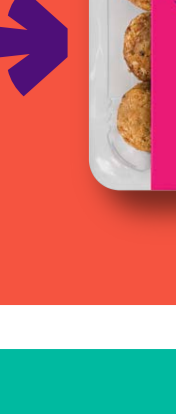


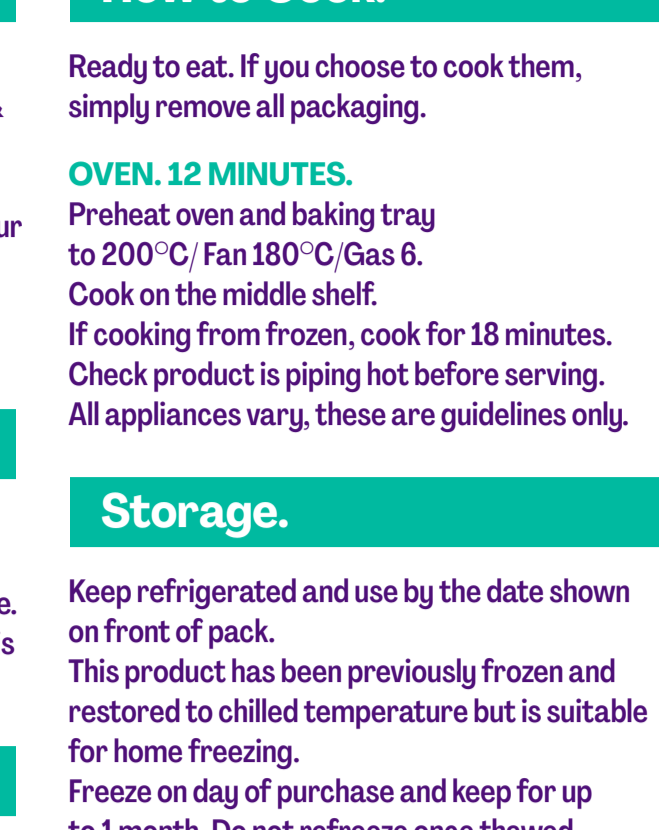
Dive into plant deliciousness.



All our packs have a bright new look.

Middle Eastern Falafels

Chickpea-based, fibre-punching balls of deliciousness made with mouthwatering Middle Eastern herbs and spices. Hot or cold, on their own or not, these are great as a quick snack or part of a tasty vegetarian feast.



100% PLANT BASED | READY TO EAT | LOW SAT FAT | High in Fibre | Source of Protein



Ingredients.

Chickpeas (58%), Onion (11%), Seasoning (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin & Thiamine), Salt, Sugar, Cumin (0.3%), Coriander (0.3%), Parsley, Black Pepper, Raising Agent: Sodium Bicarbonate), Rapeseed Oil, Breadcrumb (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin & Thiamine), Salt, Yeast), Parsley, Coriander (0.8%), Garlic Purée.

Allergy Advice.

For allergens, including cereals containing gluten, see ingredients in bold. Made with non GM ingredients. Made on a nut free site. **WARNING:** Although every effort has been made, this product may contain some pieces of mineral stone.

Nutritional Information.

(Typical values as sold)	Per 100g	Per 2 Falafels
Energy	926kJ / 222kcal	463kJ / 111kcal
Fat	9.9g	5.0g
of which saturates	1.0g	0.5g
Carbohydrate	20g	10g
of which sugars	3.8g	1.9g
Fibre	11g	5.5g
Protein	7.8g	3.8g
Salt	1.3g	0.65g

Serves 4

How to Cook.

Ready to eat. If you choose to cook them, simply remove all packaging.

OVEN, 12 MINUTES. Preheat oven and baking tray to 200°C / Fan 180°C / Gas 6. Cook on the middle shelf.

If cooking from frozen, cook for 18 minutes. Check product is piping hot before serving. All appliances vary, these are guidelines only.

