

INSPIRED BY NATURE
PREPARED FRESH FOR YOU



THE VERY BEST IN FRESH PREPARED FOOD

At Sunflower Kitchen, we make it easy to feel good about what you're eating and feeding your family.

Inspired by the earth's bounty, Sunflower Kitchen is a family own business committed to fulfilling the promise of creating delicious, fresh, wholesome, ready to eat dishes that you deserve.

OUR PRODUCTS

DIPS

Smooth, creamy and delicious!

Our many **HUMMUS** and **BABAGHANOUJ** offerings make healthy, energy- rich snacks, popular party appetizers, and flavourful spreads for any kind of sandwich. Best of all, they are all **A GREAT VEGETARIAN PROTEIN OPTION** and full of vitamins and minerals. So delicious, we bet you can't dip just once!

Spicy Hummus | Jerusalem Hummus | Mediterranean Hummus | Organic Hummus
Classic Hummus | Roasted Garlic & Onion Hummus | Babaghanouj

PESTOS

Bring your food to glorious life!

Whether you're looking to make the perfect pasta, a splendid sauce, or create original salad dressings, our fresh **PESTOS** add a fabulous, elegant flavour that you won't soon forget. Our **PESTOS** are made with **RAW FRESH HERBS, SUNFLOWER SEEDS, DAIRY FREE AND NO NUTS ADDED**. They are never cooked, always conserving their vitamins and minerals. They are a delicious and simple way to get your healthy greens!

Basil Pesto | Zest-oh Pesto | Kale and Oregano Pesto |
Sundried Tomato & Olive Spread

SOUPS

Love, served by the bowl! Our Soups are a meal on their own!

All **SOUPS** are packed full of wholesome vegetables, beans and whole grains, **LOW IN FAT AND HIGH IN FIBER**. Healthy never tasted so good! And with 14 delicious **SOUPS** to choose from, there's something for every taste and every picky eater. Open the lid, heat it and it is ready to eat!

Borscht | Carrot & Ginger | Egyptian Lentil | Gazpacho | Harvest Squash
Split Pea & Vegetables | Asian Wild Rice & Mushroom | Harira
Italian Red Lentil & Spinach | Potato & Leek | Santa Fe Chili
Thai Hot & Sour | Tuscan Tomato & Pasta | Yellow Split Pea & Squash

QUALITY

Our delicious Soups, Pestos, and Dips are a wonderful complement to a healthy, balanced meal because they are foods rich in taste and nutrients.

- PRODUCED IN CANADA
- ALL VEGAN
- GLUTEN FREE CERTIFIED
- NON GMO VERIFIED
- KOSHER
- DAIRY-FREE
- NO SUGAR ADDED
- NO NUTS ADDED
- NO PRESERVATIVES
- NO ARTIFICIAL FLAVOURS
- TRANSFAT-FREE
- READY-TO-EAT
- KID-FRIENDLY
- AFFORDABLE



* Used under License

*Wholesome Ingredients, Easy To Read,
Easy To Understand, Easy To Love*



PESTOS

KEEP REFRIGERATED AT ALL TIMES AT 0-3 DEGREES CELSIUS

NO NUTS
ADDED

DAIRY
FREE



BASIL PESTO

Fragrant fresh basil, garlic & sunflower seeds.

INGREDIENTS

Sunflower Oil, Fresh Basil, Sunflower Seeds, Sea Salt, Garlic, Citric Acid.

227 g / 8 oz - Available in 5 Kilo Food service

UPC 6-79514-31101-0

Nutrition Facts per 2 Tbsp (30 g):

Calories 170
Fat 18 g (28 %), Saturated Fat 1.5 g + Trans Fat 0 g (8 %), Cholesterol 0 mg,
Sodium 125 mg (5 %), Carbohydrate 2 g (1 %), Fibre 1 g (4 %), Sugars 0 g,
Protein 1 g, Vit A (4 %), Vit C (2 %), Calcium (2 %), Iron (2 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.20 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 45 days from production

Consume within 3-4 days after opening



ZEST-OH PESTO - CILANTRO

Spicy cilantro pesto with a twist.

INGREDIENTS

Sunflower Oil, Fresh Coriander, Sunflower Seeds, Sea Salt, Chili peppers, Garlic, Citric Acid.

227 g / 8 oz - Available in 5 Kilo Food service

UPC 6-79514-31103-4

Nutrition Facts per 2 Tbsp (30 g):

Calories 170
Fat 17.9 g (20 %), Saturated Fat 1.9 g + Trans Fat 0 g (6 %), Cholesterol 0 mg,
Sodium 137 mg (8 %), Carbohydrate 2 g (1 %), Fibre 1 g (2 %), Sugars 0 g,
Protein 1.4 g, Vit A (6 %), Vit C (4 %), Calcium (0 %), Iron (2 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.20 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 45 days from production

Consume within 3-4 days after opening



KALE AND OREGANO PESTO

Fresh raw kale and oregano blend, bursting with flavour and nutrition.

INGREDIENTS

Sunflower Oil, Fresh Kale, Sunflower Seeds, Sea Salt, Fresh Oregano, Garlic, Spices, Citric Acid.

227 g / 8 oz - Available in 5 Kilo Food service

UPC 6-79514-31104-1

Nutrition Facts per 2 Tbsp (30 g):

Calories 180
Fat 19 g (29 %), Saturated Fat 2 g + Trans Fat 0 g (10 %), Cholesterol 0 mg,
Sodium 140 mg (6 %), Carbohydrate 2 g (1 %), Fibre 1 g (4 %), Sugars 0 g,
Protein 1 g, Vit A (4 %), Vit C (10 %), Calcium (2 %), Iron (2 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.20 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 45 days from production

Consume within 3-4 days after opening



SUNDRIED TOMATO & OLIVE SPREAD

Bold, bright and delicious sundried tomatoes and kalamata olives mix.

INGREDIENTS

Sunflower Oil, Sundried Tomatoes, Kalamata Olives, Garlic, Parsley, Spices, Citric Acid.

227 g / 8 oz - Available in 5 Kilo Food service

UPC 6-79514-31110-2

Nutrition Facts per 2 Tbsp (30 g):

Calories 150
Fat 16 g (25 %), Saturated Fat 1.5 g + Trans Fat 0 g (8 %), Cholesterol 0 mg,
Sodium 176 mg (8 %), Carbohydrate 2 g (1 %), Fibre 1 g (4 %), Sugars 1 g,
Protein 1 g, Vit A (0 %), Vit C (0 %), Calcium (0 %), Iron (2 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.20 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 45 days from production

Consume within 3-4 days after opening

DIPS

KEEP REFRIGERATED AT ALL TIMES AT 0-3 DEGREES CELSIUS

NEW
PACKAGING

A GREAT
VEGETARIAN
PROTEIN
OPTION



SPICY HUMMUS

Roasted jalapeño peppers & fresh coriander - heat it up!

INGREDIENTS

Chickpeas, Filtered Water, Sunflower Oil, Tahini (sesame paste), Jalapeno Peppers, Fresh Cilantro, Sea Salt, Garlic, Spices, Citric Acid.

227 g / 8 oz - Available in 5 Kilo Food service

UPC 6-79514-31003-7

Nutrition Facts per 2 Tbsp (30 g):

Calories 80
Fat 6 g (10 %), Saturated Fat 1 g (4 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 110 mg (4 %), Carbohydrate 4 g (1 %), Fibre 1 g (5 %), Sugars 1 g,
Protein 2 g, Vit A (0 %), Vit C (2 %), Calcium (2 %), Iron (4 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.25 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 35 days from production

Consume within 3-4 days after opening



JERUSALEM HUMMUS

Our classic hummus dressed with fresh herbs.

INGREDIENTS

Chickpeas, Filtered Water, Sunflower Oil, Tahini (sesame paste), Parsley, Sea Salt, Garlic, Spices, Citric Acid.

227 g / 8 oz - Available in 5 Kilo Food service

UPC 6-79514-31002-0

Nutrition Facts per 2 Tbsp (30 g):

Calories 80
Fat 6 g (10 %), Saturated Fat 1 g (4 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 115 mg (5 %), Carbohydrate 4 g (1 %), Fibre 1 g (6 %), Sugars 1 g,
Protein 2 g, Vit A (0 %), Vit C (2 %), Calcium (2 %), Iron (4 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.25 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 35 days from production

Consume within 3-4 days after opening



MEDITERRANEAN HUMMUS

A delicious blend of classic hummus and Kalamata olives.

