

MOVING MOUNTAINS



DISCOVER OUR SUPERFOOD RANGE

JOIN THE PLANT BASED MOVEMENT

#MovingMountainsFoods | www.movingmountainsfoods.com | hello@movingmountainsfoods.com

DISCOVER OUR SPICY SUPERFOOD BURGER

SOURCE OF PROTEIN

SOURCE OF FIBRE

LOW SUGAR

LOW IN SAT' FATS

The Moving Mountains Spicy Superfood Burger, is a crispy delight seasoned with Mexican spices, and filled with your favourite nutritional must have's like courgettes, green peppers, lentils, quinoa and pumpkin seeds to name a few. The burger is a protein rich functional food, that does not compromise on taste.

- Source of Vitamin E
- 15 Plant points



TECHNICAL INFORMATION:

CASE SIZE: 2kg(100g)

PALLET SIZE: 234 CASES

BARCODE: 5060728271156

MOVING MOUNTAINS PRODUCT CODE: SFSBUR

INGREDIENTS:

Vegetables (onion, tomato, garden pea, mushroom, green pepper, zucchini), rice crumbs (rice flour, starch, dextrose, salt, spice extract, spices), water, legumes (chickpeas, green lentils), quinoa, textured pea protein, sunflower oil, pea protein isolate, seeds (pumpkin seeds, sunflower seeds, chia seeds), corn flour, corn starch, modified corn starch, thickener (methylcellulose), spices, sea salt, sugar cane fibre, goji berries, natural flavourings, herbs, raising agents (diphosphate, sodium carbonate).

For allergens please see ingredients in **bold**.

Free from Soya, Gluten, and Nuts.

NUTRITION INFORMATION PER 100G:

Energy kJ	776
Energy kcal	185
Fat	5.4g
of which saturates	0.6g
Carbohydrate	24g
of which sugars	2.1g
Fibre	4.1g
Protein	8.3g
Salt	0.95g

HOW TO PREPARE

1



Cook from frozen

2



Add oil to a frying pan and preheat.

3



Fry burger on a medium heat for 4-5 mins on each side, flipping regularly. Cook until evenly browned.

4



Serve hot and add your favourite toppings

DISCOVER OUR SUPERFOOD BURGER

**HIGH
PROTEIN**

**SOURCE OF
FIBRE**

**LOW
SUGAR**

**LOW IN SAT'
FATS**

The Moving Mountains Superfood Burger, is an indulgently juicy delight filled with your favourite nutritional must-haves like courgettes, green peppers, lentils, quinoa and pumpkin seeds to name a few. The burger is a protein rich functional food, that does not compromise on taste.

- Source of Iron
- High in Vitamin E
- 14.25 Plant points



TECHNICAL INFORMATION:

CASE SIZE: 2kg (100g)

PALLET SIZE: 234 CASES

BARCODE: 5060728271019

MOVING MOUNTAINS PRODUCT CODE: SFUBUR

INGREDIENTS:

Vegetables (onion, tomato, garden pea, mushrooms, green pepper, courgette), water, legumes (chickpeas, green lentils), quinoa, textured pea protein, pea protein isolate, sunflower oil, thickener (methylcellulose), seeds (pumpkin seed, sunflower seed, chia seed), natural flavour, spices, sugar cane fibre, goji berries, salt, parsley.

For allergens please see ingredients in **bold**.

Free from Soya, Gluten, and Nuts.

NUTRITION INFORMATION PER 100G:

Energy kJ	508
Energy kcal	123
Fat	4.4g
of which saturates	0.5g
Carbohydrate	8g
of which sugars	2g
Fibre	5.6g
Protein	11g
Salt	1g

HOW TO PREPARE

1



Cook from frozen

2



Add oil to a frying pan and preheat.

3



Fry burger on a medium heat for 3-4 mins on each side, flipping regularly. Cook until evenly browned.

4



Serve hot and add your favourite toppings

DISCOVER OUR SUPERFOOD CRISPY BURGER

SOURCE OF PROTEIN

SOURCE OF FIBRE

LOW SUGAR

LOW IN SAT' FATS

The Moving Mountains Superfood Crispy Burger, is a tender delight wrapped in a crunchy golden coating. The health hacking product new to the Moving Mountains range is packed with superfood ingredients such as garden peas, green pepper, lentils and chia seeds.

