

SAVOURY PRODUCT LIST

Aduki Shepherds Pie A vegetarian twist to an old favourite. Our recipe uses top grade Chinese aduki beans which absorb the juicy vegetable ragout filling to give a very satisfying, almost meaty, texture. Topped with real mashed potato - you can still see the fork marks.

INGREDIENTS: potato, carrot, onion, aduki beans, brown rice,
all-vegetable margarine, Tamari soya sauce, tomato, mixed herbs, black pepper, all-vegetable oil.

VEGAN - refrigerated shelf life 5 days - individual microwave/ovenable

200g. (min)

GLUTEN FREE

430g. (min) jumbo serving

Cheese Pastie Wyke Farms' award winning vegetarian Cheddar cheese blended with fresh vegetables in a shortcrust pastry case.

INGREDIENTS: 100% wholewheat stoneground flour, unbleached white flour, vegetarian Cheddar cheese, carrot, onion, potato, all-vegetable margarine, garlic, herbs & spices.

Refrigerated shelf life 5 days

Cheese Pie Cottage & Cheddar cheeses creamed with yoghurt and with the tang of fresh spring onion...in a flaky pastry lidded case.

INGREDIENTS: vegetarian cottage cheese, unbleached white flour, vegetarian Cheddar cheese, all-vegetable margarine, onion, natural yoghurt

Country Veg. Pie A very different filling of cheese and yoghurt blended with fresh vegetables in a puff pastry case.

INGREDIENTS: 100% wholewheat stoneground flour, unbleached white flour, spinach, vegetarian Cheddar cheese, onion, natural yoghurt, free-range egg, peppers, mushroom, celery, all-vegetable margarine, garlic, herbs & spices.

Refrigerated shelf life 5 days

Curry Pastie Our own curry formulation of traditional spices adds subtle bite to this vegetable treat which contains no dairy ingredients.

INGREDIENTS: 100% wholewheat stoneground flour, tomato, onion, carrot, potato, peas, all-vegetable margarine, garlic, coriander, cumin, garam masala, ginger, chilli, black pepper, bay leaf, poppy seed, soya flour.

VEGAN Refrigerated shelf life 5 days

French Onion Tart Traditional French recipe using a lot of onion creamed together with well spiced cheese and yoghurt into a very different, very tasty, filling. 100% wholewheat pastry case, unlidded.

INGREDIENTS: 100% wholewheat stoneground flour, onion, yoghurt, vegetarian Cheddar cheese, all-vegetable margarine, free-range egg, all-vegetable oil, nutmeg, black pepper, crystal salt.

Refrigerated shelf life 5 days.

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Homity Pie Simple but effective - and very tasty; cheese, onion & potato filling in an unlidded 100% wholewheat pastry case.

INGREDIENTS: potato, 100% wholewheat stoneground flour, vegetarian Cheddar cheese, onion, all-vegetable margarine, parsley.

Refrigerated shelf life 8 days

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Houmous Subtly flavoured Middle Eastern blend of chick peas, lemon and garlic makes an excellent starter, pate or dip.

INGREDIENTS: chick peas, tahini, lemon, all-vegetable oil, garlic, crystal salt, black pepper.

VEGAN - refrigerated shelf life 5 days

GLUTEN
FREE

Re-sealable leak-proof lidded pot (200g. min.)

Lidded foil container (400g. min.) approx. 4 servings

10 x Frozen in 400g. lidded foil caterpack serves 4-6

Lentil Burger Sunflower & sesame seeds blend with green lentils in this distinctive recipe.

INGREDIENTS: green lentils, onion, 100% wholewheat stoneground flour, mushroom, celery, sunflower seeds, sesame seeds, yeast extract, garlic, crystal salt, black pepper.

VEGAN - refrigerated shelf life 8 days

Lentil Lasagne Delicious lentil & vegetable filling layered with lasagne and topped with a vegetarian Cheddar cheese and yoghurt sauce.

INGREDIENTS: green lentils, tomato, yoghurt, onion, peppers, vegetarian Cheddar cheese, all-vegetable stock, lasagne, free-range egg, all-vegetable oil, black pepper, crystal salt.

Refrigerated shelf life 5 days. Individual microwaveable container

10 x Frozen catering microwaveable/ovenable 280g.

