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LION'S MANE- FOR YOUR BRAIN & HEART

Great sautéed, stir-fried, roasted, breaded or sliced into steaks.

FLAVOR PROFILE: Mildly sweet, rich, savory, crab-like texture, & meaty

COOK WITH: Olive oil, salt, pepper, garlic, soy sauce, butter, tamari, dried basil, oregano, rosemary, chicken broth



SHIITAKE- THE CLASSIC

Meat substitute for pastas, stir-fries and soups.

FLAVOR PROFILE: Rich, earthy and savory. umami flavor with a woodsy finish

COOK WITH: Soy sauce, salt, pepper, garlic, miso butter, fish sauce, garlic, ginger, shallots, sesame oil, white wine, red wine



CHESTNUT- PIOPPINO'S COUSIN

Great sautéed, stir-fried or added to a soup.

FLAVOR PROFILE: Nutty, earthy, a little crunchy & meaty, with a slightly sweet buttery taste with a peppery finish

COOK WITH: Olive oil, butter, salt, pepper, garlic, lemon, parsley, balsamic vinegar, sage, thyme, red wine, soy sauce/liquid aminos, creme fraiche



BLUE OYSTERS- DELICIOUS IN EVERYTHING

Great sautéed, stir-fried, roasted and prepared as a meat substitute .

FLAVOR PROFILE: Firm, meaty, mildly earthy, savory

COOK WITH: Olive oil, salt, pepper, garlic, lemon, parsley, white balsamic vinegar and much more



PINK OYSTERS- PRETTY UMAMI BACON

Great sautéed, stir-fried, roasted and prepared as a meat substitute .

FLAVOR PROFILE: Delicate & Velvety, slightly sweet with a seafood aroma, mild smoked woody essence

COOK WITH: Butter, olive oil, salt, Pepper, Garlic, lemon, parsley, white Balsamic Vinegar, white wine, smoked paprika, maple syrup, rosemary, peanut oil



TARRAGON OYSTERS- LIKE THE SPICE WITH A SNAP

Great sautéed and prepared into a risotto, stir-fry, salad or a sauce.

FLAVOR PROFILE: Frilly texture with a slight tarragon flavor & a hint of Fennel

COOK WITH: Butter, garlic, lemon, heavy cream, white wine, chives, basil, dill, hot sauce



KING TRUMPET- MEATY SOUP SCALLOPS

Great in soups, roasted, or as a seafood substitute

FLAVOR PROFILE: Slight nutty flavor and a firm, meaty scallop-like texture

COOK WITH: Olive oil, salt, pepper, garlic, miso butter, nutmeg, in chicken broth, or thyme

