10 OZ. ENTRÉES















MDIAT

















REAL INGREDIENTS





















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- ✓ Vegan/Vegetarian
- ✓ No Preservatives
- No MSG
- Kosher
- ✓ Non GMO

Madras Lentils™ Channa Masala INGREDIENTS: WATER CHICKPEAS* TOMATO PASTE*

INGREDIENTS: WATER, BLACK LENTILS*, RED KIDNEY BEAN*, CREAM*, TOMATO PASTE*, LESS THAN 2% OF: DRIED ONION*, BUTTER*, SALT, SUNFLOWER OIL* AND/OR CANOLA OIL* AND/OR SOYBEAN OIL*, CUMIN POWDER*, CHILI PEPPER POWDER*, DRIED GINGER*,

✓ Gluten Free
✓ Vegetarian



Original

DRIED ONION*, SUNFLOWER OIL* AND/OR CANOLA OIL* AND/OR SOYREAN OIL*, LESS THAN 2% OF: CORIANDER POWDER*, SALT, CUMIN*, JAGGERY (BROWN CANE SUGAR)* DRIED GARLIC*, SPICES*, APPLE CIDER VINEGAR*, CHILL PEPPERS*, DRIED GINGER*, TURMERIC*, RED CHILI PEPPER

✓ Gluten Free
✓ Vegan



Chickpea Tikka Masala

INGREDIENTS: WATER, CHICKPEAS*, COCONUT MILK*, CARROT*, TOMATO PASTE*, SWEET CORN*, DRIED ONION*, LESS THAN 2% OF: SLINFLOWER OIL* AND/OR CANOLA OIL* AND/OR SOYRFAN OIL*, CHICKPEA FLOUR*, CORIANDER POWDER*, SALT, DRIED GARLIC*, JAGGERY*(BROWN CANE SLIGAR), SPICES*, CLIMIN* CHILLI PEPPER*, DRIED GINGER*, CARDAMOM POWDER*, DRIED FENUGREEK LEAVES*, NATURAL CORIANDER FLAVOR*,DRIED RED BELL PEPPER*, TURMERIC EXTRACT*.
*ORGANIC

CONTAINS: COCONUT



Coconut Chickpea & Turmeric Curry

INGREDIENTS: WATER, CHICKPEAS*, COCONUT MILK*, CARROT*, DRIED ONION*, LESS THAN 2% OF: CHICKPEA FLOUR*, SUNFLOWER OIL* AND/OR CANOLA OIL* AND/OR SOYBEAN OIL*, SALT, JAGGERY*(BROWN CANE SUGAR), CUMIN*, MUSTARD*, DRIED GINGER*, CHILLI PEPPER*, DRIED CURRY LEAVES*, WHITE PEPPER*, TURMERIC POWDER*, NATURAL ASAFOETIDA FLAVOR, TURMERIC EXTRACT*, CINNAMON OIL*.

Gluten Free Vegan



Split Pea **Turmeric Curry**

INGREDIENTS: WATER, TOOR DAL(YELLOW SPLIT PEAS)*, LESS THAN 2% OF: SUNFLOWER OIL* AND/OR CANOLA OIL* AND/OR SOYBEAN OIL*, TOMATO PASTE*, SALT, CUMIN*, DRIED GARLIC*, CHILI PEPPERS*, MUSTARD*, TURMERIC*.

✓ Gluten Free

✓ Vegetarian

Coconut Squash Dal

INGREDIENTS: WATER, COCONUT MILK*, TOOR DAL (YELLOW SPLIT PEAS)* PLIMPKIN (SOLIASH)*. SLINELOWER OIL* AND/OR CANOLA OIL* AND/OR SOYBEAN OIL*, LESS THAN 2% OF: TOMATO PASTE*, SALT, CUMIN*, DRIED GARLIC*, MUSTARD*, CHILI PEPPERS*, TURMERIC*

✓ Gluten Free
✓ Vegetarian



Madras Lentils™ 3 Bean

INGREDIENTS: WATER, RED KIDNEY BEANS*, BLACK LENTILS*.TOMATO PASTE*. SUNFLOWER OIL* AND/OR CANOLA OIL*AND/OR SOYBEAN OIL*, CHICKPEAS(GARBANZO BEANS)*, LESS THAN 2% OF: BLACK EYED BEANS*, DRIED ONION*, CHICKPEA FLOUR*, SALT, CHILI PEPPER*, DRIED GARLIC*, CUMIN POWDER*,



REAL INGREDIENTS

Bombay Potatoes™

INGREDIENTS: WATER, POTATOES, CHICKPEAS, CARAMELIZED ONIONS (ONIONS, SUNFLOWER OIL), TOMATO PASTE, SUNFLOWER OIL, LESS THAN 2% OF SPICES, GARLIC, SALT, GINGER, CORIANDER LEAVES, MANGO POWDER.



