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# Why Vegetarian?



## A vegetarian diet is healthier

- A major study reported in the British Medical Journal found that, of 5,000 non-vegetarians and 6,000 vegetarians, vegetarians have 40% less risk of cancer and 30% less risk of heart disease than the non-vegetarians and were 20% less likely to die of any cause (Oxford Vegetarian Study)
- Vegetarians have a lower risk of developing heart disease and are 24 per cent less likely to die from heart disease compared with non-vegetarians



## A vegetarian diet is more beneficial to the environment

- The United Nations Food and Agriculture Organization report, 'Livestock's Long Shadow' concludes that global animal agriculture contributes more greenhouse gas emissions (in CO<sub>2</sub> equivalents) - an astonishing 18% of the total - than all forms of transportation (13.5%).
- Livestock production accounts for over eight percent of global human water consumption



## A vegetarian diet is more economical

- It takes 17 kilos of corn, beans, grains, etc, to produce one kilo of beef in feedlot cattle. This is like investing \$17.00 in a bank term deposit and withdrawing \$1.00 at maturity!
- 95% of world soybean and one third of world grain production is used for animal feed, utilising massive reserves of land



## Vegetarian "Meat"

The term Vegetarian 'Meat' sometimes lets us ponder 'is it really necessary to eat them'? Of course there is no need to feast heavily on them but they provide more alternatives, convenience and taste delicious. The best part is that Lamyoung Vegetarian products are 100% pure vegetarian, free of meat, seafood, onion, garlic, chives, leeks and spring onions. Most of Lamyoung Vegetarian's products are made of textured soy protein, wheat flour, konnyaku and mushrooms.



## More alternatives

Being a vegetarian doesn't have to mean you're limited for choices. Let your imagination be creative when planning and cooking dishes with these fabulous products. From Vegetarian Soy Nuggets to Vegetarian Prawns, even non-vegetarians would be impressed. Last but not least, you do not have to be a great chef to prepare delectable vegetarian meals.



# Lamyoung Vegan Brand

Vegan products



## Pad Cashew Nut

2

serves



**Ingredients:**  
150g Lamyong Vegetarian Soy Nuggets, defrosted

1 tbs Vessimix Mushroom Chilli Paste  
1 cucumber, cut into cubes  
100g broccoli, cut into small florets  
50g green capsicum, cut into cubes  
50g red capsicum, cut into cubes  
20g toasted cashew nuts  
50ml water  
2 bowls steamed rice, to serve

### Method:

1. Heat oil in a wok over high heat. Pan fry Lamyong Vegetarian Soy Nuggets for 30 seconds or until it turns golden brown
2. Add Vessimix Mushroom Chilli Paste. Cook for a further 30 seconds then add cucumber, broccoli, green and red capsicums and water. Mix well and cook for 3 minutes or until heated through.
3. Season with salt and pepper to taste. Add toasted cashew nuts. Remove from heat and serve on steamed rice.



Serving Suggestion

## Lamyong Vegan Product Range



## Vegetarian Soy Nugget

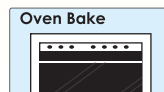
Made from selected high quality wholesome textured soy protein, these deliciously flavoured Lamyong Vegetarian Soy Nuggets make a perfect substitute to all meats. Vegetarian Soy Nuggets are perfect for just about everything, from stir-fries to soups & BBQ!

### Ingredients:

Textured vegetable protein (50%) (Soy protein, wheat flour, vegetable oil), non GMO soy protein, vegetable oil, water, salt, sugar, vegetarian seasonings  
*Contains soybeans and gluten. May contain traces of nuts and seeds.*

**Storage:** Keep Frozen -18°C

### Cooking Recommendations:



**AVSN280/24**

Weight: 280g  
24 packs / carton



**AVSN600/20**

Weight: 600g  
20 packs / carton



**AVSN3000/4**

Weight: 3kg  
4 packs / carton



## Lemongrass and Ginger Vegetarian Chunky Fish

4

serves



### Ingredients:

**8pcs Lamyong Vegetarian Chunky Fish, defrosted**

50g chopped lemongrass

50g fresh red chilli, finely chopped

20g fresh ginger, finely grated

4tbs vegetable oil

Coriander leaves, to serve

### Method:

1. Combine chopped lemongrass, chopped red chilli and finely grated ginger in a bowl. Marinate Lamyong Vegetarian Chunky Fish with half the lemongrass mixture.

2. Heat 2 tablespoons of vegetable oil in a pan or wok over low heat. Add the remaining half of the lemongrass mixture, stir continuously until colour of the mixture darkens. Season with salt and pepper to taste. Remove from pan and set aside.

3. Add 2 tablespoons of vegetarian into the heated pan or wok. Add marinated Lamyong vegetarian chunky fish and fry for 3-5 minutes on each side or until colour changes to golden brown. Remove from heat and place on plate.

4. Top with pan fried lemongrass mixture. Sprinkle with coriander leaves and chopped red chilli. Serve warm with steamed rice.

Serving Suggestion

## Lamyong Vegan Product Range



## Vegetarian Chunky Fish

Lamyong Vegetarian Chunky Fish are deliciously flavoured soy protein wrapped in a layer of seaweed and bean curd sheet. The addition of seaweed provides a natural flavour enhancer making it a perfect substitute for fish.

### Ingredients:

Textured vegetable protein (soy protein, wheat flour, vegetable oil), textured wheat protein, seaweed, salt, sesame oil and vegetarian seasonings

*Contains soybeans and gluten. May contain traces of nuts and seeds.*

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**

Stir Fry



Stew / Soup



Oven Bake



Salad



**AVCF300/24**

Weight: 300g

24 packs / carton

**AVCF600/20**

Weight: 600g

20 packs / carton

**AVCF3000/4**

Weight: 3kg

4 packs / carton



## Pumpkin Curry

2

serves



**Ingredients:**  
**50g Lamyong Soy Nuggets, defrosted**  
**50g Lamyong Mushroom Nuggets, defrosted**  
**2 lbs Supreme Vegetarian Rendang Curry Sauce**  
*(available at Lamyong Vegetarian Health Food)*

75g pumpkin, peeled and diced  
 75g potatoes, peeled and diced  
 75g frozen peas, defrosted, drained  
 100g button mushrooms, cut into halves  
 1 carrot, peeled and diced  
 2 lbs vegetable oil  
 300ml water  
 150ml coconut milk  
 1 x 22cm-long baguette bread

### Method:

1. Heat oil in a large sauce pan over a medium high heat. Add Lamyong Vegetarian Soy Nuggets and Lamyong Vegetarian Mushroom Nuggets. Cook for 1 minute or until golden, stirring.
2. Add Supreme Vegetarian Rendang Curry Sauce. Cook, stirring, for 30 seconds or until aromatic. Add pumpkin, potatoes, peas, mushrooms, carrot and water. Season with sugar and salt to taste. Reduce heat to medium low.
3. Cover with lid and simmer for 15 minutes or until vegetables are tender. Turn off heat. Add coconut milk, stirring through.
4. Meanwhile, preheat oven to 200°C. Slice baguette diagonally at 1.5 cm thickness. Bake sliced baguette in oven for 10 minutes or until hot and crisp. Serve warm with curry.



Serving Suggestion

## Lamyong Vegan Product Range



### Vegetarian Mushroom Nugget

Lamyong Vegetarian Mushroom Nuggets are made from shitake mushroom and is pure vegan. It is a simple and tasty vegetarian food product made with traditional method.

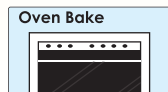
### Ingredients:

Mushrooms (34%), textured soy protein (34%) (Soy protein, starch, vegetable oil), vegetable gum, soy flour, vegetable oil, vegetarian seasonings, salt.

