</b>	<b>2.1G</b>	<b>14G</b>
<b>CARBOHYDRATE</b>	<b>22G</b>	<b>146G</b>
<b>OF WHICH SUGARS</b>	<b>11G</b>	<b>73G</b>
<b>FIBRE</b>	<b>1.5G</b>	<b>9.9G</b>
<b>PROTEIN</b>	<b>8G</b>	<b>54G</b>
<b>SALT</b>	<b>1.3G</b>	<b>8.9G</b>



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# KHAO SAN CURRY

**INGREDIENTS:**

Rich **massaman** curry sauce, onions, mushrooms, zucchini, sweet potato & steamed rice

# TERIYAKI BEEF BOWL

**INGREDIENTS:**

Steamed Rice. Beef (16%). Avocado. **Eggs**. Pickled Onion. Edamame Beans (Soya). Carrots. Teriyaki Sauce (4%) (Water, Sugar, Soy Sauce (Water, Soy Bean (**Soya**), Salt, **Wheat** Flour), Fructose Syrup, Tapioca Flour, Sugar Cane Vinegar, Colour: [E150a], Dextrose, Acidity Regulator: [E270], Stabiliser: [E415], Yeast Extract, Salt, Preservative: [E202]). **Peanuts**. Sriracha Mayo (Mayonnaise: (Vegetable oil (Sunflower), Pasteurised **Egg** yolk, Water, Vinegar, Sugar, **Mustard**, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385]).

**NUTRITIONAL INFORMATION**

	<b>PER SERVING</b>
<b>ENERGY</b>	<b>2497 KJ/596 KCAL</b>
<b>FAT</b>	<b>11.5G</b>
<b>OF WHICH SATURATES</b>	<b>5.5G</b>
<b>CARBOHYDRATE</b>	<b>104.6G</b>
<b>OF WHICH SUGARS</b>	<b>30.8G</b>
<b>FIBRE</b>	<b>8G</b>
<b>PROTEIN</b>	<b>13G</b>
<b>SALT</b>	<b>0.9G</b>

**NUTRITIONAL INFORMATION**

	<b>PER 100G</b>	<b>PER SERVING</b>
<b>ENERGY</b>	<b>888 KJ/214 KCAL</b>	<b>4379 KJ/1053KCAL</b>
<b>FAT</b>	<b>15G</b>	<b>74G</b>
<b>OF WHICH SATURATES</b>	<b>5.2G</b>	<b>25G</b>
<b>CARBOHYDRATE</b>	<b>12G</b>	<b>57G</b>
<b>OF WHICH SUGARS</b>	<b>1.5G</b>	<b>7.2G</b>
<b>FIBRE</b>	<b>1.9G</b>	<b>9.4G</b>
<b>PROTEIN</b>	<b>7G</b>	<b>35G</b>
<b>SALT</b>	<b>0.7G</b>	<b>3.4G</b>



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# BALANCE BOWL

**INGREDIENTS:**

Steamed Rice. Chicken. Satay Curry Sauce (**Soya** Sauce, Coconut Milk, Garlic, lime, Ginger, Peanut Butter (**Peanuts**, Stabiliser [E471], Cane Sugar, **Peanut** Oil, Sea Salt), Chili powder, Honey)). **Eggs**. Broccoli. Sweet Potato. Carrots. Red Cabbage. Teriyaki Garnish (Coriander Leaves, **Sesame** Seeds, Crispy onions, Chili Peppers). Sweet and Spicy Tahini Sauce (Tahini (**Sesame** Seeds, **Sesame** Oil, Palm Oil, Flavouring), Lemon juice, Garlic, **Soya** sauce light, Brown Sugar, Sriracha Sauce (Chili, Garlic, Sugar, Salt, Distilled Vinegar, Preservative [E202], Stabiliser [E415]), Tamarind Paste)).

