

Preposterous™

SIMPLE INGREDIENTS
UNCOMPROMISING TASTE

100%
VEGAN



PREPOSTEROUSFOODS.COM

PLANT-BASED PROTEINS - CHICKEN



PAIRS PERFECTLY WITH OUR 'HONEY' MUSTARD SAUCE

PLANT-BASED CHICKEN TENDERS

An easy plant-based appetizer everyone will enjoy! Each pretender is uniquely formed and comes pre-fried in our special buttermilk breading. Serve Pretenders with our Preposterous Honey Mustard Sauce.

Nutrition Facts		Valeur nutritive	
Per 1 Piece (55 g) 1 morceau (55 g)			
Calories 180		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides	11 g		15 %
Saturated / saturés	1.0 g		5 %
+ Trans / trans	0 g		
Carbohydrate / Glucides	11 g		
Fibre / Fibres	1 g		4 %
Sugars / Sucres	0 g		0 %
Protein / Protéines	9 g		
Cholesterol / Cholestérol	0 mg		0 %
Sodium	340 mg		15 %
Potassium	50 mg		1 %
Calcium	40 mg		3 %
Iron / Fer	1.25 mg		7 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup			

Ingredients: Water, Canola Oil, Wheat Gluten, Unbleached Flour, Organic Soy Milk, Cornstarch, Oat Flour, Chickpea Flour, Salt, Nutritional Yeast, Spice, Distilled Vinegar, Baking Powder, Ground Flaxseeds



3-4 mins

Fryer Cooking Instructions

Cook in deep fryer for 3-4 minutes at 350° F or until internal temperature reaches 165° F



PLANT-BASED BONELESS WINGS

The ultimate plant-based boneless wings! Each wing has a unique shape and comes pre-fried with our special buttermilk breading. Toss our wings with your favourite sauce and serve with our creamy Preposterous Ranch Dipping sauce.

Nutrition Facts		Valeur nutritive	
Per 4 piece (107 g) 4 morceau (107 g)			
Calories 290		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides	15 g		20 %
Saturated / saturés	1.0 g		6 %
+ Trans / trans	0.1 g		
Carbohydrate / Glucides	22 g		
Fibre / Fibres	2 g		7 %
Sugars / Sucres	1 g		1 %
Protein / Protéines	18 g		
Cholesterol / Cholestérol	0 mg		0 %
Sodium	300 mg		13 %
Potassium	100 mg		3 %
Calcium	75 mg		6 %
Iron / Fer	2.25 mg		13 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup			

Ingredients: Water, Wheat Gluten, Unbleached Flour, Canola Oil, Organic Soy Milk, Cornstarch, Oat Flour, Chickpea Flour, Nutritional Yeast, Spice, Distilled Vinegar, Salt, Baking Powder, Ground Flaxseeds



