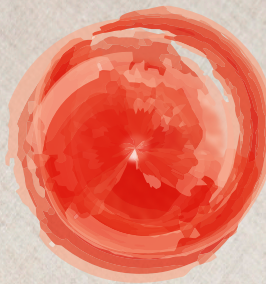




MEAL



MANTRA



@mantrameal

@mealmantraa

Family Recipes from the **creators** of Tandoori Cuisine

SOFI AWARD WINNING CENTURY OLD, HEIRLOOM FAMILY RECIPES FROM THE CREATORS OF TANDOORI CUISINE



All natural ingredients,
clean label, Gluten Free

No fillers, stabilizers
or gums



Quick, easy to do,
flavorful sauces –
takes the guesswork out
of a complex cuisine!



Delectable taste

Proudly crafted in
the USA



A versatile sauce with Turmeric, Cardamom and a blend of exotic spices and herbs, this is a quick and healthy option that is easy to combine with a variety of vegetables and protein. All natural and allergy friendly.

A delicious, smooth and creamy sauce which has now become the face of Indian Cuisine. Authentic taste, takes easily to your adaptation and always a very easy and well-loved meal to prepare.

A tangy curry infused with herbs and the delicate zing of Lemongrass, Kaffir lime, Galangal, Tomatoes and aromatic spices makes this curry a burst of flavors and unforgettable taste!

A flavorful curry offering zest without the heat.

GOLDEN TURMERIC INDIAN CURRY
GOURMET SIMMER SAUCE

Nutrition Facts	
servings per container	
Serving size	4 Tbsp (56g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 103mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



10 oz JAR
#814



Food Service 8 lbs BAG
#8145

INGREDIENTS: Tomatoes (crushed, canned), Water, Onion, Olive Oil, Ginger & Garlic Paste, Salt, Ground Coriander Seeds, Sugar, Ground Turmeric, Green Cardamom, Spice blend, Fenugreek leaves, Glucono-delta-Lactone, Red Chili powder, Cloves, Black Cardamom, Dried Bay Leaf, Ground Cinnamon.

TIKKA MASALA
GOURMET SIMMER SAUCE

Nutrition Facts	
servings per container	
Serving size	6 Tbsp (85g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 270mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 167mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



10 oz JAR
#811



Food Service 8 lbs BAG
#8115

INGREDIENTS: Tomatoes, Onions, Heavy Cream (Cream, less than 5% of: Gellan Gum), Water, Salted Butter (Cream(Milk) and Salt), Ghee, Olive Oil, Salt, Coriander Powder, Brown Sugar, Masala blend (Coriander, Chilli, Cumin, Black Pepper, Garlic, Cassia, Dry Ginger, Nutmeg, Mace, Cloves, Black Cardamom, Fenugreek, Black Gram, Bengal Gram, Asafetida, Common Salt & Turmeric), Glucono-delta-Lactone, Chilli Powder, Turmeric, ground Cumin Seeds, Green Chili Pepper.
Contains: Milk.

GOAN CURRY
GOURMET SIMMER SAUCE

Nutrition Facts	
servings per container	
Serving size	6 Tbsp (85g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 170mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



10 oz JAR
#813



Food Service 8 lbs BAG
#8135

INGREDIENTS: Tomatoes, Onion, Coconut milk, Water, Olive Oil, Ginger & Garlic Paste, Lemongrass, Galangal, Salt, Fish Masala Seasoning (Coriander, Red Chilli, Cumin, Star Anise, Dehydrated Mango, Black Pepper, Fenugreek Seeds, Mustard, Dried Ginger, Cassia, Bishop weed, Black Cardamom, Cloves, Green Cardamom, Nutmeg, Mace, Asafetida), Mustard Seed, Fish Sauce (Anchovies, Salt Water), Brown Sugar, Glucono-delta-Lactone, Curry Leaves, Kaffir Lime Leaves, Dried Mango Powder, Turmeric.
Contains: Tree Nuts (coconuts), Fish.

KORMA
GOURMET SIMMER SAUCE

Nutrition Facts	
servings per container	
Serving size	2 Tbsp (28g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 59mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



10 oz JAR
#817



Food Service 8 lbs BAG
#8175

INGREDIENTS: Tomatoes, Heavy Cream, White Onion, Olive Oil, Butter, salted, Brown Sugar, Water, Ginger & Garlic Paste, Melon Seeds, Salt, Korma Spice Blend, Masala blend, Fenugreek Seed, glucono delta lactone, Ground Turmeric
Contains: MILK.

