Strong Achievements . Based on Long Experience

All right reserved, copyright, MNTRA FOOD GROUP

02	Our Certificates Our Market				
04	Vision, Mission Vegetables				
06	Fruits				
07	Our Products				

MNTRA

Welcome to MNTRA, where a legacy of over three decades in the FMCG sector is the foundation of our journey. Born from visionary leadership, MNTRA Food Group stands as a symbol of trust and quality in the Food Industry. As a distinguished Co-Manufacturing and private label supplier of IQF and concentrates in Egypt, ourstory unfolds with collaborative success and mutual growth at its core.

Our commitment to excellence begins with the careful selection of fresh produce, chosen for its exceptional quality and flavor. Using cutting-edge technology, we individually quick freeze each product, locking in freshness and nutritional value. This meticulous process, fortified by stringent quality control methods, ensures that every MNTRA product not only meets but exceeds the highest standards.

At MNTRA, success is more than a business achievement—it's a result of visionary leadership and robust partnerships cultivated over the years. These alliances extend beyond transactions, forming the bedrock of our operations and fostering an environment of mutual respect and shared goals. Through collaborative efforts, we consistently deliver exceptional products and services to our esteemed customers.

Discover a world of nourishing food products crafted with care, responsibility, and sustainability. MNTRA Food Group invites you to experience the essence of trust, quality, and excellence in every bite.



Vision, Mission

VISION

Striving to become a global leader in providing nourishing food products through safe, responsible, and sustainable practices.

MISSION

At MNTRA Food Group, our mission goes beyond the creation of food products. We are dedicated to enriching the daily lives of our customers by offering exceptional food choices. Our commitment extends to enhancing well-being, ensuring quality, and fostering sustainability in everything we do.

Our Certificates





MOLOKHIA



MOLOKHIA

Strong Achievements . Based on Long Experience

Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size 100 g Amount per serving	
Calories 20	Clories from fat 10
% Daily \	/alue*
Total fat 1 g	1%
Saturated fat og	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 12 mg	1%
Total Carbohydrates 1 g	7%
Dietary Fibers 2 g	
Sugars 0 g	
Protein 2 g	
Vitamin A 10%	Vitamin C 20%
Calcium 1%	Iron 4%
* Percent Daily Values are calorie diet. Your daily v or lower depending on y	alues may be higher

Cubes Minced Leaves With Takliya

• Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg Cont Capacity
Capacity (non Palletized): 23.2 Tons - 26 Tons
All Year
Capacity (Palletized): 20.8 Tons - 24 Tons

Season

Jan Feb

Apr

Mar

ay

Jul

Aug S

Sep

Oct

Dec

Nov

SPINACH



Errorg Adhrennens. Band en Lang Experience

Nutrition Facts: per 100g serving

Nutrition Facts

C-I-ui aa	01	-+ 0
Calories 30	Clories from f	atu
<u> </u>	/alue*	
Total fat O g		0%
Saturated fat 0 g		1%
Trans Fat 0g		
Cholesterol 0 mg		0%
Sodium 13 mg		1%
Total Carbohydrates 4 g		1%
Dietary Fibers 5 g		20%
Sugars O g		
Protein 2 g		
Vitamin A 9%	Vitamin C	21%
Calcium 1%	Iron	10%

calorie diet. Your daily values may be higher or lower depending on your calorie needs

SPINACH

Packaging Cont Capacity Availability Retail: 400g - 800g Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Food Services : 400g - 1 kg - 2.5 kg - 10 kg Capacity (Palletized): 20.8 Tons - 24 Tons Season May Jul Oct Nov Dec Jan Feb Mar Apr Jun Aug Sep

GREEN BEANS





Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size Amount per se					
Calories 85	•		Clorie	es from	fat 40
	% Da	ily Va	ue*		
Total fat 4.6					4%
Saturated fa	it 0.7 g				0%
Trans Fat 0	q				
Cholesterol	0 mg				0%
Sodium 0 mg					0%
Total Carbohy	drates 9.4 c				3%
Dietary Fibe	rs 2.8g				
Sugars 4.8g	1				
Protein 1.6 g					
Vitamin A	3%		V	itamin C	20%
Calcium	5%		ir	on	7%
* Percent D	aily Values	are	based o	n a 200	0

calorie diet. Your daily values may be higher or lower depending on your calorie needs





Packaging

Retail: 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons **All Year** Capacity (Palletized): 20.8 Tons - 24 Tons



