

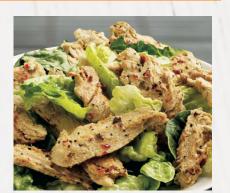
# PLANT-BASED MEAT & FISH ALTERNATIVES

Suprême™ Plant-based Burger



Plant-based Ground Be'f







Plant-based Golden F'sh Filets

Plant-based Breakfast

Saus'ge Patties

Plant-based Chick'n Breast



Plant-based Meatballs



Plant-based Breaded





# PLANT-BASED PRODUCTS



Gardein offers a wide variety of delicious plant-based meat and fish alternatives that can be easily swapped into any traditional recipe. Gardein has an alternative to chicken, beef, pork, fish, and seafood. Explore the endless opportunities to create delicious plant-based menu options that cook, look and taste like its traditional counterpart.



# FAVOURITE ADE MEATLESS



PRODUCT DESCRIPTION	GTIN	PRODUCT CODE	CASE PACK	GROSS CASE WEIGHT
Suprême™ Plant-based Burger	0 08 74267 00184 7	7426700184	40   4 oz.	10.58   4.80
Chipotle Plant-based Black Bean Patty	0 08 74267 00122 9	7426700122	48   119 g	13.01   5.94
Plant-based Golden F'sh Filet	0 087426700161 8	7426700161	bulk   4.54 kg	10.70   4.85
Plant-based Ground Be'f	0 08 74267 00118 2	7426700118	bulk   4.54 kg	10.70   4.85
Plant-based Meatballs	0 08 74267 00103 8	7426700103	bulk   4.54 kg	10.70   4.85
Plant-based Breakfast Saus'ge Patties	0 08 74267 00176 2	7426700176	bulk   4.54 kg	20.60   9.34
Plant-based Chick'n Strips	0 08 74267 20010 3	7426720010	bulk   4.54 kg	10.70   4.85
Plant-based Breaded Chick'n Tenders	0 08 74267 20032 5	7426720032	bulk   5.45 kg	12.60   5.72
Plant-based Chicken Breast	0 08 74267 20016 5	7426720016	50   109 g	12.60   5.72













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### PREPARATION DIRECTIONS

PREPARATION FROM FROZEN: Cook thoroughly to internal temperature 75°C (165 °F) minimum.

ON THE GRILL: Oil grill grates and heat to medium heat. Cook patties for 6-7 minutes on each side (if frozen) or 5-6 minutes on each side

ON A SKILLET: Heat large nonstick skillet over medium heat. Cook patties for 6-7 minutes on each side (if frozen) or 5-6 minutes (if thawed) Remove from skillet immediately after cooking.

## Ingredients

Water, Pea protein isolate, Coconut oil, Textured wheat protein (wheat gluten, wheat starch), Wheat gluten, Malt extract (malted barley, water), Garlic powder, Salt, yeast extract, Onion powder, Maltodextrin, L-tryptophan, Beet juice powder, Spices, Natural flavours, Methylcellulose, Dipotassium phosphate, Lactic acid, Citric acid, Ascorbic acid, Vitamins and minerals (tapioca maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, vitamin B12, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin,

# Suprême™ Plant-based Burger

### Nutrition Facts Valeur nutritive

Per 1 burger (113 g)

CONTAINS: Wheat, Barley.

Suprême™ plant-based burger has the aroma, taste, texture and appearance of a real beef burger. It is best served with fries.



amine 0.4 mg	35 %	
Riboflavine 0.2 mg	16 %	P
ine 7 mg	45 %	
Vitamine B <sub>6</sub> 0.4 mg	25 %	
DFE / ÉFA	4 %	
Vitamine B <sub>12</sub> 1.7 µg	71 %	
/Pantothénate 0.8 mg	17 %	
Magnésium 25 mg	6 %	

ackaging			
GTIN	087426700184	Case Length	39 cm
		Case Width	24.1 cm
Shelf Life (Frozen)	365 Days	Case Height	18.1 cm
Gross Case Weight (Lbs   Kg)	10.58   4.80	Pallet TI x HI	12 x 5 60 cases per pal



## PREPARATION DIRECTIONS

vegetable oil. Grill for 8-10 minutes turning occasionally to

layer of frozen patties on a nonstick baking sheet. Bake for 12-14 minutes turning once halfway through cooking.

