

# mntrao<sup>®</sup>

Strong Achievements . Based on Long Experience



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# 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, our story 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

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## 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



**U S FOOD & DRUG  
ADMINISTRATION**



**ISO 22000:2018**  
INTERNATIONAL ORGANIZATION  
FOR STANDARDIZATION



**ISO 9100:2015**  
INTERNATIONAL ORGANIZATION  
FOR STANDARDIZATION



**IAF**  
INTERNATIONAL ACCREDITATION  
FORUM



**BRCGS**  
THE FOOD SAFETY GLOBAL  
STANDARD



**EOS**  
EGYPTIAN ORGANIZATION  
FOR STANDARDS & QUALITY

# Our Market





Nutrition Facts: per 100g serving

## Nutrition Facts

Serving Size 100 g		
Amount per serving		
Calories 20	Clories from fat 10	
% Daily Value*		
Total fat 1 g		1%
Saturated fat 0 g		0%
Trans Fat 0 g		
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 based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

## MOLOKHIA

- 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

Capacity (Palletized): 20.8 Tons - 24 Tons

- **Availability**

All Year

- **Season**

- Jan
- Feb
- Mar
- Apr
- May
- Jun
- Jul
- Aug
- Sep
- Oct
- Nov
- Dec

# Vegetables

# SPINACH



Nutrition Facts: per 100g serving

## Nutrition Facts

Serving Size 100 g	
Amount per serving	
Calories 30	Clories from fat 0
<b>% Daily Value*</b>	
Total fat 0 g	0%
Saturated fat 0 g	1%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 13 mg	1%
Total Carbohydrates 4 g	1%
Dietary Fibers 5 g	20%
Sugars 0 g	
Protein 2 g	
Vitamin A 9%	Vitamin C 21%
Calcium 1%	Iron 10%

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

## SPINACH

### • 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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



## GREEN BEANS

Nutrition Facts: per 100g serving

### Nutrition Facts

Serving Size 100 g		
Amount per serving		
<b>Calories</b> 85	Clories from fat 40	
<b>% Daily Value*</b>		
Total fat 4.6 g		4%
Saturated fat 0.7g		0%
Trans Fat 0g		
Cholesterol 0 mg		0%
Sodium 0 mg		0%
Total Carbohydrates 9.4 g		3%
Dietary Fibers 2.8g		
Sugars 4.8g		
Protein 1.6g		
Vitamin A 3%	Vitamin C 20%	
Calcium 5%	Iron 7%	

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

Whole

Cut

- **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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



# Vegetables

# MIXED VEGETABLES



Nutrition Facts: per 100g serving

## Nutrition Facts

Serving Size 100 g	
Amount per serving	
Calories 0	Clories from fat 0
<b>% Daily Value*</b>	
Total fat 0 g	0%
Saturated fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 0 g	0%
Dietary Fibers 0 g	0%
Sugars 0 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

## MIXED VEGETABLES

### • 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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Peas & Carrots

Mix 3 way

Mix 4 way

Vegetables Soup



Nutrition Facts: per 100g serving

## Nutrition Facts

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

\* Percent Daily Values are based on a 2000 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**

Capacity (non Palletized): 23.2 Tons - 26 Tons

Capacity (Palletized): 20.8 Tons - 24 Tons

- **Availability**

All Year

- **Season**





Nutrition Facts: per 100g serving

## Nutrition Facts

Serving Size 100 g	
Amount per serving	
Calories 0	Clories from fat 0
% Daily Value*	
Total fat 0 g	0%
Saturated fat 0 g	0%
<i>Trans Fat</i> 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrates 0 g	0%
Dietary Fibers 0 g	0%
Sugars 0 g	
Protein 0 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2000 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

Capacity (Palletized): 20.8 Tons - 24 Tons

- **Availability**

All Year

- **Season**

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



## OKRA

- **Packaging**

Retail : 400g - 800g

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

- **Season**

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

- **Cont Capacity**

Capacity (non Palletized): 23.2 Tons - 26 Tons

Capacity (Palletized): 20.8 Tons - 24 Tons

- **Availability**

All Year

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%		
Saturated fat 0 g	0%		
Trans Fat 0 g			
Cholesterol 0 mg	0%		
Sodium 14 mg	1%		
Total Carbohydrates 8 g	3%		
Dietary Fibers 4g	16%		
Sugars 0 g			
Protein 3 g			
Vitamin A 9%		Vitamin C 10%	
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

Okra  
Zero

Okra  
Extra

Okra  
Fine

Okra  
Royal

Green  
Okra

Okra  
Sliced

# Vegetables

# BROCCOLI



Nutrition Facts: per 100g serving

## Nutrition Facts

Serving Size 100 g	
Amount per serving	
Calories 60	Clories from fat 40
<hr/>	
% Daily Value*	
Total fat 4 g	6%
Saturated fat 0 g	0%
Trans Fat 0 g	
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 are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