# CRISPY TOFU BOWL

**INGREDIENTS:**

Steamed Rice. Satay Curry Sauce (**Soya** Sauce, Coconut Milk, Garlic, lime, Ginger, Peanut Butter (**Peanuts**, Stabiliser [E471], Cane Sugar, **Peanut** Oil, Sea Salt), Chili powder, Honey)). Breading (Panko (**Wheat** flour, Salt, Yeast), **Sesame** Seeds, Oriental Seasoning (Mixed Spice, Paprika, Coriander, Curry, Onion, Parsley, Salt), **Wheat** Flour, Sunflower Oil, Tofu (**Soya** Beans) (4%)). Wakame Mix (Wakame, Carrots, Chives, Edamame Beans (**Soya**), Pickled onions, Spring Onions, Fresh Coriander, lemon Juice, **Sesame** Seeds, 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)). Spinach. Cucumber. Sweet Potato. **Peanuts**. Fresh Coriander. Spring Onions. Lime.

**NUTRITIONAL INFORMATION**

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>634 KJ / 151 KCAL</b>	<b>3992 KJ/952 KCAL</b>
<b>FAT</b>	<b>6.3G</b>	<b>39G</b>
<b>OF WHICH SATURATES</b>	<b>2.1G</b>	<b>13G</b>
<b>CARBOHYDRATE</b>	<b>14G</b>	<b>87G</b>
<b>OF WHICH SUGARS</b>	<b>4.2G</b>	<b>26G</b>
<b>FIBRE</b>	<b>2G</b>	<b>13G</b>
<b>PROTEIN</b>	<b>9G</b>	<b>57G</b>
<b>SALT</b>	<b>0.45G</b>	<b>2.8G</b>

**NUTRITIONAL INFORMATION**

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>820KJ/195KCAL</b>	<b>3999KJ/954KCAL</b>
<b>FAT</b>	<b>8G</b>	<b>39G</b>
<b>OF WHICH SATURATES</b>	<b>2.5G</b>	<b>12G</b>
<b>CARBOHYDRATE</b>	<b>24G</b>	<b>118G</b>
<b>OF WHICH SUGARS</b>	<b>3.7G</b>	<b>18G</b>
<b>FIBRE</b>	<b>2.6G</b>	<b>13G</b>
<b>PROTEIN</b>	<b>5.2G</b>	<b>25G</b>
<b>SALT</b>	<b>0.62G</b>	<b>3G</b>





# TERIYAKI BEEF BAO BUN

**INGREDIENTS:**

Bao Bun (Wheat Flour, Water, Sugar, Yeast, Palm Oil, Coconut Oil, Corn Starch, Salt). Beef (26%). Carrots. Teriyaki Sauce (7%) (Water, Sugar, Soy Sauce (Water, Soy Bean (Soya), Salt, Wheat Flour), Fructose Syrup, Tapioca Flour, Sugar Cane Vinegar, Colour: [E150a], Dextrose, Acidity Regulator: [E270], Stabiliser: [E415], Yeast Extract, Salt, Preservative: [E202]). Sriracha Mayo (Mayonnaise: (Vegetable oil (Sunflower), Pasteurised Egg yolk, Water, Vinegar, Sugar, Mustard, Salt, Stabiliser [E415, E412], Preservatives [E211, E202], Antioxidant [E385]). Coriander Leaves. Peanuts. Sesame Seeds.

# CRISPY CHICKEN BAO BUN

**INGREDIENTS:**

**Crispy** chicken, carrots, red cabbage, chives & chipotle mayo

**NUTRITIONAL INFORMATION**

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>1389 KJ/334 KCAL</b>	<b>3710 KJ/891 KCAL</b>
<b>FAT</b>	<b>22G</b>	<b>59G</b>
<b>OF WHICH SATURATES</b>	<b>7.5G</b>	<b>20G</b>
<b>CARBOHYDRATE</b>	<b>23G</b>	<b>62G</b>
<b>OF WHICH SUGARS</b>	<b>5.8G</b>	<b>16G</b>
<b>FIBRE</b>	<b>1.8G</b>	<b>4.9G</b>
<b>PROTEIN</b>	<b>9.6G</b>	<b>26G</b>
<b>SALT</b>	<b>1.1G</b>	<b>3G</b>

