



# AUTHENTIC INDIAN FLAVOURS

*Delivered Fresh to the World*



# ABOUT US



## Crafted by Chefs, Driven by Passion

At MY FOOD, we believe great food is not manufactured, it is crafted. Founded by a visionary team of five directors, each bringing unique strengths to the table, our company stands on the pillars of culinary excellence, innovation, and uncompromising quality.

What sets MY FOOD apart is our chef-driven development process. Every product in our portfolio is curated, tested, and perfected by a team of professionally trained and highly experienced chefs who understand the nuances of flavour, texture, and consumer expectations. From traditional Indian favourites to modern convenience-ready solutions, our offerings are designed to balance taste, nutrition, and consistency at scale.

We don't just produce food, we create experiences. Whether it's for retail shelves, food service, or private labels, Lazin Food guarantees products that reflect integrity, skill, and authenticity.

## Indian Flavours

*Delicious Food*



Welcome to MY FOOD, where culinary artistry  
meets industrial efficiency

# OUR PRODUCTS



**PARATHA**



**SNACKS**



**BREAKFAST**



**VEG CURRIES**



**OTHER PRODUCTS**





# *Delicious* **PARATHA'S**

"Enjoy the Flavors of Tradition with Authentic Indian Parathas!"





## Malabar Paratha

*Crisp - hand swirled, flaky multi layered indian flat bread*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



**Pc / Pack : 5 N    Net Weight : 408 gm**



## Lacha Paratha

*Authentic flaky and layered flat bread made with whole wheat flour*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



**Pc / Pack : 5 N    Net Weight : 408 gm**



## Coin Paratha

*Bite-sized, flaky, and buttery, Coin Paratha is a miniature version of the classic Indian flatbread. Perfect as a snack or curry accompaniment, it adds charm and flavor to any meal*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



**Pc / Pack : 10 N    Net Weight : 408 gm**



## Family Paratha

Large-sized paratha ideal for sharing, meal prepping, or bulk service - fluffy and layered to perfection.

Keep Frozen at -18° C or below



Natural, No Preservatives



Pc / Pack : 10 N Net Weight : 408 gm



## Jumbo Paratha

Oversized, thick and hearty - designed for food service or big appetites, Holds up well with heavy fillings.

Keep Frozen at -18° C or below



Natural, No Preservatives



Pc / Pack : 10 N Net Weight : 408 gm



## Cut Paratha

Cut Paratha is a shredded version of the classic flatbread, served in bite-sized pieces. Its flaky, buttery layers make it perfect for snacking or pairing with gravies and dips.

Keep Frozen at -18° C or below



Natural, No Preservatives



Net Weight : 408 gm



## Aloo Paratha

*A whole wheat indian flat bread stuffed with potato and pepper filling.*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



**Pc / Pack : 5 N    Net Weight : 408 gm**



## Mix Veg Paratha

*Veg Paratha is a delicious - nutritious traditional indian bread prepared with lots of fresh vegetables and wheat flour*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



**Pc / Pack : 10 N    Net Weight : 408 gm**



## Veechu Paratha

*Veechu Paratha is a specific type of multi - layered paratha*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



**Pc / Pack : 5 N    Net Weight : 408 gm**

# Kothu Paratha

Shredded paratha tossed with spices  
one herbs - a street food favorite,  
ready to serve in minutes.

Keep Frozen at  
-18° C or below

Natural,  
No Preservatives



Net Weight : 408 gm





# Healthy BREAKFAST

"Begin your day with Authentic indian breakfasts  
Savor the true taste of tradition!"