For Food Safety and Quality: Keep Frozen. Do not thaw. Equipment oking times as needed. Food must be cooked thoroughly

## Ingredients

Water, Cooked black beans (water, black beans), Cooked brown rice (water rice), Canola oil, Black bean powder, Onions, Corn, Textured Soy protein concentrate, Concentrated tomato paste, Bell peppers, Potato starch, Sugars (sugar, molasses), Salt, Garlic powder, Onion powder, Yeast extract, Tomato powder, Spices, Natural flavours, Methylcellulose, Citric acid, Lactic

# Chipotle Plant-based Black Bean Patty

# Valeur nutritive

Per 1 patty (119 g)

Fibre / Fibres 5 g Sugars / Sucres 4 g Cholesterol / Cholestérol 0 mg

Sodium 530 mg otassium 400 mg Black bean patties are perfectly suited for burgers, wraps, burritos and other



8 %	Fackagii
4 %	GTIN
10 %	01110
	Case Pa
beaucoup	(Units   S

24.89 cm 0 08 74267 00122 9 Case Length 24.89 cm Shelf Life (Frozen) 19.39 cm



## PREPARATION DIRECTIONS

PREPARATION FROM FROZEN: Preheat oven to 425 °F (220°C). Bake frozen golden filets on a non-stick baking sheet for 10-12 mins (oven) or 12-14 mins (toaster oven) per side until golden brown, crisp and hot

Cook thoroughly to internal temperature 75°C (165°F) minimum.

## Ingredients

Water, Canola oil, Textured soy protein concentrate, Enriched flour, Potato starch, Tapioca starch, Methylcellulose, Salt, Yeast extract, Corn flour, Onion powder, Baking powder, Garlic powder, Wheat gluten, Maltodextrin Algal oil (algal oil, natural flavours), Soy flour, Xanthan gum, Sugar, Soybea

CONTAINS: Sov. Wheat, Barley.

## Plant-based Golden F'sh Filets

## **Nutrition Facts** Valeur nutritive

Per 2 pieces (96 g) Fat / Lipides 13 g + Trans / trans 0.2 g

Sodium 360 mg sium 250 mg dipping sauce.

F'sh filets are suitable to use in tacos, wraps, sandwiches or serve with fries and



Packaging

Case Width 24.1 cm 10.60 | 4.85



60 cases per palle

## gardein

**Nutrition Facts** 

Valeur nutritive

Nutrition Facts

Valeur nutritive

pour 3 boulettes (90 g

in / Protéines 18 g

otassium 400 mg

in / Niacine 6.5 m

\*5% or less is a little, 15% or more \*5% ou moins c'est peu, 15% ou p

Folate 130 µg DFE / ÉFA Vitamin B<sub>12</sub> / Vitamine B<sub>12</sub> 1.55

Calories 140

## PREPARATION DIRECTIONS

Bring your favourite sauce to a simmer over medium heat in a covered sauce pan. Add 340 g frozen ground be'f to simmering sauce and cook covered for 3 to 4 minutes stirring frequently.

Add 340 a frozen ground be'f to a large nonstick skillet. Do not overcrow skillet. Cook over medium heat covered for 7 to 15 minutes stirring frequently. Add to your favourite recipe.

## Ingredients

Water, Soy protein concentrate, Sugar, Canola oil, Yeast extract, Salt, Onion powder, Garlic powder, Spices, Natural flavours, Caramel, Vitamins and minerals (tapioca maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, vitamin B12, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin

CONTAINS: So

## Plant-based Ground Be'f

PREPARATION: Cook thoroughly to internal temperature of 75°C

STOVE TOP - BEST IN SAUCE:

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to 18 minutes. Add to your favourite recipe.

Ingredients

CONTAINS: Soy, Wheat, Barley.

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PREPARATION DIRECTIONS

STOVE TOP: Add 2 teaspoons vegetable oil along with 12 frozen plant-

based meatballs to a large nonstick skillet. Do not overcrowd skillet. Cook

over medium heat covered for 5 minutes stirring frequently. Carefully add

CONVENTIONAL OVEN: Preheat oven to 230°C (450°F). Place a single layer

MICROWAVE (1100 WATT): In a microwave safe bowl, add 3 frozen plant-

based meatballs (1 serving) and 1/2 cup of your favourite sauce and cover with a microwave safe lid. Cook for 4 1/2 to 5 minutes.

For Food Safety and Quality: Keep Frozen. Do not thaw Equipment varies.

Water, Soy protein concentrate, Wheat gluten, Canola oil, Soy protein isolate,

Yeast extract, Malt extract (malted barley, water), Onion powder, Salt, Cane

sugar, Garlic powder, Maltodextrin, Red chilli flakes, Spices, Herbs, Natural flavours, Methylcellulose, Dipotassium phosphate, Vitamins and minerals

(tapioca maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide,

zinc oxide, vitamin B12, calcium pantothenate, copper gluconate, pyridoxine chloride, thiamine hydrochloride, riboflavin, folic acid)

## Ground be'f is best suited for pastas, pizzas, salads, nachos, breakfast scrambles, wraps, burritos, chilies, and stews.