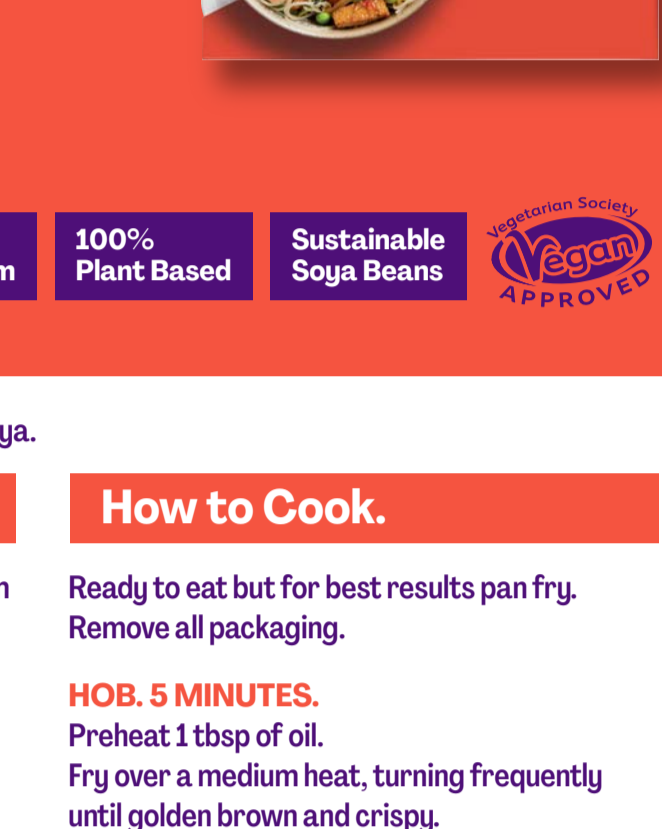
Storage.

Keep refrigerated and use by the date shown on front of pack. This product has been previously frozen and restored to chilled temperature but is suitable for home freezing.

Freeze on day of purchase and keep for up to 1 month. Do not refreeze once thawed.

Moroccan Falafels

Chomp on chunky chickpeas, delicately mixed with the sweet and spice of Moroccan flavours, like apricot and chilli. Make them part of a veggie meal or enjoy them straight from the pack. Hot or cold, they're totally moreish.



100% PLANT BASED | READY TO EAT | LOW SAT FAT | High in Fibre | Source of Protein



Ingredients.

Chickpeas (43%), Bulgur Wheat, Moroccan Paste (Water, Apricots (Apricots, Rice Flour, Preservative: Sulphur Dioxide), Dates, Rice Flour), Red Wine Vinegar (Sulphites), Sunflower Oil, Agave Syrup (0.3%), Garlic Purée, Paprika (0.3%), Cornflour, Red Chilli Purée, Cumin, Namamon (0.1%), Coriander, Sugar, Cumin, Ginger (0.05%), Black Pepper, Water, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin & Thiamine), Rice Starch, Dried Apricots (3.8%), (Apricots, Rice Flour, Preservative: Sulphur Dioxide), Rapeseed Oil, Herbs & Spices (Coriander, Cumin, Oregano, Garlic, Onion (2%), Salt, Garlic Purée, Yeast.

Allergy Advice.

For allergens, including cereals containing gluten, see ingredients in bold. Made with non GM ingredients. Made on a nut free site. **WARNING:** Although every effort has been made, this product may contain some pieces of mineral stone.

Nutritional Information.

(Typical values as sold)	Per 100g	Per 4 Falafels
Energy	1003kJ / 243kcal	602kJ / 143kcal
Fat	6.5g	3.9g
of which saturates	0.8g	0.5g
Carbohydrate	36g	22g
of which sugars	6.5g	3.9g
Fibre	6.0g	3.6g
Protein	6.0g	3.6g
Salt	0.80g	0.48g

Serves 3

How to Cook.

Ready to eat. If you choose to cook them, simply remove all packaging.

OVEN, 8 MINUTES. Preheat oven and baking tray to 200°C / Fan 180°C / Gas 6. Cook on the middle shelf.

If cooking from frozen, cook for 12 minutes. Check product is piping hot before serving. All appliances vary, these are guidelines only.

