

Breakfast, Lunch + Dinner with gardein™

Introduce meat-free menu options from sunrise to sunset

With gardein™'s new line of healthy and tasty meat-free foods – your food service establishment may now offer patrons 'vegetable protein' as a conscious and great-tasting alternative to 'animal protein' any time during the day. Yes, it's true. Made from a blend of vegetables, grains and plant-proteins, gardein™ offers meatless foods ideal for breakfast, lunch and dinner that are sure to please both 'veggie loving and meat loving' customers alike.

Adding gardein™ to the 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 chicken or beef – without the worry – since it's free of animal and dairy ingredients. Cooking with gardein™ is just that simple.

What's new: gardein™ beefless tips

Garden Protein International, the maker of gardein™, is committed to bringing new tasty plant-based foods to the menu and recently introduced **gardein™ beefless tips** for the food service industry. These are available in a 10 pound case and have a denser and "meatier texture" than the beefless strips. They offer 18 grams of protein, 3 grams of fiber and zero trans fat per 3.5 ounce serving. Not only are they a healthy option, but gardein™ beefless tips are perfect for a vegetarian stir-fry like this recipe:

gardein™ beefless tips stir-fry

Ingredients

- 21 ounces of frozen gardein™ beefless tips
- 1 tablespoon canola oil
- 2 red onions

- 2 red bell peppers
- 2 oz shitake mushrooms
- 2 heads baby bok choy
- 1 bunch scallions
- 4 tbsps teriyaki sauce

Instructions

In a sauté pan, cook the gardein™ beefless tips with a small amount of canola oil until crispy or lightly brown. Add onions, bell peppers, mushrooms, and continue to cook for 3 minutes. Then add baby bok choy and scallions. Stir in teriyaki sauce. Serve immediately with a side of brown rice. Makes 6 servings.

Serving healthy food options

Everyone knows how important it is to eat vegetables and fruits because they contain essential vitamins, minerals, and fiber that may help protect against chronic diseases. Those of us who do eat more generous amounts of veggies and fruits as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

Today's consumers know this and are making an effort to incorporate more plant-based foods into their diets. Additionally, many are more aware than ever before about where food originates and what they eat. So be part of the healthy eating movement by providing your customers with more delicious and nutritious menu options especially those from plant-based sources like gardein™.

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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