

Vegan Bolognese (GF) (VG) | Be Fit Food

Canonical: <https://befitfood.com.au/products/vegan-bolognese-gf-v>

Details:

Product

Product Facts

****Product Name**:** Vegan Bolognese (GF) (VG) ****Availability**:** In Stock ****Fulfillment Type**:** online
****Brand**:** Be Fit Food ****Condition**:** <https://Schema.Org/Newcondition> ****Category**:** Food & Beverages > Prepared Meals & Ready-to-Eat ****GTIN**:** 09358266000816 ****MPN**:** 09358266000816

When you want a meat free option without compromising flavour and satisfaction, our vegan bolognese has you covered. The traditionally rich herby tomato sauce contains 7 different vegetables to feed your gut microbiome, and lentils for extra healthy gut fibre. Excellent source of dietary fibre Good source of protein Contains less than 500mg sodium per serve Low in saturated fat Gluten free Vegan Contains 4-12 different vegetables Contains no artificial colours and flavours Heating & Storage Instructions Nutrition **INGREDIENTS:** Diced Tomato (Tomato, Citric Acid), Broccoli, Zucchini, Carrot, Gluten Free Pasta Penne (8%) (Maize Starch, Soy Flour, Potato Starch, Rice Starch), Mushroom, Celery, Onion, Tomato Paste, Walnuts, Textured Vegetable Protein, Green Lentils, Faba Bean Protein, Olive Oil, Garlic, Vegetable Stock, Pink Salt, Dried Basil, Mixed Herbs, Corn Starch, Pepper. Contains: Soybeans, Walnuts May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Milk, Egg, Lupin, Tree Nuts

Variant	Price	Availability			---		---		---		110021.GF		13.95 AUD			110021.GF-MP1		12.85 AUD		
		110021.GF-MP2		12.50 AUD			110021.GF-MP3		11.95 AUD			110021.GF-MP4		12.55 AUD			110021.GF-MP5		13.40 AUD	
		110021.GF-MP6		10.15 AUD			110021.GF-MB1		13.90 AUD			110021.GF-MB2		13.50 AUD			110021.GF-MB3		12.95 AUD	
		110021.GF-MP7		13.05 AUD			110021.GF-MB4		12.50 AUD											

Vegan Bolognese (GF) (VG)

For an easy meat-free pasta meal, Vegan Bolognese brings together a rich, herby tomato sauce, gluten-free penne and vegetables. Broccoli, zucchini, carrot, mushroom and celery feature alongside green lentils, walnuts, textured vegetable protein and faba bean protein. Basil and mixed herbs give the recipe its familiar bolognese flavour.

Displayed price: A\$13.95 , checked 19 October 2026. Confirm the current price and selected product at checkout.

Choosing this meal

Choose Vegan Bolognese when you want a prepared pasta dish rather than a soup or curry. Penne is already part of the recipe, so this is not a sauce that requires you to supply pasta separately. Gluten-free penne makes up 8% of the ingredients.

The product is labelled vegan and gluten free. It contains soybeans and walnuts, so those labels do not make it suitable for everyone with an allergy. The panel uses a 293 g serving; use the per-serving values when comparing this with another prepared dish.

To build variety into a meat-free menu, compare Yellow Vegetable Curry or Malaysian Spiced Pumpkin & Chickpea Soup . Check their own ingredients and allergen information before choosing.

Ingredients and allergens

INGREDIENTS: Diced Tomato (Tomato, Citric Acid), Broccoli, Zucchini, Carrot, Gluten Free Pasta Penne (8%) (Maize Starch, Soy Flour, Potato Starch, Rice Starch), Mushroom, Celery, Onion, Tomato Paste, Walnuts, Textured Vegetable Protein , Green Lentils, Faba Bean Protein, Olive Oil, Garlic, Vegetable Stock, Pink Salt, Dried Basil, Mixed Herbs, Corn Starch, Pepper.

Contains: Soybeans, Walnuts May Contain: Fish, Crustacea, Sesame Seeds, Peanuts, Milk, Egg, Lupin, Tree Nuts

Nutrition information

Serving size: 293 g. Values below are transcribed from the product page's nutrition panel.

Nutrient	Average per serving	Average per 100g	---	---	---	Energy	1090 kJ (261 Cal)	372 kJ (89 Cal)
Protein	18.1 g	6.2 g	Fat	9.7 g	3.3 g	Saturated fat	1.1 g	0.4 g
Carbohydrate	22.0 g	7.5 g	Sugars	7.5 g	2.6 g	Fibre	7.5 g	2.5 g
Sodium	452 mg	154 mg	Gluten	Nil Detected		Nil Detected		

View the original nutrition panel . For multi-serve packs, the per-serving values are for the stated serving, not the entire pack. Check the label on the product you receive.

Preparation and storage

Follow the storage and preparation directions on the pack you receive. Use the product-specific instructions rather than assuming every meal or snack has the same heating time. The heating and storage help centre provides further guidance.

Questions about Vegan Bolognese

What takes the place of meat?

The recipe includes green lentils, textured vegetable protein, walnuts and faba bean protein alongside vegetables and tomato sauce. No beef or other meat is listed, and the product is labelled vegan.

What is the gluten-free pasta made from?

The penne lists maize starch, soy flour, potato starch and rice starch. Soy is relevant even though the pasta is gluten free. Soybeans and walnuts are declared allergens.

Does vegan mean suitable for a milk or egg allergy?

Check the allergen declaration separately. Milk and egg appear in the “may contain” list, along with other allergens. Do not choose on the vegan label alone.

Order and delivery

Check delivery coverage for your postcode and the available delivery schedule . Confirm availability, selected quantities, delivery charges and the final total at checkout.

View this product and choose your quantity . To plan several meals, compare meal bundles or browse the individual meal menu .

For an ingredient or ordering question, contact Be Fit Food . Check your delivered label, including any “may contain” declaration, before choosing for a food allergy.