INGREDIENTS

Chickpeas, Filtered Water, Sunflower Oil, Tahini (sesame paste), Kalamata Olives, Sea Salt, Garlic, Citric Acid.

227 g / 8 oz - Available in 5 Kilo Food service

UPC 6-79514-31004-4

Nutrition Facts per 2 Tbsp (30 g):

Calories 80
Fat 7 g (10 %), Saturated Fat 1 g (4 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 125 mg (5 %), Carbohydrate 4 g (1 %), Fibre 1 g (5 %), Sugars 1 g,
Protein 2 g, Vit A (0 %), Vit C (0 %), Calcium (2 %), Iron (4 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.25 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 35 days from production

Consume within 3-4 days after opening



ORGANIC – NO ADDED OIL

Made with Certified Organic ingredients.

INGREDIENTS

Chickpeas*, Filtered Water, Tahini* (sesame paste), Sea Salt, Garlic*, Citric Acid. (*Organic) **Certified Organic by Pro-cert**

227 g / 8 oz - Available in 5 Kilo Food service

UPC 6-79514-31006-8

Nutrition Facts per 2 Tbsp (30 g):

Calories 45
Fat 2.5 g (4 %), Saturated Fat 0.3 g (2 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 120 mg (5 %), Carbohydrate 5 g (2 %), Fibre 2 g (6 %), Sugars 1 g,
Protein 2 g, Vit A (0 %), Vit C (0 %), Calcium (2 %), Iron (6 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.25 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 35 days from production

Consume within 3-4 days after opening





CLASSIC HUMMUS

Our original recipe of a well known classic spread.

INGREDIENTS

Chickpeas, Filtered Water, Sunflower Oil, Tahini (sesame paste), Sea Salt, Garlic, Citric Acid.

S: 227 g / 8 oz L: 500 g / 16 oz - Available in 5 Kilo Food service
UPC 6-79514-31001-3 / 6-79514-41001-0

Nutrition Facts per 2 Tbsp (30 g): **Calories 70**
Fat 6 g (9 %), Saturated Fat 0.5 g (3 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 120 mg (5 %), Carbohydrate 5 g (2 %), Fibre 2 g (8 %), Sugars 0 g,
Protein 2 g, Vit A (0 %), Vit C (0 %), Calcium (2 %), Iron (6 %). % = % Daily Value

Unit Weight: s: 227 g L: 500 g

Unit Dimensions:

s: H 4.5 cm x W 11.5 cm x L 11.5 cm

L: H 6.5 cm x W 15 cm x L 15 cm

Case Pack: s: 12 units L: 8 units

Case Weight: s: 3.25 kg L: 4.50 kg

Case Dimensions:

s: H 10.3 cm x W 23.8 cm x L 36 cm

L: H 13.3 cm x W 30.5 cm x L 31 cm

Cases per Pallet:

s: TI 12 x HI 12 = 144 cases Total

L: TI 12 x HI 9 = 108 cases Total

NEW Case Pack: 6 units

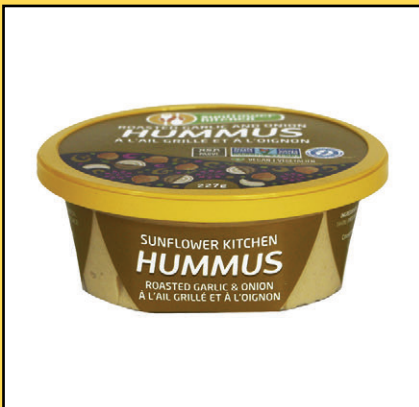
NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 35 days from production

Consume within 3-4 days after opening



ROASTED GARLIC & ONION HUMMUS

Our classic hummus blended with deep flavours of roasted garlic and onion.

INGREDIENTS

Chickpeas, Filtered Water, Sunflower Oil, Tahini (sesame paste), Onion, Garlic, Sea Salt, Citric Acid.

S: 227 g / 8 oz L: 500 g / 16 oz - Available in 5 Kilo Food service
UPC 6-79514-31005-1 / 6-79514-41005-8

Nutrition Facts per 2 Tbsp (30 g): **Calories 80**
Fat 6 g (9 %), Saturated Fat 0.5 g (3 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 115 mg (5 %), Carbohydrate 5 g (2 %), Fibre 1 g (4 %), Sugars 0 g, Protein 2 g,
Vit A (0 %), Vit C (0 %), Calcium (2 %), Iron (4 %). % = % Daily Value

Unit Weight: s: 227 g L: 500 g

Unit Dimensions:

s: H 4.5 cm x W 11.5 cm x L 11.5 cm

L: H 6.5 cm x W 15 cm x L 15 cm

Case Pack: s: 12 units L: 8 units

Case Weight: s: 3.25 kg L: 4.50 kg

Case Dimensions:

s: H 10.3 cm x W 23.8 cm x L 36 cm

L: H 13.3 cm x W 30.5 cm x L 31 cm

Cases per Pallet:

s: TI 12 x HI 12 = 144 cases Total

L: TI 12 x HI 9 = 108 cases Total

NEW Case Pack: 6 units

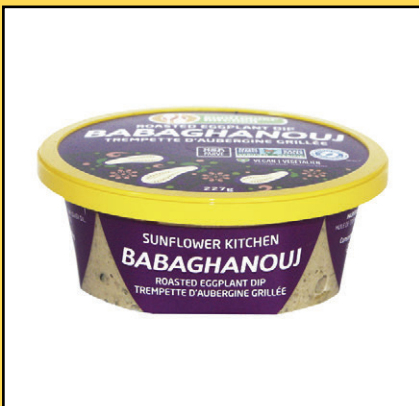
NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 35 days from production

Consume within 3-4 days after opening



BABAGHANOUJ

Middle Eastern roasted eggplant spread, rich & smoky in taste.

INGREDIENTS

Eggplants, Tahini (sesame paste), Sunflower Oil, Filtered Water, Sea Salt, Garlic, Citric Acid.

S: 227 g / 8 oz L: 500 g / 16 oz - Available in 5 Kilo Food service
UPC 6-79514-31010-5 / 6-79514-41102-4

Nutrition Facts per 2 Tbsp (30 g): **Calories 90**
Fat 8 g (12 %), Saturated Fat 1 g (5 %) + Trans Fat 0 g, Cholesterol 0 mg, Sodium 90
mg (4 %), Carbohydrate 2 g (1 %), Fibre 1 g (4 %), Sugars 1 g, Protein 2 g, Vit A (0 %),
Vit C (0 %), Calcium (2 %), Iron (4 %). % = % Daily Value

Unit Weight: s: 227 g L: 500 g

Unit Dimensions:

s: H 4.5 cm x W 11.5 cm x L 11.5 cm

L: H 6.5 cm x W 15 cm x L 15 cm

Case Pack: s: 12 units L: 8 units

Case Weight: s: 3.25 kg L: 4.50 kg

Case Dimensions:

s: H 10.3 cm x W 23.8 cm x L 36 cm

L: H 13.3 cm x W 30.5 cm x L 31 cm

Cases per Pallet:

s: TI 12 x HI 12 = 144 cases Total

L: TI 12 x HI 9 = 108 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

NEW Case Weight: 1.6 kg

Shelf Life: 35 days from production

Consume within 3-4 days after opening



SOUPS

KEEP REFRIGERATED AT ALL TIMES AT 0-3 DEGREES CELSIUS



BORSCHT - NO OIL ADDED

ENJOY HOT OR COLD!

INGREDIENTS

Filtered water, Beets, Carrots, Yukon gold potatoes, Onion, Apple Cider Vinegar, Sea Salt, Dill, Garlic, Spices, Citric Acid.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11006-4

Nutrition Facts per 1 Cup (250 ml): Calories 60

Fat 0 g (0 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg, Sodium 370 mg (15 %), Carbohydrate 14 g (5 %), Fibre 4 g (14 %), Sugars 7 g, Protein 2 g, Vit A (50 %), Vit C (15 %), Calcium (4 %), Iron (6 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.