*Contains soybeans and gluten. May contain traces of nuts and seeds.*

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**



**AGMN300/24**

Weight: 300g

24 packs / carton

**AGMN600/20**

Weight: 600g

20 packs / carton

**AGMN3000/4**

Weight: 3kg

4 packs / carton

## Vegetarian Tom Yum Goong

3

serves



### Ingredients:

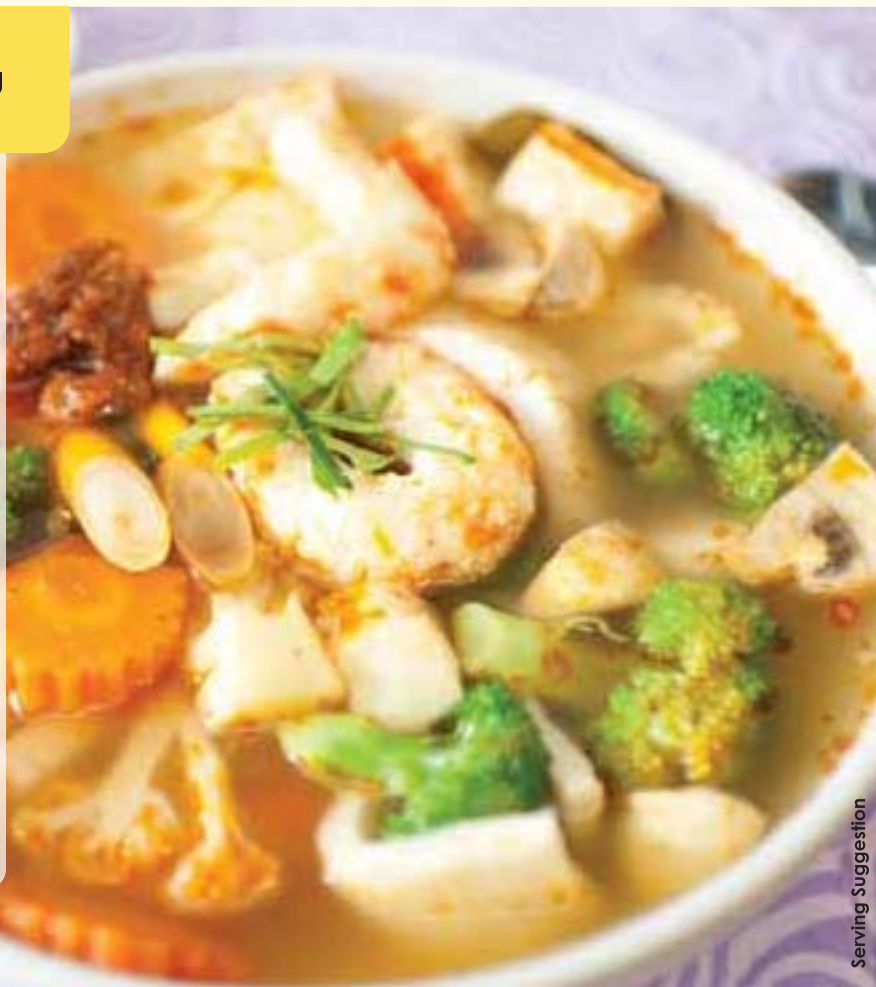
50g Lamyong Vegetarian Prawns, defrosted  
50g Lamyong Vegetarian Crab Meat, defrosted  
50g Lamyong Vegetarian Calamari, defrosted  
1 tbs Vessimix Vegetarian Tom Yum Paste  
½ broccoli, cut into small florets  
½ cauliflower, cut into small florets  
1 carrot, peeled, sliced  
50g medium sized button mushrooms, cut into quarters  
1 stalk fresh lemongrass  
1 tbs fresh lime juice  
500ml water  
2 kaffir lime leaves, chop finely, to serve

### Method:

1. Place Vessimix Vegetarian Tom Yum Paste in a large saucepan over medium-high heat and cook for 30 seconds or until fragrant. Add water and simmer for 6-8 minutes. Add all vegetables and cook for 2-3 minutes.

2. Add Lamyong Vegetarian Prawns, Vegetarian Crab Meat and Vegetarian Calamari. Season with salt. Continue boiling until vegetables are tender.

3. Remove from heat and serve with kaffir lime leaves.



Serving Suggestion

## Lamyong Vegan Product Range



## Vegetarian Prawn

Satisfy your craving without feeling guilty. Lamyong Vegetarian Prawn is an innovative creation made exclusively to cater for vegetarians seeking the variety. It takes the appearance of prawns and the texture of gnocchi. Perfect for Thai dishes; stir fries or simply deep fry in batter for a crispy coating.

### Ingredients:

Starch (56%) (Curdlan), water, sugar, salt, vegetarian seasonings, permitted colouring (E160c)

Contains soybeans and gluten. May contain traces of nuts and seeds.

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**



**AVP280/24**

Weight: 280g

24 packs / carton

**AVP600/20**

Weight: 600g

20 packs / carton

**AVP3000/4**

Weight: 3kg

4 packs / carton





## Lamyong Vegan Product Range



**AVCN600/20**

Weight: 600g  
20 packs / carton



**AVCN3000/4**

Weight: 3kg  
4 packs / carton

### Vegetarian Crispy Nugget

Lamyong Vegetarian Crispy Nuggets are made from wholesome textured soy protein coated with crispy golden breadcrumb. Ready to eat simply by oven bake, grill or deep fry for a quick and convenient healthy vegetarian snack.

#### Ingredients:

Textured vegetable protein (35%) (Soy protein, wheat flour, vegetable oil), water, bread crumbs, wheat flour, non GMO soy protein, vegetable oil, oats, sugar, salt, vegetarian seasonings

*Contains soybeans and gluten. May contain traces of nuts and seeds.*

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**



## Lamyong Vegan Product Range



### Vegetarian Soy Sausages

Lamyong Vegetarian Soy Sausages are meatless sausage made from selected high quality soy protein. A healthy snack for the family.

#### Ingredients:

Textured soy protein (soy protein, starch, vegetable oil), water, vegetable oil, brown sugar, modified tapioca starch, vegetarian seasonings, salt, pepper

*Contains soybeans and gluten. May contain traces of nuts and seeds.*

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**



**AVUS20/24**

Weight: 20pcs  
24 packs / carton



**AVUS60/10**

Weight: 60pcs  
10 packs / carton





## Lamyong Vegan Product Range



**AVSF500/30**

Weight: 500g  
30 packs / carton

**AVSF1350/12**

Weight: 1.35kg  
12 packs / carton

### Vegetarian Soy Fillet

These delicate and tasty slices of soy fillet are 100% vegan made from non-GMO textured soy protein. Vegetarian Soy Fillets gives you an ease of mind when preparing a tasty vegetarian meal!

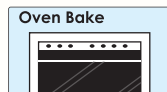
#### Ingredients:

Textured Soy protein, textured wheat protein, soya bean sheet, seaweed, salt, vegetable oil, vegetarian seasonings

*Contains soybeans and gluten. May contain traces of nuts and seeds.*

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**



### Vegetarian Country Style Bites

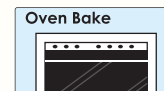
Lamyong Vegan Country-Style Bites are made from wholesome textured soy protein. They are tasty, simple to prepare and are perfect for all occasion. These bites are sure to impress and satisfy your guests!

#### Ingredients:

Textured soy protein (soy protein, wheat four, vegetable oil), vegetable oil, sugar, salt, spices  
*Contains soybeans and gluten. May contain traces of nuts and seeds.*

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**



**AVCSB300/24**

Weight: 300g  
24 packs / carton



**AVCSB600/20**

Weight: 600g  
20 packs / carton



**AVCSB3000/4**

Weight: 3kg  
4 packs / carton



## Lamyong Vegan Product Range

### Vegetarian Seafood Fingers



**AGVSS600/20**  
Weight: 600g  
20 packs / carton

**Ingredients:** Starch (56%) (Curdlan), water, sugar, salt, vegetarian seasonings, permitted colouring (E160c & E150d)  
Contains soybeans and gluten.  
May contain traces of nuts and seeds.

### Vegetarian Calamari



**AGVSF600/20**  
Weight: 600g  
20 packs / carton

**Ingredients:** Starch (56%) (Curdlan), water, sugar, salt, vegetarian seasonings  
Contains soybeans and gluten.  
May contain traces of nuts and seeds.

### Vegetarian Crab Meat



**AGVCM600/20**  
Weight: 600g  
20 packs / carton

**Ingredients:** Water, starch (Curdlan), sugar, salt, vegetarian seasonings  
Contains soybeans and gluten.  
May contain traces of nuts and seeds.

