



CATALOGUE 2025



www.limafood.com

  @lima.bio.food

Pioneers in Organic Nutrition Since 1957

For more than 65 years, Lima has been dedicated to creating wholesome, organic foods with the philosophy of “better for you and good for the planet.”

Founded in Belgium, and rooted in the macrobiotic principles introduced by Georges Ohsawa, Lima has played a pioneering role in shaping the organic food movement. We were even involved in the early development of organic legislation in Europe.

At Lima, we believe that a plant-based lifestyle not only supports your health but also protects our environment. Our products are 100% organic and made from natural, minimally-processed ingredients, carefully selected to nourish your body while respecting the earth.

Our Commitment to You and the Planet

At Lima, sustainability is about more than just producing organic food—it’s about ensuring a future where both people and the planet can thrive. This means constantly improving our processes, reducing our environmental impact, and choosing the most responsible ways to produce and package our products.

Natural Ingredients:

We prioritise using minimally processed ingredients that are 100% organic, GMO-free, and pesticide-free.

Transparency:

We believe in being open about what’s on your plate—no additives, no hidden ingredients.

Sustainable Packaging:

We continue to push for more eco-friendly packaging solutions, aiming for 100% recyclable or compostable materials.

Belgian Innovation Meets Japanese Philosophy

Lima’s journey is a fusion of Belgian innovation and Japanese philosophy. Rooted in macrobiotic principles introduced by Georges Ohsawa, our approach emphasises balance, respect for nature, and mindful living.

From the beginning, our founder Pierre Gevaert infused this philosophy into Lima’s product range, combining the simplicity of Japanese culinary traditions with the innovation of European organic practices. Whether it’s our plant-based drinks, condiments, rice, cereals and coffee alternatives, each product is crafted with care to nourish both body and mind.

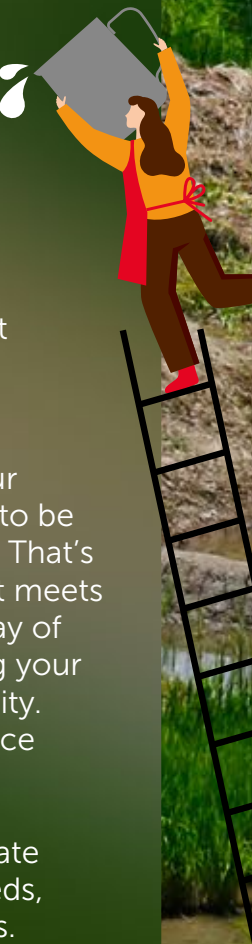
This East-meets-West approach has led to the creation of some of Europe’s most iconic plant-based products—like Lima’s rice drink, the first Rice Drink in Europe.

Organic today: easy and accessible

At Lima, it’s not just about balance. It’s also about having fun!

We know the needs of our consumers and we want to be closer to them every day. That’s why we offer a range that meets all your desires. A new way of cooking and embellishing your plates easily, in all simplicity. The Lima touch to enhance your favourite dishes!

Most importantly, we create products that fit your needs, preferences, and lifestyles. We evolve for you and with you. We believe in supporting those who choose to make responsible choices. To support you. Every day, every moment.



Lima and the Planet: Organic with Nothing to Hide!



At Lima, we believe that changing the way we consume is crucial to addressing the challenges our planet faces. That's why protecting the environment is at the heart of everything we do. For over 65 years, we've been committed to producing **100% organic**, plant-based products that align with our values of sustainability and transparency. We strictly adhere to European regulations: **no additives, no GMOs, no pesticides**, and we proudly

carry the French AB and Belgian Biogarantie labels. Our commitment to quality goes beyond compliance; we work with trusted partners and rigorous third-party testing to ensure every product meets the highest standards. Because for us, transparency and integrity are non-negotiable. We go the extra step to ensure that our products not only taste good but also help build a more sustainable world—one bite at a time.

Responsible... Even with our packaging!

Our packaging is made up of a minimum of 94% bio-based materials.

Nowadays, packaging can have an impact on the environment and create pollution... That's exactly why we aim for 100 % in the future. Our ecological approach is growing, along with our product range!

At Lima, we use the most environmentally friendly materials whilst taking care to preserve your favourite products.



**Onze
partner**



Three types of Eco Pack



BIO BASED

Partially plant-based packaging



COMPOST HOME

Home compostable packaging



COMPOST INDUSTRIAL

Industrially compostable packaging

More information about our packaging at www.limafood.com.

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Grain Cakes

Puffed grain cakes have been a part of the Lima assortment since the beginning. The variety is enormous and many of our grain cakes offer additional nutritional value. The perfect nutritious snack throughout the day: at breakfast, as part of a meal or as a snack.

Rice Cakes – Round



40009 • Rice cakes

Wholegrain rice* 99.7%, sea salt.

Bio
Weight: 100 g
Units per carton: 12
Cartons per palette: 80



40019 • Rice cakes without added salt

Wholegrain rice* 100%.

