

GET TO KNOW YOUR PLANT-BASED

BURGERS



BURGER GUIDE

BURGERS & BUILDS...

This guide is packed full of the best in the business burgers and chefs tips on when and where to use them. Featuring inspirational builds and suggested accompaniments it's got everything you need to get great plant-based burgers on your menu.

DAN BLUCERT

Dan has over 25 years of kitchen experience, and alongside his job as Vegetarian Express Innovation Chef, owns two award winning South London pubs. Dan has developed innovative plant-based menus long before veganism exploded in the UK, proving he definitely has an eye for trends and the future of food.





VEG FORWARD

ALTERNATIVE BURGERS 27



FULL RECIPES AT

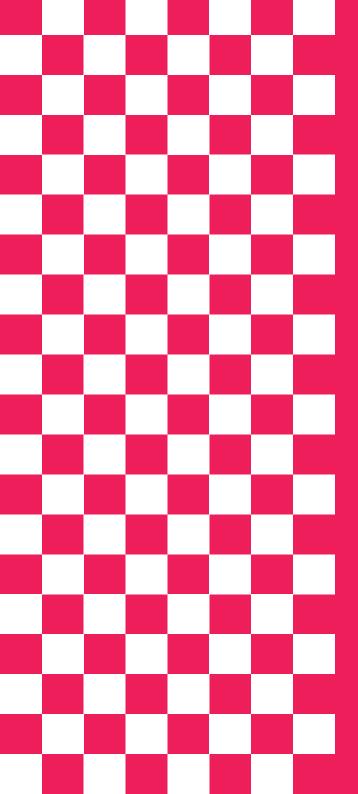
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PLANT-BASED 'BEEF' BURGERS

Plant-based Premium Hamburger







"This plant-based burger nails that loose, homemade feel - like a quality pork and beef blend. The flavour is mild, perfect for classic builds or elevated stacks. Grills beautifully with a smoky char, but just as strong pan-fried or airfried. It's my go-to for premium plant-based menus where taste, texture, and broad appeal really matter. Perfect for those that want to offer a plant-based burger that doesn't feel like a compromise."

'The meaty one'

SIZE: 23X110G CODE: BURHAM

COOKING:

Pan fry from frozen: 12 mins

BBQ from chilled 4 mins each side, from frozen 8 minutes each side at a lower temperature

STORAGE & SHELF LIFE:

Store frozen, with bag closed, -18°c. After defrosting (under chilled conditions) prepare product within 12 hours. This product is raw and not pre-cooked.







Vegan **Applewood Slices** 12x200g • CHEAPSLI





Tomato Chutney 1kg • CHUTOM



French's American Mustard

226g • MUSFRE226G



Pickled Gherkins 2550g • GHERKI

Shiitake Mushroom Burger









"This burger's a solid choice for schools or pubs - thick, juicy, and packed with a mild mushroom and pea flavour that's easy to love. Pregrilled with bar marks, it's ready for the oven or pan with zero fuss. Best of all, it's free from all 14 major allergens, so it's a safe, dependable option without sacrificing quality."

'The mushroom one'

SIZE: 48X113G **CODE:** BURGPRD

COOKING:

Oven from frozen: 16-18 mins

Griddle from frozen: 8-9 mins

BBQ from chilled 4 mins each side, from frozen 8 minutes each side at a lower temperature

STORAGE & SHELF LIFE:

Store below -18°c. Fold the inner bag over the product to prevent potential freezer burn.







This Isn't Bacon **Rashers**

3.6kg • THISBAS





Vegan **Applewood Slices** 12x200g • CHEAPSLI





French's American Mustard 226g • MUSFRE226G







Gluten Free Burger Buns 4x75g • BUNGFBUR4X75G

Plant Power Slider Burger









"This one's a thick, densely packed plant-based patty with a mellow mushroom and pea flavour. Pregrilled with char marks, it's easy to finish off in the pan or oven, and it holds up beautifully. The size makes it a great fit for schools, events, or slider burgers. It's free from all 14 major allergens, which makes it a smart, inclusive choice. Cooks best from frozen."

'The little one'

SIZE: 100X50G CODE: BURKIDS

COOKING:

Oven from frozen: 12-16 mins

BBQ from chilled 3 mins each side, from frozen 6 minutes each side at a lower temperature

STORAGE & SHELF LIFE:

Store below -18°c. Fold the inner bag over the product to prevent potential freezer burn.