CARROT & GINGER - NO OIL ADDED

INGREDIENTS

Filtered Water, Carrots, Onion, Celery, Fresh coriander, Fresh Ginger, Sea Salt, Spices, Garlic.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11001-9

Nutrition Facts per 1 Cup (250 ml): Calories 50

Fat 0 g (0 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg, Sodium 340 mg (14 %), Carbohydrate 11 g (4 %), Fibre 3 g (13 %), Sugars 5 g, Protein 1 g, Vit A (110 %), Vit C (10 %), Calcium (4 %), Iron (4 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.



EGYPTIAN LENTIL - NO OIL ADDED

INGREDIENTS

Filtered Water, Red Lentil, Carrots, Onion, Yukon Gold Potatoes, Celery, Brown Basmati Rice, Sea Salt, Spinach, Garlic, Spices, Citric Acid.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11005-7

Nutrition Facts per 1 Cup (250 ml): Calories 130

Fat 0.5 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg, Sodium 300 mg (12 %), Carbohydrate 24 g (8 %), Fibre 4 g (16 %), Sugars 4 g, Protein 8 g, Vit A (80 %), Vit C (15 %), Calcium (4 %), Iron (15 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.



GAZPACHO - NO OIL ADDED

SEASONAL SUMMER SOUP

INGREDIENTS

Filtered Water, Tomato, Cucumbers, Celery, Red Onion, Green Peppers, Apple Cider Vinegar, Sea Salt, Herbs, Spices.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11012-5

Nutrition Facts per 1 Cup (250 ml): Calories 35

Fat 1 g (0 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg, Sodium 360 mg (16 %), Carbohydrate 8 g (3 %), Fibre 2 g (8 %), Sugars 3 g, Protein 2 g, Vit A (0 %), Vit C (35 %), Calcium (8 %), Iron (8 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.



HARVEST SQUASH - NO OIL ADDED

INGREDIENTS

Filtered Water, Butternut Squash, Carrots, Onion, Yukon Gold Potatoes, Sea Salt, Leeks, Garlic, Spices.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11015-6

Nutrition Facts per 1 Cup (250 ml): Calories 80

Fat 0 g (0 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg, Sodium 370 mg (15 %), Carbohydrate 20 g (7 %), Fibre 3 g (11 %), Sugars 4 g, Protein 2 g, Vit A (60 %), Vit C (20 %), Calcium (4 %), Iron (8 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.



SPLIT PEA & VEGETABLES - NO OIL ADDED

INGREDIENTS

Filtered water, Green split peas, Carrots, Onion, Yukon gold potatoes, Celery, Sea salt, Garlic, Spices, Herbs.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11004-0

Nutrition Facts per 1 Cup (250 ml): Calories 130

Fat 1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg (14 %), Carbohydrate 21 g (7 %), Fibre 4 g (16 %), Sugars 3 g, Protein 8 g, Vit A (80 %), Vit C (10 %), Calcium (4 %), Iron (15 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.



ASIAN WILD RICE & MUSHROOM - LOW FAT

INGREDIENTS

Filtered Water, Carrots, Onion, Celery, Mushrooms, Wild and Brown Rice, Wheat free Organic Tamari Sauce, Fresh Ginger, Apple Cider Vinegar, Sunflower Oil, Leeks, Sea Salt, Garlic.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11011-8

Nutrition Facts per 1 Cup (250 ml): Calories 70

Fat 1 g (1 %), Saturated Fat 0.1 g (1 %) + Trans Fat 0 g, Cholesterol 0 mg, Sodium 360 mg (15 %), Carbohydrate 14 g (4 %), Fibre 2 g (7 %), Sugars 3 g, Protein 2 g, Vit A (90 %), Vit C (6 %), Calcium (2 %), Iron (4 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.



HARIRA - LOW FAT

Moroccan Vegetables & Chick peas

INGREDIENTS

Filtered Water, Tomato, Chickpeas, Carrots, Onion, Yukon Gold Potatoes, Celery, Lentils, Sea Salt, Sunflower Oil, Garlic, Spices, Herbs.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11003-3

Nutrition Facts per 1 Cup (250 ml): Calories 110

Fat 1.5 g (2 %), Saturated Fat 0.2 g (1 %) + Trans Fat 0 g, Cholesterol 0 mg, Sodium 390 mg (16 %), Carbohydrate 19 g (6 %), Fibre 5 g (20 %), Sugars 4 g, Protein 5 g, Vit A (70 %), Vit C (20 %), Calcium (6 %), Iron (10 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.



ITALIAN RED LENTIL & SPINACH - LOW FAT

INGREDIENTS

Filtered Water, Tomato, Red Lentil, Carrots, Onion, Celery, Sea Salt, Sunflower oil, Garlic, Spinach, Herbs.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11016-3

Nutrition Facts per 1 Cup (250 ml): Calories 150

Fat 1 g (2 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg, Sodium 362 mg (15 %), Carbohydrate 25 g (9 %), Fibre 6 g (24 %), Sugars 4 g, Protein 10 g, Vit A (0 %), Vit C (10 %), Calcium (5 %), Iron (13 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.



POTATO & LEEK - LOW FAT

INGREDIENTS

Filtered Water, Yukon Gold Potatoes, Carrots, Onion, Sea Salt, Sunflower Oil, Leeks, Garlic, Herbs.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11007-1

Nutrition Facts per 1 Cup (250 ml):

Calories 80
Fat 1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 330 mg (14 %), Carbohydrate 18 g (5 %), Fibre 3 g (12%), Sugars 2 g,
Protein 2 g, Vit A (50 %), Vit C (35 %), Calcium (4 %), Iron (6 %). % = % Daily Value

SANTA FE CHILI - LOW FAT

INGREDIENTS

Filtered water, Tomato, Red Kidney Beans, Carrots, Onion, Celery, Fresh Coriander, Sea Salt, Sunflower Oil, Spices, Garlic, Chipotle Peppers.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11014-9

Nutrition Facts per 1 Cup (250 ml):

Calories 100
Fat 1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 360 mg (15 %), Carbohydrate 20 g (7 %), Fibre 7 g (28 %), Sugars 0 g,
Protein 6 g, Vit A (70 %), Vit C (15 %), Calcium (6 %), Iron (15 %). % = % Daily Value

THAI HOT & SOUR - LOW FAT

INGREDIENTS

Filtered Water, Tomato, Carrots, Onion, Celery, Mushrooms, Brown basmati Rice, Fresh Coriander, Fresh Ginger, Apple Cider Vinegar, Wheat free Organic Tamari Sauce, Lemongrass, Sunflower Oil, Lime Zest & Juice, Leeks, Sea Salt, Garlic, Spices.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11013-2

Nutrition Facts per 1 Cup (250 ml):

Calories 60
Fat 1.3 g (2 %), Saturated Fat 0.2 g (1 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 330 mg (14 %), Carbohydrate 12 g (4 %), Fibre 2 g (9 %), Sugars 3 g,
Protein 2 g, Vit A (70 %), Vit C (20 %), Calcium (4 %), Iron (6 %). % = % Daily Value

TUSCAN TOMATO & PASTA - LOW FAT

INGREDIENTS

Filtered Water, Tomato, Carrots, Lima Beans, Onion, Celery, Brown rice pasta, Sunflower Oil, Sea Salt, Garlic, Herbs.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11009-5

Nutrition Facts per 1 Cup (250 ml):

Calories 100
Fat 1.1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 370 mg (15 %), Carbohydrate 19 g (6 %), Fibre 5 g (21%), Sugars 3 g,
Protein 5 g, Vit A (70 %), Vit C (15 %), Calcium (6 %), Iron (10 %). % = % Daily Value

YELLOW SPLIT PEA & SQUASH - LOW FAT

INGREDIENTS

Filtered Water, Yellow Split Peas, Carrots, Onion, Butternut Squash, Celery, Sea Salt, Sunflower Oil, Garlic, Spices, Herbs.

956 ml Mason Jar - Available in 5 Kilo Food service

UPC 6-79514-11010-1

Nutrition Facts per 1 Cup (250 ml):

Calories 130
Fat 1.5 g (2 %), Saturated Fat 0.2 g (1 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 380 mg (16 %), Carbohydrate 23 g (8 %), Fibre 9 g (35%), Sugars 4 g,
Protein 8 g, Vit A (80 %), Vit C (10 %), Calcium (4 %), Iron (10 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Pack: 12 units

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.

