

Nutrition Facts **Valeur nutritive**

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

Amount Teneur	% Daily Value % valeur quotidienne
Calories 560	
Fat 28 g	42 %
+ Trans Fat 0.1 g	
Sodium, Na 1940 mg	81 %
Cholesterol 85 mg	
Carbohydrates 50 g	17 %
Fiber, total dietary 3 g	12 %
Sugars, total 4 g	
Protein 39 g	
Vitamin A, RAE	2 %
Vitamin C	15 %
Calcium, Ca	8 %
Iron, Fe	25 %

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KAIZEN WARRIOR PORK

A SAVOURY MISO RAMEN WITH CRUNCHY BEAN SPROUTS AND THE RICH AROMA OF
ROASTED SESAME OIL, FEATURING OUR PORK AND DUCK BROTH AND PORK CHASHU.



Ingredients: Rich Broth (pork, duck, garlic, kombu, xanthan gum and soy lecithin [as stabilizers]), Kaizen Tare (miso, apple, ginger, garlic, sugar, soy sauce, mirin, sake, vegetable oil, sesame oil, spices), Pork Chashu (pork, sugar, salt, soy sauce, ginger, garlic, kombu, spices), Menma (bamboo shoots, soy sauce, mirin, sesame oil), Corn, Bean Sprouts, Butter, Noodles (enriched wheat flour, salt, sodium carbonate, potassium carbonate).

Contains: Soy, Sesame, Wheat.

Ingédients: Bouillon onctueux (porc, canard, ail, kombu, gomme xanthane et lécithine de soja [agents de stabilisation]), Taré Kaizen (miso, pomme, gingembre, ail, sucre, sauce soja, mirin, saké, huile végétale, huile de sésame, épices), Porc chashu (porc, sucre, sel, sauce soja, gingembre, ail, kombu, épices), Menma (pousses de bambou, sauce soja, mirin, huile de sésame), Maïs, Germes de haricot, Beurre, Nouilles (farine de blé enrichie, sel, carbonate de sodium, carbonate de potassium).

Contient: Soja, Sésame, Blé.

Net Wt: 650g

Nutrition Facts **Valeur nutritive**

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

Amount Teneur	% Daily Value % 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), Maïs, 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 1/2 portion (325g)
Pour 1/2 portion (325g)

Amount Teneur	% Daily Value % valeur quotidienne *
Calories 630	
Fat / Lipides 30 g	46 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 53 g	
Fibre / Fibres 4 g	18 %
Sugars / Sucres 6 g	18 %
Protein / Protéines 35 g	
Cholesterol / Cholestérol 130 mg	
Sodium 1810 mg	76 %
Vitamin A / Vitamine A	40 %
Vitamin C / Vitamine C	25 %
Calcium / Ca	6 %
Iron / Fer	35 %

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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.



Ingredients: Chicken Broth (chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu), Noodles (enriched wheat flour, salt, sodium carbonate, potassium carbonate), Pork Chashu (pork, sugar, salt, soy sauce, ginger, garlic, kombu, spices [contains sesame]), Menma (bamboo shoots, soy sauce, mirin, sesame oil), Corn, Cabbage, Carrot, Miso Tare (miso, apple, ginger, garlic, sugar, soy sauce, mirin, sake, vegetable oil), Chili Miso Butter (butter, gochujang).

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), Porc chashu (porc, sucre, sel, sauce soja, gingembre, ail, kombu, épices [contient sésame]), Menma (pousses de bambou, sauce soja, mirin, huile de sésame), Maïs, Chou, Carotte, Miso taré (miso, pomme, gingembre, ail, sucre, sauce soja, mirin, saké, huile végétale), Beurre piment-miso (beurre, gochujang).

Contient: Soy, Sésame, Blé.

Net Wt: 650g

Nutrition Facts **Valeur nutritive**

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

Calories 470	% Daily Value*
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 soya), 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 (325g)
Pour 1/2 portion (325g)

Calories 440	% Daily Value*
Fat / Lipides 18 g	28 %
+ Trans / trans 0.0 g	
Carbohydrate / Glucides 60 g	
Fibre / Fibres 8 g	20 %
Sugars / Sucres 4 g	33 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 0 mg	
Sodium 1380 mg	57 %
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	25 %
Calcium / Ca	35 %
Iron / Fer	50 %

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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.



