



Green DATE

GREEN FINGER FOOD WITH BITE



**WANT
SOMETHING**

*crispy &
crunchy*

WILL YOU
be my
Green
Date?



NATURALLY LUSCIOUS Greens

YOUNG VEG SEEKS:

- The natural touch
- Good taste
- A bit of bite
- That certain something



YES, NOW



YES, FOR ALWAYS



YES, BUT ONLY FOR ONE NIGHT

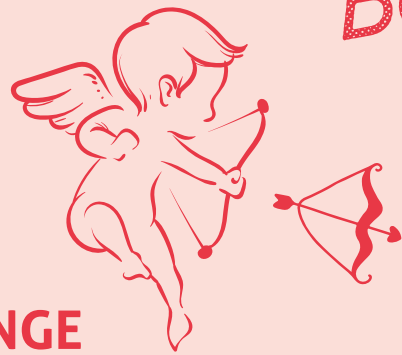


PERFECT Match

FOOD
WITH
Benefits

THE NEW NATURAL FINGER FOOD & SNACK RANGE

- For vegetarians, vegans, flexitarians & everyone in between
- Tiger nuts – the crunchy superfood for that lip-smacking experiences
- "Free From" – with no flavour enhancers or preservatives, gluten-free
- Available coated or naked and in other variations
- Not pre-fried



BURGER



MINI C



BURGER



MINI CAKES



CROQUETTES

BURGER



BALLS



MINI

BE MY
Veggie

GET
naked

#GREENGASM

#CRISP&
CRUNCHY

BABY, IT'S GREEN INSIDE

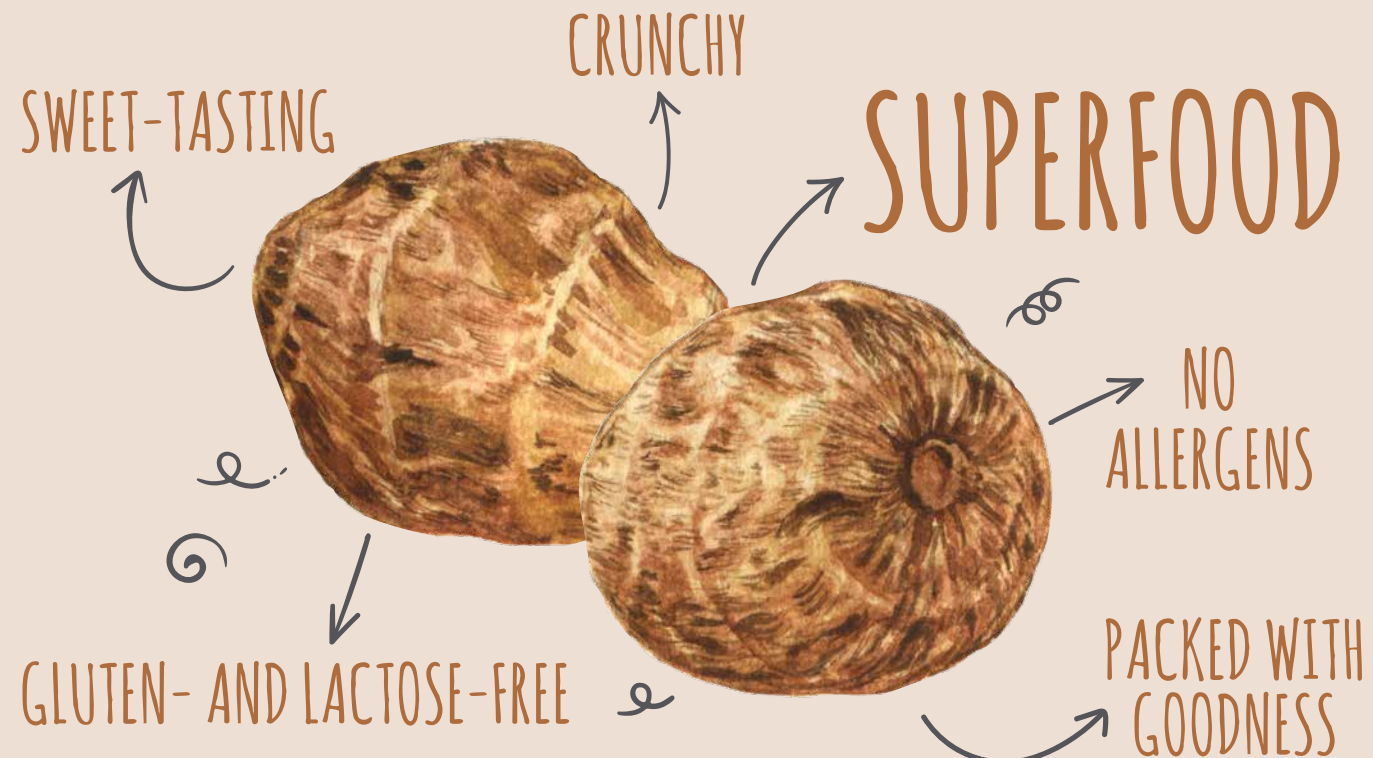
Is it a finger food or a superfood? What do your taste buds say? Everything tastes so good and authentic. Apples, carrots, onions, peas, broccoli, peppers, sweet potatoes, courgettes, beetroot – natural ingredients for healthy eating. We don't have anything to hide. Follow the new naturally good vegan and vegetarian snack range - made to suit your taste.



