



A VEGETARIAN EXPRESS
CHRISTMAS



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We're the original plant-based foodies. We've searched high and low to bring you a mix of the finest plant-based ingredients, and time-saving ready to use products – perfect for a busy Christmas service.

This isn't just a vegetarian or vegan option. Everything in this brochure is as delicious and table worthy as any other festive food. From vegans, through flexitarians to meat reducers we believe our dishes will be the envy of those who picked the standard turkey.

We have the ingredients and we're giving you the recipes too. Seed-bank.co.uk is packed with inspiration on how to make this a Christmas for tastebuds to remember.

STARTERS & BUFFET

Kicking off Christmas

Phone for festive food envy
01923 249 714

Get tons of inspiration at
seed-bank.co.uk



Kick off the festive period with these tasty small bites. Whether you're looking for ready to use solutions or do it yourself starters, we have you covered.

You can serve our tried and tested BBQ Cauliflower Wings or create your very own plant-based Prawn Cocktails or 'Salmon' Blinis.

① BBQ Cauliflower Wings

CAULBBQ1 • 4 x 1kg •

② BBQ Jackfruit Spring Roll

ROLJAC1 • 25g x 50 •

③ Feta Spinach Samosa

SAMSPI1 • 30g x 50 •



KEY: Vegan Does not contain gluten

Organic Chilled Frozen

PLANT-BASED FISH

① Vegan Zeastar Sashimi Zalmon
SASHZAL • 310g • 🌱🌱🌱

② Vegan Zeastar Kalamariz
KALAM • 1kg • 🌱🌱

③ Vegan Zeastar Shrimpz
SHRIMP • 1kg • 🌱🌱

Vegan Zeastar Lemon Shrimpz
LEMSHRIM • 1kg • 🌱🌱

④ Vegan Zeastar Crispy Chilli Shrimpz
CHILSHRIM • 1kg • 🌱🌱



🌱 Zalmon & cream cheese blinis



⑤ Our '**Crown prince squash & chestnut soup**'
recipe on Seed-bank

Featuring:
Chestnuts Vac Pac
NUTCHE1KG • 1kg • 🌱🌱

Flora Plant Butter
PLBUTFLO • 250g • 🌱🌱🌱



🌱 Forest mushroom & walnut arancini



🌱 Plant-based prawn cocktail



④ 🌱 Crispy Chilli 'Prawns'



🌱 King oyster 'scallops', black pudding, peas & charred onions

⑥ Porcini Mushroom Arancini
ARAMUS60 • 60 x 35g • 🌱

⑦ Our '**King Oyster scallops' & black pudding**'
recipe on Seed-bank

Featuring:
Vegan Black Pudding
PUDBLA200G • 200g • 🌱🌱

Optional dressing:
Truffle Oil Black
OILTRUFB • 250ml • 🌱🌱

Truffle Oil White
OILTRUFW • 250ml • 🌱🌱



READY TO USE CENTRE OF PLATE

Time saving treats

We're always on the lookout for the most innovative quick serve products. These ready to use centre of plate dishes live up to our incredibly high standards. Easy? Yes. Compromises? None.

①



🌱 Nut roast crumble tart, confit potatoes, sprouts & cranberries

① Nutroast Crumble Tart

TARTNUTROA
15 x 170g • 🌱🌱

Deep generous portion of crisp pastry, and a rich nut, root vegetables and cranberry filling. Topped with a flaxseed, pumpkin seed, and sunflower seed crumble. Cook from frozen in 15-20 minutes.

② Plant-based Roast with Stuffing

ROASTUF
2x1.5kg • 🌱🌱

This cutting edge plant-based roasting joint is a real showstopper. The outside caramelises to a crispy golden brown and the inside is tender and moist, just like it should be. Once carved, discover a hearty, herb-speckled stuffing inside.

②



🌱 Plant-based roast with 'sausage' stuffing, sprouts, carrots & potatoes

③



🌱 Vegetable wellington with winter vegetables

③ Curried Parsnip and Squash Wellington

WELPARSQ
15 x 220g • 🌱🌱

Stand-out home-made plate appeal. Flavour packed chunky curried parsnip filling spiced with cumin and coriander. Cook from frozen in 20-25 minutes.

④



④ Luxury Vegan Nut Roast

NUTROA3.6KG • 20 x 180g • 🌱🌱

Rustic, granola topped bars made with julienne of carrot, sweet potato and parsnip, infused with cranberries, apricots and cashew nuts. Cooks from frozen in 25 minutes.