CONTACT US

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Sunflower kitchen



QUALITY

Our delicious Soups, Pestos, and Dips are a wonderful complement to a healthy, balanced meal because they are foods rich in taste and nutrients.

- PRODUCED IN CANADA
- ALL VEGAN
- GLUTEN FREE CERTIFIED
- NON GMO VERIFIED
- KOSHER
- DAIRY-FREE
- NO SUGAR ADDED
- NO NUTS ADDED
- NO PRESERVATIVES
- NO ARTIFICIAL FLAVOURS
- NO TRANS-FATS
- READY-TO-EAT
- KID-FRIENDLY
- AFFORDABLE



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INSPIRED BY NATURE PREPARED FRESH FOR YOU

SUNFLOWER KITCHEN SOUPS

Love, served by the bowl! Our Soups are a meal on their own!

All **SOUPS** are packed full of wholesome vegetables, beans and whole grains, **LOW IN FAT AND HIGH IN FIBER**. Healthy never tasted so good! Now, with this New pack in plastic tubs, these delicious soups are ready to eat!! Gently shake, Open, Heat and enjoy!!

*Wholesome Ingredients, Easy To Read,
Easy To Understand, Easy To Love*

ASIAN WILD RICE & MUSHROOM - LOW FAT

INGREDIENTS

Filtered Water, Carrots, Onion, Celery, Mushrooms, Wild and Brown Rice, Wheat free Organic Tamari Sauce, Fresh Ginger, Apple Cider Vinegar, Sunflower Oil, Leeks, Sea Salt, Garlic.

925 ml Plastic Container UPC 6-79514-12011-7

Nutrition Facts per 1 Cup (250 ml): Calories 70
Fat 1 g (1%), Saturated Fat 0.1 g (1%) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 360 mg (15 %), Carbohydrate 14 g (4 %), Fibre 2 g (7 %), Sugars 3 g,
Protein 2 g, Vit A (90 %), Vit C (6 %), Calcium (2 %), Iron (4 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

BORSCHT - NO OIL ADDED ENJOY HOT OR COLD!

INGREDIENTS

Filtered water, Beets, Carrots, Yukon gold potatoes, Onion, Apple Cider Vinegar, Sea Salt, Dill, Garlic, Spices, Citric Acid.

925 ml Plastic Container UPC 6-79514-12006-3

Nutrition Facts per 1 Cup (250 ml): Calories 60
Fat 0 g (0 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 370 mg (15 %), Carbohydrate 14 g (5 %), Fibre 4 g (14 %), Sugars 7 g,
Protein 2 g, Vit A (50 %), Vit C (15 %), Calcium (4 %), Iron (6 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

CARROT & GINGER - NO OIL ADDED

INGREDIENTS

Filtered Water, Carrots, Onion, Celery, Fresh coriander, Fresh Ginger, Sea Salt, Spices, Garlic.

925 ml Plastic Container UPC 6-79514-12001-8

Nutrition Facts per 1 Cup (250 ml): Calories 50
Fat 0 g (0 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 340 mg (14 %), Carbohydrate 11 g (4 %), Fibre 3 g (13 %), Sugars 5 g,
Protein 1 g, Vit A (110 %), Vit C (10 %), Calcium (4 %), Iron (4 %). % = % Daily



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

EGYPTIAN LENTIL - NO OIL ADDED

INGREDIENTS

Filtered Water, Red Lentil, Carrots, Onion, Yukon Gold Potatoes, Celery, Brown Basmati Rice, Sea Salt, Spinach, Garlic, Spices, Citric Acid.

925 ml Plastic Container UPC 6-79514-12005-6

Nutrition Facts per 1 Cup (250 ml): Calories 130
Fat 0.5 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 300 mg (12 %), Carbohydrate 24 g (8 %), Fibre 4 g (16 %), Sugars 4 g,
Protein 8 g, Vit A (80 %), Vit C (15 %), Calcium (4 %), Iron (15 %). % = % Daily



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

HARIRA - LOW FAT

INGREDIENTS

Filtered Water, Tomato, Chickpeas, Carrots, Onion, Yukon Gold Potatoes, Celery, Lentils, Sea Salt, Sunflower Oil, Garlic, Spices, Herbs.

925 ml Plastic Container UPC 6-79514-12003-2

Nutrition Facts per 1 Cup (250 ml): Calories 110
Fat 1.5 g (2 %), Saturated Fat 0.2 g (1 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 390 mg (16 %), Carbohydrate 19 g (6 %), Fibre 5 g (20 %), Sugars 4 g,
Protein 5 g, Vit A (70 %), Vit C (20 %), Calcium (6 %), Iron (10 %). % = % Daily



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

ITALIAN RED LENTIL & SPINACH - LOW FAT

INGREDIENTS

Filtered Water, Tomato, Red Lentil, Carrots, Onion, Celery, Sea Salt, Sunflower oil, Garlic, Spinach, Herbs.

925 ml Plastic Container UPC 6-79514-12016-2

Nutrition Facts per 1 Cup (250 ml): Calories 150
Fat 1 g (2 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 362 mg (15 %), Carbohydrate 25 g (9 %), Fibre 6 g (24 %), Sugars 4 g,
Protein 10 g, Vit A (0 %), Vit C (10 %), Calcium (5 %), Iron (13 %). % = % Daily



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

YELLOW SPLIT PEA & SQUASH - LOW FAT

INGREDIENTS

Filtered Water, Yellow Split Peas, Carrots, Onion, Butternut Squash, Celery, Sea Salt, Sunflower Oil, Garlic, Spices, Herbs.

925 ml Plastic Container UPC 6-79514-12010-0

Nutrition Facts per 1 Cup (250 ml): Calories 130
Fat 1.5 g (2 %), Saturated Fat 0.2 g (1 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 380 mg (16 %), Carbohydrate 23 g (8 %), Fibre 9 g (35%), Sugars 4 g,
Protein 8 g, Vit A (80 %), Vit C (10 %), Calcium (4 %), Iron (10 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

THAI HOT & SOUR - LOW FAT

INGREDIENTS

Filtered Water, Tomato, Carrots, Onion, Celery, Mushrooms, Brown basmati Rice, Fresh Coriander, Fresh Ginger, Apple Cider Vinegar, Wheat free Organic Tamari Sauce, Lemongrass, Sunflower Oil, Lime Zest & Juice, Leeks, Sea Salt, Garlic, Spices.

925 ml Plastic Container UPC 6-79514-12013-1

Nutrition Facts per 1 Cup (250 ml): Calories 60
Fat 1.3 g (2 %), Saturated Fat 0.2 g (1 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 330 mg (14 %), Carbohydrate 12 g (4 %), Fibre 2 g (9 %), Sugars 3 g,
Protein 2 g, Vit A (70 %), Vit C (20 %), Calcium (4 %), Iron (6 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

HARVEST SQUASH - NO OIL ADDED

INGREDIENTS

Filtered Water, Butternut Squash, Carrots, Onion, Yukon Gold Potatoes, Sea Salt, Leeks, Garlic, Spices.

925 ml Plastic Container UPC 6-79514-12015-5

Nutrition Facts per 1 Cup (250 ml): Calories 80
Fat 0 g (0 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 370 mg (15 %), Carbohydrate 20 g (7 %), Fibre 3 g (11 %), Sugars 4 g,
Protein 2 g, Vit A (60 %), Vit C (20 %), Calcium (4 %), Iron (8 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

POTATO & LEEK - LOW FAT

INGREDIENTS

Filtered Water, Yukon Gold Potatoes, Carrots, Onion, Sea Salt, Sunflower Oil, Leeks, Garlic, Herbs.

925 ml Plastic Container UPC 6-79514-12007-0

Nutrition Facts per 1 Cup (250 ml): Calories 80
Fat 1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 370 mg (15 %), Carbohydrate 18 g (5 %), Fibre 3 g (12 %), Sugars 2 g,
Protein 2 g, Vit A (50 %), Vit C (35 %), Calcium (4 %), Iron (6 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

SANTA FE CHILI - LOW FAT

INGREDIENTS

Filtered water, Tomato, Red Kidney Beans, Carrots, Onion, Celery, Fresh Coriander, Sea Salt, Sunflower Oil, Spices, Garlic, Chipotle Peppers.

