

Henry's Tempeh, the plant-based solution for your menu

Fresh Organic Ground and Brick Tempeh

What is tempeh?

Tempeh is a superfood made from fermented soybeans. Unlike many plant based options available to foodservice operators, it absorbs flavour and retains a chewy, satisfying mouthfeel after cooking.

Why Henry's Tempeh?

Consumers are tired of expensive ready-to-cook, ultra-processed plant-based ingredients. Our refrigerated tempeh products are delicious, nutritious, and require little labour input to incorporate into your menu.

Our products

Organic Ground Tempeh—Unseasoned

Perfect for nachos, tacos, burritos, chili, burgers, salads/bowls, curries.

Organic Brick Tempeh

Tempeh that can be sliced, cubed, or diced; marinate and fry/bake/grill/deep fry to make bacon, bowls, sandwiches and more.

Seasoned Ground Tempeh (85% organic ingredients)

Ground Tempeh with an umami flavour profile; crumble over pizza, nachos, use in tacos etc. Perfect for operators who want plant-based items with little labour/effort.



CANADIAN FOODSERVICE



Key Features

- High protein / Fibre
- Flexitarian / Vegan
- Gluten Free / Wheat free
- Canadian organic soybeans
- 4 month shelf life

Product Details

- Ground Tempeh (organic unseasoned and seasoned)
400 g unit size; 10 units per case
- Organic Brick Tempeh
250 g unit size; 12 units per case
- Can be frozen for up to:
12 months



6 Reasons to have Henry's Tempeh on your menu:



1. Satisfies growing demand for better plant-based protein options
2. Tempeh is superior to tofu in nutrition, texture, and taste
3. Great texture, absorbs flavour, replaces animal protein
4. Easy to use, versatile, scalable
5. Reduces labour input (large unit size, pre-ground, fresh)
6. Easy storage, long shelf life, and can be frozen

For preparation instructions and recipes go to: tempeh.ca/food-service



Product	Ingredient	Unit Size (inches)	Unit Weight	Case Size (inches)	Case details
Organic Ground Tempeh	Organic soybeans (soy), Water, Rhizopus oligosporus culture	4 ¾ x 1 x 4	400 g / 0.89 lbs	9 ¼ x 5 ¾ x 6	10 units 4 kg/8.82 lbs
Seasoned Ground Tempeh	Organic soybeans, Water, Tomato powder, Garlic powder, Onion powder, Soy sauce powder (Soybeans, maltodextrin, salt), Seasoning (salt), Rhizopus oligosporus culture	4 ¾ x 1 x 4	400 g / 0.89 lbs	9 ¼ x 5 ¾ x 6	10 units 4 kg/8.82 lbs
Organic Brick Tempeh	Organic soybeans (soy), Water, Rhizopus oligosporus culture	4 ¾ x ¾ x 4	250 g / 0.55 lbs	9 ¼ x 5 ¾ x 6	12 units 3 kg/6.61 lbs

Henry's Tempeh is the source for organic, Canadian, premium, refrigerated Tempeh. We meet the demand for sustainable, minimally processed, planted based, fermented protein. tempeh.ca | henry@tempeh.ca | [@henrys_tempeh](https://www.instagram.com/henrys_tempeh) | 519-489-0779



ORGANIC GROUND TEMPEH

Nutrition Facts Valeur nutritive	
Per 1/5 package (85 g) par 1/5 emballage (85 g)	
Calories 150	% Daily Value*
Fat / Lipides 7 g	% valeur quotidienne*
Saturated / saturés 1 g	9 %
+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 8 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 0 mg	
Sodium 5 mg	1 %
Potassium 500 mg	11 %
Calcium 75 mg	6 %
Iron / Fer 3.0 mg	17 %
Folate 80 µg DFE / ÉFA	20 %
Phosphorous / Phosphore 200 mg	16 %
Magnesium / Magnésium 70 mg	17 %
Zinc 1.50 mg	14 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	
Ingredients: Organic soybeans (soy) • Water • Rhizopus oligosporus culture	
Ingédients: Fèves de soya biologiques (soya) • Eau • Culture de rhizopus oligosporus	

Best consumed within 5-7 days after opening. A consumer dans les 5-7 jours après l'ouverture. Certified Organic by / Certifié biologique par Pro-Cert Pasteurized / Pasteurisé

SEASONED GROUND TEMPEH

Nutrition Facts Valeur nutritive	
Per 1/5 package (85 g) pour 1/5 emballage (85 g)	
Calories 160	% Daily Value*
Fat / Lipides 7 g	% valeur quotidienne*
Saturated / saturés 1 g	9 %
+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 13 g	
Fibre / Fibres 8 g	28 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 0 mg	
Sodium 350 mg	15 %
Potassium 600 mg	13 %
Calcium 100 mg	7 %
Iron / Fer 3.5 mg	19 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	
Ingredients: Organic soybeans • Water • Tomato powder • Garlic powder • Onion powder • Soy sauce powder (Soybeans • Salt maltodextrin, salt) • Seasoning (salt) • Rhizopus oligosporus culture	
Contains: Soy	
Ingédients: Fèves de soya biologiques • Eau • Poudre de tomate • Poudre d'ail • Poudre d'oignon • Poudre de sauce soya (fèves de soya, maltodextrine, sel • Assaisonnement (sel) • Sel • Culture de rhizopus oligosporus	
Contient: Soya	

Cook to at least 74 °C. Cuire à une température minimale de 74 °C. Certified Organic by / Certifié biologique par Pro-Cert Pasteurized / Pasteurisé