

## Plant-Based Products, Available in Canada



**HUMANE SOCIETY  
INTERNATIONAL**  
CANADA



FRIENDS OF  
**HUMANE SOCIETY  
INTERNATIONAL**

**Please note that this document is intended to be comprehensive, but it is not exhaustive. If you would like to suggest an addition to this list, please contact us at [forwardfoodcanada@hsi.org](mailto:forwardfoodcanada@hsi.org).**

CATEGORY	COMPANY	PRODUCTS	WEBSITE (Order online or find your nearest retailer)
Plant-Based Cheese	Blue Heron Creamery	Plant-based cheeses	<a href="https://blueheroncheese.com/">https://blueheroncheese.com/</a>
Plant-Based Cheese	Fauxmagerie Zengarry	Aged, fresh raw non-dairy cheeses (cashew-based)	<a href="https://www.zengarry.com/">https://www.zengarry.com/</a>
Plant-Based Cheese	Fresh Start Fauxmage	Plant-based cheeses (nut-based)	<a href="https://www.findfreshstart.com/">https://www.findfreshstart.com/</a>
Plant-Based Cheese	Humble Seedz	Plant-based cheeses (sunflower seed-based)	<a href="https://www.humbleseedz.com/">https://www.humbleseedz.com/</a>
Plant-Based Cheese	Main Vegan Deli	Nut cheese, deli meat alternatives	<a href="https://www.mainvegan.com/">https://www.mainvegan.com/</a>
Plant-Based Cheese	Miyoko's Creamery	Plant-based cheeses (nut-based)	<a href="https://miyokos.com/">https://miyokos.com/</a>
Plant-Based Cheese	Nafsika	Plant-based cheeses (nut-free)	<a href="https://nafsikainc.com/">https://nafsikainc.com/</a>
Plant-Based Cheese	Nuts For Cheese	Aged and fresh raw non-dairy cheeses (cashew-based)	<a href="https://nutsforcheese.com/">https://nutsforcheese.com/</a>
Plant-Based Cheese	Pulse Kitchen	Plant-based, gluten-free cheeses (almond-based)	<a href="http://www.pulsekitchen.com/">http://www.pulsekitchen.com/</a>
Plant-Based Cheese	Spread'Em Kitchen Co.	Plant-based cheeses (cashew-based), butter, dips	<a href="https://spreademkitchen.com/">https://spreademkitchen.com/</a>
Plant-Based Cheese	Stokes	Plant-based artisanal cheeses (some nut-free options)	<a href="https://veganstokes.com/">https://veganstokes.com/</a>
Plant-Based Cheese	The Cultured Nut	Plant-based artisanal cheeses	<a href="https://www.theculturednut.com/">https://www.theculturednut.com/</a>
Plant-Based Cheese	The Fauxmagerie	Aged plant-based cheeses (cashew-based)	<a href="https://thefauxmagerie.com/">https://thefauxmagerie.com/</a>
Plant-Based Cheese	The Future of Cheese Inc.	Plant-based cheese and butter	<a href="https://www.futureofcheese.com/">https://www.futureofcheese.com/</a>
Plant-Based Cheese	Vegan Magic	Aged, fresh raw non-dairy cheeses (cashew-based)	<a href="http://veganmagic.cc/index.html">http://veganmagic.cc/index.html</a>
Plant-Based Cheese	VEGCHEESE	Dairy-free, nut-free, gluten-free, artisanal cheese (soy, coconut oil-based)	<a href="https://vegcheese.com/">https://vegcheese.com/</a>
Plant-Based Cheese	Vegnature	Non-dairy goat cheese (cashew-based)	<a href="http://www.vegnature.com/">http://www.vegnature.com/</a>
Plant-Based Cheese	Violife	Plant-based cheeses (soy, nut-free)	<a href="https://violifefoods.com/">https://violifefoods.com/</a>
Plant-Based Dairy	BUCK	Non-dairy milks and gelato (buckwheat)	<a href="https://www.simplybuck.com/">https://www.simplybuck.com/</a>
Plant-Based Dairy	Califia Farms	Non-dairy milks, creamers, yogurts and canned beverages	<a href="https://www.califiafarms.com/">https://www.califiafarms.com/</a>