Bio
Weight: 100 g
Units per carton: 12
Cartons per palette: 80



40029 • Rice cakes with buckwheat

Rice*, buckwheat* 10%, sea salt.

Bio
Weight: 100 g
Units per carton: 12
Cartons per palette: 80



40169 • Rice cakes with quinoa

Wholegrain rice*, quinoa* 5%, sea salt.

Bio
Weight: 100 g
Units per carton: 12
Cartons per palette: 80



Rice Cakes – Thin



40121 • Rice cakes thin

Wholegrain rice* 99.7%, sea salt.

Bio
Weight: 130 g
Units per carton: 12
Cartons per palette: 110



40122 • Rice cakes without added salt thin

Wholegrain rice* 100%.

Bio
Weight: 130 g
Units per carton: 12
Cartons per palette: 110



40123 • Rice cakes with quinoa thin

Wholegrain rice* 89.8%, quinoa* 10%, sea salt.

Bio
Weight: 130 g
Units per carton: 12
Cartons per palette: 110



(* = Organically grown.)



40124 • Rice cakes three grains thin

Wholegrain rice* 89.8%, millet* 5%, buckwheat* 5%, sea salt.

Bio
Weight: 130 g
Units per carton: 12
Cartons per palette: 110



Corn Cakes – Thin



40127 • Corn cakes thin round

Corn* 99.5%, sea salt 0.5%.

Bio
Weight: 120 g
Units per carton: 12
Cartons per palette: 80



40126 • Corn cakes thin rectangular

Corn* 99.5%, sea salt 0.5%.

Bio
Weight: 140 g
Units per carton: 12
Cartons per palette: 110



40130 • Corn cakes flax seeds thin round

Corn* 41.1%, flax seeds* 5%, sea salt.

Bio
Weight: 130 g
Units per carton: 12
Cartons per palette: 80



Buckwheat Cakes



40193 • Buckwheat cakes with flax seeds

Buckwheat* 55%, rice*, quinoa*, flax seeds* 2%, sea salt.

Bio
Weight: 130 g
Units per carton: 12
Cartons per palette: 100



Rice Cakes with Chocolate



40084 • Rice cakes with dark chocolate

Dark chocolate* 60% (cocoa mass*, cane sugar*, cocoa butter*), wholegrain rice*.

Bio
Weight: 100 g
Units per carton: 12
Cartons per palette: 120



40028 • Rice cakes buckwheat dark chocolate thin

Dark chocolate* 59% (cocoa mass*, cane sugar*, cocoa butter*), wholegrain rice*, buckwheat* 8.2%.

Bio
Weight: 90 g
Units per carton: 12
Cartons per palette: 144



Protein Cakes



41675 • Lentil cakes

Lentil flour* 90.5%, buckwheat*, quinoa*, sea salt.

Bio
Weight: 100 g
Units per carton: 12
Cartons per palette: 80



41677 • Chick pea cakes

Chickpea flour* 36.5%, lentil flour*, corn*, tapioca starch*, quinoa*, millet*.

Bio
Weight: 100 g
Units per carton: 12
Cartons per palette: 80



Breakfast

Variety at breakfast has never been better. Our Original Muesli has been in the range since 1963 and is still a success today. This muesli has set the tone for many others such as our Spelt flakes, Corn flakes and also our 3 Express Porridges: guaranteed gluten-free, without added sugars* and ready in an instant!

*Contains naturally occurring sugars

Muesli



40216 • Muesli original

OATflakes* 37%, rice flakes*, WHEATflakes*, raisins* with sunflower oil* 11%, BARLEY flakes*, roasted buckwheat* 7%, SESAME* roasted, HAZELNUTS*, sea salt.

Bio
Weight: 1 kg
Units per carton: 4
Cartons per palette: 72



40403 • Muesli gluten free

GLUTEN free OAT flakes* 60.0%, SOY flakes*, sultanas*, corn flakes* (Corn*), popped rice*, roasted buckwheat*, sour cherries*, sunflower seeds*, sunflower oil*.

Bio
Weight: 650 g
Units per carton: 4
Cartons per palette: 72



Flakes



40288 • Cornflakes

Corn*, sea salt, emulsifier: sunflower lecithin*.

Bio
Weight: 375 g
Units per carton: 12
Cartons per palette: 32



40289 • Spelt flakes

SPELT*, emulsifier: lecithins* (from sunflower*).

Bio
Weight: 375 g
Units per carton: 12
Cartons per palette: 36



Porridge



40333 • Porridge express superfruits

GLUTEN free OAT flakes* 89%, dried superfruits* 11% (white mulberries*, cranberries* (cranberries*, concentrated apple juice*, sunflower oil*), goji berries* (Dukes of argyll's teaplant*), sour cherries* (sour cherries*, sunflower oil*), blueberries*).