420g

Millet Burger Spiced fresh vegetables combine very effectively with the nutritious millet.

INGREDIENTS: millet, onion, carrot, tomato, 100% wholewheat stoneground flour, peppers, celery, soya sauce, garlic, basil, garam masala, cumin, coriander, paprika.

VEGAN - refrigerated shelf life 8 days

Individual burger

Double pack

Moroccan Terrine Skillfully spiced courgette, peppers & aubergine form the basis for a taste-full dish, topped with butternut squash.

320g. microwaveable / ovenable container

Nut & Rice Rissole Well spiced and with a delicious texture, this nutritious burger lends itself to a variety of snack and main meal ideas. At 115g. (4oz.) well suited to catering.

INGREDIENTS: brown rice, onion, 100% wholewheat flour, soya sauce, free-range egg, peanuts, walnuts, garam masala, curry powder, yeast, parsley, crystal salt.

Refrigerated shelf life 4 days.

Individual rissole

Packed for the freezer delivered frozen

Pinto Pie A long time favourite...the pinto beans absorb the flavours of the spices and other ingredients producing a pleasingly complex result. Tasty and filling in a lidded wholewheat pastry case.

INGREDIENTS: 100% wholewheat stoneground flour, pinto beans, carrot, potato, onion, celery, tomato, all-vegetable margarine, garlic, soya sauce, paprika, soya flour, bay leaves.

VEGAN - refrigerated shelf life 5 days

Individual foil

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<u>Pizza</u> Like it should be... <i>INGREDIENTS: 100% wholewheat stoneground flour, tomatoes, onion, vegetarian Cheddar cheese, all vegetable margarine, soya milk, mixed herbs, yeast, garlic + fillings -</i>	
<i>CHEESE & TOMATO</i>	<i>5 inch rounds</i>
<i>MUSHROOM</i>	<i>5 inch rounds</i>
<i>VEGETABLE (sweetcorn, peppers, courgette)</i>	<i>5 inch rounds</i>

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Savoury Slice Our best-selling savoury line - a unique blend of spices, cheese, carrot, oats & onion with sunflower and celery seeds.

Baked in individual squares.

INGREDIENTS: vegetarian Cheddar cheese, onion, oats, carrot, mixed peppers, free-range egg, all-vegetable margarine, sunflower seeds, paprika, mixed herbs, celery seed, black pepper.

Refrigerated shelf life 4 days

12 portion tray

Individual square

Savoury Tomato Pie 100% wholewheat puff pastry lidded case filled with tomato, lentil, cheese and onion with a hint of fresh lemon. Very tasty.

INGREDIENTS: 100% wholewheat stoneground flour, tomato, red lentils, onion, vegetarian Cheddar cheese, all-vegetable stock, all-vegetable margarine, free-range egg, lemon juice, garlic, basil.

Refrigerated shelf life 4 days

Individual foil

Savoury Vegetable Pastie Seven fresh vegetable ingredients with the added texture of mixed nuts in 100% wholewheat shortcrust pastry and no dairy ingredients to suit the vegan diet.

INGREDIENTS: 100% wholewheat stoneground flour, onion, cabbage, carrot, mushroom, peppers, celery, peanuts, buckwheat, all-vegetable margarine, tomato, yeast extract, walnuts, soya flour.

VEGAN - refrigerated shelf life 5 days

Individual pastie

Spiced Pastie Courgette, peppers and tomato juicily blended with spices and soya sauce to produce a very tasty filling in 50/50 shortcrust pastry case.

INGREDIENTS: 100% wholewheat stoneground flour, unbleached white flour, onion, potato, carrot, peppers, courgettes, all-vegetable margarine, soya sauce, tomato, all-vegetable stock, herbs & spices.

VEGAN - refrigerated shelf life 5 days

Individual pastie

Free Range Scotch Egg Free-range egg encased in a well textured vegetarian nut-based coating.

INGREDIENTS: free-range egg, 100% wholewheat stoneground flour, peanuts, walnuts, all-vegetable oil, all-vegetable stock, thyme, yeast, marjoram, black pepper, crystal salt.

Refrigerated shelf life 4 days - not suitable for freezing

Individual unit

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Spicy Nutburger Spiced with cayenne and chilli, nut-based treat.

