

The best food you can eat



Whole cuts made from animal-free, nutrient-rich mycelium. Delicious and perfectly tender. Life is full of compromise; this is one instance you don't have to.



Nutrient Powerhouse

Star ingredient: mycelium.
Complete protein, high fiber,
B vitamins, zero cholesterol.



Your blank canvas

Simply season to your liking
then saute, grill, air fry or
whatever your heart desires.



Good Energy

Lower greenhouse gas emissions, water
and land use than leading animal and
plant-based proteins. Enjoy good food
while you do good things for the planet.

Classic Cutlets

Nutrition Facts

2 servings per container
Serving size One Cutlet (105g)

Amount per serving	
Calories	100
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 8g	3%
Dietary Fiber 7g	25%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15mg	30%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 290mg	6%
Riboflavin 1.02mg	80%
Niacin 6.2mg	40%
Folate 395mcg DFE	100%
Pantothenic Acid 2.4mg	50%
Magnesium 25mg	6%
Zinc 4.3mg	40%
Copper 0.22mg	25%
Choline 80mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Mycelium (N. crassa), Salt.

Crispy Cutlets

Nutrition Facts

2 servings per container
Serving size One Cutlet (125g)

Amount per serving	
Calories	230
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 20g	7%
Dietary Fiber 8g	29%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.5mg	8%
Potassium 300mg	6%
Riboflavin 1.03mg	80%
Niacin 6.2mg	40%
Folate 395mcg D	100%
Pantothenic Acid 2.4mg	50%
Magnesium 25mg	6%
Zinc 4.3mg	40%
Copper 0.22mg	25%
Choline 80mg	15%

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Ingredients: Mycelium (N. crassa), Rice Flour, Yellow Corn Flour, Canola Oil, Salt, Less Than 2% Of: Dried Garlic, Dried Onion, Paprika, Spice, Paprika Extract, Vinegar, Natural Flavors, Potato Protein, Leavening (Baking Soda, Disodium Diphosphate, Calcium Phosphate), Xanthan Gum.

Classic Steaks

Nutrition Facts

2 servings per container
Serving size One Cutlet (120g)

Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 350mg	8%
Riboflavin 1.08mg	80%
Niacin 6.6mg	40%
Folate 300mcg DFE	80%
Pantothenic Acid 3mg	60%
Magnesium 25mg	6%
Zinc 4.2mg	40%
Copper 0.13mg	15%
Choline 90mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Mycelium (N. crassa), Less Than 2% Of: Oat Fiber, Salt, Fruit Juice For Color, Vegetable Juice for Color, Natural Flavor, Lycopene for Color.

Southwestern Style

Nutrition Facts

2 servings per container
Serving size One Cutlet (125g)

Amount per serving	
Calories	120
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 14g	5%
Dietary Fiber 9g	32%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 15mg	30%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.3mg	8%
Potassium 390mg	8%
Riboflavin 1.08mg	80%
Niacin 6.6mg	40%
Folate 300mcg DFE	80%
Pantothenic Acid 3mg	60%
Magnesium 30mg	8%
Zinc 4.2mg	40%
Copper 0.13mg	15%
Choline 90mg	15%

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Ingredients: Mycelium, Less Than 2% Of: Cilantro, Dehydrated Garlic, Dehydrated Onion, Paprika, Olive Oil, Sugar, Spices, Salt, Oat Fiber, Extractives of Paprika, Fruit Juice for Color, Vegetable Juice for Color, Natural Flavors, Lycopene for Color.

Case Dims: 11 1/3" x 6.5" x 8.38"
Item Dims: 7.5" x 5.94" x 1.18"
8 units per caseShelf Life:
15 months frozen
15 days refrigerated (unopened)Contents and Case Weight: (Gross/Net Weight)
Classic Cutlet: 4.68 lbs / 3.7 lbs, Unit weight 7.4 oz
Crispy Cutlet: 5.38 lbs / 4.4 lbs, Unit weight 8.8 oz
Classic Steak: 5.23 lbs / 4.25 lbs, Unit weight 8.5 oz
Southwestern Style: 5.38 lbs / 4.4 lbs, Unit weight 8.8 ozPallet Spec:
Pallet Dims: 48" x 40" x 46.875"
Cases / Pallet: 125
Ti/Hi: 25/5Pallet Weight:
Classic Cutlet: 650 lbs
Crispy Cutlet: 738 lbs
Classic Steak: 719 lbs
Southwestern Style: 738 lbs

Classic Cutlet

Nutrition Facts

4 servings per container
Serving size One Cutlet (105g)

Amount per serving	
Calories	100
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 8g	3%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes Added Sugars 0g	0%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 290mg	6%
Riboflavin 1.02mg	80%
Niacin 6.2mg	40%
Folate 395mcg DFE	100%
Pantothenic Acid 2.4mg	50%
Magnesium 25mg	6%
Zinc 4.3mg	40%
Copper 0.22mg	25%
Choline 80mg	15%

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Ingredients: Mycelium (N. crassa), Salt.

Classic Steak

Nutrition Facts

4 servings per container
Serving size One Steak (120g)

Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes Added Sugars 0g	0%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 350mg	8%
Riboflavin 1.08mg	80%
Niacin 6.6mg	40%
Folate 300mcg DFE	80%
Pantothenic Acid 3mg	60%
Magnesium 25mg	6%
Zinc 4.2mg	40%
Copper 0.13mg	15%
Choline 90mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Mycelium (N. crassa), Less Than 2% Of: Oat Fiber, Salt, Fruit Juice For Color, Vegetable Juice for Color, Natural Flavor, Lycopene for Color.

Case Dims: 13 1/16" x 11 5/16" x 8 5/8"
Item Dims: 5.937" x 1.9" x 7.5"
10 units per caseCase and Unit Weight: (Gross/Net)
Steak: 12.3 lbs / 10.6 lbs,
Unit net weight 16.8 oz
Cutlet: 10.9 lbs / 9.3 lbs,
Unit net weight 14 ozPallet Dims: 48" x 40" x 51.25"
Cases / Pallet: 60
Ti/Hi: 12/5Pallet Weight:
Steak: 768 lbs
Cutlet: 690 lbs

Original

Nutrition Facts

4 servings per container
Serving size One Patty (60g)

Amount per serving	
Calories	60
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes Added Sugars 1g	2%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron .5mg	2%
Potassium 220mg	4%
Riboflavin .59mg	45%
Niacin 3.5mg	20%
Folate 225mcg DFE	60%
Pantothenic Acid 1.4mg	25%
Magnesium 15mg	4%
Zinc 2.5mg	25%
Copper 0.13mg	15%
Choline 40mg	8%

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Ingredients: Mycelium (N. crassa), Less Than 2% Of: Yeast Extract, Salt, Natural Flavors, Lycopene for Color

Case Dims: 9.8125" x 7.4375" x 8.625"
Item Dims: 6.9" x 2.1" x 4.5"
8 units per caseShelf Life:
15 months frozen
15 days refrigerated (unopened)Case and Unit Weight: (Gross/Net)
Original: 5.27 lbs / 4.23 lbs,
Unit weight 240 oz
Maple: 5.27 lbs / 4.23 lbs,
Unit weight 240 ozPallet Dims: 48" x 40" x 51.25"
Cases / Pallet: 120
Ti/Hi: 24/5Pallet Weight:
Original: 660 lbs
Maple: 660 lbs

No soy, wheat, gluten, milk, tree nut, or sesame ingredients. Free from artificial colors and artificial flavors.
Avoid if sensitive to fungi, such as mushrooms, molds, or yeasts.
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