## Short Story of Idli....

Idli, a staple South Indian breakfast known for its lightness and nutritional value. Its origins are believed to trace back to 920 CE, with mentions in ancient Indian texts like the Kannada work "Vaddaradhane" by Shivakotiacharya, which describes a similar preparation called "iddalige." The fermentation process not only imparts a subtle tangy flavor but also enhances its digestibility and nutritional profile. A standard idli contains approximately 33 calories, primarily from carbohydrates, with minimal fat content. Despite claims circulating on social media, UNESCO has not declared idli as the healthiest breakfast in the world. However, a 2013 survey by The Times of India found that Chennai's traditional breakfast of idli with sambar offers a superior nutrient profile compared to breakfasts in other Indian metros

## Idly



*Idlies are round cakes made from a batter of steamed rice and fermented black lentil*

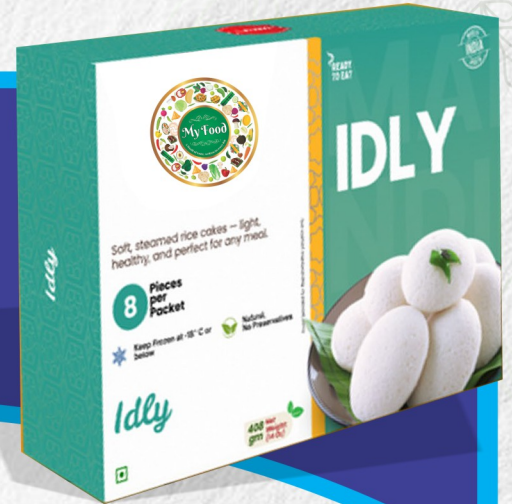
Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 8 N



## Rava Idly



*Rava Idlies are made with Rava or Sooji or semolina, Curd, Spices and herbs*

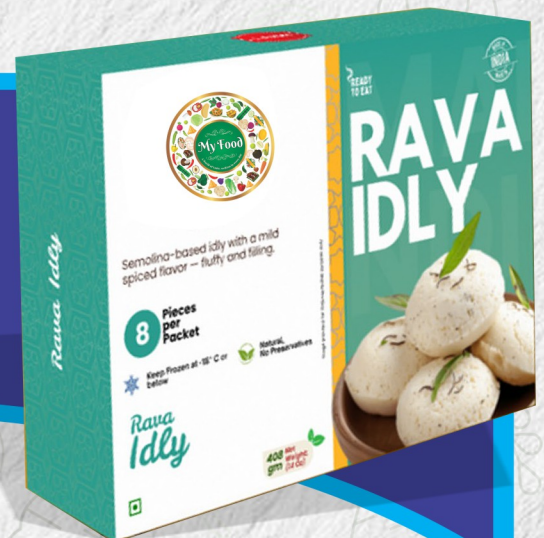
Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 8 N Net Weight : 408 gm



## Mini Idly



*Bite-sized idlis, ideal for kids, combos, or sambar soaks.*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 20 N Net Weight : 408 gm



## Mix Veg Uthappam



Onion uthappam is a tasty popular dish of South India made like pan cakes with Idli dosa batter with onion topping made in a dosa tawa

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 5 N



## Puttu



Layered steamed rice flour and coconut log - a Kerala breakfast classic.

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 8 N Net Weight : 408 gm



## Ragi Puttu



Healthy finger millet puttu - earthy, filling and diabetic - friendly.

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 8 N Net Weight : 408 gm



## Idiappam



Steamed rice noodle nests - soft, light and great with stew or curry.

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 8 N



## Ragi Idiappam



A nutritious variant of idiappam made with finger millet flour - rich in fiber.

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 8 N Net Weight : 408 gm





# Flavorful SNACK'S

"Relish timeless indian snacks -frozen to perfection, preserving the authentic taste of tradition



## Short Story of Vada

A Crispy Delight with Ancient Roots

Vada, the crispy and savory deep-fried snack, has a long history dating back over a thousand years. The earliest mention of vada is found in ancient Sanskrit and Tamil texts, with references in Manasollasa (a 12th-century Sanskrit encyclopedia by King Someshvara III of the Western Chalukya dynasty), where a dish called "vataka" is described—made from ground lentils, spiced, and deep-fried, similar to modern-day medu vada. Tamil literature also mentions vadai, highlighting its prominence in South Indian cuisine for centuries. Vada evolved into different regional varieties, including medu vada (soft and fluffy urad dal vada from South India), batata vada

ally, vada is rich in protein due to its lentil base but is often deep-fried, making it an indulgent treat. Today, vada remains a beloved snack across India, often served with chutney and sambar, particularly as a classic South Indian breakfast alongside idli



