



SGAiA FOODS

Catalogue



2024



Sgaia Foods was founded in 2015 to bridge the gap between plant based foods and fresh speciality products that taste, look and feel authentic.

All our products are ideated, developed and made in our 100% plant-based factory in the vibrant city of Glasgow. Our aim is to make flavourful, appealing and highly nutritious food providing everything your body and mind needs.


Our recipes exclusively feature non-GMO ingredients, and we solely use natural flavours and thickeners in our products. We take pride in crafting wholesome food that is healthy for the body, sustainable for the planet and ethical in its creation.

Thanks to our Italian heritage, Sgaia Foods embraces traditional Mediterranean flavours and preparation methods. Yet, influenced by our Scottish and British surroundings, we've integrated these influences to create cutting-edge products that offer a rich and authentic dining experience.

From local markets to the hottest shelves and restaurants in the nation, Sgaia's versatile product range constantly encounters new foodies eager to experience wholesome yet exciting plant-based food.

Sit back and discover our creations.

P.S. Sgaia [*s-ga-ee-ah*] is a word in Venetian dialect to describe someone who is cheerful, animated and positive. It is also used to define someone who is resourceful, quick-witted and versatile. We all have a bit of Sgaia in each and everyone one of us!



Glasgow

WHERE TO FIND US

20 Lomond St,
Glasgow, Scotland
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OPEN HOURS

Monday to Thursday from
7:00 am to 5:00 pm
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sgaiafoods.co.uk

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RAMI STYLE SLICE
batch • hand crafted

PEPPE



SGAIA
plant based meat

plant based foods

RETAIL

ORIGINAL STEAK



Tender
Meaty Bite



Umami Flavour
Depth



Natural
Ingredients



Best-seller

Description

Our original flavour steak is the most versatile. It's tasty, deliciously savoury with a rich umami flavour will compliment any marinade, sauce or vegetable side dish. Have it as a main alongside chips and a salad, chop it up and add it to your favourite stir fry or pasta dish or cube it up, sizzle it in a pan with some extra virgin olive oil and top your salad with it for an extra natural savoury sensation.

Ingredients

Water, Wheat **Gluten**, Rusk (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Yeast Extract (Yeast, Salt, Vitamin B12), Pea Protein, Salt, Beetroot, Garlic, Cane Molasses, Onion, Black Pepper, Paprika.

Allergen info: for allergens, including gluten, see ingredients in bold. May contain traces of **Soya** and **Mustard**. 🌾 🥣 🧴

Nutritional information

Typical values	Per 100g	Per 100g Steak
Energy	748kJ 179kcal	748kJ 179kcal
Fat	1.8g	1.8g
of which saturates	0.4g	0.4g
Carbohydrates	10.4g	10.4g
of which sugars	1.9g	1.9g
Fibre	1.1g	1.1g
Protein	30g	30g
Salt	1.6g	1.6g

Code: ORISTEAK100

Format: Product sold as cases

5x 2x100g





SMOKY FLAVOUR STEAK



Natural Smoky
Flavour



Sear it as you
would






Natural
Ingredients

Description

An all-time favourite, our smoky flavour steak is seasoned with pure liquid beech wood smoke. Perfect drizzled in BBQ sauce and griddled. Just as versatile as the Original; embrace the smokiness, and let your creativity run wild as you explore the endless possibilities our natural smoky flavour steak brings to your table.

Ingredients

Water, Wheat **Gluten**, Rusk (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Yeast Extract (Yeast, Salt, Vitamin B12), Pea Protein, Salt, Beetroot, Garlic, Beech Wood Smoke Flavouring, Cane Molasses, Onion, Black Pepper.

Allergen info: for allergens, including gluten, see ingredients in bold. May contain traces of **Soya** and **Mustard**.   



