



Menu Inspiration Made Simple

Brighten your menu with
plant-based foods made from
nourishing, recognizable ingredients.



42%

of consumers **tried plant-based protein for the first time** at a restaurant¹

59%

of consumers have tried plant-based protein, with **half of them eating it regularly**²

69%

of consumers would order **plant-based meat** (at least occasionally) if available³

2

Ingredients they know and taste they'll love.

When it comes to food, we believe clean, nourishing ingredients should come first—with a healthy side of fun and flavour. For over 40 years, Lightlife® Foods has been pioneering the PLANT-BASED FOOD MOVEMENT to help bring more Fork/Life Balance to consumers everywhere.

One thing we know for sure: Consumers expect to see same high-quality plant-based proteins they enjoy at home on the menu. That's why we CRAFT WHOLE FOODS that help build their confidence in your operation.

- Confidence they're choosing something good for themselves.
- Confidence they're enjoying deliciously guilt-free plant nutrition.
- Confidence in your menu, because serving Lightlife shows guests that you believe in simple, recognizable ingredients.

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CLICK ABOVE TO VIEW EACH PRODUCT

26%

of consumers **would pay more for plant-based menu items**⁴



Loaded Nachos
Lightlife® Plant-Based Ground

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What We're Made Of

81%
of consumers know
about plant-based
menu options³

Crafted from the simplest ingredients.

Lightlife products are minimally processed to bring out each ingredient's natural flavour in every deliciously guilt-free bite.

Made with
**FEWER, MORE
RECOGNIZABLE
PLANT-BASED
INGREDIENTS**
than competitors

	Burger	Ground	Smoky Tempeh	Chick'n Nuggets
Grams of Protein	20 grams	17 grams	12 grams	15 grams
Non-GMO	✓	✓	✓	✓
Organic			✓	
Kosher Pareve	✓	✓	✓	
Vegan	✓	✓	✓	✓
Vegetarian	✓	✓	✓	✓
Gluten-Free	✓	✓		
Soy-Free	✓	✓		
No Artificial Flavours	✓	✓		✓



Plant-Based Burger

The all-new Lightlife® Plant-Based Burger is crafted with simple and recognizable ingredients that deliver mouthwatering flavour and juicy texture with every bite. Swap it into any burger build or craft specialty dishes around these great-tasting, plant-forward patties.

20 G
PROTEIN/
SERVING

SOY
FREE

GLUTEN
FREE

NO
ARTIFICIAL
FLAVOURS



What We're
Made of:

WATER

COCONUT OIL

GARLIC POWDER

PEA PROTEIN

BEET POWDER

CANOLA OIL

Product Prep:

- ☒ OVEN-BAKED
- ☒ PAN-FRY
- ☒ GRILL
- ☒ DEEP-FRY

Application Ideas:

- The Anything But Basic Burger**
Stack it with lettuce, tomato, dill pickle, ketchup and mayo for a classic bite.
- The Bunless Crunch**
A low-carb option with choice toppings and crisp lettuce for a perfect crunch.
- Sweet and Spicy Hawaiian**
Take a trip to Maui with a pineapple glazed, Sriracha-spiced burger.

How to Cook: To ensure food safety, cook to an internal temperature of 165°F (74°C)

GRILL 	Frozen Medium-high heat. Cook 5 mins. per side for medium; 6 mins. per side for medium-well. Thawed Medium-high heat. Cook 3-4 mins. per side for medium; 5 mins. per side for medium-well.
PAN FRY 	Frozen Oil surface; medium-high heat. Cook 5 mins. per side for medium; 6 mins. per side for medium-well. Thawed Oil surface; medium-high heat. Cook 3-4 mins. per side for medium; 5 mins. per side for medium-well.

