



Welcome to  
Bute Island Foods  
multi award-winning  
range of  
Vegan & Free-From  
products



# HAVE YOU TRIED OUR DELICIOUS CREAMY SHEESE RANGE?



# CREAMY SHEESE

Delicious soft spreadable dairy-free Creamy Sheese is perfect for spreading on crackers or toast, plus stirring into pasta dishes and a host of other dishes. Four of the flavours are also available in 170g ambient tubs too.



## CREAMY ORIGINAL

170g and 255g

Ingredients: Water, Coconut Oil (24%), Soya Protein Concentrate, Salt, Acidity Regulator: Lactic Acid (Dairy-Free), Sugar, Thickener (Carrageenan), Natural Flavourings.

Nutritional information per 100g: Energy 1178 kJ / 286 kcal, Fat 28.0g (of which saturates 23.0g), Carbohydrate 1.3g (of which sugars 1.1g), Fibre 2.2g, Protein 6.0g, Salt 1.2g



## CREAMY GARLIC & HERB

170g and 255g

Ingredients: Water, Coconut Oil (24%), Soya Protein Concentrate, Salt, Acidity Regulator: Lactic Acid (dairy-free), Sugar, Thickener (Carrageenan), Spirit Vinegar, Natural Flavourings, Mixed Herbs (Marjoram, Basil, Oregano, Thyme), Garlic.

Nutritional information per 100g: Energy 1179 kJ / 286 kcal, Fat 28.0g (of which saturates 23.4g), Carbohydrate 1.3g (of which sugars 1.0g), Fibre 2.0g, Protein 6.0g, Salt 1.2g



## CREAMY SPRING ONION & CRACKED BLACK PEPPER

170g and 255g

Ingredients: Water, Coconut Oil (24%), Soya Protein Concentrate, Salt, Spirit Vinegar, Acidity Regulator: Lactic Acid (Dairy-Free), Sugar, Spring Onion, Black Pepper, Thickener (Carrageenan), Natural Flavourings.

Nutritional information per 100g: Energy 1130 kJ / 274 kcal, Fat 26.6g (of which saturates 21.2g), Carbohydrate 1.0g (of which sugars 1.0g), Fibre 3.1g, Protein 6.1g, Salt 1.2g



## CREAMY CHEDDAR SPREAD

170g and 255g

Ingredients: Water, Coconut Oil (22%), Soya Protein Concentrate, Salt, Spirit Vinegar, Acidity Regulator: Lactic Acid (dairy-free), Yeast Extract, Natural Flavourings, Sugar, Thickener (Carrageenan), Colour (Paprika Extract).

Nutritional information per 100g: Energy 1075 kJ / 260 kcal, Fat 23.1g (of which saturates 19.9g), Carbohydrate 4.8g (of which sugars 1.0g), Fibre 0.6g, Protein 7.9g, Salt 1.9g



## CREAMY CHIVES

255g

**Ingredients:** Water, Coconut Oil (24%), Soya Protein Concentrate, Salt, Acidity Regulator: Lactic Acid (Dairy-Free), Sugar, Spirit Vinegar, Chives, Thickener (Carrageenan), Natural Flavourings.

**Nutritional information per 100g:** Energy 1179 kj / 286 kcal, Fat 28.0g (of which saturates 23.4g), Carbohydrate 1.3g (of which sugars 1.0g), Fibre 2.3g, Protein 6.0, Salt 1.2g



## CREAMY SWEET CHILLI

255g

**Ingredients:** Water, Coconut Oil (23%), Soya Protein Concentrate, Sugar, Salt, Spirit Vinegar, Acidity Regulator: Lactic Acid (Dairy-Free), Natural Flavourings, Thickener (Carrageenan), Red Pepper, Chilli, Garlic.

**Nutritional information per 100g:** Energy 1155 kj / 280 kcal, Fat 25.2g (of which saturates 21.8g), Carbohydrate 5.7g (of which sugars 3.4g), Fibre 2.1g, Protein 6.4, Salt 1.6g

## CREAMY SHEESE FOR CATERING

Ideal for making delicious dairy-free cheese cake using our Creamy Original, and in a range of prepackaged foods, especially pies and pasta. The ideal choice too for restaurants, hotels, schools and hospitals.



### CREAMY ORIGINAL

3KG 5KG  
10KG

**Ingredients:** Water, Coconut Oil (24%), Soya Protein Concentrate, Salt, Acidity Regulator: Lactic Acid (Dairy-Free), Sugar, Thickener (Carrageenan), Natural Flavourings.