Jan Feb

Δn

Mar

Mav

Jul

Jun

Aug

Sep

Oct

Dec

Availability

MIXED VEGETABLES





Mar

Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size 100 g		
Amount per serving		
Calories o	Clories from fa	t 0
% Daily Va	alue*	
Total fat O g		0%
Saturated fat 0 g		0%
Trans Fat 0g		
Cholesterol 0 mg		0%
Sodium O mg		0%
Total Carbohydrates Og		0%
Dietary Fibers O g		0%
Sugars O g		
Protein Og		
Vitamin A 0%	Vitamin C	0%
Calcium 0%	Iron	0%
* Percent Daily Values are calorie diet. Your daily va or lower depending on yo	lues may be hi	gher

MIXED VEGETABLES





• Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

Jan

• Cont Capacity

Ma

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

Season

Aug



ep Oct



Nov

Availability

GREEN PEAS





Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size 100 g Amount per serving	
Calories o	Clories from fat 110
% Daily	Value*
Total fat O g	0%
Saturated fat 0 g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 9 mg	0%
Total Carbohydrates 21 g	7%
Dietary Fibers 5 g	
Sugars O g	
Protein 6 g	
Vitamin A 11%	Vitamin C 19%
Calcium 1%	Iron 2%
* Percent Daily Values a	

calorie diet. Your daily values may be higher or lower depending on your calorie needs

GREEN PEAS

• Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

Cont Capacity

May

Availability

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

Aug

Season



Apr

Mar

n			

Ju

Jul

Sep

р

Oct

Dec

Nov

PEAS & CARROT





Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size 100 g		
Amount per serving		
Calories o	Clories from fa	t 0
% Daily	Value*	
Total fat O g		0%
Saturated fat 0 g		0%
Trans Fat 0g		
Cholesterol 0 mg		0%
Sodium O mg		0%
Total Carbohydrates O g		0%
Dietary Fibers O g		0%
Sugars O g		
Protein Og		
Vitamin A 0%	Vitamin C	0%
Calcium 0%	Iron	0%

calorie diet. Your daily values may be higher or lower depending on your calorie needs

PEAS & CARROT

• Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

• Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

Season

Jan Feb

Apr

Mai

May

Jun

Jul

Sep

Aua

o Oct



Νον

Availability

OKRA



Nutrition Facts: per 100g serving

Nutrition Facts Serving Size 100 g Amount per serving Calories 50 Clories from fat 10 % Daily Value* Total fat 1 g 1% 0% Saturated fat og Trans Fat 0g Cholesterol 0 mg 0% Sodium 14 mg <u>1%</u> 3% Total Carbohydrates 8 g 16% **Dietary Fibers 4g** Sugars Og Protein 3 g 9% Vitamin C 10% Vitamin A 1% 1% Calcium Iron * Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Okra Okra Okra Okra Zero Fine Royal OKRA Extra Okra Green Okra Sliced Cont Capacity Packaging Availability Retail: 400g - 800g Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Food Services : 400g - 1 kg - 2.5 kg - 10 kg Capacity (Palletized): 20.8 Tons - 24 Tons Season Feb Jan Mar Apr Oct Nov Mav Dec Л Aud

BROCCOLI



Etong Achievements. Based on Long Experience

Nutrition Facts: per 100g serving

Nutrition Facts

or lower depending on v

Serving Size 100 g Amount per serving	
Calories 60	Clories from fat 40
% Daily	Value*
Total fat 4 g	6%
Saturated fat 0 g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 7 mg	0%
Total Carbohydrates 3 g	1%
Dietary Fibers 3 g	10%
Sugars 1 g	
Protein 3 g	
Vitamin A 10%	Vitamin C 35%
Calcium 1%	Iron 1%
* Percent Daily Values an calorie diet. Your daily	

BROCCOLI

Availability Packaging • Cont Capacity **All Year** Retail: 400g x 15 bags **Capacity (non Palletized): 15 Tons** Food Services : 400g - 1 kg - 2.5 kg - 10 kg **Capacity (Palletized): 12 Tons** Season Mav Jun Sep Nov Dec Feb Mar Apr Jul Aug Oct Jan

CAULIFLOWER





Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size 100 g Amount per serving	
Calories 20	Clories from fat 0
% Daily	/ Value*
Total fat 0 g	0%
Saturated fat 0 g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 7 mg	0%
Total Carbohydrates 4 g	1%
Dietary Fibers 2 g	9%
Sugars 2 g	- / -
Protein 1 g	
Vitamin A 1%	Vitamin C 18%
Calcium 1%	Iron 1%
* Percent Daily Values	are based on a 2000

calorie diet. Your daily values may be higher or lower depending on your calorie needs

CAULIFLOWER

Availability Packaging Cont Capacity **All Year** Retail: 400g x 15 bags **Capacity (non Palletized): 15 Tons** Food Services : 400g - 1 kg - 2.5 kg - 10 kg **Capacity (Palletized): 12 Tons** Season Feb Mar May Jun Jul Oct Nov Apr Aug Sep Dec Jan

