



Creating Delicious Alternatives



Taste & Technology



Flexitarian, vegetarian, vegan or what?

There are many ways in which your customers can follow a plant-based or meat-reduced diet and it is evolving all the time.

Vegetarianism - In general, a diet where the consumption of meat is avoided. There are many forms and a distinction can be made using the following terms:

Ovo-Lacto Vegetarians abstain from eating fish and meat as well as products derived from slaughtered animals such as gelatine. The consumption of foods from live animals such as honey, milk, milk products and eggs is however acceptable.

Lacto-Vegetarians abstain from eating meat, fish and eggs. However, dairy products and honey are consumed.

Ovo-Vegetarians avoid milk, dairy products, meat and fish but eggs and honey are consumed.

Vegans completely reject animal products and products derived from animals. No ingredients or materials of animal origin, such as eggs, milk, milk components (e.g. lactose), honey, meat, fish, gelatine and their products such as cheese, and no animal by-products, including silk and dyes from insects are accepted.

Flexitarians are conscious of their diet and may restrict the consumption of meat. Meat alternatives and supplements are of interest to this sector.

The reasons for a lifestyle that excludes or at least significantly reduces the consumption of animal products are diverse. They range from ethical reasons (based on animal welfare), to environmental protection with a focus on reducing the carbon footprint, and there may also be personal, health related influences.

For the naming of vegetarian or vegan specialities, please take into account the requirements of the relevant guiding principles.

JUICY VEGETABLE STEAKS



PUMPKIN STEAK

Lafiness Herb Butter Marinade without glutamate,
art. no. 812050 (for 4 kg bucket),
art. no. 812001 (for 250 g bag)



CAULIFLOWER STEAK (marinated)

Lafiness Bosporus Marinade,
art. no. 818750 (4 kg bucket),
art. no. 818701 (250 g bag)



CAULIFLOWER STEAK (breaded)

AVO Wet Panade Special Liquid,
art. no. 1010101 (1.7 kg bottle)
crispy panade yellow,
art. no. 2506900 (1 kg bag)

CREATIVE VEGETABLE IDEAS



VEGETABLE SKEWERS

Lafiness Premium Black Garlic Marinade, art. no. 1642800 (4 kg bucket), art. no. 1642801 (250 g bag) and Lafiness Arizona Marinade, art. no. 8101 50 (4 kg bucket), art. no. 8101 01 (250 g bag)



CAULIFLOWER PAN

Cauliflower rice with Lafiness Bangkok Marinade, art. no. 1072700 (4 kg bucket), art. no. 1072701 (250 g bag)



ROAST VEGETABLES

Mushrooms, yellow carrots, spring onions and truffles with Lafiness Premium Truffle Marinade, art. no. 820150 (4 kg bucket), art. no. 820101 (250 g bag)



OVEN VEGETABLES (garlic)

Brussels sprouts, sweet potatoes and garlic with Lafiness Garlic Free Marinade, art. no. 562850 (4 kg bucket), art. no. 562801 (250 g bag)



OVEN VEGETABLES (rosemary)

Courgettes, potatoes, peppers and tomatoes with Lafiness Rosemary Free Marinade, art. no. 558350 (4 kg bucket), art. no. 558302 (250 g bag)



COURGETTE NOODLES

Lafiness Premium Truffle Marinade, art. no. 820150 (4 kg bucket), art. no. 820101 (250 g bag)



CRISPY VEGETABLES

BREADED CAULIFLOWER FLORETS

AVO Wet Panade Special Liquid,
art. no. 1010101 (1.7 kg bottle),
crispy panade yellow,
art. no. 2506900 (1 kg bag)



BREADED BROCCOLI FLORETS

AVO Wet Panade Special Liquid,
art. no. 1010101 (1.7 kg bottle)
crispy panade Curry ready to use,
art. no. 2507000 (1 kg bag)



BREADED POTATOES

AVO Wet Panade Special Liquid,
art. no. 1010101 (1.7 kg bottle),
crispy panade Colourful ready to use,
art. no. 2507200 (1 kg bag)



GRILLED CHEESE IDEAS



TIP

Ring the changes with
different types of cheese
as well as Peppadew®,
Black Aged Pepper,
truffles etc. to elevate
the taste!

There are no limits with our AVO
Grilled Cheese Compound!
Transform many varieties of baked
and pan-fried cheeses into a
flavoursome and visually appealing
speciality.