INGREDIENTS: 100% wholewheat stoneground flour, onion, peanuts, walnuts, tomato, soya sauce, yeast extract, garlic, cayenne, chilli, mixed herbs, cumin, basil, oregano, yeast, crystal salt.

VEGAN - refrigerated shelf life 8 days

Single burger

Double pack

Vegetable Rissole Subtly spiced with excellent texture and eating quality - suits barbecue, snack or main meal.

INGREDIENTS: green lentils, 100% wholewheat stoneground flour, rolled oats, all-vegetable margarine, free-range egg, onion, carrot, green pepper, parsley, tomato, curry powder, cumin, coriander, cayenne, yeast, garlic, crystal salt, black pepper.

Refrigerated shelf life 4 days

Individual rissole

Packed for the freezer delivered frozen

Vegetable Tofu Pie Tofu stew filling in a 100% wholewheat lidded puff pastry case.

INGREDIENTS: 100% wholewheat stoneground flour, tofu, onion, celery, peas, tomato, all-vegetable margarine, all-vegetable stock, parsley, thyme, cayenne.

VEGAN - refrigerated shelf life 5 days

Individual foil

Vegetarian Sos-Roll Herbs & vegetables blend with vegetarian cheese and textured vegetable protein to give a meaty, sausage-like texture in 50/50 puff pastry case.

INGREDIENTS: 100% wholewheat stoneground flour, unbleached white flour, soya protein, soya flour, tomato, vegetarian Cheddar cheese, onion, all-vegetable margarine, yeast extract, herbs & spices, yeast, crystal salt, beetroot.

Refrigerated shelf life 5 days

Pack of two

Also available without cheese to suit Vegan diets

Large Vegan Sos Roll - singles

Ethnic Specialities

Traditional recipes, free from artificial additives & preservatives and suitable for a vegan diet as they contain no dairy ingredients. The Pakora and Bhaji contain no wheat flour which recommends them to certain customers with specific dietary considerations in mind. The skilful blending of herbs & spices produces a really authentic taste - ready to eat cold or quickly heated in microwave or conventional oven.

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Onion Bhaji Chopped onion coated with gram flour, seasoned with herbs & spices then deep fried to seal in the flavours and give a crisp outer coating to the substantial and filling centre.

INGREDIENTS: onion, gram flour, jeera, all-vegetable oil, crystal salt, herbs & spices.

VEGAN - refrigerated shelf life 5 days

GLUTEN
FREE

Individual 110g. unit

Spinach Pakora Fresh spinach in a deep-fried gram flour coating.

INGREDIENTS: spinach, gram flour, all-vegetable oil, crystal salt, herbs & spices.

VEGAN - refrigerated shelf life 5 days

GLUTEN
FREE

Individual 110g. unit

Vegetable Samosa Filled with fresh vegetables subtly seasoned with herbs & spices and fried to a deep golden brown.

INGREDIENTS: potato, wheat flour, carrot, peas, sweetcorn, broad beans, all-vegetable oil, crystal salt, herbs & spices.

VEGAN - refrigerated shelf life 5 days

Individual 110g. unit

Spring Roll Filo pastry roll filled with fresh vegetables, seasoned with herbs and spices and deep-fried to the traditional crispy finish.

INGREDIENTS: potato, cabbage, carrot, wheat flour, all-vegetable oil, peas, bean sprouts, crystal salt, herbs & spices.

VEGAN - refrigerated shelf life 5 days

Individual 110g. unit

Snack Pots

Non-spill snap lid microwaveable containers labelled for retail sale and containing a generous single serving. All freeze well.

Mushroom & Cashew Pilaff Protein-rich cashews in a tasty pilaff mushroom sauce with lightly salted long grain brown rice.

INGREDIENTS: brown rice, mushroom, cashew nuts, onion, peppers, celery, all-vegetable margarine, all-vegetable stock, tamari soya sauce, all-vegetable oil, crystal salt.

VEGAN - refrigerated shelf life 5 days

GLUTEN
FREE

Single unit

Aduki Cobbler A rich and juicy aduki bean stew complete with its own cheesy cobbler topping.