**NUTRITIONAL INFORMATION**

	PER SERVING
<b>ENERGY</b>	<b>2975KJ/ 711KCAL</b>
<b>FAT</b>	<b>34.5G</b>
<b>OF WHICH SATURATES</b>	<b>6G</b>
<b>CARBOHYDRATE</b>	<b>70.2G</b>
<b>OF WHICH SUGARS</b>	<b>13.1G</b>
<b>FIBRE</b>	<b>3.7G</b>
<b>PROTEIN</b>	<b>26.3G</b>
<b>SALT</b>	<b>3G</b>



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# CRISPY TOFU BAO BUN

**INGREDIENTS:**

Bao Bun (Wheat Flour, Water, Sugar, Yeast, Palm Oil, Coconut Oil, Corn Starch, Salt). Breading (Panko (Wheat flour, Salt, Yeast), Sesame Seeds, Oriental Seasoning (Mixed Spice, Paprika, Coriander, Curry, Onion, Parsley, Salt), Wheat Flour, Sunflower Oil, Tofu (Soya Beans) (5%)). Wakame Mix (Wakame, Carrots, Chives, Edamame Beans (Soya), Pickled onions, Spring Onions, Fresh Coriander, lemon Juice, Sesame Seeds, 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)). Pickled Cabbage (Cabbage, White Vinegar (Sulphites), Orange Juice, Sugar).

**NUTRITIONAL INFORMATION**

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>1205 KJ/286 KCAL</b>	<b>2205 KJ/523 KCAL</b>
<b>FAT</b>	<b>7.3G</b>	<b>14G</b>
<b>OF WHICH SATURATES</b>	<b>1.6G</b>	<b>2.3G</b>
<b>CARBOHYDRATE</b>	<b>45G</b>	<b>82G</b>
<b>OF WHICH SUGARS</b>	<b>6.9G</b>	<b>13G</b>
<b>FIBRE</b>	<b>2.9G</b>	<b>5.3G</b>
<b>PROTEIN</b>	<b>7.9G</b>	<b>15G</b>
<b>SALT</b>	<b>0.43G</b>	<b>0.8G</b>

# FALAFEL & HALLOUMI SALAD

Bulgar **Wheat**. Dr Juice Salad Mix (Escarole, White Cabbage, Beetroot, Rucola). Tabouleh Mix (Cherry tomatoes, Cucumber, Red Onions, Fresh Coriander, Parsley, mint). Halloumi Cheese (18%) (Cow's **Milk**, Sheep's **Milk**, Goat's **Milk**). Falafel Mix (13%) (Sunflower Oil, Chickpeas, Coriander Seeds, Cumin, Garlic, Salt, Pepper). Pomegranate.

**NUTRITIONAL INFORMATION**

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>519KJ /124KCAL</b>	<b>2327KJ/556KCAL</b>
<b>FAT</b>	<b>5.7G</b>	<b>26G</b>
<b>OF WHICH SATURATES</b>	<b>3.2G</b>	<b>14G</b>
<b>CARBOHYDRATE</b>	<b>10G</b>	<b>47G</b>
<b>OF WHICH SUGARS</b>	<b>2.2G</b>	<b>9.7G</b>
<b>FIBRE</b>	<b>1.9G</b>	<b>8.6G</b>
<b>PROTEIN</b>	<b>6.8G</b>	<b>30G</b>
<b>SALT</b>	<b>0.62G</b>	<b>2.8G</b>



# CHICKEN BURNER SALAD

**INGREDIENTS:**

Roasted chicken breast, mixed salad, avocado, cucumber, **feta**, broccoli, roasted **almonds**, quinoa, pomegranate & honey **mustard** dressing

# BEEF BURNER SALAD

**INGREDIENTS:**

Avocado. Beef (18%). Dr Juice Salad Mix (Escarole, White Cabbage, Beetroot, Rucola). Brown Rice. Quinoa. Beef Burner Dressing (Lime, Garlic, Sugar, Sriracha (Chili, Garlic, Sugar, Salt, Distilled Vinegar, Preservative [E202], Stabiliser [E415]), **Sesame** Oil, Ginger)). Chili Pepper. **Peanuts**. Pickled Onions. Spring Onions. Coriander leaves.

