



87% of consumers include plant-based protein in their diet\*



## Om Noms

**READY-TO-EAT  
PLANT-BASED PROTEIN**

Place throughout the menu.

Great on its own, and as poke bowl selection.

Brilliant on a sandwich, wrap, salad, or pasta.

Or pair with rice, potatoes or vegetables.

- ✓ Heat and serve in 5 minutes!
- ✓ Whole soybeans
- ✓ Non-GMO
- ✓ All natural
- ✓ High in protein
- ✓ Produced in Canada
- ✓ Women-owned

Bean thinking... let's move past imitation meats.  
 Om Noms are the real alternative we've been waiting for.  
 The transitional food that becomes transformative.



**TERIYAKI**

Ingredients: Soy curls (non-GMO, whole soybeans), Water, Tamari, (water, soybeans, salt, alcohol), Mirin (water, sweet rice, cultured rice (koji)), Extra Virgin Olive oil, Coconut sugar, Arrowroot powder, Powdered onion, Garlic, Ginger, Salt.

Contains: Soy

| Nutrition Facts<br>Valeur nutritive          |                |
|--|----------------|
| Per 1 serving (60 g)<br>pour 1 servir (60 g) |                |
| <b>Calories 140</b>                          | % Daily Value* |
| <b>Fat / Lipides 7 g</b>                     | 9 %            |
| Saturated / saturés 2.5 g                    |                |
| + Trans / trans 0 g                          | 13 %           |
| <b>Carbohydrate / Glucides 9 g</b>           |                |
| Fibre / Fibres 3 g                           | 11 %           |
| Sugars / Sucres 1 g                          | 1 %            |
| <b>Protein / Protéines 9 g</b>               |                |
| <b>Cholesterol / Cholestérol 0 mg</b>        |                |
| <b>Sodium 420 mg</b>                         | 18 %           |
| Potassium 400 mg                             | 9 %            |
| Calcium 50 mg                                | 4 %            |
| Iron / Fer 1.5 mg                            | 8 %            |

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

Toast lightly in a pan over medium heat until browned. Add water to create a sauce that is thickened to liking. Add vegetables and rice or noodles.



**ORIGINAL**

Ingredients: Soy curls (non-GMO, whole soybeans), Water, Tamari (water, soybeans, salt, alcohol), Coconut sugar, Olive oil, Rice vinegar, Arrowroot powder, Powdered onion, Garlic, Mustard, Salt, Black pepper, Dried oregano, Basil, Thyme.

Contains: Soy, Mustard

| Nutrition Facts<br>Valeur nutritive          |                |
|--|----------------|
| Per 1 serving (60 g)<br>pour 1 servir (60 g) |                |
| <b>Calories 120</b>                          | % Daily Value* |
| <b>Fat / Lipides 5 g</b>                     | 7 %            |
| Saturated / saturés 0.5 g                    | 3 %            |
| + Trans / trans 0 g                          |                |
| <b>Carbohydrate / Glucides 11 g</b>          |                |
| Fibre / Fibres 2 g                           | 7 %            |
| Sugars / Sucres 3 g                          | 3 %            |
| <b>Protein / Protéines 8 g</b>               |                |
| <b>Cholesterol / Cholestérol 0 mg</b>        |                |
| <b>Sodium 360 mg</b>                         | 16 %           |
| Potassium 400 mg                             | 9 %            |
| Calcium 50 mg                                | 4 %            |
| Iron / Fer 2 mg                              | 11 %           |

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Pan fry over medium heat until browned. Add specialty seasonings or sauces to suit any creation. Make delicious lettuce wraps, pizza, sandwiches, or salads.

| Teriyaki | UPC            | SYSCO                     | Teriyaki/Original |                       |
|----------|----------------|---------------------------|-------------------|-----------------------|
| UNIT     | 627987643909   | MEAT ALT ORIG 5592987     | UNIT WEIGHT       | 1 kg                  |
| CASE     | 10627987643906 |                           | UNITS PER CASE    | 2                     |
| Original | UPC            | SYSCO                     | CASE WEIGHT       | 2 kg                  |
| UNIT     | 628693181020   | MEAT ALT TERIYAKI 5593001 | CASE DIM. (cm)    | 22.86 X 22.86 X 22.86 |
| CASE     | 10628693181024 |                           | SERVINGS/CASE     | ~30                   |



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