The compound not only allows
preparation on the grill or in the
pan, but even in a hot air fryer.
The cheese maintains its shape
whether it's a medallion or a stick.

In combination with our marinades,
sauces and seasoning panades the
possibilities are endless for so-
phisticated and unusual grilled and
pan-fried cheese creations.

Grilled Cheese Compound
art. no. 2507300, 1 kg bag

VEGETARIAN AND VEGAN ALTERNATIVES TO MEAT

Alternative proteins from AVO

At AVO, we only use vegetable proteins from peas, sunflowers, wheat and broad beans. Soya proteins are only used at the customer's request. We try to avoid soya as far as possible.

Pea protein:

- functional as a powder, good dispersion and stability properties
- high lysine, arginine and iron content
- regionally available and easy to obtain
- no allergens
- texturate neutral in taste

Sunflower protein:

- functional as a powder, good dispersion and stability properties
- Found in Europe and generally available
- No allergens
- light-coloured powder with neutral to nutty taste

Wheat protein:

- glutinous properties determine texture
- found in Europe and generally available
- familiar taste, neutral
- light-coloured powder or texturate

Broad bean protein:

- good texture
- regionally available and easy to obtain (state subsidies for broad bean cultivation)
- no allergens
- good alternative to pea protein



With VEGAVO ready to mix Complete Compounds, success is instant!



Super quick to prepare: add double the amount of ice water, mix, leave chilled for 30 minutes to hydrate and process further as desired.



Production videos
by scan



<https://www.avo.de/en/vegavo-readytomix>

VEGAVO HACK

Vegavo Hack ready to mix Complete, art. no. 3335400, 1 kg bag

BURGERS & FRIKADELLES



VEGAVO BURGER

Vegavo Burger ready to mix Complete, art. no. 3335500, 1 kg bag



VEGETABLE BURGER

Plant-based food ready to use, art. no. 050800, 1 kg bag



TIP

VEGAVO Burgers and Frikadelles ready to mix Complete are also suitable for hybrid burgers and frikadelles, i.e. products that contain some meat!

FRIKADELLES

Vegavo Frikadelles ready to mix Complete, art. no. 3335600, 1 kg bag

SCHNITZELS, NUGGETS ETC.



The variety of alternatives to meat that can be made with AVO products is vast and continues to grow. We offer a plant based alternative for almost every meat product, and if you require a bespoke development service, we will be happy to help you.

... and here's how it works ...



Production videos
by scan



<https://www.avo.de/en/vegan-movies>



**VEGAN MINCE SKEWER
KEBAB STYLE**



**VEGAN NUGGETS
CHICKEN STYLE**



**VEGAN STEAK BEEF
STYLE**

Art. no. 2800200	Vegavo Vegan Function	13 kg sack
Art. no. 3020100	Vegavo Wheat Texturate	1 kg bag
Art. no. 3078700	Vegavo Compound Chicken Style	1 kg bag
Art. no. 3078800	Vegavo Steak Beef Style	1 kg bag
Art. no. 2823001	Vegavo Nugget Compound	2.1 kg bag
Art. no. 2840001	Vegavo Cevapcici Compound	1 kg bag
Art. no. 2448500	Methylcellulose	1 kg bag
Art. no. 2827300	Vegavo Pea Tex	6 kg sack
Art. no. 1116213	Al dente	1 kg bag
Art. no. 2850400	Vegavo Compound Vegan Mince Skewer Kebab Style	1 kg bag



**VEGAN BURGER
CHICKEN STYLE**



**VEGAN MEAT
LOAF**



**VEGANE
CEVAPCICI**



**VEGAN FILLET CHICKEN
STYLE**



**VEGAN CUTLET
GYROS STYLE**

SAUSAGES & COLD CUTS



TIP

AVO Plant Cream is also excellent for improving the texture of burger patties!

... and here's how it works ...