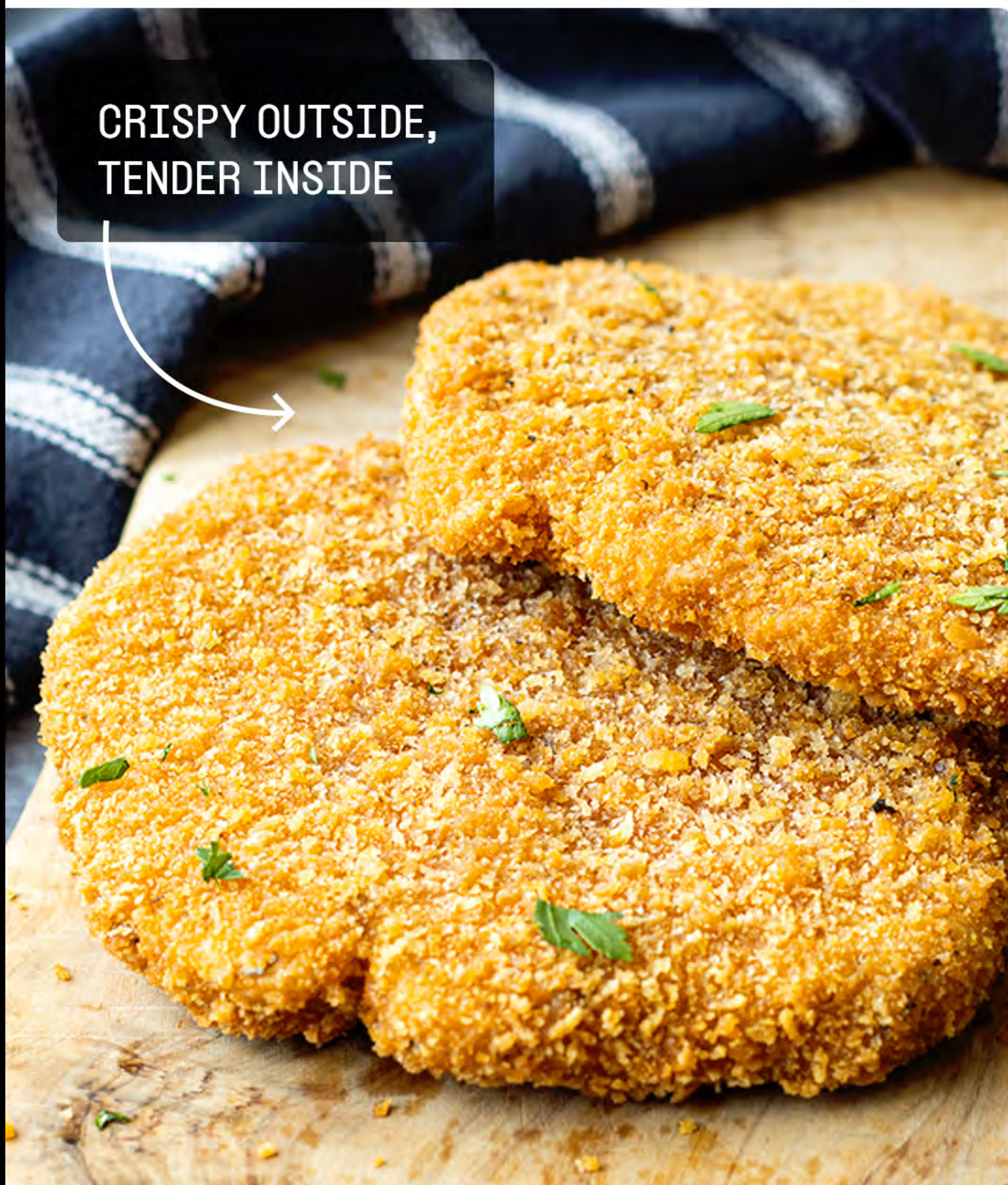
3-4 mins

Fryer Cooking Instructions

Cook in deep fryer for 3-4 minutes at 350° F or until internal temperature reaches 165° F



CRISPY OUTSIDE,
TENDER INSIDE



PLANT-BASED

CHICKEN FILLETS

This plant-based fillet is crispy on the outside and tender on the inside, with just the right amount of spiciness. Each fillet is uniquely formed, creating a premium appearance that is sure to impress!

Nutrition Facts		Valeur nutritive	
Per 1 Piece (113 g)		Par 1 Pièce (113 g)	
Calories 280	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 11 g	15 %		
Saturated / saturés 1.0 g	5 %		
+ Trans / trans 0 g			
Carbohydrate / Glucides 28 g			
Fibre / Fibres 1 g	4 %		
Sugars / Sucres 1 g	1 %		
Protein / Protéines 18 g			
Cholesterol / Cholestérol 0 mg	0 %		
Sodium 560 mg	24 %		
Potassium 75 mg	2 %		
Calcium 40 mg	3 %		
Iron / Fer 1.5 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			

Ingredients: Water, Wheat Gluten, Bread Crumbs, Cornstarch, Canola Oil, Cayenne Sauce, Oat Flour, Chickpea Flour, Nutritional Yeast, Spice, Salt
Contains: Wheat