[VIEW PRODUCT SPECS](#)

[VIEW NUTRITIONALS](#)

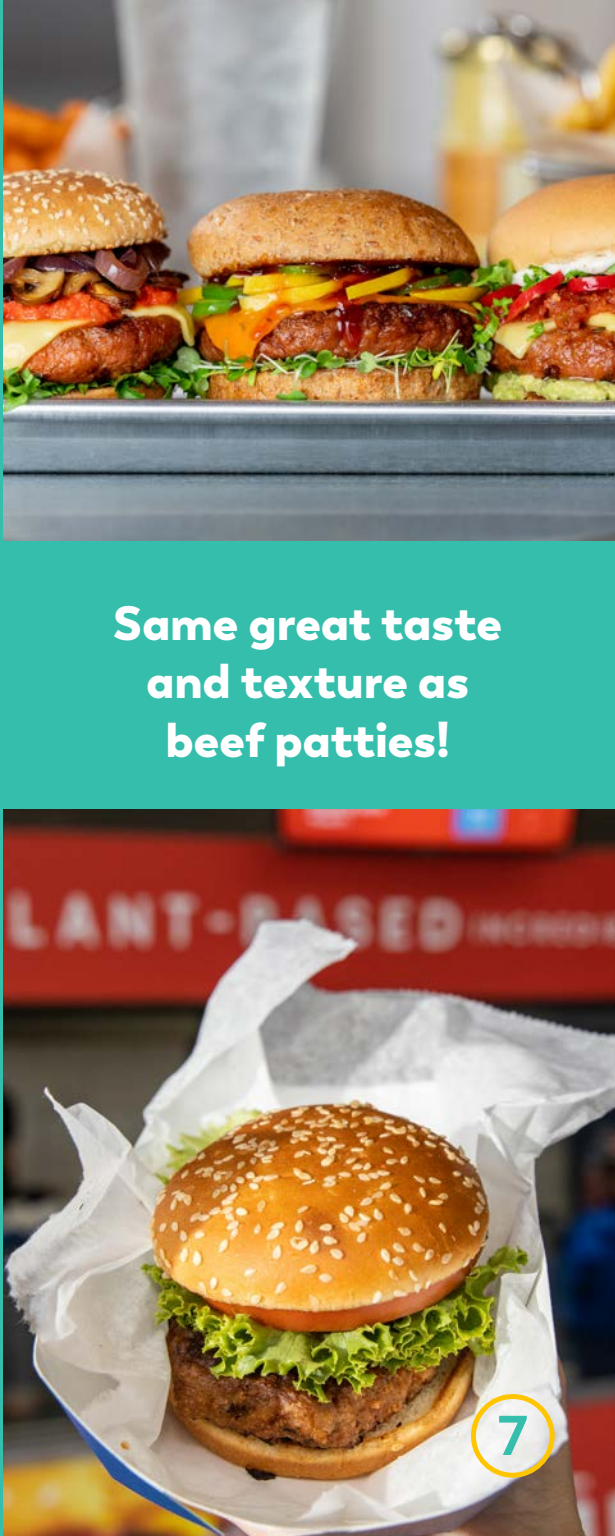
WHERE TO MENU:

