



# PLANT POWER

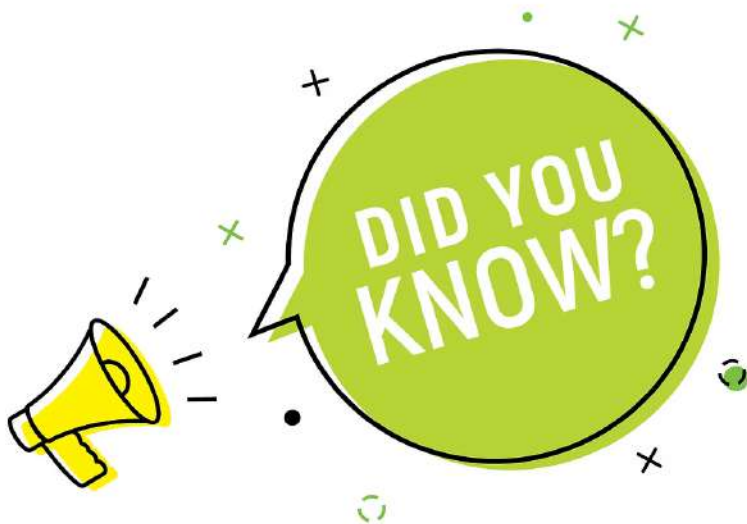


We are proud to partner with the Humane Society of the United States to showcase custom recipes specifically developed for Sebastians Cafés to deliver a unique dining option that is 100% Vegan Friendly and Plant-Powered!

Our Chefs have worked closely with the Humane Society's Culinary Team to craft these delicious menu items that incorporate sustainable plant-based ingredients paired with cutting-edge culinary techniques that will deliver a quality product for your dining experience.



Look for this icon  on our Café Menus!  
Food items with this symbol means that you're choosing a delicious plant-based meal for a healthy you and a healthy planet!



Here are some  
**FUN FACTS**  
you may not have known  
about Plant-based foods:

# HEALTH



Did you know that beef and black beans contain the same amount of protein? (22 grams per 100 grams of food) Black beans have more iron than beef (2.9 grams for black beans vs. 2.3 grams for beef per 100 grams of food). Beans also contain fiber, NO fat and NO cholesterol.



Did you know that all plant foods contain fiber and all animal foods contain cholesterol?



# ATHLETES



Did you know that ultra-marathoner Scott Jurek's 100% plant-based diet has fueled victories in the Western States 100-Mile Endurance Run, which he won a record seven straight times?



Did you know that researchers found a plant-based diet boosts athletic performance and recovery by increasing blood flow and tissue oxygenation and reducing inflammation?



Did you know that a varied diet of fruits, vegetables, grains, and legumes, along with a vitamin B12 supplement, provides all the necessary nutrients an endurance athlete needs, including protein, calcium, and iron?

# THE ENVIRONMENT



Did you know that animal agriculture is a major producer of greenhouse gas emissions, equivalent to 14.5% of global emissions, approximately the same size as the transportation sector?



Did you know that nearly HALF of all the water used in the



SEBASTIANS  
CAFÉ AND CATERING

our story

what we do

food






people

contact us

# COST SAVINGS & CUSTOMER PREFERENCES

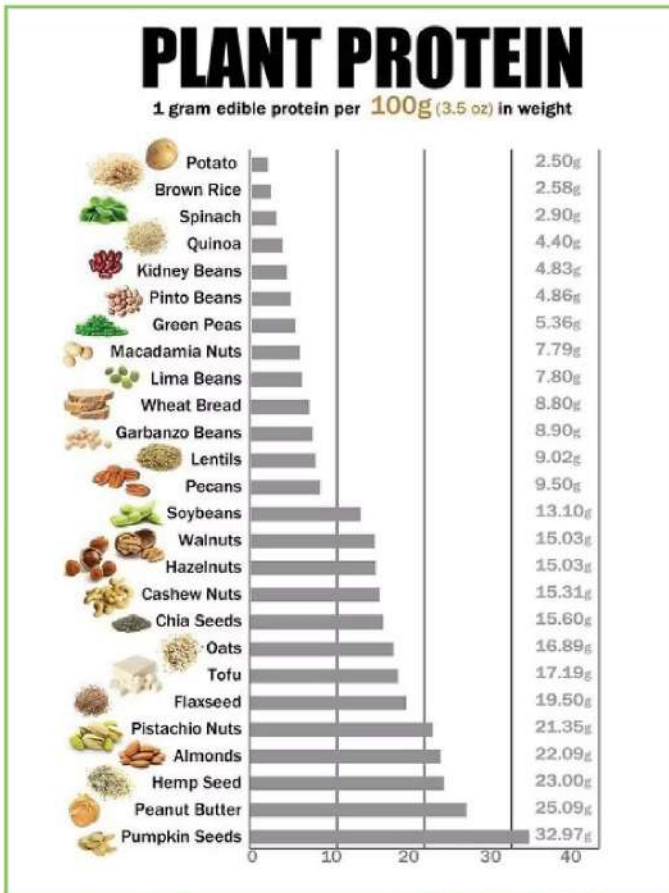


CUSTOMER PREFERENCES

-  Did you know that an individual can save as much as \$1260 per year on a plant-based diet? Nutrition Journal (April of 2020)
-  Did you know that the #1 ethnic cuisine that customers crave is Mexican? Beans are an easy and inexpensive swap-out for meat.
-  Did you know that 80% of consumers say plant-based proteins satisfy a CRAVING?
-  Did you know that 50% of consumers ages 18-34 want the option to swap animal-based proteins for plant-based ones?
-  Did you know that dollar sales of plant-based foods grew by more than 25% in every US Census region?

# HOW MUCH PROTEIN

does my Plant-Powered meal contain?





### our story

- core values
- our team
- history

### what we do

- foodservice solutions
- industries

### services

- corporate dining
- catering
- cafe design
- vending
- coffee
- micro marts
- event management
- technology solutions

### food

- philosophy
- culinary programs

### health & wellness

- nutrition
- wellness programs

### sustainability

- local partners
- animal welfare
- sustainable programs

### people

- diversity
- community

### careers

- why work for us
- positions

### contact us

- general queries
- services / sales
- responding to covid-19



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