Bio
Weight: 350 g
Units per carton: 5
Cartons per palette: 126



	40335 • Porridge express omega 3 GLUTEN free OAT flakes* 87%, flaxseed* 7.2%, SESAME* 5.8%.	Bio Weight: 350 g Units per carton: 5 Cartons per palette: 126	 
	40337 • Porridge express matcha spirulina GLUTEN free OAT flakes* 99.5%, matcha powder* 0.3%, spirulina powder* 0.2%.	Bio Weight: 350 g Units per carton: 5 Cartons per palette: 126	 

Tea & Coffee Substitutes

Chicory is an herbaceous plant with light purple flowers and edible roots, which is part of the chicory family. The root (which is roasted and ground) contains lots of good and healthy properties to create a perfect coffee substitute. Chicory has a wonderful aroma and does not contain caffeine. The day starts just as nicely with chicory or our classic Yannoh® with the delicious taste of roasted grains and guaranteed gluten-free.*
*more info at www.limafood.com

Coffee Substitutes

		09189 • Chicory Oat Latte OAT extract*, instant chicory*, sunflower oil*.	Bio Weight: 100 g Units per carton: 8 Cartons per palette: 154	
		41475 • Yannoh® Oat Latte OAT extract*, cereal coffee (RYE, chicory, BARLEY, acorns, figs)*, sunflower oil*.	Bio Weight: 100 g Units per carton: 8 Cartons per palette: 154	
		09187 • Chicory filter Chicory*.	Bio Weight: 250 g Units per carton: 12 Cartons per palette: 90	
		09186 • Chicory filter Chicory*.	Bio Weight: 500 g Units per carton: 6 Cartons per palette: 90	

	09188 • Chicory instant Chicory*.	Bio Weight: 100 g Units per carton: 6 Cartons per palette: 240	 
	41446 • Yannoh® filter original Roasted BARLEY*, roasted WHEAT*, chicory*, roasted RYE*, roasted chick peas*.	Bio Weight: 500 g Units per carton: 6 Cartons per palette: 90	
	41445 • Yannoh® filter original Roasted BARLEY*, roasted WHEAT*, chicory*, roasted RYE*, roasted chick peas*.	Bio Weight: 1 kg Units per carton: 6 Cartons per palette: 45	
	41459 • Yannoh® instant original Roasted chicory*, roasted RYE*, roasted BARLEY*, roasted acorns*.	Bio Weight: 50 g Units per carton: 12 Cartons per palette: 176	 
	41458 • Yannoh® instant Roasted chicory*, roasted RYE*, roasted BARLEY*, roasted acorns*.	Bio Weight: 125 g Units per carton: 8 Cartons per palette: 80	 
	41457 • Yannoh® instant Roasted chicory*, roasted RYE*, roasted BARLEY*, roasted acorns*.	Bio Weight: 250 g Units per carton: 6 Cartons per palette: 72	 
	41467 • Yannoh® instant refill Roasted chicory*, roasted RYE*, roasted BARLEY*, roasted acorns*.	Bio Weight: 250 g Units per carton: 10 Cartons per palette: 54	 
	41463 • Yannoh® instant vanilla Coffee substitute* (chirory, roasted RYE*, roasted BARLEY*, roasted acorns*), dried corn* syrup powder, natural flavour from vanilla* 1%.	Bio Weight: 150 g Units per carton: 6 Cartons per palette: 176	 



41472 • Yannoh® instant cocoa

Coffee substitute* (chirory*, roasted RYE*, roasted BARLEY*, roasted acorns*), dried corn* syrup powder, cocoa powder** 20% (* = Faire trade cocoa).

Bio
Weight: 175 g
Units per carton: 6
Cartons per palette: 176



41479 • Yorzo instant

BARLEY*.

Bio
Weight: 125 g
Units per carton: 6
Cartons per palette: 132



Japanese Tea



45518 • Roasted bancha tea (bags)

Bancha* *Camellia sinensis* (roasted Japanese green tea).

Bio
Weight: 15 g (10 × 1.5 g)
Units per carton: 6
Cartons per palette: 260



65116 • Roasted bancha tea (leaves)

Bancha* *Camellia sinensis* (roasted Japanese green tea).

Bio
Weight: 75 g
Units per carton: 6
Cartons per palette: 126



45548 • Green bancha tea (bags)

Green bancha* *Camellia sinensis* (dried Japanese green tea).

Bio
Weight: 15 g (10 × 1.5 g)
Units per carton: 6
Cartons per palette: 260



45547 • Green bancha tea (leaves)

Green bancha* *Camellia sinensis* (dried Japanese green tea).

Bio
Weight: 100 g
Units per carton: 6
Cartons per palette: 126



45528 • Kukicha tea (bags)

Kukicha* *Camellia sinensis* (twigs roasted Japanese green tea).

Bio
Weight: 15 g (10 × 1.5 g)
Units per carton: 6
Cartons per palette: 260



45527 • Kukicha tea (twigs)

Kukicha* *Camellia sinensis* (twigs roasted Japanese green tea).

Bio
Weight: 150 g
Units per carton: 6
Cartons per palette: 126



45538 • Sencha green tea (bags)

Sencha* *Camellia sinensis* (Japanese green tea).