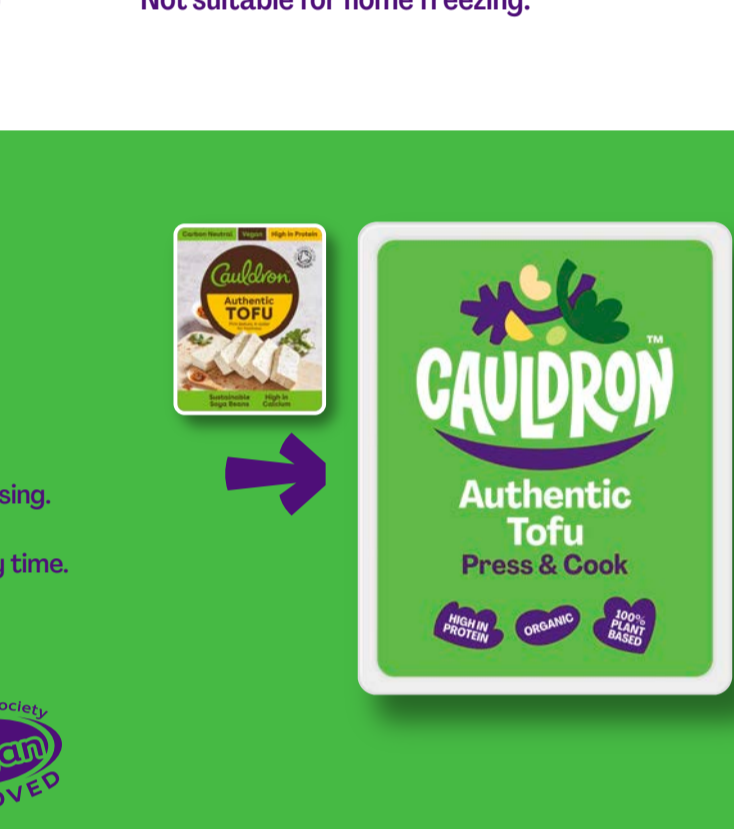
Storage.

Keep refrigerated and use by the date shown on front of pack. This product has been previously frozen and restored to chilled temperature but is suitable for home freezing.

Freeze on day of purchase and keep for up to 1 month. Do not refreeze once thawed.

Marinated Tofu

Our Marinated Tofu has had a tickle of garlic and ginger, saving you the bother. It's ready to eat, or to pop in a stir-fry with a stack of your favourite veggies. Quick, easy, and most importantly, delicious.



ORGANIC | HIGH IN PROTEIN | COOKS IN 5 MINS | High in Calcium | 100% Plant Based | Sustainable Soya Beans | Vegan Approved

Ingredients.

Tofu (91%), Soybeans*, Water, Firming Agent: Calcium Sulphate, Marinade (Water, Salt, Spices (Coriander*, Bell Pepper*, Pepper*, Ginger*, Mace* Turmeric*), Yeast Extract, Vegetables (Onion*, Garlic*), Herbs*, Citric Acid), Sunflower Oil*

*Produced under Organic Standards.

Allergy Advice.

For allergens see ingredients in bold. Made with non GM ingredients. Made on a nut free site.

Nutritional Information.

(Typical values as sold)	Per 100g	Per 1/2 Pack
Energy	965kJ / 232kcal	772kJ / 186kcal
Fat	17g	14g
of which saturates	2.5g	2.0g
Carbohydrate	10g	0.8g
of which sugars	1.0g	0.8g
Fibre	2.7g	2.2g
Protein	18g	14g
Salt	1.5g	1.2g
Calcium	420mg	336mg

Serves 2

How to Cook.

Ready to eat but for best results pan fry. Remove all packaging.

HOB, 5 MINUTES. Preheat 1 tsp of oil. Fry over a medium heat, turning frequently until golden brown and crispy.