Vivera Plant Bacon Pieces 1.5kg • VIVBAC





Plant-based Mayonnaise 1ltr • MAYVEG1L



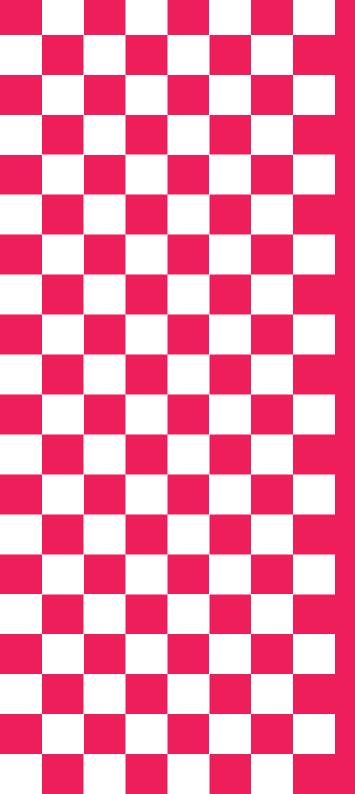


Cajun Spice 500g • CAJ500G





Violife Original Style Sliced Cheese 200g • CHEVEGSLII200G



PLANT-BASED 'CHICKEN' BURGERS

Heura Chicken Fillet Burger







"When I need a crispy coating that holds its crunch and packs flavour, this is the one I reach for. It's got that deep, savoury roast chicken taste that instantly adds comfort and familiarity. No soggy bottoms here, it holds its texture even after being sauced. It's great in a burger but works equally as well for katsu or adding amazing bite to warm or cold salads."

'The crispy one'

SIZE: 10X100G **CODE:** HEUBURCHIC

COOKING:

Oven from frozen: 20 minutes

Air fry from frozen: 12 minutes

Pan fry from chilled: 6 minutes

STORAGE & SHELF LIFE:

Keep frozen at -18°C. Once defrosted, do not refreeze, keep refrigerated at 0°C to 4°C and consume within 24 hours. Do not consume raw. Cook before consumption.





The

Vegan Brioche Style Bun 40x90g • BUNBRIO





Vegan **Applewood Slices** 12x200g • CHEAPSLI





Kimchi 1kg • KIMCHI





Gochujang Korean **Hot Pepper Paste** 1kg • PASKORHOTPEP

Southern Fried Plant-based Chicken Fillet









"This one brings serious Southernstyle flavour. A crispy coated pea protein fillet dusted with garlic, onion, chilli, and smoked paprika. The gluten-free flour in the coating means it stays crisp longer, whether you deep fry (which is the sweet spot) or brush with oil and bake or pan-fry. It's bold, crunchy, and built for burgers - a proper plant-based fillet that delivers on taste and texture without holding back."

'The smokey one'

SIZE: 25X100G CODE: CHICSFGF

COOKING:

Pan frv from frozen: 5 mins

Oven from frozen: 15 mins

Deep fry from frozen: 10 mins

STORAGE & SHELF LIFE:

Keep frozen at -18°C.





Vegan Junkstar Chedda Cheeze Sauce

500ml • SAUCHED



Picante Salsa 3072g • SALA10



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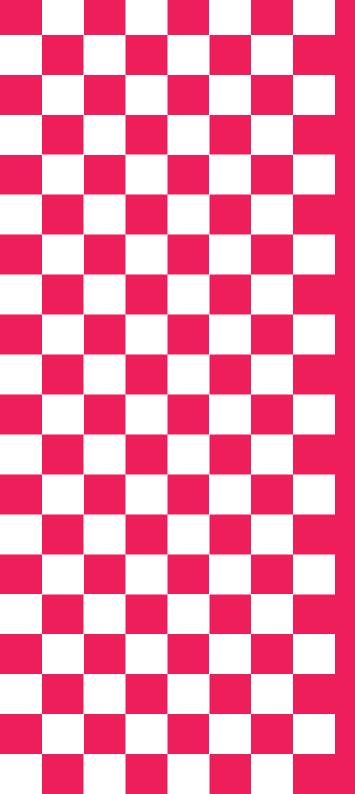
Vegan Brioche Style Bun 40x90g • BUNBRIO

MORE CHEFS' SUGGESTIONS

Smoked Hickory **BBQ Sauce**

5L • SAUBBQHIC5L





VEG FORWARD BURGERS

Sweet Potato Falafel Burger









"These sweet potato and falafel patties are all about colour, texture, and warm, savoury flavour. Generous chunks of sweet potato give a golden look and satisfying bite. Free from all 14 major allergens and easy to work with. Best fried for crispiness, but still great oven-baked or pan-fried with a little oil. A smart pick for schools, workplaces, or pubs. We like it paired simply with harissa houmous, but it holds its own in all kinds of builds."

'The sweet one'

SIZE: 20X100G CODE: BURFALSWE

COOKING:

Deep fry from chilled in 5-7 mins

Pan fry from chilled 3 mins each side, from frozen 6 minutes each side at a lower temperature

Oven bake chilled in 10 mins at 180°C. from frozen in 16 mins at 160°C

BBQ from from chilled 3 mins each side. from frozen 6 minutes each side at a lower temperature

STORAGE & SHELF LIFE:

Keep frozen -18°C. Defrost thoroughly in fridge for 10 hours before use. Do not refreeze once defrosted. Once thawed, use within 3 days. Chilled storage 8°C or below.







