

Greening the cafeteria menu: just add gardein™

Healthy meat-free protein options found in corporate cafeterias



Corporations know the importance of keeping their employees healthy to keep productivity high and reduce medical costs. Today, many like –Microsoft, National Geographic, AOL and Yahoo!– are revamping corporate cafeteria menus to include more fresh foods like fruits, vegetables and plant-based protein from brands like gardein™.

“Businesses today are sustainability-minded and focused on creating greener and healthier working environments for their staff, including serving meat-free foods like gardein™ in their corporate cafeterias,” said Yves Potvin, president of Garden Protein International, the maker of gardein™. “We believe this movement will continue especially as community-driven initiatives like Meatless Mondays gain acceptance and as individuals become more aware of the health benefits of reducing their intake of animal-based protein.”

Created by Garden Protein International, gardein™ is a line of healthy and tasty plant-based foods. gardein™ is made from a blend of vegetables, grains and plant-proteins and offers great-tasting meatless foods that are a conscious and great-tasting alternative to chicken, turkey and beef. The taste and texture of gardein™ is similar to premium lean meat too.

Serving healthy + environmentally friendly menu options

It is not hard to encourage your employees to eat better and to show them how easy it is to incorporate more plant-based foods into their diets.

Traditional dishes that call for chicken or beef, for example, easily can be modified to feature gardein™ including replacing chicken with gardein™ chick'n strips in a tasty vegetable stir-fry with cashews or replacing beef with gardein™ beefless tips in a spicy vegetable thai basil stir-fry.



Any business with a corporate focus on sustainability is committed to doing its part to help protect the environment, and it has been well-documented that going meat-free once a week is a significant action individuals can take to help protect the planet.

Your organization also can be a part of the healthy and sustainable eating movement by providing your employees and customers alike with delicious and nutritious menu options especially those from plant-based sources like gardein™.

Adding gardein™ your menu

gardein™'s line of plant-based products for the food service industry were created by chefs for chefs. gardein™ is easy to prepare, cook and serve. Products range from chick'n cubes, strips and tenders, to ground crumble and breakfast patties as well as 'center of the plate protein' options like chick'n breasts and turk'y roasts. Your culinary team should treat gardein™ just like poultry or beef – without the worry – since it's free of animal and dairy ingredients. Cooking with gardein™ is just that simple.

For more information on how to add gardein™ to your menu, please contact Shaun Richmond (shaun@gardenprotein.com). To learn more about gardein™ foodservice, please visit: www.gardein.com/food_service.php.

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