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# Organic Ready-to-Eat Soups



SMART PACK:  
LESS CO<sub>2</sub>,  
LESS WASTE



GROWN USING NATURAL  
AND EARTH-FRIENDLY  
METHODS



GLUTEN  
FREE



VEGAN  
FRIENDLY



PRESERVATIVE  
FREE



READY TO EAT  
HEAT AND SERVE

**Ingredients:** carrots\* 42%, water, coconut milk\* 10% (coconut extract 60%, water), rice flour\*, sea salt, spices\*.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 162 kJ (38 kcal) |
| Fat                   | 1,8 g            |
| of which saturates    | 1,5 g            |
| Carbohydrate          | 4,9 g            |
| of which sugars       | 2,2 g            |
| Fibre                 | 1,4 g            |
| Protein               | 0,6 g            |
| Salt                  | 0,7 g            |

**Ingredients:** water, various vegetables 36% (carrots\*, cabbage\*, potatoes\*, green beans\*, peas\*, paprika\*), tomato paste\*, rapeseed oil\*, spices\*, sea salt, sugar\*, rice flour\*.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 187 kJ (45 kcal) |
| Fat                   | 1,8 g            |
| of which saturates    | 0,1 g            |
| Carbohydrate          | 6,1 g            |
| of which sugars       | 2,6 g            |
| Fibre                 | 1,2 g            |
| Protein               | 1,0 g            |
| Salt                  | 0,7 g            |

**Ingredients:** water, carrots\*, tomatoes\* 20%, tomato paste\* 10%, rapeseed oil\*, spices\*, rice flour\*, sea salt, sugar\*.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 262 kJ (63 kcal) |
| Fat                   | 4,0 g            |
| of which saturates    | 0,3 g            |
| Carbohydrate          | 5,9 g            |
| of which sugars       | 3,9 g            |
| Fibre                 | 1,4 g            |
| Protein               | 0,8 g            |
| Salt                  | 0,7 g            |

**Ingredients:** champignons\* 50%, water, coconut milk\* (coconut extract, water), rice flour\*, sea salt, spices\*.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 179 kJ (43 kcal) |
| Fat                   | 1,9 g            |
| of which saturates    | 1,8 g            |
| Carbohydrate          | 4,6 g            |
| of which sugars       | 0,3 g            |
| Fibre                 | 1,1 g            |
| Protein               | 1,8 g            |
| Salt                  | 0,7 g            |

**Ingredients:** various vegetables (beetroots\* 26%, potatoes\*, carrots\*), water, tomato paste\*, rapeseed oil\*, spices\*, sea salt, sugar\*, rice flour\*.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 209 kJ (49 kcal) |
| Fat                   | 2,4 g            |
| of which saturates    | 0,2 g            |
| Carbohydrate          | 6,1 g            |
| of which sugars       | 3,2 g            |
| Fibre                 | 1,0 g            |
| Protein               | 0,8 g            |
| Salt                  | 0,7 g            |

**Ingredients:** tomato paste\* 35%, bell pepper\* 26,2%, water, cucumber\* 12,7%, rapeseed oil\*, sea salt, spirit vinegar\*, spices\*, sugar\*.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 128 kJ (31 kcal) |
| Fat                   | 1,1 g            |
| of which saturates    | 0,1 g            |
| Carbohydrate          | 3,5 g            |
| of which sugars       | 2,2 g            |
| Fibre                 | 1,4 g            |
| Protein               | 0,9 g            |
| Salt                  | 0,74 g           |

**Ingredients:** butternut squash puree\* 45%, water, sweet potatoes\* 13%, coconut cream\* (coconut extract\*, water), corn flour\*, sea salt, spices\*.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 242 kJ (58 kcal) |
| Fat                   | 2,2 g            |
| of which saturates    | 2,1 g            |
| Carbohydrate          | 7,7 g            |
| of which sugars       | 2,3 g            |
| Fibre                 | 0,8 g            |
| Protein               | 1,3 g            |
| Salt                  | 0,67 g           |

**Ingredients:** water, various lentils\* 12% (green, red, brown), carrots\*, potatoes\*, spices\*, rice flour\*, paprika\*, rapeseed oil\*, sea salt.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 290 kJ (69 kcal) |
| Fat                   | 2,1 g            |
| of which saturates    | 0,2 g            |
| Carbohydrate          | 8,3 g            |
| of which sugars       | 1,1 g            |
| Fibre                 | 2,2 g            |
| Protein               | 3,3 g            |
| Salt                  | 0,67 g           |

**Ingredients:** water, coconut cream\* 19% (coconut extract\* 60%, water), shiitake mushrooms\*, 6%, carrots\*, rice flour\*, corn\*, tomato paste\*, bamboo shoots\*, sugar\*, spices\*, coconut oil\*, curry powder\* 0,9%, orange concentrate\*, sea salt\*.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 318 kJ (76 kcal) |
| Fat                   | 4,6 g            |
| of which saturates    | 4,2 g            |
| Carbohydrate          | 7,2 g            |
| of which sugars       | 3,4 g            |
| Fibre                 | 1,0 g            |
| Protein               | 1,1 g            |
| Salt                  | 0,91 g           |

**Ingredients:** water, sweet corn\* 41 %, coconut cream\* (coconut extract\* 60%, water), corn flour\* 1,5%, sea salt, spices\*.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 292 kJ (70 kcal) |
| Fat                   | 2,8 g            |
| of which saturates    | 2,5 g            |
| Carbohydrate          | 8,8 g            |
| of which sugars       | 1,8 g            |
| Fibre                 | 1,3 g            |
| Protein               | 1,7 g            |
| Salt                  | 0,53 g           |

**Ingredients:** water, tomatoes\*, tomato paste\*, bell pepper\*, sweet corn\*, red kidney beans\* 4,1%, black beans\* 4,1%, rapeseed oil\*, quinoa mix\* 1,5% (white 80%, red 15%, black 5%), onion powder\*, roasted onions\* (onions\*, sunflower oil\*), garlic powder\*, sea salt, rice flour\*, sugar\*, coriander leaves\*, jalapeno chilli peppers\* 0,17%.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 324 kJ (77 kcal) |
| Fat                   | 2,6 g            |
| of which saturates    | 0,3 g            |
| Carbohydrate          | 9,2 g            |
| of which sugars       | 2,7 g            |
| Fibre                 | 2,5 g            |
| Protein               | 3,0 g            |
| Salt                  | 0,56 g           |

**Ingredients:** water, sauerkraut\* 15% (cabbage\* 95%, carrots\*, salt), tomatoes\*, potatoes\*, carrots\*, cranberries\* 1,5%, rice flour\*, roasted onions\* (onions\*, sunflower oil\*), sugar\*, rapeseed oil\*, sea salt, caraway\* 0,07%, spices\*.  
\* ORGANIC PRODUCTS

Net Weight 400g (14.1oz)



| 100 G NUTRITION FACTS |                  |
|-----------------------|------------------|
| Energy                | 120 kJ (29 kcal) |
| Fat                   | 0,8 g            |
| of which saturates    | 0,09 g           |
| Carbohydrate          | 4,2 g            |
| of which sugars       | 1,6 g            |
| Fibre                 | 1,1 g            |
| Protein               | 0,6 g            |
| Salt                  | 0,69 g           |

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