Nutritional information

Typical values	Per 100g	Per 100g Steak
Energy	752kJ 180kcal	752kJ 180kcal
Fat	1.8g	1.8g
of which saturates	0.4g	0.4g
Carbohydrates	10.5g	10.5g
of which sugars	1.9g	1.9g
Fibre	1.1g	1.1g
Protein	30g	30g
Salt	1.6g	1.6g

Code: SMOSTEAK100

Format: Product sold as cases

5x 2x100g



ITALIAN STYLE BURGER



Natural
Ingredients



High Protein,
Low Fat




Made by
Italians

Description

A twist on our deliciously savoury, juicy original burger. This time packed with real tomato & onion chunks. Gently herbed with a quintessentially Italian taste, this burger makes no compromise on taste. Just like the Original brother it will never, ever fall apart on your barbecue. That's a promise! Fabulous in a bun with garlicky (vegan) mayo, spinach leaves, basil and sliced tomatoes.

Ingredients

Water, Wheat **Gluten**, Textured **Soya** Protein, Yeast Extract (Yeast, Salt, Vitamin B12), Kibbled Onions, Tomato Flakes, Cane Molasses, Balsamic Vinegar, Salt, Mixed Herbs (Thyme, Marjoram, Oregano, Sage, Parsley, Basil), Onion, Garlic, Black Pepper, Paprika, Beetroot.

Allergen info: for allergens, including cereals containing gluten, see ingredients in bold. May contain traces of **Mustard**. 

Nutritional information

Typical values	Per 100g	Per 100g Burger
Energy	703kJ 168kcal	773kJ 185kcal
Fat	1.5g	1.6g
of which saturates	0.3g	0.3g
Carbohydrates	11g	12g
of which sugars	3.9g	4.3g
Fibre	3.4g	3.8g
Protein	28g	30g
Salt	1.2g	1.3g

Code: ITABURG110

Format: Product sold as cases
5x 2x110g





ORIGINAL BURGER



Natural
Ingredients



High Protein,
Low Fat



Umami Flavour
Depth

Description

A deliciously savoury, juicy burger packed with flavour and plant based protein. Gently seasoned for the best flavour, this burger makes no compromise on taste. It will never, ever fall apart on your barbecue. That's a promise! Fabulous in a bun with (vegan) mayo, lettuce and sliced tomatoes. Chilled drink not essential but recommended. A tasty, savoury vegan burger that you can fry, grill or barbecue.

Ingredients

Water, Wheat **Gluten**, Rusk (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Yeast Extract (Yeast, Salt, Vitamin B12), Rapeseed Oil, Beetroot, Tomato Passata, Salt, Onion, Garlic, Inactive Yeast, Black Pepper.

Allergen info: for allergens, including cereals containing gluten, see ingredients in bold. May contain traces of **Soya** and **Mustard**. 

Nutritional information

Typical values	Per 100g	Per 100g Burger
Energy	738kJ 177kcal	811kJ 194kcal
Fat	3.9g	4.3g
of which saturates	0.4g	0.5g
Carbohydrates	12g	13.5g
of which sugars	1.8g	1.9g
Fibre	1.2g	1.3g
Protein	23g	25.5g
Salt	1.1g	1.2g

Code: ORIBURG110

Format: Product sold as cases

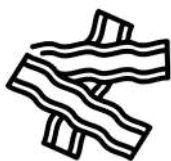
5x 2x110g



SMALL BATCH • HAND CRAFTED
ORIGINAL BURGER



SMOKY FLAVOUR RASHERS



It Sizzles



Natural
Ingredients



Best-seller



Description

We've reinvented the streaks in our rashers to create a delicious play on flavours and textures. These natural rashers are smoky, salty, tasty. Perfect in a full vegan breakfast, on a stack of pancakes, in a BLT or added to your favourite burger.

Ingredients

Water, Vital Wheat **Gluten**, Yeast Extract (Yeast, Salt, Vitamin B12), Textured **Soya** Protein, Beech Wood Smoke Flavouring, Cane Molasses, Beetroot, Garlic, Paprika, Onion.