#FONS
One Night
Snack

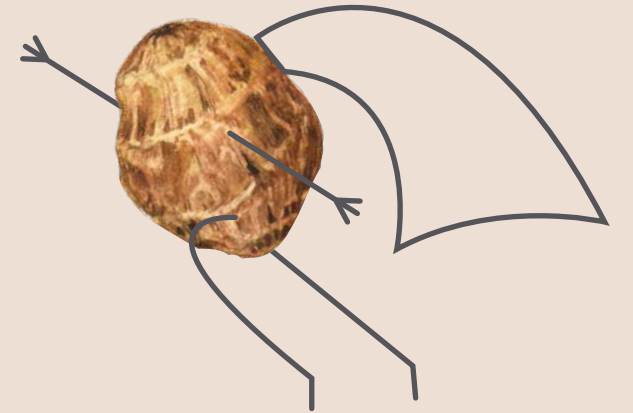
OUR SECRET *Superpower*

READY TO
CRUMBLE



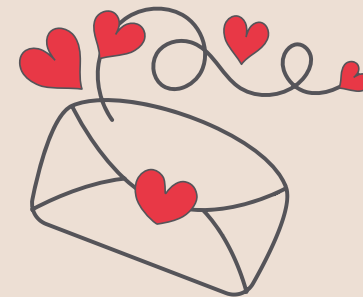
TIGER NUTS

Totally crisp and crunchy, these new snacks. Tiger nuts – the hero's food, for that crunchy bite with the hidden sweetness. The world-famous power-pack bursting with protein and fibre. This marvellous superfood is also rich in iron, potassium, vitamin E and unsaturated fatty acids. #FunFact: although tiger nuts are also known as earth almonds, and taste very similar to hazelnuts or almonds, they are actually the tiny bulbs of a plant, but have an expected crunchy bite.

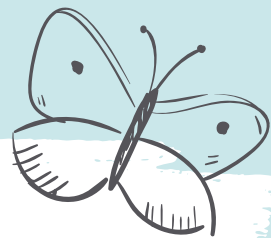


#CRUNCH
FACTOR

LET ME BE
YOUR HERO,
Baby!



MY WORLDWIDE Snack AFFAIR



LOVE
IS ALL
AROUND



#SNACK
APPEAL

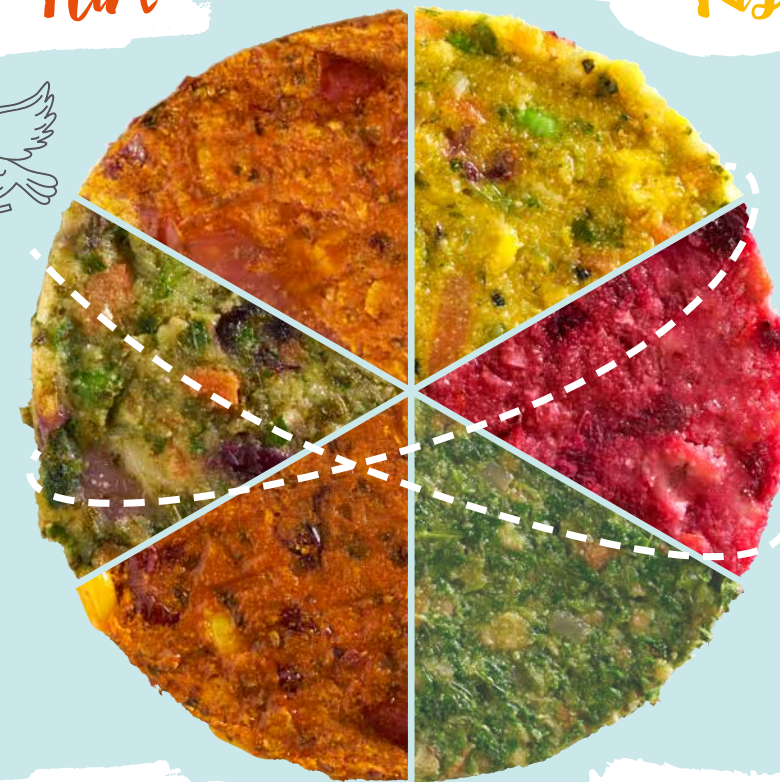
SUNSET
Flint

CURRY
Kiss



GARDEN
Quickie

BEET
Affair



SMOKY
Touch

KALE
Crush



CURRY Kiss

Love
FIRST ^{at} BITE



INNER GOODNESS

Ingredients:

Apples, carrots, edamame beans, onions & coconut mixed together with a mango & tiger nut paste.

