



**Beana  
Foods**

Savor the Flavors of  
Plant-Based Passion  
Crafted in Vancouver



# Beana Foods

## Taste the Vegan Delight Inspired by Persian Cuisine

Vegan • Ready-to-eat • Exotic

All-natural whole food ingredients

No preservatives • Minimally processed

Sustainable • Locally made in Vancouver, BC





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**Beana Foods** Relish the vibrant flavors mother nature has to offer. Our vegan food company emerged from a captivating cross-country adventure, delivering a diverse selection of 100% plant-based, ready-to-eat delights inspired by Persian cuisine and cherished international dishes. We strive to make clean-eating effortless and accessible, while prioritizing environmental preservation and embracing a compassionate lifestyle. With an unwavering commitment to sustainability and taste, our minimally processed, all-natural products seamlessly capture the essence of authentic cuisine, bridging cultures and creating a world of flavor for all to savor.



### CHICK-BEAN SALAD

**Ingredients:** Chickpeas, Red Kidney Beans, Potato, Carrots, Green Peas, Dill Cucumber Pickles, Sunflower oil, Nutritional yeast, Extra Virgin Olive Oil, Lemon Juice, Mustard Seeds, Apple Cider Vinegar, White Wine, Brown Sugar, Citric Acid, Tartaric Acid (from fruits), Sea Salt, Onion Powder, Garlic Powder, Spices and Herbs.  
**May contain: gluten, tree nuts, soy**

Made with chickpeas and beans, Chick-Bean Salad is a good choice for any time of the day!

You can spread it on your favorite piece of bread for a tasty breakfast or an EASY lunch, brunch, or dinner. You can have it as your side dish, or use it just as a nutritious snack for gatherings, ceremonies, and events.

| Nutrition Facts<br>Valeur nutritive       |                |
|---|----------------|
| Per 1/3 bag (127 g)<br>1/3 sachet (127 g) |                |
| Calories 250                              | % Daily Value* |
| % valeur quotidienne*                     |                |
| <b>Fat / Lipides</b> 16 g                 | 21 %           |
| Saturated / saturés 1.5 g                 | 8 %            |
| + Trans / trans 0 g                       |                |
| <b>Carbohydrate / Glucides</b> 22 g       |                |
| Fibre / Fibres 5 g                        | 18 %           |
| Sugars / Sucres 3 g                       | 3 %            |
| <b>Protein / Protéines</b> 5 g            |                |
| <b>Cholesterol / Cholestérol</b> 0 mg     | 0 %            |
| <b>Sodium</b> 380 mg                      | 17 %           |
| Potassium 400 mg                          | 12 %           |
| Calcium 40 mg                             | 3 %            |
| Iron / Fer 1.75 mg                        | 10 %           |
| Vitamin A / Vitamine A 700 µg             | 78 %           |
| Vitamin C / Vitamine C 6 mg               | 7 %            |
| Vitamin B6 / Vitamine B6 0.225 mg         | 13 %           |
| Phosphorus / Phosphore 100 mg             | 8 %            |

\*5% or less is a little 15% or more is a lot  
 \*5% ou moins c'est peu 15% ou plus c'est beaucoup



### NUTPLANT

**Ingredients:** Eggplant, Walnuts, Raw Hemp Seeds, Onions, Extra Virgin Olive Oil, Sesame Seeds, Soybean Oil, Lemon Juice, Garlic, Sea Salt, Nutritional Yeast, Spices and Herbs.  
 Contains: Walnuts, Seeds  
**May contain: gluten**

Made with Eggplants and Walnut Cheese Sauce, NutPlant is a Plant-based version of a Persian dish called *Kashk-Bademjoon*. This dip is a good source of fiber and healthy fat. You can serve it with your favorite piece of bread for a tasty EASY lunch, brunch, or dinner, have it as your side dish, or eat it on crackers as a nutritious snack for gatherings, ceremonies, and events.

