



BUTTER MASALA SAUCE

Vegetarian

Pack size: 500gm

Servings per pack 3 Serving Size 167gm

Tomato, Milk Products, Onion, Canola Oil, Herbs, Salt, Turmeric & Spices. Contains **DAIRY**.

Allergens: **DAIRY**.

Suitable for Vegetarians

Chilled / Frozen Product

Best Before: 5 months / 12 months



CHICKPEA CURRY

Vegan

Pack size: 500gm

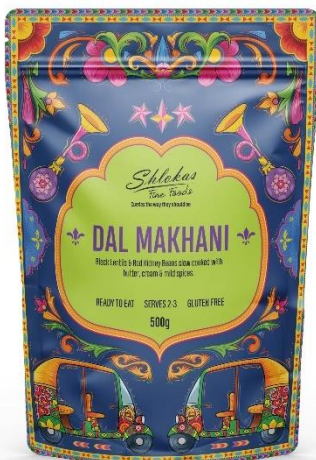
Servings per pack 3 Serving Size 167gm

Chickpeas, Onion, Tomato, Canola Oil, Garlic, Ginger, Herbs, Turmeric, Salt & Spices.

Suitable for Vegans

Chilled / Frozen Product

Best Before: 5 months / 12 months



DAL MAKHANI

Vegetarian

Pack size: 500gm

Servings per pack 3 Serving Size 167gm

Black Lentils, Red Kidney Beans, Onion, Tomato, Canola Oil, Garlic, Ginger, Water, Herbs, Turmeric, Salt & Spices, Milk Products. Contains **DAIRY**.

Allergens: **DAIRY**.

Suitable for Vegetarians

Chilled / Frozen Product

Best Before: 5 months / 12 months



EGGPLANT CURRY

Vegetarian

Pack size: 500gm

Servings per pack 3 Serving Size 167gm

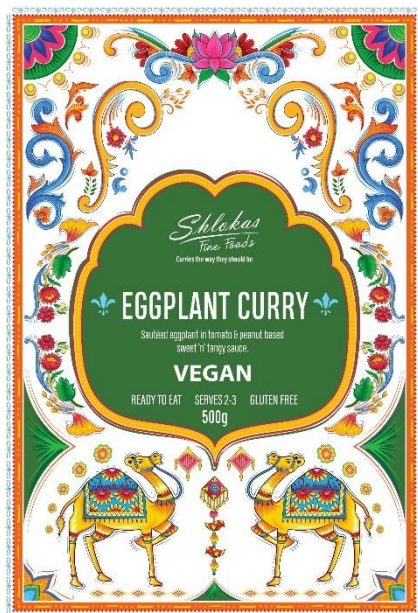
Tomato, Onion, Canola Oil, Eggplant, Garlic, Ginger, Herbs, Turmeric, Salt & Spices, Peanuts, Milk Products. Contains **DAIRY**.

Allergens: **DAIRY**.

Suitable for Vegetarians

Chilled / Frozen Product

Best Before: 5 months / 12 months



VEGAN EGGPLANT CURRY

Vegan

Pack size: 500gm

Servings per pack 3 Serving Size 167gm

Tomato, Onion, Canola Oil, Eggplant, Garlic, Ginger, Herbs, Turmeric, Salt & Spices. Contains **SOY & PEANUTS**.

Allergens: **SOY & PEANUTS**.

Suitable for Vegans

Chilled / Frozen Product

Best Before: 5 months / 12 months

CHILLI OIL MIX – ORIGINAL

Vegan

Pack size: 250gm

Servings per pack 50 Serving Size 5gm

Canola Oil, Dried Chillies, Onion, Garlic, Salt & Spices. Contains **SOY & WHEAT**.