925 ml Plastic Container UPC 6-79514-12014-8

Nutrition Facts per 1 Cup (250 ml): Calories 100
Fat 1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 360 mg (15 %), Carbohydrate 20 g (7 %), Fibre 7 g (28 %), Sugars 0 g,
Protein 6 g, Vit A (70 %), Vit C (15 %), Calcium (6 %), Iron (15 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

SPLIT PEA & VEGETABLES - NO OIL ADDED

INGREDIENTS

Filtered water, Green split peas, Carrots, Onion, Yukon gold potatoes, Celery, Sea salt, Garlic, Spices, Herbs.

925 ml Plastic Container UPC 6-79514-12004-9

Nutrition Facts per 1 Cup (250 ml): Calories 130
Fat 1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 350 mg (14 %), Carbohydrate 21 g (7 %), Fibre 4 g (16 %), Sugars 3 g,
Protein 8 g, Vit A (80 %), Vit C (10 %), Calcium (4 %), Iron (15 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

TUSCAN TOMATO & PASTA - LOW FAT

INGREDIENTS

Filtered Water, Tomato, Carrots, Lima Beans, Onion, Celery, Brown rice pasta, Sunflower Oil, Sea Salt, Garlic, Herbs.

925 ml Plastic Container UPC 6-79514-12009-4

Nutrition Facts per 1 Cup (250 ml): Calories 100
Fat 1.1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 370 mg (15 %), Carbohydrate 19 g (6 %), Fibre 5 g (21 %), Sugars 3 g,
Protein 5 g, Vit A (70 %), Vit C (15 %), Calcium (6 %), Iron (10 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

ANCIENT GRAINS CHILI - MILD HEAT

INGREDIENTS

Filtered Water, *Tomatoes, *Navy Beans, *Onion, *Millet, *White and Red Quinoa, *Celery, *Kale, *Sunflower Oil, Spices, Sea Salt, *Garlic, Ancho and Jalapeno Chillies, Mexican Oregano. *ORGANIC

925 ml Plastic Container UPC 6-79514-12021-6

Nutrition Facts per 1 serving (250 g): Calories 120
Fat 2 g (3 %), Saturated Fat 0 g + Trans Fat 0 g (1 %), Cholesterol 0 mg,
Sodium 390 mg (16 %), Carbohydrate 21 g (7 %), Fibre 5 g (19 %), Sugars 3 g,
Protein 5 g, Vit A (8 %), Vit C (6 %), Calcium (4 %), Iron (10 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

SWEET POTATO & CHIPOTLE CHILI - MEDIUM HEAT

INGREDIENTS

Filtered Water, *Tomatoes, *Red Kidney Beans, *Onion, *Navy Beans, *Sweet Potato, *Carrot, *Celery, Dried Red Pepper, *Sunflower Oil, Sea Salt, Spices, Chipotle Pepper, *Garlic, Parsley. *ORGANIC

925 ml Plastic Container UPC 6-79514-12020-9 Certified Organic by PROCERT

Nutrition Facts per 1 serving (250 g): Calories 110
Fat 1.5 g (2 %), Saturated Fat 0 g + Trans Fat 0 g (1 %), Cholesterol 0 mg,
Sodium 400 mg (17 %), Carbohydrate 21 g (7 %), Fibre 5 g (22 %), Sugars 4 g,
Protein 5 g, Vit A (50 %), Vit C (8 %), Calcium (4 %), Iron (15 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

SMOKY THREE BEAN CHILI - MEDIUM HEAT

INGREDIENTS

Filtered Water, *Tomatoes, *Black Beans, *Onion, *Red Kidney Beans, *Pinto Beans, *Carrots, *Celery, *Cilantro, Dried Green Pepper, *Sunflower Oil, Spices, Sea Salt, *Garlic, Ancho and Jalapeno Chillies, Mexican Oregano. *ORGANIC

925 ml Plastic Container UPC 6-79514-12022-3

Nutrition Facts
Fat 1.5 g (2 %), Saturated Fat 0 g + Trans Fat 0 g (1 %), Cholesterol 0 mg,
Sodium 390 mg (16 %), Carbohydrate 24 g (8 %), Fibre 7 g (28 %), Sugars 3 g,
Protein 7 g, Vit A (15 %), Vit C (4 %), Calcium (4 %), Iron (15 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

HARVEST SQUASH - NO OIL ADDED

INGREDIENTS

Filtered Water, Butternut Squash, Carrots, Onion, Yukon Gold Potatoes, Sea Salt, Leeks, Garlic, Spices.

925 ml Plastic Container UPC 6-79514-12015-5

Nutrition Facts per 1 Cup (250 ml): Calories 80
Fat 0 g (0 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 370 mg (15 %), Carbohydrate 20 g (7 %), Fibre 3 g (11 %), Sugars 4 g,
Protein 2 g, Vit A (60 %), Vit C (20 %), Calcium (4 %), Iron (8 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

POTATO & LEEK - LOW FAT

INGREDIENTS

Filtered Water, Yukon Gold Potatoes, Carrots, Onion, Sea Salt, Sunflower Oil, Leeks, Garlic, Herbs.

925 ml Plastic Container UPC 6-79514-12007-0

Nutrition Facts per 1 Cup (250 ml): Calories 80
Fat 1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 370 mg (15 %), Carbohydrate 18 g (5 %), Fibre 3 g (12 %), Sugars 2 g,
Protein 2 g, Vit A (50 %), Vit C (35 %), Calcium (4 %), Iron (6 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

SANTA FE CHILI - LOW FAT

INGREDIENTS

Filtered water, Tomato, Red Kidney Beans, Carrots, Onion, Celery, Fresh Coriander, Sea Salt, Sunflower Oil, Spices, Garlic, Chipotle Peppers.

925 ml Plastic Container UPC 6-79514-12014-8

Nutrition Facts per 1 Cup (250 ml): Calories 100
Fat 1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 360 mg (15 %), Carbohydrate 20 g (7 %), Fibre 7 g (28 %), Sugars 0 g,
Protein 6 g, Vit A (70 %), Vit C (15 %), Calcium (6 %), Iron (15 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

SPLIT PEA & VEGETABLES - NO OIL ADDED

INGREDIENTS

Filtered water, Green split peas, Carrots, Onion, Yukon gold potatoes, Celery, Sea salt, Garlic, Spices, Herbs.

925 ml Plastic Container UPC 6-79514-12004-9

Nutrition Facts per 1 Cup (250 ml): Calories 130
Fat 1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 350 mg (14 %), Carbohydrate 21 g (7 %), Fibre 4 g (16 %), Sugars 3 g,
Protein 8 g, Vit A (80 %), Vit C (10 %), Calcium (4 %), Iron (15 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

TUSCAN TOMATO & PASTA - LOW FAT

INGREDIENTS

Filtered Water, Tomato, Carrots, Lima Beans, Onion, Celery, Brown rice pasta, Sunflower Oil, Sea Salt, Garlic, Herbs.

925 ml Plastic Container UPC 6-79514-12009-4

Nutrition Facts per 1 Cup (250 ml): Calories 100
Fat 1.1 g (1 %), Saturated Fat 0 g (0 %) + Trans Fat 0 g, Cholesterol 0 mg,
Sodium 370 mg (15 %), Carbohydrate 19 g (6 %), Fibre 5 g (21 %), Sugars 3 g,
Protein 5 g, Vit A (70 %), Vit C (15 %), Calcium (6 %), Iron (10 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

ANCIENT GRAINS CHILI - MILD HEAT

INGREDIENTS

Filtered Water, *Tomatoes, *Navy Beans, *Onion, *Millet, *White and Red Quinoa, *Celery, *Kale, *Sunflower Oil, Spices, Sea Salt, *Garlic, Ancho and Jalapeno Chillies, Mexican Oregano. *ORGANIC

925 ml Plastic Container UPC 6-79514-12021-6

Nutrition Facts per 1 serving (250 g): Calories 120
Fat 2 g (3 %), Saturated Fat 0 g + Trans Fat 0 g (1 %), Cholesterol 0 mg,
Sodium 390 mg (16 %), Carbohydrate 21 g (7 %), Fibre 5 g (19 %), Sugars 3 g,
Protein 5 g, Vit A (8 %), Vit C (6 %), Calcium (4 %), Iron (10 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

