

# Supermarket Shopping Guide

*A list of readily available vegan alternatives of all your favourite foods.*

## Meat Alternatives

<b>THE GREEN EDGE</b> <a href="#"><u>(shop online)</u></a>	<b>COLES</b>	<b>WOOLWORTHS</b>
<b>Field Roast</b> - Sausages, fruffalo wings, corn dogs, roast, meatloaf, frankfurters	<b>Herb &amp; Sons</b> - Meatballs, sausages, mince, schnitzel, nuggets, burgers	<b>Made With Plants</b> - glazed meatloaf
<b>Gardein</b> - Barbecue wings, beefless burgers, beefless strips, beefless tips, beefless sliders, breakfast patties, chick'n scallopini, chick'n strips, crispy fingers, chick'n patties, crispy tenders, crispy chick'n, meatless meatballs, porkless bites, turk'y cutlets.	<b>The Alternative Meat Co.</b> - Sausages, mince & burgers 	<b>PlantAsia</b> - Roast duck & roast pork 
<b>Lamyong</b> - Lemon chicken, ribs, salted crispy chicken, satay sticks, nuggets, bacon, TVP, roast duck.	<b>Beyond Meat</b> - Beyond burger patties	<b>Naturli'</b> - plant based mince
<b>A and T</b> - Smoked bacon slices, crispy drumsticks, vegan ham slices,	<b>Next!</b> - Bacon style strips, meat free chicken	<b>Veef</b> (frozen) - Plant based burger patties
<b>Beyond Meat</b> - Beyond burger patties, beast burgers, beef crumbles, chicken strips,	<b>Sunfed</b> - Chicken free chicken	<b>Tofurky</b> - Ham style slices, chicken, sausages
<b>Veef</b> (frozen) - Plant based burger patties	<b>Nature's Kitchen</b> - Sausages, chicken style tenders, Burgers	<b>Wildly Good</b> - Burgers
<b>Organic Village</b> - Plant burgers	<b>Quorn</b> (frozen) - sausages, schnitzels, nuggets, burgers, fillets	<b>Quorn</b> (frozen) - Nuggets, schnitzels
<b>Fry's</b> (frozen) - Nuggets, schnitzels, meat-free pops, burgers, sausages	<b>Fry's</b> (frozen) – stir fry strips, schnitzels, nuggets, burgers, sausage rolls & pizza	<b>Fry's</b> (frozen) - sausage rolls, schnitzels, nuggets & pizza

<b>THE GREEN EDGE</b> <a href="#">(shop online)</a>	<b>COLES</b>	<b>WOOLWORTHS</b>
<b>Viana</b> - Cowgirl veggie steaks, bratwurst, gyros, picknickers	<b>Syndian</b> (frozen) - sausages	<b>Gardein</b> (frozen) Seven grain crispy tenders, meatless meatballs, crispy chick'n patties
<b>Cheatin</b> - pepperoni, chicken style slices, ham style slices, rashers	<b>Coles</b> - Plant based christmas roast	<b>Grounded</b> Hemp burger patties
<b>Tofurky</b> - Beer brats, smoked ham	<b>Veggie Delights</b> - Sausages, bacon rashers, roast, burgers, chick'n slices, sausages, meatless meatballs, schnitzels	<b>The Vegan Factor</b> - Chickenee strips/pieces, beefee balls

### 'Seafood' Alternatives

<b>Gardein</b> - crabless cakes, fishless fillets	<b>Quorn</b> (frozen) - fishless fillets	<b>Fry's</b> (frozen) - fishless fillets,
<b>Lamyong</b> - calamari, chunky fish, prawns	<b>Frys</b> (frozen) - battered prawn style pieces	<b>Sophie's Kitchen</b> (frozen) - Breaded vegan prawn, vegan scallops
<b>Fry's</b> - battered prawn style pieces	<b>Sophie's Kitchen</b> (frozen) - Vegan smoked salmon & naked prawns	<b>Gardein</b> - (frozen) Golden fishless fillets
<b>Sophie's Kitchen</b> - crabless cakes, fishless fillets, pawns, scallops, smoked salmon	<b>Sophie's Kitchen</b> - fishless fillets, crumbed scallops, naked prawns	<b>PlantAsia</b> - Prawns