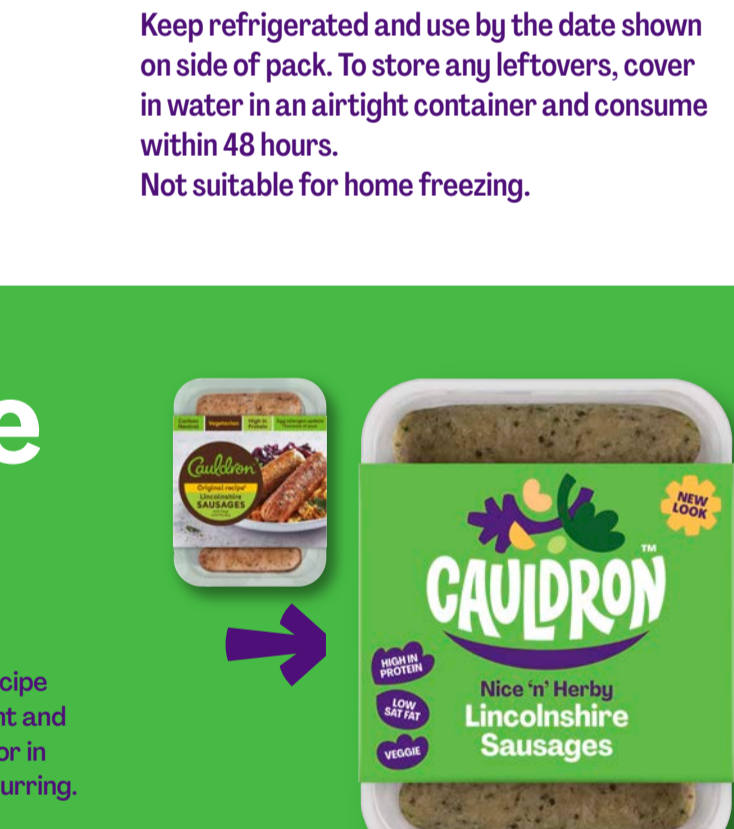
AIR FRYER, 8 MINUTES. From Chilled: Preheat air fryer to 180°C for 3 minutes 30 seconds. Place product in basket, spread evenly in a single layer and place in air fryer. Turn halfway through cooking. Allow to stand for 1 minute. Check product is piping hot before serving. Do not reheated once cooled. All appliances vary, these are guidelines only.

Storage.

Keep refrigerated and use by the date shown on front of pack. Once opened must be eaten within 24 hours. Not suitable for home freezing.

Hoisin Tofu

Chuck a handful of our Hoisin Tofu into your Chinese-inspired veggie and vegan dishes. It'll give your stir fries and pancakes not to mention your taste buds a sweet and salty kick. Fragrant, aromatic, and with a sprinkle of oomph.



HIGH IN CALCIUM | HIGH IN PROTEIN | COOKS IN 5 MINS | 100% Plant Based | Sustainable Soya Beans | Vegan Approved

Ingredients.

Tofu (83%), Soybeans*, Water, Firming Agent: Calcium Sulphate, Marinade (Water, Soybean Juice, Sugar, Molasses, Sea Salt, Garlic, Coriander, Bay Leaf, Lemongrass), Sunflower Oil, Natural Flavouring, Fennel, Garlic.

Allergy Advice.

For allergens see ingredients in bold. Made with non GM ingredients. Made on a nut free site.

Nutritional Information.

(Typical values as sold)	Per 100g	Per 1/2 Pack
Energy	886kJ / 213kcal	709kJ / 170kcal
Fat	15g	12g
of which saturates	1.9g	1.5g
Carbohydrate	6.6g	5.3g
of which sugars	5.7g	4.7g
Fibre	0.7g	0.6g
Protein	15g	12g
Salt	0.85g	0.78g
Calcium	457mg	368mg

Serves 2

How to Cook.

Ready to eat but for best results pan fry. Remove all packaging.

HOB, 5 MINUTES. Preheat 1 tsp of oil. Fry over a medium heat, turning frequently until golden brown and crispy.

AIR FRYER, 8 MINUTES. From Chilled: Preheat air fryer to 180°C for 3 minutes 30 seconds. Place product in basket, spread evenly in a single layer and place in air fryer. Turn halfway through cooking. Allow to stand for 1 minute. Check product is piping hot before serving. Do not reheated once cooled. All appliances vary, these are guidelines only.

