



Teiezas
CHOICE

PRODUCT CATALOGUE

2020

KOMBUCHA

Kombucha is a fermented soft drink, made by fermenting a slightly sweetened tea. In a process similar to beer and cider, we brew the kombucha over a period of 7 days using a symbiotic culture of bacteria and yeast (also known as SCOBY).

When you ferment, you unlock flavor while reducing sugar and enhancing nutrients.

Kombucha is popular for its tasty and refreshing flavors and for being less sweet than normal soft drinks. It is also known for containing beneficial organic acids and probiotic bacteria. The complex flavors makes it a great, non-alcoholic alternative to wine.

Enjoy it ice cold and in good company!

ORGANIC MOUNTAIN TEA

Flavoured with handpicked organic mountain tea mix with refreshing lemon juice.

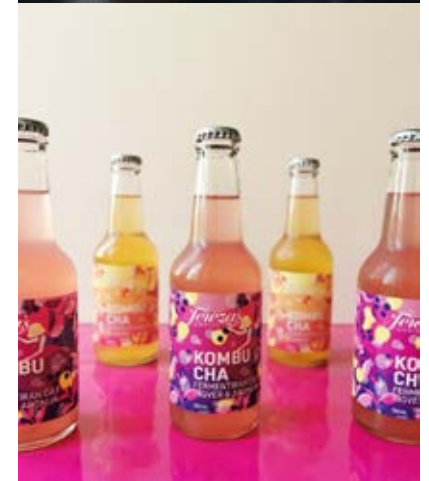
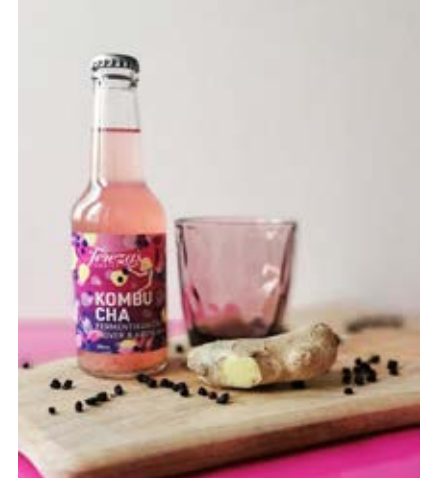
ORGANIC GINGER AND ARONIA

Spiced with a shot of organic ginger juice and enhanced with the popular aronia berries. Aronia juice is considered to be a source of compounds with high antioxidative potential.

Net: 330 ml



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FERMENTED

Healthy fermentation range!

Gut friendly tofu is carefully fermented with the highest quality ingredients sourced locally from Slovenia. It consists of two probiotic groups fermented tofu and fermented vegan creme cheese.

FERMENTED TOFU

Natural & Herbal

Our fermented tofu is fermented with vegan starter cultures (lactic acid bacteria). As a result, the tofu is mildly acidified, and the sugars and carbohydrates in the tofu are already metabolized to a great extent. This process gives the tofu a deliciously mild acidic flavour.

FERMENTED VEGAN CREME CHEESE

Deliciously creamy

Inviting and light fermented vegan creme cheese in three flavours - Natural & Chives & Horseradish. Fermented with vegan starter cultures which make the spread full of umami and end up satisfying every taste.

Perfect for topping bagels or even adding it to pasta or risotto for extra creaminess.



Net weight: 200 g / 240 g



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HUMUS

Humus that contains only the best!

Humus occurs when we mix the best ingredients, such as chickpeas, garlic, slowly roasted sesame seeds grinded into tahini and spices. Sometimes, we leave the humus completely simple, other times we spice it with carefully selected flavours, all of which are completely natural and fresh, without artificial preservatives, completely vegan and made exclusively with ecological ingredients. Who would have thought that something so delicious could also be so good for us?

You can use humus as a stand-alone ingredient, a bread spread or a sauce for quinoa, millet or pasta. It is a healthy choice for everyone – from the playful schoolchildren to top athletes, from culinary masters to those who are looking for a simple and healthy snack.