## Hokkaido Series

Vegetarian Hokkaido Series comes in 3 products range including Vegetarian Seafood Finger, Vegetarian Crab Meat, and Vegetarian Snow Flake. Can be use in stir-fry, soup or even BBQ!

#### Storage:

Keep Frozen -18°C

#### Cooking Recommendations:



### Vegan Ham



**AVEH1000/12**  
Weight: 1kg  
12 packs / carton

**Ingredients:** Textured soy protein, water, RBD palm olein, wheat flour, sugar, salt, vegetarian seasonings  
Contains soy and wheat. May contain traces of nuts and seeds.  
**Storage:** Frozen -18°C

## Lamyong Vegan Product Range



### Vegetarian "Chicken" Burger Patties



**AGVCB300/40**  
Weight: 300g (4 patties)  
40 packs / carton

**Ingredients:** Textured soy protein (soy protein, starch, vegetable oil), soy flour, sugar, vegetable oil, vegetarian seasonings, salt  
Contains gluten. May contain traces of nuts, seeds and soybeans.  
**Storage:** Frozen -18°C

### Vegan Hot Dogs



**AVHD300/24**  
Weight: 300g (10pcs)  
24 packs / carton

**Ingredients:** Isolated soy protein, salt, soybean oil, vegetarian seasonings, water  
Contains gluten. May contain traces of nuts, seeds and soybeans.  
**Storage:** Frozen -18°C





## Lamyong Vegan Product Range

### TVP Series

Lamyong TVP products provide a healthy alternative for all meals. It is high in protein, low in fat and is highly versatile for all your meal preparation.

#### Storage:

Store in a cool dry place.

#### Cooking Recommendations:



#### TVP Chunks

**Product Code:** ATC

**Available Sizes:** 200g, 1kg, 5kg

##### Ingredients:

Textured vegetable protein (TVP), water, vegetable oil, Soy Protein (Non GMO), sugar, salt and vegetarian seasonings  
*Contains soybeans and gluten. May contain traces of nuts and seeds.*



#### TVP Nuggets

**Product Code:** ATN

**Available Sizes:** 200g, 1kg, 5kg

##### Ingredients:

Textured vegetable protein (TVP), water, vegetable oil, Soy Protein (Non GMO), sugar, salt and vegetarian seasonings  
*Contains soybeans and gluten. May contain traces of nuts and seeds.*



#### TVP Strips

**Product Code:** ATST

**Available Sizes:** 150g, 500g, 5kg

##### Ingredients:

Textured vegetable protein (TVP), water, vegetable oil, Soy Protein (Non GMO), sugar, salt and vegetarian seasonings  
*Contains soybeans and gluten. May contain traces of nuts and seeds.*



#### TVP Beef Slices

**Product Code:** ATBS

**Available Sizes:** 150g, 1kg, 5kg

##### Ingredients:

Textured vegetable protein (TVP), water, vegetable oil, Soy Protein (Non GMO), sugar, salt and vegetarian seasonings  
*Contains soybeans and gluten. May contain traces of nuts and seeds.*



#### TVP Slices

**Product Code:** ATMS

**Available Sizes:** 150g, 1kg, 5kg

##### Ingredients:

Textured vegetable protein (TVP), water, vegetable oil, Soy Protein (Non GMO), sugar, salt and vegetarian seasonings  
*Contains soybeans and gluten. May contain traces of nuts and seeds.*



#### TVP High Fibre

**Product Code:** ATHF

**Available Sizes:** 150g, 1kg, 5kg

##### Ingredients:

Textured vegetable protein (TVP), water, vegetable oil, Soy Protein (Non GMO), sugar, salt and vegetarian seasonings  
*Contains soybeans and gluten. May contain traces of nuts and seeds.*



#### TVP Mince

**Product Code:** ATMM

**Available Sizes:** 400g, 1kg, 10kg

##### Ingredients:

Textured vegetable protein (TVP), water, vegetable oil, Soy Protein (Non GMO), sugar, salt and vegetarian seasonings  
*Contains soybeans and gluten. May contain traces of nuts and seeds.*



#### TVP Diced

**Product Code:** ATD

**Available Sizes:** 400g, 1kg, 10kg

##### Ingredients:

Textured vegetable protein (TVP), water, vegetable oil, Soy Protein (Non GMO), sugar, salt and vegetarian seasonings  
*Contains soybeans and gluten. May contain traces of nuts and seeds.*



## Lamyong Vegan Product Range





## Lamyong Vegan Product Range

### Ready to Eat Series

Lamyong Vegetarian Ready-to-eat series comes in 5 delectable flavours that can be consumed hot or cold. They are conveniently packed in camping size pouches for your next road trip or holiday away.

#### Storage:

Store in a cool dry place.

#### Cooking Recommendations:



### Vegetarian Rendang Meat

**ASRM270/35**

Weight: 270g

35 packs / carton

**Ingredients:** Mushroom, isolated soy protein, galangal, turmeric powder, lemongrass, candle nut, ginger, chilli, modified starch, vegetable oil, coconut milk, sugar, wheat protein, salt, vegetarian seasonings.

*Contains soybeans and gluten. May contain traces of nuts and seeds.*



### Vegetarian Rendang Curry

**ASRC270/35**

Weight: 270g

35 packs / carton

**Ingredients:** Mushroom, isolated soy protein, curry powder, galangal, candle nut, chilli, turmeric, modified starch, lemon leaves, sugar, toasted coconut, vegetable oil, wheat protein, salt.

*Contains soybeans and gluten. May contain traces of nuts and seeds.*



## Lamyong Vegan Product Range

### Vegetarian Mushroom Chunks



**ASMC230/33**

Weight: 230g

33 packs / carton

**Ingredients:** Mushroom, isolated soy protein, modified starch, vegetable oil, sugar, wheat protein, salt, yeast extract

*Contains soybeans and gluten. May contain traces of nuts and seeds.*

### Vegetarian Asam Fillet



**ASAF230/35**

Weight: 230g

35 packs / carton

**Ingredients:** Textured soy protein, isolated soy protein, tamarind, modified starch, galangal, candle nut, lemon grass, turmeric, chilli, curry powder, curry leaves, vegetable oil, sugar, salt, wheat protein, seaweed.

*Contains soybeans and gluten. May contain traces of nuts and seeds.*

### Vegetarian Mini Steak



**ASMS230/35**

Weight: 230g

35 packs / carton

**Ingredients:** Textured soy protein, isolated soy protein, tamarind, modified starch, chilli, sugar, vegetable oil, wheat protein, salt, white pepper, five spice powder.

*Contains soybeans and gluten. May contain traces of nuts and seeds.*



## Lamyong Vegan Product Range



**AVDS330/24**

Weight: 330g (24pcs)  
24 packs / carton



**AVDS48/24**

Weight: 660g (48pcs)  
24 packs / carton



**AVDS100/10**

Weight: 1.375kg (100pcs)  
10 packs / carton

### Vegetarian Mini Dim Sims

Lamyong Vegetarian Dim Sims is traditionally served as a starter in Chinese banquet. These juicy healthy Vegetarian Dim Sims are filled with soy fillings wrapped in soft wonton pastry. Traditionally prepared by steaming. Lamyong Vegetarian Dim Sims is easy to prepare for your own yum cha experience at home.

#### Ingredients:

Textured soy protein (65%), wheat pastry, water, vegetable oil, brown sugar, turnip, salt, carrot, modified tapioca starch, pepper, veg. seasoning, sesame oil, spices, yam powder

*Contains soybeans and gluten. May contain traces of nuts and seeds.*

#### Storage:

Keep Frozen -18°C



## Lamyong Vegetarian Brand

Conventional vegetarian products



## Stir Fry Assorted Mushrooms and Crispy Soy Slices

2  
serves

### Ingredients:

100g Lamyong Vegetarian Crispy Soy Slices, defrosted

1 tbs Vessimix Vegetarian Mushroom Oyster Sauce

50g snow peas

1 carrot, peeled, finely grated

5 pcs dried black fungus

5 pcs fresh shitake mushrooms, wash and cut into halves

5pcs button mushrooms, wash and sliced

2 tbs vegetable oil

### Method:

1. Place black fungus in a bowl. Cover with boiling water and soak for 30 minutes. Drain bowl and cut fungus into small pieces.

