



J Kart

PURE, FRESH AND DELICIOUS FRUIT JUICES

Juices are the perfect fast food for today's eat-on-the-run lifestyle. They contain all the goodness of the whole product in a condensed form. For example, a kilo of carrots can be a significant source of calcium and protein, but those ten carrots may be more than you're willing to eat at a single meal. The nutrients in juice are quickly assimilated since the body does not have to separate out of the fiber.

Fruits and vegetables provide nutrients essential for growth and renewal. They protect the body from such major diseases as cancer and heart disease. Some are high in substances called anti-oxidants, such as beta carotene, Vitamins C and E and selenium, which are nutrients that protect cell membranes from the damage of free radicals.

Fruits and vegetables can be your best non-prescription drugs. Remember, only fruits and vegetables, not pills or supplements, can give you phytochemicals and nutrients in the healthy combinations nature intended. Doctors recommend at least five servings of fruits and vegetable per day.

J Kart has created a delicious range of juices that not only taste divine but they also help to boost your health, skin and energy levels. They're really too good to resist!

Start your day with fresh, pure and delicious fruit juice! You can make your schedule of different juices each day and we will deliver it at your doorstep at the time specified by you!! Become member of **J Kart Health Club** and ask our nutritionist to design a schedule for you. We have specialized juices program for weight loss/gain, diabetes, skin-care, immunity, digestion etc.

Call **9833790043 / 40063004** to find out about monthly packages!

Shop No.2, Beside Olive Restaurant & Bar, Amjad Khan Chowk, Union Park
Off Carter Road, Khar West, Mumbai 4000 52. www.jkartindia.com

We strive to provide you with a fresh, healthy, organic alternative to caffeine and fast food.
We are committed to pursue only the highest quality ingredients and to share with you only the best all-natural goodness with no preservatives, flavours, or colours.



Call 9833790043 / 40063004
email juices@jkartindia.com

P1	Coconut Water-Papaya	35
P2	Papaya-Pineapple	35
P3	Coconut Water-Pineapple	35
P4	Coconut Water	20
P5	Papaya-Muskmelon	40
P6	Papaya-Apple-Pineapple-Grapes	55
P7	Papaya-Orange-Banana	45
P8	Coconut Milk-Mango	55
OP2	Apple	55
OM7	Apple-Lemon Drink	55
OM8	Apple-Pineapple-Strawberry	55
OM4	Grapes-Apple-Lime	55
OM9	Granny Smith-Green Grapes	65
OM10	Minty-Ginger- Granny Smith	65
OP3	Black Grapes	45
OP4	Pomegranate	65
OM1	Grapes-Pineapple-Pear-Apple	55
OM2	Pomegranate-Grapefruit-Orange	65
OM3	Pomegranate-Grapes-Sweet lime	55
OM4	Grapes-Apple-Lime	55
OM5	Grapes-Pomegranate-Orange	50
OM6	Pomegranate-Strawberry	65
C1	Carrot	30
C2	Carrot-Spinach-Tomato-Mint	35
C3	Carrot-Ginger-Pineapple	35
C4	Carrot-Cucumber-Beet	35
C5	Carrot-Celery-Cabbage	45
C6	Carrot-Strawberry	55
C7	Carrot-Lemon-Apple-Cabbage-Ginger	55
C8	Carrot-Beet-Celery-Spinach-Parsley-Ginger	65
OM19	Spinach-Pineapple-Apple	55
OM20	Lettuce-Apple-Orange-Lemon	65
OM21	Spirulina-Banana-Kiwifruit-Apple	110
OM26	Wheatgrass shot	110
OM27	Bitter Gourd shot	35
OP7	Lemon Juice	20



OP6	Watermelon	30
OP8	Melon	35
OP1	Pineapple	35
OM11	Pineapple-Sweet lime	35
OM12	Pineapple Crush	45
OM22	Pineapple-Cucumber-Apple	45
G1	Guava	35
G2	Guava Shake	45
G4	Raspberry-Pear-Banana	65
G5	Raspberry-Orange-Strawberry-Mint	65
OP9	Litchi	55
OM23	Sapodilla (Chico) Shake	45
B1	Banana Milk Shake	55
B2	Banana Cream Slush	55
B3	Banana Punch	65
B5	Banana-Orange-Strawberry	65
B6	Banana-Apple-Strawberry	65
OM24	Mango Shake	65
OM25	Mango-Apple Shake	60
B4	Mango-Banana-Pineapple	55
O1	Orange	35
O2	Sweet lime	35
O3	Orange-Sweet lime	40
O4	Orange-Sweet Lime-Pineapple	45
O5	Orange-Mint	40
O6	Orange-Ginger-Apple-Carrots	55
O7	Orange-Pineapple-Apple	45
O8	Orange-Muskmelon-Lemon-Parsley	65
OP5	Pear	35
OM13	Gingered Pear	45
OM14	Plum-Pineapple	50
OM15	Plum-Peach	55
OM16	Plum-Peach-Pineapple	55
OM17	Pear-Lime-Grapes	45
OM18	Pear-Apple-Mint	55

- Fruits should be eaten in an empty stomach, not as desert after a meal.
- Try a 3-day fruit fast to detoxify and rejuvenates your body!
- Drink only fresh fruit juice, not what is available from the cans..
- Don't drink juice that has been heated. Don't eat cooked fruits because you don't get any nutrients.