Packaging

GTIN 0 08 74267 00118 2 Case Length 39.69 cm bulk | 4.54 kg Case Width 20.32 cm (Units | Size)

Gross Case Weigh

10.70 | 4.85 Pallet TI x HI

# Plant-based Meatballs

### Plant-based meatballs are suitable as center of plate, pastas, sandwiches, pizzas and other sauced dishes



	36 % 15 %	Sh
3	16 %	
mg	16 %	
ıg	64 %	
	32 %	
ı	22 %	
	40 %	
	15 %	Pack
	32 %	Pack
	38 %	

## 0 08 74267 00103 8 bulk | 4.54 kg (Units | Size)

elf Life (Frozen Pallet TI x HI

Case Width

39.69 cm

20.32 cm

# Plant-based Breakfast Saus'ge Patties

## **Nutrition Facts**

Calcium 40 mg

STOVE TOP: Add 1 tablespoon vegetable oil along with a single layer of patties to a large ponstick skillet. Do not overcrowd skillet. Cook covere over medium heat for 6-8 minutes. Turn patties frequently throughout

CONVENTIONAL OVEN: Preheat oven to 190°C (375°F). Place a single ayer of frozen patties on a nonstick baking sheet. Bake for 10 minutes turning once halfway through cooking MICROWAVE (1100 WATT): Place two patties on a microwave-safe plate

PREPARATION DIRECTIONS

Microwave on high for 45 seconds, turn over and cook for another 30 to For Food Safety and Quality: Keep Frozen. Do not thaw. Equipmen varies. Adjust cooking times as needed. Food must be cooked thoroughly to 75°C (165°F).

## Ingredients

Water, Soy protein concentrate, Canola oil, Wheat gluten, Soy protein isolate, Yeast extract, Salt, Potato starch, Cane sugar, Maltodextrin,

Methylcellulose, Onion powder, Malt extract (malted barley, water) Garlic powder, Spices, Herbs, Smoke flavour, Natural flavours, Caramel Methylcellulose, Vitamins and minerals (tapioca maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, vitamin B12, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, folic acid). CONTAINS: Barley, Soy, Wheat

# Plant-based breakfast saus'ge patties are suitable for breakfast sandwiches and burritos

## Valeur nutritive Per 2 patties (76 g)

Calories 130 t / Lipides 7 g Fibre / Fibres 2 g in / Protéines 12 d esterol / Cholestérol otassium 250 mg

Packaging

on / Fer 6 ma hiamine 0.4 mg boflavin / Riboflavine 0.2 mg Vitamin B<sub>6</sub> / Vitamine B<sub>6</sub> 0.4 mg 22 % Folate 45 µg DFE / ÉFA Vitamin B<sub>12</sub> / Vitamine B<sub>12</sub> 1.5 μg



GTIN	0 08 74267 00176 2	Case Length	39.69 cm
Case Pack (Units   Size)	bulk   4.54 kg	Case Width	20.32 cm
Shelf Life (Frozen)	420 Days	Case Height	16.51 cm
Gross Case Weight	20.60   9.34	Pallet TI x HI	15 x 6 90 cases per pallet

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### PREPARATION DIRECTIONS

STOVE TOP: Add 2 tablespoons vegetable oil along with 284g of frozen chick'n strips to a 12-inch (30 cm) nonstick skillet. Do not overcrowd skillet. Cook covered over medium-high heat for 8 to 10 minutes stirring frequently. Add to your favourite recipe.

For Food Safety and Quality: Keep Frozen. Do not thaw. Equipment varies. Adjust cooking times as needed. Food must be cooked thoroughly to 75°C

## Ingredients

Water, Soy protein isolate, Wheat gluten, Canola oil, Khorasan wheat flou Salt, Potato starch, Cane Sugar, Yeast extract, Natural Flavours, Spices, Methylcellulose, Dipotassium phosphate, Lactic acid, Titanium dioxide, Sunflower oil, Vitamins and minerals (tapioca maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, vitamin B12, calcium pantothenate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavir

CONTAINS: Soy, Whea

# Plant-based Chick'n Strips

## Chick'n strips are suitable for 'grab and go' cold wraps and salads, but also hot in burritos, stir frys, and other sauced dish-

Potassium 450 mg Niacin / Niacine 8 mg /itamin B<sub>6</sub> / Vitamine B<sub>6</sub> 0.45 mg

Vitamin B<sub>12</sub> / Vitamine B<sub>12</sub> 1.85 μg Pantothenate / Pantothénate 1 mg

