



Welcome!

We give you vegetarian frankfurter sausages, sliced, tofu and fried products.

All our products are vegan and have always been known for their reliable quality and exceptional taste.

**All Polsoja's products contain:**

- [01] soya proteins exclusively from non-GMO soya (certified by our suppliers; our products have been examined to show no GMO soya content - results of the examination are available for inspection);
- [02] other vegetable proteins, vegetable starches (originating from wheat, corn, potato, tapioca);
- [03] vegetable oils (Polsoja's products are cholesterol-free);
- [04] vegetable-originating, natural substances that improve structure and consistency (carrageen, vegetable starches, methyl cellulose);
- [05] mixture of seasonings and aromas of vegetable origin only, herbs and yeast extract.

**Polsoja's products do not contain any:**

- [A] meat, fat, gelatine, dairy products (eggs, milk proteins, whey) - they are 100% vegetable;
- [B] preservatives;
- [C] cholesterol.



### **Vegan Slices**

Our vegan Slices are an ideal, low-calorie alternative to traditional cold meat and sausages. Our products are of 100% vegetable origin. They contain non GMO soya proteins and wheat proteins and are free of animal fat or cholesterol. They contain no preservatives, either. Our vegan slices are delicious not only in sandwiches or cold salads, but also when pan-fried or baked on a vegetarian pizza.

We offer five flavours:

Vege ham slices with green pepper

Vege chicken slices with green olives

Vege smoked salami slices

Vege pork slices with dried plums

Vege slices with dried cranberries

### **Vegan sausages**

Soya-based frankfurter sausages are a safe and tasty alternative to big-industry meat sausages. They contain vegetable proteins, are low in saturated fats and sugars. The natural smoking process gives them their unique taste and aroma.

Our frankfurter sausages may be served cold or hot (always after removing the casing). They may be heated in water, fried, barbecued, or grilled. They make a delicious component of various soups, vegetarian stews and roasted dishes.

Our offer includes frankfurter sausages in three flavours:

BREAKFAST soya sausages

CLASSIC soya sausages

CHILI soya sausages

SMOKED soya sausages

### **Tofu**

Fresh tofu is an invaluable ingredient in the modern, not only vegetarian, cuisine. Rich in calcium, phyto-hormones, and soya-origin substances that help to prevent civilisation diseases, tofu is said to be one of the healthiest food



products. Thanks to its ideal proportion of proteins to calories, tofu is often recommended by authors of various slimming diets. Fresh, pure, medium-firm tofu – a universal component of dinners and deserts.

We offer tofu in three flavours:

NATURAL traditional tofu

SMOKED traditional tofu

MARINATED traditional tofu

### **Deep-frozen products**

Our deep-frozen products are low in calories, high in vegetable protein, contain no cholesterol or preservatives and are not genetically modified. The products don't need any previous preparation, which makes it possible to flexibly and swiftly serve wholemeal and delicious meat-free dishes.

Vegetarian Nuggets of chicken flavor, in delicious and uniquely crunchy breadcrumbs coating, are especially nutritious and low in calories.

Vegetarian Schnitzels is a superb soya cutlet containing vegetable protein, which is excellent for a traditional dinner. Just heat it up on a pan, grill or cook and it is ready to eat!

### **Pâtés and spreads**

According to the opinion of many of our customers, our vegetarian pâtés and bread spreads are the most delicious ones on the Polish market. Rich in seasonings and herbal aromas, they are appreciated not only by vegetarians, but also by persons of more traditional tastes.

Our pates and spreads contain a lot of vegetable proteins, exclusively vegetable oils and, additionally, dietary fiber.

We offer three flavours:

Vege Traditional Pâté

Vege French Paste

Vege Hungarian Paste



### **Tortellini**

Instant vegetarian dishes rich in vegetable proteins. They contain no eggs or dairy products. Tortellini may be heated and served with tomato or mushroom gravy.

We offer meatless tortellini:  
Tortellini with smoked tofu

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### **WHO MAY BENEFIT FROM POLSOJA'S PRODUCTS?**

- [01] everyone who wants to be fit and cares for his/her diet
- [02] people who spend a lot of their time in a sitting position, people who are inclined to develop osteoporosis and who must therefore care for strong bones
- [03] young people who still grow and for whom the proper supply of calcium is necessary to make their bones strong
- [04] menopausal women, because of a significant calcium loss during the period they are coming through
- [05] vegetarians and vegans
- [06] anaemia-suffering persons
- [07] people conscious of the quality of their food and who are particular about the food origin and additives - for those who do not eat GMO food, for people who are anxious about preservatives and any unnecessary additives
- [08] people with high cholesterol level
- [09] people suffering from blood circulation diseases



## **We have collected the FAQ that relate to our products. The answers are presented below:**

1) What is the content of this product?

Polsoja's products contain:

soya protein originating exclusively from non-GMO soya;

wheat protein (i.e. gluten);

non-GMO corn starches;

vegetable fat (that is why Polsoja's products are cholesterol-free);

vegetable substances that improve structure and consistency, such as carrageen, starch, methyl cellulose (soluble dietary fibre);

seasonings, aromas and additives of vegetable origin only.

Polsoja's products do not contain any:

meat, animal fat, gelatine, eggs, milk, or any derivatives of the foregoing - they are 100% vegetable,

preservatives,

cholesterol, because they are of vegetable origin.

2) Why do your products contain an "E number" additive?

All the food additives that are allowed in Poland are marked with the prefix "E" followed by a relevant number. The prefix "E" comes from the otherwise known and friendly word "Europe". Consequently, the substances marked with an "E" are the food additives that have been officially assessed for use in the European Union.

Contrary to the popular belief, the "E" symbol is not equivalent to a "preservative".

Food additives marked with the prefix "E" are divided into several groups: E100-E199 colours, E200-E299 preservatives and acidity regulators, E300-E399 antioxidants and acidity regulators, E400-E499 thickeners, stabilisers, emulsifiers, etc., E500-E599 auxiliary substances, E600-E699 flavour enhancers, E900-E999 sweeteners, waxes, others, E1000-E1999 stabilisation agents, preservatives, thickeners, others. According to law, information that must be presented on food labels may include either an



“E” prefix followed by the relevant number or the name and the technological function, for instance: either: E330 - antioxidant, or: citric acid - antioxidant.

As a result, even if the “E” prefix is omitted in the content, this does not necessarily mean that the product is free from the additive marked with such a prefix.

Our products contain the following additives marked with the “E” prefix:

E1422 - acetylated distarch adipate (a kind of starch - thickening agent); E150 - caustic sulphite caramel (caramel - food colouring); E407 - carrageenan (seaweed extract - thickening agent); E461 - methyl cellulose (derivative of dietary fibre - thickener); E509 - calcium chloride (firming agent used in tofu production).

Needless to say, all the afore-mentioned additives are legal and safe, they do not originate from animals or any genetically modified organisms. They are used for technological purposes only, i.e. to give the product its proper structure and texture.

3) Are your products made from genetically modified soya?

No, they are not. We use only non-GMO substances that are certified by our suppliers. Additionally, on the regular basis, we have our products examined by independent professional laboratories. The results of such examinations prove that our products are free from genetically modified organisms.

4) Why are your sausages called sausages, if they contain no meat?

Our objective is to give our customers the product of a familiar application, but made of vegetable ingredients. The name “sausage” or “slices” suggests that the product may be used on sandwiches, roasted sandwiches, or a pizza. We named our products after their corresponding meaty prototypes to make them more approachable for the customers.

If you have any more questions or suggestions, please write to us at: [mail@polsoja.com.pl](mailto:mail@polsoja.com.pl)



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