





Retail  
Frozen

# NOODLES

## Ramen Noodles (Vegan | Frozen)

Very, very slurp-able! Our ramen noodles are unique! 100% plant based, THE best ingredients, amazing chew!

**Ingredients:** Organic enriched flour (organic wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, ascorbic acid), Water, Organic whole wheat flour, Aluminum free baking soda, Non-GMO corn starch.

**Contains:** Wheat

Nutrition Facts	
Valeur nutritive	
Per 1 portion (140 g)	
pour 1 portion (140 g)	
<b>Calories 380</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
Fat / Lipides 1.5 g	3 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 78 g	
Fibre / Fibres 4 g	16 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 0 mg	
Sodium 665 mg	27 %
Potassium 213 mg	5 %
Calcium 10 mg	1 %
Iron / Fer 4.2 mg	30 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



- 3 portions/unit
- 6 units/case
- Organic flour from BC
- 12 g of protein per portion
- Good source of iron
- Vegan
- Frozen
- Shelf life :365 days

## Udon Noodles (Vegan | Frozen)

Our udon noodles are like no other. They are thick, flat, chewy, and decadent cooked any way!

**Ingredients:** Organic unbleached flour (organic wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Organic whole wheat flour, Salt, Non-GMO corn starch.

**Contains:** Wheat

Nutrition Facts	
Valeur nutritive	
Per 1 portion (165 g)	
pour 1 portion (165 g)	
<b>Calories 410</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0.5 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 94 g	
Fibre / Fibres 5 g	20 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 0 mg	
Sodium 330 mg	14 %
Potassium 100 mg	2 %
Calcium 44 mg	4 %
Iron / Fer 5 mg	35 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



- 3 portions/unit
- 6 units/case
- Organic flour from BC
- 15 g of protein per portion
- Good source of iron
- Vegan
- Frozen
- Shelf life :365 days

Reinventing plant-based products with mind blowing flavours!

Asian inspired, taking the best of both worlds, Japan and North America. Always made plant based, delicious, wholesome and convenient.

Ways to order:

Direct via Plant Based Workshop

@plantbasedworkshop

**The Plant Based Workshop**  
288 Pemberton Ave, North Vancouver  
BC, V7P 2R5  
plantbasedworkshop.com  
noods@plantbasedworkshop.com



Vegan  
Végétalienne



Restaurant  
quality  
Qualité de la  
restaurant



No preservatives  
Sans agents  
de conservation



No MSG  
Sans GMS



REAL WHOLESOME  
INGREDIENTS  
INGRÉDIENTS SAINS  
ET AUTHENTIQUES



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## BROTHS

Spicy Tan Tan Broth (Vegan | GF | Soy Free | Frozen)

Creamy organic butternut squash and chickpea miso perfectly balanced, this broth is wholesome, creamy and hearty.

**Ingredients:** Ingredients: Water, Konbu extract, \*Butternut squash, \*Almond milk (\*almond base (filtered water, \*whole almonds), sea salt, \*locust bean gum, gellan gum, natural flavour, vitamins and minerals (calcium carbonate, vitamin A palmitate, vitamin D2, riboflavin, vitamin B12, zinc gluconate)), \*Yellow onions, \*Chickpea miso (\*handmade rice koji (\*rice, koji spores [aspergillus oryzae]), \*whole chickpeas, sun-dried sea salt, water), \*Sesame tahini (roasted sesame seeds), Salt, \*Ginger, \*Garlic, \*Apple cider vinegar, Grapeseed oil, \*Sesame oil, \*Green onions, Paprika, Bay leaves, Black peppercorn, Chili flakes Olive oil.  
\* = organic

**Contains:** Nuts, Sesame

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (125 mL) pour 1/2 tasse (125 mL)	
<b>Calories 80</b>	% Daily Value*
Fat / Lipides 5 g	8 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 7 g	8 %
Fibre / Fibres 2 g	2 %
Sugars / Sucres 2 g	
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 840 mg	35 %
Potassium 88.6 mg	2 %
Calcium 196 mg	15 %
Iron / Fer 1.2 mg	8 %
Vitamin A / Vitamine A 363 µg	40 %
Vitamin C / Vitamine C 7.2 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	



- 500mL/unit
- Vegan
- Gluten Free
- Heat and serve
- Good source of vitamin A
- Soy free
- 6 units/case
- Frozen
- Shelf life :365 days

Carrot Ginger Miso Broth (Vegan | GF | Soy Free | Frozen)

Revitalizing ginger, adding anti-inflammatory qualities, and the carrots for an excellent source of vitamin A! A soup and broth that does not disappoint.