**Nutritional information per 100g:** Energy 1178 kj / 286 kcal, Fat 28.0g (of which saturates 23.0g), Carbohydrate 1.3g (of which sugars 1.1g), Fibre 2.2g, Protein 6.0g, Salt 1.2g



### CREAMY CHEDDAR SPREAD

3KG 5KG  
10KG

**Ingredients:** Water, Coconut Oil (22%), Soya Protein Concentrate, Salt, Spirit Vinegar, Acidity Regulator: Lactic Acid (dairy-free), Yeast Extract, Natural Flavourings, Sugar, Thickener (Carrageenan), Colour (Paprika Extract).

**Nutritional information per 100g:** Energy 1075 kj / 260 kcal, Fat 23.1g (of which saturates 19.9g), Carbohydrate 4.8g (of which sugars 1.0g), Fibre 0.6g, Protein 7.9g, Salt 1.9g

## CONTACT US FOR MORE INFORMATION

Interested in Creamy Sheese? Need information on our **3kg, 5kg, or 10kg catering sizes**? You can contact us by any of the methods below, and in the meantime be sure to check out our NEW website at [www.buteisland.com](http://www.buteisland.com)



+44 (0) 1700 505357



[sales@buteisland.com](mailto:sales@buteisland.com)



# Sheese<sup>®</sup>

100% DAIRY-FREE

## INTRODUCING OUR SOYA-FREE RANGE

Sheese has evolved! Our new soya-free range in blocks, slices and grated, means our dairy-free vegan cheese alternatives are more inclusive than ever before and our selection continues to grow.





# BRITISH STYLE BLOCKS

Grab a taste of Blighty with our soya-free range of British inspired cheese alternatives, all 100% vegan!

For allergens see ingredients marked in **bold**



## CHEDDAR STYLE WITH CARAMELISED RED ONION 200g

**Ingredients:** Water, Coconut Oil (20%), Modified Potato Starch, Caramelised Red Onion Chutney (8%) (Red Onion, Sugar, Red Wine Vinegar, Water, Modified Maize Starch, Salt, Black Pepper), Maize Starch, Gluten Free **Oat** Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Natural Flavouring, Salt, Yeast Extract, Red Onion, Spirit Vinegar, Acidity Regulator (Lactic Acid, Sodium lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1261 kJ / 303 kcal, Fat 21.5g (of which saturates 17.6g), Carbohydrate 26.4g (of which sugars 3.1g), Fibre 0.5g, Protein 1.0g, Salt 1.5g



## MATURE CHEDDAR STYLE 200g

**Ingredients:** Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free **Oat** Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Yeast Extract, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1184 kJ / 285 kcal, Fat 21.2g (of which saturates 18.1g), Carbohydrate 20.7g (of which sugars <0.1g), Fibre 5.1g, Protein 0.4g, Salt 1.7g



## MILD CHEDDAR STYLE 200g

**Ingredients:** Water, Coconut Oil (23%), Modified Potato Starch, Gluten Free **Oat** Fibre, Maize Starch, Salt, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Yeast Extract, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1318kJ / 318kcal, Fat 26.2g (of which saturates 21.8g), Carbohydrate 17.0g (of which sugars 0.3g), Fibre 4.9g, Protein 1.3g, Salt 1.9g



## RED LEICESTER STYLE 200g

**Ingredients:** Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free **Oat** Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Natural Flavourings, Yeast Extract, Tricalcium Citrate, Acidity Regulators (Lactic Acid, Sodium Lactate), Colours (Paprika Extract, Mixed Carotenes), Plant and Vegetable Concentrates (Spirulina, Carrot, Safflower).

**Nutritional information per 100g:** Energy 1331kJ / 320kcal, Calcium 150.0mg, Fat 22.2g (of which saturates 18.3g), Carbohydrate 21.4g (of which sugars 0.1g), Fibre 5.5g, Protein 0.5g, Salt 2.0g



## WENSLEYDALE STYLE *with* CRANBERRIES

200g

**Ingredients:** Water, Coconut Oil (22%), Modified Potato Starch, Sweetened Dried Cranberries (9%) (Cranberries, Sugar, Sunflower Oil), Maize Starch, Salt, Natural Flavourings, Gluten Free Oat Fibre, Thickeners (Carrageenan, Guar Gum), Modified Maize Starch, Acidity Regulators (Lactic Acid, Sodium Lactate), Yeast Extract, Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1290 kJ / 311 kcal, Fat 23.7g (of which saturates 20.0g), Carbohydrate 22.7g (of which sugars 7.1g), Fibre 2.1g, Protein 0.6g, Salt 1.5g