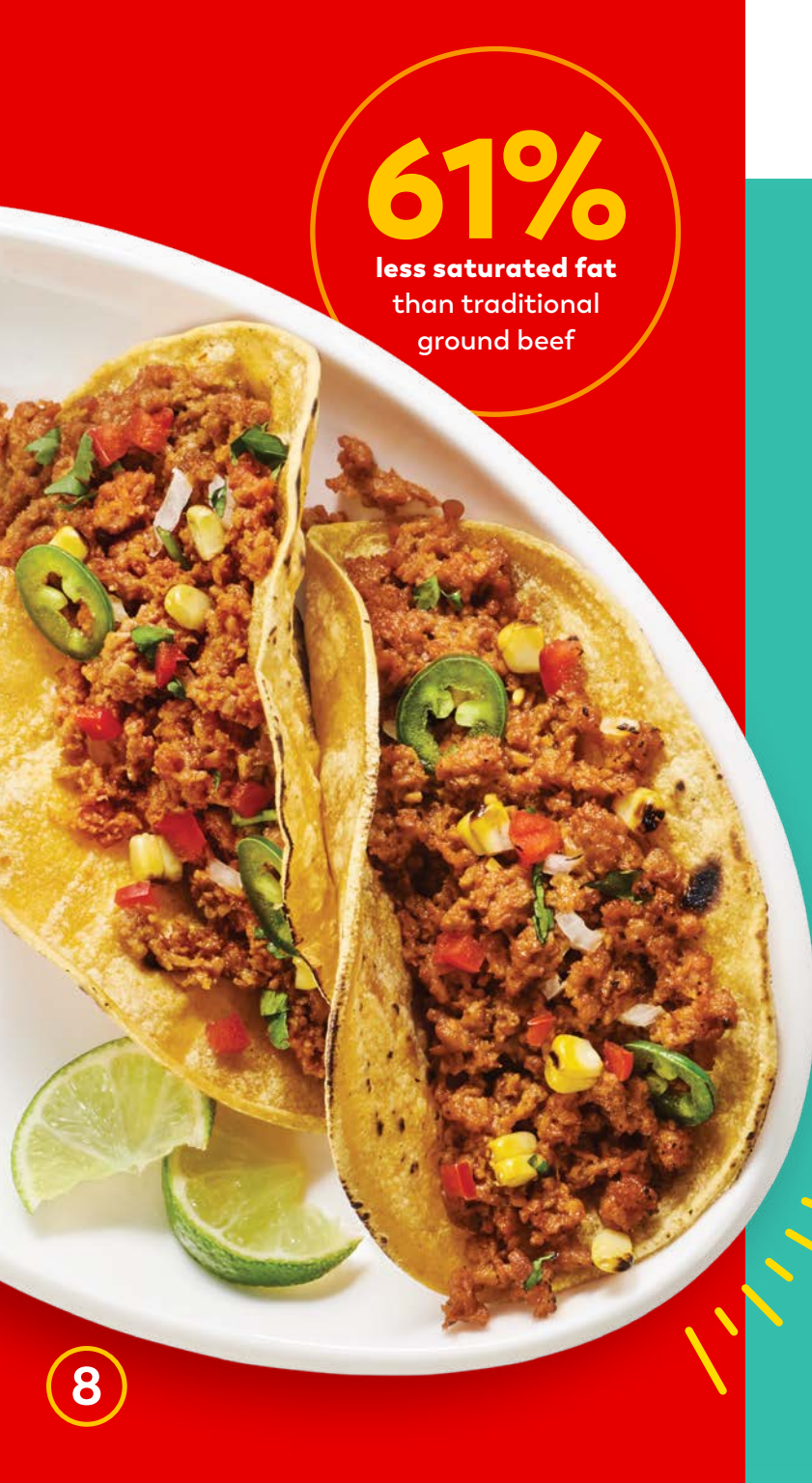
CONCESSIONS

QSR

BAR & GRILL

Anywhere
burgers
are sold!





61%

less saturated fat
than traditional
ground beef

8

Plant-Based Ground

Create dishes that light up your menu with Lightlife® Plant-Based Ground. Made from simple, recognizable ingredients, this versatile staple brings the same great taste and juicy texture as traditional ground beef to everything from burritos to Bolognese.

17g
PROTEIN/
SERVING

SOY
FREE

GLUTEN
FREE

NO
ARTIFICIAL
FLAVOURS



What We're
Made of:



WATER



COCONUT OIL



GARLIC POWDER



PEA PROTEIN



BEET POWDER



CANOLA OIL

Product Prep:

- ☒ OVEN-BAKED
- ☒ PAN-FRY
- ☐ GRILL
- ☐ DEEP-FRY

Application Ideas:

Tasty Tacos

Pile on your favourite fixings to create signature taco builds that are deliciously nutritious.

Comforting Chili

Build your hearty chili recipes with balanced plant-based ingredients.

Mouthwatering Meatballs

Create your own delicious Italian-style dishes with guilt-free meatballs.

How to Cook: To ensure food safety, cook to an internal temperature of 165°F (74°C)

PAN FRY



Thawed Bring nonstick pan to medium-high heat and add a drizzle of oil. Using tongs or a spatula, break up the grounds. Cook for 3-4 mins., moving frequently. Brown evenly and cook to a minimum internal temperature of 165°F (74°C). If purchased frozen, thaw in refrigerator before preparing.

