

# *totally Bare*

## **BARE BOWLS**

Free-from all-in-one meat, fish and vegan meals in a bowl!

## **BARE PIZZA**

Finally a gluten-free pizza that your everyone will enjoy!

## **BARES BEEN TO ASIA**

See Bare's new snack from his travels in Hong Kong and Taipei

# the love of FLEXITARIAN great food

**Welcome, Willkommen, Bienvenido,  
Bienvenue, Benvenuto, Bem-vindo,  
Välkommen, Hoş geldin, Witaj,  
Selamat datang, Добро  
пожаловать, 欢迎**

## **Welcome to my brochure...**

Here you will find some of my latest offerings for the discerning free-from foodie. All the taste without the nasties and leaving aside that pesky gluten.

We like good plant-based food and want to try and persuade some of our hardened carnivores to give plants a whirl from time to time, we think we will surprise you!

Bon Voyage

*Marc & Adrian*

**01**

### **Bare's Pizzas**

Bare Pizza is our range of gluten-free pizzas without compromise. At last a delicious pizza using a base that's generous, crispy and soft.

**02**

### **Bare's Snacks**

With so many street food inspired snacks, made deliciously free-from how could you resist trying Bare's new destination based snacks?

**03**

### **Bare's Bowls**

Sometimes meaty, sometimes fishy and often veggie. Bare's range of all in one pop-it-in-the-oven world street food inspired meals in a bowl



# Get to know Bare



Bare is a worldwide traveller, a chef, a social sponge for the flavoursome and tasty. Bare creates foods and snacks that all his friends are able to enjoy products, which also just happen to be gluten-free and free-from.

## ABOUT ME



It's fair to say my work and much of my social life seems to be around food. From a young cub, being around my family and friends for dinners and celebrations food was always the central theme. If you have read some of my tales you'll know I like to party and what makes life for me so enjoyable is that combination of food with my friends.

When I am away from my den I like to take snacks with me as with my allergy to gluten it can get difficult to find suitable grazing. Grandma Bare taught me to cook she was a great chef and inspired me to choose my food explorer life.



## STATS

**NAME** - BARE

**AGE** - OLD ENOUGH THANK YOU FOR ASKING

**STAR SIGN** - AQUARIUS

**EATING HABITS** - FLEXITARIAN

**STYLE** - CASUAL BUT LOVES TO DRESS UP

**ALLERGIES** - GLUTEN

**FAVOURITE DESTINATION** - MY DEN AT HOME AFTER SO MUCH TRAVELLING

**FAVOURITE FOOD** - DIFFICULT ONE...  
I LOVE OUR MAC CHEESE  
AND BBQ SHORT RIB !







Bare Food is designed for however you want to eat.

Bears are the original flexitarian, which we have taken as our inspiration. They enjoy a plant-based diet much of the time and true carnivores when they can be! All our food follows our philosophy of **free-from but you wouldn't know it** - we just want it to be delicious.

All our food is gluten, nut and sesame free as a standard. Even the most hardened carnivore might be persuaded to try our delicious plant-based dishes. No nasties or weird e-numbers in sight.

**" Bare Food is truly an inclusive brand designed for the retail and travel industry "**

### Bare's hot snacks

- Bare Pizza which has taken us two years to perfect, delicious plant based pizzas and fully fledged carnivore options.
- Bare Bowls our delicious all in one meals.
- Bare Puds & Pots - indulgent free from puds that hit the sweet spot
- Bare's I-Scream our fully loaded, delicious and indulgent free from take on plant based ice cream.

**EAT, LIVE, LAUGH**



# What is Bare Food?

BARE FOOD is an inclusive brand, everything is gluten-free, but you wouldn't know it. It is also dedicated to being 30% plant-based, and 20% of the menu what we call flexi food, made using sustainable plant-based meat like proteins, which help to convert the hardest of carnivores to eat less meat.

If you do eat meat, we want that to be good quality and kinder to animals, which means Red Tractor as a minimum standard. Options that don't skimp on flavour, options that celebrated carnivores might also consider, for those now recognising eating less meat as a more sustainable approach to diet and the environment.

You won't find avocado or other such unsustainable ingredients on the menu either, no matter how 'of the moment' they may appear to be. As an example, it takes 80 300 litres of water to grow one avocado, in some of the poorest countries on the planet, that its not sustainable.