2. Heat oil in a wok over high heat. Pan fry Lamyong Vegetarian Crispy Soy Slices for 30 seconds or until it turns golden brown and add all vegetables, mushrooms and soaked black fungus. Mix well and cook for 3 minutes or until heated through. Season with salt and pepper to taste. Add Vessimix Vegetarian Mushroom Oyster Sauce. Remove from heat and serve on steamed rice.



Serving Suggestion

## Lamyong Vegetarian Brand Products Range



### Vegetarian Crispy Soy Slices

Mildly flavoured Vegetarian Crispy Soy Slices that readily absorb flavours from your favourite sauces or spices. With no artificial colourings or preservatives, these soy slices are all you need for your healthy vegetarian dishes. Suitable for stir fry, soups and deep fry.

### Ingredients:

Textured soy protein (50%) (Soy protein, starch, vegetable oil), water, vegetable oil, whey protein (contains milk), sugar, wheat flour, vegetarian seasonings, salt, pepper

Contains soybeans, gluten and milk. May contain traces of nuts and seeds.

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**



**AVCSS285/24**

Weight: 285g

24 packs / carton

**AVCSS600/20**

Weight: 600g

20 packs / carton

**AVCSS3000/4**

Weight: 3kg

4 packs / carton



## Black Bean Vegetarian Fragrant Seaweed Soy Slices

2

serves

### Ingredients:

150g Lamyong vegetarian fragrant seaweed soy slices, defrosted

1 tbs Gu Wang broad bean paste (available at Lamyong Vegetarian Health Food)

100g firm tofu, drained and cut into 1cm cubes

1 bunch bok choy

1 tsp preserved black beans

50ml water

2 tbs vegetable oil

1 plate of steamed rice, to serve

1 bunch bok choy, trimmed

### Method:

1. Heat oil in a wok over high heat. Pan fry Lamyong vegetarian fragrant seaweed soy slices for 30 seconds or until it turns golden brown. Add tofu, preserved black beans and Gu Wang broad bean paste. Cook for a further 30 seconds. Mix well or until heated through. Season with sugar, salt and pepper to taste.

2. Prepare bok choy washing under cold water. Drain in colander. In a large pot of boiling salted water, blanch bok choy for 2 minutes until bright green, 2 minutes. Drain.

3. Place black bean vegetarian seaweed soy slices on top of steaming hot rice and lay blanched bok choy on the side. Serve warm.

Serving Suggestion

## Lamyong Vegetarian Brand Products Range



## Vegetarian Fragrant Seaweed Soy Slices

Deliciously flavoured soy slices topped with a layer of seaweed. The seaweed is a natural flavour enhancer making Vegetarian Seaweed Soy Slices a perfect substitute for fish. Best prepared with spices or stir-fry.

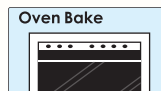
### Ingredients:

Textured vegetable protein (40%) (Soy protein, wheat flour, vegetable oil), water, vegetable oil, non GMO soy protein, vegetarian seasoning, sugar, seaweed, whey protein, salt, milk powder

*Contains soybeans, gluten and dairy. May contain traces of nuts and seeds.*

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**



**AVFSSS280/24**

Weight: 280g  
24 packs / carton

**AVFSSS600/20**

Weight: 600g  
20 packs / carton

**AVFSSS3000/4**

Weight: 3kg  
4 packs / carton

## BBQ Vegetarian Skewers



Serving Suggestion

## Lamyong Vegetarian Brand Products Range



### Vegetarian Mushroom Chunks

Made from traditional Oriental ingredient, namely Shitake Mushrooms. The natural fragrance of mushroom gives Vegetarian Mushroom Chunks an extraordinary taste and texture. An excellent substitute for beef and best prepared by stir fry or stew.

#### Ingredients:

Mushroom (35%), water, soybean oil, whey protein, sugar, wheat flour, soya sauce, sugar, salt, vegetarian seasonings, pepper

Contains soybean, gluten and dairy. May contain traces of nuts and seeds.

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**



**AVMC285/24**  
Weight: 285g  
24 packs / carton



**AVMC600/20**  
Weight: 600g  
20 packs / carton





## Lamyong Vegetarian Brand Products Range

**AVCH1000/12**

Weight: 1kg  
12 packs / carton

Water, vegetable oil, textured Soy Protein (27%), whey protein, wheat flour, salt, soy sauce, vegetarian seasonings

*Contains soybeans, gluten and dairy.  
May contain traces of nuts and seeds.*

### Vegetarian Chicken Ham



**AVH1000/12**

Weight: 1kg  
12 packs / carton

Textured soy protein (44%), water, vegetable oil, whey protein, sugar, wheat flour, salt, vegetarian seasonings, permitted food colouring (E150d)

*Contain soybean, gluten and dairy. May contain traces of nuts and seeds.*

### Vegetarian Original Ham



**AVBH1000/12**

Weight: 1kg  
12 packs / carton

Textured soy protein (41%), water, vegetable oil, whey protein, sugar, salt, wheat flour, vegetarian seasonings, permitted food colouring (E150d)

*Contains soybeans, gluten and dairy.  
May contain traces of nuts and seeds.*

### Vegetarian Bacon Ham



## Vegetarian Ham Series

Lamyong Vegetarian Ham is a tasty and convenient vegetarian food ingredient loved by all in the family!

#### Storage:

Keep Frozen -18°C

#### Cooking Recommendations:



## Lamyong Vegetarian Brand Products Range



## Vegetarian Frozen Tofu

Frozen Tasty Tofu is suitable for stir-fry, pan fry, braising or for use in soup.

#### Ingredients:

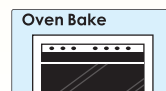
Isolated soy protein, whey protein, starch, sugar, salt, soybean oil, vegetarian seasonings.

*Contains soybeans, gluten and dairy.  
May contain traces of nuts and seeds.*

#### Storage:

Keep Frozen -18°C

#### Cooking Recommendations:



**AVPY800/20**

Weight: 800g  
20 packs / carton

**AVPY3000/6**

Weight: 3kg  
6 packs / carton





## Lamyong Vegetarian Brand Products Range

### Vegetarian Salted Crispy Chicken

**Ingredients:**

Textured soy protein  
(textured soy protein, wheat  
flour, vegetable oil), isolated  
soy protein, vegetable oil,  
vegetarian seasoning  
*Contains soybeans and  
gluten and dairy. May  
contain traces of nuts, seeds  
and dairy.*

**Storage:**

Keep Frozen -18°C

**AGSCC600/20**

Weight: 600g

20 packs / carton

### Vegetarian Soy Nori Floss

**Ingredients:**

Textured vegetable protein  
(TVP), water, vegetable oil,  
Soy Protein (Non GMO),  
sugar, salt and vegetarian  
seasonings  
*Contains soybeans, gluten  
and seeds. May contain  
traces of nuts.*

**Storage:**

Store in a cool dry place.

**AVSNF600/20**

Weight: 600g

20 packs / carton

**Cooking Recommendation:**

## Sayur Brand

Traditional vegetarian products



## Dou Bao in Light Mushroom and Daikon Broth

4

serves



### Ingredients:

4 slices \*Sayur Dou Bao, defrosted

1 tsp Vessimix Vegetarian Chicken Seasoning Powder

100g firm tofu, drained, cut into 50mm thickness

1/2 daikon (or Japanese white radish), peeled, cut into 30mm thickness

4 fresh shiitake mushrooms, washed and cut halved

30g green beans, washed and cut halved

1/2 carrot, peeled, cut into 5-6cm sticks

200ml water

3 star anise

2 tbs vegetable oil

1. Heat oil in a wok over medium heat. Add oil and pan fry Sayur Dou Bao for 1 minute on each side or until golden brown. Repeat the same with the remaining Sayur Dou Bao.