[VIEW PRODUCT SPECS](#)

[VIEW NUTRITIONALS](#)

WHERE
TO MENU:



C&U



HEALTHCARE



QSR

Swap into
any ground
meat recipe!



Vegan Miso Ramen
Lightlife® Plant-Based Ground

Fewer ingredients than
leading competitive
plant-based products.



Kebabs
Lightlife® Plant-Based Ground

9

31%

of consumers are **buying more healthy foods from restaurants** now than before the pandemic⁵



10

Smoky Tempeh

Serve up all of the nutritious, fermented quality you expect from tempeh, with an extra satisfying smoky flavour that fits every menu part. Lightlife® Smoky Tempeh offers a delicious option for consumers seeking healthy alternatives to meat, bacon and more.

12 G
PROTEIN/
SERVING

5 G
FIBRE/
SERVING



What We're Made of:



WATER



ORGANIC BROWN RICE



ORGANIC SOYBEAN



SEA SALT



ORGANIC TAMARI SOY SAUCE



NATURAL SMOKE FLAVOR

Product Prep:



OVEN-BAKED



PAN-FRY



GRILL



DEEP-FRY

Application Ideas:

Plant-Based Bacon Burger

Plant-based bacon is the perfect smoky, crispy burger topping.

First Light Breakfast Sandwich

Build a brighter breakfast sandwich with the protein power of tempeh.

Smoky Cobb Salad

Give standard salads a plant-based protein update.



Tempeh Strip Sandwich
Lightlife® Smoky Tempeh

Low-fat alternative
to bacon.

How to Cook:

PAN FRY



Thawed In a pan over medium-high heat, add 1 tsp oil and separated tempeh strips. Fry tempeh in the pan for 2-3 mins. per side.

DEEP FRY



Thawed Separate tempeh strips. Cook in a deep fryer at 350°F (177°C) for 3-5 mins. or until desired crispiness is achieved.

[VIEW PRODUCT SPECS](#)

[VIEW NUTRITIONALS](#)

WHERE TO MENU:



CASUAL DINING



CAFE / DELI



FAST CASUAL



B&I



C-STORE



Sweet Potato Skins
Lightlife® Smoky Tempeh

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Plant-Based Chick'n Nuggets

Authentic crispy seasoned breading on the outside and juicy, tender plant-based meat on the inside make Lightlife® Plant-Based Chick'n Nuggets the perfect choice for consumers craving a twist on traditional breaded chicken nuggets.

They're a fun option for parents hoping to bring more balanced goodness to their kids' diets without sacrificing flavour—and a tasty option for the kid in us all.

15G
PROTEIN/
SERVING

NON
GMO

0G
CHOLESTEROL

NO
ARTIFICIAL
FLAVOURS



What We're Made of:

WATER

PEA PROTEIN

CANOLA OIL

FAVA BEAN PROTEIN

ROASTED GARLIC

WHEAT FLOUR

83%
of consumers are
interested in or are
already purchasing
plant-based breaded
chicken nuggets⁶

Product Prep:

- ☒ OVEN-BAKED
- ☒ PAN-FRY
- ☐ GRILL
- ☒ DEEP-FRY

Application Ideas:

- Plant-Based Nugget Basket**
Pair with fries for a classic comforting away-from-home meal.
- Awesome Sauce**
Toss or pair with signature sauces for an extra-special app or entree.
- Smarter Salads**
Use as a plant-based protein to help salads pop with extra nutrition.

How to Cook: To ensure food safety, cook to an internal temperature of 165°F (74°C)

DEEP FRY 	Deep Fry Heat oil to 375°F (191°C). Cook nuggets for 3 mins. or until internal temperature reaches 165°F (74°C). Deep frying is preferred cooking method for nuggets.
CONVECTION OVEN 	Convection Oven Preheat oven to 375°F (191°C). Place nuggets on a sheet pan and bake for 18 mins., turning halfway through. Serve immediately.
CONVENTIONAL OVEN 	Conventional Oven Preheat oven to 375°F (191°C). Place nuggets on sheet pan and bake for 24 mins., turning halfway through. Serve immediately.