Bio
Weight: 15 g (10 × 1.5 g)
Units per carton: 6
Cartons per palette: 420



45537 • Sencha green tea (leaves)

Sencha* *Camellia sinensis* (Japanese green tea).

Bio
Weight: 75 g
Units per carton: 6
Cartons per palette: 260



Plant-Based Drinks

A delicious range of 100% organic Rice, Oats, Spelt and Soy from Europe. Our plant-based drinks are not only a delicious thirst-quencher, you can also use them endlessly in the kitchen, for savoury and sweet dishes, desserts and smoothies...

Rice Based Drinks



41375 • Rice Drink Original

Water, rice* 14%, sunflower oil*, natural vanilla flavouring*, sea salt.

Bio
Weight: 3 × 200 ml
Units per carton: 5
Cartons per palette: 207



41292 • Rice Drink Original

Water, rice* 14%, sunflower oil*, natural vanilla flavouring*, sea salt.

Bio
Weight: 500 ml
Units per carton: 10
Cartons per palette: 120



49131 • Rice Drink Original

Water, rice* 15%, sunflower oil*, sea salt, natural vanilla flavouring*.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 100



49133 • Rice Drink Vanilla

Water, rice* 14%, sunflower oil*, bourbon vanilla flavouring*, sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 100



49129 • Rice Drink Coco

Water, rice* 14%, coconut milk* 6%, natural coconut flavouring*, sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 100





49117 • Rice Drink Choco
Water, rice* 17%, rice syrup*, cocoa powder* 1%, sunflower oil*, natural vanilla flavour*, thickener: locust bean gum*, sea salt.

Bio
Weight: 1 L
Units per carton: 6
Cartons per palette: 125





49118 • Rice Drink Choco
Water, rice* 15.6%, rice syrup*, cocoa powder* 1.0%, sunflower oil*, natural vanilla flavour*, thickener: locust bean gum*, sea salt.

Bio
Weight: 3 x 200 ml
Units per carton: 5
Cartons per palette: 207





41271 • Rice Drink Hazelnut Almond
Water, rice* 16%, HAZELNUTS* 1.8%, ALMONDS* 0.5%, sunflower oil*, sea salt.

Bio
Weight: 3 x 200 ml
Units per carton: 5
Cartons per palette: 207





41223 • Rice Drink Hazelnut Almond
Water, rice* 16%, HAZELNUTS* 1.7%, sunflower oil*, ALMONDS* 0.6%, BARLEY*, sea salt.

Bio
Weight: 1 L
Units per carton: 6
Cartons per palette: 125



Soya Based Drinks



41316 • Soya Drink Natural
Water, SOYA beans* 9%.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 95



Oat Based Drinks



49139 • Whole Drink
Water, whole grain OAT* 5.5%, SOYbeans* 3.0%, sunflower oil*, stabiliser: gellan gum; maltodextrin*, sea salt, natural molasses-flavouring.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 100





49108 • Oat Drink Natural
Water, OATS* 15%, sunflower oil*, sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 100





49113 • Oat Drink Gluten Free
Water, GLUTEN FREE WHOLE GRAIN OATS* 11.5%, sunflower oil*, sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 100





49109 • Oat Drink Vanilla
Water, OATS* 16%, sunflower oil*, bourbon vanilla flavouring*, sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 95





49111 • Oat Drink Choco
Water, whole grain OATS* 11.4%, cane sugar*, low-fat cocoa* 1.3%, sunflower oil*, thickener: guar gum*; sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 95





49135 • Oat Almond Drink
Water, OATS* 14%, ALMONDS* 2.6%, emulsifier: lecithins* (from sunflower*), sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 100





49128 • Oat Drink Coco
Water, OATS* 10.0%, coconut milk* (coconut cream*, water) 6.0%, natural coconut flavour*, sea salt, stabilizer: gellan gum.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 100





49114 • Oat Drink Omega-3
Water, OATS* 11%, linseed oil*, sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 95



Spelt Based Drinks



49134 • Spelt Drink Natural
Water, SPELT (WHEAT)* 17%, sunflower oil*, sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 100





49110 • Spelt Drink Almond
Water, SPELT (WHEAT)* 13%, ALMONDS* 2.5%, sunflower oil*, sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 95



Plant-Based Drinks

Millet Based Drinks



41321 • Millet Drink

Water, millet* 15%, sunflower oil*, sea salt.

Bio
Weight: 1 L
Units per carton: 6
Cartons per palette: 125



Nut Based Drinks



49136 • Almond Drink

Water, ALMONDS* 4%, emulsifier: lecithins* (from sunflower*), sea salt.

Bio
Weight: 1 L
Units per carton: 8
Cartons per palette: 100



Cream Alternatives

Indispensable in the daily plant-based kitchen! Our cream alternatives are excellent for soups or vegetable purees, quiches, sauces and all oven-prepared dishes.