Fryer Cooking Instructions

Cook in deep fryer for 3-4 minutes at 350° F or until internal temperature reaches 165° F



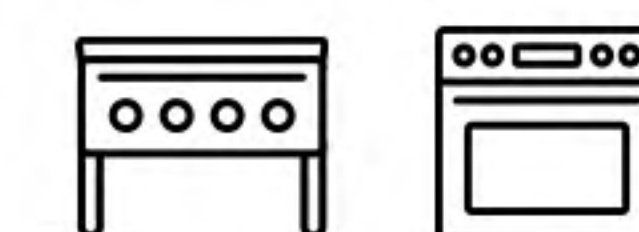
PLANT-BASED

GRILLED CHICKEN

Juicy and tender fillet made from simple and natural ingredients that you can feel good about. Fillet comes pre-marinated in a Mediterranean seasoning of lemon and herbs so you can serve it as a burger, on pasta or in a salad or wrap.

Nutrition Facts		Valeur nutritive	
Per (67 g)		Par (67 g)	
Calories 150	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 6 g	8 %		
Saturated / saturés 0.5 g	3 %		
+ Trans / trans 0 g			
Carbohydrate / Glucides 7 g			
Fibre / Fibres 1 g	4 %		
Sugars / Sucres 0 g	0 %		
Protein / Protéines 18 g			
Cholesterol / Cholestérol 0 mg	0 %		
Sodium 460 mg	20 %		
Potassium 50 mg	1 %		
Calcium 40 mg	3 %		
Iron / Fer 1.5 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			

Ingredients: Water, Wheat Gluten, Canola Oil, Oat Flour, Chickpea Flour, Lemon Juice, Nutritional Yeast, Salt, Spice
Contains: Wheat



Cooking Instructions

Heat on an oiled grill or in a rapid cook oven with an oil spray until golden brown or until internal temperature reaches 165° F.



PLANT-BASED PROTEINS - BEEF

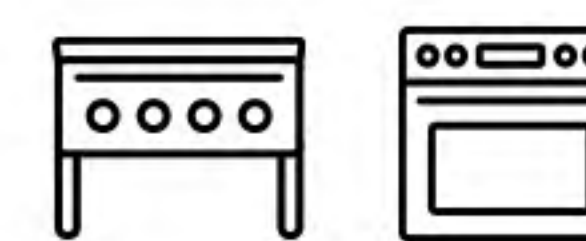


PLANT-BASED SMASH PATTY

The ultimate plant-based beefy smash patty that has an incredible texture and satisfying flavour. Patties come par-cooked so that they can be heated and served in under a minute after thawed. Serve as a single patty with our Preposterous plant-based bacon strips or stack the patties, layered with your favourite plant-based cheese.

Nutrition Facts Valeur nutritive	
Per Patty (70 g) par 1 pièce (70 g)	
Calories 240	% Daily Value* % valeur quotidienne*
Fat / Lipides 15 g	20 %
Saturated / saturés 6 g	30 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 8 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 19 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 470 mg	20 %
Potassium 300 mg	9 %
Calcium 75 mg	6 %
Iron / Fer 2.5 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	

Ingredients: Water, Wheat Gluten, Soy Protein, Refined Coconut Oil, Canola Oil, Ground Flaxseeds, Spice, Salt, Nutritional Yeast
Contains: Wheat, Soy



Cooking Instructions
Heat on an oiled grill or in a rapid cook oven until golden brown or until internal temperature reaches 165° F.



PLANT-BASED BEEF GROUND MEAT

This beefy ground is made from the simplest of ingredients and is easily transformed into tacos or a perfect meaty pasta.

Nutrition Facts Valeur nutritive	
Per (50 g) Par (50 g)	
Calories 110	% Daily Value* % valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 60 mg	3 %
Potassium 175 mg	5 %
Calcium 40 mg	3 %
Iron / Fer 1.5 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	

Ingredients: Water, Wheat Gluten, Soy Protein, Canola Oil, Colour, Salt
Contains: Wheat, Soy



Cooking Instructions
Heat on grill, in a pot or in microwave until internal temperature reaches 165° F. Season as desired.