SWEET POTATO & CHIPOTLE CHILI - MEDIUM HEAT

INGREDIENTS

Filtered Water, *Tomatoes, *Red Kidney Beans, *Onion, *Navy Beans, *Sweet Potato, *Carrot, *Celery, Dried Red Pepper, *Sunflower Oil, Sea Salt, Spices, Chipotle Pepper, *Garlic, Parsley. *ORGANIC

925 ml Plastic Container UPC 6-79514-12020-9 Certified Organic by PROCERT

Nutrition Facts per 1 serving (250 g): Calories 110
Fat 1.5 g (2 %), Saturated Fat 0 g + Trans Fat 0 g (1 %), Cholesterol 0 mg,
Sodium 400 mg (17 %), Carbohydrate 21 g (7 %), Fibre 5 g (22 %), Sugars 4 g,
Protein 5 g, Vit A (50 %), Vit C (8 %), Calcium (4 %), Iron (15 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius

SMOKY THREE BEAN CHILI - MEDIUM HEAT

INGREDIENTS

Filtered Water, *Tomatoes, *Black Beans, *Onion, *Red Kidney Beans, *Pinto Beans, *Carrots, *Celery, *Cilantro, Dried Green Pepper, *Sunflower Oil, Spices, Sea Salt, *Garlic, Ancho and Jalapeno Chillies, Mexican Oregano. *ORGANIC

925 ml Plastic Container UPC 6-79514-12022-3

Nutrition Facts
Fat 1.5 g (2 %), Saturated Fat 0 g + Trans Fat 0 g (1 %), Cholesterol 0 mg,
Sodium 390 mg (16 %), Carbohydrate 24 g (8 %), Fibre 7 g (28 %), Sugars 3 g,
Protein 7 g, Vit A (15 %), Vit C (4 %), Calcium (4 %), Iron (15 %). % = % Daily Value



Unit Weight: 925 ml
Unit Dimensions:
H 14 cm x W 11.5 cm x L 11.5 cm
Case Weight: 6 kg
Case Dimensions:
H 15 cm x W 24 cm x L 35.4 cm
Case Pack: 6 units
Cases per Pallet:
TI 10 x HI 5 = 50 cases Total
Shelf Life: 60 days from production
Consume within 5 days after opening
keep refrigerated at all times at 0-3 degrees Celsius



QUALITY

Our delicious Soups, Pestos, Dips & Salsas are a wonderful complement to a healthy, balanced meal because they are foods rich in taste and nutrients.

- CERTIFIED ORGANIC BY PRO-CERT
- PRODUCED IN CANADA
- ALL VEGAN
- GLUTEN FREE CERTIFIED
- NON GMO VERIFIED
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- DAIRY-FREE
- NO SUGAR ADDED
- NO NUTS ADDED
- NO PRESERVATIVES
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- READY-TO-EAT
- KID-FRIENDLY
- AFFORDABLE

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OUR NEW! CERTIFIED ORGANIC HUMMUS



Smooth, colourful and delicious!

Our NEW CERTIFIED ORGANIC HUMMUS flavours are a rich source of nutrients like FIBER, GOOD FATS and VEGETABLE PROTEIN.

Roasted Garlic & Spinach | Turmeric Masala Lentil
Smokey Red Pepper | Beets & Dill



*Wholesome Ingredients, Easy To Read,
Easy To Understand, Easy To Love*

ORGANIC ROASTED GARLIC & SPINACH HUMMUS

Earthy garlic flavours & green herbs for a balanced fresh blend.

INGREDIENTS

Chick peas*, Filtered water, Tahini* (sesame), Sunflower oil*, Roasted garlic*, Sea salt, Citric acid, Apple cider vinegar*, Spinach*, Parsley*, Cumin*. (*Organic).

UPC 6-79514-31007-5

Certified Organic by Pro-cert

Nutrition Facts	% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive	Fat / Lipides 6 g 9 %	Protein / Protéines 2 g
Per 1 serving (30 g)	Saturated / saturés 1.0 g 4 %	Cholesterol / Cholestérol 0 mg
pour 1 portion (30 g)	+ Trans / trans 0 g	Sodium 110 mg 5 %
Calories 80	Carbohydrate / Glucides 4 g	Potassium 40 mg 1 %
* DV = Daily Value	Fibre / Fibres 1 g 4 %	Calcium 20 mg 1 %
* VQ = valeur quotidienne	Sugars / Sucres 1 g 1 %	Iron / Fer 0.75 mg 4 %
* 5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

Unit Weight: 227 g / 8 oz

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.25 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 X HI 12 = 144 Cases Total

Case Pack: 6 units

Case Weight: 1.6 kg

Case Dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

Shelf Life: 35 days

Consume within 3-4 days after opening

ORGANIC TURMERIC MASALA LENTIL HUMMUS

Aroma & Spices mixed to create an amazing lentil dip experience.

INGREDIENTS

Chick peas*, Red lentil*, Sunflower oil*, Tahini* (sesame), Filtered water, Sea salt, Garlic*, Citric acid, Turmeric*, Curry* (mustard), Cumin*, Paprika*, Cayenne pepper*, Ginger*, Agave syrup*, Apple cider vinegar*. (*Organic).

UPC 6-79514-31009-9

Certified Organic by Pro-cert

Nutrition Facts	% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive	Fat / Lipides 4 g 5 %	Protein / Protéines 2 g
Per 1 serving (30 g)	Saturated / saturés 0.4 g 2 %	Cholesterol / Cholestérol 0 mg
pour 1 portion (30 g)	+ Trans / trans 0 g	Sodium 170 mg 7 %
Calories 70	Carbohydrate / Glucides 6 g	Potassium 100 mg 2 %
* DV = Daily Value	Fibre / Fibres 2 g 6 %	Calcium 20 mg 1 %
* VQ = valeur quotidienne	Sugars / Sucres 1 g 1 %	Iron / Fer 1.0 mg 5 %
* 5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

Unit Weight: 227 g / 8 oz

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.25 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 X HI 12 = 144 Cases Total

Case Pack: 6 units

Case Weight: 1.6 kg

Case Dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

Shelf Life: 35 days

Consume within 3-4 days after opening

ORGANIC SMOKEY RED PEPPER HUMMUS

Deep taste & soft red pepper textures creating a creamy chick pea spread.

INGREDIENTS

Chick peas*, Red lentil*, Filtered water, Tahini* (sesame), Sunflower oil*, Red peppers*, Sea salt, Garlic*, Apple cider vinegar*, Spanish paprika*, Smoked paprika*, Lemon juice, Citric acid, Cumin*. (*Organic).

UPC 6-79514-31008-2

Certified Organic by Pro-cert

Nutrition Facts	% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive	Fat / Lipides 4.5 g 6 %	Protein / Protéines 3 g
Per 1 serving (30 g)	Saturated / saturés 0.5 g 3 %	Cholesterol / Cholestérol 0 mg
pour 1 portion (30 g)	+ Trans / trans 0 g	Sodium 125 mg 6 %
Calories 70	Carbohydrate / Glucides 6 g	Potassium 75 mg 2 %
* DV = Daily Value	Fibre / Fibres 1 g 5 %	Calcium 10 mg 1 %
* VQ = valeur quotidienne	Sugars / Sucres 1 g 1 %	Iron / Fer 1.0 mg 5 %
* 5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

Unit Weight: 227 g / 8 oz

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.25 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 X HI 12 = 144 Cases Total

Case Pack: 6 units

Case Weight: 1.6 kg

Case Dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

Shelf Life: 35 days

Consume within 3-4 days after opening

ORGANIC BEETS & DILL HUMMUS

Beets sweetness & colour making a great spread combined with dill.

INGREDIENTS

Chick peas*, Beets*, Tahini* (sesame), Filtered water, Sunflower oil*, Apple cider vinegar*, Citric acid, Sea salt, Garlic*, Dill*, Cumin*. (*Organic).