## Punjabi Samosa



*Samosa are fired or baked pastries is made with marinated vegetables which is flavoured with spices, herbs like coriander leaves, oregano, chilli flakes that are folded into triangle*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 5 N



## Cocktail Samosa



*Samosa are fired or baked pastries is made with marinated vegetables which is flavoured with spices, herbs like coriander leaves, oregano, chilli flakes that are folded into triangle*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 20 N Net Weight : 408 gm



## Triangle Onion Samosa



*A golden fried snack filled with spiced Onion stuffing into triangle shapes*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 8 N Net Weight : 408 gm



## Keerai Medu Vada



Spinach medu vada is a popular south indian breakfast also known as gareluor vadi. It is doughnut shaped fried dumplings made with lentils

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 5 N



## Mysore Bonda



Mysore bonda is a popular and yummy south indian snack food made with lentils, chopped fresh coconut and vibrant spices

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 10 N Net Weight : 408 gm



## Masala Vada



Madras Masala vada is a popular south indian tea time snack made using chana dal, onion, spices and herbs. It is also called as Paruppu vada

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 10 N Net Weight : 408 gm



## Kuzhi Paniyaram



*Paniyaram is a tasty savory rice ball made using fermented rice and urad dal batter along with tempered onion and spice*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 10 N



## Ney Appam



*Sweet rice and jaggery balls fried in ghee- rich, soft, and festive.*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 8 N Net Weight : 408 gm



## Unni Appam



*Banana - jaggery sweet fritters - soft, chewy and loaded with traditional flavor.*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 12 N Net Weight : 408 gm



## Pazham Pori



Ripe banana slices dipped in flour batter and fried - a Kerala street food classic.

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 10 N



## Kozhu Kattai



Steamed rice dumplings with sweet coconut - jaggery filling - a festival delicacy.

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 10 N Net Weight : 408 gm



## Elayada



Sweet coconut filling wrapped in rice flour and steamed in banana leaf - aromatic and wholesome.

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Pc / Pack : 12 N Net Weight : 408 gm





# Savor VEG CURRIES

"Delight in classic indian gravies – Frozen to perfection, capturing The true essence of tradition!"



## Short Story of Sambar

a staple South Indian lentil stew, is believed to have originated in the late 17th century in the Maratha-ruled Thanjavur when Sambhaji, son of Chhatrapati Shivaji, accidentally created the dish using toor dal and tamarind instead of traditional ingredients. Over time, sambar evolved in Tamil Nadu, influenced by local spices and ingredients, becoming a nutritious blend of lentils, vegetables, and spices. With various regional variations across TamilNadu, Karnataka, Kerala, and Andhra Pradesh, sambar has grown into an iconic dish, enjoyed with idli, dosa, or rice, and remains a symbol of South Indian culinary tradition

## Sambar



*Sambar is a hearty, satisfying, comforting and a healthy meal of white rice served with savory, spiced and lightly tangy sambar*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm



## Vada Curry



*Vada Curry is a tasty popular South Indian side dish for Idly, Dosa and Tiffin. Vada Curry is made by crumbling cooked dal dumplings - cooking it with tempered spices, onions - tomatoes*