NATURAL

This is the real thing!

Humus Natural is creamy and fresh with mild notes of lemon, home-made tahini and cold-pressed extra virgin olive oil. It represents the basis for the preparation of many modest and rich dishes.

BEETROOT

Beetroot has never been so delicious.

The invitingly colourful beetroot humus hides a happy and sweeter character. It is carefully prepared and perfect for a quick snack and, due to his colour and flavour, it will certainly exceed the expectations of the youngest gourmets.

ROASTED PEPPERS

The harmony of flavours that convinces even the most demanding.

Slowly roasted organic peppers in combination with caramelized onions creates a flavour that you cannot forget easily. The addition of fresh lemon and garlic conjures up a slightly smoky aftertaste that will impress big as well as little gourmets.

PUMPKIN

Caresses with seductive creaminess.

Different organic ingredients merge in a wonderful balance of sweet, salty and sour. The pumpkin spices up the humus with a gentle yellow color and adds a delicate texture, which is a real poem for your body.



Net weight: 140 g



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SPREADS

Health for every occasion.

These completely vegan spreads are a trick that always sparks enthusiasm at the dining table. Organic sunflower seeds ensure that they are incredibly creamy and because of their fresh and quality ingredients, they are also extremely tasty.

The spreads are intended for versatile use, so they go well with a whole range of snacks. Keep them in mind when preparing sandwiches, crackers, roasted vegetables, potatoes, breakfast or your favourite pasta. We promise you will not regret it.

ROASTED PEPPERS & ONION

For a good start and a strong ending.

We slowly roast the ecological red peppers and onions, add sunflower seeds and mix everything in a smooth texture. To make it even better, we add a drop of extra virgin olive oil and a winning spread is in front of you.

CHILLI

Some like it hot.

Regardless of whether you want to spice up the flavour of tortillas and tacos or you are looking for an ideal sauce for dipping vegetable sticks – chilli spread is an excellent choice. It is definitely the king of healthy fun, as its flavour is always hot.

PUMPKIN

To satisfy your hunger.

Created after Slovenian inspiration. For this spread, we are using unrefined pumpkinseed oil, which adds depth and homeliness. Due to the addition of roasted pumpkin seeds, it reminds of pesto, which means it is excellent for quick and simple pasta.

MUSTARD & ARUGULA

That's a nice couple.

Although at first glance, arugula and mustard live in completely different universes, this unusual combination is caught in an unexpected balance. Ecological arugula and mustard seeds – two flavours that are perfectly combined.



Net weight: 140 g



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The spreads contain no artificial preservatives and additives and are made only with carefully selected ecological ingredients. Do not forget: for every occasion, a spread can be found.

VEGGIE BURGER

Juicy, delicious and healthy.

These vegan burgers are also suitable for the most passionate burger lovers! They are to blame that Tereza gained a unique reputation in New Zealand. She prepares them for picnics and dinners, where the full mouths of burgers are usually replaced by the full mouths of compliments. Because they are so popular, she decided to share them with you! Fall in love with these simple but enticing veggie burgers – fast food in a healthy and veggie way.

BEETROOT & TOFU

A truly juicy veggie burger.

This juicy veggie burger is carefully prepared with the finest ingredients and ready for fast serving at lunch or dinner with delicious Veggiennaise garlic & lemon taste. Do not delay and bite into health!

CHICKPEAS & SPINACH

Ideal for fast, easy and healthy snack.

A light veggie burger, which you can also have for snack, on a salad, bread, with quinoa or as a side dish. Do not be afraid to experiment and prepare it according to your own taste.



Net weight: 180 g



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Veggie burgers are prepared with ecological vegetables and legumes. Naturally filled with proteins and fiber, without artificial preservatives or additives.





VEGAN MAYO

Vegan mayonnaise with a unique recipe.