[VIEW PRODUCT SPECS](#)

[VIEW NUTRITIONALS](#)

WHERE TO MENU:

HEALTHCARE

CONCESSIONS

QSR

BAR & GRILL

C&U



Buffalo Chick'n Wrap
Lightlife® Plant-Based Chick'n Nuggets

Great plant-based
option for kids!



Fried Chick'n Caesar Salad
Lightlife® Plant-Based Chick'n Nuggets

Product Specs & Nutritionals

Product Name	SKU	GTIN	Frozen	Pieces Per Case	Case Net Weight	Case Gross Weight	Case Dimensions (L x W x H)	Cases Per Pallet	Pallet Configuration
Plant-Based Burger	00107	00043454001070	Yes	40 x 113 g patties	4.54 kg	4.88 kg	42.00 x 22.50 x 13.00 cm	80	10 x 8
Plant-Based Ground	00209	00043454002091	Yes	12 x 454 g packs	5.45 kg	5.78 kg	42.00 x 22.50 x 13.00 cm	80	10 x 8
Smoky Tempeh	00230	10043454002302	Yes	4 x 684 g bags (144 slices)	2.72 kg	2.94 kg	27.62 x 21.27 x 12.38 cm	144	18 x 8
Plant-Based Chick'n Nuggets	00236	00043454002367	Yes	2 x 2.2 kg bags (~200 nuggets)	4.54 kg	4.34 kg	30.40 x 25.70 x 19.70 cm	80	16 x 5

CLEAN,
WHOLESOME
INGREDIENTS
that are easy
to digest

Mexican Dumplings
Lightlife® Plant-Based Ground

Plant-Based Burger

Nutrition Facts

Per 1 burger (113 g)

Calories 250	% Daily Value*
Fat 16 g	22 %
Saturated 5 g	27 %
+ Trans 0.2 g	
Polyunsaturated 4.5 g	
Monounsaturated 9 g	
Carbohydrate 8 g	
Fibre 1 g	4 %
Sugars 1 g	1 %
Protein 20 g	
Cholesterol 0 mg	
Sodium 490 mg	21 %
Potassium 600 mg	13 %
Calcium 20 mg	2 %
Iron 6.5 mg	37 %
Thiamine 0.8 mg	65 %
Riboflavin 0.55 mg	43 %
Niacin 21 mg	131 %
Vitamin B6 1.25 mg	74 %
Folate 80 µg	19 %
Vitamin B12 1.85 µg	77 %
Pantothenate 1.8 mg	36 %
Magnesium 25 mg	5 %
Zinc 8.5 mg	76 %
Copper 0.29 mg	32 %

*5% or less is a little, 15% or more is a lot

Ingredients: Water, Pea protein, Canola oil, Natural flavours, Coconut oil, Less than 2% of modified cellulose (from plant fibre), Sea salt, Vinegar, Beet powder (colour), Cane sugar, Cherry powder (to promote colour retention). This product contains pea protein and may not be suitable for people with a peanut allergy.

Plant-Based Ground

Nutrition Facts

Per 100 g

Calories 230	% Daily Value*
Fat 14 g	19 %
Saturated 4.5 g	24 %
+ Trans 0.1 g	
Polyunsaturated 4.5 g	
Monounsaturated 9 g	
Carbohydrate 7 g	
Fibre 1 g	4 %
Sugars 1 g	1 %
Protein 17 g	
Cholesterol 0 mg	
Sodium 430 mg	19 %
Potassium 500 mg	11 %
Calcium 20 mg	1 %
Iron 6 mg	33 %
Thiamine 0.7 mg	58 %
Riboflavin 0.5 mg	38 %
Niacin 18.5 mg	116 %
Vitamin B6 1.1 mg	66 %
Folate 70 µg	17 %
Vitamin B12 1.65 µg	68 %
Pantothenate 1.6 mg	32 %
Magnesium 20 mg	5 %
Zinc 7.5 mg	67 %
Copper 0.26 mg	29 %

*5% or less is a little, 15% or more is a lot

Ingredients: Water, Pea protein, Canola oil, Natural flavours, Coconut oil, Less than 2% of modified cellulose (from plant fibre), Sea salt, Vinegar, Beet powder (colour), Cane sugar, Cherry powder (to promote colour retention). This product contains pea protein and may not be suitable for people with a peanut allergy.