Vegetable Cream



41335 • Rice Cuisine

Water, rice* 8.3%, sunflower oil*, stabilisers: locust bean gum*, guar gum* and gellan gum, sea salt.

Bio
Weight: 200 ml
Units per carton: 15
Cartons per palette: 225



41373 • Soja Cuisine

Water, sunflower oil*, SOYA beans* 6.2%, glucose syrup from corn*, thickener: locust bean gum*, sea salt.

Bio
Weight: 200 ml
Units per carton: 15
Cartons per palette: 225



41324 • Oat Cuisine

Water, sunflower oil*, OAT swell flour* 6%, thickener: xanthan, sea salt.

Bio
Weight: 200 ml
Units per carton: 15
Cartons per palette: 225



49106 • Almond Cuisine

Water, sunflower oil*, ALMONDS* 3%, thickener: gellan gum, locust bean gum*, guar gum*, sea salt.

Bio
Weight: 200 ml
Units per carton: 15
Cartons per palette: 225



Rice

Our rice assortment combines convenience with quality, offering authentic taste and natural nutrition. Thanks to a special steaming process, our rice in cooking bags is ready quickly while retaining its full flavour and nutrients. Sourced from regions like northern Thailand, our organic rice is grown using sustainable farming methods, preserving both traditional practices and harmony with the environment.

Rice



00405 • Rice short grain brown

Short grain brown rice*.

Bio
Weight: 1 kg
Units per carton: 6
Cartons per palette: 102



00605 • Rice short grain semi-polished

Semi-polished short grain rice*.

Bio
Weight: 1 kg
Units per carton: 6
Cartons per palette: 102



00716 • Rice basmati brown

Wholegrain Basmati rice*.

Bio
Weight: 500 g
Units per carton: 6
Cartons per palette: 168



00726 • Rice basmati semi-polished

Semi-polished Basmati rice*.

Bio
Weight: 500 g
Units per carton: 6
Cartons per palette: 168



00746 • Rice thai semi-polished

Semi-polished Thai rice*.

Bio
Weight: 500 g
Units per carton: 6
Cartons per palette: 168



00805 • Rice long grain brown

Long grain brown rice*.

Bio
Weight: 1 kg
Units per carton: 6
Cartons per palette: 102



00748 • Rice thai semi-polished-precooked in boiling bags



Semi-polished Thai rice*.

Bio
Weight: 500 g (4 × 125 g)
Units per carton: 6
Cartons per palette: 140



00788 • Rice long grain brown pre-cooked in boiling bags



Long grain brown rice*.

Bio
Weight: 500 g (4 × 125 g)
Units per carton: 6
Cartons per palette: 140



Noodles

Our fine Japanese noodles are made with the most care according to ancient local traditions. Ready to eat in 3 to 10 minutes! Although our noodles are made from whole grains, they are very light. The secret: flour that is ground several times and dried in the open air. The Soba 100% noodles have a gluten-free certificate and are made from whole grain buckwheat flour without added salt.

Japanese Noodles

66820 • Udon (traditional pasta from whole grain wheat)



Whole grain WHEAT flour*, sea salt.

Bio
Weight: 250 g
Units per carton: 6
Cartons per palette: 320



66822 • Somen (fine noodles made from wholegrain wheat)



Whole grain WHEAT flour*, sea salt.

Bio
Weight: 250 g
Units per carton: 6
Cartons per palette: 320



66821 • Soba 35%



Whole grain WHEAT flour* 62%, wholegrain buckwheat flour* 35%, sea salt.

Bio
Weight: 250 g
Units per carton: 6
Cartons per palette: 320



66827 • Soba 100%



Whole grain buckwheat flour*.

Bio
Weight: 200 g
Units per carton: 6
Cartons per palette: 320



Soups

Instant miso soups are authentic Japanese specialties. A pure delicacy for those who love the cuisine of the land of the rising sun. This soup is rich in fermented ingredients: nutritious and tasty.

Japanese Instant Soups

41922 • Instant red miso soup tofu



Freeze-dried red Miso* (wholemeal SOJA*, wholemeal rice*, seasalt, koji (*Aspergillus oryzae*)), freeze-dried tofu* (wholemeal SOJA*, kuzu* (*Pueraria lobata*), inhibitor: nigari) 4%, seaweed wakame (*Undaria pinnatifida*) 2%.

Bio
Weight: 40 g (4 × 10 g)
Units per carton: 12
Cartons per palette: 144



67008 • Instant miso soup traditional



Freeze-dried rice miso 89% (SOYA beans, rice, BARLEY, sea salt, koji (*Aspergillus oryzae*)), dried spring onions, seaweed wakame 4%.

Weight: 40 g (4 × 10 g)
Units per carton: 12
Cartons per palette: 144



41910 • Instant miso soup ginger



Brown rice miso* 59% (SOYA beans*, brown rice*, sea salt, water, koji (*Aspergillus oryzae*)), mirin* (water, rice*, sweet rice*, koji (*Aspergillus oryzae*)), shoyu* (water, SOYA beans*, WHEAT*, sea salt, koji (*Aspergillus oryzae*)), water, malt suryp* (BARLEY*), sea salt, seaweed wakame (*Undaria pinnatifida*), seaweed: kombu extract, ginger* 0.2%, white pepper*, cayenne pepper*.