**NUTRITIONAL INFORMATION**

	<b>PER SERVING</b>
<b>ENERGY</b>	<b>2839 KJ/678 KCAL</b>
<b>FAT</b>	<b>38.4G</b>
<b>OF WHICH SATURATES</b>	<b>9.5G</b>
<b>CARBOHYDRATE</b>	<b>33.9G</b>
<b>OF WHICH SUGARS</b>	<b>13.8G</b>
<b>FIBRE</b>	<b>10.3G</b>
<b>PROTEIN</b>	<b>41G</b>
<b>SALT</b>	<b>1.8G</b>

**NUTRITIONAL INFORMATION**

	<b>PER 100G</b>	<b>PER SERVING</b>
<b>ENERGY</b>	<b>728 KJ/174 KCAL</b>	<b>2885 KJ/690 KCAL</b>
<b>FAT</b>	<b>8.6G</b>	<b>34G</b>
<b>OF WHICH SATURATES</b>	<b>1.9G</b>	<b>7.7G</b>
<b>CARBOHYDRATE</b>	<b>14G</b>	<b>55G</b>
<b>OF WHICH SUGARS</b>	<b>2.4G</b>	<b>9.6G</b>
<b>FIBRE</b>	<b>2.7G</b>	<b>11G</b>
<b>PROTEIN</b>	<b>9.1G</b>	<b>36G</b>
<b>SALT</b>	<b>0.11G</b>	<b>0.44G</b>



# CLASSIC CHICKEN BURGER

## INGREDIENTS:

Chicken (37%). Brioche Bun (Wheat flour, Water, Sugar, Yeast, Butter (Milk), Vegetable oil (Palm and Rapeseed), Iodised Salt, Emulsifiers [E471, E472e], Whole Milk Powder, Whey Powder (Milk), Stabiliser [E466], Dextrose, Natural Flavour, Antioxidant [E300], Enzymes (Wheat), Colouring [160a(iii), E160a(i)], Eggs)). Dr Juice Salad Mix (Escarole, White Cabbage, Beetroot, Rucola). Garlic Aioli (Soya Milk, Dijon Mustard (Water, White Wine Vinegar (Sulphites), Mustard, Salt, Modified Maize Starch, Sugar, Ground Pimento, Ground Cloves, Black Pepper), Garlic, lemon Juice, Honey, Sunflower oil, Ketchup (Water, Tomato Paste, Modified Maize Starch, Salt, Acidity Regulator [E260, E330], Preservatives [E202], Colour [E163], Sweetener [E951], Tomato Spice, Salt, Garlic Powder, Spice Extracts, Onion Concentrate, Natural Flavourings), Apple Cider Vinegar, Parsley)). Super Slaw base (Cabbage, Broccoli, Carrots, Raisins, Red Onions). Tomatoes.

### NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>844 KJ/202 KCAL</b>	<b>3417 KJ/817 KCAL</b>
<b>FAT</b>	<b>10G</b>	<b>40G</b>
<b>OF WHICH SATURATES</b>	<b>2.1G</b>	<b>8.6G</b>
<b>CARBOHYDRATE</b>	<b>13G</b>	<b>52G</b>
<b>OF WHICH SUGARS</b>	<b>4.3G</b>	<b>17G</b>
<b>FIBRE</b>	<b>1.1G</b>	<b>4.5G</b>
<b>PROTEIN</b>	<b>14G</b>	<b>59G</b>
<b>SALT</b>	<b>0.45G</b>	<b>1.8G</b>

# CRISPY KATSU BURGER

## INGREDIENTS:

Chicken Breast. Bun (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, **Sesame Seeds**, Rapeseed Oil, Black **Sesame Seeds**, Yeast, Salt, **Wheat** Flour, Fermented **Wheat** Flour, **Wheat** Gluten, Palm Oil, Colour: [E160a], Flour Treatment Agent: [E300]). Satay Curry Sauce (**Soya** Sauce, Coconut Milk, Garlic, lime, Ginger, Peanut Butter (**Peanuts**, Stabiliser [E471], Cane Sugar, **Peanut** Oil, Sea Salt), Chili powder, Honey)). Spinach. Carrots. Spring Onions. Red Cabbage. Coriander Leaves. Chili.

### NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>820 KJ/195 KCAL</b>	<b>2893 KJ/690 KCAL</b>
<b>FAT</b>	<b>8.2G</b>	<b>29G</b>
<b>OF WHICH SATURATES</b>	<b>2G</b>	<b>7G</b>
<b>CARBOHYDRATE</b>	<b>18G</b>	<b>65G</b>
<b>OF WHICH SUGARS</b>	<b>2.8G</b>	<b>10G</b>
<b>FIBRE</b>	<b>1.5G</b>	<b>5.2G</b>
<b>PROTEIN</b>	<b>11G</b>	<b>40G</b>
<b>SALT</b>	<b>0.94G</b>	<b>3.3G</b>



# SHAKSHUKA CHICKEN BURGER

## INGREDIENTS:

Chicken Breast (43%). Bun (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sesame Seeds, Rapeseed Oil, Black Sesame Seeds, Yeast, Salt, Wheat Flour, Fermented Wheat Flour, Wheat Gluten, Palm Oil, Colour: [E160a], Flour Treatment Agent: [E300]). Eggs. Shakshuka Sauce (Chorizo (Pork, Salt, Lactose (Cows' Milk), Paprika, Dextrose, Sugar, Garlic, Milk Proteins (Cows' Milk), Rosemary Extract, Paprika Extract, Acidity Regulator: [E331], Antioxidant: [E316], Preservatives: [E250, E252], Black Pepper, Oregano), Onions, Tomatoes, Cumin, Paprika, Garlic, Red Capsicum Peppers, Brown Sugar, Salt, pepper). Dr Juice Salad Mix (Escarole, White Cabbage, Beetroot, Rucola).

# VEGAN TRUFFLE BURGER

## INGREDIENTS:

Beef. Bun (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, **Sesame Seeds**, Rapeseed Oil, Black **Sesame Seeds**, Yeast, Salt, **Wheat** Flour, Fermented **Wheat** Flour, **Wheat** Gluten, Palm Oil, Colour: [E160a], Flour Treatment Agent: [E300]). Sundried Tomatoes. Onions. Tomatoes. Vegan Cheddar (Water, Modified Starch, Coconut Oil, Acidity Regulators: [E333], Salt, Natural Flavourings, Acidity Regulator: [E330], Olive Extract, Colours: [E160a, E160c], Vitamin B12). Truffle 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), Truffle Paste (2%), Garlic, **Soya** Milk, Sunflower Oil, Salt)). Dr Juice Salad Mix (Escarole, White Cabbage, Beetroot, Rucola).

### NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>722 KJ / 172 KCAL</b>	<b>2506 KJ / 595 KCAL</b>
<b>FAT</b>	<b>5.2G</b>	<b>18G</b>
<b>OF WHICH SATURATES</b>	<b>1.5G</b>	<b>5.2G</b>
<b>CARBOHYDRATE</b>	<b>11G</b>	<b>40G</b>
<b>OF WHICH SUGARS</b>	<b>1.2G</b>	<b>4.1G</b>
<b>FIBRE</b>	<b>0.7G</b>	<b>2.3G</b>
<b>PROTEIN</b>	<b>19G</b>	<b>68G</b>
<b>SALT</b>	<b>0.8G</b>	<b>2.8G</b>