Harissa Houmous 1kg • HOUHAR





Vegan Brioche Style Bun 40x90g • BUNBRIO



MORE CHEFS' PAIRING SUGGESTIONS

Plant-based Smokey **Style Cheese**

500g • CHEVEGSMO500G







Beetroot Burger









"These beetroot falafel patties bring a clean, earthy flavour and a vibrant splash of colour to the plate. With carrot, kale, chickpea, quinoa, courgette, and a hint of mint, they're savoury, satisfying, and free from all 14 major allergens. Low in saturated fat, high in protein and fibre, and seriously versatile. Best fried for a crisp finish, but just as strong baked or pan-fried. A solid go-to for schools, workplaces, or pub menus."

'The red one'

SIZE: 12X110G CODE: BURBEEG

COOKING:

Deep Fry from chilled in 5-7 mins

BBQ from from chilled 3 mins each side. from frozen 6 minutes each side at a lower temperature

STORAGE & SHELF LIFE:

Keep frozen -18°c. Defrost thoroughly in a fridge before use. Once thawed, use within 3 days. Chilled storage 8°c or below.







Sliced Avocado 1kg • AVOSLI





Spicy Red Onion Marmalade 3kg • MARREDONI3K





Semi-dried **Tomatoes in Oil** 1kg • TOMSEMDRI950G





Gluten Free **Burger Buns**

4x75g • BUNGFBUR4X75G

Spinach & Kale **Falafel Burger**









"These falafel patties have a clean, earthy flavour and are packed with vibrant flecks of kale and spinach for a unique mix of colour and texture. Free from all 14 major allergens and easy to work with. Best fried for that crisp edge, but just as solid baked or pan-fried with a little oil. A great fit for work, senior schools, or pub menus looking to brighten the plate with something wholesome."

'The green one'

SIZE: 20X100G CODE: BURFALSPIK

COOKING:

Deep fry from chilled in 5-7 mins

Pan frv from chilled 3 mins each side. from frozen 6 minutes each side at a lower temperature

Oven bake from chilled in 10 mins at 180°C, from frozen in 16 mins at 160°C

BBQ from from chilled 3 mins each side. from frozen 6 minutes each side at a lower temperature

STORAGE & SHELF LIFE:

Keep frozen -18°C. Defrost thoroughly in fridge for 10 hours before use. Do not refreeze once defrosted. Once thawed, use within 3 days. Chilled storage 8°C or below.







Plant-based Mayonnaise 1ltr • MAYVEG1L





Vegan Brioche Style Bun 40x90g • BUNBRIO



900g • SAUPESGRE900G

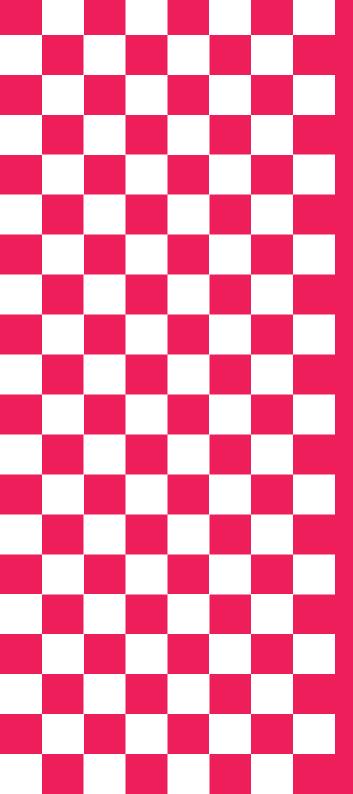


Borettane Onions in Balsamic Vinegar

1.9kg • ONIBAL1.9KG







ALTERNATIVE BURGERS

Mac n Cheese Burger





"This one's all about crowd-pleasing comfort - crispy on the outside, cheesy in the middle. A straight-up indulgent vegetarian option. Perfect for younger crowds after a dirty, satisfying bite. Deep fry from frozen and you're good to go."

'The cheesy one'

SIZE: 36X120G CODE: BURMAC

COOKING:

Deep fry from frozen: 6-8 mins

STORAGE & SHELF LIFE:

Store at -18°C. Do not re-freeze.



Large Onion Bhajis









"Use a large onion bhaji as a patty for a bold, crispy burger packed with spiced onion flavour. It brings crunch, colour, and character to any build, especially when paired with cooling chutneys or pickled veg. It's a standout option for pubs, street food-style menus, or anyone looking to mix things up with a plant-based burger that's full of personality."

'The Indian one'

SIZE: 20X110G CODE: BAH20X110G

COOKING:

Oven from chilled: 12-14 mins, from frozen: 14-16 mins

STORAGE & SHELF LIFE:

Keep frozen below -18°C. Once defrosted, keep refrigerated and use within 5 days.





The

BUILD

Mango & Chilli Chutney 2.8kg • CHUMC1





Plant-based Mayonnaise 1ltr • MAYVEG1L





Vegan Brioche Style Bun 40x90g • BUNBRIO





FOR THE CHIPS Coarse Sea Salt 1kg • SALSEACOA1KG



Get great plant-based food on your menu:

vegetarianexpress.co.uk seed-bank.co.uk

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Non gluten-containing ingredient*
Organic Frozen Chilled



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