Veg. Tikka Masala™

INGREDIENTS: POTATOES, CARROTS, ONIONS, WATER, SWEET CORN, GREEN PEAS, GREEN BELL PEPPERS, CONCENTRATED CRUSHED TOMATOES, SUNFLOWER OIL, LESS THAN 2% OF CASHEWNUTS, CREAM, SPICES, GARLIC, GINGER, SALT, YEAST EXTRACT (YEAST EXTRACT, SALT), GREEN CHILI PEPPERS, CORIANDER LEAVES, PAPRIKA, NATURAL CORIANDER FLAVOR. **CONTAINS: MILK, CASHEW NUT**

⊘ Gluten Free

Spinach & Paneer

INGREDIENTS: SPINACH, WATER, PASTEURIZED MILK CURD, CARAMELIZED ONIONS (ONIONS, SUNFLOWER OIL), SUNFLOWER OIL CONCENTRATED CRUSHED TOMATOES. LESS THAN 2% OF: GARLIC, SALT, CORNSTARCH, YEAST EXTRACT (YEAST EXTRACT, SALT), SPICES, GINGER.

Gluten Free



Sautéed Eggplant and Tomatoes

INGREDIENTS: EGGPLANT, ONIONS, BOTTLE GOURD, CONCENTRATED CRUSHED TOMATOES, SUNFLOWER OIL, GARLIC, LESS THAN 2% OF: SPICES, SALT, GINGER, YEAST EXTRACT (YEAST EXTRACT, SALT), CORIANDER LEAVES,

Vegan



Vegetable Korma

INGREDIENTS: WATER, CARAMELIZED ONIONS (ONIONS SUNFLOWER OIL), COCONUT MILK, POTATOES, CARROT, SWEET CORN, SPINACH, YOGURT(CULTURED MILK), SUNFLOWER OIL, LESS THAN 2% OF: CHICKPEA FLOUR, SALT, GINGER, GARLIC, SPICES.



Veg. & Paneer

INGREDIENTS: WATER GREEN PEAS POTATOES CARROTS, PASTEURIZED MILK CURD, CARAMELIZED ONIONS (ONION, SUNFLOWER OIL), SUNFLOWER OIL, GREEN BEANS, CASHEWNUT, CREAM, TOMATO PASTE, LESS THAN 2% OF: RAISINS, SALT, SPICES, GINGER,

CONTAINS: MILK, CASHEW NUT.

Gluten Free



Vindaloo Curry

INGREDIENTS: ONIONS, POTATOES, WATER, CARROTS, GINGER, TOMATO PASTE, COCONUT MILK, SUNFLOWER OIL, RED KIDNEY BEANS, GARLIC, LESS THAN 2% OF: VINEGAR, JAGGERY(BROWN CANE SUGAR), SPICES, SALT, YEAST EXTRACT, PAPRIKA, NATURAL CHILL PEPPER FLAVOR

⊘ Gluten Free **⊘** Vegetarian



Coconut Vegetables

INGREDIENTS: WATER COCONUT MILK CARROT YOGURT SWEET POTATO, ONIONS, GREEN BEANS, GREEN PEAS, LESS THAN 2% OF: GREEN CHILL PEPPER, COCONUT OIL CHICKPEA FLOUR, CORN STARCH, SALT, GINGER, COCONUT SLICES, SPICES, SUNFLOWER OIL, CURRY LEAVES, GUAR GUM, NATURAL FLAVORS (CHILI PEPPER, ASAFOETIDA).

⋘ Gluten Free **⋘** Vegetarian



Mushroom Masalaⁿ

INGREDIENTS: WATER MUSHROOMS POTATOES ONIONS, CONCENTRATED CRUSH TOMATOES, SUNFLOWER OIL, GARLIC, LESS THAN 2% OF CHICKPEA FLOUR, SUGAR, SALT, SPICES, CORIANDER

⊘ Gluten Free **⊘** Vegan

Butter Chickpea & Vegetables

INGREDIENTS: WATER, CHICKPEA, CREAM, TOMATO PASTE, CASHEW NUTS, BUTTER, SWEET CORN: LESS THAN 2% OF: SUGAR, SPICES, SUNFLOWER OIL, SALT, DRIED ONION, DRIED GARLIC, LEMON JUICE POWDER, PAPRIKA EXTRACT (COLOR), NATURAL SMOKE

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