



# ZERO MEAT. REALLY SWISS.

FOOD SERVICE RANGE



## OUR PROMISE: REAL PLEASURE. ZERO MEAT.

# THE GREEN MOUNTAIN: IT'S ALL IN THE NAME

**GREEN** stands for meat-free, natural and plant-based products.  
**MOUNTAIN** symbolises the origin and regional production.

### The ingredients. Simply high quality.

The protein from peas, wheat and/or soy provides the same bite as their meat equivalent. We exclusively use high-quality ingredients, which all come from Switzerland or neighbouring European countries whenever possible. This keeps supply routes close and contributes to sustainable production methods.



### For all those who want the enjoyment but not the meat.

Not only do THE GREEN MOUNTAIN plant-based products look like meat and taste like meat – they even behave just like their meaty counterparts during preparation.

From the release of juices at the perfect cooking point to the development of roasting aromas and the change in colour while frying – THE GREEN MOUNTAIN products stand for wholesome enjoyment!

- ✓ Source of vitamin B12
- ✓ Ready-seasoned
- ✓ **No** added sugar
- ✓ **No** palm oil
- ✓ **No** flavour-enhancing additives





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# PLANT-BASED BURGER



BLACK & BLUE  
BURGER

CHIMICHURRI  
BURGER

RED ONION BALSAMIC  
BURGER

## ZERO MEAT. BUT WITH A REAL BURGER FEELING.



We are proud to present the first burger to be developed and produced in Switzerland – THE GREEN MOUNTAIN burger.

- ✓ Preparation in different cooking stages
- ✓ Juice oozes out
- ✓ Forms roasted aromas

Delight your guests ... without any meat!



### PREPARATION:



#### TILT SKILLET/FRYING PAN

- Important: The tilt skillet or frying pan must never be too hot.
- Fry the burger on all sides until red juice oozes out (= medium).
- Duration varies depending on temperature and whether the patty is still frozen or defrosted.



#### GAS OR CHARCOAL GRILL

- On the grill, the burger works best cooked from frozen.
- Place over a medium heat and cook on each side until juices ooze out.



#### COMBI STEAMER/CONVECTION OVEN/FAN OVEN

- Important: Defrost the burger first and use grill or roasting trays.
- Place the burgers on the cold trays, put the trays in the combi steamer preheated to 250 °C and grill for 3 minutes (medium). Set the fan to maximum and open the steam vent.
- Remove from the tray, turn the burgers and continue cooking. Serve immediately.





# PLANT-BASED MEATLOAF ALTERNATIVE

**THE CABBAGE ROCKER**  
MEATLOAF ROLL WITH CABBAGE AND SALAD



**GRILL BILL**  
GRILLED MEATLOAF WITH DICED POTATOES



**À LA PEPPONE**  
PEPPER MEATLOAF WITH POTATOES



## MEAT-FREE MEATLOAF: SELDOM HAS SUCH A CONTRADICTION TASTED SO GOOD.



### TIPS & TRICKS

#### for Preparation:

- Fully defrost the product in advance.
- Cook at 150 °C and 20% steam to 90 °C core temperature.
- Not suitable for cold consumption.
- Cut into slices, you can reheat and re-juvenate it in the combi steamer (140 °C, 30% steam) or frying pan.
- You can also season the mixture as desired before cooking (e.g. with peppers and sweetcorn).

Vegan meatloaf mixture for baking, which is also lower in calories and salt than its meat equivalent. Awarded the Swiss Vegan Award in the 'Salty Food' category (3rd place) in September 2021!





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# PLANT-BASED TARTARE ALTERNATIVE AND MINCE



FREAK OUT  
RISSOLE WITH POTATO SALAD



PLANT-BASED  
SPAGHETTI BOLOGNESE



## PLANT-BASED TARTARE ALTERNATIVE



A delicious plantain product that is ready-seasoned so you can serve it straight away.



### TIPS & TRICKS

#### for Preparation:

- Defrost the desired number of portions from the packet approx. 3 hours before use at max. +5 °C.
- No further seasoning necessary.
- Remove from the packaging and serve cold.



## PLANT-BASED MINCE

### TIPS & TRICKS

#### for Preparation:

- Defrost the product in advance, remove the paper.
- Use vegetable oil for frying.
- Season with care – the mince is already salted and seasoned.
- Can be used just like conventional minced meat.

Really versatile! This plant-based mince means any favourite dish can be transformed into a meat-free delicacy.





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# PLANT-BASED BALLS



PANINI-BALLS  
BALLS IN A BREAD ROLL

BOWLING GREEN  
BALLS WITH PARSLEY SALAD



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# PLANT-BASED BALLS

These vegan balls made from pea protein and rapeseed oil are truly convincing in terms of flavour and versatility. Frying changes their colour from reddish to brown: 100% delicious. 0% meat.