COLCASIA (TARO)





COLCASIA (TARO)

Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size 100 g Amount per serving	
Calories 60	Clories from fat 30
% Dail	y Value*
Total fat 3 g	5%
Saturated fat 0 g	1%
Trans Fat og	
Cholesterol 0 mg	0%
Sodium 7 mg	0%
Total Carbohydrates 5 g	2%
Dietary Fibers 4 g	16%
Sugars O g	
Protein 2 g	
Vitamin A 9%	Vitamin C 21%
Calcium 1%	Iron 0%

calorie diet. Your daily values may be higher or lower depending on your calorie needs

Cubes

• Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

Cont Capacity

Availability

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

Auc

Season

Jan

Mar

Feb

Apr

May Jun

Jul

s

Sep

Nov

Oct

ARTICHOKE



Storg Achievenets - Based on Lang Experience

Nutrition Facts: per 100g serving

Nutrition Facts

Amount per serving	
Calories 70	Clories from fat 20
% Dai	ily Value*
Total fat 2 g	4%
Saturated fat 0 g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 11 mg	0%
Total Carbohydrates 9 g	3%
Dietary Fibers 4 g	17%
_Sugars O g	
Protein 2 g	
Vitamin A 7%	Vitamin C 19%
Calcium 0%	Iron 0%

calorie diet. Your daily values may be higher or lower depending on your calorie needs

ARTICHOKE

• Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

Cont Capacity

• Availability

Nov

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

Aua

Season

Jan Feb

Mar

Apr

lay	

Jun

Jul

Sep

p Oct

EGGPLANT



String Achievements . Based on Long Experience

Nutrition Facts: per 100g serving

Nutrition Facts

Calories 85	Clories from fat 41
Calolles \$2	Ciories Irolli lat 41
%	Daily Value*
Total fat 4.6 g	4%
Saturated fat 0.7 g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium O mg	0%
Total Carbohydrates S	l.4 g 3%
Dietary Fibers 2.8g	
Sugars 4.8g	
Protein 1.6 g	
Vitamin A 3%	Vitamin C 20%
Calcium 5%	Iron 7%

EGGPLANT

• Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

Cont Capacity

• Availability

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

Aua

Season

Jan

Feb

Apr

Mar

Мау

Jun

Jul

Sep

o Oct

Dec

Nov

ONION



Storg Achievenets . Based on Long Experience

Nutrition Facts: per 100g serving

Nutrition Facts

Calories o	Clories from fat 0
	ailv Value*
Total fat O g	0%
Saturated fat 0 g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium O mg	0%
Total Carbohydrates O	g 0%
Dietary Fibers O g	0%
Sugars O g	
Protein Og	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

calorie diet. Your daily values may be higher or lower depending on your calorie needs



Packaging

ONION

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

Jan

Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

Season

May

Jul

ug

Sep

Oct

Nov

Availability

SWEET CORN





Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size 100 g Amount per serving		
Calories 0	Clories from fat	0
% Daily V	alue*	
Total fat O g		0%
Saturated fat 0 g		0%
Trans Fat 0g		
Cholesterol 0 mg		0%
Sodium O mg		0%
Total Carbohydrates 0 g		0%
Dietary Fibers O g		0%
Sugars O g		
Protein Og		
Vitamin A 0%	Vitamin C	0%
Calcium 0%		0%
* Percent Daily Values are		hor

or lower depending on your calorie needs

SWEET CORN

Packaging

Retail: 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons Capacity (Palletized): 20.8 Tons - 24 Tons

Availability

All Year

Season

Jan

Mar

Feb

Apr

May

Jun

Jul



Nov

Oct

STRAWBERRY



Strong Achievements . Based on Long Experience

Nutrition Facts: per 100g serving

Nutrition Facts

Calories 30	Clories from fat (
	⁄o Daily Value*	
Total fat 0 g		0% 0%
Saturated fat O g		0%
Trans Fat 0g		20/
Cholesterol 0 mg		0%
Sodium 1 mg		0%
Total Carbohydrate		2%
Dietary Fibers 2	g i	8%
Sugars 4 g		
<u>Protein 1 g</u>		
Vitamin A 8%	Vitamin C 2	
Calcium 1%	Iron	<u>0%</u>
Calcium 1%	Iron	<u>0%</u>
Calcium 1%	Iron	<u>0%</u>
Calcium 1%		<u>0%</u>
Calcium 1%	Iron	<u>0%</u>
Calcium 1%	Iron	<u>0%</u>
Calcium 1%	Iron	<u>0%</u>
Calcium 1% * Percent Daily V calorie diet, Yo or lower deper	Iron Yalues are based on a 2000 ur daily values may be high dding on your calorie needs	<u>0%</u> ner
Calcium 1%	Iron Yalues are based on a 2000 ur daily values may be high dding on your calorie needs	<u>0%</u>
Calcium 1% * Percent Daily V calorie diet, Yo or lower deper	Iron Yalues are based on a 2000 ur daily values may be high dding on your calorie needs	<u>0%</u> ner
Calcium 1% * Percent Daily V calorie diet, Yo or lower deper	Iron Yalues are based on a 2000 ur daily values may be high dding on your calorie needs	<u>0%</u> ner