- Source of Vitamin E
- 14.25 Plant points



TECHNICAL INFORMATION:

CASE SIZE: 2kg(100g)

PALLET SIZE: 234 CASES

BARCODE: 5060728271026

MOVING MOUNTAINS PRODUCT CODE: SFCBUR

INGREDIENTS:

Vegetables (onion, tomato, garden pea, mushroom, green pepper, courgette), rice crumbs (rice flour, starch, dextrose, salt, spice extract, spices), water, legumes (chickpeas, green lentils), quinoa, textured pea protein, sunflower oil, pea protein isolate, seeds (pumpkin seed, sunflower seed, chia seed), corn flour, corn starch, modified corn starch, thickener (methylcellulose), natural flavour, spices, sugar cane fibre, goji berries, salt, parsley, raising agents (diphosphate, sodium carbonate).

For allergens please see ingredients in **bold**.

Free from Soya, Gluten, and Nuts.

NUTRITION INFORMATION PER 100G:

Energy kJ	774
Energy kcal	185
Fat	5.4g
of which saturates	0.6g
Carbohydrate	24g
of which sugars	2g
Fibre	4.1g
Protein	8.7g
Salt	0.93g

HOW TO PREPARE

1



Cook from frozen

2



Add oil to a frying pan and preheat.

3



Fry burger on a medium heat for 3-4 mins on each side, flipping regularly. Cook until evenly browned.

4



Serve hot and add your favourite toppings

DISCOVER OUR SUPERFOOD CRISPY DIPPERS

SOURCE OF PROTEIN

SOURCE OF FIBRE

LOW SUGAR

LOW IN SAT' FATS

Moving Mountains Superfood Crispy Dippers, are a health hacking product new to the Moving Mountains range. Packed with superfood ingredients and 14.25 plant points, these crispy dippers are filled with everyone's favourite nutritional must have's like garden peas, lentils, quinoa and chia seeds to name a few, and wrapped in a crunchy golden coating.

- Source of Iron
- Source of Vitamin E
- 14.25 plant points



TECHNICAL INFORMATION:

CASE SIZE: 2kg (30g)

PALLET SIZE: 234 CASES

BARCODE: 5060728271033

MOVING MOUNTAINS PRODUCT CODE: SFDIP30

INGREDIENTS:

Rice crumbs (rice flour, starch, dextrose, salt, spice extract, spices), vegetables (onion, tomato, garden pea, mushroom, green pepper, courgette), water, legumes (chickpeas, green lentils), sunflower oil, quinoa, textured pea protein, pea protein isolate, corn flour, corn starch, modified corn starch, thickener (methylcellulose), seeds (pumpkin seed, sunflower seed, chia seed), natural flavour, spices, sugar cane fibre, goji berries, salt, parsley, raising agents (diphosphate, sodium carbonate).

For allergens please see ingredients in **bold**.

Free from Soya, Gluten, and Nuts.

NUTRITION INFORMATION PER 100G:

Energy kJ	977
Energy kcal	234
Fat	8.2g
of which saturates	0.9g
Carbohydrate	30g
of which sugars	2.1g
Fibre	3.8g
Protein	8.5g
Salt	0.94g

HOW TO PREPARE

1



Cook from frozen

2



Add oil to a frying pan and preheat.

3



Fry Dippers on a medium heat for 8-9 mins turning regularly. Cook until evenly browned.

4



Serve hot and add your favourite toppings

DISCOVER OUR SUPERFOOD FALAFEL

SOURCE OF
PROTEIN

LOW
SUGAR

LOW IN SAT'
FATS

SOURCE OF
IRON

The Moving Mountains Superfood Falafel is a wholesome and crunchy sensation, a traditional favourite now supercharged with superfood ingredients that you see in every bite. Packed with 10 plant points, this health hacking product is high in Vitamin E, a source of Iron, Zinc and Magnesium, making it the ultimate functional food that does not compromise on taste.

- Source of Zinc
- Source of Magnesium
- High in Vitamin E
- 10 Plant points



INGREDIENTS:

Rehydrated chickpeas, vegetables (spinach, onion), rice crumbs (rice flour, starch, dextrose, salt, spice extract, spices), apple, quinoa, sunflower oil, seeds (pumpkin seeds, sunflower seeds, chia seeds), modified corn starch, spices, natural flavouring, salt, herbs, goji berries, natural vinegar.

For allergens please see ingredients in **bold**.
Free from Soya, Gluten, and Nuts.

NUTRITION INFORMATION PER 100G:

Energy kJ	706
Energy kcal	169
Fat	7.8g
of which saturates	0.8g
Carbohydrate	19g
of which sugars	2g
Fibre	2.8g
Protein	5.4g
Salt	1g

HOW TO PREPARE

1



Cook from frozen

2



Add oil to a frying pan and preheat.