PLANT-BASED PROTEINS - PORK



PLANT-BASED BREAKFAST SAUSAGE

These sausage patties are so versatile. Grill them on a pan and serve in a sandwich or chop them and add to your pasta sauce!

Nutrition Facts Valeur nutritive

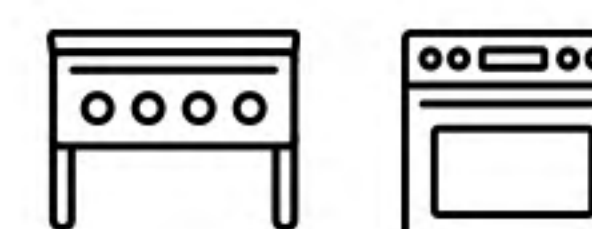
Per Piece (10 g)
par pièce (10 g)

Calories 25	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 2 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 160 mg	7 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

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

Ingredients: Wheat Gluten, Water, Canola Oil, Soy Sauce, Spice, Chickpea Flour, Breadcrumbs, Sugars (molasses), Nutritional Yeast, Salt

Contains: Wheat, Soy



Cooking Instructions

Heat on an oiled grill or in a rapid cook oven with an oil spray until golden brown or until internal temperature reaches 165° F.



PLANT-BASED GYRO MEAT

This plant-based gyro meat is seasoned exactly how it should be and thinly sliced. Pairs perfectly with our plant-based tzatziki sauce.

Nutrition Facts Valeur nutritive

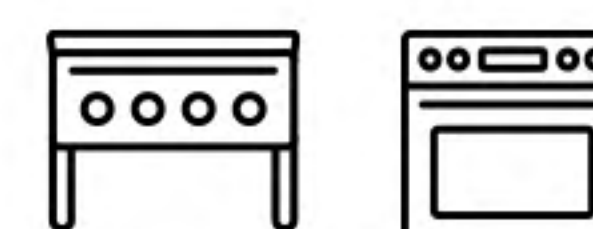
Per 1 Piece (16 g)
Pour 1 Pièce (16 g)

Calories 45	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 2.0 g	3 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 2 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 220 mg	10 %
Potassium 20 mg	1 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %

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

Ingredients: Wheat Gluten, Water, Canola Oil, Soy Sauce, Spice, Chickpea Flour, Nutritional Yeast, Salt

Contains: Wheat, Soy



Cooking Instructions

Heat on an oiled grill or in a rapid cook oven with an oil spray until golden brown or until internal temperature reaches 165° F.





PLANT-BASED BACON STRIPS

Smoky, thinly sliced plant-based bacon strips that come par-cooked and ready to serve in under a minute. Pair perfectly with your favourite breakfast sandwich or with the Preposterous Foods Smash Patty or Chickpea Patty.

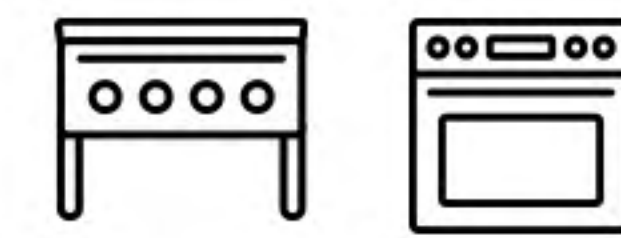
Nutrition Facts Valeur nutritive

Per Piece (10 g)
par pièce (10 g)

Calories 25	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 2 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 160 mg	7 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

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

Ingredients: Wheat Gluten, Soy Sauce, Water, Oat Flour, Canola Oil, Sugar, Liquid Smoke
Contains: Wheat, Soy



Cooking Instructions

Heat on an oiled grill or in a rapid cook oven with an oil spray until desired crispiness is achieved. Ensure internal temperature reaches 165° F.



