

Nutrition Facts Valeur nutritive

Per 1 kit (495 g)
pour 1 trousse (495 g)

Calories 250	% Daily Value *
	% valeur quotidienne *

Fat / Lipides 6 g	9 %
Saturated / saturés 1.5 g	3 %
+Trans / trans 0 g	

Carbohydrate / Glucides 39 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 1 g	0 %

Protein / Protéines 13 g

Cholesterol / Cholestérol 10 mg

Sodium 1640 mg	68 %
----------------	------

Potassium 550 mg	12 %
------------------	------

Calcium 10 mg	1 %
---------------	-----

Iron 4 mg	29 %
-----------	------

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

KID'S RAMEN - CHICKEN

A KID'S SIZE RAMEN FEATURING CHICKEN BROTH.

KIT INCLUDES: Chicken broth, shio tare, and noodles.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Chicken Broth (water, chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Shio Tare (water, shio koji, salt, kombu, vinegar).

Contains: Wheat.

May contain: Sesame, Soy.

Ingédients: Bouillon de poulet (eau, poulet, chou, carotte, daikon, oignon, gingembre, ail, kombu), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Shio taré (eau, shio koji, sel, kombu, vinaigre).

Contient: Blé.

Peut contenir: Sésame, Soja.

Net Wt: 495 g

Nutrition Facts Valeur nutritive

Per 1 kit (495 g)
pour 1 trousse (495 g)

Calories 200	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0.1 g	0 %
+Trans / trans 0 g	
Carbohydrate / Glucides 42 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 1 g	0 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium 1570 mg	65 %
Potassium 450 mg	10 %
Calcium 10 mg	1 %
Iron 4 mg	29 %

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

KID'S RAMEN - VEGAN

**A KID'S SIZE RAMEN
FEATURING VEGGIE BROTH.**

KIT INCLUDES: Vegan broth, shio tare, and noodles.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Vegan Broth (water, tomato, shiitake mushroom, kombu, xanthan gum [as a stabilizer]), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Shio Tare (water, shio koji, salt, kombu, vinegar).

Contains: Wheat.

May contain: Sesame, Soy.

Ingédients: Bouillon végétalien (eau, tomate, champignon shiitake, kombu, gomme xanthane [agent de stabilisation]), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Shio taré (eau, shio koji, sel, kombu, vinaigre).

Contient: Blé.

Peut contenir: Sésame, Soja.

Net Wt: 495 g

Nutrition Facts Valeur nutritive

Per 1 kit (654 g)
pour 1 trousse (654 g)

Calories 650	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 39 g	60 %
Saturated / saturés 4.5 g	7 %
+Trans / trans 0.1 g	
Carbohydrate / Glucides 49 g	
Fibre / Fibres 5 g	20 %
Sugars / Sucres 4 g	0 %
Protein / Protéines 36 g	
Cholesterol / Cholestérol 65 mg	
Sodium 2850 mg	119 %
Potassium 1000 mg	21 %
Calcium 100 mg	9 %
Iron 5 mg	36 %

* 5% or less is a **little**, 15% or more is a **lot**

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

TOKYO SALARYMAN CHICKEN RAMEN KIT

A DELICATE AND CLASSIC SHOYU RAMEN, INSPIRED BY THE TOKYO ROOTS OF RAMEN, FEATURING CHICKEN BROTH AND CHICKEN BREAST.

KIT INCLUDES: Chicken breast, chicken broth, roasted soy tare, noodles, menma, and green onion with garlic and shallot oil and sesame seeds.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Chicken Broth (water, chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Brined Chicken Breast (chicken, water, salt, sugar), Green Onion Packet (green onions, vegetable oil, sesame seeds, garlic, shallot), Menma (salted bamboo shoots, mirin, soy sauce, sesame oil), Roasted Soy Tare (soy sauce, shio koji, miso, salt, soy sauce powder).

Contains: Sesame, Soy, Sulphites, Wheat.

Ingrédients: Bouillon de poulet (eau, poulet, chou, carotte, daikon, oignon, gingembre, ail, kombu), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Poitrine de poulet saumuré (poulet, eau, sel, sucre), Paquet des oignons verts (oignons verts, huile végétale, graines de sésame, ail, échalote), Menma (pousses de bambou salées, mirin, sauce soja, huile de sésame), Tare au soja rôti (sauce soja, shio koji, miso, sel, sauce soja en poudre).

Contient: Sésame, Soja, Sulfites, Blé.