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Plant-Based Dairy	Culcherd	Non-dairy cheeses, butter	<a href="https://culcherd.com">https://culcherd.com</a>
Plant-Based Dairy	Earth's Own	Non-dairy milk, spreads, butter	<a href="https://earthsown.com/">https://earthsown.com/</a>
Plant-Based Dairy	Elmhurst	Non-dairy milks, creamers, lattes and ice cream	<a href="https://elmhurst1925.com/">https://elmhurst1925.com/</a>
Plant-Based Dairy	Flora	Non-dairy butter	<a href="https://www.flora.com/">https://www.flora.com/</a>
Plant-Based Dairy	Melt Organic	Non-dairy butter	<a href="https://meltorganic.com/">https://meltorganic.com/</a>
Plant-Based Dairy	Milkadamia	Non-dairy milks, creamer, sprays, butter	<a href="https://milkadamia.com/">https://milkadamia.com/</a>
Plant-Based Dairy	Natura Foods	Non-dairy milks (soy, almond, rice)	<a href="http://natura.ca/">http://natura.ca/</a>
Plant-Based Dairy	Plant Veda	Non-dairy milk, yogurt, and creamer	<a href="https://www.plantveda.com/">https://www.plantveda.com/</a>
Plant-Based Dairy	Rainfed Foods	Non-dairy milks (millet)	<a href="https://www.rainfedfoods.com/">https://www.rainfedfoods.com/</a>
Plant-Based Dairy	Silk	Non-dairy milk, yogurt, creamers, mousse, shreds	<a href="https://www.silkcanada.ca/">https://www.silkcanada.ca/</a>
Plant-Based Dairy	So Delicious	Frozen non-dairy desserts, coconut-based beverages	<a href="http://sodeliciousdairyfree.ca/">http://sodeliciousdairyfree.ca/</a>
Plant-Based Dairy	Sproud	Non-dairy milks (pea)	<a href="https://besproud.com/">https://besproud.com/</a>
Plant-Based Dairy	Yoso	Non-dairy yogurt	<a href="https://www.yoso.ca/">https://www.yoso.ca/</a>
Plant-Based Desserts	Belsoy	Non-dairy dessert, cream	<a href="https://www.alpro.com/ca/en/">https://www.alpro.com/ca/en/</a>
Plant-Based Desserts	Sweets from the Earth	Non-dairy desserts (including cakes, cookies, brownies with some products nut-free)	<a href="https://sweetsfromtheearth.com/">https://sweetsfromtheearth.com/</a>
Plant-Based Desserts	Zimt Chocolates	Non-dairy chocolates	<a href="https://shopca.zimtchocolates.com/">https://shopca.zimtchocolates.com/</a>
Plant-Based Egg	Eggcitable	Plant-based egg products (dry, shelf-stable)	<a href="https://www.eggcitable.com/">https://www.eggcitable.com/</a>
Plant-Based Egg	JUST	Plant-based egg products (liquid, patties)	<a href="https://www.ju.st/ca/">https://www.ju.st/ca/</a>
Plant-Based Egg	Simply Eggless	Plant-based egg products (liquid)	<a href="https://trysimplyeggless.com/">https://trysimplyeggless.com/</a>
Plant-Based Proteins	Beyond Meat	Plant-proteins (burgers, sausages, crumbles, strips)	<a href="http://beyondmeat.com/">http://beyondmeat.com/</a>
Plant-Based Proteins	Big Mountain Foods	Plant-proteins (tofu, veggie links, crumbles), bites	<a href="https://bigmountainfoods.com/">https://bigmountainfoods.com/</a>
Plant-Based Proteins	Butler Foods	Plant-proteins, seasonings	<a href="https://www.butlerfoods.com/">https://www.butlerfoods.com/</a>
Plant-Based Proteins	Gardein	Frozen plant-proteins	<a href="https://gardein.com/">https://gardein.com/</a>
Plant-Based Proteins	Good Catch Foods	Plant-based seafood products	<a href="https://goodcatchfoods.com/">https://goodcatchfoods.com/</a>
Plant-Based Proteins	Gusta	Non-dairy cheeses, plant proteins (sausages, deli meats)	<a href="http://www.gustafoods.com/">http://www.gustafoods.com/</a>
Plant-Based Proteins	Henry's Tempeh	Tempeh	<a href="http://tempeh.ca/en/">http://tempeh.ca/en/</a>
Plant-Based Proteins	Hodo Foods	Plant-proteins	<a href="https://www.hodofoods.com/">https://www.hodofoods.com/</a>
Plant-Based Proteins	Hungry Planet	Plant-proteins (burgers, crumbles, chicken, sausage, crab, custom products)	<a href="https://hungryplanet.us/">https://hungryplanet.us/</a>
Plant-Based Proteins	Impossible Foods	Plant-proteins (burgers, crumble, chicken, sausage)	<a href="https://impossiblefoods.com/">https://impossiblefoods.com/</a>