Tereza has prepared countless winning veggie burgers, which is why she knows perfectly well that an excellent Veggiennaise is crucial for a delicious Veggie Burger! That is why we have developed the best vegan mayonnaise, which perfectly complements Tereza's choice Veggie Burgers. The legendary recipe has been upgraded and developed into three different flavours that should not be missing in your refrigerator and with your snacks.

Veggiennaise Tereza's choice is organic and vegan, so you can enjoy its flavour completely guilt free!

GARLIC & LEMON

Spices up all types of snacks.

Fresh vegan mayonnaise with zesty garlic and lemon synergy, excellent for every sandwich, with fries or Tereza's choice veggie burger.

BASIL

Gentle taste that pampers the taste buds.

A rich vegan mayonnaise with a mild flavour of basil is also delicious in soups or served with roasted vegetables.

CURRY

Vegan mayonnaise with an oriental note.

A slightly different vegan mayonnaise, inspired by Asian cuisine, is a winner in vegan wraps.



Net weight: 270 g



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TOFU

Versatile tofu for all tastes.

Tereza is destroying all prejudices about tofu! Organic tofu Tereza's choice certainly deserves a central place in your kitchen. It is an indispensable element of any vegan pantry and an ingredient with which we create a range of delicious plant-based recipes. Since it is carefully prepared from organic and GMO-free soya and spiced with a pinch of natural spices and herbs, you can rest assured that your next meal will be tofuntastic with it!

Every Tereza's choice tofu is full of high-quality vegetable proteins and extremely versatile. The choice of five different ecological tofus will satisfy every taste.

NATURAL

Ready for experimentation.

Spicy, sweet or sour – you can prepare our natural tofu completely according to your taste. Due to its solid structure it is especially suitable for roasting and together with soy sauce, they can conjure up various culinary masterpieces.

ROSSO

Red, how I want you red.

We mixed excellent tofu with the popular "pesto rosso" and a winning combination for pasta and salads was created. Due to its characteristic flavour, it is ideal for preparing all kinds of delicacies inspired by Italian cuisine.

PUMPKIN

Full colour and even fuller flavour.

Pumpkin tofu is a real specialty, as it is prepared with traditional Slovenian ingredients – pumpkinseeds oil and pumpkin seeds. In a delicious combination with turmeric and its yellow colour, pumpkin tofu is truly eye-catching and a real treat for the taste buds.

BASIL

Conjure up summer lightness.

This tofu is full of aromatic herbs, in which organic basil predominates. Due to its enticing aroma, Tofu Basil is often used in warm and cold Mediterranean dishes that conjure up the summer on the plate no matter the season.

OLIVE

A simple flavour that never disappoints.

Tofu Olive contains high quality olives, which give tofu a characteristic simple, but distinctive character. Organic olives, herbs and sea salt provide a clear flavour that goes well with various light dishes.



Net weight: 200 g



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BUTTERS

Various delicious butters from nuts, which are a perfect addition to breakfast, snack or dessert.

No refined sugar or oil added.

PEANUT

For every occasion.

100 % peanut butter, made from the best organic or conventional peanuts. You can use it to prepare chocolate pastries, smoothies, serve it for breakfast and if you are a great lover, you can just eat it off a spoon!

ALMOND

So tasty it melts in your mouth.

100 % almond butter from the best almonds with a seductive creamy texture and is truly a fantasy for gourmets. Add it to refreshing smoothies for a creamy and protein supplement or simply serve it with fresh fruit.

HAZELNUTS & COCOA

Pamper yourself without guilt.

Chocolate butter with real cocoa, which is a culinary delicacy for all true chocolate lovers. With it, you can spice up your pancakes without any guilt or use it when you feel the need for a quick banana dessert.

CINNAMON & VANILLA

Innocence in every bite.

A mixture of roasted almonds, vanilla and cinnamon creates a combination reminding of the warm taste of cookies, so you can easily mix it in ice cream, add it to cereal or use it to accompany your favourite dessert.



Net weight: 300 g



Organa d.o.o.

Nasovče 34
1218 Komenda
Slovenia

Jernej Pulko

00 386 40 844 029

www.terezaschoice.com



Tejeras's
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