INGREDIENTS: aduki beans, leeks, tomato, mushroom, self-raising wheat flour, carrot, celery, onion, all-vegetable stock, soya milk, soya sauce, vegetarian Cheddar cheese, all-vegetable margarine, 100% wholewheat stoneground flour, garlic, parsley, paprika, crystal salt, black pepper.

Refrigerated shelf life 5 days

Single unit

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<p><u>Vegetable Crumble</u> Fresh vegetables in a creamed tomato sauce topped with cheese crumble. <i>INGREDIENTS:</i> tomato, cauliflower, courgette, carrot, onion, celery, peppers, all-vegetable stock, vegetarian Cheddar cheese, 100% wholewheat stoneground flour, all-vegetable oil, rosemary, coriander, yeast, crystal salt, black pepper. Refrigerated shelf life 5 days Single unit</p>	
<p>ORGANIC ORGANIC ORGANIC</p>	<p>In close collaboration with the Soil Association (Organic Certification UK5), we offer an ever expanding range of products which are produced to their rigorous standards of organic food manufacture.</p>
<p><u>SAVOURY</u></p>	
<p><u>Organic Houmous</u> Excellent as a starter, pate or dip. <i>INGREDIENTS:</i> organic chick peas, organic tahini, organic lemon, organic all-vegetable oil, organic garlic, sea salt, black pepper. VEGAN - refrigerated shelf life 5 days Re-sealable leak-proof lidded pot (200g. min.) 4-6 portion (400g. min.) lidded foil</p>	
<p><u>Organic Lentil Samosa</u> Deep fried lentil & vegetable turnover in a 100% wholewheat pastry case. <i>INGREDIENTS:</i> organic 100% wholewheat stoneground flour, organic red lentils, organic onion, organic tomato, organic all-vegetable margarine, organic soya sauce, organic coriander, organic cumin, black pepper. VEGAN - refrigerated shelf life 3 days Individual unit</p>	
<p><u>Organic Pinto Pie</u> Tasty and filling. Well spiced pinto bean filling in a lidded wholewheat pastry case. <i>INGREDIENTS:</i> organic 100% wholewheat stoneground flour, organic pinto beans, organic carrot, organic potato, organic onion, organic celery, organic tomato, organic all-vegetable margarine, organic garlic, organic soya sauce, organic paprika, organic soya flour, organic bay leaves. VEGAN - refrigerated shelf life 5 days Individual foil</p>	



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Organic Savoury Tomato Pie Tomato, lentil, cheese and onion with a hint of lemon.

Lidded 100% wholewheat pastry case.

INGREDIENTS: organic 100% wholewheat stoneground flour, organic tomato, organic red lentils, organic onion, organic vegetarian Cheddar cheese, organic all-vegetable stock, organic all-vegetable margarine, organic free-range egg, organic lemon juice, organic garlic, organic basil.

Refrigerated shelf life 4 days

Individual foil

Organic Vegetable Tofu Pie Lidded puff pastry case with a deliciously stewy tofu filling.

INGREDIENTS: organic 100% wholewheat stoneground flour, organic tofu, organic onion, organic celery, organic peas, organic tomato, organic all-vegetable margarine, organic all-vegetable stock, organic parsley, organic thyme, organic cayenne.

VEGAN - refrigerated shelf life 5 days

Individual foil

Organic Apricot Slice The organic dried apricots are less sharp than those grown conventionally giving a slightly softer taste.

INGREDIENTS: organic apricots, organic rolled oats, organic wholewheat flour, organic all-vegetable margarine, organic cane sugar, organic coconut, juice of organic orange.

VEGAN - refrigerated shelf life 24 days

14 inch x 11 inch approx. slab (20+ pieces)

5 x individual Jumbo Squares

Organic Coconut Flapjack The classic original individually hand produced.

INGREDIENTS: organic rolled oats, organic all-vegetable margarine, organic cane sugar, organic desiccated coconut.

VEGAN - shelf life 20 days

8 inch round, marked into 8 segments

Individual squares

Organic Date Slice Slightly softer eating than the original non-organic favourite, still as more-ish.

INGREDIENTS: organic dates, organic rolled oats, organic wholewheat flour, organic all-vegetable margarine, organic cane sugar.

VEGAN - refrigerated shelf life 30 days

14 inch x 11 inch approx. slab (20+ pieces)

5 individual Jumbo Squares