3



Fry falafel on a medium heat for 8-10 mins, turning regularly. Cook until evenly browned.

4



Serve hot and add your favourite toppings

TECHNICAL INFORMATION:

CASE SIZE: 2kg (17g)

PALLET SIZE: 234 CASES

BARCODE: 5060728271057

MOVING MOUNTAINS PRODUCT CODE: SFFAL17

DISCOVER OUR SUPERFOOD SAUSAGES

HIGH
PROTEIN

SOURCE OF
FIBRE

LOW
SUGAR

LOW IN SAT'
FATS

Succulent and sizzling with flavour, the Moving Mountains Superfood Sausage is packed with superfood ingredients. Boasting an ingredients list bursting with vegetables, legumes and grains. The sausage is a protein rich functional food, that does not compromise on taste.

- Source of Iron
- High in Vitamin E
- 14.25 Plant points



TECHNICAL INFORMATION:

CASE SIZE: 2kg (35g)

PALLET SIZE: 234 CASES

BARCODE: 5060728271040

MOVING MOUNTAINS PRODUCT CODE: SFSS35

INGREDIENTS:

Vegetables (onion, tomato, garden pea, mushroom, green pepper, courgette), legumes (chickpeas, green lentils), water, quinoa, textured pea protein, pea protein isolate, sunflower oil, thickener (methylcellulose), seeds (pumpkin seed, sunflower seed, chia seed), natural flavourings, spices, sugar cane fibre, goji berries, salt, parsley.

For allergens please see ingredients in **bold**.
Free from Soya, Gluten, and Nuts

NUTRITION INFORMATION PER 100G:

Energy kJ	538
Energy kcal	130
Fat	4.6g
of which saturates	0.5g
Carbohydrate	8.5g
of which sugars	2.1g
Fibre	5.9g
Protein	11g
Salt	1.1g

HOW TO PREPARE

1



Cook from frozen

2



Add oil to a frying pan and preheat.

3



Fry sausages on a medium heat for 5-6 mins on each side, flipping regularly. Cook until evenly browned.

4



Serve hot and add your favourite toppings

MOVING MOUNTAINS SUPERFOODS

Our mission is to encourage real change through everyday choices, by making eating healthier and more sustainably the easy and obvious choice, through delicious plant based products. At the core of our mission since we were founded in 2018, the Superfoods range is the next phase of innovation at Moving Mountains providing 'health hacking' products, that do not compromise on flavour or nutritional value.

**SOURCE OF
PROTEIN**

**SOURCE OF
FIBRE**

**LOW
SUGAR**

**LOW IN SAT'
FATS**

WHAT IS A SUPERFOOD?

"Superfood" refers to a category of nutrient rich foods considered to be especially beneficial for health and well-being. These foods are typically high in vitamins, minerals, antioxidants, and other nutrients that can promote good health and reduce the risk of chronic diseases.

WHAT ARE THE BENEFITS?

The superfoods products are free from allergens including Soy, Gluten and Nuts. The products are low in saturated fat and sugar, high in protein, and they provide a source of fibre. Unlike products currently on the market our superfoods range is not padded out with cheaper ingredients such as potato and rice. The product contains a high proportion of superfoods ingredients, all found in your cupboard or fridge at home, which provides improved nutritional quality and value.

HOW DOES THIS PRODUCT DIFFER FROM EXISTING MM PRODUCTS?

The new superfoods range is an extension to Moving Mountains existing product range, developed to address changing trends in the global food market and customer demands for allergen free, nutrient rich, protein packed, and delicious products. Packed with protein and superfood ingredients, we describe the new range as a 'health hacking' due to the products high quality and nutritionally balanced ingredient list.

WHAT ARE SUPERFOOD INGREDIENTS?

Our superfoods ingredients list focuses on high quality, high nutritional value foods, that you can find in your cupboard at home. In our products you can expect to find:



Courgette



Sunflower seeds



Tomatoes



Quinoa



Garden peas



Mushrooms



Green lentils



Goji berries



Green bell peppers



Chickpeas



Pumpkin seeds



Chia seeds

STORAGE INSTRUCTIONS:

Store frozen (-18°C). For best results cook from frozen. If thawed or cooked, do not refreeze and consume within 48 hours. Do not reheat.

FROZEN SHELF LIFE:

18 months from production/ 12 months minimum guaranteed.