Fresh fruit can be delivered to your door.

Call **9833790043** to check this week's price.



FRUIT	Energy	Fat	Protein	Sugar	Sod	Pot	Cal	Iron	Zinc
100 g.	kJ/Kcal	g	g	g	mg	mg	mg	mg	mg
Apple	207/49	0	0.4	11.8	2	121	4	0.2	0.04
Banana	375/88	0	1.2	20.4	2	357	5	0.4	0.15
Carrots	48 /11	0	0.6	2.2	35	218	29	0.4	0.17
Cherry	221/52	0	0	13	2	240	20	0.5	0.06
Date	1275/300	0	2	73	10	600	70	1.5	0.3
Grapes	274/64	0	0.6	15.5	5	210	14	0.3	0.06
Guava	306/72	0	1.0	17.0	4	290	20	0.7	0.2
Kiwi Fruit	168/40	0	1.1	8.8	5	330	29	0.3	0.1
Lemon	51/12	0	0	3	5	150	10	0.1	0.1
Lime	156/37	0	0	7	9	179	25	0.4	0.1
Lychee	323/76	0	1	18	2	182	9	0.4	0.2
Mango	255/60	0	0	15	3	214	10	0.8	0.3
Water Melon	153/36	0	1	8	0	158	10	0.4	0.1
Melon	122/29	0	0.9	6.3	20	350	13	0.6	0.17
Orange	198/47	0	1	10.6	4	147	37	0.1	0.07
Papaya	136/32	0	0	8	4	221	20	0.4	0.3
Passion Fruit	158/37	0.4	2.6	5.8	19	200	11	1.3	0.8
Peach	151/36	0	1	7.9	5	182	4	0.2	0.1
Pear	201/47	0	0.3	11.5	2	114	6	0.1	0.06
Pineapple	211/50	0	0.4	12	2	200	12	0.4	0.1
Pomegranate	343/81	0	1	17	7	290	8	0.5	0.4
Plum	177/42	0	0.8	9.6	2	197	8	0.3	0.09
Strawberry	99/23	0	0.7	5.1	1	189	15	0.5	0.12
Tomato	48/11	0	0.9	1.9	10	256	10	0.3	0.15

FRUIT	Water	Fiber	vit A	vit.C	vit.B1	vit.B2	vit.B6	vit.E
100 g.	%	g	ug	mg	mg	mg	mg	mg
Apple	84	2.3	2	15	0.02	0.01	0.05	0.5
Banana	76	2.7	3	10	0.04	0.03	0.36	0.3
Carrots	92	3.3	312	2	0.03	0.04	0.08	0.2
Cherry	86	1.2	40	10	0.02	0.02	0.04	0.1
Date	20	7.5	0	0	0.05	0.1	0.1	0.7
Grapes	83	2.2	0	3	0.03	0.01	0.08	0.6
Guava	81	5.3	30	218	0.04	0.04	0.14	-
Kiwi Fruit	84	2.1	5	70	0.01	0.02	0.12	1.9
Lemon	96	1.8	0	40	0.06	0.02	0.04	0.8
Lime	91	0.3	0	40	0.03	0.02	0.08	-
Lychee	82	1.5	0	39	0.05	0.05	-	-
Mango	84	1	210	53	0.05	0.06	0.13	1
Water Melon	93	0.6	30	6	0.04	0.05	0.07	-
Melon	89	0.6	7	32	0.05	0.02	0.1	0.2
Orange	87	1.8	2	49	0.07	0.03	0.06	0.1
Papaya	91	0.6	40	46	0.03	0.04	0.04	-
Passion Fruit	88	3.3	125	23	0.03	0.12	-	0.5
Peach	89	1.4	15	7	0.01	0.02	0.02	0
Pear	86	2.1	0	4	0.01	0.01	0.02	0.1
Pineapple	84	1.2	20	25	0.07	0.02	0.09	0.1
Pomegranate	82	3.4	10	7	0.05	0.02	0.31	-
Plum	84	2.2	18	5	0.02	0.03	0.1	0.7
Strawberry	91	2.2	10	60	0.02	0.03	0.06	0.4
Tomato	97	1.4	140	15	0.05	0.02	0.08	0.7