2. Boil water in a small earthen pot or clay pot and season with Vessimix Vegetarian Chicken Seasoning Powder, star anise, salt and pepper to taste. Boil uncovered for 2 minutes. Add firm tofu, daikon slices, shiitake mushrooms and carrots. Simmer, covered with lid, for a further 5 minutes in medium medium heat and add green beans. Simmer for a further one minute. Turn off heat and serve warm.

\* To prepare Sayur Dou Bao (literally translated as beancurd parcel), defrost and squeeze out excess liquid by pressing firmly with both hands. Pat dry Dou Bao with paper towel. Ready for use to pan fry, deep fry or braise.



Serving Suggestion

## Sayur Brand Product Range



## Soybean Product Range

Fresh soybean pastry wrapped into parcels or tied into knots. Marinate in your favourite sauce to create a simple healthy & tasty dish. Beancurd Parcel and Fried Soy Knots is 100% Pure Vegan. Contains no onion, garlic, shallot, chive and leek.

### Ingredients:

Non-GMO Soybean, water

Contains soybean. May contain traces of nuts, seeds and wheat.

### Storage:

Keep Frozen -18°C

### Cooking Recommendations:

Stir Fry



Stew / Soup



Oven Bake



Salad



### Dou Bao (Beancurd Parcel)



BBP500/30  
Weight: 500g  
30 packs / carton

### Fried Soy Knots



BFSK500/16  
Weight: 500g  
16 packs / carton



## Vegetarian Peking Duck Wrap

4  
serves



### Ingredients:

**2 pcs Sayur Vegetarian Duck, defrosted**

1 cucumber, cut into 8-10cm long sticks

1 carrot, cut into 8-10cm long sticks

1 bunch coriander

2 tbs vegetable oil

½ tbs peanut butter

1 tsp sesame oil

6 tbs sweet soy sauce

4 \*Peking duck wrap, defrosted or Tortilla wraps

1. Heat oil in a medium sauce pan over a high heat. Add one piece of Sayur Vegetarian Duck and cook for 1 minute or until golden, on each side. Remove and leave to cool. Repeat the same with another piece. Slice each piece of Sayur Vegetarian Duck diagonally at 1.5 cm thickness.

2. Meanwhile, mix peanut butter, sesame oil and sweet soy sauce in a small bowl until a smooth creamy consistency. Set aside for use.

3. Lay one slice of Peking duck wrap or tortilla wrap on plate. Place some Sayur Vegetarian Duck, 1 cucumber sticks, 1 carrot stick, 1 sprig of coriander and 1 teaspoon of sauce onto each wrap. Roll up. Serve.

\*prepare frozen Peking duck wrap or Tortilla wraps according to instructions on packaging.



Serving Suggestion

## Sayur Brand Product Range



### Vegetarian Duck



### Ingredients:

Wheat protein, vegetable oil, vegetarian seasoning, dark soy sauce, light soy sauce, sugar, salt  
Contains gluten. May contain traces of nuts, seeds and soybeans.

### Storage:

Keep frozen -18°C

**BVD800/20**

Weight: 800g

20 packs / carton

### Vegetarian Chicken



### Ingredients:

Wheat Protein, vegetable oil, vegetarian seasonings, sugar, salt  
Contains gluten. May contain traces of nuts, seeds and soybeans.

### Storage:

Keep frozen -18°C

**BVC800/20**

Weight: 800g

20 packs / carton

### Cooking Recommendation:







## Sayur Brand Product Range

### Vegetarian Plain Chicken



**BVPC800/20**  
Weight: 800g  
20 packs / carton

**Ingredients:** Wheat Protein, vegetable oil, vegetarian seasonings, sugar, salt. Contains gluten. May contain traces of nuts, seeds and soybeans.

**Storage:** Frozen -18°C

**Cooking Recommendation:** Stir fry, oven/grill, soup/stew, salad

### Vegetarian Roast Duck



**BVRD800/20**  
Weight: 800g  
20 packs / carton

**Ingredients:** Wheat Protein, vegetable oil, vegetarian seasonings, sugar, salt, permitted food colouring (E102). Contains gluten. May contain traces of nuts, seeds and soybeans.

**Storage:** Frozen -18°C

**Cooking Recommendation:** Stir fry, oven/grill, soup/stew, salad

### Vegetarian Roast Pork



**BVRP800/20**  
Weight: 800g  
20 packs / carton

**Ingredients:** Wheat Protein, vegetable oil, vegetarian seasonings, sugar, salt, permitted food colouring (E102). Contains gluten. May contain traces of nuts, seeds and soybeans.

**Storage:** Frozen -18°C

**Cooking Recommendation:** Stir fry, oven/grill, soup/stew, salad



VMAS Brand  
Economical solutions



## Vegetarian Char Shao Rice

2

serves



### Ingredients:

**100g VMAS Vegetarian Char Shao Roll, defrosted**

**1 tbs Gu Wang Vegetarian BBQ Sauce**  
(available at Lamyong Vegetarian Health Food)

Steam rice to serve

2 tbs sweet soy sauce (optional)

### Method:

1. Brush Gu Wang vegetarian bbq sauce over VMAS vegetarian char shao rolls. Set aside for 10 minutes.

2. Heat oil in a pan or wok over medium heat. Pan fry Lamyong VMAS vegetarian char shao rolls for 5 mins each side or until colour turns brown. Remove from heat and slice into approximately 5-10mm thickness. Lay on top of steam rice. May dip in sweet soy sauce for extra flavour.



Serving Suggestion

## VMAS Brand Product Range



### Vegetarian Char Shao Roll



**CVCSR1000/16**  
Weight: 1kg  
16 packs / carton

**Ingredients:** Gluten, wheat protein, vegetable oil, vegetarian seasonings, sugar, salt, permitted food colouring (E102)  
Contains gluten. May contain traces of nuts, seeds, and soybeans.

**Storage:** Frozen -18°C

### Vegetarian Mock Duck



**CVMD1000/16**  
Weight: 1kg  
16 packs / carton

**Ingredients:** Gluten, wheat protein, vegetable oil, vegetarian seasonings, sugar, salt  
Contains gluten. May contain traces of nuts, seeds, and soybeans.

**Storage:** Frozen -18°C

### Vegetarian Hainan Mock Chicken



**CVHMC1000/16**  
Weight: 1kg  
16 packs / carton

**Ingredients:** Gluten, wheat protein, vegetable oil, vegetarian seasonings, sugar, salt  
Contains gluten. May contain traces of nuts, seeds, and soybeans.

**Storage:** Frozen -18°C



## Thai Style Salad

2  
serves



### Ingredients:

**2 Slices VMAS vegetarian Chai Gor, defrosted**  
**2 tbs Vessimix Veg. Thai Sweet Chilli Dip**

1 cucumber, cut into cubes  
 3 cherry tomatoes, cut halves  
 1 celery stick, thinly sliced  
 1 carrot, peeled and grated  
 1/4 whole cabbage, thinly sliced  
 Vegetable oil, for deep fry  
 1 tbs water  
 1 tbs lime juice, freshly squeezed  
 2 red chilli, finely chopped (optional)

### Ingredients:

1. Drain defrosted VMAS Vegetarian Chai Gor in colander for 30mins. Squeeze excess water with both hands and pat dry Vegetarian Chai Gor with paper towel. Cut each slice of VMAS Vegetarian Chai Gor into 6 pieces. Place on dish ready to use.

2. Add enough oil to large wok or deep saucepan to reach a depth of 10cm. Heat over high heat and turn to medium heat when smoke is visible. Deep fry for 2-3 mins or until crisp and golden. You may only be able to deep fry 2-3 pieces each time. Repeat until all Vegetarian Chai Gor is deep fried, reheating the oil between batches. Drain oil on paper towel.

3. Meanwhile, add cucumber, cherry tomatoes, celery stick, carrot and cabbage in a large mixing bowl.

4. In another small bowl, mix Vessimix Vegetarian Thai Sweet Chilli Dip, water and lime juice. Pour dressing over vegetables and toss through. Transfer vegetables on serving plate. Top with deep fried VMAS Vegetarian Chai Gor. Drizzle with extra dressing and chopped chilli. Serve warm or cold.