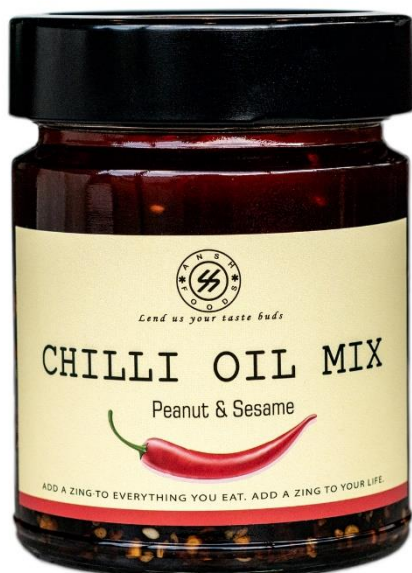
Allergens: **SOY & GLUTEN**.

Suitable for Vegans.

Ambient – Shelf Stable.

Best Before: 18 months +





CHILLI OIL MIX – PEANUT & SESAME Vegan

Pack Size: 250gm

Servings per pack 50 Serving Size 5gm

Canola Oil, Dried Chillies, Onion, Garlic, Salt & Spices. Contains **PEANUT, SESAME, SOY & GLUTEN.**

Allergens: **PEANUTS, SESAME, SOY & GLUTEN.**

Suitable for Vegans

Ambient – Shelf Stable.

Best Before: 18 months +



CHILLI OIL MIX – ORIGINAL Vegan

Pack Size: 500gm

Servings per pack 100 Serving Size 5gm

Canola Oil, Dried Chillies, Onion, Garlic, Salt & Spices. Contains **SOY & WHEAT.**

Allergens: **SOY & GLUTEN.**

Suitable for Vegans.

Ambient – Shelf Stable.

Best Before: 18 months +



CHILLI OIL MIX – PEANUT & SESAME Vegan

Pack Size: 500gm

Servings per pack 100 Serving Size 5gm

Canola Oil, Dried Chillies, Onion, Garlic, Salt & Spices. Contains **PEANUT, SESAME, SOY & GLUTEN.**

Allergens: **PEANUTS, SESAME, SOY & GLUTEN.**

Suitable for Vegans

Ambient – Shelf Stable.

Best Before: 18 months +

Shlokas
Fine Foods

LENTIL LASAGNE

Suitable for Vegetarians

Ingredients: Lentil, Onion, Tomato, Carrot, Celery, Capsicum, Wheat Flour, Spices, Herbs, Salt & Sugar, Canola Oil, **Milk Products**. Contains **DAIRY & GLUTEN**.

Manufactured on equipment that also process products containing **DAIRY, TREE NUTS, PEANUTS, WHEAT, SESAME & SOY**.

Heating Instructions

MICROWAVE

Remove lasagne from foil tray, place in a microwave safe dish. Cover the dish and microwave for 5-7 mins. Enjoy lasagne.

OVEN

Loosely cover frozen lasagne with a foil and place in a preheated oven at 120°C. Keep it in for approx. 20-25.

500 gm pack

Keep lasagne pack frozen.

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ANSH Foods, 1196 Centre Road, Clarinda, VIC - 3169

Average Nutrition Information

Serves: 2	Serve size: 250gm		
		per Serve	per 100 g
Energy	3760 kJ	752 kJ	
Protein	34 g	6.8 g	
Fat, total	44.9 g	9.0 g	
- saturated	17.5 g	3.5 g	
Carbohydrate	83.1 g	16.6 g	
- sugars	26.2 g	5.2 g	
Sodium	701 mg	140 mg	



Made in Australia
from at least 90%
Australian ingredients

LENTIL LASAGNE

Vegetarian

Pack Size: 500gm

Servings per pack 2 Serving Size 250gm

Lentil, Onion, Tomato, Carrot, Celery, Capsicum, **Wheat Flour**, Spices, Herbs, Salt & Sugar, Canola Oil, Milk Products. Contains **DAIRY & GLUTEN**.

Allergens: **DAIRY & GLUTEN**.

Suitable for Vegetarians.

