

NEW SEPTEMBER 2019

PHAT JACK



Two great new vegan options.
Jackfruit makes a fantastic meat free alternative that's both vegan and a sustainable choice.

WHAT IS A JACKFRUIT?

A tropical tree fruit with a healthy source of vitamin C, fibre and essential nutrients.

Medical News Today March 2019

VEGAN

MEAT FREE

VEGAN



Phat Bobotie Jackfruit Pasty
283g Code: 40734 Case: 20



Phat HTG BBQ Pulled Jackfruit Slice
195g Code: 40735 Case: 30

 Bobotie is the national dish of South Africa. Bobotie has both sweet + savoury flavours with a hint of spice. Now in our vegan pasty, these flavours combine with Jackfruit, Sweet Potato, Tomato & Mango to create our South African-inspired pasty.

A vegan slice with pulled Jackfruit, Sweetcorn, Red Peppers + Cannelini Beans in a tasty BBQ sauce.



CONTACT
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PHAT PASTY CO.
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