## CHEDDAR STYLE *with* JALAPENO AND CHILLI

200g

**Ingredients:** Water, Coconut Oil (20%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Thickeners (Carrageenan, Guar Gum), Modified Maize Starch, Sugar, Tomato Salt, Spirit Vinegar, Natural Flavourings, Tricalcium Citrate, Yeast Extract, Jalapeno Chilli, Acidity Regulators (Lactic Acid, Sodium Lactate), Red Pepper, Chilli, Colours (Paprika Extract, Mixed Carotenes), Sultanas, Garlic, Tomato Purée, Dried Apple, Dried Onion, Ginger, Pimento, Garlic Powder.

**Nutritional information per 100g:** Energy 1220 kJ / 294 kcal, Calcium 150mg, Fat 20.8g (of which saturates 17.4g), Carbohydrate 23.3g (of which sugars 2.1g), Fibre 5.7g, Protein 0.5g, Salt 2.0g



## BRITISH STYLE GRATED

For your convenience we offer a range of grated Sheese, perfect for pizza toppings and more!



## GRATED MILD CHEDDAR STYLE

200g

**Ingredients:** Water, Coconut Oil (23%), Modified Potato Starch, Gluten Free Oat Fibre, Maize Starch, Salt, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Yeast Extract, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1318 kJ / 318 kcal, Fat 26.2g (of which saturates 21.8g), Carbohydrate 17.0g (of which sugars 0.3g), Fibre 4.9g, Protein 1.3g, Salt 1.9g



## GRATED MATURE CHEDDAR STYLE

200g

**Ingredients:** Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Yeast Extract, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1184 kJ / 285 kcal, Fat 21.2g (of which saturates 18.1g), Carbohydrate 20.7g (of which sugars <0.1g), Fibre 5.1g, Protein 0.4g, Salt 1.7g



## BRITISH STYLE SLICED

Sliced Sheese is ideal for popping in a sandwich or toastie, or as a topping to melt over your veggie burgers. Delicious!



### MATURE CHEDDAR STYLE SLICED 180g and 200g

**Ingredients:** Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Yeast Extract, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1184 kJ / 285 kcal, Fat 21.2g (of which saturates 18.1g), Carbohydrate 20.7g (of which sugars <0.1g), Fibre 5.1g, Protein 0.4g, Salt 1.7g



### MILD CHEDDAR STYLE SLICED 180g and 200g

**Ingredients:** Water, Coconut Oil (23%), Modified Potato Starch, Gluten Free Oat Fibre, Maize Starch, Salt, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Yeast Extract, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1318 kJ / 318 kcal, Fat 26.2g (of which saturates 21.8g), Carbohydrate 17.0g (of which sugars 0.3g), Fibre 4.9g, Protein 1.3g, Salt 1.9g



### RED LEICESTER STYLE SLICED

180g

**Ingredients:** Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Natural Flavourings, Yeast Extract, Tricalcium Citrate, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Paprika Extract, Mixed Carotenes), Plant and vegetable concentrates (Spirulina, Carrot, Safflower).

**Nutritional information per 100g:** Energy 1331 kJ / 320 kcal, Calcium 150mg, Fat 22.2g (of which saturates 18.3g), Carbohydrate 21.4g (of which sugars 0.1g), Fibre 5.5g, Protein 0.5g, Salt 2.0g





## BRITISH STYLE WEDGES

One of the classic shapes for cheese, and the perfect addition to your dairy-free cheese board.



### BLUE ENGLISH STYLE WEDGE

200g

**Ingredients:** Water, Coconut Oil (21%), Modified Potato starch, Maize starch, Gluten Free Oat Fibre, Modified Maize starch, Natural Flavourings, Thickeners (Carrageenan, Guar Gum) Salt, Acidity regulators (Lactic acid, Sodium Lactate) Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1204 kj / 290 kcal, Fat 21.8g (of which saturates 17.6g), Carbohydrate 21.3g (of which sugars <0.1g), Fibre 4.2g, Protein 0.1g, Salt 1.85g



### STRONG CHEDDAR STYLE WEDGE

200g

**Ingredients:** Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Yeast Extract, Tricalcium Citrate, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1206 kj / 290 kcal, Calcium 150mg, Fat 21.1g (of which saturates 17.6g), Carbohydrate 22.7g (of which sugars 0.1g), Fibre 3.7g, Protein 0.6g, Salt 1.73g



## EUROPEAN STYLE BLOCKS

Savour our sumptuous selection of continental cheese alternatives. Dutch, French, German delights and more.