Allergen info: for allergens, including cereals containing gluten, see ingredients in bold. May contain traces of **Mustard**. 🌾 🧤 🧴

Nutritional information

Typical values	Per 100g	Per 50g serving
Energy	721kJ 172kcal	361kJ 86kcal
Fat	1.9g	0.9g
of which saturates	0.4g	0.2g
Carbohydrates	6.9g	3.5g
of which sugars	3.2g	1.6g
Fibre	0.9g	0.4g
Protein	31.5g	15.8g
Salt	2.5g	1.2g

Code: RASHERS150

Format: Product sold as cases

5x150g





SMOKY PANCETTA STYLE CUBES



Natural Smoky
Flavour



Versatile



Also works great
in a salad!

Description

The perfectly smoky, salty, tasty addition to any pasta sauce, stew, risotto, potato hash, you name it! We got you covered. These smoky little chunks of bacony goodness elevate your vegan carbonara to a level that will captivate even the most discerning food enthusiasts.

Ingredients

Water, Vital Wheat **Gluten**, Yeast Extract (Yeast, Salt, Vitamin B12), Textured **Soya** Protein, Beech Wood Smoke Flavouring, Cane Molasses, Beetroot, Garlic, Paprika, Onion.

Allergen info: for allergens, including cereals containing gluten, see ingredients in bold. May contain traces of **Mustard**. 



Nutritional information

Typical values	Per 100g	Per 50g serving
Energy	721kJ 172kcal	361kJ 86kcal
Fat	1.9g	0.9g
of which saturates	0.4g	0.2g
Carbohydrates	6.9g	3.5g
of which sugars	3.2g	1.6g
Fibre	0.9g	0.4g
Protein	31.5g	15.8g
Salt	2.5g	1.2g

Code: PANC200

Format: Product sold as cases

5x200g



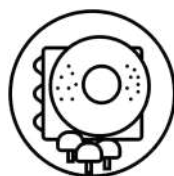
LORNE STYLE SAUSAGE



Tender Meaty
Bite



Versatile, add
it to a sauce!



Brunch
Special



Made by Scots

Description

The lorne sausage, also known as square sausage is a traditional Scottish staple usually made from minced meat, rusk and spices. After carefully researching the traditional recipes used in butcher shops, we've found the perfect mix of seasonings, herbs and spices to create the ultimate vegan square sausage. Made to tradition, with nothing but plants, the full flavoured way.

Ingredients

Water, Wheat **Gluten**, Rusk (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Yeast Extract (Yeast, Salt, Vitamin B12), Seasoning (Salt, Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plant And Fruit Concentrates, Preservative (Sodium Metabisulphite) (**Sulphites**), Dextrose, Spice Extracts, Antioxidants (Sodium Ascorbate, Sodium Citrate), Panko Breadcrumbs (**Wheat** Flour, Yeast, Sugar, Salt), Cane Molasses, Rapeseed Oil, Salt, Beetroot, Mace, Black Pepper, Onion.

Allergen info: for allergens, including cereals containing gluten, see ingredients in bold. May contain traces of **Soya** and **Mustard**. 🌾 🥄 🥛 🕒

Nutritional information

Typical values	Per 100g	Per 70g slice
Energy	717kJ 172kcal	502kJ 120kcal
Fat	2.9g	2.1g
of which saturates	0.4g	0.3g
Carbohydrates	16g	12g
of which sugars	2.6g	1.8g
Fibre	1.1g	0.8g
Protein	20g	14g
Salt	3.4g	2.4g

Code: LORNE280

Format: Product sold as cases
5x280g





PEPPERONI STYLE SLICES



Slightly Spicy
Edge!



Natural
Ingredients



Not just for
Pizza!

Description

A pizza fact for you: what is commonly referred to as “pepperoni” in English-speaking countries, is actually called “salamino piccante” in Italy. Pizzas are usually given names, too. One with salamino is called a “diavola”. And if you like pizza, you’re going to love these! Our Pepperoni slices make the perfect pizza topping: they’re super tasty, nice and chunky, with a great chilli kick. We marinate them in extra virgin olive oil before laying each slice out by hand.