Bio
Weight: 60 g (4 × 15 g)
Units per carton: 6
Cartons per palette: 260



41921 • Instant white shiro miso soup



Rice miso* 40% (SOYA beans*, rice*, sea salt, water, koji (*Aspergillus oryzae*)), shiro miso* 18% (SOYA beans*, rice*, water, sea salt, koji (*Aspergillus oryzae*)), mirin* (water, rice*, glutinous rice*, koji (*Aspergillus oryzae*)), water, malt syrup* (BARLEY*), sea salt, seaweed: Kombu extract, seaweed Wakame (*Undaria pinnatifida*).

Bio
Weight: 66 g (4 × 16.5 g)
Units per carton: 6
Cartons per palette: 260



Soy Sauces and Miso

Discover our wide range of organic soy sauces on the market in different formats: sauces with a reduced salt content (from 25% to 50% less salt), certified gluten-free tamari, smoked soy sauce and various flavoured soy sauces to easily flavour your daily preparations. Lima remains the icon when it comes to organic soy sauces.

Pure Soy Sauces



41610 • Tamari strong (pronounced taste)

Water, SOYA beans*, sea salt, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 145 ml
Units per carton: 6
Cartons per palette: 329



41607 • Tamari strong (pronounced taste)

Water, SOYA beans*, sea salt, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 258



41606 • Tamari strong (pronounced taste)

Water, SOYA beans*, sea salt, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 500 ml
Units per carton: 6
Cartons per palette: 130



41605 • Tamari strong (pronounced taste)

Water, SOYA beans*, sea salt, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 1 L
Units per carton: 6
Cartons per palette: 85



41602 • Tamari strong (pronounced taste)

Water, SOYA beans*, sea salt, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 10 L
Units per carton: 1
Cartons per palette: 60



41627 • Tamari 25% less salt

Water, SOYA beans*, sea salt 10.3%, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 258



41626 • Tamari 25% less salt

Water, SOYA beans*, sea salt 10.3%, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 500 ml
Units per carton: 6
Cartons per palette: 130



41629 • Tamari 25% less salt

Water, SOYA beans*, sea salt 10.3%, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 1 L
Units per carton: 6
Cartons per palette: 85



41622 • Tamari 25% less salt

Water, SOYA beans*, sea salt 10.3%, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 10 L
Units per carton: 1
Cartons per palette: 60



41631 • Tamari 50% less salt

Water, SOY beans*, sea salt 6.7%, alcohol*,
acidity regulator: lactic acid, rice vinegar*,
koji (*Aspergillus oryzae*).

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 258



41632 • Tamari 50% less salt

Water, SOY beans*, sea salt 6.7%, alcohol*,
acidity regulator: lactic acid, rice vinegar*,
koji (*Aspergillus oryzae*).

Bio
Weight: 500 ml
Units per carton: 6
Cartons per palette: 130



Soy Sauces with Wheat



41590 • Shoyu mild (refined taste)

Water, SOYA beans*, WHEAT*, sea salt, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 145 ml
Units per carton: 6
Cartons per palette: 329



41587 • Shoyu mild (refined taste)

Water, SOYA beans*, WHEAT*, sea salt, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 258



41586 • Shoyu mild (refined taste)

Water, SOYA beans*, WHEAT*, sea salt, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 500 ml
Units per carton: 6
Cartons per palette: 130



41585 • Shoyu mild (refined taste)

Water, SOYA beans*, WHEAT*, sea salt, alcohol*,
koji (*Aspergillus oryzae*).

Bio
Weight: 1 L
Units per carton: 6
Cartons per palette: 85





41584 • Shoyu

Water, SOYA beans*, WHEAT*, sea salt, koji (*Aspergillus oryzae*).

Bio
Weight: 10 L
Units per carton: 1
Cartons per palette: 60



41663 • Shoyu smoked dispenser

Water, SOYA beans*, WHEAT* sea salt, koji (*Aspergillus oryzae*), smoke from wood shavings from Japanesse cherry blossom.

Bio
Weight: 145 ml
Units per carton: 6
Cartons per palette: 252



41577 • Shoyu 28% less salt

Water, SOYA beans*, sea salt 9.8 %, WHEAT*, alcohol*, vinegar*, acidity regulator: lactic acid, koji (*Aspergillus oryzae*).

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 258



41576 • Shoyu 28% less salt

Water, SOYA beans*, sea salt 9.8 %, WHEAT*, alcohol*, vinegar*, acidity regulator: lactic acid, koji (*Aspergillus oryzae*).