## BROCCOLI

- **Packaging**

Retail : 400g x 15 bags

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

- **Cont Capacity**

Capacity (non Palletized): 15 Tons

Capacity (Palletized): 12 Tons

- **Availability**

All Year

- **Season**

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



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 0 g	
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

- Packaging

Retail : 400g x 15 bags

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

- Cont Capacity

Capacity (non Palletized): 15 Tons

Capacity (Palletized): 12 Tons

- Availability

All Year

- Season

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



Nutrition Facts: per 100g serving

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

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

Cubes

## COLCASIA ( TARO)

- **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**





Nutrition Facts: per 100g serving

## Nutrition Facts

Serving Size 100 g	
Amount per serving	
Calories 70	Clories from fat 20
% Daily Value*	
Total fat 2 g	4%
Saturated fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 11 mg	0%
Total Carbohydrates 9 g	3%
Dietary Fibers 4 g	17%
Sugars 0 g	
Protein 2 g	
Vitamin A 7%	Vitamin C 19%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2000 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**

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

Capacity (Palletized): 20.8 Tons - 24 Tons

- **Availability**

- **Season**

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec





Nutrition Facts: per 100g serving

## Nutrition Facts

Serving Size 100 g		
Amount per serving		
<b>Calories</b> 85	Clories from fat 41	
	% Daily Value*	
Total fat 4.6 g		4%
Saturated fat 0.7g		0%
Trans Fat 0g		
Cholesterol 0 mg		0%
Sodium 0 mg		0%
Total Carbohydrates 9.4 g		3%
Dietary Fibers 2.8g		
Sugars 4.8g		
Protein 1.6g		
Vitamin A 3%	Vitamin C	20%
Calcium 5%	Iron	7%

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

## EGGPLANT

- **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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



Nutrition Facts: per 100g serving

## Nutrition Facts

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

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

Cubes

Rings

## ONION

- 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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



Nutrition Facts: per 100g serving

## Nutrition Facts

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

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher 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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



## STRAWBERRY

Nutrition Facts: per 100g serving

### Nutrition Facts

Serving Size 100 g		
Amount per serving		
Calories 30		Clories from fat 0
	% Daily Value*	
Total fat 0 g		0%
Saturated fat 0 g		0%
<i>Trans Fat</i> 0 g		
Cholesterol 0 mg		0%
Sodium 1 mg		0%
Total Carbohydrates 7 g		2%
Dietary Fibers 2 g		8%
Sugars 4 g		
Protein 1 g		
Vitamin A 8%		Vitamin C 21%
Calcium 1%		Iron 0%

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

Cap-on

Whole

Halves

Sliced

Mashed

Diced

- 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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

# Fruits

# MANGO



Nutrition Facts: per 100g serving

## Nutrition Facts

Serving Size 100 g	
Amount per serving	
Calories 60	Clories from fat 3.4
% Daily Value*	
Total fat 0.4g	1%
Saturated fat 0.1g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Total Carbohydrates 15 g	5%
Dietary Fibers 1.6 g	6%
Sugars 16g	
Protein 0.8g	
Vitamin A 22%	Vitamin C 61%
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

## MANGO

### • 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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Peeled

Whole

Cubes

Sliced

Mashed

Chunks



### Nutrition Facts: per 100g serving

Nutrition Facts	
Serving Size 100 g	
Amount per serving	
Calories 83	Clories from fat 11
% Daily Value*	
Total fat 1 g	2%
Saturated fat 0.1g	1%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 3 mg	0%
Total Carbohydrates 19 g	6%
Dietary Fibers 4.0 g	16%
Sugars 14 g	
Protein 1.7 g	
Vitamin A 0%	Vitamin C 17%
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

## 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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



Nutrition Facts: per 100g serving

## Nutrition Facts

Serving Size 100 g	
Amount per serving	
Calories 68	Clories from fat 8.5
% Daily 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 2.6 g	
Vitamin A 12%	Vitamin C 381%
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

Cubes

Halves

## GUAVA

- 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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



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 0.1g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrates 19g		7%
Dietary Fibers 4.0g		16%
Sugars 16.2g		
Protein 0.8g		
Vitamin A 2.8%	Vitamin C 3.4%	
Calcium 2.6%	Iron 2%	

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

Whole

Halves

## FIGS

- **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

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec



# OUR PRODUCTS



# OUR PRODUCTS



# OUR PRODUCTS



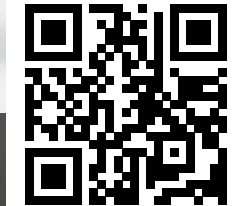
# mntraeg®

Strong Achievements . Based on Long Experience

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