BARE PIZZA, using a special recipe that we have worked on for over a year to get right, with a gluten-free base with a range of different toppings to choose from, prepared and baked to order in an open kitchen, no hiding in the back room.

BARE FOOD also gives options for those following a keto, low carbohydrate or zero sugar diet, options for low FODMAP. So for the sceptics there is a pizza with just 200 calories, less than many sandwiches....

All of our food has Natasha's Law compliant nutritional information on the pack and will show the number of calories and kilo calories so customers can make an informed decision about what they eat.







# Allergy Aware

As a business we pride ourselves that all allergens are shown on our menus in this case on app or on screen. As an organisation who specialise in free-from food we believe information is paramount in customer's choice and how people eat today.

We are part of Natasha's Army, if you've been living on Mars and don't know; Natasha Laperouse is the girl who sadly died from anaphylaxis following her inadvertent consumption of an unlabelled baguette containing sesame, to which she was highly allergic. Her brave parents have campaigned since her death for the law on ingredient labelling, finally coming in to place in 2021. Only too recently we have seen where poor insufficient labelling has cost a life; therefore, this is a subject that is of the critical importance.

We are a gluten nut and sesame free business, We believe we have recipes that are so good using gluten-free and free-from ingredients that a regular diner just can't tell. Our recipes have taken hard work, study, trial, cost and plenty of error to get right so you'll understand we think it's extremely important that we create a safe environment where those with allergies can enjoy a meal without worry or compromise.

Our staff are highly trained in this area, we expect them to know their stuff and test them on it regularly. This also means that our staff are not permitted to bring gluten containing ingredients to work at all. We also do not allow customers to do so and certainly do not allow food from outside our business to be consumed in our business, this rule needs to apply!



# Free-from Marketplace

Today's gluten-free market is described as **“a mainstream sensation, embraced out of necessity and as a personal choice toward achieving a healthier way to live.”** The market for gluten-free and free-from dining is growing; In fact, in the last two years, it has doubled year on year. There simply isn't enough supply to meet demand.

The UK free-from market is estimated to be worth £365 million and is forecast to grow 50% by 2019 (Mintel). With 13% of the UK population estimated to be avoiding gluten (Mintel), we cannot afford to miss this opportunity!

Our offer is specifically gluten-free, but also offering many dairy-free, vegan and vegetarian options. The fact that we are solely gluten-free puts us in an ideal position to cater for those who look for gluten-free without the risk of contamination, as in many of the chain restaurants who have some gluten-free provision, however carry a risk of cross-contamination.



- ★ 1 in 100 people in the UK live with Coeliac Disease
- ★ The past five years have seen a dramatic increase in normal everyday consumers undertaking a gluten-free diet as part of a healthy lifestyle
- ★ Despite many restaurants offering gluten-free alternatives, there is still a high risk of cross-contamination
- ★ The catering industry is missing out on an estimated £100 million a year by not catering for people with coeliac disease and their friends and family
- ★ 80% of Coeliac UK surveyed Members said that when they eat out with other people, their need for safe gluten-free options determines where they eat





# Pizza

Bare Pizza is our range of gluten-free pizzas without compromise. At last a delicious pizza using a base that's generous, crispy and soft.

We use San Marzano tomatoes in our sauce and good quality mozzarella with a great selection of toppings.

Our plant-based pizzas use the same delicious sauce and a mozzarella style cheese that tastes every bit as good as our non plant-based pizza!

Two sizes of pizza are available and the entire pizza can be cooked in the box so it doesn't get contaminated in your oven when cooking other non free-from items in the same space.





# Pizza Menu

## VIRGIN MARGO

Tomato Sauce, Vegan Mozzarella, Basil,  
Extra Virgin Olive Oil

## THE VEG PLEDGE (v)

Tomato Sauce, Vegan Mozzarella, Mushrooms,  
Roasted Red Peppers, Smoked Maple Roasted Onion,  
Extra Virgin Olive Oil, Tomatoes and Basil

## THE SCROOM (v)

Tomato Sauce, Vegan Mozzarella, Porcini Mushrooms,  
Chestnut Mushrooms, Smoked Caramelised Onion,  
Extra Virgin Olive Oil, Tomatoes and Basil