## TIPS & TRICKS

### for Preparation:

- **Frying pan:** Do not heat the pan too much and fry the balls evenly on all sides.
- **Combi steamer:** Place the frozen balls on a roasting tray covered with baking paper. Cook at 170 °C and 20% steam in a preheated combi steamer for 8–10 minutes.
- For use in sauces, fry the balls in advance until golden brown.





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# PLANT-BASED SAUSAGE ALTERNATIVES



**CURRY SAUSAGE**  
BRATWURST SAUSAGE ALTERNATIVE  
IN A SMOKY CURRY SAUCE

**SAUSAGE SALAD**  
WITH PICKLED ONIONS,  
CHILLI CUCUMBERS AND TOASTED BREAD



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## PLANT-BASED SAUSAGE ALTERNATIVE PLANT-BASED RED SAUSAGE ALTERNATIVE

**Real sausage — with bite and crunch:**  
Our bratwurst alternatives have been developed with the craft of the butcher's trade. The secret is the vegan 'skin', which makes this bratwurst just as crunchy as the original.



ALSO TASTES GOOD COLD!

HIGH  
FIBRE

VITAMIN  
B12

0%  
MEAT

### PREPARATION



#### FRYING PAN

- Preheat the frying pan with vegetable oil over a medium heat.
- Fry the defrosted sausages for 7–9 minutes (white bratwurst) or 6–7 minutes (red bratwurst).



#### GRILL

- Preheat the grill.
- Cook the defrosted and oiled sausages for 9–12 minutes, turning several times.



#### OVEN

- Preheat the oven to 220 °C (0% humidity).
- Cook the defrosted and oiled sausages for approx. 9 minutes (white bratwurst) or 7–8 minutes (red bratwurst).

### TIPS & TRICKS

#### for Preparation:

- Defrost the sausages, oil them slightly and prick them.
- Preheat the baking tray.
- The red bratwurst alternative is also suitable for cold consumption.





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# PLANT-BASED ESCALOPE (VIENNESE STYLE)



ESCALOPE  
WITH POTATO SALAD



ESCALOPE  
WITH FRENCH FRIES



## TAKE CENTRE PLATE.

### TIPS & TRICKS

#### for Preparation:

- Defrost the schnitzel before frying.
- For a perfect result, we recommend using a fryer.
- The schnitzel does not need to be defrosted beforehand when cooked in a fryer.
- After frying, dab the schnitzel with a cloth to remove excess grease.

The heart of a plate can also be **plant-based!** Juicy and with the same bite as the original, THE GREEN MOUNTAIN schnitzel impresses even die-hard schnitzel lovers.

### PREPARATION



#### FRYING PAN

- Preheat the frying pan with sufficient vegetable oil over a medium heat.
- Fry the defrosted schnitzel on both sides for approx. 10 minutes in total.



#### FRYER

- Preheat the fryer to 165 °C with sufficient fat.
- Fry the frozen schnitzel in it for approx. 4 minutes.
- Then dab off the grease with a cloth.





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# PLANT-BASED STEAK



## TRULY CENTRE PLATE. FULL OF FLAVOUR.



**A real gourmet sensation:** The first plant-based steak to be developed and produced in Switzerland. Its juices appear extremely authentic if you cut it directly after browning, and it is very easy to achieve the right cooking point.

SOURCE  
OF FIBRE

0%  
MEAT

HIGH  
PROTEIN

VITAMIN  
B12

### TIPS & TRICKS

#### for Preparation:

- Defrost the steaks beforehand.
- Use fat.
- We recommend cooking on the grill for the best appearance and best bite.
- Preheat the baking tray (use a roasting tray if available)

### PREPARATION:



#### GRILL

- Preheat the grill.
- Rub the defrosted steak with a little vegetable fat and grill over a medium heat for approx. 11 minutes, turning several times.



#### FRYING PAN

- Heat the vegetable oil over a medium heat.
- Rub the defrosted steak with a little vegetable fat and fry for approx. 8–10 minutes.



#### OVEN

- Preheat the oven to 180 °C (0% humidity).
- Cook the defrosted steak for approx. 8–10 minutes. Grill over a medium heat for approx. 11 minutes, turning several times.





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# PLANT-BASED FILET (CHICKEN STYLE)



FITNESS PLATE  
WITH PLANT-BASED FILET (CHICKEN STYLE)



FILLET IN A WALNUT CRUST  
WITH MAPLE SYRUP, ASPARAGUS  
AND SWEET POTATOES



SOURCE  
OF FIBRE

HIGH  
PROTEIN

0%  
MEAT

VITAMIN  
B12

## PREPARATION:



### FRYING PAN

- Heat the vegetable oil over a medium heat.
- Fry the defrosted fillet for approx. 8–10 minutes in total until golden brown on both sides.



