

# SEITAN

## DELICIOUS PLANT BASED PROTEIN

Our pre-seasoned Seitans make it easy to prepare nutritious, tasty, meat-free meals. Made with simple ingredients and real spices and seasonings, Upton's Naturals products are always all-natural, with no added colors, flavors, or preservatives. Use Mexican Seitan for quick tacos, add Italian Seitan to pasta dishes, use Smoky Seitan slices on sandwiches, and Traditional Seitan in stir-fries and more.

- 17g-18g protein per serving
- #1 selling Seitan brand in the U.S.
- No added colors, flavors, or preservatives



### TRADITIONAL SEITAN

6x8oz packs/case    4.5"x5.5"x1.25" unit

Shelf Life: 84 days    SRP: \$7.49 CAD



**Ingredients:** Water, vital wheat gluten, soy sauce (water, soybeans, wheat, salt), whole wheat flour, garlic, sea salt, onion.

**Contains:** Wheat, Soy.



### ITALIAN SEITAN

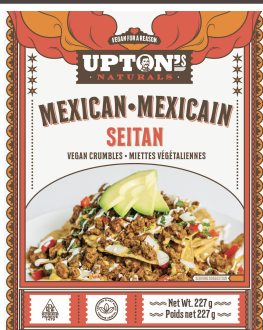
6x8oz packs/case    4.5"x5.5"x1.25" unit

Shelf Life: 84 days    SRP: \$7.49 CAD



**Ingredients:** Water, vital wheat gluten, soy sauce (water, soybeans, wheat, salt), whole wheat flour, garlic, oregano, sea salt, onion, fennel, black pepper, red pepper.

**Contains:** Wheat, Soy.



### MEXICAN SEITAN

6x8oz packs/case    4.5"x5.5"x1.25" unit

Shelf Life: 84 days    SRP: \$7.49 CAD



**Ingredients:** Water, vital wheat gluten, soy sauce (water, soybeans, wheat, salt), apple cider vinegar, garlic, guajillo, oregano, sea salt, onion, cumin, black pepper.

**Contains:** Wheat, Soy.



### SMOKY SEITAN

6x5oz packs/case    4.5"x5.5"x1.25" unit

Shelf Life: 84 days    SRP: \$8.99 CAD



**Ingredients:** Water, vital wheat gluten, soy sauce (water, soybeans, wheat, salt), whole wheat flour, natural hickory smoke concentrate, paprika, sea salt, onion.

**Contains:** Wheat, Soy.

## ABOUT US

Upton's Naturals is an independently owned natural foods company with a focus on meat alternatives and vegan values. Dedicated to simplicity and the use of real, recognizable ingredients, Upton's Naturals is the #1 selling Seitan brand in the United States. Our founder, Daniel Staackmann, started in 2006 with the goal of making vegan foods that are approachable, easy to prepare, and delicious. We now offer a wide variety of meat alternatives and ready-to-eat foods perfect for home kitchens and restaurant menus alike.

UPTONSNATURALS.COM






SALES@UPTONSNATURALS.COM

# UPDOG



## UPDOG

6×10oz packs/case	6.5"×4.5"×1.1" unit
Shelf Life: 84 days	SRP: \$9.99 CAD
 8 50010 43034 8	 KOSHER PAREVE 1479
	 CERTIFIED PLANT BASED

**Ingredients:** Water, vital wheat gluten, canola oil, wheat flour, apple cider vinegar, sea salt, paprika, onion, potassium chloride, spices, garlic, calcium alginate, natural hickory smoke concentrate, ground mustard, ground celery seed.

**Contains:** Wheat.

# SOUP

## THE NEXT BEST THING TO HOMEMADE

Upton's Naturals Plant-Based Soups feature nostalgic flavors with a modern twist. We've replaced the meat with our best-selling seitan, a protein source made from wheat. Your customers will love our herba-ceous Italian Wedding, bold Tortilla, and comforting Seitan & Noodle soups.