Serving Suggestion

## VMAS Brand Product Range



### Vegetarian Chai Gor



CVCG700/24 | Weight: 700g | 24 packs / carton

### Ingredients:

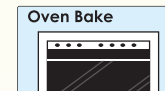
Soya Bean, rice powder, corn starch, light soy sauce, sugar  
 Contains *gluten* and *soybeans*. May contain traces of *nuts* and *seeds*.

### Storage:

Keep frozen -18°C

### Cooking Recommendations:

\* VMAS Veg. Chai Gor is best cooked when there's least amount of water after defrosting to reduce oil spilt during deep frying. When deep frying, deep dry one at time so it will not stick together.



### Vegetarian Golden Duck



CVGD500/40 | Weight: 500g | 40 packs / carton

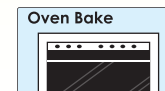
### Ingredients:

Textured soybean protein, starch, salt, sugar, vegetable oil, vegetarian seasonings  
 Contains *soybeans* and *gluten*. May contain traces of *nuts*, *seeds* and *dairy*.

### Storage:

Keep frozen -18°C

### Cooking Recommendations:







## VMAS Brand Product Range

### Vegetarian BBQ Chicken



**CVQC170/32**

Weight: 170g  
32 packs / carton

**Ingredients:** Textured soy protein, starch, vegetable oil, sugar, salt, vegetarian seasoning  
*Contains soybeans and gluten. May contain traces of nuts, seeds and dairy.*

**Storage:** Frozen -18°C

### Vegetarian Crispy Duck



**CVCD270/24**

Weight: 270g  
24 packs / carton

**Ingredients:** Textured soy protein, starch, vegetable oil, sugar, salt, vegetarian seasoning  
*Contains soybeans and gluten. May contain traces of nuts, seeds and dairy.*

**Storage:** Frozen -18°C

### Vegetarian Soya Chicken



**CVSC500/24**

Weight: 500g  
24 packs / carton

**Ingredients:** Textured soybean protein, starch, vegetable oil, salt, sugar, vegetarian spices  
*Contains soybeans and dairy. May contain traces of nuts, seeds and gluten.*

**Storage:** Frozen -18°C



## Vagos Brand

Convenient vegetarian products with sauce included





## Vagos Brand Product Range



**AVS25/20**

Weight: 25pcs  
20 packs / carton



**AVS210/24**

Weight: 12pcs  
24 packs / carton

### Vegetarian Satay Sticks with Satay Sauce

Authentic Malaysian Satay Skewers marinated in fine spices. Vegetarian Satay Sticks is made from gluten steaks thread on skewers. Serve with creamy satay sauce and fresh cucumbers for a fresh finishing touch!

#### Ingredients:

Satay Stick: Gluten (90%), curry paste, coconut milk, peanut, brown sugar, salt, vegetarian flavouring, spices, soy sauce, natural flavour (pandan leaves flavour)

Sauce: Water, potato, plum oil, coconut milk, brown sugar, peanut, curry paste, salt, sesame seeds, vegetarian flavouring

Contains soybeans and gluten. May contain traces of nuts and seeds.

#### Storage:

Keep Frozen -18°C

### Vegetarian Ribs with Sweet & Sour Sauce



**AGSSR600/20**

Weight: 600g  
20 packs / carton

#### Ingredients:

##### Vegetarian Ribs:

Mushroom, sugar, vegetarian seasonings, starch, textured soy protein, vegetable oil, soy flour, salt, gluten flour, pepper powder

##### Sweet and Sour Sauce:

Tomato, chilli, plum, vinegar, sugar, salt, sesame oil, vegetarian seasonings

Contains soybean and gluten. May contain traces of nuts, seeds, and dairy.

#### Storage:

Keep Frozen -18°C

### Vegetarian Salted Chicken with Thai Chilli Sauce



**AGSCC600/20**

Weight: 600g  
20 packs / carton

#### Ingredients:

##### Vegetarian Ribs:

Mushroom, sugar, vegetarian seasonings, starch, textured soy protein, vegetable oil, soy flour, salt, gluten flour, pepper powder

##### Sweet and Sour Sauce:

Tomato, chilli, plum, vinegar, sugar, salt, sesame oil, vegetarian seasonings

Contains soybean and gluten. May contain traces of nuts, seeds, and dairy.

#### Storage:

Keep Frozen -18°C





## LV Gold Brand

Vegetarian finger food



## LV Gold Brand Product Range



### Vegetarian Crispy Taro Roll



EACTR660/18

Weight: 660g

18 packs / carton

#### Ingredients:

Rice pastry, sweet potato, yam, RBD palm olein, sugar. Contain gluten. May contain traces of soybeans, nuts and seeds.

#### Storage:

Keep Frozen -18°C

#### Cooking Recommendations:



### Vegetarian Char Shao Buns



EACSB400/15

Weight: 400g

15 packs / carton

#### Ingredients:

Wheat pastry (wheat flour, sugar, yeast), gluten, textured soy protein, vegetarian mushroom oyster sauce, sugar, soy sauce, dark soy sauce, mushroom powder, salt.

Contain soybean and wheat.

Produced in a facility that process peanuts and sesame.

#### Storage:

Keep Frozen -18°C

#### Cooking Recommendations:





## LV Gold Brand Product Range



### Vegetarian Drumsticks

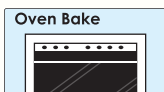
**Ingredients:**

Beancurd pastry (non-GMO soybeans and water), corn starch, light soy sauce, sugar, sesame oil, vegetarian seasonings.

*Contain soybean and gluten.  
May contain traces of nuts, seeds.*

**Storage:**

Keep Frozen -18°C

**Cooking****Recommendations:**

CVDS300/26

Weight: 300g +/- 10g  
26 packs / carton



### Vegetarian Beancurd Prawns

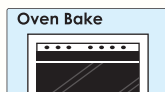
**Ingredients:**

Beancurd pastry (non-GMO soybeans and water), wheat noodles, carrot, mushrooms, turnip, vegetable oil, spices, vegetarian seasonings.

*Contain soybean and gluten.  
May contain traces of nuts, seeds.*

**Storage:**

Keep Frozen -18°C

**Cooking****Recommendations:**

CVBP260/30

Weight: 260g +/- 10g  
30 packs / carton



Vessimix Brand  
Vegetarian sauces and seasonings







## Vessimix Brand Product Range



**DVMOS5000/4**  
Weight: 5l  
4 bottles / carton



**DVMOS700/12**  
Weight: 700ml  
12 bottles / carton



**DVMOS300/24**  
Weight: 300ml  
24 bottles / carton



### Vegetarian Mushroom Oyster Sauce

Vegetarian Oyster Sauce is made from high quality ingredients mainly shitake mushrooms. Rich in flavour, Vegetarian Oyster Sauce adds a finishing touch to all your vegetarian dishes.

#### Ingredients:

Water, glucose syrup, sugar, soy sauce (soybean, salt, wheat), shitake mushrooms extract, modified corn starch (E1422), rice bran oil, caramel colour (E150C), xanthan gum (E415)

*Contains soybean and gluten. Produced in facility that processes peanut and sesame.*

#### Storage:

Store in a cool dry place.

#### Cooking Recommendations:



## Vessimix Brand Product Range



**DVBOS300/24**  
Weight: 300ml  
24 btls / carton



**DVBOS700/12**  
Weight: 700ml  
12 btls / carton



### Vegetarian Black Bean Oyster Sauce

#### Ingredients:

Water, soy sauce (soybean, salt, wheat), sugar, glucose syrup, black beans, soybean paste (soybean, salt, wheat), modified corn starch (E1422), salt, caramel colour (E150c), vinegar (E260)

*Contains soybean and gluten.*

*Produced in facility that processes peanut and sesame.*

#### Storage:

Store in a cool dry place.

#### Cooking Recommendations:



**DVTCD300/24**  
Weight: 300ml  
24 btls / carton



**DVTCD700/12**  
Weight: 700ml  
12 btls / carton



### Vegetarian Thai Chilli Dip

#### Ingredients:

Water, sugar, chilli, lemongrass, salt, ginger, modified cornstarch (E1422), vinegar, xanthan gum (E415)

*Produced in facility that uses soybeans, peanuts and sesames.*

#### Storage:

Store in a cool dry place.

