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TFS - Vegetables Flat Mushrooms - Information

Flat mushrooms are large in size and have a rounded, flat cap that averages fifteen centimetres in diameter and is connected to a thick stem. The smooth cap ranges from dark brown to tan and is firm, thick, and spongy. Underneath the cap, there are dark brown, fleshy gills, a small ring from the cotton-like veil, and the stem is fibrous, white, and dense. When cooked, flat mushrooms have a memorable chewy and meaty texture and a smoky, earthy flavour.

TFS Product Code: 012562
Suppliers Product Code:
Information Last Updated: 09/01/2025
Date Produced: 11/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	11.00
Energy (kJ)	55.00
Protein (g)	1.80
Carb (g)	0.50
Of Which Sugars (g)	0.50
Fat (g)	0.50
Of Which Saturates (g)	0.10
Fibre (g)	1.10
Salt (g)	<0.01

Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

Mushroom

Handling Information

Directions for Use

Wash before use. Flat mushrooms are best suited for cooked applications such as broiling, sautéing, and grilling. They are extremely versatile and can be grilled whole to make a vegetarian burger or hollowed out and used as a pizza crust or bowl for other fillings. They can also be chopped and mixed into soups and stews, baked into pasta or rice dishes, sliced into salads, minced into a filling for a mushroom strudel, or chopped and cooked in an omelette. The caps are the part that is predominately cooked and consumed as the stem can be fibrous and woody, but the tough stem can also be used to add flavour to stock.

Storage Instructions

Store in a paper bag in the refrigerator.

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