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Plant-Based Proteins	King's Vegetarian Food	Plant-proteins (chicken, bacon, dim sum, seafood, other prepared goods)	<a href="https://kingsvegetarianfood.ca/">https://kingsvegetarianfood.ca/</a>
Plant-Based Proteins	Lightlife	Plant-proteins	<a href="https://lightlife.com/">https://lightlife.com/</a>
Plant-Based Proteins	Modern Meat, Inc.	Plant-proteins (burgers, crabless cakes, crumbles, meatballs, gyozas, sauces)	<a href="https://modernfoods.ca/">https://modernfoods.ca/</a>
Plant-Based Proteins	MorningStar Farms	Plant-proteins (burgers, crumbles)	<a href="https://www.morningstarfarms.ca/">https://www.morningstarfarms.ca/</a>
Plant-Based Proteins	Noble Jerky	Plant-based jerky	<a href="https://www.noblejerky.ca/">https://www.noblejerky.ca/</a>
Plant-Based Proteins	OMNI Foods	Plant-based proteins (pork and seafood)	<a href="https://omnifoods.co/">https://omnifoods.co/</a>
Plant-Based Proteins	Paradis Végétarien	Plant-proteins (burgers, sausages, nuggets, seafood)	<a href="https://www.paradisvegetarien.com/">https://www.paradisvegetarien.com/</a>
Plant-Based Proteins	Prairie Fava	Fava bean products (whole, split, flour)	<a href="https://www.prairiefava.com/">https://www.prairiefava.com/</a>
Plant-Based Proteins	Primal Spirit Foods	Plant-based jerky	<a href="http://www.primalspiritfoods.com/">http://www.primalspiritfoods.com/</a>
Plant-Based Proteins	Savory Wild	Plant-based jerky	<a href="https://savorywild.com/">https://savorywild.com/</a>
Plant-Based Proteins	Simply Protein	Protein bars	<a href="https://simplyprotein.ca/">https://simplyprotein.ca/</a>
Plant-Based Proteins	Sol Cuisine!	Plant-proteins (burgers, tenders, falafels, meatballs, breakfast sausages, tofu)	<a href="https://solcuisine.com/">https://solcuisine.com/</a>
Plant-Based Proteins	Soyarie	Tofu (blocks, burgers, strips, cutlets, bites)	<a href="http://www.soyarie.ca/">http://www.soyarie.ca/</a>
Plant-Based Proteins	The Very Good Butchers	Plant-proteins	<a href="https://www.verygoodbutchers.com/">https://www.verygoodbutchers.com/</a>
Plant-Based Proteins	Three Farmers Foods	Plant-protein (fava bean, lentil, chickpea, pea snacks)	<a href="https://store.threefarmers.ca/">https://store.threefarmers.ca/</a>
Plant-Based Proteins	TMRW Foods	Plant-based proteins (shreds, burgers, sausages, ocean cakes)	<a href="https://tmrwfoods.com/">https://tmrwfoods.com/</a>
Plant-Based Proteins	Tofurky	Plant-proteins (burgers, sausages, hot dogs, deli slices, grounds, roasts)	<a href="https://tofurky.com/">https://tofurky.com/</a>
Plant-Based Proteins	Upton's Naturals	Plant-proteins (hot dogs, pulled jackfruit, readymade meals, fava crumbles)	<a href="https://www.uptonsnaturals.com/">https://www.uptonsnaturals.com/</a>
Plant-Based Proteins	VG Gourmet	Plant-proteins (burgers, beet balls, crumbles, bites, tofu)	<a href="https://vggourmet.com/">https://vggourmet.com/</a>
Plant-Based Proteins	Ying Ying Soy Food	Tofu and plant-based jerky	<a href="https://www.yingyingsoyfood.ca/">https://www.yingyingsoyfood.ca/</a>
Plant-Based Proteins	Yves Veggie Cuisine	Plant-proteins (burgers, ground round, hot dogs, sausages, deli slices, breakfast protein)	<a href="http://yvesveggie.ca/">http://yvesveggie.ca/</a>
Plant-Based Proteins	Zoglo's	Plant-based proteins (burgers, chicken, kebab, hotdogs)	<a href="https://zoglos.com/">https://zoglos.com/</a>
Prepared Foods & Other	Boosh	Plant-proteins, bowls, dips, cheeses	<a href="https://www.booshfood.com/">https://www.booshfood.com/</a>
Prepared Foods & Other	Candesa Foods Inc.	Plantain products	<a href="https://www.candesafoods.com/">https://www.candesafoods.com/</a>