UPC 6-79514-31011-2

Certified Organic by Pro-cert

Nutrition Facts	% DV* / % VQ*	% DV* / % VQ*
Valeur nutritive	Fat / Lipides 3 g 4 %	Protein / Protéines 2 g
Per 1 serving (30 g)	Saturated / saturés 0.4 g 2 %	Cholesterol / Cholestérol 0 mg
pour 1 portion (30 g)	+ Trans / trans 0 g	Sodium 85 mg 4 %
Calories 50	Carbohydrate / Glucides 5 g	Potassium 75 mg 2 %
* DV = Daily Value	Fibre / Fibres 1 g 4 %	Calcium 10 mg 1 %
* VQ = valeur quotidienne	Sugars / Sucres 1 g 1 %	Iron / Fer 0.75 mg 4 %
* 5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup		

Unit Weight: 227 g / 8 oz

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Pack: 12 units

Case Weight: 3.25 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Cases per Pallet:

TI 12 X HI 12 = 144 Cases Total

Case Pack: 6 units

Case Weight: 1.6 kg

Case Dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

Shelf Life: 35 days

Consume within 3-4 days after opening

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- PRODUCED IN CANADA
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- GLUTEN FREE CERTIFIED
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- NO SUGAR ADDED
- NO NUTS ADDED
- NO PRESERVATIVES
- NO ARTIFICIAL FLAVOURS
- NO TRANS-FATS
- READY-TO-EAT
- KID-FRIENDLY
- AFFORDABLE

INSPIRED BY **NATURE** PREPARED FRESH FOR YOU

NEW AND AMAZING! **HUMMUS +**

Gourmet Dips With Irresistible Toppings!

HUMMUS +

Transcend To Hummus +

Sunflower Kitchen's latest addition **HUMMUS +** is our **exciting line of Gourmet Dips with irresistible Toppings**. Led by our creative force, experience and quality ingredients, we have achieved **FESTIVE, UNIQUE & BOLD** flavours for you and your family to enjoy.

Artichoke And Dill With Garden Vegetables | Curry Lentil With Spicy Cilantro Chutney
Edamame With Sesame Roasted Carrots | Roasted Red Pepper With Basil Pesto



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*Wholesome Ingredients, Easy To Read,
Easy To Understand, Easy To Love*



ARTICHOKE AND DILL WITH GARDEN VEGETABLES

Deep flavours of artichoke and dill topped with a garden vegetable medley.

INGREDIENTS

Chickpeas, Filtered Water, Sunflower Oil, Artichoke, Tahini (sesame paste), Sea Salt, Dill, Spices, Lemon Juice Concentrate, Citric Acid, Onion, Carrot*, Red Bell Pepper*, Spinach*, Leeks*, Garlic, Tomato Paste. (*Dried).

300 g / 10.5 oz
UPC 6-79514-31204-8

Nutrition Facts per 2 Tbsp (30 g): Calories 80
Fat 7 g (11 %), Saturated Fat 1 g + Trans Fat 0 g (5 %), Cholesterol 0 mg,
Sodium 115 mg (5 %), Carbohydrate 4 g (1 %), Fibre 1 g (4 %), Sugars 1 g,
Protein 2 g, Vit A (0 %), Vit C (4 %), Calcium (2 %), Iron (4 %). % = % Daily Value

Unit Weight: 300 g
Unit Dimensions:
H 4 cm x W 14.5 cm x L 14.5 cm **Case**
Weight: 1.8 kg
Case Dimensions:
H 12 cm x W 15 cm x L 30 cm **Case**
Pack: 6 units
Shelf Life: 35 days from production

Keep Refrigerated at all times at 0-3 degrees Celsius



CURRY LENTIL WITH SPICY CILANTRO CHUTNEY

Exotic blend of wholesome red lentils and curry embellished with delicious fresh cilantro chutney.

INGREDIENTS

Chickpeas, Filtered Water, Sunflower Oil, Red Lentils, Tahini (sesame paste), Fresh Cilantro, Roasted Onion, Spices (Mustard), Sea Salt, Citric Acid, Garlic, Agave Nectar, Jalapeno Pepper, Lime Juice Concentrate.

300 g / 10.5 oz
UPC 6-79514-31201-7

Nutrition Facts per 2 Tbsp (30 g): Calories 90
Fat 8 g (12 %), Saturated Fat 1 g + Trans Fat 0 g (5 %), Cholesterol 0 mg,
Sodium 85 mg (4 %), Carbohydrate 4 g (1 %), Fibre 1 g (4 %), Sugars 0 g,
Protein 2 g, Vit A (2 %), Vit C (0 %), Calcium (2 %), Iron (4 %). % = % Daily Value

Unit Weight: 300 g
Unit Dimensions:
H 4 cm x W 14.5 cm x L 14.5 cm **Case**
Weight: 1.8 kg
Case Dimensions:
H 12 cm x W 15 cm x L 30 cm **Case**
Pack: 6 units
Shelf Life: 35 days from production

Keep Refrigerated at all times at 0-3 degrees Celsius



EDAMAME WITH SESAME ROASTED CARROTS

An inviting combination of smooth edamame soy beans, crowned with aromatic sesame and sweet carrots.

INGREDIENTS

Edamame Beans, Filtered Water, Sunflower Oil, Tahini (sesame paste), Lentils, Miso Paste (Soybeans*, Rice, Koji Starter), Carrot, Citric Acid, Sea Salt, Garlic, Agave Nectar*, Sesame Oil, Lemon Juice Concentrate, Parsley, Spices, Gum Acacia* (*Organic).

300 g / 10.5 oz
UPC 6-79514-31202-4

Nutrition Facts per 2 Tbsp (30 g): Calories 90
Fat 9 g (14 %), Saturated Fat 1 g + Trans Fat 0 g (5 %), Cholesterol 0 mg,
Sodium 100 mg (4 %), Carbohydrate 3 g (1 %), Fibre 1 g (4 %), Sugars 0 g,
Protein 3 g, Vit A (0 %), Vit C (0 %), Calcium (2 %), Iron (4 %). % = % Daily Value

Unit Weight: 300 g
Unit Dimensions:
H 4 cm x W 14.5 cm x L 14.5 cm **Case**
Weight: 1.8 kg
Case Dimensions:
H 12 cm x W 15 cm x L 30 cm **Case**
Pack: 6 units
Shelf Life: 35 days from production

Keep Refrigerated at all times at 0-3 degrees Celsius



ROASTED RED PEPPER WITH BASIL PESTO

Sweet and smoky red peppers complemented by our exceptional basil pesto.

INGREDIENTS

Chickpeas, Filtered Water, Sunflower Oil, Roasted Red Peppers, Red Lentils, Tahini (sesame paste), Fresh Basil, Sunflower Seeds, Sea Salt, Citric Acid, Lemon Juice Concentrate, Garlic, Spices, Organic Gum Acacia.

300 g / 10.5 oz
UPC 6-79514-31203-1

Nutrition Facts per 2 Tbsp (30 g): Calories 80
Fat 7 g (11 %), Saturated Fat 1 g + Trans Fat 0 g (5 %), Cholesterol 0 mg,
Sodium 100 mg (4 %), Carbohydrate 4 g (1 %), Fibre 1 g (4 %), Sugars 1 g,
Protein 2 g, Vit A (4 %), Vit C (8 %), Calcium (2 %), Iron (2 %). % = % Daily Value

Unit Weight: 300 g
Unit Dimensions:
H 4 cm x W 14.5 cm x L 14.5 cm **Case**
Weight: 1.8 kg
Case Dimensions:
H 12 cm x W 15 cm x L 30 cm **Case**
Pack: 6 units
Shelf Life: 35 days from production

Keep Refrigerated at all times at 0-3 degrees Celsius

In process of being verified by the
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NEW!



FRESH SALSAS

INSPIRED BY NATURE PREPARED FRESH FOR YOU

MEXICAN HERITAGE FOR A CANADIAN PALATE!

Create Original & New recipe dishes with Sunflower Kitchen Salsas!

Our New **FRESH SALSAS** are made with quality Mexican chiles to spice all your dishes, in a whole 'New Salsa dimension'.

| **SALSA ROJA** Milder in spice, tangy in flavour and easy for scooping and dipping.

| **SALSA VERDE** A velvety blend of fresh roasted tomatillos and cilantro.

| **SALSA CHIPOTLE** Smokey, sweet & spicy, delectable for cooking and toppings.

*Wholesome Ingredients, Easy To Read,
Easy To Understand, Easy To Love*



SALSA ROJA MILD

Milder in spice, tangy in flavour and easy for scooping and dipping.

INGREDIENTS

Tomatoes, Onion, Filtered Water, Green Pepper, Fresh Cilantro, Aji Paprika, Sunflower Oil, Garlic, Sea Salt, Lime Juice, Jalapeño & Del Arbol Pepper, Mexican Oregano.