- Made with seitan
- Heat-and-eat
- No added colors, flavors, or preservatives



### SEITAN & NOODLE SOUP

8 x 14.5oz  
packs/case

3" x 4.5" x 3"  
unit

Shelf Life:  
24 months (SHELF STABLE)

SRP:  
\$7.99



**Ingredients:** Water, Seitan (water, vital wheat gluten, chickpea flour, whole wheat flour, soy sauce [water, soybeans, wheat, salt], nutritional yeast, sea salt, garlic, onion), rotini pasta (wheat flour [enriched with iron {ferrous sulfate} and B vitamins {niacin, thiamine mononitrate, riboflavin, folic acid}]), carrot, onion, celery, mirepoix base (carrot, onion, and celery puree, salt, sugar, corn oil, potato flour, carrot powder), garlic, olive oil, carrot juice concentrate, salt, white pepper, thyme, rosemary, bay leaf.

**Contains:** Wheat, Soy.



### ITALIAN WEDDING SOUP

8 x 14.5oz  
packs/case

3" x 4.5" x 3"  
unit

Shelf Life:  
24 months (SHELF STABLE)

SRP:  
\$7.99 CAD



**Ingredients:** Water, spinach, Italian Seitan (water, vital wheat gluten, soy sauce [water, soybeans, wheat, salt], whole wheat flour, garlic, oregano, sea salt, onion, fennel, black pepper, red pepper), carrot, ditalini pasta (durum wheat semolina [niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid]), onion, celery, mirepoix base (carrot, onion, and celery puree, salt, sugar, corn oil, potato flour, carrot powder), garlic, olive oil, salt, thyme, white pepper, bay leaf.

**Contains:** Wheat, Soy.



### TORTILLA SOUP

8 x 14.5oz  
packs/case

3" x 4.5" x 3"  
unit

Shelf Life:  
24 months (SHELF STABLE)

SRP:  
\$7.99 CAD



**Ingredients:** Water, white corn, black beans, diced tomatoes, Seitan (water, vital wheat gluten, chickpea flour, whole wheat flour, soy sauce [water, soybeans, wheat, salt], nutritional yeast, sea salt, garlic, onion), onion, cilantro, mirepoix base (carrot, onion, and celery puree, salt, sugar, corn oil, potato flour, carrot powder), olive oil, lime juice, corn flour, salt, chili pepper, ground cumin, paprika, garlic, black pepper.

**Contains:** Wheat, Soy.

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# JACKFRUIT



## ORIGINAL JACKFRUIT

 10×200g  
packs/case

 3.17×11.11×15.24 cm  
unit

 Shelf life:  
24 months (SHELF-STABLE)

 SRP:  
\$6.99 CAD


## FOOD SERVICE PACK

 5×1kg packs/case  
(single units not available)  
31.5 × 21.0 × 15.5 cm case

**Ingredients:** Organic young jackfruit · Water

**Ingrédients:** June jacquier bio · Eau


## BAR-B-QUE JACKFRUIT

 10×200g  
packs/case

 3.17×11.11×15.24 cm  
unit

 Shelf life:  
24 months (SHELF-STABLE)

 SRP:  
\$6.99 CAD

**Ingredients:** Young jackfruit\* · Tomato paste\* ·  
Sugars (molasses\*, sugar\*) · Coconut  
vinegar\* · Tamarind\* · Water · Onion\* · Sea salt  
· Garlic\* · Chili powder\* · Paprika\* · Black  
pepper\* · Natural smoke concentrate

**Ingrédients:** June jacquier\* · Purée de tomate\*  
· Sucres (mélasse\*, sucre\*) · vinaigre de coco\*  
· Tamarin\* · Eau · Oignon\* · Sel marin · Ail\* ·  
Piment\* · Paprika\* · Poivre noir\* · Fumée  
liquide

\*Organic/Bio