### NUTRITIONAL INFORMATION

	PER 100G	PER SERVING
<b>ENERGY</b>	<b>1211KJ/291KCAL</b>	<b>3935KJ/945KCAL</b>
<b>FAT</b>	<b>19G</b>	<b>61G</b>
<b>OF WHICH SATURATES</b>	<b>5.8G</b>	<b>19G</b>
<b>CARBOHYDRATE</b>	<b>19G</b>	<b>62G</b>
<b>OF WHICH SUGARS</b>	<b>5G</b>	<b>16G</b>
<b>FIBRE</b>	<b>2.5G</b>	<b>8.2G</b>
<b>PROTEIN</b>	<b>10G</b>	<b>33G</b>
<b>SALT</b>	<b>1.2G</b>	<b>4G</b>



# CHICKEN N HALLOUMI WRAP

**INGREDIENTS:**

Tortilla Wrap (**Wheat** flour, Water, Sunflower oil, Stabilisers [E422, E412], Emulsifier [E471], Acidity Regulator [E296], Preservatives [E281, E202], Raising agent [E500], Salt). Chicken Breast (20%). Halloumi Cheese (20%) (Cow's **Milk**, Sheep's **Milk**, Goat's **Milk**). Spinach. Bulgar **Wheat**. Onions. Buffalo Sauce (Sunflower oil, Chili flakes, Sriracha (Chili, Garlic, Sugar, Salt, Distilled Vinegar, Preservative [E202], Stabiliser [E415]), Garlic, Brown Sugar, **Soya** Sauce light, Ketchup (Water, Tomato Paste, Modified Maize Starch, Salt, Acidity Regulator [E260, E330], Preservatives [E202], Colour [E163], Sweetener [E951], Tomato Spice, Salt, Garlic Powder, Spice Extracts, Onion Concentrate, Natural Flavourings), Apple Cider Vinegar, **Sesame** Oil)). Cucumber.

# VEGAN CROQUETTES

**INGREDIENTS:**

Chickpeas. Red Kidney Beans. Sweet Potatoes. Potatoes. Zucchini. Quinoa. Sweet corn. Spring Onions. Cumin. Coriander Seeds. Fenugreek. Fennel Seeds. Cloves.

**NUTRITIONAL INFORMATION**

	<b>PER 100G</b>	<b>PER SERVING</b>
<b>ENERGY</b>	<b>926 KJ / 222 KCAL</b>	<b>2585 KJ / 618 KCAL</b>
<b>FAT</b>	<b>12G</b>	<b>32G</b>
<b>OF WHICH SATURATES</b>	<b>4.5G</b>	<b>13G</b>
<b>CARBOHYDRATE</b>	<b>15G</b>	<b>42G</b>
<b>OF WHICH SUGARS</b>	<b>2.9G</b>	<b>8.1G</b>
<b>FIBRE</b>	<b>1.3G</b>	<b>3.6G</b>
<b>PROTEIN</b>	<b>14G</b>	<b>38G</b>
<b>SALT</b>	<b>1.2G</b>	<b>3.5G</b>

**NUTRITIONAL INFORMATION**

	<b>PER 100G</b>
<b>ENERGY</b>	<b>482 KJ / 114 KCAL</b>
<b>FAT</b>	<b>1.5G</b>
<b>OF WHICH SATURATES</b>	<b>0.2G</b>
<b>CARBOHYDRATE</b>	<b>18G</b>
<b>OF WHICH SUGARS</b>	<b>2.1G</b>
<b>FIBRE</b>	<b>4.4G</b>
<b>PROTEIN</b>	<b>5.3G</b>
<b>SALT</b>	<b>0.03G</b>



# SUPER SLAW

**INGREDIENTS:**

Broccoli. Cabbage. Red Onions. Carrots. Raisins. Garlic Aioli (Soya Milk, Dijon Mustard (Water, White Wine Vinegar (Sulphites), Mustard, Salt, Modified Maize Starch, Sugar, Ground Pimento, Ground Cloves, Black Pepper), Garlic, lemon Juice, Honey, Sunflower oil, Ketchup (Water, Tomato Paste, Modified Maize Starch, Salt, Acidity Regulator [E260, E330], Preservatives [E202], Colour [E163], Sweetener [E951], Tomato Spice, Salt, Garlic Powder, Spice Extracts, Onion Concentrate, Natural Flavourings), Apple Cider Vinegar, Parsley))