Frozen Product

Best Before: 8 months +

Shlokas
Fine Foods

VEGGIE LASAGNE

Suitable for Vegetarians

Ingredients: Capsicum, Celery, Spinach, Onion, Zucchini, Carrot, Eggplant, Mushroom, Tomato, Wheat Flour, Spices, Herbs, Salt, Sugar, Canola Oil, **Milk Products**. Contains **DAIRY & GLUTEN**.

Manufactured on equipment that also process products containing **DAIRY, TREE NUTS, PEANUTS, WHEAT, SESAME & SOY**.

Heating Instructions

MICROWAVE

Remove lasagne from foil tray, place in a microwave safe dish. Cover the dish and microwave for 5-7 mins. Enjoy lasagne.

OVEN

Loosely cover frozen lasagne with a foil and place in a preheated oven at 120°C. Keep it in for approx. 20-25.

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Average Nutrition Information

Serves: 2	Serve size: 250gm		
		per Serve	per 100 g
Energy	2910 kJ	582 kJ	
Protein	29.1 g	5.8 g	
Fat, total	32.1 g	6.4 g	
- saturated	11.9 g	2.4 g	
Carbohydrate	65.3 g	13.1 g	
- sugars	22.9 g	4.6 g	
Sodium	566 mg	113 mg	



Made in Australia
from at least 90%
Australian ingredients

VEGGIE LASAGNE

Vegetarian

Pack Size: 500gm

Servings per pack 2 Serving Size 250gm

Capsicum, Celery, Spinach, Onion, Zucchini, Carrot, Eggplant, Mushroom, Tomato, **Wheat Flour**, Spices, Herbs, Salt & Sugar, Canola Oil, Milk Products. Contains **DAIRY & GLUTEN**.

Allergens: **DAIRY & GLUTEN**.

Suitable for Vegetarians.

Frozen Product

Best Before: 8 months +

Shlokas
Fine Foods

VEGAN LENTIL LASAGNE

Suitable for Vegans

Ingredients: Lentil, Onion, Tomato, Carrot, Celery, Capsicum, Wheat Flour, Spices, Herbs, Salt & Sugar, Canola Oil. Contains **GLUTEN**.

Manufactured on equipment that also process products containing **DAIRY, TREE NUTS, PEANUTS, WHEAT, SESAME & SOY**.

Heating Instructions

MICROWAVE

Remove lasagne from foil tray, place in a microwave safe dish. Cover the dish and microwave for 5-7 mins. Enjoy lasagne.

OVEN

Loosely cover frozen lasagne with a foil and place in a preheated oven at 120°C. Keep it in for approx. 20-25.

500 gm pack

Keep lasagne pack frozen.

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Average Nutrition Information

Serves: 2	Serve size: 250gm		
		per Serve	per 100 g
Energy	3760 kJ	752 kJ	
Protein	34 g	6.8 g	
Fat, total	44.9 g	9.0 g	
- saturated	17.5 g	3.5 g	
Carbohydrate	83.1 g	16.6 g	
- sugars	26.2 g	5.2 g	
Sodium	701 mg	140 mg	



Made in Australia
from at least 90%
Australian ingredients

VEGAN LENTIL LASAGNE

Vegan

Pack Size: 500gm

Servings per pack 2 Serving Size 250gm

Lentil, Onion, Tomato, Carrot, Celery, Capsicum, **Wheat Flour**, Spices, Herbs, Salt & Sugar, Canola Oil. Contains **GLUTEN**.

Allergens: **GLUTEN**.

Suitable for Vegans.

Frozen Product

Best Before: 8 months +

Shlokas
Fine Foods

VEGAN VEGGIE LASAGNE

Suitable for Vegetarians

Ingredients: Capsicum, Celery, Spinach, Onion, Zucchini, Carrot, Eggplant, Mushroom, Tomato, Wheat Flour, Spices, Herbs, Salt, Sugar, Canola Oil. Contains **GLUTEN**.