Ingredients: Vegan Broth (tomato, shiitake mushroom, kombu, xanthan gum [as a stabilizer]), Noodles (enriched wheat flour, salt, sodium carbonate, potassium carbonate), Sesame Marinated Tofu (tofu, soy sauce, sugar, rice vinegar, garlic, ginger), 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 végétalien (tomate, champignon shiitake, kombu, gomme xanthane [agent de stabilisation]), Nouilles (farine de blé enrichie, sel, carbonate de sodium, carbonate de potassium), Tofu mariné au sésame (tofu, sauce soya, sucre, vinaigre de riz, ail, gingembre), Champignons shiitake marinés (champignons shiitake, vinaigre de riz brun, sauce soya), 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 (325g)
Pour 1/2 portion (325g)

Calories 560	% Daily Value*
Fat / Lipides 24 g	37 %
+ Trans / trans 0.0 g	
Carbohydrate / Glucides 54 g	
Fibre / Fibres 4 g	16 %
Sugars / Sucres 10 g	15 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 85 mg	
Sodium 1940 mg	81 %
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	15 %
Calcium / Ca	20 %
Iron / Fer	45 %

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SPICED CHICKEN TANTAN

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



Ingredients: Tantan Broth (chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu, sesame paste, shio koji, soy sauce, sugar, vegetable oil, sesame oil, salt, spices, xanthan gum and soy lecithin [as stabilizers]), Tantan Chicken (chicken, garlic, ginger, mustard greens, vegetable oil, hoisin sauce, shiitake mushrooms, soy sauce, sake, salt, sugar, vinegar, spices), Mixed Sesame Seeds, Chilli Threads, Noodles (enriched wheat flour, salt, sodium carbonate, potassium carbonate).

Contains: Soy, Sesame, Wheat.

May contain: Sulphites.

Ingédients: Bouillon "Tantan" (poulet, chou, carotte, daikon, oignon, gingembre, ail, kombu, pâte de sésame, shio koji, sauce soya, sucre, huile végétale, huile de sésame, sel, épices, gomme xanthane et lécithine de soya [agents de stabilisation]), Poulet "Tantan" (poulet, ail, gingembre, feuilles de moutarde, huile végétale, sauce hoisin, champignons shiitake, sauce soya, saké, sel, sucre, vinaigre, épices), Graines de sésame mélangées, Fil de piment, Nouilles (farine de blé enrichie, sel, carbonate de sodium, carbonate de potassium).

Contient: Soja, Sésame, Blé.

Peut contenir: Sulfités.

Net Wt: 650g

Nutrition Facts Valeur nutritive	
Per 1/2 portion (325g) Pour 1/2 portion (325g)	
Calories 540	% Daily Value*
Fat / Lipides 27 g	% valeur quotidienne*
+ Trans / trans 0.1 g	41 %
Carbohydrate / Glucides 41 g	
Fibre / Fibres 3 g	14 %
Sugars / Sucres 2 g	11 %
Protein / Protéines 32 g	
Cholesterol / Cholestérol 110 mg	
Sodium 1390 mg	58 %
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	10 %
Calcium / Ca	6 %
Iron / Fer	35 %
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TOKYO SALARYMAN - PORK

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



Ingredients: Chicken Broth (chicken, cabbage, carrot, daikon, onion, ginger, garlic, kombu), Noodles (enriched wheat flour, salt, sodium carbonate, potassium carbonate), Pork Chashu (pork, sugar, salt, soy sauce, ginger, garlic, kombu, spices [contains sesame]), 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.

Ingédients: Bouillon de poulet (poulet, chou, carotte, daikon, oignon, gingembre, ail, kombu), Nouilles (farine de blé enrichie, sel, carbonate de sodium, carbonate de potassium), Porc Chashu (porc, sucre, sel, sauce soya, gingembre, ail, kombu, épices [contient sésame]), Menma (pousses de bambou, sauce soya, mirin, huile de sésame), Oignon vert, Assaisonnement (miso, sauce soya, shio koji, sel, ail, Blééchalote, huile végétale, maltodextrine), Graines de sésame.

Contient: Soy, Sésame, Blé.

Net Wt: 650g

Nutrition Facts Valeur nutritive	
Per 1/2 portion (325g) Pour 1/2 portion (325g)	
Calories 430	% Daily Value*
Fat / Lipides 20 g	% valeur quotidienne*
+ Trans / trans 0.0 g	31 %
Carbohydrate / Glucides 49 g	
Fibre / Fibres 6 g	16 %
Sugars / Sucres 3 g	25 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 0 mg	
Sodium 1340 mg	56 %
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	8 %
Calcium / Ca	35 %
Iron / Fer	50 %
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TOKYO SALARYMAN - VEGAN

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



Ingredients: Vegan Broth (tomato, shiitake mushroom, kombu, xanthan gum [as a stabilizer]), Noodles (enriched wheat flour, salt, sodium carbonate, potassium carbonate), Sesame Marinated Tofu (tofu, soy sauce, sugar, rice vinegar, garlic, ginger), 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.

Ingédients: Bouillon végétalien (tomate, champignon shiitake, kombu, gomme xanthane [agent de stabilisation]), Nouilles (farine de blé enrichie, sel, carbonate de sodium, carbonate de potassium), Tofu mariné au sésame (tofu, sauce soya, sucre, vinaigre de riz, ail, gingembre), 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 (325g) Pour 1/2 portion (325g)	
Calories 460	% Daily Value*
Fat / Lipides 19 g	% valeur quotidienne*
+ Trans / trans 0.0 g	29 %
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 *
	% valeur quotidienne *
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, chilis), 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), Tare 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 *
	% valeur quotidienne *
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 36 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	6 %
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.



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