Bio
Weight: 500 ml
Units per carton: 6
Cartons per palette: 130



Refillable Bottles



FL027 • Bottles 500 ml

Weight: 500 ml
Units per carton: 6
Cartons per palette: 182



FL026 • Bottles 1 L

Weight: 1 L
Units per carton: 6
Cartons per palette: 182



Seasoned Sauces



41652 • Teriyaki

Water, rice syrup*, Tamari* 17% (water, SOYA*, sea salt, alcohol*, koji (*Aspergillus oryzae*)), mirin* (rice*, water, koji (*Aspergillus oryzae*)), corn starch*, white wine vinegar*, sea salt, garlic powder*, onion*, ginger powder*.

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 216



41657 • Tamari coriander & wasabi (wok & vegetables)

Tamari* 64.8% (water, SOYA*, sea salt, alcohol*, koji (*Aspergillus oryzae*)), water, white wine vinegar*, corn starch*, coriander seeds* 1.8%, wasabi powder* 1.4% (horseradish*, wasabi).

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 216



41659 • Shoyu ginger thai (wok & grillades)

Rice syrup*, Shoyu* 28.9% (water, SOYA*, WHEAT*, seasalt, alcohol*, koji (*Aspergillus oryzae*)), water, white wine vinegar*, mirin rice wine* (rice*, water, koji (*Aspergillus oryzae*)), seasalt, corn starch*, ginger*, garlic powder*.

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 216



41747 • Sweet sushi (sweet soy sauce)

Rice syrup*, shoyu* 43.9% (water, SOYA*, WHEAT*, seasalt, alcohol*, koji (*Aspergillus oryzae*)), mirin rice wine* (rice*, water, koji (*Aspergillus oryzae*)), water, white wine vinegar*.

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 216



Fermented Soy Paste (miso)



41433 • Lentil miso, unpasteurised

Lentils* 48%, Rice* 34%, sea salt, water, koji (*Aspergillus oryzae*).

Bio
Weight: 300 g
Units per carton: 6
Cartons per palette: 128



41563 • Hatcho miso (miso from pure soya), unpasteurised

SOYA beans* 65%, water, sea salt, BARLEY flour* roasted, koji (*Aspergillus oryzae*).

Bio
Weight: 300 g
Units per carton: 6
Cartons per palette: 144



41394 • Brown rice miso, unpasteurised

Hulled SOYA beans* 46%, wholegrain rice* 36%, water, koji (*Aspergillus oryzae*).

Bio
Weight: 300 g
Units per carton: 6
Cartons per palette: 128



41395 • Rice miso 25% salt-reduced, unpasteurised

SOY beans* 43%, rice 24%, wholegrain rice*, sea salt, water, koji (*Aspergillus oryzae*).

Bio
Weight: 300 g
Units per carton: 6
Cartons per palette: 128



41561 • Shiro miso (miso rice & soya)

Rice* 45%, SOYA beans* 25%, water, sea salt 6%, koji (*Aspergillus oryzae*).

Bio
Weight: 300 g
Units per carton: 6
Cartons per palette: 144



41432 • Barley miso (miso, barley & soja)

BARLEY * 39%, SOYA * 26%, water, sea salt, koji (*Aspergillus oryzae*).

Bio
Weight: 300 g
Units per carton: 6
Cartons per palette: 320



Other Condiments

Lima's condiments are full of natural richness, vibrant colour, and exceptional taste, making them indispensable in kitchens around the world. From Gomasio to Tahin and Kuzu, these versatile seasonings enhance a wide variety of dishes. Easy to use and packed with flavour, they are a staple in global cuisine. Our range is regularly updated to meet changing consumer preferences, ensuring freshness and variety each year.

Vinegar & Wasabi

41568 • Wasabi paste



Maltsyrup* (BARLEY), water, Wasabi* (*Wasabia japonica*) 10%, horseradish*, MUSTERD*, sea salt, sunflower oil*, rice vinegar*, chili*, turmeric*.

Bio
Weight: 30 g
Units per carton: 12
Cartons per palette: 520



41392 • Yuzu pepper pasta



Yuzu peel paste* 50%, red chili paste* 30%, seasalt.

Bio
Weight: 30 g
Units per carton: 12
Cartons per palette: 520



65738 • Mirin (sweet rice wine) 14.0°



Sweet rice* 52%, water, whole rice* 23%, koji (*Aspergillus oryzae*).

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 258



66829 • Ume-su (vinegar from umeboshi) 4.0°



Umeboshi* (*Prunus meme*), sea salt, shiso* (*Perilla frutescens*).

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 258



65737 • Genmai-su (rice vinegar) 4.3°



Water, brown rice*.

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 258



65718 • Aceto balsamico di modena



Wine vinegar*, cooked grape must*.

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 160



65719 • Condimento bianco di modena



White wine vinegar*, most from concentrated white Trebbiano grapes*.

Bio
Weight: 250 ml
Units per carton: 6
Cartons per palette: 160



(* = Organically grown.)

Other Condiments

Gomasio – Sesame Sea Salt

48108 • Gomasio original (shaker)



Roasted SESAME* 94.5%, sea salt 5.5%.

