

Nutrition Facts	
Valeur nutritive	
Per 1/2 portion (364 g)	
Pour 1/2 portion (364 g)	
Calories 630	% Daily Value *
Fat / Lipides 40 g	% valeur quotidienne *
Saturated / saturés 9 g	62 %
+Trans / trans 0.2 g	14 %
Carbohydrate / Glucides 51 g	
Fibre / Fibres 4 g	16 %
Sugars / Sucres 5 g	0 %
Protein / Protéines 27 g	
Cholesterol / Cholestérol 95 mg	
Sodium 1870 mg	78 %
Potassium 500 mg	11 %
Calcium 50 mg	5 %
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	

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THE GRYPHON-LE GRIFFON

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, spicy miso tare, noodles, corn, green onion, chilli flakes, and ito togarashi.



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, Tare Seasoning (miso, sesame oil, vegetable oil, soy sauce, apple, ginger, sugar, sake, mirin, garlic, spices), Green Onion, Butter, Chilli Flakes, Chilli Threads.

Contains: Milk, Sesame, Soy, Wheat.

Ingédients: Bouillon onctueux au poulet et au 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), Mais, Assaisonnement taré (miso, huile de sésame, huile végétale, sauce soja, pomme, gingembre, sucre, saké, mirin, ail, épices), Oignon vert, Beurre, Flocons de piment, Fil de piment.

Contient: Lait, Sésame, Soja, Blé.

Net Wt: 728 g

Nutrition Facts	
Valeur nutritive	
Per 1/2 portion each (385 g)	
Pour 1/2 portion (385 g)	
Calories 620	% Daily Value *
Fat / Lipides 39 g	% valeur quotidienne *
Saturated / saturés 9 g	14 %
+Trans / trans 0.2 g	
Carbohydrate / Glucides 50 g	
Fibre / Fibres 4 g	16 %
Sugars / Sucres 6 g	0 %
Protein / Protéines 28 g	
Cholesterol / Cholestérol 95 mg	
Sodium 1920 mg	80 %
Potassium 550 mg	12 %
Calcium 50 mg	5 %
Iron 4 mg	29 %
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KAIZEN WARRIOR-PORK

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

Kit includes: Pork chashu, rich broth, Kaizen tare, noodles, bean sprouts, corn, menma, and butter.



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), Bean Sprouts, Tare Seasoning (miso, sesame oil, soy sauce, apple, ginger, sugar, sake, mirin, garlic, vegetable oil, spices), Corn, Menma (salted bamboo shoots, mirin, soy sauce, sesame oil), Butter.

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

Ingédients: Bouillon onctueux au poulet et au 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), Pousses de soja, Assaisonnement taré (miso, huile de sésame, sauce soja, pomme, gingembre, sucre, saké, mirin, ail, huile végétale, épices), Mais, Menma (pousses de bambou salées, mirin, sauce soja, huile de sésame), Beurre.

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

Net Wt: 771 g

Nutrition Facts	
Valeur nutritive	
Per 1/2 portion (325g)	
Pour 1/2 portion (325g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories 500	
Fat 27 g	41 %
+ Trans Fat 0.0 g	
Sodium, Na 1860 mg	78 %
Cholesterol 0 mg	
Carbohydrates 58 g	19 %
Fiber, total dietary 6 g	25 %
Sugars, total 5 g	
Protein 24 g	
Vitamin A, RAE	0 %
Vitamin C	15 %
Calcium, Ca	35 %
Iron, Fe	50 %

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KAIZEN WARRIOR VEGAN

A SAVOURY MISO RAMEN WITH CRUNCHY BEAN SPROUTS AND THE RICH AROMA OF ROASTED SESAME OIL, FEATURING OUR VEGGIE BROTH AND SESAME-CRUSTED TOFU.



Ingredients: Vegan Broth (tomato, shiitake mushroom, kombu, xanthan gum [as a stabilizer]), Kaizen Tare (miso, apple, ginger, garlic, sugar, soy sauce, mirin, sake, vegetable oil, sesame oil, spices), Sesame Marinated Tofu (tofu, soy sauce, sugar, rice vinegar, garlic, ginger, sesame seeds), Menma (bamboo shoots, soy sauce, mirin, sesame oil), Corn, Bean Sprouts, Noodles (enriched wheat flour, salt, sodium carbonate, potassium carbonate).

Contains: Soy, Sesame, Wheat.

Ingédients: Bouillon végétalien (tomate, champignon shiitake, kombu, gomme xanthane [agent de stabilisation]), Taré Kaizen (miso, pomme, gingembre, ail, sucre, sauce soja, mirin, saké, huile végétale, huile de sésame, épices), Tofu mariné au sésame (tofu, sauce soja, sucre, vinaigre de riz, ail, gingembre, graines de sésame), Menma (pousses de bambou, sauce soja, mirin, huile de sésame), Mais, Germes de haricot, Nouilles (farine de blé enrichie, sel, carbonate de sodium, carbonate de potassium).

Contient: Soja, Sésame, Blé.