Smoky Tempeh

Nutrition Facts

Per 4 strips (76 g)

Amount	% Daily Value
Calories 140	
Fat 5 g	6 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Cholesterol 0 g	
Sodium 680 mg	28 %
Carbohydrate 10 g	3 %
Fibre 5 g	18 %
Sugars 2 g	
Protein 12 g	
Potassium	4 %
Calcium	4 %
Iron	10 %

Ingredients: Water, Cultured organic soybeans (organic soybeans, lactic acid from plant sources), Organic tamari soy sauce (water, organic soybeans, salt, organic alcohol), Organic cider vinegar, Organic cane sugar, Natural smoke flavour, Sea salt, Less than 2% of organic onion powder, Organic brown rice, Organic beet powder (colour), Organic spices, Xanthan gum. Contains: Soy.

Plant-Based
Chick'n Nuggets

Nutrition Facts

Per 5 nuggets (110 g)

Calories 220	% Daily Value*
Fat 13 g	17 %
Saturated 1g	4 %
+ Trans 0 g	
Carbohydrate 26 g	
Fibre 5 g	17 %
Sugars 1 g	1 %
Protein 15 g	
Cholesterol 0 mg	
Sodium 510 mg	22 %
Potassium 175 mg	4 %
Calcium 30 mg	2 %
Iron 4.5 mg	24 %
Thiamine 0.1 mg	7 %
Riboflavin 0.25 mg	20 %
Niacin 1.5 mg	10 %
Vitamin B6 0.1 mg	5 %
Folate 4 µg	1 %
Vitamin B12 0.35 µg	15 %
Pantothenate 0.2 mg	4 %
Magnesium 6 mg	1 %
Zinc 1 mg	8 %
Copper 0.02 mg	3 %

*5% or less is a little, 15% or more is a lot

Ingredients: Water, Wheat flour, Pea protein, Textured wheat protein, Modified corn starch, Canola oil, Faba bean protein isolate, Modified cellulose, Tapioca starch, Yeast extract, Salt, Sugars (maltodextrin, dextrose, cultured cane sugar, sugar), Onion powder, Flavour, Modified wheat starch, Dried garlic, Citrus fibre, Garlic powder, Potassium chloride, Spice, Rice starch, Granulated roasted garlic, Amino acid blend (L-lysine hydrochloride, L-threonine, L-leucine, L-methionine, L-histidine, L-valine, L-tryptophan, L-tyrosine, L-phenylalanine), Rice flour, Vinegar, Guar gum, Spice extractives, Vitamin and mineral blend (magnesium oxide, niacinamide [vitamin B3], zinc oxide, ferric orthophosphate, cyanocobalamin [vitamin B12], riboflavin [vitamin B2], calcium pantothenate, copper gluconate, thiamine hydrochloride [vitamin B1], pyridoxine hydrochloride [vitamin B6], folic acid), Dried roasted barley malt extract, Yeast. Browned in vegetable oil. Contains: Barley, Wheat. This product contains pea protein and may not be suitable for people with a peanut allergy.

Sources:

- Greenleaf Segmentation Study, N=1,915, January 2020
- Greenleaf Segmentation Study, N=3,355, January 2020
- Datassential, "Plant Based Is Sprouting," March 2020
- Technomic, Healthy Eating Consumer Trend Report, 2018
- Restobiz.ca, "What to expect in Canadian foodservice in 2021," January 6, 2021
- Technomic, "Alternative Proteins Multi-Client Study," October 2018



**Ingredients they
know and taste
they'll love.**

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