MyFOREST FOODS

NOW DEBUTING IN FOODSERVICE

My Steak®

Your Menu's New Favorite Ingredient.

A 100% vegan, farm-grown, whole-cut meat alternative made from thinly sliced organic oyster mushroom mycelium. It caramelizes beautifully, delivers a satisfying, meaty texture and cooks in minutes, from cheesesteaks and burritos to stir-fries and center-of-plate entrées.

Available in retail **exclusively at Whole Foods Market**. Now making its foodservice debut with a select group of vegan restaurants.



SERVING SUGGESTION

- 100% VEGAN
- FARM-GROWN
- SOY-FREE & GLUTEN-FREE
- ORGANIC OYSTER MUSHROOM MYCELIUM
- CARAMELIZES BEAUTIFULLY
- SATISFYING, MEATY TEXTURE
- COOKS IN MINUTES
- VERSATILE ACROSS MENUS

Menu Inspiration

WHERE IT SHINES



Sandwiches

Cheesesteaks, Italian beef, chopped cheese

Burritos
Tacos
Fajitas
Quesadillas

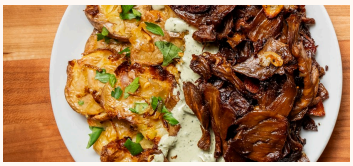
Mexican-Inspired

Burritos, tacos, fajitas, quesadillas



Bowls & Stir-Fries

Rice bowls, noodle dishes, grain bowls



Entrées

Garlic MySteak with potatoes, steak and vegetables, Asian-inspired dishes

Made for Busy Kitchens

PRACTICAL BY DESIGN

Quick & Easy

Cooks in minutes with minimal prep.

Beautiful Caramelization

Develops a savory, browned exterior when cooked.

Great Texture

Satisfying, tender, meaty bite.

Endless Possibilities

Works with a variety of sauces, seasonings and cuisines.

One Ingredient, Multiple Dishes

Easily incorporated into existing menus.

Storage & Prep

SHIPS FROZEN
Keeps **210 days** frozen.

REFRIGERATED
56 days unopened.
Use within **2 days** of opening.

TO COOK
Thaw, drain the liquid, then sauté on a pan or flattop **~5 minutes**, until browned on the edges.

Foodservice Pack & Pricing

ESTIMATED RESTAURANT COST

$15–18 per lb
About $0.94–1.13 per oz

$150–180 per case

10 x 1 lb pouches
10 lb case. Ships frozen.

Planning estimate. Your distributor confirms final delivered pricing and availability.
Ask about program pricing for campuses, contract dining and regional chains.

You Bring the Creativity. We'll Bring the MySteak.

Let's see what your kitchen can create!

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