

NOMAD CUISINE

INDIAN

PLANT BASED

FRIED RICE Plant Based Chicken

Served on a bed of pan tossed long grain rice with soy based scrambled eggs, green peas, carrots and green onions



NOMAD CUISINE

FRIED RICE
Plant Based Chicken

Served on a bed of pan tossed long grain rice with soy based scrambled eggs, green peas, carrots and green onions

PLANT BASED VEGAN

290 CALORIES 20g FIBER
NET WT. 8.5 OZ (241g)
80% WHEAT | 100% WHOLE GRAIN

ORANGE BEEF Meatless Beef

Tossed in a orange seasoned sauce served on a bed of long grain rice, peppers, green onions and broccoli



NOMAD CUISINE

ORANGE BEEF
Meatless Beef

Tossed in a orange seasoned sauce served on a bed of long grain rice, peppers, green onions and broccoli

PLANT BASED VEGAN

280 CALORIES 16g FIBER
NET WT. 8.5 OZ (241g)
80% WHEAT | 100% WHOLE GRAIN

TERIYAKI CHICKEN Plant Based Chicken

Tossed in a teriyaki glaze served on a bed of long grain rice, broccoli, peppers and green onions



NOMAD CUISINE

TERIYAKI CHICKEN
Plant Based Chicken

Tossed in a teriyaki glaze served on a bed of long grain rice, broccoli, peppers and green onions

PLANT BASED VEGAN

320 CALORIES 12g FIBER
NET WT. 8.5 OZ (241g)
80% WHEAT | 100% WHOLE GRAIN

TIKKA MASALA Plant Based Chicken

Plant based chicken served in a traditional slow simmered tomato, onion and spice based sauce served on a bed of saffron infused long grain basmati rice



NOMAD CUISINE

TIKKA MASALA
Plant Based Chicken

Plant Based Chicken served in a traditional slow simmered tomato, onion and spice based sauce served on a bed of saffron infused long grain basmati rice

PLANT BASED VEGAN

360 CALORIES 19g FIBER
NET WT. 8.5 OZ (241g)
80% WHEAT | 100% WHOLE GRAIN

Nutrition Facts

1 serving per container
Serving size 1 bowl (241g)

Amount Per Serving	Calories	% Daily Value*
290		
Total Fat 9g		7%
Saturated Fat 3g		6%
Trans Fat 0g		0%
Cholesterol 70mg		23%
Sodium 770mg		34%
Total Carbohydrate 40g		15%
Dietary Fiber 4g		15%
Total Sugars 5g		10%
Includes 3g Added Sugars		6%
Protein 20g		21%
Vitamin D 2.2mcg		10%
Calcium 80mg		8%
Iron 4.2mg		25%
Potassium 510mg		10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains: Soy, Wheat

SIZE: 8.5 oz (241g) | 8 units/case



Nutrition Facts

1 serving per container
Serving size 1 bowl (241g)

Amount Per Serving	Calories	% Daily Value*
280		
Total Fat 3.5g		7%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 500mg		25%
Total Carbohydrate 47g		17%
Dietary Fiber 4g		14%
Total Sugars 14g		28%
Includes 12g Added Sugars		24%
Protein 16g		14%
Vitamin D 0.0mcg		0%
Calcium 90mg		9%
Iron 2.2mg		10%
Potassium 590mg		10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains: Soy, Wheat

SIZE: 8.5 OZ (241g) | 8 units/case



Nutrition Facts

1 serving per container
Serving size 1 bowl (241g)

Amount Per Serving	Calories	% Daily Value*
320		
Total Fat 2.5g		5%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 670mg		29%
Total Carbohydrate 50g		21%
Dietary Fiber 4g		13%
Total Sugars 21g		42%
Includes 19g Added Sugars		39%
Protein 17g		17%
Vitamin D 0mcg		0%
Calcium 90mg		9%
Iron 2.3mg		10%
Potassium 490mg		10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains: Soy, Wheat