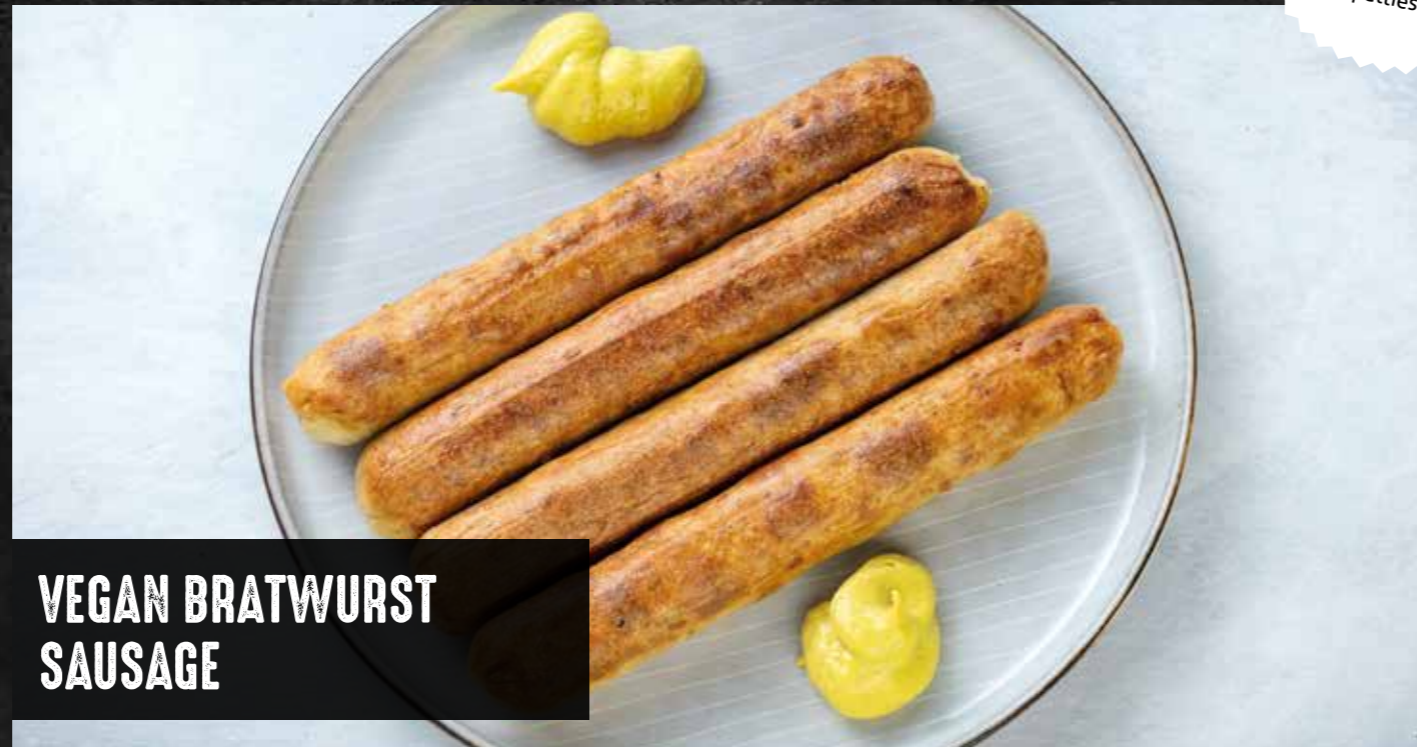
Production videos
by scan



<https://www.avo.de/en/vegan-sausage>



**VEGAN SAUSAGE
SPREAD**



**VEGAN BRATWURST
SAUSAGE**

Many sausage products can be made entirely without meat, but when your diet is just aimed at reducing meat consumption, hybrid sausage products are a tasty and interesting alternative!

Art. no. 1480300	Liq Plant Cream	4 kg bucket
Art. no. 1590600	BIO Liq Plant Cream	25 kg bucket
Art. no. 3052400	Vegavo Compound for vegan bratwurst classic	1 kg bag
Art. no. 3396800	Vegavo Fresh Bratwurst	1 kg bag
Art. no. 2968200	Vegavo Spicy Compound for vegan cold cuts	3.75 kg bag
Art. no. 3044800	Vegavo Complete Mixture for vegan liver sausage	2.3 kg bag
Art. no. 2049600	Chorizo Classico, a Spanish speciality	1 kg bag



**VEGAN SAUSAGE WIENER
STYLE**



**VEGAN COLD CUTS
HAM SAUSAGE STYLE**



**VEGAN BRATWURST
CHORIZO STYLE**



**VEGAN BRATWURST
SAUSAGE
THURINGIAN STYLE**

CREATIVE INPUT

Simply refine and improve your products as desired by adding the widest variety of ingredients!



art. no. 980781



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