



Retail
Pantry

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.

Shelf life - 240 days from production

@plantbasedworkshop

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

Questions/ready to order?
orders@plantbasedworkshop.com



"noods." - Ramen kits (VEGAN)

These "noods." are UNMATCHED! First to market in the way the noodles are dehydrated, bringing the noodles back to life at a premium restaurant quality texture. The ultimate concentrated broth made with clean ingredients ready to satisfy any palate.



Nutrition Facts		Valeur nutritive	
Per 1 pack (122 g)		par 1 paquet (122 g)	
Calories 450		% Daily Value*	
Fat / Lipides 14 g	20%	Saturated / saturés 1 g	5%
+ Trans / trans 0g		5%	
Carbohydrate / Glucides 65 g		Fibre / Fibres 3 g	10%
Sugars / Sucres 6 g		6%	
Protein / Protéines 12 g			
Cholesterol / Cholestérol 0 mg			
Sodium 1790 mg	75%	Potassium 700 mg	15%
Calcium 180 mg	16%	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

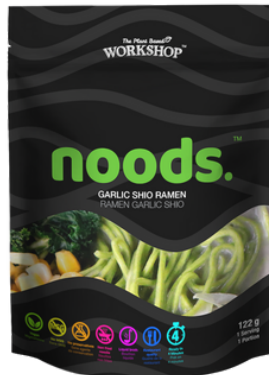
Spicy Tan Tan

Noodle ingredients: Non-GMO Enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Alkaline water (water, potassium carbonate, sodium carbonate), Potato starch, Non-GMO Dusted corn starch.

Broth ingredients: Water, Sesame paste, Corn gluten, Corn, Salt, Cane sugar, Rapeseed oil, Sesame oil, Alcohol, Garlic powder, Paprika powder, Ginger powder, Yeast extract, Chili powder, Konbu powder, Shiitake mushroom powder, Pepper, Guar gum, Cassava, Sweet potato.

Contains: Wheat, Sesame

- 122 g/pouch
- Vegan
- One portion noodles + one portion broth
- Restaurant quality
- 12g protein & 35% of daily iron
- No added MSG
- Non-fried noodle
- Ready in 4 min
- Liquid broth
- Shelf stable
- 6 units / case



Nutrition Facts		Valeur nutritive	
Per 1 pack (113 g)		par 1 paquet (113 g)	
Calories 390		% Daily Value*	
Fat / Lipides 10 g	13%	Saturated / saturés 1 g	5%
+ Trans / trans 0 g		5%	
Carbohydrate / Glucides 62 g		Fibre / Fibres 4 g	15%
Sugars / Sucres 6 g		6%	
Protein / Protéines 12 g			
Cholesterol / Cholestérol 0 mg			
Sodium 1700 mg	74%	Potassium 635 mg	18%
Calcium 60 mg	5%	Iron / Fer 5 mg	28%

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

Garlic Shio

Noodle ingredients: Non-GMO Enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Alkaline water (water, potassium carbonate, sodium carbonate), Non-GMO Kale powder, Non-GMO Spinach powder, Non-GMO Dusted corn starch.

Broth ingredients: Water, Corn gluten, Corn, Rapeseed oil, Sea salt, Onions, Sesame paste, Cane sugar, Garlic powder, Roasted wheat flour, Potato paste, Yeast extract, Sweet potato, Cassava, Ginger powder, Shiitake mushroom powder, Konbu powder, Black pepper, Alcohol, Guar gum.

Contains: Wheat, Sesame

- 113 g/pouch
- Vegan
- One portion noodles + one portion broth
- Restaurant quality
- 12g protein & 28% of daily iron
- No added MSG
- Non-fried noodle
- Ready in 4 min
- Liquid broth
- Shelf stable
- 6 units / case



12g Protein
12g de protéines



Vegan
Végétalienne



Restaurant
quality
Qualité de la
restaurant



No preservatives
Sans agents
de conservation



No MSG
Sans GMS



Source of iron
Source de fer



Non fried
noodle
Nouilles
non frites



Ready In
4 Minutes
Prêt en
4 minutes



Liquid broth
Bouillon
liquide



Retail

Pantry

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Shelf life - 365 days from production

YouTube, Facebook, Instagram @plantbasedworkshop

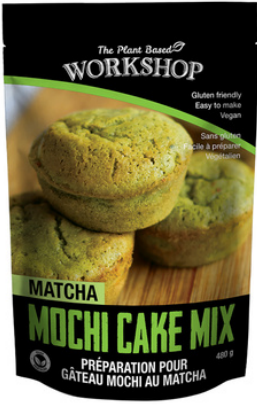
The Plant Based Workshop

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A soft, chewy Japanese treat. Bouncy, cushiony, and chewy, simply a texture you can't get enough of! NON-GMO rice flour base makes this treat both gluten free and vegan!

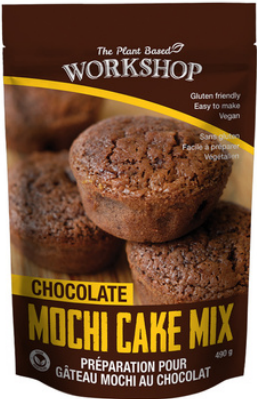


Nutrition Facts table for Matcha Mochi Cake Mix

Matcha Mochi Cake Mix

Ingredients: Non-GMO sweet rice flour, Organic cane sugar, Organic Japanese matcha powder, Aluminum free baking power, Salt.

- 480 g/pouch
Vegan
Gluten Free
Makes 12 in a muffin tray
Shelf stable
6 units/case



Nutrition Facts table for Chocolate Mochi Cake Mix

Chocolate Mochi Cake Mix

Ingredients: Non-GMO sweet rice flour, Organic cane sugar, Cocoa powder, Aluminum free baking power, Salt.

- 490 g/pouch
Vegan
Gluten Free
Makes 12 in a muffin tray
Shelf stable
6 units/case



Vegan Végétalienne



REAL WHOLESOME INGREDIENTS INGRÉDIENTS SAINS ET AUTHENTIQUES



No MSG Sans GMS



No preservatives Sans agents de conservation



Organic cane sugar Sucre de canne biologique



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