

OUR PHILOSOPHY: At Bite Me Fine Foods, we are all about real, healthy, whole foods from local ORGANIC farmers. Plant-based food and simple eating is great for your health and so we believe it is important to stick with simple organic ingredients you can understand, with no poisonous herbicides that can affect the body. That's why we always start with activating legumes, sourcing whole plant-based proteins, and gathering fresh organic vegetables as the base of our products. In Australia, we are lucky to have access to a wide variety of organic ingredients, and by purchasing Bite Me products we can continue to grow Australia's organic community. **KEEP CALM and Bite Me.**

NUTRITIONAL INFORMATION

Serving size: 75g Servings per pack: 4	Ave Qty Per Serve	Ave Qty Per 100g
Energy	975kj	1300kj
Protein	4.4g	5.9g
Fat Total	13.3g	17.8g
- Saturated Fat	9.9g	13.2g
Carbohydrate	20.5g	27.4g
-Sugars	1.4g	1.8g
Dietary Fibre	3.9g	5.1g
Sodium	315mg	420mg

Keep refrigerated at 4°C. Consume within 5 days of opening.

INGREDIENTS: Organic Green Lentils 35%, Organic Brown Rice 35%, Organic Potato, Organic Carrot, Organic Capsicum, Organic Coconut Oil, Organic Coriander, Organic Rice Flour, Organic Lemon Thyme, Himalayan Salt.

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HEAT & SERVE OPTIONS



Sandwich Press
for 3 minutes



Pan Cook
for 3 minutes



Microwave
for 1 minute



Oven: preheat to 180°C
and heat for 6 mins

* Frozen - double cooking time



BROWN RICE LENTIL PATTIES