Manufactured on equipment that also process products containing **DAIRY, TREE NUTS, PEANUTS, WHEAT, SESAME & SOY**.

Heating Instructions

MICROWAVE

Remove lasagne from foil tray, place in a microwave safe dish. Cover the dish and microwave for 5-7 mins. Enjoy lasagne.

OVEN

Loosely cover frozen lasagne with a foil and place in a preheated oven at 120°C. Keep it in for approx. 20-25.

500 gm pack

Keep lasagne pack frozen.

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Average Nutrition Information

Serves: 2	Serve size: 250gm	
	per Serve	per 100 g
Energy	2910 kJ	582 kJ
Protein	29.1 g	5.8 g
Fat, total	32.1 g	6.4 g
- saturated	11.9 g	2.4 g
Carbohydrate	65.3 g	13.1 g
- sugars	22.9 g	4.6 g
Sodium	566 mg	113 mg



VEGAN VEGGIE LASAGNE

Vegan

Pack Size: 500gm

Servings per pack 2 Serving Size 250gm

Capsicum, Celery, Spinach, Onion, Zucchini, Carrot, Eggplant, Mushroom, Tomato, **Wheat Flour**, Spices, Herbs, Salt & Sugar, Canola Oil. Contains **GLUTEN**.

Allergens: **GLUTEN**.

Suitable for Vegans.

Frozen Product

Best Before: 8 months +

SPINACH RICOTTA PASTIES

Vegetarian

Pack Size: 900gm

Servings per pack 10 Serving Size 90gm

Spinach, Ricotta, Onion, Canola Oil, Garlic, Herbs, Salt & Spices, **Wheat Flour**, Water, Margarine, Food Acids (300,330). Contains **DAIRY, GLUTEN & SOY**.

Allergens: **DAIRY, GLUTEN & SOY**.

Suitable for Vegetarians.

Frozen Product

Best Before: 8 months +

VEGAN CHICKPEA PASTIES

Vegan

Pack Size: 900gm

Servings per pack 10 Serving Size 90gm

Chickpea, Potato, Carrot, Onion, Capsicum, Canola Oil, **Wheat Flour**, Water, Margarine, Spices, Salt, Herbs & food Acids (300,330). Contains **GLUTEN & SOY**.

Allergens: **GLUTEN & SOY**.

Suitable for Vegans.

Frozen Product

Best Before: 8 months +

Shlokas
Fine Foods

SPINACH RICOTTA PASTIES

Ingredients: Spinach, Ricotta, Onion, Canola Oil, Garlic, Herbs, Salt & Spices, **Wheat** flour, Water, Margarine, food acids (300,330). Contains **DAIRY, GLUTEN & SOY**.

Manufactured on equipment that also process products containing **DAIRY, TREE NUTS, PEANUTS, WHEAT, SESAME & SOY**.

Baking Instructions

1. Take pasties out from pack and place them on an oven safe tray.
2. Place tray in a preheated oven at 180° for 20-30 mins.
3. Keep turning for even baking.

900 gm pack

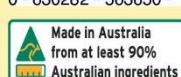
Keep pasties pack frozen.

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Average Nutrition Information

Serves: 10	Serve size: 90gm	
	per Serve	per 100 g
Energy	1370 kJ	1530 kJ
Protein	5.1 g	5.7 g
Fat, total	26.8 g	29.8 g
- saturated	5.4 g	6.0 g
Carbohydrate	15.8 g	17.5 g
- sugars	2.5 g	2.7 g
Sodium	376 mg	418 mg



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VEGAN CHICKPEA PASTIES

Ingredients: Chickpea, Potato, Carrot, Onion, Capsicum, Canola Oil, **Wheat** flour, water, margarine, Spices, Salt, Herbs & food acids (300, 330). Contains **GLUTEN, SOY**.

Manufactured on equipment that also process products containing **DAIRY, TREE NUTS, PEANUTS, WHEAT, SESAME & SOY**.