Storage.

Keep refrigerated and use by the date shown on front of pack. Once opened must be eaten within 24 hours. Not suitable for home freezing.

Authentic Tofu

Our classic tofu block is ready to make your dishes sing. You choose the flavours, our tofu will soak them up. So you get something lip-smackingly delicious every time. Go on, see what wonders you can whip up.



HIGH IN PROTEIN | ORGANIC | 100% PLANT BASED | Vegan Approved

Ingredients.

Water, Soybeans* (35.8%), Firming Agent: Calcium Sulphate. *Produced under Organic Standards.

Allergy Advice.

For allergens, see ingredients in bold. Made with sustainable soya beans.

Nutritional Information.

(Typical values as sold)	Per 100g	Per 1/4 Pack
Energy	494kJ / 118kcal	117kcal
Fat	71g	7.0g
of which saturates	1.2g	1.2g
Carbohydrate	1.0g	1.0g
of which sugars	0.7g	0.7g
Fibre	1.9g	1.9g
Protein	13g	13g
Salt	0.03g	0.03g
Calcium	405mg	401mg

Serves 4

How to Cook.

Remove all packaging and drain off the water bath. For best results place the tofu in-between two chopping boards lined with kitchen roll and put 4x400g tins on top to apply pressure for 20mins. Alternatively, you can use a tofu press.

HOB, 6 MINUTES. Preheat 1 tsp of oil. Fry over a medium heat, turning frequently, until golden brown and crispy.

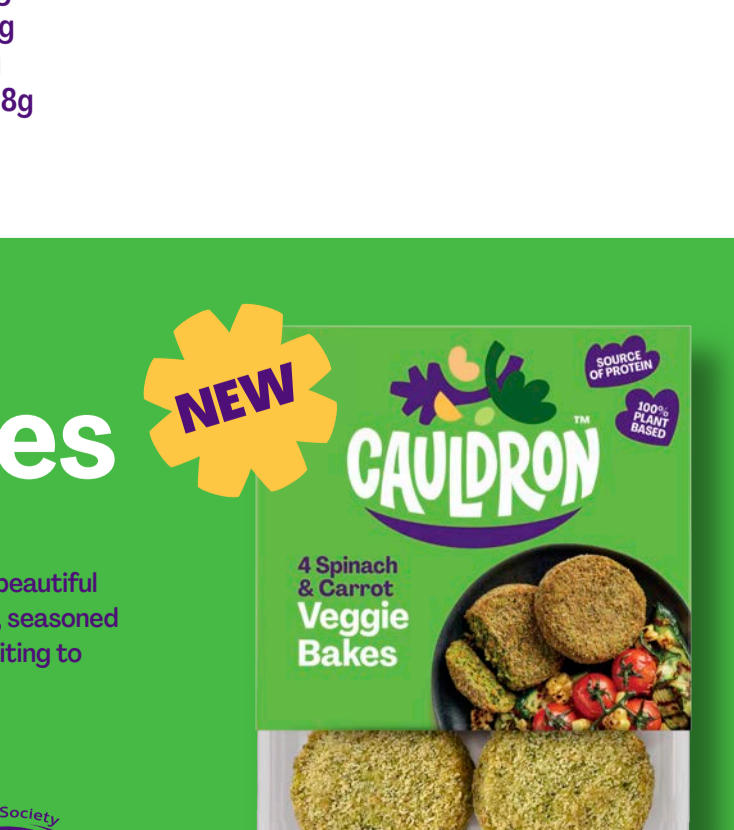
AIR FRYER, 12 MINUTES. From Chilled: Preheat air fryer to 180°C for 3 minutes 30 seconds. Place product in basket, spread evenly in a single layer and place in air fryer. Turn halfway through cooking. Allow to stand for 1 minute. Check product is piping hot before serving. Do not reheated once cooled. All appliances vary, these are guidelines only.

Storage.

Keep refrigerated and use by the date shown on front of pack. Once opened store in water, refreshed daily and eat within 2 days. Not suitable for home freezing.