### GRILL

- Preheat the grill.
- Rub the defrosted fillet with a little vegetable fat and grill over a medium heat (approx. 160 °C), turning several times, for approx. 6 minutes per side.



### OVEN

- Preheat the oven to 180 °C (0% humidity).
- Rub the defrosted fillet with a little vegetable fat and cook for approx. 8–10 minutes.

Like its meat equivalent, our chicken fillet can be cut, seasoned and finished in many different ways. When frying, golden brown roast marks appear – just like on a piece of chicken.

**Absolutely delicious!**

## TIPS & TRICKS

### for Preparation:

- Defrost the fillets beforehand.
- Use fat.
- We recommend frying in a pan for the best appearance and bite.





# PLANT-BASED GESCHNETZELTES (STRIPS)

Plant-based  
Ground Beef  
(Beef Style)

Plant-based  
Sliced Chicken  
(Chicken Style)



NEW

NEW



## ZERO MEAT. REALLY VERSATILE.



VITAMIN  
B12

0%  
MEAT

So delicious and so versatile: THE GREEN MOUNTAIN Geschnetzeltes (strips) can be used in a variety of ways – whether as a classic like the Zürcher Geschnetzeltes or in modern trendy cuisine, such as an Asian dish, as part of a bowl or even in snacks.

### PREPARATION:



#### OVEN

- Preheat the oven to 220 °C (100% humidity). Lightly oil the defrosted strips and cook for 6 minutes.



#### FRYING PAN

- Preheat the frying pan over a medium to high heat. Lightly oil the defrosted strips and fry for 4 minutes.

### TIPS & TRICKS

#### for preparation:

Defrost the strips and oil lightly. Preheat an oven tray (use a roasting tray if available).

**THE GREEN MOUNTAIN**

Verpackung:

Allergene:

EAN-Karton:

**Plant-based Burger**

Vegan burger made from pea protein and coconut fat, frozen  
Unit weight: approx. 120 g



Bag  
Box: 2.88 kg (2 x 1.44 kg)

Gluten

**Plant-based Meatloaf Alternative**

Vegan product made from rapeseed oil and pea protein, frozen  
Unit weight: approx. 1.5 kg



Foil tray  
Box: 3 kg (2 x 1.5 kg)

**Plant-based Tartare Alternative**

Vegan spread made from plantain flour  
Unit weight: approx. 80 g



Box: 1.6 kg (20 x 80 g)

Gluten  
Mustard**Plant-based Balls**

Vegan balls made from pea protein and rapeseed oil, frozen  
Unit weight: approx. 20 g



Box: 3 kg (2 x 1500 g)

Gluten

**Plant-based Mince**

Vegan product made from pea protein, frozen  
Unit weight: approx. 500 g



Box: 4.5 kg (9 x 500 g)

Gluten

**Plant-based Red Sausage Alternative**

Vegan product made from rapeseed oil and pea protein, smoked, frozen  
Unit weight: approx. 80 g



Box: 3.2 kg (2 x 1600 g)

**Plant-based Sausage Alternative**

Vegan product made from rapeseed oil, herb mushrooms and pea protei, frozen  
Unit weight: approx. 115 g



Box: 3.45 kg (3 x 1150 g)

**Plant-based Escalope (Viennese Style)**

Vegan product made from vegetable proteins, breaded, frozen  
Unit weight: approx. 165 g



Box: 2.97 kg (2 x 1485 g)

Gluten  
Soy**Plant-based Steak**

Vegan product made from vegetable proteins, frozen  
Unit weight: approx. 200 g



Box: 2.8 kg (2 x 1400 g)

Gluten  
Soy**Plant-based Filet (Chicken Style)**

Vegan product made from vegetable proteins, frozen  
Unit weight: approx. 130 g



Box: 2.6 kg (2 x 1300 g)

Gluten  
Soy**Plant-Based Ground beef (Beef Style)**

Vegan product made from vegetable proteins, frozen  
Piece size: approx. 4–7 cm



Box: 3 kg (2 x 1500 g)

Gluten  
Soy**Plant-Based Sliced Chicken (Chicken Style)**

Vegan product made from soy protein, frozen  
Piece size: approx. 4–7 cm



Box: 3 kg (2 x 1500 g)

Soy



THE GREEN MOUNTAIN food service range is available exclusively through wholesalers.

**THE GREEN MOUNTAIN**

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