Coating:

Gluten-free coating with coriander, black onion seeds and rice flakes.

	Coated	Naked
Burger 100 g	✓	✓
Mini Cakes 30 g	✓	✓
Curry Kiss also available without coating		

Cooking Guide:

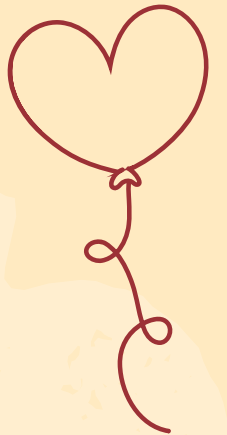


INDIAN
STYLE

COATED BURGER
INDIAN STYLE



COATED MINI CAKES
INDIAN STYLE



BEET Affair

GOT A
CRUSH
ON YOU



COATED VEGGIE BALLS
SCANDI STYLE



INNER GOODNESS

Ingredients:

Beetroot, carrots & apples mixed with a horseradish & tiger nut paste.

Coating:

Gluten-free coating with black pepper, parsley and chives.

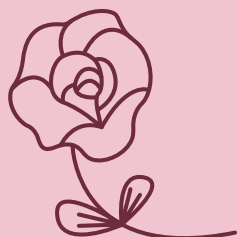
	Coated	Naked
Burger 100 g	✓	✓
Balls 25 g	✓	✓
Beet Affair also available without coating		

Cooking Guide:

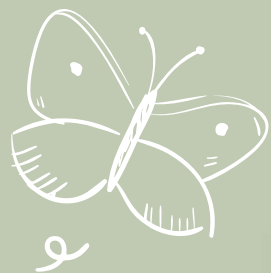


#BELLY
LICIOUS

COATED BURGER
SCANDI STYLE



KALE Crush



INNER GOODNESS

Ingredients:

Kale and roasted sweet potatoes mixed together with a seasoned tiger nut paste.

Coating:

Gluten-free coating with poppy seeds.

	Coated	Naked
Burger 100 g	✓	✓
Mini Cakes 30 g	✓	✓
Kale Crush also available without coating		
Cooking Guide:	📅 🔍 🍳	📅



#YUCK-
THAT'S WICKED



COATED BURGER
GREEN STYLE

I have
a green
dream

COATED MINI CAKES
GREEN STYLE



SMOKY Touch



INNER GOODNESS

Ingredients:

Kidney beans, red onions, red pepper & sweetcorn mixed together with a tiger nut BBQ sauce.

Coating:

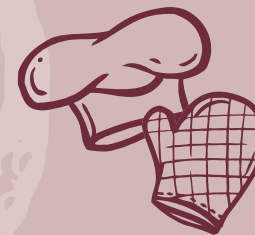
Gluten-free coating with red chilli flakes.



#SNACK
APPEAL



You 
KNOW YOU
want it



COATED BURGER
BBQ STYLE



GARDEN Quickie

#GREENGASM



INNER GOODNESS

Ingredients:

Carrots, broccoli, peas & spinach mixed together with a herby tiger nut paste.

Coating:

Gluten-free coating with parsley, chives and linseeds.

	Coated	Naked
Burger 100 g	✓	✓
Mini Cakes 35 g	✓	✓
Garden Quickie also available without coating		
Cooking Guide:	📅 🔍 🍳	📅

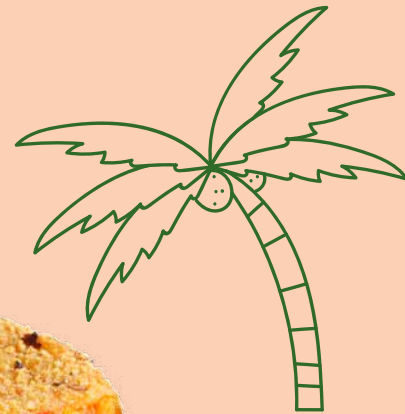
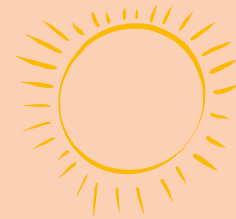


COATED BALLS
GARDEN STYLE



COATED BURGER
GARDEN STYLE

SUNSET Flirt



COATED BURGER
MEDITERRANEAN STYLE



INNER GOODNESS

Ingredients:

Carrots, mushrooms & peppers in a pepper & tiger nut paste.

Coating:

Gluten-free coating with basil, onion & thyme.

	Coated	Naked
Burger 100 g	✓	
Croquettes 40 g	✓	

Zubereitung:



VEGGIE



VEGGIE
ever
after



COATED CROQUETTES
MEDITERRANEAN STYLE



“ARE YOU IN L-U-V?”



“TOTALLY! THE WAY
TO A PERSON’S HEART IS SIMPLY
THROUGH THEIR TASTE BUDS’.”



FOOD WITH Benefits

www.mygreendate.co.uk