PLANT-BASED BACON BITS

Boldly flavoured, mesquite plant-based bacon bits that come pre-cooked and ready to add to your favourite salad, wrap, noodle dish or loaded potato. Can also be grilled and served hot and crispy.

Nutrition Facts Valeur nutritive

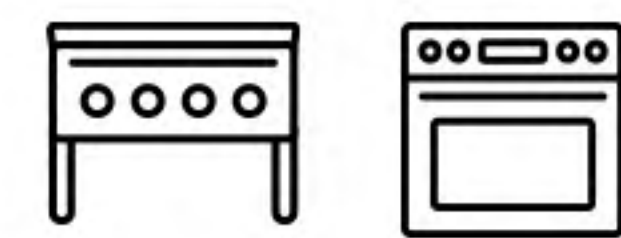
Per (15 g)
Par portion (15 g)

Calories 60	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 3.5 g	5 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 2 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 115 mg	5 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %

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

Ingredients: Wheat Gluten, Canola Oil, Water, Soy Protein, Soy Sauce, Sugar, Liquid Smoke, Salt, Colour

May contain: Mustard, Sulfites



Cooking Instructions

Serve cold or heat on an oiled grill or in a rapid cook oven until desired crispiness is achieved. If heating, ensure internal temperature reaches 165° F.



PLANT-BASED PROTEINS - GLUTEN-FREE CHICKPEA



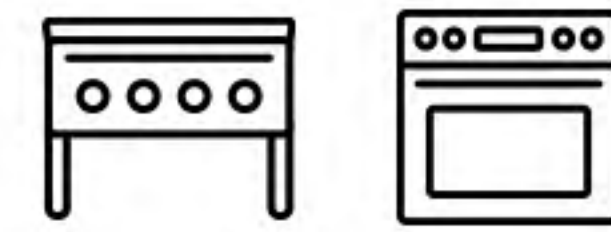
**GLUTEN-FREE
& SOY FREE**

PLANT-BASED CHICKPEA PATTY

The ultimate veggie patty that's ideal for the health conscience customer who is seeking more whole-food plant-based ingredients. Our chickpea patty is free of all major allergens and come par-cooked so that they can be served in under a minute.

Nutrition Facts	
Valeur nutritive	
Per Patty (72 g) Par Pièce (72 g)	
Calories 160	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 540 mg	23 %
Potassium 75 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup	

Ingredients: Chickpeas, Water, BBQ Sauce [glucose-fructose, water, tomato puree [water, tomato paste], vinegar, sugar, salt, modified corn starch, spices [contain mustard powder], natural colour, sodium benzoate, xanthan gum, natural smoke flavour], Textured Pea Protein, Canola Oil, Ground Flaxseeds, Brown Rice Flour, Potato Starch, Spice, Salt
Contains: Mustard



Cooking Instructions

Heat on an oiled grill or in a rapid cook oven with an oil spray until golden brown or until internal temperature reaches 165° F.



PLANT-BASED SAUCES



PLANT-BASED HONEY MUSTARD SAUCE

The perfect balance of sweet and smoky! This honey mustard sauce can be used as a dip or drizzle on a salad!

Nutrition Facts	
Valeur nutritive	
Per (15 mL) Par (15 mL)	
Calories 60	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 5 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 80 mg	3 %
Potassium 10 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup	

Ingredients: Canola Oil, Sugar, Organic Soy Milk, Yellow Mustard, BBQ Sauce, Lemon Juice, Dijon Mustard, Distilled Vinegar, Salt
Contains: Soy, Mustard

Keep refrigerated.





PLANT-BASED CHEESE SAUCE

Rich, cheesy dairy-free sauce designed to be quickly heated and served. Our oat-based, allergen friendly sauce can be used just like conventional cheese sauce and added on top of plant-based nachos, fries or mixed in with noodles for a creamy mac and cheese.

