Frozen Products

Product of UK

ITEM #	Desc, Net WT & units per ctn	Label Info	BARCODE
CP001	Tables & Tales Yorkshire Puddings 6x220g	V	9350007004916

Frozen Bakery

ITEM #	Desc, Net WT & units per ctn	Label Info	Barcode	GST	Shelf life when thawed	Country of Origin
CP032	Toscano Pizza Bruschettina 15x270g (9 slices)	V	9350007 001601		**45 days**	Italy
CP037D	Toscano Pizza Bases Twin pack 10x300g	V	9417986 936963		**60 days**	Italy
CP041	Toscano GF Pizza Base 10x180g	GF,V	9417986 941936		**60 days**	Italy
CP045	Toscano Belgian Waffles Traditional 8x360g	V	9417986 938868	10%	**28 days**	Belgium
CP046	Toscano Belgian Waffles with Choc Chips 8x360g	V	9417986 938875	10%	**28 days**	Belgium
CP048	Toscano Milk Brioche Rolls 9x280g	V	9417986 938158	10%	**28 days**	France
CP049	Toscano Choc Chip Brioche Rolls 9x280g	V	9417986 938141	10%	**28 days**	France
CP0404	Toscano Mini Hot Dog Brioche Buns 9x270g (6 sliced buns)	V	9350007 001649	10%	**22 days**	France
CP0402	Toscano French Croissants 7x240g		9350007 001656	10%	**22 days**	France
CP0403	Toscano Brioche Burger Buns 10x200g (4 sliced buns)	V	9350007 001526	10%	**25 days**	France

Sent to store frozen, thaw in store & display ambient in bakery section.

Frozen

Sent to store frozen, sell frozen or thaw in store & display ambient in bakery section.
**Seriously Low Carb Four Seed Bread when thawed should be stored in the fridge (sold in the fridge).

ITEM #	Desc, Net WT & units per ctn	Label Info	BARCODE	Shelf life when thawed
WG011-8	Well & Good Sliced Bread 8x300g	GF,DF,E,S,Vn,NF	9337096150045	14 days
WG015-8	Well & Good Sliced Seeded Bread 8x290g	GF,DF,E,S,Vn,NF	9337096150052	14 days
WG019-8	Well & Good Hamburger Bun (3pc) 8x300g	GF,DF,E,S,Vn,NF	9337096150021	14 days
WG025-8	Well & Good Hot Dog Rolls (3pc) 8x300g	GF,DF,S,E,NF,Vn	9337096150243	14 days
WG041-4	Well & Good LGE Sliced Bread 4x750g	K,GF,DF,S,Vn,E	9337096150090	8 days
WG043-4	Well & Good LGE Slice Seed Bread 4x740g	K,GF,DF,S,Vn,E	9337096150106	8 days
WG048-8	Well & Good Gluten Free Brioche Buns 8x300g	GF,DF,E,S,Vn,K	9337096150168	14 days
WG051	Well & Good Artisan Loaf White 4x500g	K,GF,DF,S,Vn	9337096150212	20 days
WG052	Well & Good Artisan Loaf Olive 4x500g	K,GF,DF,S,Vn	9337096150236	20 days
WG053	Well & Good Artisan Loaf 7 Seeds 4x500g	K,GF,DF,S,Vn	9337096150229	20 days
WG070	Seriously Low Carb Four Seed Bread 8x500g**	GF,DF,NF,K	9337096150366	14 days
WG081	Well & Good GF Wholemeal Sourdough Loaf 8x500g	GF,DF,E,NF,K	9337096150380	14 days
WG082	Well & Good GF Classic Breadstick 8x300g	GF,DF,NF,E,K	9337096150373	14 days
WG086	Well & Good GF Large Ciabatta Rolls 12x250g	GF,DF,NF,E,K	9337096150397	14 days

Frozen

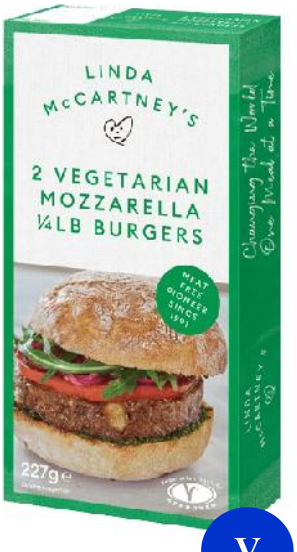
GF Vn DF

GF DF K F

GF DF K

ITEM #	Desc, Net WT & units per ctn	LABEL INFO	BARCODE
SW101	Simply Wize Puff Pastry 12x540g	GF,DF,K	9343317000365
SW106	Simply Wize Apple Pastries 6x300g	GF,DF,K,F	9343317000297
SW107	Simply Wize Custard Pastries 6x300g	GF,DF,K,F	9343317000280
SW111	Simply Wize Spring Rolls 8x228g	GF,DF,Vn	9343317000266
SW114	Simply Wize Vegetarian Gyoza 8x220g	GF,DF,Vn	9343317000457
SW115	Simply Wize Vegetarian Samosas 8x200g	GF,DF,Vn	93433117000396

Frozen



ITEM #	Desc, Net WT & units per ctn	Label info	Barcode	Tax applied
T486	Linda McCartney Rosemary & Red Onion Sausages 12x270g	Vn	5056053304720	
T487	Linda McCartney Vegetarian Country Pies 6x380g	Vn	5060045388384	10%
T491	Linda McCartney Vegetarian Sausages 12x270g	Vn	5056053304706	
T492	Linda McCartney Vegetarian Sausage Rolls 6x342g	Vn	5014008000059	10%
T497	Linda McCartney Vegetarian Mozzarella 1/4 LB Burgers 6x227g	V	5014008002237	
T499	Linda McCartney Vegetarian 1/4 LB Burgers 6x227g	Vn	5014008002497	

