

Premium quality, hand-crafted Tofu made in Cleveland, Ohio

Our tofu is distinctive, unique, and of the highest quality. We sell wholesale and bulk tofu to local grocery stores and markets. Our tofu is made-to-order, ensuring the freshest tofu you can buy.

Tofu is an easy-to-digest food with a texture similar to cheese. It is made from soybean and can be easily substituted for meats and dairy products, including cheese. Due to its healthy properties, tofu is also quite popular for vegetarians and vegans. It is a high protein low carb food source. Tofu contains B vitamins, calcium and easily digestible proteins.

There are many delicious recipes that use tofu as a substitute for meat or pasta since it has the unique characteristics of adopting the flavors of whatever it is cooked with. It is excellent in Italian dishes to replace pasta for lower carbohydrates. Firm tofu is thick and can be diced up as an alternative to many meats. It frequently is used in salads, soups, and casseroles.

Buy Cleveland Tofu

Cleveland Tofu is available at many local markets, grocery stores, restaurants, caterers, and distributors around Cleveland, Ohio and is generally in stock at these fine locations.

If you do not see Cleveland Tofu at your favorite shopping location, please ask for it by name, and request that a member of management place an order with us.



CLEVELAND TOFU

Locally owned and operated, artisan crafted, Cleveland Tofu has been in business since 1976. Even though ownership has changed over the years, the quality and consistency of our tofu has remained the same as is our dedication to bringing you the finest, local, hand-made tofu you can find.



**"Love yourself enough
to live a healthy lifestyle"**



How our Tofu is made

Cleveland Tofu is made by soaking, grinding, and cooking soybeans into a soymilk. After the soymilk coagulates, it is pressed into large blocks. The tofu is then cut by hand into one pound blocks and packed into water-filled containers or tubs.

Our hand-crafted, artisan recipe has remained the same since 1976. Cleveland Tofu's unique recipe and texture will continue to make it the finest tofu available.

Ingredients

Cleveland Tofu contains the following ingredients: Water, Soybeans, Calcium Sulfate, and Nigari.

Our soybeans come from Ohio. The seeds are locally grown and processed in Ohio. Our soybean growers must meet the most rigorous industry standards for quality and purity. Our Ohio soybean growers are always rated within the top three suppliers in the world.

Nutrition and Daily Allowances

Serving Size: 1 ounce		
Servings per Container: 16		
Calories per serving: 20		
	Amt	% Daily Allowance
Protein	2 g	10
Fat (total)	1 g	5
Saturated Fat	0 g	trace
Unsaturated Fat	1 g	5%
Carbohydrates	1 g	
Cholesterol	0 mg	
Calcium	36 mg	
Phosphorus	36 mg	
Sodium	2 mg	
Potassium	12 mg	

All seed is NON-GMO with
NO PRESERVATIVES.

Cleveland Tofu is
NATURALLY LOW FAT and
CHOLESTEROL FREE.



Care and Preparation

Fresh tofu is always better. Cleveland Tofu is made fresh daily. Fresh tofu has a short shelf life. To help extend shelf life, you should keep your Cleveland Tofu refrigerated at 34° to 38°. Cleveland Tofu is packed in water, and once opened, the water should be changed daily. If you only use a small part of the tofu, drain what liquid is left, rinse with water, and place back in the container with fresh water. Cleveland Tofu may be frozen by draining water and sealing in a freezer bag.

Tofu is a plant-based concentrated protein. Cleveland Tofu is already cooked, so you can eat it right out of the container. If you prefer it warmed or cooked, you can steam, bake, or fry for a few minutes, then add to salads, sandwiches, soups, casseroles, lasagna, or any other of your favorite dishes. You can also marinade it in your favorite sauce or seasoning packet.

For more information on tofu and recipes visit www.savvyvegetarian.com.

Contact Us

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