



**the conscious choice**

## SpiceBox Organics Tempeh

SpiceBox Organics began as a marketplace for organic products in 2012, and as the company expanded to incorporate cafés into their venues, the creation of handcrafted organic tempeh came to fruition as there was a lack of locally made organic tempeh available in Hong Kong. With years of experimenting and customer feedback, SpiceBox Organics has perfected its recipe and is proud to expand the product line to retailers who share the same “conscious choice” philosophy of educating the community on living a healthy lifestyle.

As the first company in Hong Kong since 2018 to produce and bring to market organic tempeh, our product is freshly fermented in small batches, and created with non-GMO, organic ingredients. Our entire line is packed with plant-based protein, and serves as a source of antioxidants and nutrients - the ultimate gluten-free meat alternative.

**NON-GMO • ORGANIC • VEGAN • GLUTEN-FREE**



SpiceBox Organics Limited  
CAINE RD | KENNEDY TOWN | TSEUNG KWAN O  
Shop: [spiceboxorganics.com](http://spiceboxorganics.com)  
Email: [info@spiceboxorganics.com](mailto:info@spiceboxorganics.com)



the conscious choice



## Soya Bean Tempeh

### INGREDIENTS:

Organic Soya Beans, Organic Apple Cider Vinegar, Starter Culture, Organic White Rice Flour

**Serving Size:** 67g  
**Servings:** 3

**Calories:** 134 cal per serving

**Preparations:**  
Steam, braise, bake, or sauté

AMOUNT/SERVING	AMOUNT/SERVING	AMOUNT/SERVING	
Total Fat	7.9g	Total Carb	5g
Sat. Fat	1.4g	Fiber	5g
Trans Fat	0g	Sugars	0g
Cholesterol	0mg	Protein	14.2g
Sodium	3mg		
Calcium: 62 mg   Iron: 1 mg   Potassium: 110 mg			



## Black Soya Bean Tempeh

### INGREDIENTS:

Organic Black Soya Beans, Organic Apple Cider Vinegar, Starter Culture, Organic White Rice Flour

**Serving Size:** 67g  
**Servings:** 3

**Calories:** 113 cal per serving

**Preparations:**  
Steam, braise, bake, or sauté

AMOUNT/SERVING	AMOUNT/SERVING	AMOUNT/SERVING	
Total Fat	6.3g	Total Carb	5g
Sat. Fat	1.2g	Fiber	4g
Trans Fat	0g	Sugars	0g
Cholesterol	0mg	Protein	12.1g
Sodium	3mg		
Calcium: 41 mg   Iron: 1 mg   Potassium: 224 mg			



## Moong & Sesame Tempeh

### INGREDIENTS:

Organic Moong Beans, Organic White Sesame Seeds, Organic Apple Cider Vinegar, Starter Culture, Organic White Rice Flour

**Serving Size:** 67g  
**Servings:** 3

**Calories:** 105 cal per serving

**Preparations:**  
Steam, braise, bake, or sauté

AMOUNT/SERVING	AMOUNT/SERVING	AMOUNT/SERVING	
Total Fat	4.2g	Total Carb	7.2g
Sat. Fat	0.8g	Fiber	4g
Trans Fat	0g	Sugars	2.9g
Cholesterol	0mg	Protein	7.9g
Sodium	3mg		
Calcium: 24 mg   Iron: 1 mg   Potassium: 133 mg			



## Chickpea Tempeh

### INGREDIENTS:

Organic Chickpeas, Organic Apple Cider Vinegar, Starter Culture, Organic White Rice Flour

**Serving Size:** 67g  
**Servings:** 3

**Calories:** 101 cal per serving

**Preparations:**  
Steam, braise, bake, or sauté

AMOUNT/SERVING	AMOUNT/SERVING	AMOUNT/SERVING	
Total Fat	2.6g	Total Carb	12.1g
Sat. Fat	0.6g	Fiber	3g
Trans Fat	0g	Sugars	3.8g
Cholesterol	0mg	Protein	6.1g
Sodium	3mg		
Calcium: 23 mg   Iron: 2 mg   Potassium: 166 mg			



SpiceBox Organics Limited  
CAINE RD | KENNEDY TOWN | TSEUNG KWAN O  
Shop: [spiceboxorganics.com](http://spiceboxorganics.com)  
Email: [info@spiceboxorganics.com](mailto:info@spiceboxorganics.com)

the conscious choice



**READY TO EAT**

Just Heat & Serve!

**ORGANIC**

## Tempeh "Meat" Balls

**High-protein, vegan "meat" balls are a perfect one-bite snack!** Made with handcrafted organic soya bean tempeh, the product is non-processed and the cleanest plant-based protein you can find on the market.

**INGREDIENTS:**

Fresh Soya Tempeh, Onions, Mushrooms, Arrowroot Flour, Olive Oil, Balsamic Vinegar, Black Pepper, Basil, Thyme, Rosemary

**Serving Size:** 75g  
(3 meatballs)  
**Servings:** 10

**Calories:** 98 cal  
per serving  
Calcium: 39 mg  
Iron: 1.2 mg  
Potassium: 186 mg

	AMOUNT/SERVING	AMOUNT/SERVING	
Total Fat	5.3g	Total Carb	6g
Sat. Fat	0.9g	Fiber	4.8g
Trans Fat	0g	Sugars	0g
Cholesterol	0mg	Protein	7.2g
Sodium	184mg		



**READY TO EAT**

Grill or pan fry on each side for 3-5mins.

**ORGANIC**

## Tempeh Burger Patties

**Plant-based, vegan burger patties made with organic soya bean tempeh, mushroom and onions.** These patties are made locally in small batches, naturally high in plant protein, and delicious!

**INGREDIENTS:**

Fresh Soya Tempeh, Onions, Mushrooms, Arrowroot Flour, Olive Oil, Balsamic Vinegar, Black Pepper, Basil, Thyme, Rosemary

**Serving Size:** 120g per patty  
**Servings:** 4

**Calories:** 160 cal  
per serving  
Calcium: 58 mg  
Iron: 2 mg  
Potassium: 261 mg

	AMOUNT/SERVING	AMOUNT/SERVING	
Total Fat	7.7g	Total Carb	8.5g
Sat. Fat	1.4g	Fiber	6g
Trans Fat	0g	Sugars	1.4g
Cholesterol	0mg	Protein	11.8g
Sodium	262mg		



**the conscious choice**



MADE WITH ORGANIC, GMO-FREE BEANS

**Tempeh is a traditional Indonesian food made from soybeans that have been soaked and fermented using a starter culture.**

It can be steamed, sauteed or baked and is often marinated to add more taste. Tempeh has become a popular choice among vegans as a plant-based source of protein. It is comparable to beef in the percentage of protein and is high in fibre, low in saturated fat and has no cholesterol.

Its rich, nutty flavour and chewy texture make it extremely versatile in vegetarian



**SCAN HERE FOR RECIPES**

We've created a series of delicious & authentic recipes for you to enjoy our tempeh



SpiceBox Organics Limited  
CAINE RD | KENNEDY TOWN | TSEUNG KWAN O

Shop: [spiceboxorganics.com](https://spiceboxorganics.com)

Email: [info@spiceboxorganics.com](mailto:info@spiceboxorganics.com)