Extra Firm Tofu

Pressed for time? This tasty tofu block needs no pressing. Cube, slice, and get straight to it. It works wonderfully in sentimental soups, stews, salads, and loads more quick and tasty dishes.



ORGANIC | 100% PLANT BASED | HIGH IN PROTEIN | High in Calcium | Sustainable Soya Beans | Vegan Approved

Ingredients.

Soybeans* (52%), Water, Firming Agent: Calcium Sulphate. *Produced under Organic Standards. Made with sustainable soya beans.

Allergy Advice.

For allergens see ingredients in bold. Made with non GM ingredients. Made on a nut free site.

Nutritional Information.

(Typical values as sold)	Per 100g	Per 1/2 Pack
Energy	564kJ / 136kcal	620kJ / 150kcal
Fat	8.2g	9.0g
of which saturates	1.4g	1.5g
Carbohydrate	0.4g	0.4g
of which sugars	1.8g	1.8g
Fibre	1.6g	1.8g
Protein	14g	18g
Salt	0.04g	0.04g
Calcium	510mg	561mg

Serves 2

How to Cook.

Ready to eat but for best results pan fry. Remove all packaging. No need to press.

HOB, 6 MINUTES. Preheat 1 tsp of oil. Fry over a medium heat, turning frequently, until golden brown and crispy. Pat dry, chop and use in a recipe of your choice.

AIR FRYER, 12 MINUTES. From Chilled: Preheat air fryer to 180°C for 3 minutes 30 seconds. Place product in basket, spread evenly in a single layer and place in air fryer. Turn halfway through cooking. Allow to stand for 1 minute. Check product is piping hot before serving. Do not reheated once cooled. All appliances vary, these are guidelines only.

Storage.

Keep refrigerated and use by the date shown on side of pack. To store any leftovers, cover in water in an airtight container and consume within 48 hours. Not suitable for home freezing.

Lincolnshire Sausages

What a sausage! Classic sage and parsley flavours, yet vegetarian all the way. We have tweaked the recipe a little to make it even more scrumptiously succulent and tantalisingly tasty. Serve them with fry ups, mash, or in a medley of stews. This is how to get every vegetable.

HIGH IN PROTEIN | LOW SAT FAT | VEGGIE | Source of Fibre | Vegan Approved

Ingredients.

Rehydrated Textured Vegetable Protein (46%) (Water, Soya Protein, Potato Starch, Wheat Gluten, Stabiliser: Dicalcium Phosphate; Wheat Starch), Rehydrated Free Range Egg White, Onion, Rapeseed Oil, Seasoning (4%) (Yeast Extract, Salt, Potassium Chloride, Herbs (Sage, Parsley), Fructose, White Pepper, Rusk (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent: Ammonium Carbonate), Barley Malt Extract, Carrot Powder, Dried Leek, Sage Extract, Nutmeg Extract), Casing (Calcium Alginate), Tapioca Starch, Soya Protein, Stabiliser: Methyl Cellulose.

Allergy Advice.

For allergens, including cereals containing gluten, see ingredients in bold. Made with non GM ingredients. Made on a nut free site.

Nutritional Information.

(Typical values as sold)	Per 100g	Per 2 Sausages
Energy	736kJ / 176kcal	677kJ / 162kcal
Fat	6.8g	6.2g
of which saturates	0.6g	0.6g
Carbohydrate	7.9g	7.3g
of which sugars	0.5g	0.5g
Fibre	2.9g	2.6g
Protein	19g	18g
Salt	1.4g	1.3g

Serves 3

How to Cook.

For best result Hob cook. Remove all packaging.

HOB, 10 MINUTES. Preheat 1 tsp of oil. Fry over a medium heat, turning frequently. If cooking from frozen, cook for 15 minutes.

OVEN, 20 MINUTES. Preheat oven to 200°C / Fan 180°C / Gas 6. Brush with a little oil. Place on a baking tray. Cook on the middle shelf.

AIR FRYER, 7 MINUTES. From Chilled: Preheat air fryer to 180°C. Brush 2 Sausages with oil and place in air fryer in a single layer. Turn halfway through cooking. Check product is piping hot before serving. All appliances vary, these are guidelines only.