Net Wt: 654 g

Nutrition Facts Valeur nutritive

Per 1 kit (679 g)
pour 1 trousse (679 g)

Calories 870	% Daily Value *
	% valeur quotidienne *

Fat / Lipides 63 g	97 %
Saturated / saturés 13 g	21 %
+Trans / trans 0.2 g	

Carbohydrate / Glucides 50 g	
Fibre / Fibres 5 g	20 %
Sugars / Sucres 4 g	0 %

Protein / Protéines 39 g

Cholesterol / Cholestérol 90 mg

Sodium 2780 mg	116 %
-----------------------	-------

Potassium 950 mg	20 %
------------------	------

Calcium 100 mg	9 %
----------------	-----

Iron 5.5 mg	39 %
--------------------	------

* 5% or less is a **little**, 15% or more is a **lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

TOKYO SALARYMAN PORK RAMEN KIT

A DELICATE AND CLASSIC SHOYU RAMEN, INSPIRED BY THE TOKYO ROOTS OF RAMEN, FEATURING CHICKEN BROTH AND PORK CHASHU.

KIT INCLUDES: Pork chashu, chicken broth, roasted soy tare, noodles, menma, and green onion with garlic and shallot oil and sesame seeds.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Chicken Broth (water, chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Pork Chashu (pork, soy sauce, ginger, garlic, sugar, kombu, salt, spices), Green Onion Packet (green onions, vegetable oil, sesame seeds, garlic, shallot), Menma (salted bamboo shoots, mirin, soy sauce, sesame oil), Roasted Soy Tare (soy sauce, shio koji, miso, salt, soy sauce powder).

Contains: Sesame, Soy, Sulphites, Wheat.

Ingédients: Bouillon de poulet (eau, poulet, chou, carotte, daikon, oignon, gingembre, ail, kombu), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Porc chashu (porc, sauce soja, gingembre, ail, sucre, kombu, sel, épices), Paquet des oignons verts (oignons verts, huile végétale, graines de sésame, ail, échalote), Menma (pousses de bambou salées, mirin, sauce soja, huile de sésame), Taré au soja rôti (sauce soja, shio koji, miso, sel, sauce soja en poudre).

Contient: Sésame, Soja, Sulfites, Blé.

Net Wt: 679 g

Nutrition Facts Valeur nutritive

Per 1 kit (688 g)
pour 1 trousse (688 g)

Calories 710 % Daily Value *
% valeur quotidienne *

Fat / Lipides 45 g 69 %
Saturated / saturés 4.5 g 7 %
+Trans / trans 0.1 g

Carbohydrate / Glucides 58 g
Fibre / Fibres 8 g 32 %
Sugars / Sucres 6 g 0 %

Protein / Protéines 33 g

Cholesterol / Cholestérol 0 mg

Sodium 3390 mg 141 %

Potassium 800 mg 17 %

Calcium 250 mg 23 %

Iron 7 mg 50 %

* 5% or less is a **little**, 15% or more is a **lot**

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

TOKYO SALARYMAN TOFU RAMEN KIT

A DELICATE AND CLASSIC SHOYU RAMEN, INSPIRED BY
THE TOKYO ROOTS OF RAMEN, FEATURING VEGGIE
BROTH AND SESAME-CRUSTED TOFU.

KIT INCLUDES: Sesame-crusting tofu, vegan broth, roasted soy tare, noodles, menma,
and green onion with garlic and shallot oil and sesame seeds.

Keep Frozen: Use within 5 days of defrosting



CRAFTY RAMEN™

NOODLE SHOP
& MARKET

Ingredients: Vegan Broth (water, tomato, shiitake mushroom, kombu, xanthan gum [as a stabilizer]), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Sesame Marinated Tofu (tofu, sesame seeds, soy sauce, water, rice vinegar, sugar, ginger, garlic), Green Onion Packet (green onions, vegetable oil, sesame seeds, garlic, shallot), Menma (salted bamboo shoots, mirin, soy sauce, sesame oil), Roasted Soy Tare (soy sauce, shio koji, miso, salt, soy sauce powder).

Contains: Sesame, Soy, Sulphites, Wheat.

Ingédients: Bouillon végétalien (eau, tomate, champignon shiitake, kombu, gomme xanthane [agent de stabilisation]), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Tofu mariné au sésame (tofu, graines de sésame, sauce soja, eau, vinaigre de riz, sucre, gingembre, ail), Paquet des oignons verts (oignons verts, huile végétale, graines de sésame, ail, échalote), Menma (pousses de bambou salées, mirin, sauce soja, huile de sésame), Taré au soja rôti (sauce soja, shio koji, miso, sel, sauce soja en poudre).