**Ingredients:** Water, \*Carrots, \*Butternut squash, Cabbage, \*Onions, \*Chickpea miso, \*Ginger, \*Garlic, Olive oil, Lemon juice, Cumin powder, Nutritional yeast, Bay leaves, Black peppercorn \*=Organic

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (125 mL) pour 1/2 tasse (125 mL)	
<b>Calories 45</b>	% Daily Value*
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0	
Carbohydrate / Glucides 8 g	3 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 3 g	
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 200 mg	8 %
Potassium 274.5mg	5 %
Calcium 22 mg	2 %
Iron / Fer 0.28 mg	2 %
Vitamin A / Vitamine A 363 µg	40 %
Vitamin C / Vitamine C 8.4 mg	14 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	



- 500mL/unit
- Vegan
- Gluten Free
- Heat and serve
- Excellent source of vitamin A
- Soy free
- 6 units/case
- Frozen
- Shelf life : 365 days

Udon Broth (Vegan | GF | Frozen)

The ultimate UMAMI broth. A fan “go-to” leaving you wanting more.

**Ingredients:** Konbu water, Organic tamari gluten-free soy sauce (water, organic soy beans, salt, aspergillus oryzae, bacterial culture), Mirin (water, glucose, rice, tapioca malt, salt), Salt, Nutritional yeast, Organic apple cider vinegar

**Contains:** Soy

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (125 mL) pour 1/2 tasse (125 mL)	
<b>Calories 15</b>	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 3 g	0 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 590 mg	25 %
Potassium 17.9 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	0 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	



- 500mL/unit
- Vegan
- Gluten Free
- Heat and serve
- 6 units/case
- Frozen
- Shelf life : 365 days

Creamy Potato Leek Broth (Vegan | GF | Soy Free | Frozen)

Hearty potatoes, an abundance of flavourful leeks complimented with organic chickpea miso.

**Ingredients:** Konbu water (simply the umami flavour derived from soaking konbu in water), russet potato, leek, organic chickpea miso, salt, nutritional yeast, yuzu juice

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (125 mL) pour 1/2 tasse (125 mL)	
<b>Calories 35</b>	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 8 g	3 %
Fibre / Fibres 1 g	2 %
Sugars / Sucres 2 g	
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 210 mg	9 %
Potassium 160.5 mg	3 %
Calcium 11.3 mg	1 %
Iron / Fer 0.28 mg	2 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	



- 500mL/unit
- Vegan
- Gluten Free
- Heat and serve
- Soy free
- 6 units/case
- Frozen
- Shelf life : 365 days

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## Cinnamon Roll Tray

This ready-to-bake, gooey delight is easy and ultimately decadent and indulgent.

**Ingredients (Rolls):** \*Bread Flour, Coconut Milk (coconut milk, water, cellulose gum, guar gum), Brown Sugar, \*Virgin Coconut Oil, \*Cane Sugar, \*Apple Cider Vinegar, Cinnamon, Active Yeast, Egg Replacer [potato starch, tapioca flour, leavening (calcium lactate (not dairy derived), calcium carbonate, cream of tartar) cellulose gum, modified cellulose], Salt, \*Vanilla Extract

**Ingredients (Icing):** Vegan Cream Cheese [Filtered water, Coconut oil, Tapioca flour, Coconut cream, Natural flavours, Salt, Pea protein, Cane sugar, Xanthan gum, Enzyme, Lactic acid, Guar gum, Turmeric concentrate], Coconut Milk, \*Coconut Oil, Icing Sugar, \*Vanilla Extract \* =Organic.

**Contains:** Wheat

Nutrition Facts	
Valeur nutritive	
Per about 1 roll (65 g)	
par environ 1 brioche (65 g)	
<b>Calories 280</b>	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 11 g	15 %
Saturated / saturés 9 g	40 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 40 g	
Fibre / Fibres 2 g	12 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125 mg	5 %
Potassium 47 mg	1 %
Calcium 11 mg	1 %
Iron / Fer 9.8 mg	70 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



- 9 rolls/tray
- Vegan
- Ready-to-bake
- Vegan icing included
- Frozen
- Shelf life : 365 days

## Steamed Bao

Giant fluffy steam buns loaded with our house made plant based sweet savoury soy filling.

**Ingredients:** White flour\*, Water, Soy protein, Soy sauce (soy beans, wheat, salt, alcohol), Onions\*, Green onions\*, Brown sugar\*, Grapeseed oil, Maple syrup\*, Cane sugar\*, Olive oil, Potato starch, Active yeast, Ginger\*, Garlic\*, Kosher salt, Black pepper. \* =organic

**Contains:** Wheat, Soy

Nutrition Facts	
Valeur nutritive	
Per 1/2 bao (80 g)	
pour 1/2 bao (80 g)	
<b>Calories 160</b>	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 2 g	10 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	
Sodium 490 mg	20 %
Potassium 82.2 mg	2 %
Calcium 44 mg	4 %
Iron / Fer 2.1 mg	15 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



- 2 baos/pack
- Vegan
- Just heat and serve
- Frozen
- Shelf life : 365 days