Storage.

Keep refrigerated and use by the date shown on front of pack. This product has been previously frozen and restored to chilled temperature but is suitable for home freezing.

Freeze on day of purchase and keep for up to 1 month. Do not refreeze once thawed. This product is packed in a protective atmosphere.

Cumberland Sausages

Black pepper and rosemary seasoning gives our tasty vegetarian sausages real bite. If you like a subtle touch of spice, these are for you, we have tweaked the recipe slightly so it 100% delivers on taste for you. Bob them in a bag, or feast on them in casseroles and pasta. Breakfast, lunch and dinner, is served.

HIGH IN PROTEIN | LOW SAT FAT | VEGGIE | Source of Fibre | Vegan Approved

Ingredients.

Rehydrated Textured Vegetable Protein (46%) (Water, Soya Protein, Potato Starch, Wheat Gluten, Stabiliser: Dicalcium Phosphate; Wheat Starch), Rehydrated Free Range Egg White, Onion, Rapeseed Oil, Seasoning (5%) (Yeast Extract, Salt, Carried Black Pepper, Sugar, Ground Rosemary, Barley Malt Extract, Onion, Salt, Carrot Powder, Leek Powder, Rapeseed Oil), Casing (Calcium Alginate), Tapioca Starch, Soya Protein, Stabiliser: Methyl Cellulose.

Allergy Advice.

For allergens, including cereals containing gluten, see ingredients in bold. Made with non GM ingredients. Made on a nut free site.

Nutritional Information.

(Typical values as sold)	Per 100g	Per 2 Sausages
Energy	724kJ / 173kcal	646kJ / 155kcal
Fat	7.3g	6.5g
of which saturates	0.7g	0.6g
Carbohydrate	6.9g	6.1g
of which sugars	0.0g	0.0g
Fibre	3.4g	3.0g
Protein	18g	16g
Salt	1.2g	1.1g

Serves 3

How to Cook.

For best result Hob cook. Remove all packaging.

HOB, 10 MINUTES. Preheat 1 tsp of oil. Fry over a medium heat, turning frequently. If cooking from frozen, cook for 15 minutes.

OVEN, 20 MINUTES. Preheat oven to 200°C / Fan 180°C / Gas 6. Place bakes on a baking tray in the centre of the oven. Check product is piping hot before serving. Do not reheated once cooled. All appliances vary, these are guidelines only.

AIR FRYER, 7 MINUTES. From Chilled: Preheat air fryer to 180°C. Brush 2 Sausages with oil and place in air fryer in a single layer. Turn halfway through cooking. Check product is piping hot before serving. All appliances vary, these are guidelines only.

Storage.

Keep refrigerated and use by the date shown on front of pack. This product has been previously frozen and restored to chilled temperature but is suitable for home freezing.

Freeze on day of purchase and keep for up to 1 month. Do not refreeze once thawed. This product is packed in a protective atmosphere.

Pumpkin & Caramelised Onion Veggie Bakes

Pack more veggies into mealtime. Bits through the delicate crunch on our crispy coated bakes to the explosion of veggie flavour within. With earthy pumpkin and the sweetness of caramelised onion, it's flavour by the bake-fu!

SOURCE OF PROTEIN | 100% PLANT BASED | SOURCE OF FIBRE | Vegan Approved

Ingredients.

Pumpkin (28%), Carrot, Restructured Soy Flour, Sunflower Oil, Caramelised Onion (8%) (Onion, Rapeseed Oil, Sugar), Breadcrumb (Wheat Flour Yeast, Salt), Wheat Flour, Tapioca and Pea Starch, Potato Flake, Soy Protein Isolate, Onion, Pea Fibre, Parsley, Potassium Chloride, Vegetable Bouillon (Salt, Cornflour, Yeast Extract, Dried Vegetables (Onion, Celery, Carrot, Parsley), Olive Oil, Turmeric), Salt, Dried Garlic, Preservative: Potassium Sorbate; Spirit Vinegar, Natural Flavourings, Rosemary Powder.