Contient: Sésame, Soja, Sulfites, Blé.

Net Wt: 688 g

Nutrition Facts Valeur nutritive

Per 1 kit (670 g)
pour 1 trousse (670 g)

Calories 560	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 28 g	43 %
Saturated / saturés 4.5 g	7 %
+Trans / trans 0.1 g	
Carbohydrate / Glucides 50 g	
Fibre / Fibres 5 g	16 %
Sugars / Sucres 5 g	0 %
Protein / Protéines 33 g	
Cholesterol / Cholestérol 65 mg	
Sodium 2240 mg	126 %
Potassium 1150 mg	28 %
Calcium 50 mg	4 %
Iron 5.5 mg	31 %

* 5% or less is a **little**, 15% or more is a **lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

SPICY NEGI CHICKEN RAMEN KIT

A SPICY AND INVIGORATING SHIO RAMEN, INSPIRED BY THE LIGHT AND REFINED SIDE OF JAPANESE CUISINE, FEATURING CHICKEN BROTH AND CHICKEN BREAST.

KIT INCLUDES: Chicken breast, chicken broth, shio tare, noodles, pickled shiitake mushrooms, dried tomatoes, and green onion with sesame chilli oil and chilli flakes.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Chicken Broth (water, chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Brined Chicken Breast (chicken, water, salt, sugar), Green Onion Packet (green onions, sesame oil, vegetable oil, spices), Pickled Shiitake Mushrooms (shiitake mushrooms, water, brown rice vinegar, soy sauce), Shio Tare (water, shio koji, salt, kombu, vinegar), Dried Tomato (tomato, salt, sugar).
Contains: Sesame, Soy, Wheat.

Ingrédients: Bouillon de poulet (eau, poulet, chou, carotte, daikon, oignon, gingembre, ail, kombu), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Poitrine de poulet saumuré (poulet, eau, sel, sucre), Paquet des oignons verts (oignons verts, huile de sésame, huile végétale, épices), Champignons shiitake marinés (champignons shiitake, eau, vinaigre de riz brun, sauce soja), Shio taré (eau, shio koji, sel, kombu, vinaigre), Tomate séchée (tomate, sel, sucre).
Contient: Sésame, Soja, Blé.

Net Wt: 670 g

Nutrition Facts Valeur nutritive

Per 1 kit (704 g)
pour 1 trousse (704 g)

Calories 630	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 33 g	51 %
Saturated / saturés 4.5 g	7 %
+Trans / trans 0 g	
Carbohydrate / Glucides 58 g	
Fibre / Fibres 8 g	26 %
Sugars / Sucres 7 g	0 %
Protein / Protéines 30 g	
Cholesterol / Cholestérol 0 mg	
Sodium 2770 mg	156 %
Potassium 1000 mg	25 %
Calcium 200 mg	15 %
Iron 7.5 mg	42 %

* 5% or less is a **little**, 15% or more is a **lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

SPICY NEGI TOFU RAMEN KIT

**A SPICY AND INVIGORATING SHIO RAMEN, INSPIRED BY THE
LIGHT AND REFINED SIDE OF JAPANESE CUISINE, FEATURING
VEGGIE BROTH AND SESAME-CRUSTED TOFU.**

KIT INCLUDES: Sesame-crusted tofu, vegan broth, shio tare, noodles, pickled shiitake mushrooms, dried tomatoes, and green onion with sesame chilli oil and chilli flakes.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Vegan Broth (water, tomato, shiitake mushroom, kombu, xanthan gum [as a stabilizer]), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Sesame Marinated Tofu (tofu, sesame seeds, soy sauce, water, rice vinegar, sugar, ginger, garlic), Green Onion Packet (green onions, sesame oil, vegetable oil, spices), Pickled Shiitake Mushrooms (shiitake mushrooms, water, brown rice vinegar, soy sauce), Shio Tare (water, shio koji, salt, kombu, vinegar), Dried Tomato (tomato, salt, sugar).
Contains: Sesame, Soy, Wheat.

Ingédients: Bouillon végétalien (eau, tomate, champignon shiitake, kombu, gomme xanthane [agent de stabilisation]), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Tofu mariné au sésame (tofu, graines de sésame, sauce soja, eau, vinaigre de riz, sucre, gingembre, ail), Paquet des oignons verts (oignons verts, huile de sésame, huile végétale, épices), Champignons shiitake marinés (champignons shiitake, eau, vinaigre de riz brun, sauce soja), Shio taré (eau, shio koji, sel, kombu, vinaigre), Tomate séchée (tomate, sel, sucre).
Contient: Sésame, Soja, Blé.