227 g / 8 oz

Available in 5 Kilo food service.

UPC 6-79514-31303-8

Nutrition Facts per 2 tbsp. (30 g) / pour 2 c. à soupe (30 g): Calories 10
Fat 0 g (0 %), Saturated Fat 0 g + Trans Fat 0 g (0 %), Cholesterol 0 mg,
Sodium 140 mg (6 %), Carbohydrate 2 g (1 %), Fibre 1 g (2 %), Sugars 1 g,
Protein 0.3 g, Vit A (0 %), Vit C (2 %), Calcium (0 %), Iron (0 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Weight: 3.20 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Case Pack: 12 units

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

Shelf Life: 45 days from production

Consume within 4-5 days after opening

Keep refrigerated at all times at 0-3 degrees Celsius.



SALSA VERDE MEDIUM

A velvety blend of fresh roasted tomatillos and cilantro.

INGREDIENTS

Fresh Tomatillos, Onion, Filtered Water, Fresh Cilantro, Jalapeño Pepper, Roasted Garlic, Sunflower Oil, Sea Salt, Lime Juice, Serrano Pepper.

227 g / 8 oz

Available in 5 Kilo food service.

UPC 6-79514-31301-4

Nutrition Facts per 2 tbsp. (30 g) / pour 2 c. à soupe (30 g): Calories 15
Fat 0.5 g (1 %), Saturated Fat 0 g + Trans Fat 0 g (0 %), Cholesterol 0 mg,
Sodium 85 mg (3 %), Carbohydrate 2 g (1 %), Fibre 1 g (2 %), Sugars 1 g,
Protein 0.3 g, Vit A (0 %), Vit C (6 %), Calcium (0 %), Iron (2 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Weight: 3.20 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Case Pack: 12 units

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

Shelf Life: 45 days from production

Consume within 4-5 days after opening

Keep refrigerated at all times at 0-3 degrees Celsius.



SALSA CHIPOTLE MEDIUM

Smokey, sweet & spicy, delectable for cooking and toppings.

INGREDIENTS

Tomatoes, Onion, Filtered Water, Apple Cider Vinegar, Sunflower Oil, Chipotle Pepper, Aji Paprika, Sea Salt, Garlic, Guajillo Pepper, Spices.

227 g / 8 oz

Available in 5 Kilo food service.

UPC 6-79514-31302-1

Nutrition Facts per 2 tbsp. (30 g) / pour 2 c. à soupe (30 g): Calories 15
Fat 0.5 g (1 %), Saturated Fat 0 g + Trans Fat 0 g (0 %), Cholesterol 0 mg,
Sodium 125 mg (5 %), Carbohydrate 2 g (1 %), Fibre 1 g (3 %), Sugars 1 g,
Protein 0.3 g, Vit A (2 %), Vit C (0 %), Calcium (0 %), Iron (2 %). % = % Daily Value

Unit Weight: 227 g

Unit Dimensions:

H 4.5 cm x W 11.5 cm x L 11.5 cm

Case Weight: 3.20 kg

Case Dimensions:

H 10.3 cm x W 23.8 cm x L 36 cm

Case Pack: 12 units

Cases per Pallet:

TI 12 x HI 12 = 144 cases Total

NEW Case Pack: 6 units

NEW Case dimensions:

H 8.4 cm x W 12 cm x L 35.6 cm

Shelf Life: 45 days from production

Consume within 4-5 days after opening

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- NO SUGAR ADDED
- NO NUTS ADDED
- NO PRESERVATIVES
- NO ARTIFICIAL FLAVOURS
- NO TRANS-FATS
- READY-TO-EAT
- KID-FRIENDLY
- AFFORDABLE



* Used under License

NEW!



CERTIFIED ORGANIC CHILI

INSPIRED BY NATURE PREPARED FRESH FOR YOU

No Preservatives | High Source of Fiber | Vegan

Spice up your life with our FIESTA CHILIS made with the comfort of HOME.

Our new line of **ORGANIC CHILIS** are a meal on their own!

A combination of **ORGANIC** wholesome ingredients, that are **HIGH IN FIBER**, medium in spice and **VEGAN**. Three different flavours that are all ready to be served, shared and enjoyed!

- | **ANCIENT GRAINS CHILI**
- | **SWEET POTATO AND CHIPOTLE CHILI**
- | **SMOKY THREE BEAN CHILI**

*Wholesome Ingredients, Easy To Read,
Easy To Understand, Easy To Love*



ANCIENT GRAINS CHILI - MILD HEAT

Healthy richness of quinoa, millet and kale.

INGREDIENTS

Filtered Water, *Tomatoes, *Navy Beans, *Onion, *Millet, *White and Red Quinoa, *Celery, *Kale, *Sunflower Oil, Spices, Sea Salt, *Garlic, Ancho and Jalapeno Chilies, Mexican Oregano. *ORGANIC

956 ml Mason Jar

UPC 6-79514-12102-2

Certified Organic by PROCERT

Nutrition Facts per 1 serving (250 g): Calories 120

Fat 2 g (3 %), Saturated Fat 0 g + Trans Fat 0 g (1 %), Cholesterol 0 mg, Sodium 390 mg (16 %), Carbohydrate 21 g (7 %), Fibre 5 g (19 %), Sugars 3 g, Protein 5 g, Vit A (8 %), Vit C (6 %), Calcium (4 %), Iron (10 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Case Pack: 12 units

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.

Keep Refrigerated at all times

at 0-3 degrees Celsius.



SWEET POTATO AND CHIPOTLE CHILI - MEDIUM HEAT

An amazing sweet and spicy combination of sweet potato, beans and chipotle.

INGREDIENTS

Filtered Water, *Tomatoes, *Red Kidney Beans, *Onion, *Navy Beans, *Sweet Potato, *Carrot, *Celery, Dried Red Pepper, *Sunflower Oil, Sea Salt, Spices, Chipotle Pepper, *Garlic, Parsley. *ORGANIC

956 ml Mason Jar

UPC 6-79514-12101-5

Certified Organic by PROCERT

Nutrition Facts per 1 serving (250 g): Calories 110

Fat 1.5 g (2 %), Saturated Fat 0 g + Trans Fat 0 g (1 %), Cholesterol 0 mg, Sodium 400 mg (17 %), Carbohydrate 21 g (7 %), Fibre 5 g (22 %), Sugars 4 g, Protein 5 g, Vit A (50 %), Vit C (8 %), Calcium (4 %), Iron (15 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Case Pack: 12 units

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.

Keep Refrigerated at all times

at 0-3 degrees Celsius.



SMOKY THREE BEAN CHILI - MEDIUM HEAT

Variety of beans blended with ancho and jalapeno chilies, smoky and zesty flavour.

INGREDIENTS

Filtered Water, *Tomatoes, *Black Beans, *Onion, *Red Kidney Beans, *Pinto Beans, *Carrots, *Celery, *Cilantro, Dried Green Pepper, *Sunflower Oil, Spices, Sea Salt, *Garlic, Ancho and Jalapeno Chilies, Mexican Oregano. *ORGANIC

956 ml Mason Jar

UPC 6-79514-12103-9

Certified Organic by PROCERT

Nutrition Facts per 1 serving (250 g): Calories 130

Fat 1.5 g (2 %), Saturated Fat 0 g + Trans Fat 0 g (1 %), Cholesterol 0 mg, Sodium 390 mg (16 %), Carbohydrate 24 g (8 %), Fibre 7 g (28 %), Sugars 3 g, Protein 7 g, Vit A (15 %), Vit C (4 %), Calcium (4 %), Iron (15 %). % = % Daily Value

Unit Weight: 956 ml

Unit Dimensions:

H 17.5 cm x W 9.4 cm x L 9.4 cm

Case Weight: 17.2 kg

Case Dimensions:

H 18.2 cm x W 29.5 cm x L 39.5 cm

Case Pack: 12 units

Cases per Pallet:

TI 10 x HI 5 = 50 cases Total

6 Pack - Case Weight: 8.5 kg

6 Pack - Case Dimensions:

H 12.5 cm x W 19.5 cm x L 19.1 cm

Shelf Life: 75 days from production

Consume within 5 days after opening.

Keep Refrigerated at all times

at 0-3 degrees Celsius.