Magnesium / Magnésium 35 mg

**Nutrition Facts** 

Valeur nutritive

Calories 180

er 12 pieces (125 g)

pour 12 morceaux (125 g

## Packaging

GTIN	0 08 74267 20010 3	Case Length	39.7 cm
Case Pack (Units   Size)	bulk   4.54 kg	Case Width	23.7 cm
Shelf Life (Frozen)	420 Days	Case Height	17.8 cm
Case Gross Weight	10.70   4.85	Pallet TI x HI	13 x 6 78 cases per

# Plant-based Breaded Chick'n Tenders

## **PREPARATION DIRECTIONS**

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CONVENTIONAL OVEN: Preheat oven to 220°C (425°F). Place a single layer of frozen tenders on a nonstick baking sheet. Bake for 16 to 20 minutes turning once halfway through cooking.

For Food Safety and Quality: Keep Frozen. Do not thaw. Equipment varies. Adjust cooking times as needed. Food thoroughly to 75°C (165°F).

### Ingredients

Water, Enriched flour, Soy protein isolate, Canola oil, Wheat gluten, Rice flour, Oat bran, Khorasan wheat flour, Salt, Oats, Sugar, Amaranth flour, Millet flour, Quinoa flour, Potato starch, Yeast extract, Yeast, Spices, Natural flavours, Baking powder, Methylcellulose, Dipotassium phosphate, Lactic acid, Titanium dioxide, Vitamins and minerals (tapioca maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide vitamin B12, calcium pantothenate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, copper gluconate).

CONTAINS: Soy, Wheat, Oats.

# Breaded chick'n tenders are suitable in salads, sandwiches, wraps, and with

## **Nutrition Facts** Valeur nutritive

Per 5 tenders (130 g) pour 5 filets (130 g) Calories 250

Cholesterol / Cholestérol 0 r

3 3			
GTIN	0 08 74267 20032 5	Case Length	38.70
Case Pack (Units   Size)	bulk   5.45 kg	Case Width	19.48
Shelf Life (Frozen)	420 Days	Case Height	16.60

Pallet TI x HI

12.60 | 5.72

**Gross Case Weight** 

## Valeur nutritive

STOVE TOP: Add 1 tablespoon vegetable oil along with a single layer of chick'n to a 12-inch (30cm) nonstick skillet. Do not overcrowd skillet. Cook covered over medium heat for 6 minutes, turning once halfway through Fat / Lipides 4.5 g cooking. Reduce heat to low and continue cooking for 8-9 minutes turning

**PREPARATION DIRECTIONS** 

Water, Sov protein isolate, Wheat gluten, Canola oil, Khorasan wheat flour, Salt, Potato starch, Cane sugar, Yeast extract, Spices, Natural flavours, Methylcellulose, Dipotassium phosphate, Lactic acid, Titanium dioxide. Vitamins and minerals (tapioca maltodextrin, magnesium oxide ferric orthophosphate, niacinamide, zinc oxide, vitamin B12, calcium pantothenate, copper gluconate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, folic acid). CONTAINS: Soy, Wheat.

# **Nutrition Facts**

Per 1 piece (109 g) pour 1 morceau (109 Calories 130

For Food Safety and Quality: Keep Frozen. Do not thaw. Equipment

# Plant-based Chick'n Breast

Niacin / Niacine 7 mg Vitamin B<sub>6</sub> / Vitamine B<sub>6</sub> 0.4 mg Folate 50 µg DFE / ÉFA Vitamin B<sub>12</sub> / Vitamine B<sub>12</sub> 1.65 µg 70 Magnesium / Magnésium 30 mg

\*5% ou moins c'est peu, 15% ou plus c'est beaucoup

## Chick'n breasts are suitable for center of the plate, sandwiches, crusted chick'n, battered or fried chick'n, stir frys, & sauced dishes.



3 3			
GTIN	0 08 74267 20016 5	Case Length	39.5 cm
Case Pack (Units   Size)	50   109 g	Case Width	20.3 cm
Shelf Life (Frozen)	420 Days	Case Height	18.2 cm
Gross Case Weight (Lbs   Kg)	12.60   5.72	Pallet TI x HI	15 x 6 90 cases per p
	Case Pack (Units I Size) Shelf Life (Frozen) Gross Case Weight	Case Pack 50   109 g (Units   Size)  Shelf Life (Frozen) 420 Days  Gross Case Weight 12.60   5.72	Case Pack (Units I Size)         50   109 g         Case Width           Shelf Life (Frozen)         420 Days         Case Height           Gross Case Weight         12.60   5.72         Pallet TI x HI