Net Wt: 704 g

Nutrition Facts Valeur nutritive

Per 1 kit (736 g)
pour 1 trousse (736 g)

Calories 1210	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 95 g	146 %
Saturated / saturés 22 g	34 %
+Trans / trans 0.3 g	
Carbohydrate / Glucides 68 g	
Fibre / Fibres 7 g	28 %
Sugars / Sucres 10 g	0 %
Protein / Protéines 47 g	
Cholesterol / Cholestérol 170 mg	
Sodium 3220 mg	134 %
Potassium 1000 mg	21 %
Calcium 100 mg	9 %
Iron 6 mg	43 %

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

THE GRYPHON PORK RAMEN KIT

A ROBUST MISO RAMEN WITH A WARMING SPICINESS, INSPIRED BY THE COMMUNITY WHERE WE WERE FOUNDED, FEATURING OUR RICH CHICKEN AND DUCK BROTH AND PORK CHASHU.

KIT INCLUDES: Pork chashu, rich chicken and duck broth, miso tare, noodles, corn, butter, and green onion with sesame chilli oil and and chilli flakes.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Rich Chicken and Duck Broth (chicken, water, duck, cabbage, carrot, daikon, onion, garlic, ginger, kombu, soy lecithin and xanthan gum [as stabilizers]), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Pork Chashu (pork, soy sauce, ginger, garlic, sugar, kombu, salt, spices), Corn, Green Onion Packet (green onions, sesame oil, vegetable oil, spices), Miso Tare (miso, soy sauce, apple, ginger paste, sugar, sake, mirin, garlic, vegetable oil), Butter.
Contains: Milk, Sesame, Soy, Wheat.

Ingrédients: Bouillon onctueux de poulet et de canard (poulet, eau, canard, chou, carotte, daikon, oignon, ail, gingembre, kombu, lécithine de soja et gomme xanthane [agents de stabilisation]), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Porc chashu (porc, sauce soja, gingembre, ail, sucre, kombu, sel, épices), Maïs, Paquet des oignons verts (oignons verts, huile de sésame, huile végétale, épices), Miso taré (miso, sauce soja, pomme, pâte de gingembre, sucre, saké, mirin, ail, huile végétale), Beurre.
Contient: Lait, Sésame, Soja, Blé.

Net Wt: 736 g

Nutrition Facts Valeur nutritive

Per 1 kit (765 g)
pour 1 trousse (765 g)

Calories 1220	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 94 g	145 %
Saturated / saturés 22 g	34 %
+Trans / trans 0.3 g	
Carbohydrate / Glucides 71 g	
Fibre / Fibres 8 g	32 %
Sugars / Sucres 11 g	0 %
Protein / Protéines 47 g	
Cholesterol / Cholestérol 170 mg	
Sodium 3380 mg	141 %
Potassium 1000 mg	21 %
Calcium 100 mg	9 %
Iron 5.5 mg	39 %

* 5% or less is a **little**, 15% or more is a **lot**
* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

KAIZEN WARRIOR PORK RAMEN KIT

A RICH AND SAVOURY RAMEN FEATURING OUR RICH CHICKEN AND DUCK BROTH WITH MISO AND PORK CHASHU.

KIT INCLUDES: Pork chashu, rich chicken and duck broth, miso tare, noodles, corn, menma, butter, and green onions with sesame oil and togarashi powder.

Keep Frozen: Use within 5 days of defrosting



Ingredients: Rich Chicken and Duck Broth (chicken, water, duck, cabbage, carrot, daikon, onion, garlic, ginger, kombu, soy lecithin and xanthan gum [as stabilizers]), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Pork Chashu (pork, soy sauce, ginger, garlic, sugar, kombu, salt, spices), Corn, Green Onion Packet (green onions, sesame oil, spices), Miso Tare (miso, soy sauce, apple, ginger paste, sugar, sake, mirin, garlic, vegetable oil), Menma (salted bamboo shoots, mirin, soy sauce, sesame oil), Butter.

Contains: Milk, Sesame, Soy, Sulphites, Wheat.