# POWER UP RICE

**INGREDIENTS:**

Steamed rice, edamame beans, broccoli, egg, light soy sauce

**NUTRITIONAL INFORMATION**

	<b>PER 100G</b>	<b>PER SERVING</b>
<b>ENERGY</b>	<b>327 KJ/79 KCAL</b>	<b>655 KJ/157 KCAL</b>
<b>FAT</b>	<b>3.9G</b>	<b>7.8G</b>
<b>OF WHICH SATURATES</b>	<b>0.4G</b>	<b>0.8G</b>
<b>CARBOHYDRATE</b>	<b>7G</b>	<b>14G</b>
<b>OF WHICH SUGARS</b>	<b>5.6G</b>	<b>11G</b>
<b>FIBRE</b>	<b>2.9G</b>	<b>5.8G</b>
<b>PROTEIN</b>	<b>2.4G</b>	<b>4.8G</b>
<b>SALT</b>	<b>0.31G</b>	<b>0.62G</b>

**NUTRITIONAL INFORMATION**

	<b>PER SERVING</b>
<b>ENERGY</b>	<b>1334 KJ/319 KCAL</b>
<b>FAT</b>	<b>6.5G</b>
<b>OF WHICH SATURATES</b>	<b>1.9G</b>
<b>CARBOHYDRATE</b>	<b>48.6G</b>
<b>OF WHICH SUGARS</b>	<b>3.3G</b>
<b>FIBRE</b>	<b>2.4G</b>
<b>PROTEIN</b>	<b>13.2G</b>
<b>SALT</b>	<b>3.4G</b>



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# SWEET POTATO FRIES

**INGREDIENTS:**

# FALAFEL BITES

**INGREDIENTS:**

Falafel Mix (13%) (Sunflower Oil, Chickpeas, Coriander Seeds, Cumin, Garlic, Salt, Pepper). Sweet and Spicy Tahini Sauce (Tahini (**Sesame** Seeds, **Sesame** Oil, Palm Oil, Flavouring), Lemon juice, Garlic, **Soya** sauce light, Brown Sugar, Sriracha Sauce (Chili, Garlic, Sugar, Salt, Distilled Vinegar, Preservative [E202], Stabiliser [E415]), Tamarind Paste)).

**NUTRITIONAL INFORMATION**

	<b>PER SERVING</b>
<b>ENERGY</b>	<b>1615 KJ/386 KCAL</b>
<b>FAT</b>	<b>26.3G</b>
<b>OF WHICH SATURATES</b>	<b>5.9G</b>
<b>CARBOHYDRATE</b>	<b>30.2G</b>
<b>OF WHICH SUGARS</b>	<b>11.2G</b>
<b>FIBRE</b>	<b>5.7G</b>
<b>PROTEIN</b>	<b>3.5G</b>
<b>SALT</b>	<b>0.8G</b>

**NUTRITIONAL INFORMATION**

	<b>PER 100G</b>	<b>PER SERVING</b>
<b>ENERGY</b>	<b>839 KJ/201 KCAL</b>	<b>1007 KJ/241 KCAL</b>
<b>FAT</b>	<b>11G</b>	<b>13G</b>
<b>OF WHICH SATURATES</b>	<b>1.4G</b>	<b>1.7G</b>
<b>CARBOHYDRATE</b>	<b>16G</b>	<b>19G</b>
<b>OF WHICH SUGARS</b>	<b>5.6G</b>	<b>6.8G</b>
<b>FIBRE</b>	<b>4.2G</b>	<b>5.1G</b>
<b>PROTEIN</b>	<b>7.1G</b>	<b>8.5G</b>
<b>SALT</b>	<b>1.1G</b>	<b>1.3G</b>





***FOR MORE INFORMATION  
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