⑤ Plant-Based 'Chicken' Breast

CHICBRE • 30x90g • 🌱🌱

This must have plant-based 'chicken' fillet is ready-shaped and versatile - great tasting, whether it's fried, grilled, roasted or steamed. Made with pea protein, it's gently seasoned and, once cooked, can be eaten hot or cold, making it perfect for everything from Kiev's to 'chicken' salads.

⑤



🌱 Plant-based hunters 'chicken'

CENTRE OF PLATE

Ingredient driven dishes

Ok so turkey isn't for everyone. so here's a selection of conversation starting plant-based mains that might make the most traditionalist rethink their menu choice.

① Our **'Smoked Tofu Belly'** recipe on Seed-bank

Make using:

Tofu - Plain

TOF3K • 3kg • 🌱🍌🍌🍌🍌

Tofu - Extra Firm

TOFIK • 1kg • 🌱🍌🍌🍌🍌



🌱 Smoked 'Tofu Belly', black pudding puree, parsley mustard, potato, cabbage & 'bacon', apple jam, soy crackling

Well, well, well it's a stunning Wild Mushroom Tofu Wellington. Beautiful on plate and packed with tons of flavour.

② Our **'Wild Mushroom Tofu Wellington'** recipe on Seed-bank

Make your own with:

Vegan Puff Pastry

PUFFPAS • 1kg • 🌱🍌

Red Wine Vinegar

VINRED • 350ml • 🌱🍌

②



🌱 Wild mushroom, pumpkin, smoked tofu wellington & cranberry sauce



③ **Plant-based Cumberland Style Sausage**

SAUSCUMB

30x40g • 🌱🍌

④ **[MOCK]® Lamb**

MOCKL

1kg • 🌱🍌

Seitan - Classic

SEITCLA • 1kg • 🌱🍌

Seitan - Smokey

SEISMOK • 1kg • 🌱🍌

Plant-based Mushroom Steak

MUSTEA • 30x80g • 🌱🍌

⑤ **Plant-based Mushroom Rib Eye Steak**

MUSTEARE • 20x150g • 🌱🍌

With an already earthy flavour these juicy mushroom steaks can be seared in a pan, to caramelise and add extra flavour and bite.



DON'T FORGET...

Vegan Gravy Granules

GRAMIX6X170G • 6x170g • 🌱🍌

Horseradish

SAUHORSE3KG • 3kg • 🌱

Cranberry Sauce

SAUCRABER3KG • 3kg • 🌱

SIDES




Complement the festivities



Sides are what set apart a good Christmas dinner from an average one. Our chef has been working on a few you can use.

Our **'Savoy cabbage, spinach and leeks'** recipe on Seed-bank




Make your own with:

Flora Plant Cream
CREFLO • 1L •   

Our **'Roasted roots, agave, wholegrain mustard'** recipe on Seed-bank



Make your own with:



Cumin - Ground
CUMGRO1K • 1kg •  

Agave Syrup
SYRAGA250ML • 250ml •   

Our **'Braised red cabbage, apples, sultanas'** recipe on Seed-bank



Make your own with:

Turkish Sultanas
SULTUR1KG • 1kg •  

Cinnamon - Quills
CINQUI1KG • 1kg •  

Our **'Baby carrots, crispy leeks and sunflower seed pesto'** recipe on Seed-bank

Make your own with:



Dug Potato Drink - Original
MILPOTORI • 1L •  




Parmesan Style Cheese Wedge
CHEVEGPAR150G
150g •   

Sunflower Seeds
SEESUN1KG • 1kg •  

Our **'Beetroot mash with caraway butter'** recipe on Seed-bank



Make your own with:

Caraway Seeds
SEECARIK • 1kg •  


Flora Plant Butter
PLBUTFLO • 250g •   

Our **'Turnip, crispy seitan and cider gratin'** recipe on Seed-bank

Make your own with:

Seitan - Classic
SEITCLA • 1kg •  

Chopped Garlic (Purée)
GARCHO1K • 1kg •  

Japanese Panko Breadcrumbs
BRECRUIKG • 1kg • 

HERBS, SPICES & SEASONING

Season(ing)s greetings



All Spice - Ground

ALLGRO1K • 1kg •



Nutmeg - Whole

NUTWHO200G • 200g •



Cinnamon - Ground

CINGRO500G • 500g •



Nutmeg - Ground

NUTGRO1K • 1kg •



Cloves - Whole

CLOWHO0.5K • 500g •



Star Anise

STARANI • 300g •



Ginger - Ground

GINGRO1K • 1kg •



Cinnamon - Quills

CINQUI1KG • 1kg •



Mace - Ground

MACGRO0.5K • 500g •



Serving Suggestion

Mulled Wine Spice

MULWINSPI1K • 1kg •



Vanilla Pods

VANI2 • 12 pack •

THERE'S LOADS MORE

We have scoured the globe for the finest ingredients. Take a look in the Larder at...

