



Distributor/ Wholesaler Product List: Pies & Gourmet Snacks.

Product	Ingredients (certified organic unless otherwise stated).	Identification	Approx weight.
Plain Vegetable Pie	Seasonal organic vegetables, spices and herbs, Sea salt, wholemeal wheat flour.	White Sesame Seeds On Top	200g
Curried Vegetable Pie	Seasonal vegetables, herbs, spices, mild curry powder, sunflower oil, and Sea salt, wholemeal wheat flour.	Three Fork Mark	200g
Spinach & Potato Roll	Spinach, potatoes, herbs, spices, Sea salt.	-----	200g
Plain Shephard Pie	Pumpkin, carrot, turnips, daikon, celery, bokchoy, onion, herbs, spices, tamari, potatoes, Sea salt.	Mashed potatoes with sunflower seeds	200g
Kashmiri Pie	Silver beet, onion, zucchini, brown rice, garlic and topped with mashed potatoes	Mashed Potatoes with basil	200g
Chilli & Tofu Pie (open)	Seasonal vegetables, mild curry powder, sunflower oil, Sea salt, topped with tofu, chilli and fresh coriander.	Tofu Topping with Coriander and Chilli	180g
Pumpkin & Tofu	Pumpkin, tofu, herbs, spices, wholemeal wheat flour.	Fennel Seeds On Top	200g
Mushroom & Tofu Pie	Mushroom, tofu, red capsicum, onion, bio-dynamic brown rice, spices, tamari, sunflower oil, Sea salt, wholemeal wheat flour.	Black Sesame Seeds On Top	200g
Mexican Chilli Bean Pie (also available without cheese)	Red kidney beans, black-eyed beans, capsicum, onion, green chilli, tomato, ginger, garlic, bio-dynamic cheese, olive oil, salt.	Cheese Or Tofu Topping With Herbs	180g
Dal (Lentil) Pie (open)	Seasonal vegetables, spices, curry powder, sunflower oil, Sea salt, topped with dal (Indian lentils).	Sunflower Seeds with Potatoes On Top	180g
Gluten free Dal Pie (open)	Seasonal vegetables, spices, curry powder, sunflower oil, Sea salt, topped with dal (Indian lentils). Maize pastry.	Yellow Dhal On Top	210g
Apple & Raisin Pie (also available in Gluten free)	Apples, raisins, apple juice, cinnamon. (Gluten Free)	Cinnamon Powder on Top	200g 210g
Vegetarian Pizza	Topping: Mushrooms, capsicum, tomatoes, onions, olives, biodynamic cheese, olive oil & oregano. Whole-meal organic sourdough. (Approx. 7" diameter).	-----	7" diameter
Dairy Free Pizza	Topping: Varies, but generally: pumpkin, tofu, tomatoes, lentils (dal), olive oil, oregano. Whole-meal organic sourdough base. (Approx. 7" diameter).	-----	7" diameter
Rice Balls	Biodynamic brown rice, celery, carrot, onion, sunflower seeds, sesame seeds, tamari, sunflower oil, Sea salt.	-----	100g
Curried Potato Balls	Potato, onions, besan flour, Sultanas, spices, sunflower oil, Sea salt.	-----	110g
Veggie Burger Patty	Carrots, parsnips, swedes, celery, broccoli, sultana, potato, herbs, spices, sunflower oil, Sea salt.	Almond Flakes On Top	100g
Lentil Burger Patty	Lentil, carrots, celery, potato, herbs, spices, sunflower oil, Sea salt.	Black Sesame Seeds On Top	100g
Oriental Tofu Burger Patty.	Tofu, brown rice, carrots, celery, tamari, sesame oil, herbs, Sea salt, poppy seeds.	White Poppy Seeds On Top	100g
Vegetable Samosa	Potatoes, peas, cashews, sultanas, plain flour, spices, sunflower oil, Sea salt.	-----	100g
Vegetable Pakora	Onion, potato, spinach, carrot, chickpea flour, ginger, garlic, spices, sunflower oil, Sea salt.	-----	110g

- **No yeast, sugar or dairy products used in our pies, which have a whole-meal sourdough pastry (unless gluten-free).**
- All prices are GST EXCLUDED.
- Orders are taken **at least 48 hours** in advance (7 days for interstate). Freight to be paid by the receiver.
- **30c per item for packaging if required.** The pie packaging is suitable for ovens, pie warmers or microwaves. Other gourmet items must be taken out of pack before heating.
- Please note: Weight of items is an "approximate" figure. Items are hand made and may vary slightly.
- Prices may change without notice. Prices are effective for bulk wholesale from 01 March 2009. Trading terms: C.O.D.
- Extra Delivery Charges may occur. Minimum order \$500 only for Interstate Orders, \$200 only for Melbourne retailers.
- Shelf Life: For Pies and Snacks – [2 weeks at refrigerated temperature (2 degree to 4 degree Celsius) and 3 Months for Frozen pies]



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