Ingrédients: Bouillon onctueux de poulet et de canard (poulet, eau, canard, chou, carotte, daikon, oignon, ail, gingembre, kombu, lécithine de soja et gomme xanthane [agents de stabilisation]), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Porc chashu (porc, sauce soja, gingembre, ail, sucre, kombu, sel, épices), Maïs, Paquet des oignons verts (oignons verts, huile de sésame, épices), Miso taré (miso, sauce soja, pomme, pâte de gingembre, sucre, saké, mirin, ail, huile végétale), Menma (pousses de bambou salées, mirin, sauce soja, huile de sésame), Beurre.

Contient: Lait, Sésame, Soja, Sulfites, Blé.

Net Wt: 765 g

Nutrition Facts Valeur nutritive

Per 1 kit (769 g)
pour 1 trousse (769 g)

Calories 760	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 45 g	69 %
Saturated / saturés 5 g	8 %
+Trans / trans 0 g	
Carbohydrate / Glucides 77 g	
Fibre / Fibres 10 g	40 %
Sugars / Sucres 12 g	0 %
Protein / Protéines 38 g	
Cholesterol / Cholestérol 0 mg	
Sodium 4000 mg	167 %
Potassium 900 mg	19 %
Calcium 225 mg	20 %
Iron 7 mg	50 %

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

KAIZEN WARRIOR TOFU RAMEN KIT

A RICH AND SAVOURY RAMEN FEATURING OUR MISO
VEGGIE BROTH AND SESAME-CRUSTED TOFU.

KIT INCLUDES: Sesame-crust tofu, vegan broth, miso tare, noodles, corn,
menma, and green onions with sesame oil and togarashi powder.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Vegan Broth (water, tomato, shiitake mushroom, kombu, xanthan gum [as a stabilizer]), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Sesame Marinated Tofu (tofu, sesame seeds, soy sauce, water, rice vinegar, sugar, ginger, garlic), Corn, Green Onion Packet (green onions, sesame oil, spices), Miso Tare (miso, soy sauce, apple, ginger paste, sugar, sake, mirin, garlic, vegetable oil), Menma (salted bamboo shoots, mirin, soy sauce, sesame oil).

Contains: Sesame, Soy, Sulphites, Wheat.

Ingédients: Bouillon végétalien (eau, tomate, champignon shiitake, kombu, gomme xanthane [agent de stabilisation]), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Tofu mariné au sésame (tofu, graines de sésame, sauce soja, eau, vinaigre de riz, sucre, gingembre, ail), Maïs, Paquet des oignons verts (oignons verts, huile de sésame, épices), Miso taré (miso, sauce soja, pomme, pâte de gingembre, sucre, saké, mirin, ail, huile végétale), Menma (pousses de bambou salées, mirin, sauce soja, huile de sésame).

Contient: Sésame, Soja, Sulfites, Blé.

Net Wt: 769 g

Nutrition Facts Valeur nutritive

Per 1 kit (740 g)
pour 1 trousse (740 g)

Calories 790	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 51 g	78 %
Saturated / saturés 15 g	23 %
+Trans / trans 0.1 g	
Carbohydrate / Glucides 66 g	
Fibre / Fibres 7 g	28 %
Sugars / Sucres 12 g	0 %
Protein / Protéines 43 g	
Cholesterol / Cholestérol 105 mg	
Sodium 3500 mg	146 %
Potassium 1050 mg	22 %
Calcium 75 mg	7 %
Iron 5 mg	36 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

THE NORTHERN WARMER PORK RAMEN KIT

**A HEARTY AND SATISFYING RAMEN INSPIRED BY THE SAPPORO REGION
OF JAPAN, FEATURING MISO CHICKEN BROTH AND PORK CHASHU.**

KIT INCLUDES: Pork chashu, chicken broth, miso tare, noodles, cabbage,
carrot, roasted corn, menma, and chilli-miso butter.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Chicken Broth (water, chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Pork Chashu (pork, soy sauce, ginger, garlic, sugar, kombu, salt, spices), Vegetable Mix (corn, cabbage, carrot), Miso Tare (miso, soy sauce, apple, ginger paste, sugar, sake, mirin, garlic, vegetable oil), Menma (salted bamboo shoots, mirin, soy sauce, sesame oil), Chilli-Miso Butter (butter, gochujang).

Contains: Milk, Sesame, Soy, Sulphites, Wheat.

Ingrédients: Bouillon de poulet (eau, poulet, chou, carotte, daikon, oignon, gingembre, ail, kombu), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Porc chashu (porc, sauce soja, gingembre, ail, sucre, kombu, sel, épices), Mélange de légumes (maïs, chou, carotte), Miso taré (miso, sauce soja, pomme, pâte de gingembre, sucre, saké, mirin, ail, huile végétale), Menma (pousses de bambou salées, mirin, sauce soja, huile de sésame), Beurre piment-miso (beurre, gochujang).