SIZE: 8.5 OZ (241g) | 8 units/case



Nutrition Facts

1 serving per container
Serving size 1 bowl (241g)

Amount Per Serving	Calories	% Daily Value*
360		
Total Fat 10g		13%
Saturated Fat 3g		15%
Trans Fat 0g		0%
Cholesterol 10mg		4%
Sodium 400mg		17%
Total Carbohydrate 48g		17%
Dietary Fiber 4g		13%
Total Sugars 5g		10%
Includes 1g Added Sugars		3%
Protein 19g		15%
Vitamin D 0.0mcg		0%
Calcium 100mg		8%
Iron 3.7mg		20%
Potassium 490mg		10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains: Milk, Soy, Wheat, Cashews

SIZE: 8.5 OZ (241g) | 8 units/case



TANDOORI NAAN Tandoori Chicken Flat Bread

Oven fired traditional naan, layered with a seasoned tomato sauce, topped with traditionally spiced chicken breast and mozzarella cheese



NOMAD CUISINE

TANDOORI NAAN
Tandoori Chicken Flat Bread

CHICKEN RAISED WITHOUT ANTIBIOTICS EVER

Oven fired traditional naan, layered with a seasoned tomato sauce, topped with traditionally spiced chicken breast and mozzarella cheese

PLANT BASED VEGAN

38g FIBER
NET WT. 10.5 OZ (296g)
80% WHEAT | 100% WHOLE GRAIN

TIKKA MASALA Chicken & Riced Cauliflower

Marinated chicken breast seasoned with traditional spices, slow simmered in a tomato, onions and yogurt sauce, served over a bed of riced cauliflower and green peas



NOMAD CUISINE

TIKKA MASALA
Chicken & Riced Cauliflower

CHICKEN RAISED WITHOUT ANTIBIOTICS EVER

Marinated chicken breast seasoned with traditional spices, slow simmered in a tomato, onions and yogurt sauce, served over a bed of riced cauliflower and green peas

PLANT BASED VEGAN

260 CALORIES 20g FIBER 12g SUGAR
NET WT. 10 OZ (283g)
80% WHEAT | 100% WHOLE GRAIN

BUTTER CHICKEN With Saffron Rice & Garlic Naan

Marinated chicken breast seasoned with traditional spices, slow simmered in a tomato, onion and butter sauce, served with a saffron infused long grain basmati rice and traditional oven fired garlic infused naan



NOMAD CUISINE

BUTTER CHICKEN
With Saffron Rice & Garlic Naan

CHICKEN RAISED WITHOUT ANTIBIOTICS EVER

Marinated chicken breast seasoned with traditional spices, slow simmered in a tomato, onion and butter sauce, served with a saffron infused long grain basmati rice and traditional oven fired garlic infused naan

PLANT BASED VEGAN

22g FIBER
NET WT. 10 OZ (283g)
80% WHEAT | 100% WHOLE GRAIN

Nutrition Facts

2 servings per container
Serving size 1/2 Pizza (150g)

Amount Per Serving	Per serving		Per container	
	Calories	300	610	
		% DV*		% DV*
Total Fat 10g	10g	13%	20g	25%
Saturated Fat 4g	4g	23%	8g	40%
Trans Fat 0g	0g	0%	0g	0%
Cholesterol 45mg	45mg	10%	90mg	31%
Sodium 590mg	590mg	26%	1180mg	51%
Total Carbohydrate 47g	47g	24%	94g	24%
Dietary Fiber 2g	2g	6%	4g	12%
Total Sugars 4g	4g	7%	8g	12%
Includes Added Sugars 1g	1g	2%	2g	4%
Protein 21g	21g	38%	42g	42%
Vitamin D 0mcg	0mcg	0%	0mcg	0%
Calcium 300mg	300mg	25%	610mg	45%
Iron 1.2mg	1.2mg	6%	2.3mg	15%
Potassium 420mg	420mg	8%	840mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains: Wheat, Milk