Bio
Weight: 100 g
Units per carton: 6
Cartons per palette: 232



48117 • Gomasio original



Roasted SESAME* 94.5%, sea salt 5.5%.

Bio
Weight: 225 g
Units per carton: 6
Cartons per palette: 152



New

48119 • Sesame mix (shaker)



Roasted black SESAME* 53%, roasted dehulled SESAME* 24%, roasted whole SESAME* 23%

Bio
Weight: 140 g
Units per carton: 6
Cartons per palette: 232



Sesame Paste

43337 • Tahin



Roasted whole grain SESAME*.

Bio
Weight: 225 g
Units per carton: 6
Cartons per palette: 260



43336 • Tahin



Roasted whole grain SESAME*.

Bio
Weight: 500 g
Units per carton: 6
Cartons per palette: 152



43346 • Tahin with sea salt



Whole grain roasted SESAME*, sea salt 1.6%.

Bio
Weight: 500 g
Units per carton: 6
Cartons per palette: 152



Unrefined Sea Salt

70015 • Sea salt coarse atlantic



Sea salt*.

Bio
Weight: 1 kg
Units per carton: 12
Cartons per palette: 64



70025 • Sea salt fine atlantic



Sea salt*.

Bio
Weight: 1 kg
Units per carton: 12
Cartons per palette: 64



(* = Organically grown.)

Binding and Gelling Agents

	65448 • Kuzu (starch) Kuzu*.	Bio Weight: 125 g Units per carton: 6 Cartons per palette: 260	 
	66180 • Agar agar (bags) Agar-agar*.	Bio Weight: 12 g (6 x 2 g) Units per carton: 12 Cartons per palette: 520	
	66184 • Agar agar maxi (bags) Agar-agar*.	Bio Weight: 40 g (20 x 2 g) Units per carton: 6 Cartons per palette: 330	

Culinary Specialties

	41175 • Seitan (wheat proteins) Water, WHEAT GLUTEN*, WHEAT FLOUR*, Shoyu* (water, SOYA*, WHEAT*, salt), onion*, garlic*, pepper*. liquid: water, shoyu*.	Bio Weight: 250 g (500 g undrained) Units per carton: 6 Cartons per palette: 144	
	45907 • Umeboshi plums Umeboshi* (<i>Prunus mume</i>), shiso leaves* (<i>Perilla frutescens</i>), sea salt.	Bio Weight: 200 g Units per carton: 6 Cartons per palette: 260	
	65497 • Umeboshi paste Umeboshi* (<i>Prunus mume</i>) 87%, sea salt, shiso* leaves (<i>Perilla frutescens</i>).	Bio Weight: 200 g Units per carton: 6 Cartons per palette: 260	
	45918 • Shiitake Shiitake* (dried mushrooms*).	Bio Weight: 40 g Units per carton: 6 Cartons per palette: 126	 

Dried Seaweed

	66016 • Sea spaghetti Seaweed haricot de mer* (<i>Himanthalia elongata</i>).	Bio Weight: 50 g Units per carton: 6 Cartons per palette: 126	 
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	66028 • Wakame (<i>Undaria pinnatifida</i>) Seaweed wakame* (<i>Undaria pinnatifida</i>) wild algae from Spain.	Bio Weight: 40 g Units per carton: 6 Cartons per palette: 126	 
	66068 • Nori (leaves) Nori* (<i>Porphyra sp.</i>).	Bio Weight: 30 g Units per carton: 10 Cartons per palette: 225	
	66336 • Salade du pêcheur flakes (shaker) Blend of seaweed flakes in variable proportion: nori*, sea lettuce*, dulse*, wakame*.	Bio Weight: 40 g Units per carton: 6 Cartons per palette: 232	

Snacks

Our deliciously crispy Tortilla Chips Original and Chili are made with care from natural sun-dried whole corn with sunflower oil as the only fat. Delicious on its own or in combination with a dip.

Lentil Chips

	39020 • Lentil chips original Lentil flour* 48%, potato starch*, sunflower oil*, potato flour*, sea salt, turmeric*.	Bio Weight: 90 g Units per carton: 12 Cartons per palette: 40	
	39021 • Lentils chips chili Lentil flour* 46%, potato starch*, sunflower oil*, chili flavour preparation* (salt, paprika*, garlic*, onion*, corn flour*, coriander*, fenugreek*, lovage root*, chili* 1.8%), potato flour*, turmeric powder*.	Bio Weight: 90 g Units per carton: 12 Cartons per palette: 40	

Tortilla Chips

	39008 • Tortilla chips original Corn* 78%, sunflower oil* 20%, sea salt.	Bio Weight: 90 g Units per carton: 12 Cartons per palette: 64	
	39009 • Tortilla chips chili Corn* 72%, sunflower oil* 22%, chili spice mix* 5% (sea salt, paprika*, garlic*, onion*, cornflour*, coriander*, fenugreek*, lovage*, chili*).	Bio Weight: 90 g Units per carton: 12 Cartons per palette: 64	

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(*= Organically grown.)

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