Product of United Kingdom

Frozen Vegan Meals

GF Vn S

GF Vn S

GF Vn S

Vn GF S K

Product of Australia

ITEM #	Desc, Net WT & units per ctn	Label Info	BARCODE
SJ031	Sausages Cheezy Kale & Cashew Sausages 8x300g	GF,Vn,S	9338101009020
SJ032	Sausages Italian Sundried Tomato Sausages 8x300g	GF,Vn,S	9338101009037
SJ033	Sausages Spicy Smoked Chipotle Sausages 8x300g	GF,Vn, S	9338101009013
SJ035	Syndian Mush, Hemp & Sumac Sausages 8x300g	Vn, GF, S, K	9338101009044

Frozen Vegan Meals

A Mouth Watering combination of Chickpea, loads of roasted pumpkin, garlic and selected herbs. Our special spice blend will complete the rounded flavors.

An exciting and nutritional mix of chickpea, Fava bean, potato, garlic and our unique blend of herbs and spices. Great as a nibble or great addition to a salad, best to have with hummos.

Vegetarian burger made from Adzuki beans, Kumera and special blend of herbs and spices.

An old favorite, made from wholesome Green Lentil and Brown rice, carrots and onion, add our unique blend of spices, with Tahini and sesame, which bring all nutty, earthy flavors.

Great mix of brown rice, vegetables and spice mix that balances all flavours perfectly.

An exciting and nutritional mix of chickpea, Fava bean, potato, garlic and our unique blend of herbs and spices. Great as a nibble or great addition to a salad,.

The vegetable and lentil burger not only offers vegans an excellent nutritional and taste choice and, like all Syndian products, is sourced from natural ingredients. The burger is made predominantly from lentil, corn, peas, carrots and a selection of herbs and spices

We channelled the traditional Middle Eastern process, whilst ensuring that the consistency is nourishing, succulent, and satisfying. This bite size is perfect for any meal - on wraps, burgers, salads, pasta. They have the added burst of flavour and nutrition from the coriander, fresh parsley and fenugreek.

ITEM #	Desc, Net WT & units per ctn	Label Info	BARCODE
SJ003	Syndian Curried Pumpkin Bites 8x250g (approx 20 pieces)	GF,DF,Vn,K,E,S	933810100 1000
SJ005	Syndian Falafel Bites 8x300g (approx 24 pieces)	GF,DF,Vn,K,E,S	933810100 1062
SJ006	Syndian Super Green Falafel Bites 8x300g (approx 24 pieces)	GF,Vn,V	9338101001024
SJ007	Syndian Adzuki & Kumera Burgers 8x340g (4 burgers)	GF,DF,Vn,K,E,S	933810100 1307
SJ009	Syndian Lentil Burgers 8x400g (4 burgers)	GF,DF,Vn,K,E,S	933810100 1338
SJ011	Syndian Brown Rice & Vegetable Burgers 8x400g (4 burgers)	GF,DF,Vn,K,E,S	933810100 1383
SJ020	Syndian Falafels 8x300g (12 pieces)	GF,DF,Vn,K,E,S	933810100 1048
SJ061	Syndian Vegie & Lentil Burgers 8x400g (4 burgers)	GF,DF,Vn,K,E,S	933810100 8115

syndian
NATURAL FOOD PRODUCTS

Frozen product

Product of Australia

Frozen Bread, Vegetarian Meals & More

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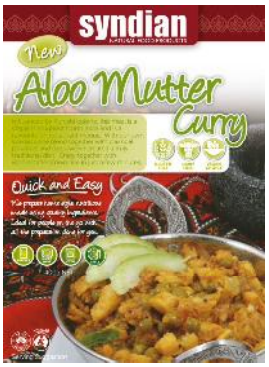
Frozen Vegan Meals



Influenced by Punjabi cuisine, this meal is a staple throughout North India and is a favourite on restaurant menus. With our own special spice blend together with classical potatoes and peas, we've created a truly traditional dish. Enjoy together with wholesome brown rice in just a few minutes.

Originating in South India, Pumpkin Masala has become a true favourite of millions in not only India but around the world. We took the extra step to prepare this meal in true authentic style using our own unique spice blend to create a mild yet deep bodied flavour. Includes wholesome brown rice, so nothing to do but heat and enjoy!

A delicious blend of eggplant, potato, white beans & chickpea go into making this traditional South Indian style dish simply delectable. Smothered in a tomato based sauce it's best enjoyed with the included brown rice for a simple, convenient yet delicious meal.

This curry is universally recognised as a quintessential Indian dish and this Syndian version is no different. Great flavours stemming from wholesome lentils and black eye beans mixed with our own traditional blend of spices.
Enjoy with the included brown rice for truly amazing meal.

ITEM #	Desc, Net WT & units per ctn	Label Info	BARCODE	GST
SJ043	Syndian Pumpkin & Cashew Masala 8x400g	GF,DF,Vn,K,E,S	933810100 3073	10%
SJ044	Syndian Aloo Tikka Masala 8x400g	GF,DF,Vn,K,E,S	933810100 3080	10%
SJ045	Syndian Dal Makhani Curry 8x400g	GF,DF,Vn,K,E,S	933810100 3097	10%
SJ046	Syndian Aloo Mutter Curry 8x400g	GF,DF,Vn,K,E,S	933810100 3103	10%