Contient: Lait, Sésame, Soja, Sulfites, Blé.

Net Wt: 740 g

Nutrition Facts Valeur nutritive

Per 1 kit (744 g)
pour 1 trousse (744 g)

Calories 950	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 54 g	83 %
Saturated / saturés 7 g	10 %
+Trans / trans 0.2 g	
Carbohydrate / Glucides 75 g	
Fibre / Fibres 8 g	32 %
Sugars / Sucres 14 g	0 %
Protein / Protéines 46 g	
Cholesterol / Cholestérol 75 mg	
Sodium 2540 mg	106 %
Potassium 1350 mg	29 %
Calcium 125 mg	11 %
Iron 6 mg	43 %

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

SPICY CHICKEN TANTAN MEN RAMEN KIT

**A SPICY AND RICH RAMEN INSPIRED BY THE FLAVOURS OF SZECHUAN, FEATURING
SESAME CHICKEN BROTH, SPICED CHILLI OIL, AND SEASONED GROUND CHICKEN.**

KIT INCLUDES: Seasoned ground chicken, chicken broth, sesame tare,
noodles, corn, and green onions with spiced chilli oil and sesame seeds.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Chicken Broth (water, chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Tantan Chicken (chicken, ginger paste, pickled mustard greens, soy sauce, garlic, sake, hoisin sauce, vegetable oil, shiitake mushrooms, spices), Sesame Tare (shio koji, sesame paste, soy sauce, sugar, sesame chilli oil, ginger paste, green onion, salt), Corn, Green Onion Packet (green onions, vegetable oil, sesame seeds, spices).

Contains: Mustard, Sesame, Soy, Wheat.

Ingédients: Bouillon de poulet (eau, poulet, chou, carotte, daikon, oignon, gingembre, ail, kombu), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Poulet Tantan (poulet, pâte de gingembre, feuilles de moutarde marinées, sauce soja, ail, saké, sauce hoisin, huile végétale, champignons shiitake, épices), Taré au sésame (shio koji, pâte de sésame, sauce soja, sucre, huile de sésame pimentée, pâte de gingembre, oignon vert, sel), Maïs, Paquet des oignons verts (oignons verts, huile végétale, graines de sésame, épices).

Contient: Moutarde, Sésame, Soja, Blé.

Net Wt: 744 g

Nutrition Facts Valeur nutritive

Per 1 kit (819 g)
pour 1 trousse (819 g)

Calories 660	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 46 g	71 %
Saturated / saturés 3.5 g	5 %
+Trans / trans 0.1 g	
Carbohydrate / Glucides 65 g	
Fibre / Fibres 8 g	32 %
Sugars / Sucres 6 g	0 %
Protein / Protéines 26 g	
Cholesterol / Cholestérol 0 mg	
Sodium 3290 mg	137 %
Potassium 1050 mg	22 %
Calcium 400 mg	36 %
Iron 8 mg	57 %

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

SPICY MAPO TOFU TOFU RAMEN KIT

**A SPICY AND TINGLY RAMEN-INSPIRED VERSION OF THE POPULAR
CHINESE DISH, FEATURING VEGAN BROTH AND BRAISED TOFU.**

KIT INCLUDES: Spicy braised tofu, vegan broth, black bean tare, noodles,
Chinese broccoli, and green onions with spiced chilli oil and sesame seeds.

Keep Frozen: Use within 5 days of defrosting



CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Vegan Broth (water, tomato, shiitake mushroom, kombu, xanthan gum [as a stabilizer]), Mapo Tofu Topping (tofu, vegetable stock, doubanjiang, hoisin sauce, soy sauce, garlic, tomato paste, shiitake mushrooms, pickled mustard greens, vegetable oil, ginger paste, fermented black beans, Sichuan pepper, chillis), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Chinese Broccoli, Black Bean Tare (miso, vegetable broth, garlic, fermented black beans, sake, rice vinegar, ginger paste, soy sauce, salt, green onion, vegetable oil, dried chillis, sugar), Green Onion Packet (green onions, vegetable oil, sesame seeds, spices).

Contains: Mustard, Sesame, Soy, Wheat.