SIZE: 10.5 OZ (296g) | 8 units/case



Nutrition Facts

1 serving per container
Serving size 1 bowl (283g)

Amount Per Serving	Calories	% Daily Value*
260		
Total Fat 14g		17%
Saturated Fat 4g		20%
Trans Fat 0g		0%
Cholesterol 60mg		20%
Sodium 370mg		16%
Total Carbohydrate 16g		6%
Dietary Fiber 4g		15%
Total Sugars 7g		14%
Includes 1g Added Sugars		3%
Protein 20g		18%
Vitamin D 0mcg		0%
Calcium 87mg		8%
Iron 2mg		15%
Potassium 600mg		15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains: Milk, Cashews

SIZE: 10 OZ (283g) | 8 units/case



Butter Chicken with Saffron Rice

Nutrition Facts

1 serving per container
Serving size 1 bowl (213g)

Amount Per Serving	Calories	% Daily Value*
350		
Total Fat 18g		24%
Saturated Fat 6g		41%
Trans Fat 0g		0%
Cholesterol 70mg		24%
Sodium 340mg		15%
Total Carbohydrate 30g		11%
Dietary Fiber 2g		7%
Total Sugars 5g		10%
Includes 2g Added Sugars		4%
Protein 19g		17%
Vitamin D 0mcg		0%
Calcium 50mg		4%
Iron 2.3mg		15%
Potassium 490mg		10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains: Milk, Wheat, Cashew, Egg

SIZE: 10 OZ (283g) | 8 units/case



Garlic Naan

Nutrition Facts

1 serving per container
Serving size 1 piece (71g)

Amount Per Serving	Calories	% Daily Value*
190		
Total Fat 2g		2%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 6mg		2%
Sodium 210mg		9%
Total Carbohydrate 36g		13%
Dietary Fiber 1g		6%
Total Sugars 2g		4%
Includes 1g Added Sugars		1%
Protein 6g		6%
Vitamin D 0mcg		0%
Calcium 70mg		7%
Iron 2.3mg		10%
Potassium 100mg		2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

COMING SOON

PFO

ITALIAN

CHEESY LASAGNA

Veggies With White Sauce

Pasta sheets layered with a creamy Alfredo sauce and a medley of seasoned vegetables topped with mozzarella cheese

NOMAD
CUISINE



CHEESY LASAGNA

Veggies With White Sauce

Pasta sheets layered with a creamy Alfredo sauce and a medley of seasoned vegetables topped with mozzarella cheese

390
CALORIES

21g
FIBER

NET WT. 10 OZ (283g)
80% FRESH | 100% VEGAN

Nutrition Facts

1 serving per container	
Serving size 1 tray (283g)	
Amount Per Serving	
Calories 390	
% Daily Value*	
Total Fat 15g	29%
Saturated Fat 10g	20%
Trans Fat 0g	
Cholesterol 40mg	8%
Sodium 220mg	9%
Total Carbohydrate 37g	14%
Dietary Fiber 3g	6%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 470mg	36%
Iron 2.5mg	15%
Potassium 480mg	10%

Contains: Milk, Wheat

SIZE: 10 oz (283g) | 8 units/case



ASIAN

GENERAL TSO

Chicken With Fried Rice

Seasoned chicken breast strips served in a zesty sweet sauce over a bed of stir fried long grain rice tossed with broccoli, eggs, green onions, green peas and carrots topped with roasted sesame seeds

NOMAD
CUISINE



GENERAL TSO

Chicken With Fried Rice

CHICKEN RAISED WITHOUT ANTIBIOTICS EVER
Seasoned chicken breast strips served in a zesty sweet sauce over a bed of stir fried long grain rice tossed with broccoli, eggs, green onions, green peas and carrots topped with roasted sesame seeds

