



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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