## THE CLUKKY

Tomato Sauce, Mozzarella, Ricotta, Parmesan,  
Peppers, Pesto Chicken

## THE MOO

Tomato Sauce, Mozzarella, Porcini Mushroom,  
Portobello Mushroom, Bresaola

## THE SWINE

Pepperoni, Pulled Chipotle Pork, Tomato Sauce, Mozzarella,  
Parmesan Cheese Shavings, Basil

## BBQ JACK

BBQ Pulled Jackfruit, Roasted Peppers, Caramelised Onions,  
Chipotle Chickpeas, Vegan Mozzarella

*For those wanting a lower carb option we have a cauliflower base for your pizza*







# Snacks

## Bare Snacks are inspired by Bare's World Travels!

Each inspired by an experience and Bare's determination and tenacity to create a free-from version that is as good or better than the non free from counterpart.

Each box is designed to pop right in the oven and eaten with a napkin, some of them can be messy! On the back of each box is a short story of the travel inspiration finding that snack.



# Bear's trip to Asia

## Bare in Hong Kong

Bare's mini Hong Kong style scallion pancake

"Bare was hot off the plane in Hong Kong adjusting to the humid metropolis that is Hong Kong. Kit, his friend who lived in Happy Valley came to meet Bare at his hotel in Causeway Bay there they sat at the Sky Bar enjoying a beverage, overlooking the harbour.

Bare said he was hungry, so Kit said we must go and get some of the Hong Kong scallion pancakes. He knew a place that did a version without wheat flour. They were not like a pancake as Bare knew them to be at all. They were crispy taste revelation, delicious and filled with spring onions. Here Bare has created them just for you in a easy to eat style, gluten free, vegan and delicious."



## Bare in Taipei

Bare's Pork char Siu Bao

"Bare had wanted to visit the night street food markets of Taipei. Kit and his partner Kuan were staying in Gong Guan with Kuan's sister Akemi. They invited Bare to come on a tour of the street food market in Gong Guan. They tried many treats along the way including a small sausage in a big glutinous rice sausage which bare loved, dragons beard a sweet treat. But by far Bare's favourite was the char siu bao, the sticky slow-cooked pork belly in the steamed bun, it was so delicious.

After all that eating and some of the famous bubble tea, they all headed off to the red house district to dance off those calories. Bare has created his gluten- free steam-baked char siew pork sandwich just for you..."





# Menu

## BARE IN LONDON

Bare's breakfast eggy-bread sandwich

## BARE IN MILAN

Bare's Margherita gluten-free pizza

## BARE IN STOCKHOLM

Bare's meatball gluten-free wrap

## BARE IN MEXICO CITY

Bare's Burrito

## BARE IN CAPE COD

Bare's Cheeseburger

## BARE IN BARCELONA

Bare's gluten-free Churros

## BARE IN MYKONOS

Bare's lamb Souvlaki

## BARE IN MUMBAI

Bare's Sanbhar Naan

## BARE IN KARACHI

Bare's chicken Karahi

## BARE IN BANGKOK

Bare's Thai Red (Gaeng Daeng) Curry

## BARE IN HANOI

Bare's Vietnamese Bahn Mi

## BARE IN WELLINGTON (New Zealand)

Bare's minced beef & cheese pie

## BARE IN BRUSSELS

Bare's gluten-free Liège waffle

## BARE IN MARRAKESH

Bare's spiced Falafels served with a dairy-free Raitha

## BARE IN MONTREAL

Bare's Mini Beignets (doughnuts) with vegan white chocolate and Madagascan vanilla bean dip

## BARE IN LA

Bare's beet and chickpea burger with sriracha v'mayo, tomato relish, roasted red pepper and pickled cucumber

## BARE IN ISTANBUL

Bare's pepitas, sunflower seed, coconut, raisin, apricot Baklava – with rose, orange blossom and cinnamon

## BARE IN NEW DELHI

Bare's cauliflower, potatoes, chickpea and pea samosa with spicy chutney

## BARE IN RAIPUR

Bare's Onion Bhaji with Raitha – these aren't just any Bhaji

## BARE IN PARIS

Croque Madam Monsieur, eggy bread bottom with béchamel, ham and Gruyere cheese

## BARE IN HONG KONG

Bare's mini Hong Kong style scallion pancake

## BARE IN TAIPEI

Bare's pork char Siew Bao







# Bowls







## Plant-based bowls

GF Panko-crusted veggie cake, katsu curry sauce, Asian greens and steamed rice

Indonesian butternut squash and sugar snap curry with lime and coconut rice, garlic and coriander naan