## Cheese Alternatives

<b>THE GREEN EDGE</b> <a href="#">(shop online)</a>	<b>COLES</b>	<b>WOOLWORTHS</b>
<b>Artisa</b> - gladstone, kunanyi, st clair & van diemen	<b>My Life Bio Cheese</b> - grated, slices & blocks & feta	<b>My Life Bio Cheese</b> - grated, slices & blocks, feta & halloumi
<b>Cheezly</b> - Blue style, edam style, macho style	<b>Sheese</b> - cream cheese, cheddar blocks/slices, mozzarella, red leicester slices, hard Italian style	<b>Sheese</b> - cream cheese, cheddar blocks/slices, mozzarella, red leicester slices, hard Italian style
<b>Daiya</b> - jalapeno garlic havarti, cheddar, monterey jack, smoken gouda, cheddar/mozzarella/pepperjack shreds, american/cheddar/swiss style slices		<b>Kehoes</b> - cashew cheese  
<b>Damona</b> - Almond feta, american cheddar, bocconcini, mozzarella, pepperjack		<b>Miyokos</b> - cream cheese & cheesewheels
<b>Dilectio</b> - blue cashew cheese, camembert		<b>Made with Plants</b> - Sesame cream cheese
<b>Follow Your Heart</b> - cheddar/mozzarella shreds, parmesan		
<b>Green Vie</b> - cheddar, gouda, parmesan, feta, mozzarella, veganoumi		
<b>The Vegan Dairy</b> - aged smokey, ashed chevre, dill chevre, herb garlic boursin, persian fetta, red bell boursin	 <div data-bbox="1182 1623 1417 1791" style="background-color: #4CAF50; color: white; padding: 10px;"> <p><b>BRISBANE'S BEST RANGE OF ARTISAN VEGAN CHEESE AT THE GREEN EDGE</b></p> <p><i>this is only a fraction of our massive range!</i></p> </div>	
<b>Vegusto</b> - classic blue style, mild, mildy aromatic, piquant  <b>AND MUCH MORE!!</b>		

## Yoghurt Alternatives

THE GREEN EDGE ( <a href="#">shop online</a> )	COLES	WOOLWORTHS
<b>Kingland Dairy Free</b> - apple cinnamon, mango peach, mixed berry chia, passionfruit & chia & natural style	<b>Brands-</b> Cocobella, Nakula, Coles brand (selected), nudie (selected), coyo, Alpro, Impressed, Kingland	<b>Brands</b> - Nakula, So Delicious, Cocobella, Coyo, Wise Bunny, YoPro

## Ice cream Alternatives

<b>Brands</b> - So Delicious & Over the Moo	<b>Brands-</b> Streets Dairy Free Magnum & Cornetto, Coles Brand (selected), Ben & Jerry's (selected), Weis (selected), Sanitarium So Good, Pana	<b>Brands-</b> Streets Dairy Free Magnum & Cornettos, Ben & Jerry's (selected), Weis (selected), Sanitarium So Good, Pana, Plantitude
---	--	---



## Other Dairy Alternatives (sour cream, margarine, condensed milk, cream etc)

<b>Margarine/Spread Brands</b> - Nuttelex, Naturli', Cocoland, All the Things	<b>Margarine/Spread Brands-</b> Nuttelex, Naturli'	<b>Margarine/Spread Brands-</b> Nuttelex, Miyokos, Naturli'
<b>Cream &amp; Sour cream brands</b> - alpro, provamel, green vie, tofutti, dibble, soyatoo	<b>Cream &amp; Sour Cream Brands-</b> Nakula	<b>Condensed Milk</b> - Pandaroo sweetened condensed coconut milk
<b>Condensed Milk</b> - Pandaroo, Nature's Charm, Olvebra	<b>Condensed Milk</b> - Pandaroo sweetened condensed coconut milk	

## Snack foods / Appetisers

THE GREEN EDGE <a href="#">(shop online)</a>	COLES	WOOLWORTHS
<b>Lamyong</b> - Mini dim sims, nuggets, vegetable dumplings, pot stickers, mushroom nuggets	<b>Coles</b> - Vegan gyozas, dim sims, vegetable spring rolls, crumbed tofu nuggets, jackfruit parcels	<b>Temptation Bakeries</b> - Vegan tarts
<b>LV Gold</b> - Char shao buns & mushroom buns	<b>Fry's</b> - nuggets & sausage rolls	<b>Patties</b> - Vegan rolls spinach & onion
<b>Field Roast</b> - miniature corn dogs	<b>KB</b> - Frozen vegetable gyoza	<b>Fry's</b> - Roasted butternut balls & sausage rolls
<b>O!Momo</b> - dumplings	<b>Ho Mai</b> - Yum Cha entertainer pack	<b>Yum Cha</b> - Gyoza & dumplings



