

# Frequently Asked Questions

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## What is Field Roast?

As the original maker of vegetarian grain meats, the Field Roast Grain Meat Company uses the simple tenets of good cooking and traditional food making practices to craft grains, fresh-cut vegetables, legumes and seasonings into Field Roast: high quality, artisanal vegetarian meat. Field Roast's old-world heritage is rooted in the Asian tradition turning wheat into protein and the European practice of curing and smoking meat. The company produces a line of vegetarian grain meats including sausages, deli slices, roasts, loaves, breaded cutlets, meatloaf, a frankfurter and a burger.

## What is grain meat?

Meat, by definition, means “edible” or the core of food, which in this case is made from grains. Grain meat is often a substitute for other types of meat. Field Roast's grain meat is a real, protein-rich meat option — for carnivores and vegetarians alike.

The tradition of using wheat as a protein-rich food began in 7th century China. When Buddhist monks kneaded a simple wheat/water dough, the starch dissolved, leaving pure protein that they then simmered in a broth to create Mien Ching. This tradition spread to Japan, where cooks simmered Mien Ching in soy sauce to create Seitan.

## How is it made?

Field Roast is made simply and in small batches. The process starts with dry ingredients (wheat, flour and spices), to which the wet ingredients (lemon juice, filtered water, cider vinegar and expeller pressed safflower oil) are added, followed by fresh vegetables and garlic. This delicious mixture is then steamed and packaged.

## What type of Ingredients does Field Roast contain?

The Field Roast Grain Meat Company sources its ingredients from the most local sources with the highest quality, including wheat grown in Canada. All Field Roast products are 100% vegan, soy-free and GMO-free.