### EDAM STYLE

200g

**Ingredients:** Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1210 kj / 292 kcal, Fat 22.6g (of which saturates 18.6g), Carbohydrate 19.0g (of which sugars <0.1g), Fibre 5.1g, Protein 0.5g, Salt 2.0g



## GOUDA STYLE

200g

**Ingredients:** Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Yeast Extract, Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1210 kJ / 292 kcal, Fat 22.6g (of which saturates 18.6g), Carbohydrate 19.0g (of which sugars <0.1g), Fibre 5.1g, Protein 0.5g, Salt 1.7g



## SMOKED GERMAN STYLE

200g

**Ingredients:** Water, Coconut Oil (21%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Salt, Yeast Extract, Tricalcium Citrate, Natural Flavourings, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1206 kJ / 290 kcal, Calcium 150mg, Fat 20.9g (of which saturates 17.4g), Carbohydrate 23.7g (of which sugars <0.1g), Fibre 2.3g, Protein 0.5g, Salt 1.79g



## GREEK STYLE

200g

**Ingredients:** Water, Coconut Oil (24%), Modified Potato Starch, Maize Starch, Salt, Natural Flavourings, Gluten Free Oat Fibre, Thickeners (Carrageenan, Guar Gum), Modified Maize Starch, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1255 kJ / 303 kcal, Fat 24.4g (of which saturates 20.9g), Carbohydrate 19.5g (of which sugars <0.1g), Fibre 1.5g, Protein 0.5g, Salt 1.64g



## EUROPEAN STYLE GRATED

Grated European style Sheeses are a delicious, melty indulgence and like the rest of our range, 100% vegan and allergen-free.



## GRATED HARD ITALIAN STYLE

60g

**Ingredients:** Water, Modified Potato Starch, Coconut Oil (17%), Gluten Free Oat Fibre, Yeast Extract, Maize Starch, Salt, Natural Flavourings, Thickeners (Carrageenan, Guar Gum), Modified Maize Starch, Tricalcium Citrate, Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1276 kJ / 306 kcal, Calcium 150mg, Fat 19.6g (of which saturates 15.4g), Carbohydrate 29.5g (of which sugars 0.1g), Fibre 3.6g, Protein 1.2g, Salt 3.8g



## GRATED MOZZARELLA STYLE

200g

**Ingredients:** Water, Coconut Oil (25%), Modified Potato Starch, Gluten Free Oat Fibre, Maize Starch, Salt, Natural Flavourings, Modified Maize Starch, Tricalcium Citrate, Thickeners (Carrageenan, Guar Gum), Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1293 kJ / 312 kcal, Calcium 150mg, Fat 25.9g (of which saturates 21.6g), Carbohydrate 18.3g (of which sugars <0.1g), Fibre 3.2g, Protein <0.1g, Salt 1.6g



## EUROPEAN STYLE SLICED

Sliced European Style Sheese is ideal for popping in a sandwich or toastie, or as a topping to melt over your veggie burgers. Delicious!



## MOZZARELLA STYLE SLICED

180g and 200g

**Ingredients:** Water, Coconut Oil (25%), Modified Potato Starch, Gluten Free Oat Fibre, Maize Starch, Salt, Natural Flavourings, Modified Maize Starch, Tricalcium Citrate, Thickeners (Carrageenan, Guar Gum), Acidity Regulators (Lactic Acid, Sodium Lactate), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1293 kJ / 312 kcal, Calcium 150mg, Fat 25.9g (of which saturates 21.6g), Carbohydrate 18.3g (of which sugars <0.1g), Fibre 3.2g, Protein <0.1g, Salt 1.6g



## EUROPEAN STYLE WEDGES

One of the classic shapes for cheese, and the perfect addition to your dairy-free cheese board.



## BLUE FRENCH STYLE WEDGE

200g

**Ingredients:** Water, Coconut Oil (25%), Modified Potato Starch, Maize Starch, Gluten Free Oat Fibre, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Natural Flavourings, Salt, Tricalcium Citrate, Acidity Regulators (Lactic Acid, Sodium Lactate), Plant and Vegetable Concentrates (Spirulina, Safflower, Carrot, Apple), Colour (Mixed Carotenes).

**Nutritional information per 100g:** Energy 1352kJ / 327kcal, Calcium 150mg, Fat 26.8g (of which saturates 21.5g), Carbohydrate 18.6g (of which sugars 0.5g), Fibre 4.7g, Protein 0.4g, Salt 1.47g