## Chocolate

<b>Go Max Go</b> - 2fer, buccaneer, peanut butter cups, jokerz bar, mahalo bar, twilight bar	<b>Pana</b> – Organic chocolate & chocolate spread	<b>Sweet William</b> - Dairy free chocolate
<b>Plamil</b> - Advent calendars, reindeer bites	<b>Sweet William</b> - Dairy free chocolate	<b>Pana</b> - organic chocolate
<b>Vego</b> - almond bliss white, hazelnut bar, nuts & berries, vegolino, crunchy choc hazelnut spread  <b>&amp; MUCH MORE</b>		<b>Pico</b> - Vegan organic chocolate- salted caramel, dark, mint & coconut

**Cakes / Desserts / Baked Goods**

<b>THE GREEN EDGE</b> <a href="#">(shop online)</a>	<b>COLES</b>	<b>WOOLWORTHS</b>
Fresh Baked - cakes, donuts, cupcakes, brownies, raw slices, tarts, croissants & MORE	<b>Bells &amp; Whistles</b> - Cake slices	<b>Woolworths Free From Gluten</b> - Dairy free chocolate cheesecake
<b>House of Biskota</b> - almond crescents, chocolate fingers, daisy kisses, espresso kisses, lemon daisy, melting moments, monte cream, traditional favourites, traditional yoyo	<b>Sara Lee</b> - Joy creamy coconut key lime pie	<b>Woolworths</b> - Chocolate rum balls, gold vegan chocolate & hazelnut mudcake
<b>Daiya</b> - Cheezecakes - key lime, new york & chocolate cheezecake	<b>We Love Cake</b> - fruit cake slices 4 pack	<b>Plantitude</b> - belgian dark chocolate brownie & cake



## Convenience Meals

<b>THE GREEN EDGE</b> <a href="#">(shop online)</a>	<b>COLES</b>	<b>WOOLWORTHS</b>
<b>Field Roast</b> - Mac'n'Chao	<b>Nature's Kitchen</b> - Vegetable lasagne, lentil spaghetti bolognese, vegetable tikka masala, meatballs & penne, butter chicken style curry, mediterranean pizza, meat free beef ravioli	<b>Made with Plants</b> - chilli non carne, stroganoff, butter chicken, thai green curry, meatballs & mash
<b>Gardein</b> - Porkless pockets, breakfast pockets, pizza pockets	<b>Lean Cuisine</b> - Lentil dahl, moroccan tagine, burrito bowl	<b>Super Nature</b> - vegan bolognese, green chickpea curry wellness bowl, tofu mie goreng
<b>Daiya</b> Pizza - Meatless meatlovers, cheese lovers, fire roasted vegetable, margherita, mushroom & roasted garlic, spinach & mushroom, supreme	<b>Frys</b> Frozen Pizza - mediterranean wood fired & smoky BBQ wood fired	<b>Coco &amp; Lucas</b> - Vegan butter chickenless, vegan chickenless rendang & jasmine rice, spaghetti veggie-nese, beefless patties, sweet potato mash & veggies, meatless cottage pie
<b>Fry's</b> - Country mushroom pies, sausage rolls, peppersteak pies	<b>Coles</b> - Vegan penang curry & vegetable chilli	<b>Linda McCartney</b> - sausage rolls, vegetarian country pie
<b>Amys Kitchen</b> - enchiladas, burritos, pad thai, thai red curry	<b>Bean Supreme</b> – Mexican pie, laksa pie	<b>iPastai</b> - vegan ravioli, vegan casarecce, ratatouille sauce, mushroom truffle sauce, bologneses sauce, basil pasto sauce

## Pantry Essentials

Vegan Gravy - Bisto Original Beef Gravy, Massel, Orgran

Buy at The Green Edge, Coles/Woolworths health food aisle or health food stores:

**Nutritional Yeast** - for making 'cheesy' sauces & adding flavour to many dishes

**Textured Vegetable Protein (TVP)** - a cheap, healthy protein to substitute meat in many of your favourite dishes.

\*\* Information compiled is correct to the best of our knowledge as of November 2019. If in doubt, please confirm with the manufacturer. \*\*