Ingédients: Bouillon végétalien (eau, tomate, champignon shiitake, kombu, gomme xanthane [agent de stabilisation]), Garniture de mapo tofu (tofu, bouillon de légumes, doubanjiang, sauce hoisin, sauce soja, ail, pâte de tomates, champignons shiitake, feuilles de moutarde marinées, huile végétale, pâte de gingembre, haricots noirs fermentés, poivre du Sichuan, piments), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Brocoli chinois, Taré aux haricots noirs (miso, bouillon de légumes, ail, haricots noirs fermentés, saké, vinaigre de riz, pâte de gingembre, sauce soja, sel, oignon vert, huile végétale, piments séchés, sucre), Paquet des oignons verts (oignons verts, huile végétale, graines de sésame, épices).

Contient: Moutarde, Sésame, Soja, Blé.

Net Wt: 819 g

Nutrition Facts

Valeur nutritive

Per 1 kit (510 g)
pour 1 trousse (510 g)

Calories 950	% Daily Value *
	% valeur quotidienne *

Fat / Lipides 44 g	68 %
Saturated / saturés 9 g	14 %
+Trans / trans 0.3 g	

Carbohydrate / Glucides 101 g	
Fibre / Fibres 10 g	40 %
Sugars / Sucres 25 g	0 %

Protein / Protéines 40 g

Cholesterol / Cholestérol 95 mg

Sodium 4560 mg	190 %
-----------------------	-------

Potassium 1100 mg	23 %
-------------------	------

Calcium 150 mg	14 %
----------------	------

Iron 8.5 mg	61 %
-------------	------

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

MY COLD SEOUL Pork Cold Ramen Kit

**A TANGY AND REFRESHING BROTH-LESS RAMEN INSPIRED BY
MIKI'S FAVOURITE SUMMERTIME RAMEN, FEATURING GOCHUJANG
DRESSING, THICK NOODLES, AND PULLED PORK.**

KIT INCLUDES: Pulled pork, thick noodles, My Cold Seoul dressing, white kimchi,
tomato kimchi, and green onions with chilli oil.

Keep Frozen: Use within 5 days of defrosting




CRAFTY RAMEN™
NOODLE SHOP
& MARKET

Ingredients: Thick Noodles (enriched flour, water, tapioca starch, salt, sodium carbonate, potassium carbonate), Pulled Pork (pork, sugar, ginger, garlic, salt, spices), White Kimchi (Napa cabbage, Asian pear, salt, ascorbic acid), Tomato Kimchi (tomatoes, garlic, chillis, ginger paste, salt, yuzu juice), Dressing (rice vinegar, soy sauce, gochujang, sugar, miso, doubanjiang, vegetable oil, Chinkiang vinegar, natural flavour enhancer, garlic), Green Onion Packet (green onions, vegetable oil, spices).

Contains: Soy, Sesame, Wheat.

Ingrédients: Nouilles épaisses (farine enrichie, eau, fécule de manioc, sel, carbonate de sodium, carbonate de potassium), Porc effiloché (porc, sucre, gingembre, ail, sel, épices), Kimchi blanc (Chou nappa, poire asiatique, sel, acide ascorbique), Kimchi de tomates (tomates, ail, flocons de piment, pâte de gingembre, sel, jus de yuzu), Sauce (vinaigre de riz, sauce soja, gochujang, sucre, miso, doubanjiang, huile végétale, vinaigre de Chinkiang, exhausteur de goût naturel, ail), Paquet des oignons verts (oignons verts, huile végétale, épices).

Contient: Contient: Soja, Sésame, Blé.

Net Wt: 510 g

Nutrition Facts Valeur nutritive

Per 1 kit (510 g)
pour 1 trousse (510 g)

Calories 710 % Daily Value *

% valeur quotidienne *

Fat / Lipides 29 g 45 %
Saturated / saturés 2 g 3 %
+Trans / trans 0.1 g

Carbohydrate / Glucides 95 g
Fibre / Fibres 8 g 32 %
Sugars / Sucres 18 g 0 %

Protein / Protéines 29 g

Cholesterol / Cholestérol 0 mg

Sodium 4010 mg 167 %

Potassium 600 mg 13 %

Calcium 175 mg 16 %

Iron 8 mg 57 %

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

MY COLD SEOUL Seitan Cold Ramen Kit

**A TANGY AND REFRESHING BROTH-LESS RAMEN INSPIRED BY
MIKI'S FAVOURITE SUMMERTIME RAMEN, FEATURING GOCHUJANG
DRESSING, THICK NOODLES, AND MISO-MARINATED SEITAN.**

KIT INCLUDES: Miso-marinated seitan, thick noodles, My Cold Seoul dressing, white
kimchi, tomato kimchi, and green onions with chilli oil.