Packaging

STRAWBERRY

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg Capacity (non Palletized): 23.2 Tons - 26 Tons Capacity (Palletized): 20.8 Tons - 24 Tons

Season

Jan

Mar

Apr

May Jun

Cont Capacity

Jul

Aug

Sep

Oct

C

Nov

All Year

MANGO

Storg Achievements . Based on Long Experience



Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size 100 g Amount per serving	
	lories from fat 3.4
% Daily Valu	
Total fat 0.4g	1%
Saturated fat 0.1g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Total Carbohydrates 15 g	5%
Dietary Fibers 1.6 g	6%
Sugars 16g	
Protein 0.8g	1///
Vitamin A 22% Calcium 1%	Vitamin C 61% Iron 1%
* Percent Daily Values are ba	
Peeled Whole Cul	bes Sliced
Mashed Chunks	• Ava
alletized): 23.2 Tons -	26 Tons All
ized):20.8 Tons - 24 T	ons

MANGO

Packaging

Retail: 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg **Capacity** (non Pa **Capacity** (Palleti

ailability

Year

Season

Jan

Mar

Feb

Apr

May Jun

Cont Capacity

Jul

Aud



Oct

Nov

POMEGRANATE





Nutrition Facts: per 100g serving

Nutrition Facts

Amount per serving		
Calories 83	Clories from fat	11
<u> </u>	y Value*	
Total fat 1 g		2%
Saturated fat 0.1 g		1%
Trans Fat og		
Cholesterol 0 mg		0%
Sodium 3 mg		0%
Total Carbohydrates 19 g		6%
Dietary Fibers 4.0 g	1	6%
Sugars 14g		
Protein 1.7 g		
Vitamin A 0%	Vitamin C 1	7%
Calcium 1%	Iron	1%

calorie diet. Your daily values may be higher or lower depending on your calorie needs

POMEGRANATE

• Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

• Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons Capacity (Palletized): 20.8 Tons - 24 Tons

Availability

All Year

Season

Jan

Mar

Feb

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

GUAVA



Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size 100 g	
Amount per serving	
Calories 68	Clories from fat 8.5
% Dail	y Value*
Total fat 1 g	1%
Saturated fat 0.3g	1%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 2 mg	0%
Total Carbohydrates 14 g	5%
Dietary Fibers 5.4 g	22%
Sugars 9 g	
Protein 2.6g	
Vitamin A 12%	Vitamin C 381%
Calcium 1%	Iron 1%
* Percent Daily Values	are based on a 2000

Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs



Packaging

GUAVA

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons A Capacity (Palletized): 20.8 Tons - 24 Tons

Availability

All Year

Season

Jan

Feb

Mar

Apr

May

Jul



Se

Sep

Nov

Oct

FIGS



Strong Achievements . Rased on Long Experience

Nutrition Facts: per 100g serving

Nutrition Facts

Serving Size 100 g Amount per serving Calories 74	Clories from fat	2.6
% Daily	∕Value*	
Total fat 0.3g		0%
Saturated fat 0.1 g		0%
Trans Fat 0g		
Cholesterol 0 mg		0%
Sodium 1 mg		0%
Total Carbohydrates 19 g		7%
Dietary Fibers 4.0 g	1	6%
Sugars 16.2 g		
Protein 0.8 g		
Vitamin A 2.8%	Vitamin C 3	.4%
Calcium 2.6%	Iron	2%
* Percent Daily Values a	are based on a 2000	

calorie diet. Your daily values may be higher or lower depending on your calorie needs



Packaging

FIGS

Retail: 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons Capacity (Palletized): 20.8 Tons - 24 Tons

Availability

All Year

Season

Jan

Feb

Apr

Mar

May Jun Ju



Oct

Nov

OUR PRODUCTS























OUR PRODUCTS























OUR PRODUCTS















Mohamm**ê**d Ghazali St.Dokki Cairo Egypt Tel.: + 002-01110009770 / +002-01002106067 Email : Info@mntraeg.com Info@mntraeg.com



WWW.MNTRAEG.COM