

The VEGAN – ESSENTIAL LIST –



JAPANESE TOFU

A protein alternative to meat, dairy and eggs but can also be used to produce creamy sauces and deserts.

GM free, High protein – Low fat – Gluten free



JAPANESE MISO

It can be used as a soup on its own or as a stock or seasoning in sauces, gravies and dips.

High protein – Low-medium fat – Wheat free



JAPANESE 100% SOBA NOODLES

Made from buckwheat flour, An alternative to wheat flour noodles.

Wheat free – High protein – Low fat – Hydrogenated oil free – High fibre



JAPANESE BROWN RICE NOODLES & SKINNY NOODLES

Low fat – Hydrogenated oil free – High fibre



ORGANIC COCONUT OIL

Highly nutritious, rich in fibre, vitamins, and minerals, raw and unpasteurised. Associated with numerous potential health benefits.

Cholesterol free – Palm oil free – Hydrogenated oils free – Wheat free



ORGANIC AMAZAKE – SWEET GRAIN DESSERT

Made from fermented grains: rice, oat and millet. Serve as a hot drink or as a natural sweetener in deserts, smoothies and baking.

Gluten free – Low salt – Low fat, No added sugar



ORGANIC OMEGA-3 DAY – 78% FLAX OIL BLEND

1 tablespoon (15ml)/day can be part of a healthy balanced diet. 2:1:1 blend of Omega 3,6 and 9

78% flax oil – GM free – alternative to cod liver oil



JAPANESE KUZU

A superior thickening agent with a delightfully smooth texture and without a starchy taste.

Low fat – Low salt – GM free – Gluten free



JAPANESE GREEN TEA

Made from unfermented leaves and abundant in antioxidants. Associated with numerous potential health benefits.

Organically grown – Kosher



JAPANESE AGAR

Can be used instead of gelatine to make deserts, jellies and aspics.

Low fat – Low salt – Free from added sugar – Wheat free – GM free



JAPANESE BROWN RICE CRACKERS WITH SESAME

Contains high quality, organic ingredients and made to a traditional recipes using time honoured processes.

Gluten free – Free from added sugar – Hydrogenated oil free – GM free



JAPANESE WILD SEA VEGETABLES

High in minerals and fibre. Very versatile: use as a wrap, as a salad, to add umami flavour or as a topping

Low fat – GM free – Low sugar



ORGANIC RICE CAKES

Wheat free recipe using rice and traditional seasonings without added sugar, MSG, colourings or preservatives.

GM free – Wheat free – Free from added sugar – Contains fibre



OAT CAKES

A high quality & healthy snack food, providing a good source of slow-releasing energy.

Wheat free – Rich in fibre – made in Scotland



ORGANIC ROASTED SEED & NUT SNACKS

Delicious, healthy and organic snacks rich in fibre and protein. Also includes tamari roasted varieties.

GM free – Gluten free – Hydrogenated oil free