



Our passion for delivering delicious vegetarian offerings means good business for you.

- ✓ *Very high source of dietary fibre*
- ✓ *Frozen fresh (not deep fried)*
- ✓ *Healthier option*
- ✓ *Kosher*
- ✓ *Halal*
- ✓ *Cholesterol free*
- ✓ *Vegan*
- ✓ *Trans Fat Free*
- ✓ *With Organics*

Visit www.solcuisine.com/food-service to check out our complete product line-up, find foodservice recipes and learn more about how Sol Cuisine can help you build your protein profit.

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Our Falafel



Falafel



Sol Cuisine's Falafels are spicy patties with the zesty taste of the Mediterranean. Our falafels are pre-formed and frozen fresh (not deep fried) so you can serve healthier falafel sandwiches, appetizer platters and fillings for hor d'oeuvres.

Preparation Instructions (cook from frozen):

Grill: On a stovetop grill or pan-fry for 4-5 minutes each side.

Bake: In pre-heated 350°F oven for 10 minutes, turn and cook another 10 minutes.

Deep-fry: 2-3 minutes at 350°F.

Microwave: On high setting for 3-4 minutes.

DO NOT OVERCOOK.

INGREDIENTS: Organic

Soymash, Chick Peas, Organic Soy Milk, Onion Powder, Tahini, Sunflower and/or Soy Oil, Tapioca Flour, Onions, Soy Sauce Powder (Soybeans, Wheat, Salt, Malto-Dextrin), Sesame Seeds, Spices and Seasonings, Sea Salt, Xanthan Gum.

**Nutrition Facts
Valeur nutritive**

Per 60 g
pour 60 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 117.4	
Fat / Lipides 5.2 g	
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 247.9 mg	
Carbohydrate / Glucides 6.5 g	
Fibre / Fibres 6.2 g	
Sugars / Sucres 0 g	
Protein / Protéines 5.2 g	

Frozen

Shelf Life: 1 year • Keep frozen

Product Code: 1807

Pack Size: 288 x 20g

SCC#: 10 6 28025 01807 6

It's about quality. It's about taste. It's about offering a wide variety of vegan and vegetarian food choices that people love. And it's about time.

We've been at this for a good long time – over three decades – and our commitment shows in each and every one of our products.

We're dedicated to providing you with mouthwatering choices developed with uncompromising texture and flavor. We started out in 1980 with a passion for providing healthy, great tasting vegan and vegetarian foods and today, that passion is just as strong.



Your natural source for healthy, delicious vegetarian foods since 1980.