Ingredients

Water, Wheat **Gluten**, Rusk (Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Yeast Extract (Yeast, Salt, Vitamin B12), Beetroot, Paprika, Salt, Cane Molasses, Chilli, Dried Red Chillies, Olive Oil, Soy Sauce (Water, **Soya** Beans, **Wheat**, Salt, Alcohol, Koji Seeds), Onion.

Allergen info: for allergens, including cereals containing gluten, see ingredients in bold. May contain traces of **Mustard**.   



Nutritional information

Typical values	Per 100g	Per 1/3 pack (50g)
Energy	829kJ 198kcal	415kJ 99kcal
Fat	2.7g	1.3g
of which saturates	0.5g	0.3g
Carbohydrates	9.1g	4.6g
of which sugars	2.9g	1.4g
Fibre	1.9g	0.9g
Protein	35g	18g
Salt	1.4g	0.7g

Code: PEPP150

Format: Product sold as cases
5x150g



PASTRAMI STYLE SLICES



Versatile, also works in soups!



Perfect for Cheeseboards and Tapas




Deep Natural Flavours

Description

Inspired by the much loved staple of New York Jewish cuisine, our Pastrami Style Slices are aromatic, savoury, slightly smoky in flavour and fantastically tender. We sprinkle mustard seeds and coat every slice with a thin layer of extra virgin olive oil to preserve tenderness and keep it flavourful. Pairs well with a strong vegan cheese, added to a reuben or added to crackers as a light snack.

Ingredients

Tomato Passata, **Wheat Gluten**, Water, Salt, Black Pepper, Garlic, Paprika, Beetroot, Smoke Flavouring, Coriander, Thickening Agent (Agar), Allspice, Olive Oil, **Mustard** Seeds.

Allergen info: for allergens, including cereals containing gluten, see ingredients in bold. May contain traces of **Soya**.   

Nutritional information

Typical values	Per 100g	Per 1/2 pack (55g)
Energy	671kJ 160kcal	369kJ 88kcal
Fat	2.3g	1.3g
of which saturates	0.4g	0.2g
Carbohydrates	6.8g	3.7g
of which sugars	2.9g	1.6g
Fibre	1.9g	1g
Protein	28.5g	15.7g
Salt	2.7g	1.5g

Code: PAST110

Format: Product sold as cases

5x110g





GARLIC & ROSEMARY STUFFED ROAST



Festive
Centrepiece



Rich Flavour
and Aromas



Best-seller

Description

Our roast is made with a chicken-style outer layer and filled with our homemade garlic and rosemary sausage stuffing, this is a Christmas centrepiece that cannot be missed. Smother it in gravy, add roasted roots and veggies, sit back and enjoy a stress free, flavourful, luscious festive feast! This hand-rolled delight is great for Sunday roasts, festive occasions or a gourmet festive sandwich!

Ingredients

Garlic & Rosemary Stuffing [Water, Vital **Wheat Gluten**, Breadcrumbs (**Wheat** flour, Salt, Yeast), Rusk (**Wheat** Flour, Salt), Sugar, Onion, Garlic, Salt, Rosemary, Sage, Parsley, Smoked Garlic, Black Pepper, Yeast Extract, Vitamin B12, Blended Vegetable Oil, Tomato Passata, Beetroot Powder, Salt, Nutritional Yeast]; Meat-free Chicken Style Fillet [Water, Vital **Wheat Gluten**, Pea Protein, Blended Vegetable Oil, Medium Rusk (**Wheat** Flour, Salt, Ammonium Bicarbonate), Yeast Extract, Nutritional Yeast, Garlic, Salt].

Nutritional information

Typical values	Per 100g
Energy	855kJ 205kcal
Fat	6.1g
of which saturates	0.6g
Carbohydrates	9.9g
of which sugars	2g
Fibre	1.6g
Protein	26.5g
Salt	0.7

Allergen info: for allergens, including cereals containing gluten, see ingredients in bold. May contain traces of **Soya** and **Mustard**.   



Code: ROS500

Format: Product sold as cases
3x500g



Code: ROS1000

Format: Product sold as cases
3x1000g