Asparagus, pea and mint risotto with Tuscan vegetable bites

Chickpea Tikka Masala with Goan cauliflower bites

Caponata with rigatoni and Barolo potato and chickpea koftes, with greens and Romenesco sauce

Sweet potato and jalapeno fritters, rice and beans, Mojo sauce

Seitan, BBQ sauce, cheesy onion macaroni, veggie bolognese with courgetti spaghetti

Cambodian vegetable stew with spicy rice









## Fish bowls

Vietnamese fish brochettes with lime, coriander and coconut rice

Teriyaki salmon with veggie noodles

Prawn Laksa, steamed rice and greens

Zaatar pangasius, preserved lemon and pomegranate rice

Simple lemon salmon with brown rice and broccoli







## Meat bowls

Bangers (free-range pork sausages)  
and champ – onion gravy

Chicken Katsu curry with Asian  
greens and rice

Teriyaki duck, veggies, egg fried rice,  
Asian greens

Vietnamese braised lamb with coconut  
rice, coriander and garlic naan

Korean bbq beef, brown rice,  
pickled veggies

Hoisin pork belly with egg fried rice,  
steamed broccoli and roasted peppers

Beef Massaman curry with steamed rice

Pesto chicken breast with pea and mint  
risotto and char-grilled peppers

Lamb Bhuna with pilau rice and  
onion bhaji

Raz al Hanout lamb with jewelled  
cauliflower cous cous

Beef in Barolo with rosemary oven bottom  
roasted potatoes









## **Flexi 'meat like' bowls**

Lincolnshire veggie sausages  
and champ – onion gravy

It's not Chicken Katsu curry with Asian  
greens and rice

Teriyaki meatless balls, veggies, tofu fried rice,  
Asian greens

Vietnamese its not chicken with coconut rice,  
coriander and garlic naan

Korean BBQ skewers, brown rice,  
pickled veggies

Hoisin its not chicken with tofu fried rice, steamed broccoli  
and roasted peppers

Massaman curry with steamed rice

Nut Free Pesto its not chicken with pea and mint risotto and  
char-grilled peppers

Butter its not chicken with Pilau rice and  
onion Bhaji

Raz al Hanout meatless skewers with jewelled  
cauliflower cous cous

Meatless balls in Barolo Raju with  
rosemary oven-bottom roasted potatoes



# puds







## Bear Pots

Crypto (millionaires) cheesecake pot

Passion pot - vegan  
passionfruit cheesecake

White chocolate, berry (barey)  
cheesecake

Ginger and caramel cheesecake

## Bare Puds and Bare Pots

Our range of desserts all are  
gluten-free. If you see the  
green ring that indicates they  
are completely plant-based.  
like our other product Bare  
Puds just heat in the bowl.

**Bear Puds cook in just 12  
minutes from thawed.**

Bare pots our chilled dessert  
pots just thaw and scoff!

## Bear Puds

Steamy double chocolate pudding with  
chocolate sauce and salted caramel  
sauce

Stem ginger and maple pudding with  
turmeric and lemon custard

Chocolate crunch with raspberry custard

Sticky salted caramel pudding and sticky  
caramel sauce



# i-Scream

"It was a really hot summer and Bare had taken a holiday in Houston early that year to see his friends Tyler and Frank. They were a great couple, who had lived together for 30 years. With Bare they all had such fun together, including a great evening of cabaret at Michaels Outpost, a piano bar for those with a penchant for a show tune!

Tyler is vegan and Frank doesn't do gluten or dairy. They were all chatting on the patio during breakfast the next day. In a bit of sarcastic witty banter, Tyler said how much he missed ice cream now he's strict vegan. So Bare set about creating not one but three great 'i-Scream' combos, you would never know there wasn't a cow involved!"

## BARE IN HOUSTON

Bare's double chocolate i-Scream with chocolate sauce and chocolate cookies

## BARE IN WINDSOR

Bare's strawberry i-Scream with strawberry compote and shortbread

## BARE IN CARTMEL

Bare's salted caramel i-Scream with butterscotch pieces and toffee sauce





# Get in touch



## BARE FOOD

[www.barefoodtravels.com](http://www.barefoodtravels.com)

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