



PLANT-BASED SEAFOOD ALTERNATIVE

TUNO™



AVAILABLE IN 7 DELICIOUS FLAVOURS!

NEW FLAVOUR!



GREAT TASTE & TEXTURE

NATURAL SOURCE OF OMEGA 3

SUSTAINABLY SOURCED

LOW FAT WITH 55-70 CALORIES PER SERVING



AtlanticNaturalFoods.com

SPRING WATER



INGREDIENTS: TEXTURED SOYA PROTEIN (60%), SPRING WATER, SEA SALT, YEAST EXTRACT, SEAWEED POWDER, POTASSIUM CHLORIDE, DHA ALGAL OIL.

Typical values	Per 100g	Typical values	Per 100g
Energy		Carbohydrate	0.1g
kJ	232	of which sugars	0g
Kcal	55	Fibre	3.0g
Fat	0.5g	Protein	11.0g
of which saturates	0.1g	Salt	0.3g



1 230000 037129 142 g / 5 oz

TUNO IN SUNFLOWER OIL ↩ NEW FLAVOUR!



INGREDIENTS: TEXTURED SOYA PROTEIN (64%), SUNFLOWER OIL, WATER, NATURAL FLAVOURING, SALT, SEAWEED POWDER, POTASSIUM CHLORIDE.

Typical values	Per 100g	Typical values	Per 100g
Energy		Carbohydrate	0.7g
kJ	572	of which sugars	0.0g
Kcal	138	Fibre	4.3g
Fat	9.4g	Protein	10.5g
of which saturates	1.3g	Salt	1.62g



1 230000 037280 142 g / 5 oz

THAI SWEET CHILLI



INGREDIENTS: TEXTURED SOYA PROTEIN (50%), WATER, SUGAR, ONION, RED CHILLI (1.6%), SUNFLOWER OIL, TOMATO PASTE, SALT, NATURAL GARLIC FLAVOURING, NATURAL ONION FLAVOURING, CHILLI POWDER, COLOUR (PAPRIKA EXTRACT).

Typical values	Per 100g	Typical values	Per 100g
Energy		Carbohydrate	15.5g
kJ	480	of which sugars	9.3g
Kcal	114	Fibre	3.8g
Fat	<0.5g	Protein	10.1g
of which saturates	<0.1g	Salt	1.15g



1 230000 037112 142 g / 5 oz

LEMON PEPPER



INGREDIENTS: TEXTURED SOYA PROTEIN (51%), WATER, SOYA OIL, SUGAR, LEMON JUICE (1.2%), SALT, BLACK PEPPER, CITRIC ACID, SEAWEED POWDER, THICKENER (XANTHAN GUM), NATURAL LEMON FLAVOURING.

Typical values	Per 100g	Typical values	Per 100g
Energy		Carbohydrate	8.0g
kJ	417	of which sugars	2.4g
Kcal	99	Fibre	3.4g
Fat	2.6g	Protein	9.3g
of which saturates	0.4g	Salt	0.53g



1 230000 037105 142 g / 5 oz

MAYO



INGREDIENTS: TEXTURED SOYA PROTEIN (50%), WATER, SOYA OIL, RICE VINEGAR, SUGAR, RICE FLOUR, YEAST EXTRACT, NATURAL ONION FLAVOURING, SALT, THICKENER (XANTHAN GUM), NON-DAIRY CREAMER (MALTODEXTRIN, SUNFLOWER OIL, FLAVOURING, DEXTROSE), BLACK PEPPER, VEGAN FISH FLAVOUR (YEAST EXTRACT, MALTODEXTRIN, FLAVOURING).

Typical values	Per 100g	Typical values	Per 100g
Energy		Carbohydrate	11.0g
kJ	521	of which sugars	2.2g
Kcal	124	Fibre	2.6g
Fat	4.5g	Protein	8.8g
of which saturates	0.7g	Salt	1.15g



1 230000 037136 142 g / 5 oz

MILD CURRY



INGREDIENTS: TEXTURED SOYA PROTEIN (30%), COCONUT MILK, WATER, ONION, TOMATO PASTE, TOMATO, CORIANDER, GARLIC, GINGER, SALT, VEGETABLE EXTRACT (PEA, CARROT, SPICES (CORIANDER, CUMIN, CURRY LEAVES, CARDAMOM, CLOVE, GARLIC, BLACK PEPPER, CINNAMON, CHILLI, FENUGREEK), YEAST EXTRACT, NON DAIRY CREAMER (MALTODEXTRIN, SUNFLOWER OIL, FLAVOURING, DEXTROSE, SALT), **MUSTARD**, TURMERIC.

Typical values	Per 100g	Typical values	Per 100g
Energy		Carbohydrate	2.4g
kJ	327	of which sugars	1.4g
Kcal	78	Fibre	4.1g
Fat	3.5g	Protein	7.1g
of which saturates	2.8g	Salt	1.1g



1 230000 037358 142 g / 5 oz



Also available:
PESTO & SUN-DRIED TOMATO