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Prepared Foods & Other	Floating Leaf Fine Foods	Grains, legumes, seeds	<a href="https://www.eatwildrice.ca/">https://www.eatwildrice.ca/</a>
Prepared Foods & Other	Freedom Jars	Plant-based breakfast jars, prepared meals	<a href="https://freedomjars.ca/">https://freedomjars.ca/</a>
Prepared Foods & Other	KitsKitchen (Modern Plant-Based Foods)	Plant-based soups	<a href="https://kitskitchen.ca/">https://kitskitchen.ca/</a>
Prepared Foods & Other	Kove Ocean Foods	Plant-based protein puffs, sea spice, tortilla chips	<a href="https://koveocean.com/">https://koveocean.com/</a>
Prepared Foods & Other	La Dee Da Gourmet Sauces	Plant-based sauces, soups, jams	<a href="https://ladeedasauces.com/">https://ladeedasauces.com/</a>
Prepared Foods & Other	Molly B's Gluten-Free Kitchen	Gluten-free, plant-based pizza crust (not all products are plant-based)	<a href="http://www.mollybglutenfree.com/">http://www.mollybglutenfree.com/</a>
Prepared Foods & Other	Mother Raw	Plant-based dressings, dips, queso, condiments, to-go packs	<a href="https://motherraw.ca/">https://motherraw.ca/</a>
Prepared Foods & Other	Nona Vegan	Non-dairy sauces	<a href="https://nonavegan.com/">https://nonavegan.com/</a>
Prepared Foods & Other	PRANA Organic	Plant-based spreads, seeds, nuts, snacks, baking supplies	<a href="https://pranaorganic.ca/">https://pranaorganic.ca/</a>
Prepared Foods & Other	The Planting Hope Company	Veggie chips, plant-based sesame milk, dips and snacks	<a href="https://plantinghopecompany.com/">https://plantinghopecompany.com/</a>
Prepared Foods & Other	Wholly Veggie!	Veggie patties, pizza and bites	<a href="https://www.whollyveggie.com/">https://www.whollyveggie.com/</a>
Variety of Plant-Based Products	Alternative Kitchen	Plant-based cheeses, meats, spreads	<a href="https://alternativekitchen.ca/">https://alternativekitchen.ca/</a>
Variety of Plant-Based Products	Daiya	Non-dairy cheese slices, shreds, spreads, cheesecake/desserts, yogurt, dressings, mac & cheeze, frozen burritos	<a href="https://daiyafoods.com/">https://daiyafoods.com/</a>
Variety of Plant-Based Products	Dr. Praeger's Purely Sensible Foods	Plant-proteins (burgers, tenders, nuggets), appetizers/snacks (potato puffs, brussels sprout cakes), oatmeal littles	<a href="https://drpraegers.com/canada/">https://drpraegers.com/canada/</a>
Variety of Plant-Based Products	Earth Balance	Non-dairy butter sticks, spreads, nut butters, snacks	<a href="https://www.earthbalancenatural.com/">https://www.earthbalancenatural.com/</a>
Variety of Plant-Based Products	Field Roast	Plant-proteins (burgers, sausages, deli-slices, roasts, loaves, bacon, breakfast patties, tenders, deli slices), non-dairy cheese slices and sauce	<a href="http://fieldroast.com/">http://fieldroast.com/</a>
Variety of Plant-Based Products	Follow Your Heart	Plant-based mayonaise, egg, cheeses, sour cream, salad dressings, breakfast items	<a href="https://followyourheart.com/canada/">https://followyourheart.com/canada/</a>

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Variety of Plant-Based Products	Le Grand	Plant-based yogurts, butters, cheese spreads, pestos	<a href="http://www.lovelegrand.com/">http://www.lovelegrand.com/</a>
Variety of Plant-Based Products	NotCo	Non-dairy milk & plant-based burger	<a href="https://notco.com/">https://notco.com/</a>
Variety of Plant-Based Products	Toffuti	Non-dairy desserts, spreads, cheeses, frozen foods	<a href="https://tofutti.com/">https://tofutti.com/</a>
Variety of Plant-Based Products	YoFiit	Plant-based milks, bars, granola	<a href="https://yofiit.com/">https://yofiit.com/</a>

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