

## Meatless Farm Vegetable Sausages Plant Based - Information

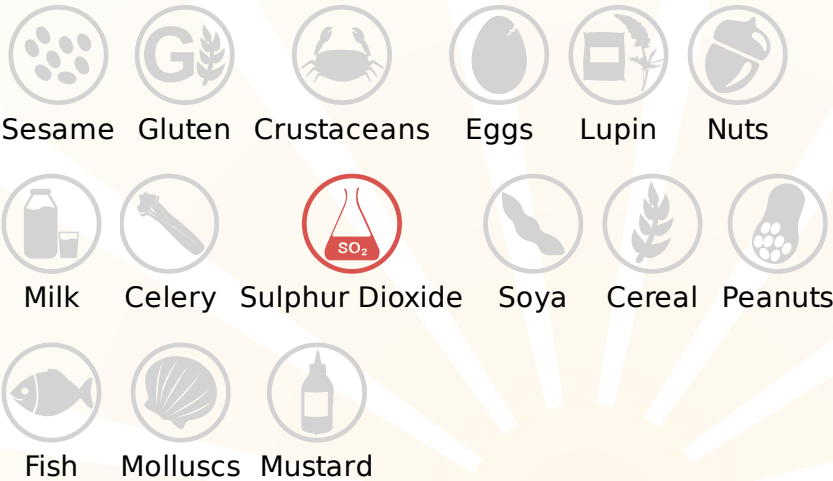
Take a butchers at our Meat Free Sausages. Delicious plant-based alternatives for all your favourite recipes. Is there any meat in them? Not a sausage. Our Meat Free Sausages are absolute bangers on any menu - in a fry up, butty or sticking out of mash Beano style. Try our NEW and improved vegan sausage recipe, made with signature mix of pea protein and the finest plant-based ingredient. Now with reduced calories and saturated fat, and more fibre and still rich in protein.

**TFS Product Code:** 030214  
**Suppliers Product Code:**  
**Information Last Updated:** 14/08/2025  
**Date Produced:** 03/04/2026



### Allergy Information

Key: Contains May Contain

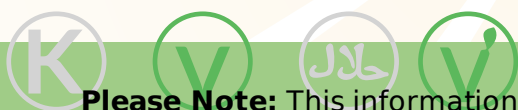


### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	210.00
Energy (kJ)	878.00
Protein (g)	17.10
Carb (g)	6.10
Of Which Sugars (g)	1.00
Fat (g)	13.60
Of Which Saturates (g)	1.00
Fibre (g)	4.00
Salt (g)	1.33

### Dietary Information

Key: Suitable for



**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

Water, Pea Protein, Rapeseed Oil, Thickener (E461), Vegetable Fibres (Pea, Bamboo), Yeast Extract, Dried Onion, Salt, Spices, Natural Flavouring, Dextrose, Sage, Vegetable Concentrates (Beetroot, Caramelised Carrot, Carrot). Sausages filled into plant-based casings.

## Handling Information

### Directions for Use

COOK FROM FROZEN. Guidelines only, appliances may vary. Ensure product is piping hot before serving. Rational Oven: Oven 180°C Humidity 30%, approximately 9 minutes Turn half way through cooking Oven: Pre-heat oven to 180°C. Place on baking tray in centre of oven for approx. 20 minutes, turning halfway through cooking. Merry Chef/Panasonic Oven: 275°C 100% Fan 20% micro - 1:50 minutes, turn the sausages after 45 seconds

### Storage Instructions

Keep Frozen -18°C. Consume within Best Before End date.

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