360
CALORIES

20g
FIBER

NET WT. 10 OZ (283g)
80% FRESH | 100% VEGAN

Nutrition Facts

1 serving per container	
Serving size 1 bowl (283g)	
Amount Per Serving	
Calories 360	
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 5.5g	11%
Trans Fat 0g	
Cholesterol 30mg	6%
Sodium 150mg	6%
Total Carbohydrate 47g	19%
Dietary Fiber 3g	12%
Total Sugars 11g	
Includes 12g Added Sugars	24%
Protein 20g	
Vitamin D 1.5mcg	3%
Calcium 750mg	6%
Iron 1.5mg	8%
Potassium 480mg	10%

Contains: Egg, Soy, Wheat

SIZE: 10 oz (283g) | 8 units/case



CHIPOTLE MAC N CHEESE

Chicken With Cavatappi

Spiral pasta pan tossed in a seasoned cheddar and monterey jack cheese sauce served with marinated chicken breast topped with cheddar cheese

NOMAD
CUISINE



CHIPOTLE MAC N CHEESE

Chicken With Cavatappi

CHICKEN RAISED WITHOUT ANTIBIOTICS EVER
Spiral pasta pan tossed in a seasoned cheddar and monterey jack cheese sauce served with marinated chicken breast topped with cheddar cheese

490
CALORIES

29g
FIBER

NET WT. 10 OZ (283g)
80% FRESH | 100% VEGAN

Nutrition Facts

1 serving per container	
Serving size 1 bowl (283g)	
Amount Per Serving	
Calories 490	
% Daily Value*	
Total Fat 21g	42%
Saturated Fat 17g	34%
Trans Fat 0g	
Cholesterol 90mg	18%
Sodium 600mg	25%
Total Carbohydrate 42g	17%
Dietary Fiber 2g	8%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 1.5mcg	3%
Calcium 360mg	27%
Iron 1.5mg	8%
Potassium 270mg	6%

Contains: Wheat, Milk

SIZE: 10 oz (283g) | 8 units/case



LO MEIN

Chicken With Noodles

Seasoned chicken breast strips pan tossed in a ginger and soy infused sauce topped with peppers, green onions, broccoli and carrots

NOMAD
CUISINE



LO MEIN

Chicken With Noodles

CHICKEN RAISED WITHOUT ANTIBIOTICS EVER
Seasoned chicken breast strips pan tossed in a ginger and soy infused sauce topped with peppers, green onions, broccoli and carrots

270
CALORIES

17g
FIBER

NET WT. 10 OZ (283g)
80% FRESH | 100% VEGAN

Nutrition Facts

1 serving per container	
Serving size 1 bowl (283g)	
Amount Per Serving	
Calories 270	
% Daily Value*	
Total Fat 11g	22%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 40mg	8%
Sodium 630mg	27%
Total Carbohydrate 41g	17%
Dietary Fiber 3g	10%
Total Sugars 9g	
Includes 2g Added Sugars	3%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 400mg	3%
Iron 0.5mg	3%
Potassium 420mg	9%

Contains: Soy, Wheat

SIZE: 10 oz (283g) | 8 units/case



TRUFFLE MAC N CHEESE

With Mini Shells

Pasta shells, pan tossed with a cheddar, parmesan and monterey jack cheese based sauce, infused with truffles, topped with parmesan cheese and bread crumbs

NOMAD
CUISINE



TRUFFLE MAC N CHEESE

With Mini Shells

Pasta shells, pan tossed with a cheddar, parmesan and monterey jack cheese based sauce, infused with truffles, topped with parmesan cheese and bread crumbs

440
CALORIES

18g
FIBER

NET WT. 8 OZ (227g)
80% FRESH | 100% VEGAN

Nutrition Facts

1 serving per container	
Serving size 1 bowl (227g)	
Amount Per Serving	
Calories 440	
% Daily Value*	
Total Fat 12g	24%
Saturated Fat 9g	18%
Trans Fat 0g	
Cholesterol 40mg	8%
Sodium 600mg	25%
Total Carbohydrate 40g	17%
Dietary Fiber 2g	8%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 370mg	28%
Iron 1.5mg	8%
Potassium 400mg	9%

