



Art of Greens UG
4. Etage, Gontardstrasse 11
D-10178 Berlin-Mitte

Tel.: +49-30-99252188
Fax: +49-30-6125438
Email: info@artofgreens.com
Homepage: www.artofgreens.com

PRODUCT SPECIFICATIONS

PRODUCT INFORMATION

| | |
|----------------------|------------------------------------|
| Product Description: | Country Roast |
| Product Category: | Frozen |
| Manufacturer: | Fry Group Foods SA |
| Packer: | Fry Group Foods SA |
| Weight per pack: | 500g |
| Units per pack: | 6 |
| Packs per case: | 10 |
| Coding life: | 18 months from date of manufacture |
| Product Code: | F1446 |
| Retail Barcode: | 6005207001144 |
| Shipper Barcode: | 16005207001141 |
| Shipper Dimensions: | 266mm x 210mm x 118mm |

CONTACT DETAILS

| | |
|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Contact Name | Hayley Richardson/ Merisha Harry |
| Position | Director/ NPD Co-ordinator |
| Phone Number | +61 406317323/ +27 823327533 |
| E-Mail Address | hayley@frysinternational.com merisha@frygroup.co.za |



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DECLARATIONS

| | |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ingredients: | Water, Soy Protein (12%), Sunflower Oil, Wheat Protein (Gluten) , Potato Starch, Maize Starch, Flavours, Quinoa (3%), Flaxseed Oil, Methyl Cellulose, Red Capsicum, Wheat Flour, Fresh Parsley (1.3%), Tomato, Onion, Coriander, Sea salt, Mustard , Rosemary, Basil, Marjoram, Oregano, Sage and Thyme, Caramel Colour, Sulphites . |
| Allergens: | Soya, Wheat, Gluten from Wheat, Mustard, Sulphites |
| Claims: | Source of Protein Source of Iron A Non GM Product Meat, Egg and Dairy free (100% Vegan) |
| Endorsements: | Vegan Society of UK Kosher Parev / Halaal / Shuddha |

SHELF LIFE AND STORAGE DETAILS

| | |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Shelf-life: | 18 Months from Date of Manufacture |
| Date Coding: | MNF: Date of Manufacture BBD: Best Before Date |
| Storage and Distribution Requirements: | Keep Frozen. Store at or below minus 18`C until best before date. If desired, thaw product in refrigerator at or below 5`C. Use thawed product within 1 day. DO NOT REFREEZE AFTER THAWING. |

PACKAGING & LABELLING DETAILS

| | |
|-------------------------------|---------------------------------|
| Primary Packaging Material: | Carrier Kote - White Retail Box |
| Secondary Packaging Material: | Cardboard Shipper (Kholer) |



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COOKING INSTRUCTIONS

| DEFROST FULLY BEFORE COOKING – Remove from Packaging | |
|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cook in Oven | Preheat the oven to 180 degrees Remove cardboard sleeve and plastic only Baste Roast with oil and place on a baking tray Roast in the oven for 30 minutes For an extra crisp finish, roast for a few more minutes to your liking |
| Cook with Steam | Remove cardboard sleeve and plastic Steam in foil for 40 minutes until soft and succulent |
| Ovens vary, these instructions are guides only | |

USES & ABUSES

| | |
|-------------------------------------------------------|--------------------------------------------------------------|
| Intended Use | Product can be consumed as part of a full meal or on its own |
| Potential Abuses of Product once out of Fry's Control | Temperature abuse, |
| Potential Hazards Related to abuse | Mould, sourness, |

INTOLERANCE DATA

| Is the product free from: | Yes/No | If No, state source |
|----------------------------------|---------------|--------------------------------|
| Nuts and nut derivatives | Yes | |
| Nut Derived Oils | Yes | |
| Nut Cross Contamination | Yes | |
| Seeds and seed derivatives | Yes | |
| Seed Derived Oils | No | Sunflower Oil and Flaxseed Oil |
| Seed Cross Contamination | Yes | |
| Sesame Seeds | Yes | |
| Additives | No | Flavour |
| Preservatives | Yes | |
| Antioxidants | Yes | |

| | | | | |
|--------------|----|------------------------------------------|-------------|---------------------------|
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|--------------|----|------------------------------------------|-------------|---------------------------|