Net Wt: 650g

Nutrition Facts

Valeur nutritive

Per 1 each (380 g)
pour 1 each (380 g)

Calories 510	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 27 g	42 %
Saturated / saturés 10 g	
+Trans / trans 0.1 g	15 %
Carbohydrate / Glucides 50 g	
Fibre / Fibres 3 g	12 %
Sugars / Sucres 7 g	0 %
Protein / Protéines 25 g	
Cholesterol / Cholestérol 75 mg	
Sodium 2060 mg	86 %
Potassium 600 mg	13 %
Calcium 50 mg	5 %
Iron 3.5 mg	25 %

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THE NORTHERN WARMER

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, menma, roasted corn, and chilli miso butter.



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 (cabbage, carrot, corn), Miso Tare (miso, soy sauce, apple, ginger, 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.

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), Mélange de légumes (chou, carotte, maïs), Miso taré (miso, sauce soja, pomme, 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: 760 g

Nutrition Facts

Valeur nutritive

Per 1/2 portion (325g)

Pour 1/2 portion (325g)

Calories 470	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 17 g	26 %
+ Trans / trans 0.0 g	
Carbohydrate / Glucides 52 g	
Fibre / Fibres 5 g	17 %
Sugars / Sucres 3 g	19 %
Protein / Protéines 28 g	
Cholesterol / Cholestérol 90 mg	
Sodium 1420 mg	59 %
Vitamin A / Vitamine A	25 %
Vitamin C / Vitamine C	25 %
Calcium / Ca	4 %
Iron / Fer	30 %

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SPICY NEGI - CHICKEN

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



Ingredients: Chicken Broth (chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu), Noodles (enriched wheat flour, salt, sodium carbonate, potassium carbonate), Chicken Breast, Pickled Shiitake Mushrooms (shiitake mushrooms, brown rice vinegar, soy sauce), Dried Tomato, Seasoning Pack (kombu, shio koji, salt, vinegar, sesame oil, vegetable oil, spices), Green Onion, Chilli Flakes, Chilli Threads.
Contains: Soy, Sesame, Wheat.

Ingédients: Bouillon de poulet (poulet, chou, carotte, daikon, oignon, gingembre, ail, kombu), Nouilles (farine de blé enrichie, sel, carbonate de sodium, carbonate de potassium), Poitrine de poulet, Champignons shiitake marinés (champignons shiitake, vinaigre de riz brun, sauce soja), tomate séchée, Assaisonnement (kombu, shio koji, sel, vinaigre, huile de sésame, huile végétale, épices), Oignon vert, Flocons de piment, Fil de piment.
Contient: Soy, Sésame, Blé.

Net Wt: 650g

Nutrition Facts

Valeur nutritive

Per 1/2 portion (343 g)

Pour 1/2 portion (343 g)

Calories 320	% Daily Value *
	% valeur quotidienne *
Fat / Lipides 11 g	17 %
Saturated / saturés 1.5 g	
+Trans / trans 0 g	2 %
Carbohydrate / Glucides 45 g	
Fibre / Fibres 4 g	16 %
Sugars / Sucres 3 g	0 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 0 mg	
Sodium 1520 mg	63 %
Potassium 400 mg	9 %
Calcium 175 mg	16 %
Iron 5 mg	36 %

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SPICY NEGI - VEGAN

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, spicy shio tare, noodles, green onion, pickled shiitake mushrooms, dried tomato, chilli flakes, tomato powder, and ito togarashi.



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), Pickled Shiitake Mushrooms (shiitake mushrooms, water, brown rice vinegar, soy sauce), Tare Seasoning (water, sesame oil, shio koji, vegetable oil, salt, kombu, vinegar, spices), Green Onion, Dried Tomato (tomato, salt, sugar), Chilli Flakes, Chilli Threads.
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), Champignons shiitake marinés (champignons shiitake, eau, vinaigre de riz brun, sauce soja), Assaisonnement taré (eau, huile de sésame, shio koji, huile végétale, sel, kombu, vinaigre, épices), Oignon vert, Tomate séchée (tomate, sel, sucre), Flocons de piment, Fil de piment.
Contient: Sésame, Soja, Blé.

Net Wt: 686 g

SPICED CHICKEN TANTAN

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

The image shows the front of a pink and white box for a ramen kit. The top half is pink with the text "TOKYO SALARYMAN - PORK" in large, bold, black letters. Below this, in smaller black text, it says "A DELICATE AND CLASSIC SHOYU RAMEN, INSPIRED BY THE TOKYO ROOTS OF RAMEN, FEATURING CHICKEN BROTH AND PORK CHASHU." The bottom half of the box is white and features a large barcode on the left and the "CRAFTY RAMEN MARKET" logo on the right. The logo consists of a stylized bowl of ramen with steam rising from it, above the words "CRAFTY RAMEN" in a bold, sans-serif font, with "MARKET" in a smaller font below it. On the left side of the pink section, there is a small illustration of a bowl of ramen with chopsticks, and the text "FRESH RAMEN KIT!" is written in a curved, playful font around it.