Keep Frozen: Use within 5 days of defrosting



Ingredients: Thick Noodles (enriched flour, water, tapioca starch, salt, sodium carbonate, potassium carbonate), Miso-Marinated Seitan (soft wheat gluten, miso, soy sauce, sugar, mirin, ginger paste, garlic), White Kimchi (Napa cabbage, Asian pear, salt, ascorbic acid), Tomato Kimchi (tomatoes, garlic, chilli flakes, ginger paste, salt, yuzu juice), Dressing (rice vinegar, soy sauce, gochujang, sugar, miso, doubanjiang, vegetable oil, Chinkiang vinegar, natural flavour enhancer, garlic), Green Onion Packet (green onions, vegetable oil, spices).

Contains: Soy, Wheat.

May contain: Sesame.

Ingrédients: Nouilles épaisses (farine enrichie, eau, fécule de manioc, sel, carbonate de sodium, carbonate de potassium), Seitan mariné au miso (gluten de blé tendre, miso, sauce soja, sucre, mirin, pâte de gingembre, ail), Kimchi blanc (Chou nappa, poire asiatique, sel, acide ascorbique), Kimchi de tomates (tomates, ail, flocons de piment, pâte de gingembre, sel, jus de yuzu), Sauce (vinaigre de riz, sauce soja, gochujang, sucre, miso, doubanjiang, huile végétale, vinaigre de Chinkiang, exhausteur de goût naturel, ail), Paquet des oignons verts (oignons verts, huile végétale, épices).

Contient: Soja, Blé.

Peut contenir: Sésame.

Net Wt: 510 g

Nutrition Facts

Valeur nutritive

Per 1 kit (510 g)
pour 1 trousse (510 g)

Calories 700 % Daily Value *

% valeur quotidienne *

Fat / Lipides 27 g 42 %
Saturated / saturés 2.5 g 4 %
+Trans / trans 0.1 g

Carbohydrate / Glucides 86 g
Fibre / Fibres 7 g 28 %
Sugars / Sucres 14 g 0 %

Protein / Protéines 31 g

Cholesterol / Cholestérol 55 mg

Sodium 3690 mg 154 %

Potassium 850 mg 18 %

Calcium 125 mg 11 %

Iron 7 mg 50 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Made in Canada by Crafty Ramen.

Crafty Ramen is a registered trademark of Crafty Ramen Holdings Inc. | www.craftyramen.com

MY COLD SEOUL Chicken Cold Ramen Kit

**A TANGY AND REFRESHING BROTH-LESS RAMEN INSPIRED BY MIKI'S
FAVOURITE SUMMERTIME RAMEN, FEATURING GOCHUJANG
DRESSING, THICK NOODLES, AND CHICKEN BREAST.**

KIT INCLUDES: Shredded chicken, thick noodles, My Cold Seoul dressing, white
kimchi, tomato kimchi, and green onions with chilli oil.

Keep Frozen: Use within 5 days of defrosting



Ingredients: Thick Noodles (enriched flour, water, tapioca starch, salt, sodium carbonate, potassium carbonate), Brined Chicken Breast (chicken, water, salt, sugar), White Kimchi (Napa cabbage, Asian pear, salt, ascorbic acid), Tomato Kimchi (tomatoes, garlic, chillis, ginger paste, salt, yuzu juice), Dressing (rice vinegar, soy sauce, gochujang, sugar, miso, doubanjiang, vegetable oil, Chinkiang vinegar, natural flavour enhancer, garlic), Green Onion Packet (green onions, vegetable oil, spices).

Contains: Soy, Wheat.

May contain: Sesame.

Ingédients: Nouilles épaisses (farine enrichie, eau, fécule de manioc, sel, carbonate de sodium, carbonate de potassium), Poitrine de poulet saumuré (poulet, eau, sel, sucre), Kimchi blanc (Chou nappa, poire asiatique, sel, acide ascorbique), Kimchi de tomates (tomates, ail, flocons de piment, pâte de gingembre, sel, jus de yuzu), Sauce (vinaigre de riz, sauce soja, gochujang, sucre, miso, doubanjiang, huile végétale, vinaigre de Chinkiang, exhausteur de goût naturel, ail), Paquet des oignons verts (oignons verts, huile végétale, épices).

Contient: Soja, Blé.

Peut contenir: Sésame.

Net Wt: 510 g