Contains: Wheat, Milk

SIZE: 8 oz (227g) | 8 units/case



PAD THAI

Chicken With Noodles

Rice noodles pan tossed in a rich flavorful peanut sauce with a lightly seasoned chicken breast topped with broken peanuts

NOMAD
CUISINE



PAD THAI

Chicken With Noodles

CHICKEN RAISED WITHOUT ANTIBIOTICS EVER
Rice noodles pan tossed in a rich flavorful peanut sauce with a lightly seasoned chicken breast topped with broken peanuts

380
CALORIES

20g
FIBER

NET WT. 10 OZ (283g)
80% FRESH | 100% VEGAN

Nutrition Facts

1 serving per container	
Serving size 1 bowl (283g)	
Amount Per Serving	
Calories 380	
% Daily Value*	
Total Fat 13g	26%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 40mg	8%
Sodium 470mg	19%
Total Carbohydrate 61g	25%
Dietary Fiber 8g	32%
Total Sugars 12g	
Includes 12g Added Sugars	27%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 300mg	23%
Iron 1.5mg	8%
Potassium 420mg	9%

Contains: Peanuts, Soy

SIZE: 10 oz (283g) | 8 units/case



MEXICAN

CHICKEN FAJITA

Chicken With Seasoned Rice

Long grain rice with black beans, tomatoes, peppers and corn, pan tossed with a seasoned tomato and garlic sauce topped with marinated chicken breast and shredded cheese

NOMAD
CUISINE



CHICKEN FAJITA

Chicken With Seasoned Rice

CHICKEN RAISED WITHOUT ANTIBIOTICS EVER
Long grain rice with black beans, tomatoes, peppers and corn, pan tossed with a seasoned tomato and garlic sauce topped with marinated chicken breast and shredded cheese

410
CALORIES

24g
FIBER

NET WT. 10 OZ (283g)
80% FRESH | 100% VEGAN

Nutrition Facts

1 serving per container	
Serving size 1 bowl (283g)	
Amount Per Serving	
Calories 410	
% Daily Value*	
Total Fat 18g	36%
Saturated Fat 6g	12%
Trans Fat 0g	
Cholesterol 40mg	8%
Sodium 370mg	15%
Total Carbohydrate 30g	12%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 210mg	16%
Iron 1.5mg	8%
Potassium 490mg	11%

Contains: Milk

SIZE: 10 oz (283g) | 8 units/case



CARIBBEAN

JERK CHICKEN

Chicken With Cuban Rice

Seasoned chicken breast strips pan tossed with a zesty traditional island marinade served on a bed of long grain rice infused with peppers, corn, black beans and chilies

NOMAD
CUISINE



JERK CHICKEN

Chicken With Cuban Rice

CHICKEN RAISED WITHOUT ANTIBIOTICS EVER
Seasoned chicken breast strips pan tossed with a zesty traditional island marinade served on a bed of long grain rice infused with peppers, corn, black beans and chilies

350
CALORIES

19g
FIBER

NET WT. 10 OZ (283g)
80% FRESH | 100% VEGAN

Nutrition Facts

1 serving per container	
Serving size 1 bowl (283g)	
Amount Per Serving	
Calories 350	
% Daily Value*	
Total Fat 12g	24%
Saturated Fat 3g	6%
Trans Fat 0g	
Cholesterol 40mg	8%
Sodium 500mg	20%
Total Carbohydrate 41g	17%
Dietary Fiber 3g	12%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 300mg	23%
Iron 1.5mg	8%
Potassium 420mg	9%

Contains: Soy

SIZE: 10 oz (283g) | 8 units/case