Nutrition Facts Valeur nutritive

Per (15 mL)
Par (15 mL)

Calories 10	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 75 mg	3 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 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

Ingredients: Water, Organic Oat Milk (Organic Oat Base (Filtered Water, Organic Rolled Oat Flour), Organic Sunflower Oil, Calcium Carbonate, Organic Natural Flavors, Sunflower Lecithin, Sea Salt, Vitamin A Palmitate, Ergocalciferol (Vitamin D2), Riboflavin (Vitamin B2), Cyanocobalamin (Vitamin B12), Cornstarch, Canola Oil, Nutritional Yeast, Salt, Lemon Juice, Spice, Guar Gum, Xanthan Gum, Annatto Seeds, Turmeric



Cooking Instructions

Place thawed cheese sauce in a pot or microwave safe container. Cook until cheese sauce comes to a boil or until internal temperature reaches 212° F. Keep product in hot holding at 135° F or higher.



PLANT-BASED SOUR CREAM

Thick and creamy plant-based sour cream that adds that extra indulgence to any dairy-free dish. Pairs perfectly with tacos, nachos, pirogies or on top of your favourite soup or stew.

Nutrition Facts Valeur nutritive

Per (15 mL)
Par (15 mL)

Calories 80	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 9 g	12 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 75 mg	3 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0 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

Ingredients: Canola Oil, Organic Soy Milk, Water, Lemon Juice, Distilled Vinegar, Salt, Sugar, Nutritional Yeast, Guar Gum
Contains: Soy





PLANT-BASED CAESAR

Garlicky and bold dairy-free caesar dressing designed to give make that salad or wrap an unforgettable experience. We blend in fresh capers and lemon juice which gives our dressing a unique depth of flavour that customers love. Pairs perfectly with our plant-based bacon bits.

Nutrition Facts Valeur nutritive	
Per (15 mL) Par (15 mL)	
Calories 70	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 75 mg	3 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup	

Ingredients: Canola Oil, Organic Soy Milk, Water, Dijon Mustard, Distilled Vinegar, Fresh Garlic, Capers, Salt, Sugar, Nutritional Yeast, Lemon Juice, Guar Gum, Spice
Contains: Soy, Mustard

Keep refrigerated.



PLANT-BASED RANCH SAUCE

It's hard to find that perfect ranch sauce - but look no further! Our plant-based ranch sauce is cool and creamy and seasoned with just the right amount of herbs.

Nutrition Facts Valeur nutritive	
Per (15 mL) Par (15 mL)	
Calories 80	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 80 mg	3 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %
*5% or less is a little 15% or more is a lot *5% ou moins c'est peu 15% ou plus c'est beaucoup	

Ingredients: Canola Oil, Organic Soy Milk, Water, Spice, Lemon Juice, Distilled Vinegar, Salt, Sugar, Guar Gum
Contains: Soy

Keep refrigerated.





PLANT-BASED MAYO

This plant-based mayo is super thick and creamy and has a neutral flavour so that you can serve it on its own or use as a base for any plant-based creamy sauces!

Nutrition Facts Valeur nutritive

Per (15 mL)
Par (15 mL)

Calories 80	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 9 g	12 %
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	3 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 65 mg	3 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0 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

Ingredients: Canola Oil, Organic Soy Milk, Lemon Juice, Distilled Vinegar, Salt, Sugar
Contains: Soy

Keep refrigerated.



PLANT-BASED TZATZIKI SAUCE

This sauce was inspired by our Greek roots! No corners were cut creating this plant-based version of the iconic Greek sauce. We use fresh garlic, cucumber and dill to make this masterpiece. Opa!

Nutrition Facts Valeur nutritive

Per (15 mL)
Par (15 mL)

Calories 70	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	3 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 65 mg	3 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %

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

Ingredients: Canola Oil, Organic Soy Milk, Fresh Cucumber, Lemon Juice, Dijon Mustard, Distilled Vinegar, Water, Fresh Garlic, Fresh Dill, Salt, Sugar, Guar Gum
Contains: Soy, Mustard

Keep refrigerated.



*Preposterous*TM

PREPOSTEROUSFOODS.COM