VEGETARIANEXPRESS.CO.UK

CHEESEBOARD

Plant-based smiles



Let's face it Christmas is a time to indulge. So why not lay on a plant-based cheeseboard? Mature, blue or creamy, we have all the nation's favourites for everyone to enjoy.

Mature Style Block Cheese

CHEVEGMAT2.5KG • 2.5kg •

Parmesan Style Cheese Wedge

CHEVEGPAR150G • 150g •

Vegan Applewood Block

CHEAPBL • 10x200g •

Plant-based Blue Mozzarella Style Cheese

CHEVEGBLU500G • 500g •

Cream Style Vegan Cheese

CHEVEGCRE8X200G • 8x200g •

Caramelized Red Onion Chutney

CHUCARRED • 1kg •

READY TO SERVE DESSERTS

Naughty but nice

①



🌱 Vegan christmas pudding with brandy sauce

Christmas tradition at it's finest. These tasty individual Christmas puds are quick to serve and packed with flavour.

① Individual Christmas Pudding

PUDCHRISVEG • 10x120g • 🌱🌿

The perfect individual Christmas Pud, rich and packed with flavour and festive spices and brandy. Microwave in 1 minute or steam in 20 minutes.

② Lemon and Ginger Tart

TARTLG • 900g • 🌱🌿

Raspberry & Elderflower Tart

TARTRE • 900g • 🌱🌿

③ Sticky Toffee Pudding

PUDTOFST • 24x150g • 🌱🌿

②



③



④



You can't beat a little chocolate over the festive period. These two chocolate desserts are so good you won't be able to tell they're vegan.

④ Vegan Chocolate Tart

TARCHO12 • 12 x 90g Approx • 🌱🌿

⑤ Vegan Chocolate Torte

Kirsch Cherries

TORCHO1X27 • 3.24kg (27 x 120g) • 🌱🌿

⑤



DESSERTS

The indulgence continues



① Our **'Zero Egg Lemon Tart'** recipe on Seed-bank

Make your own with:

Zero Egg - Classic
ZEREGGCL • 1kg • 🌱🌱



②

② Our **'Crème brûlée'** recipe on Seed-bank

Make your own with:

Zero Egg - Classic
ZEREGGCL • 1kg
🌱🌱



③

③ Our **'Tiramisu'** recipe on Seed-bank

Make your own with:

Plant-based Mascarpone
MASCA • 1kg
🌱🌱🌱🌱



④

④ Our **'Brownie'** recipe on Seed-bank

Make your own with Willie's Cacao Chocolate Chef Drops

Rio Caribe 72%
CHOCRIOC • 1 x 1kg • 🌱🌱

Chulucanas 70%
CHOCCHULU • 1 x 1kg • 🌱🌱

⑤ *Top with our Vegan Ice Creams*

Salted Caramel
ICECRECAR • 2L • 🌱🌱🌱

Matcha
ICECREMAT • 2L • 🌱🌱🌱

Mango
ICECREMAN • 2L • 🌱🌱🌱

Chocolate Miso
ICECREMIS • 2L • 🌱🌱🌱

Vegan Vanilla Ice Cream
ICECREVA • 2L • 🌱🌱🌱



⑤

⑥ Our **'Eton Mess'** recipe on Seed-bank

Make your own with our Vegan Meringues

Assorted - Vanilla, Candy Floss, Raspberry
MERAS • 160g • 🌱🌱

Vanilla
MERVAN • 160g • 🌱🌱



⑥

Christmas is all about indulgence right? Round off a great dinner with these great desserts. Create your own using our easy to follow recipes.


FRUITS, NUTS & SEEDS

More festive flavours



Cacao Nibs
CACNIB1 • 1kg • 



Cocoa Powder
CACPOW1 • 1kg • 



Walnut Halves
NUTWAL1KG • 1kg • 



Cranberries
BERCRA1K • 1kg • 



Coconut - Chips
COCCHI1KG • 1kg • 



Cashews - Whole
NUTCASWHO1K • 1kg •  



Pecan Halves
NUTPEC1K • 1kg •  



Large Figs
FIG1KG • 1kg • 



Preserved Lemons (Jar)
LEMPRE700G • 700g •   



Amaranth Seeds
SEEAMAORG500G • 500g •  



Brown Raisins
RAICAL1KG • 1kg • 

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VEGETARIANEXPRESS.CO.UK

With over **500+** recipes
at your fingertips!



seed-bank.co.uk

is the easy way to get plant-based
food on your menus





Phone for festive food envy

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or visit

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