JAR: Dimensions: 3.1” High, 3.4” Dia • Net Wt. /Jar 10 oz (284g) • Shelf Life 18 months
CASE: 12 Jars Per Case • Case Dimensions: 14” x 11” x 3.7” • Case Weight: 13.5 lbs
Pallet: 13/Layer, 11 High Total 143 Cases / 1980 lbs

FOOD SERVICE: Net Wt./Bag: 8 lbs. • 3 Bags/Case • Case Dimensions: 16” x 12” x 6” • Case Weight: 24 lbs
Pallet: 8/Layer, 5 High • Total 40 Cases / 1000 lbs



An exciting dip with a twist of Tomatoes and Cranberries that will have you replace ketchup with this free spirit. All natural and allergy friendly.

A tomato based dip with curry blend that is perfect for those moments when you crave something bold with your favorite snack. All natural and allergy friendly.

Use this magical sauce made with herbs & spices to create an authentic, rich Lentil Soup packed with flavor. Use it to sauté your favorite vegetables for unforgettable flavor! All natural and allergy friendly.

CRANBERRY TOMATO CHUTNEY



6 oz JAR #815



Food Service 8 lbs BAG #8155

INGREDIENTS: Tomatoes, Cranberries, Brown Sugar, olive oil, Tamarind Paste, Salt, Spice Blend 2 (Nigella Sativa, Cumin, Fenugreek Seeds, Yellow Mustard Seeds, Fennel Seeds), Spice Blend 1 (Coriander, Mango Powder, Black Salt, Cumin, Mint Leaves), Fennel Seed, Mustard Seeds, Chili Powder, Asafetida, Glucono-delta-Lactone, Ground Turmeric, Ground Ginger, Ground Fenugreek Seed.

Nutrition Facts: Serv Size: 1Tbsp (14g), Amount Per Serving: Calories 10, Total Fat 0g (0% DV), Sat Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 80mg (3% DV), Total Carbs 2g (1% DV), Fiber 0g (0% DV), Sugars 2g, Includes 1g Added Sugars (2% DV), Protein 0g, Vitamin D 0mcg (0% DV), Calcium 7mg (0% DV), Iron 0mg (0% DV), Potassium 34mg (0% DV). Percent Daily Values are based on a 2,000 calorie diet.

CURRY TOMATO CHUTNEY



6 oz JAR #816



Food Service 8 lbs BAG #8165

INGREDIENTS: Tomatoes, White Onion, Olive Oil, Brown Sugar, Garlic, Arhar Dal Lentils, Salt, White Urad Dal Lentils, Masala blend, Tamarind Paste, Mustard Seeds, Asafetida, Ground Turmeric, Curry Leaves, glucono delta lactone, Ground Red Chili Pepper, Ground Fenugreek Seed.

Nutrition Facts: Serv Size: 1Tbsp (14g), Amount Per Serving: Calories 10, Total Fat 0g (0% DV), Sat Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 85mg (4% DV), Total Carbs 1g (0% DV), Fiber 0g (0% DV), Sugars 1g, Includes 0g Added Sugars (0% DV), Protein 0g, Vitamin D 0mcg (0% DV), Calcium 6mg (0% DV), Iron 0mg (0% DV), Potassium 40mg (0% DV). Percent Daily Values are based on a 2,000 calorie diet.

LENTIL TEMPERING FOR SOUP + VEGETABLES



6 oz JAR #818



Food Service 8 lbs BAG #8185

INGREDIENTS: Tomatoes, Water, White Onion, Olive Oil, Ginger & Garlic Paste, Cumin Seeds, Salt, Coriander powder, Brown Sugar, Ground Turmeric, Masala blend, Cumin powder, glucono delta powder, Chili powder.

Nutrition Facts: Serv Size: 1Tbsp (14g), Amount Per Serving: Calories 45, Total Fat 2.5g (3% DV), Sat Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 310mg (13% DV), Total Carbs 4g (1% DV), Fiber 1g (4% DV), Sugars 2g, Includes 0g Added Sugars (0% DV), Protein 1g, Vitamin D 0mcg (0% DV), Calcium 25mg (2% DV), Iron 1mg (6% DV), Potassium 97mg (2% DV). Percent Daily Values are based on a 2,000 calorie diet.

JAR: Dimensions: 2.9" High, 3" Dia • Net Wt. /Jar 6 oz (170g) • Shelf Life 18 months

CASE: 12 Jars Per Case • Case Dimensions: 12" x 9.2" x 3.5" • Case Weight: 10 lbs • Pallet: 17/Layer, 12 High Total 204 Cases / 2090 lbs

FOOD SERVICE: Net Wt./Bag: 8 lbs. • 3 Bags/Case • Case Dimensions: 16" x 12" x 6" • Case Weight: 24 lbs • Pallet: 8/Layer, 5 High • Total 40 Cases / 1000 lbs