#### Cooking Recommendations:





## Vessimix Brand Product Range



## Vessimix Brand Product Range



DVTYP2000/6

Weight: 2kg  
6 bottles / carton



DVTYP681/12

Weight: 681g  
12 bottles / carton



DVTYP340/24

Weight: 340g  
24 bottles / carton



### Vegetarian Thai Tom Yum Paste

Vegetarian Thai Tom Yum Paste is an authentic Thai style sauce suitable for preparation of Thai dishes or as a dipping sauce. Add some to your soup or stir fry to create an authentic Thai dish!

#### Ingredients:

Soybean oil, lemongrass, salt, sugar, galangal, water, dried chilli, fresh lime juice, kaffir lime leaves, citric acid (E330), paprika colour (E160C), caramel colour (E150C)

Contains soybean. Produced in a facility that processes peanut and sesame.

**Storage:** Keep Frozen -18°C

**Cooking Recommendations:**



### Vegetarian Laksa Paste



DVLP340/12

Weight: 340g  
12 bottles / carton

#### Ingredients:

Chilli, ginger, lemongrass, laksa leaves, vegetarian seasonings

May contain traces of nuts, seeds, soybean and gluten.

#### Storage:

Store in a cool dry place.

**Visit our website to find recipe on Vegetarian Laksa!**

### Vegetarian Satay Peanut Sauce



DVSPS200/12

Weight: 200g  
12 bottles / carton

#### Ingredients:

Water, peanut, sugar, soybean oil, coconut milk, salt, lemongrass, chilli, curry powder (turmeric, cinnamon, cumin, nut meg), tamarind, xanthan gum (E415), coriander seeds, turmeric colour (E100), paprika colour (E160c)

Contains soybean and peanuts. Produced in facility that processes peanut and sesame.

#### Storage:

Store in a cool dry place.

### Vegetarian Chilli Paste & Mushroom In Oil



DVMCP240/12

Weight: 240g  
12 bottles / carton

#### Ingredients:

Water, soybean oil, galangal, dried chilli, lemon grass, dextrose, peanut, Chinese mushrooms, salt, sugar, tamarind, modified corn starch (E1422), caramel colour (E150c)

Contains soybean and peanuts. Produced in facility that processes peanut and sesame.

#### Storage:

Store in a cool dry place.



## Vessimix Brand Product Range

### Vegetable Stock Powder



**DVSP1000/25**  
Weight: 1kg  
25 packs / carton

**Ingredients:** Refined salt, palm fat, sugar, cabbage powder, broccoli powder, seaweed powder, mushroom powder, cornstarch, white pepper  
Contains yeast extract and fermented vegetable protein.

### Mushroom Seasoning Granule



**DVMG1000/25**  
Weight: 1kg  
25 packs / carton

**Ingredients:** Refined salt, sugar, mushroom powder, soy sauce powder, white pepper, cornstarch  
Contains yeast extract and fermented vegetable protein.

### Vegetarian Chicken Powder



**DVCSP1000/25**  
Weight: 1kg  
25 packs / carton

**Ingredients:** Refined salt, sugar, soy sauce powder, white pepper powder, turmeric powder, cornstarch  
Contains yeast extract and fermented vegetable protein.

## Vegetarian Seasoning Series

Vessimix Vegetarian Seasoning Series are 100% Vegan with no added MSG. An essential ingredient in your everyday cooking.

#### Storage:

Store in a cool dry place.

#### Cooking Recommendations:



## Vegetarian Mushroom Seasoning

Vegetarian Mushroom Seasonings is a meatless seasoning for all your vegetarian dishes. Add to your soup and stir fries for a delicious flavour. A great companion to your vegetarian cooking!

#### Ingredients:

Mushroom powder, mushroom extract, amino acids

Contains soybeans and gluten. May contain traces of nuts and seeds.

#### Storage:

Store in a cool dry place.

#### Cooking Recommendations:



**ATVMS36/24**  
Weight: 36g  
24 packs / carton

**ATVMS500/12**  
Weight: 500g  
12 packs / carton



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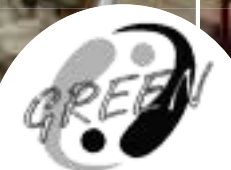
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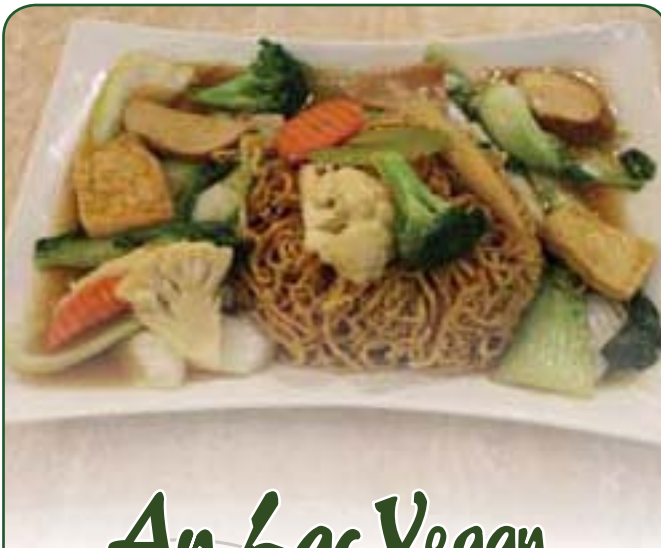
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Wednesday	11:30AM~7:30PM	Sunday	11:30AM~3:00PM
Thursday	11:30AM~7:30PM		

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<http://kuanyinteahouse.blogspot.com>



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227 CABRAMATTA ROAD, CABRAMATTA NSW 2166

Opening Hours  
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## RESTAURANT LISTING

### NSW

#### Anlac Vegan Vegetarian Restaurant

94B, John St Cabramatta NSW 2166  
02-9727 5116

#### Be Veg

1/4 Hughes St Cabramatta NSW 2166  
02-9755 0988

#### Bella Vista Fountain Veg. Restaurant



The restaurant is quietly tucked away in a peaceful Zen style setting which blends into the natural sanctuary of trees and a magnificent fountain. It is a great place to enjoy multicultural vegetarian dishes.  
Alpha G01/5, Celebration Drive  
Bella Vista NSW 2153  
02-9629 1881

#### Bodhi Restaurant

Lower Mezzanine, Cook and Philip Park  
4-6 College Street Sydney NSW 2074  
02-9360 2523

#### Duy Linh Vegetarian Restaurant

10/117, John St Cabramatta NSW 2166  
02-9727 9800

### NSW

#### Green Gourmet Vegetarian Restaurant

115-117, King St Newtown NSW 2042  
02-9519 5330

#### Green Gourmet Veg. Restaurant (St Leonards)

538, Pacific Highway St Leonards NSW 2065  
02-9439 6533

#### Green Palace Thai Vegetarian Restaurant

182 King Street Newtown NSW 2042  
02-9550 5234

#### Happy Vegan Restaurant

11/68 John St Cabramatta NSW 2166  
02-9728 7052

#### IBAA (Chatswood)



Water-drop Teahouse offers a wide variety of vegetarian delicacies as well as English and Chinese Buddhist Literacy. With its location right outside Chatswood Westfield means that after a meal, you could also visit their Prayer Hall or go straight to shopping!

4, Spring Street Chatswood NSW 2067  
02-9410 0387

### NSW

#### La Vie Vegetarian

H1 Hunter Arcade Wynyard Station NSW 2000  
02-9299 0530

#### Loving Hut (Cabramatta)

227, Cabramatta Rd Cabramatta NSW 2166  
02-9755 4410

#### Loving Hut (Canley Heights)

Shop 3/237 Canley Vale Road  
Canley Heights NSW 2166  
02-9727 0356

#### Loving Hut (Bankstown)

**Loving Hut**  
Bankstown



Located at the heart of Bankstown and with their motto: "Loving Hut is here to serve you delicious, healthy and environmentally friendly vegan cuisine at affordable prices." How can one not come back for more?