TOKYO SALARYMAN - VEGAN

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





Nutrition Facts Valeur nutritive

Per 1/2 portion (325g)
Pour 1/2 portion (325g)

Calories 460	% Daily Value *
Fat / Lipides 19 g	29 %
+ Trans / trans 0.0 g	
Carbohydrate / Glucides 41 g	
Fibre / Fibres 3 g	14 %
Sugars / Sucres 2 g	11 %
Protein / Protéines 28 g	
Cholesterol / Cholestérol 90 mg	
Sodium 1390 mg	58 %
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	10 %
Calcium / Ca	6 %
Iron / Fer	30 %

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TOKYO SALARYMAN - CHICKEN

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



Ingredients: Chicken Broth (chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu), Noodles (enriched wheat flour, salt, sodium carbonate, potassium carbonate), Chicken Breast, Menma (bamboo shoots, soy sauce, mirin, sesame oil), Green Onion, Seasoning Pack (miso, soy sauce, shio koji, salt, garlic, shallot, vegetable oil, maltodextrin), Sesame Seeds.

Contains: Soy, Sesame, Wheat.

Ingédients: Bouillon de poulet (poulet, chou, carotte, daikon, oignon, gingembre, ail, kombu), Nouilles (farine de blé enrichie, sel, carbonate de sodium, carbonate de potassium), Poitrine de poulet, Menma (pousses de bambou, sauce soya, mirin, huile de sésame), Oignon vert, Assaisonnement (miso, sauce soya, shio koji, sel, ail, échalote, huile végétale, maltodextrine), Graines de sésame.

Contient: Soy, Sésame, Blé.

Net Wt: 650g

Nutrition Facts Valeur nutritive

Per 1/2 portion (377 g)
Pour 1/2 portion (377 g)

Calories 350	% Daily Value *
Fat / Lipides 17 g	26 %
Saturated / saturés 1 g	2 %
+Trans / trans 0 g	
Carbohydrate / Glucides 46 g	
Fibre / Fibres 3 g	12 %
Sugars / Sucres 3 g	0 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	
Sodium 1860 mg	78 %
Potassium 450 mg	10 %
Calcium 175 mg	16 %
Iron 4 mg	29 %

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VEGAN MAPO TOFU MAPO TOFU VÉGÉTALIEN

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

Kit includes: Spicy braised tofu, vegan broth, spicy mapo tofu tare, noodles, bok choy, sesame seeds, and ito togarashi.



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, fermented black beans, Sichuan pepper, chillis), Noodles (enriched flour, water, salt, potassium carbonate, sodium carbonate), Mapo Tofu Tare (miso, vegetable oil, vegetable broth, garlic, fermented black beans, sake, rice vinegar, ginger, soy sauce, salt, green onion, sugar, spices), Baby Bok Choy, Sesame Garnish (black and white sesame seeds, chilli threads).

Contains: Sesame, Soy, Sulphites, 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, gingembre, haricots noirs fermentés, poivre du Sichuan, piments), Nouilles (farine enrichie, eau, sel, carbonate de potassium, carbonate de sodium), Taré pour mapo tofu (miso, huile végétale, bouillon de légumes, ail, haricots noirs fermentés, saké, vinaigre de riz, gingembre, sauce soja, sel, oignon vert, sucre, épices), Pak-choi miniature, Garniture au sésame (graines de sésame noires et blanches, fil de piment).

Contient: Sésame, Soja, Sulfites, Blé.

Net Wt: 754 g

Nutrition Facts Valeur nutritive

Per 1/2 portion (210g)
Pour 1/2 portion (210g)

Calories 320	% Daily Value *
Fat / Lipides 10 g	16 %
+ Trans / trans 0.0 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 2 g	12 %
Sugars / Sucres 1 g	6 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 60 mg	
Sodium 910 mg	38 %
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	8 %
Calcium / Ca	2 %
Iron / Fer	25 %

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KID'S RAMEN

A KID'S SIZE RAMEN FEATURING CHICKEN BROTH.



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

Contains: Wheat.

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

Contient: Blé.

Net Wt: 420g

Nutrition Facts
Valeur nutritive

Per 1/2 portion (210g)
Pour 1/2 portion (210g)

Calories 180		% Daily Value*
		% valeur quotidienne*
Fat / Lipides 0.5 g		1 %
+ Trans / trans 0.0 g		
Carbohydrate / Glucides 38 g		
Fibre / Fibres 2 g		13 %
Sugars / Sucres 1 g		7 %
Protein / Protéines 5 g		
Cholesterol / Cholestérol 0 mg		
Sodium 870 mg		36 %
Vitamin A / Vitamine A		0 %
Vitamin C / Vitamine C		4 %
Calcium / Ca		2 %
Iron / Fer		20 %

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KID'S RAMEN - VEGAN

A KID'S SIZE RAMEN FEATURING VEGGIE BROTH.



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

Contains: Wheat.

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

Contient: Blé.

Net Wt: 420g