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| | | |
|--------------------------------------|-----|--------------------------------|
| Natural Colours | No | Caramel IV Colour |
| Artificial Colours | Yes | |
| Natural Flavours | No | |
| Artificial Flavours | No | |
| Sweeteners | Yes | |
| Aspartame | Yes | |
| Flavour Enhancers | Yes | |
| Monosodium Glutamate | Yes | |
| Naturally Occurring MSG | Yes | |
| Wheat | No | Vegetable Protein, Wheat Flour |
| Gluten | No | Wheat Flour |
| Rye | Yes | |
| Oats | Yes | |
| Maize and maize derivatives | No | Flavour |
| Milk and milk derivatives | Yes | |
| Lactose | Yes | |
| Egg and Egg products | Yes | |
| Soya and soya derivatives | No | Vegetable Protein |
| Fruit and fruit derivatives | Yes | |
| Vegetables and vegetable derivatives | No | Red Capsicum, Onion, Tomato |
| Yeast and yeast derivatives | Yes | |
| Sulphur dioxide and sulphites | No | Ground Coriander |
| Benzoates | Yes | |
| BHA / BHT | Yes | |
| Hydrolysed vegetable protein | Yes | |
| Added salt | No | |
| Added sugar | No | Flavour |



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| | | |
|-----------------------|-----|--|
| Irradiated foodstuffs | Yes | |
| Fish | Yes | |
| Shellfish | Yes | |
| Celery | Yes | |
| Mustard | No | |
| Lupin | Yes | |

GM STATUS

| Question | Yes/No |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Does the product or any of its ingredients contain any genetically modified material (active or not) | No |
| Is the product or any of its ingredients not substantially equivalent as a consequence of the use of genetic modifications? | No |
| Is the product or any of its ingredients or additives produced from, but not containing, any genetically modified materials? | No |
| Have genetically modified organisms been used as processing aids or used in connection with the production of the food or any of its ingredients? | No |
| Have genetically modified organisms been used to product processing aids or additives but where such genetically modified organisms are not present in the processing aid as used in connection with the production of the food or any of its ingredients? | No |

IS THE PRODUCT SUITABLE FOR:

| Criteria | Yes/No | Criteria | Yes/No |
|-------------------|---------------|-----------------|---------------|
| Vegetarians | Yes | Halal | Yes |
| Lacto-Vegetarians | Yes | Kosher | Yes |
| Vegans | Yes | Coeliacs | No |



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SENSORY AND PHYSICAL PROPERTIES:

| Attribute | Description |
|------------------|----------------------|
| Colour | Dark Brown |
| Flavour | Meat with herb notes |
| Texture | Firm meaty texture |
| Aroma | Meaty |

NUTRITIONAL INFORMATION

Servings per package: 5

Serving size: 100g

| Average Values | Quantity per 100g | Quantity per servings | %RI* Per 100g |
|------------------------|--------------------|-----------------------|---------------|
| Energy | 689kJ (165kcal) | 689kJ (165kcal) | |
| Fat, total | 9,8g | 9,8g | |
| – Saturated | 1,4g | 1,4g | |
| – Monounsaturated | 2,4g | 2,4g | |
| – Polyunsaturated | 6,0g | 6,0g | |
| Carbohydrate | 5,1g | 5,1g | |
| - sugars | <2,5g | <2,5g | |
| Dietary fibre, total # | 3,8g | 3,8g | |
| Protein | 12,3g | 12,3g | |
| Sodium | 633.4mg | 633.4mg | |
| Salt | 1,6g | 1,6g | |
| Iron | 3,6mg | 3,6mg | 26% |

Method of Analysis AOAC method 991.43. Nutritional information obtained by analysis.



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FINISHED PRODUCT SPECS

| | |
|------------------------|---------------------|
| Weight: | 500g |
| Dimensions: | 175mm x 70mm x 45mm |
| Crumb (If Applicable): | N/A |

MICROBIOLOGICAL SPECS

| TEST | LIMIT / g |
|------------------------------------------------------------------------------------------|---------------|
| TPC | <800000 cfu/g |
| Ecoli | <10 per 25g |
| Staph | <10 per 25g |
| Coliforms | <1000 cfu/g |
| Yeasts | <2000 cfu/g |
| Moulds | <300 cfu/g |
| Listeria | <10 per 25g |
| Salmonella | <10 per 25g |
| Product will be rejected if not conforming to above Microbiological Specification | |

FOR FRY GROUP FOODS (PTY) LTD

| | |
|------------|------------------|
| Signature | M. Harry |
| Print Name | Merisha Harry |
| Position | NPD Co-ordinator |
| Date | 14.02.2018 |