Shop 6, No 18-20 Greenfield Road Bankstown  
NSW 2200  
02-9709 4396

#### Mother Chu Vegetarian Kitchen

367, Pitt Street Sydney NSW 2000  
02-9283 2828

# NSW

**Peace Harmony Vegie House (King St)**  
29, King Street Sydney NSW 2000  
02-9299 0419

**Peace Harmony (Erskine)**



With the rising popularity of Thai cuisine in Sydney, Peace Harmony offers vegetarian and vegan communities with a choice of authentic vegetarian Thai cuisine with its unique flavours.

44 Erskine Street Sydney NSW 2000  
02-9262 2247

**Tian Ci Vegetarian Restaurant**



A vegetarian Chinese restaurant that features one of the best selection of vegetarian yum-cha in Sydney. Also does catering for all functions including weddings and other special occasion.

1006, Victoria Road West Ryde NSW 2114  
02-9874 9197

# NSW

**i Vege Restaurant**

Shop 11/68 John Street Cabramatta NSW 2166  
02-9728 7052

**Lien Vegetarian Healthy Food Take Away**

Shop 28, Fairfield Chase Fairfield NSW 2165  
02-9723 9476

**Veggie Tree Delight**

18 Falcon St Crows Nest NSW 2065  
02-9966 8035

**Vina Vegetarian Restaurant**

395 King Street Newtown NSW 2042  
02- 9557 0456

**Wei e Era Taiwanese Vegetarian Cafe**



This is a family owned and operated café serving in Taiwanese vegetarian "little dishes" with wide range choices of delicious healthy homemade cuisines and fruit flavored bubble pearl teas and organic coffees.

4, Burwood Road Concord NSW 2173  
02-9744 8777

**Yullis Vegetarian Restaurant**

417, Crown St Surry Hills NSW  
02-9319 6609

# NSW Regional

**Bodhi Garden Veg. Restaurant**



Orange is a haven for foodies, but vegetarians often get left behind when it comes to dining out. Luckily Bodhi Garden has delicious vegetarian dishes to satisfy any vegophile. A la Carte style restaurant.

341 Summer Street Orange NSW 2800  
02-6360 4478

**Nan Tien Temple (IBAA)**

180 Berkeley Road Berkeley NSW 2506  
02-4272 0600

**Tea Shrine**

39 Bridge Street Muswellbrook NSW 2333  
02-6541 0045

**Zen Oasis**



Located just 1.5 hours drive from Sydney, we offer acres of sanctuary, peace and harmony. Enjoy our exotic oriental cuisine, complimented by our warm and relaxing atmosphere and the magnificent natural landscapes.  
Lot 2 Medway Rd Berrima NSW 2577  
02-4877 1285

# QLD

**Amiee Angle Bubble Tea**

Shop 8/57, Corsair Ave Inala QLD 4077  
07-3879 2422

**Bo De Linh Son Vegetarian Restaurant**



Enjoy authentic vegetarian Vietnamese cuisine prepared by Buddhist temple to promote a world of peace and harmony. With friendly service and a wide variety of delicious food.

Shop 6, Kittyhawk Ave Inala QLD 4077  
07-3279 8899

**Chin Chin Chinese Restaurant**

9, Murrajong Rd Springwood QLD 4127  
07-3387 7090

**Easy House**



The owners Chef Hoi and Mary have team up and create the only Vegetarian Yum-Cha and dinner in Gold Coast with many familiar and new dishes that will challenge your culinary senses!

No. 90, Shop 8, Markeri St  
Mermaid Water QLD 4218  
07-5572 8808

# QLD

**Eco Planet Pizza**

U3/19 Alicia Street Southport QLD 4215  
07-5528 4889

**Green Vegetarian Restaurant & Bar**

1295 Logan Road Mt Gravatt QLD 4122  
07-3343 5568

**Hot Cake House**

Shop B/315-317 Mains Road Sunnybank QLD 4109  
0403 266 287

**Kuan Yin Tea House**

198, Wickham St Fortitude Valley QLD 4006  
07-3252 4557

**Pu Kwong Vegetarian Restaurant**

2796, Logan Road Underwood QLD 4119  
07-3219 8984

**Tea Master Cafe**



Move to more spacious and modern place, Tea Master Veg Café has created more mouth watering Taiwanese dishes for food-lovers. Be sure to drop-in and taste the awesome food!

Shop 8/115, Wickham St  
Fortitude Valley QLD 4006  
07-3257 0038

# QLD

**Su Life Vegetarian Restaurant**

Shop 4/2120 Logan Road, Palmdale  
Shopping Centre Upper Mt Gravatt QLD 4122  
07-3219 8984

**The Hub's Wok**

**THE HUB'S WOK**  
Asian & Vegetarian Cuisine

We provide a variety of asian cuisine and vegetarian cuisine.  
Great service and good location.

Shop 1, 22 Barry Prd Fortitude Valley QLD 4006  
07-3831 3800

**The Forest Vegan Cafe**



A refreshing selection of vegetarian, vegan and wholefood menu. With the relaxed atmosphere, you sure to get a great dining experience at The Forest Vegan Cafe!

124, Boundary St Brisbane QLD 4101  
07-3846 6181

# QLD

## Tian Ran Vegetarian Restaurant



At Tian Ran Vegetarian Restaurant, you will find the best vegetarian & vegan Asian cuisine including a gluten-free menu. We strive to cook and serve pure food with full of goodness and flavours.

Shop 8, 2462, Gold Coast Highway  
Mermaid Beach QLD 4218  
07-5572 0678

# SA

## Bamboo Talk

Unit 10, 69, Gawler St Mount Barker SA 5251  
08-8391 6384

## Bliss Organic Cafe

7 Compton St Adelaide SA 5000  
08-8231 0205

## Meesu Vegetarian Kitchen

449A Pulteney St Adelaide SA 5000  
08-8359 2605

## Great Nature Vegetarian Snacks and Grocery

Shop 3/46-50, Beach Rd Christie Beach QLD 5165  
08-8186 0228

## Pure Vegetarian

Market Plaza Food Court, Stall G8, Grote St,  
China Town Adelaide SA 5000  
0425 625 585

## Vegetarian Garden Cafe

Shop 12, Renaissance Arcade 128-146 Rundle Mall  
Adelaide SA 5000  
08-8223 2357

## Thea Teashop

110-112 Gawler Place Adelaide SA 5000  
08-8232 7988

## Vegetarian Delight

462, Port Road Hindmarsh SA 5007  
08-8340 8488

# SA

## Zenhouse Tea Corner

17-19 Bent St Adelaide SA 5000  
08-8223 2058

# VIC

## A Caterpillar's Dream

4/26 Princess St KEW VIC 3101  
03-9939 6133

## Enlightened Cuisine

113 Queensbridge St Southbank VIC 3006  
03-9686 9188

## Fo Guang Yuan (VIC)

141, Queen St Melbourne VIC 3000  
03-9642 2388

## The Mercy Seat Cafe

31 Johnston Street Collingwood VIC 3066  
0406678663

## Veggie Hut Vegetarian Restaurant

984, White Horse Rd Boxhill VIC 3128  
03-9898 2287

## White Lotus Vegetarian Restaurant

183-185, Victoria St West Melbourne VIC 3003  
03-9326 6040

# TAS

## Heartfood Hobart

Shop 2A Bank Arcade  
64-68 Liverpool St Hobart TAS 7000  
02-9727 5116

## MoMo Bubble Tea

69 Murray Street Hobart TAS 7000  
0425152886

## Thai Veggie Hutt

Shop 5/7 Bank Arcade  
64-68 Liverpool St Hobart TAS 7000  
03-6231 1270

# NT

## Tea Shrine (Alice Spring)



Tea Shrine Alice Springs is located in tranquil setting of both indoor and outdoor dining, offering a wide range of Teas, locally roasted coffee and a selection of Vegan and Vegetarian delights.

Shop 6, 113 Todd Street  
Alice Spring NT 0870  
08-8952 4339

# ACT

## Au Lac Gourmet Veg. Restaurant

4/35-39, Wolley St Dickson ACT 2602  
02-6262 8922

## Kingsland Vegetarian Restaurant

Shop 5, Dickson Plaza  
28, Challis Street Dickson ACT 2602  
02-6262 9350



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