Baking Instructions

1. Take pasties out from pack and place them on an oven safe tray.
2. Place tray in a preheated oven at 180° for 20-30 mins.
3. Keep turning for even baking.

900 gm pack

Keep pasties pack frozen.

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Average Nutrition Information

Serves: 10	Serve size: 90gm	
	per Serve	per 100 g
Energy	918 kJ	1020 kJ
Protein	4.32 g	4.8 g
Fat, total	12.7 g	14.1 g
- saturated	3.6 g	4.0 g
Carbohydrate	20.34 g	22.6 g
- sugars	1.9 g	2.1 g
Sodium	481.5 mg	535 mg



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VEGAN SAMOSA PASTIES

Ingredients: Potato, Green Peas, Sultanas, Herb, Salt & Spices, Canola Oil, **Wheat** flour, Water, Margarine, food acids (300,330). Contains **GLUTEN, SOY, SULTANAS**.

Manufactured on equipment that also process products containing **DAIRY, TREE NUTS, PEANUTS, WHEAT, SESAME & SOY**.

Baking Instructions

1. Take pasties out from pack and place them on an oven safe tray.
2. Place tray in a preheated oven at 180° for 20-30 mins.
3. Keep turning for even baking.

900 gm pack

Keep pasties pack frozen.

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ANSH Foods, 1196 Centre Road, Clarinda, VIC - 3169

Average Nutrition Information

Serves: 10	Serve size: 90gm	
	per Serve	per 100 g
Energy	1152 kJ	1280 kJ
Protein	3.7 g	4.1 g
Fat, total	19.9 g	22.2 g
- saturated	4.05 g	4.5 g
Carbohydrate	18.5 g	20.6 g
- sugars	1.2 g	1.3 g
Sodium	217 mg	241 mg



VEGAN SAMOSA PASTIES

Vegan

Pack Size: 900gm

Servings per pack 10 Serving Size 90gm

Potato, Green Peas, Sultanas, Herbs, Salt & Spices, Canola Oil, **Wheat Flour**, Water, Margarine, food Acids (300,330). Contains **GLUTEN, SOY & SULTANAS**.

Allergens: **GLUTEN, SOY & SULTANAS**.

Suitable for Vegans.

Frozen Product

Best Before: 8 months +

VEGAN VEGGIE PIES

Vegan

Pack Size: 900gm

Servings per pack 10 Serving Size 90gm

Potato, Onion, Tomato, Carrot, Celery, Corn, Coconut, Sesame, Canola Oil, Salt, Herbs & Spices, **Wheat Flour**, Water, Margarine, Food Acids (300,330). Contains **GLUTEN, TRE NUTS, SESAME & SOY**.

Allergens: **GLUTEN, TRE NUTS, SESAME & SOY**.

Suitable for Vegans.

Frozen Product

Best Before: 8 months +

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VEGAN VEGGIE PIES

Ingredients: Potato, Onion, Tomato, Carrot, Celery, Corn, Coconut, Sesame, Canola Oil, Salt, Herbs & Spices, **Wheat** flour, Water, Margarine, Food acids (300,330). Contains **GLUTEN, TREE NUTS, SESAME, SOY**.

Manufactured on equipment that also process products containing **DAIRY, TREE NUTS, PEANUTS, WHEAT, SESAME & SOY**.

Baking Instructions

1. Take pies out from pack and place them on an oven safe tray.
2. Place tray in a preheated oven at 180° for 20-30 mins.
3. Keep turning for even baking.

900 gm pack

Keep pasties pack frozen.

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Average Nutrition Information

Serves: 10	Serve size: 90gm	
	per Serve	per 100 g
Energy	1026kJ	1140kJ
Protein	3.5 g	3.9 g
Fat, total	16.8 g	18.7 g
- saturated	6.5 g	7.2 g
Carbohydrate	18.3 g	20.3 g
- sugars	4.05 g	4.5 g
Sodium	250 mg	278 mg