| Nutrition Facts<br>Valeur nutritive           |                |
|---|----------------|
| Per 1/3 bag (127 g)<br>par 1/3 sachet (127 g) |                |
| Calories 190                                  | % Daily Value* |
| % valeur quotidienne*                         |                |
| <b>Fat / Lipides</b> 15 g                     | 20 %           |
| Saturated / saturés 1.5 g                     | 8 %            |
| + Trans / trans 0 g                           |                |
| <b>Carbohydrate / Glucides</b> 13 g           |                |
| Fibre / Fibres 4 g                            | 14 %           |
| Sugars / Sucres 4 g                           | 4 %            |
| <b>Protein / Protéines</b> 4 g                |                |
| <b>Cholesterol / Cholestérol</b> 0 mg         | 0 %            |
| <b>Sodium</b> 330 mg                          | 14 %           |
| Potassium 175 mg                              | 5 %            |
| Calcium 40 mg                                 | 3 %            |
| Iron / Fer 1.5 mg                             | 8 %            |
| Vitamin B6 / Vitamine B6 0.15 mg              | 9 %            |
| Phosphorus / Phosphore 100 mg                 | 8 %            |

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### BEEFLESSTEW

**Ingredients:** Soy Curls, Coconut Milk (Coconut Milk, Water, Guar Gum), Portobello Mushrooms, Carrots, Green Peas, Cremini Mushrooms, Onions, Concentrated tomato paste, Carrot juice, Onion juice, Yeast extract, Celery juice, Extra Virgin Olive Oil, Lemon Juice, Coco Powder, Sea Salt, Spices and Herbs.  
 Contains: Soy, Coconut  
**May contain: gluten**

Made with soy curls, coconut milk, Portobello and cremini mushrooms, BeefLESStew is a good source of fiber and protein, the best choice for lunch or dinner. It can be served with numerous different dishes. It is fantastic on pasta, mashed potato, roasted potatoes and Brussel sprout, steamed cauliflower and brown rice, or just with a piece of garlic bread.

| Nutrition Facts<br>Valeur nutritive       |                |
|---|----------------|
| Per 1/2 bag (175 g)<br>1/2 sachet (175 g) |                |
| Calories 340                              | % Daily Value* |
| % valeur quotidienne*                     |                |
| <b>Fat / Lipides</b> 27 g                 | 36 %           |
| Saturated / saturés 14 g                  | 70 %           |
| + Trans / trans 0 g                       |                |
| <b>Carbohydrate / Glucides</b> 18 g       |                |
| Fibre / Fibres 8 g                        | 29 %           |
| Sugars / Sucres 5 g                       | 5 %            |
| <b>Protein / Protéines</b> 12 g           |                |
| <b>Cholesterol / Cholestérol</b> 0 mg     | 0 %            |
| <b>Sodium</b> 630 mg                      | 27 %           |
| Potassium 800 mg                          | 24 %           |
| Calcium 75 mg                             | 6 %            |
| Iron / Fer 4 mg                           | 22 %           |
| Vitamin A / Vitamine A 900 µg             | 100 %          |
| Vitamin C / Vitamine C 5 mg               | 6 %            |
| Vitamin B6 / Vitamine B6 0.175 mg         | 10 %           |
| Phosphorus / Phosphore 150 mg             | 12 %           |
| Magnesium / Magnésium 45 mg               | 11 %           |
| Zinc 1 mg                                 | 9 %            |
| Copper / Cuivre 0.36 mg                   | 40 %           |

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| PRODUCTS         | UPC CODE     | UNIT WEIGHT/DIMENSIONS | CASE WEIGHT/DIMENSIONS            |
|------------------|--------------|------------------------|-----------------------------------|
| CHICK-BEAN SALAD | 627987975055 | 380g / 5x2.5x7 inches  | 6 UNIT/CASE 2.280kg/5x15x7 inches |
| NUTPLANT         | 627987975062 | 380g / 5x2.5x7 inches  | 6 UNIT/CASE 2.280kg/5x15x7 inches |
| BEEFLESSTEW      | 627987975086 | 350g / 5x2.5x7 inches  | 6 UNIT/CASE 2.100kg/5x15x7 inches |