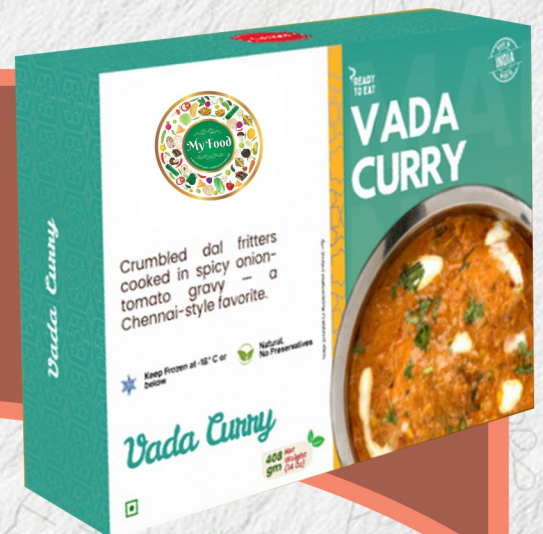
Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm



## Veg Stew



*Mild coconut milk-based curry with vegetables - ideal with appam or idiappam.*

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm



# Aviyal



Aviyal is a traditional South Indian dish featuring a medley of mixed vegetables cooked in coconut milk and seasoned with yogurt and coconut oil

Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm





## Drumstick

Soft, steamed rice cakes - light, healthy and perfect for any meal.



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 8 N



## Shallots

Semolina - based idly with a mild spiced flavor - fluffy and filling.



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 8 N



## Okra

Bite - sized idlis, ideal for kids, combos, or Sambar soaks.



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 20 N



## Banana Fry

*Thick dosa topped with copped veggies-  
soft inside, crispy outside.*



Keep Frozen at  
-18° C or below

Natural,  
No Preservatives



**Net Weight : 408 gm    Pc / Pack : 5 N**



## Uzhunu Vada

*Layered steamed rice flour and coconut log-  
a Kerala breakfast classic.*



Keep Frozen at  
-18° C or below

Natural,  
No Preservatives



**Net Weight : 408 gm    Pc / Pack : 8 N**



## Parippu Vada

*Healthy finger millet puttu -  
earthy, filling, and diabetic - friendly.*



Keep Frozen at  
-18° C or below

Natural,  
No Preservatives



**Net Weight : 408 gm    Pc / Pack : 8 N**

## Grated Coconut



*Thick dosa topped with copped veggies -  
soft inside, crispy outside.*



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 5 N

## Puttu



*Layered steamed rice flour and coconut log -  
a Kerala breakfast classic.*



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 8 N

## Idiyappam



*Healthy finger millet puttu -  
earthy, filling, and diabetic - friendly.*



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 8 N



## Green Mango Cuts

Thick dosa topped with copped veggies -  
soft inside, crispy outside.



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 5 N



## Okra

Layered steamed rice flour and coconut log -  
a Kerala breakfast classic.



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 8 N



## Drumstick

Healthy finger millet puttu -  
earthy, filling, and diabetic - friendly.



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 8 N



## Cassava

Thick dosa topped with copped veggies -  
soft inside, crispy outside.



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 5 N



## Grated Coconut

Layered steamed rice flour and coconut log -  
a Kerala breakfast classic.



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 8 N



## Okra

Healthy finger millet puttu -  
earthy, filling, and diabetic - friendly.



Keep Frozen at  
-18° C or below



Natural,  
No Preservatives



Net Weight : 408 gm Pc / Pack : 8 N

# PRODUCT DETAILS



## DESCRIPTION GRAMMAGE PACKING PER CARTON

### PARATHA

Malabar Paratha	0.07	36 x 0.350 GM (5 pcs per pkt)
Lacha Paraha	0.07	36 x 0.350 GM (5 pcs per pkt)
Coin Paratha	0.04	24 x 0.400 GM (10 pcs per pkt)
Family Paratha	0.09	14 x 0.908 GM (10 pcs per pkt)
Jumbo Paratha	0.11	8 x 1.100 GM (10 pcs per pkt)
Cut Paratha	0.35	36 x 0.350 GM
Aloo Paratha	0.08	24 x 0.400 GM (5 pcs per pkt)
Mix Veg Paratha	0.08	24 x 0.400 GM (5 pcs per pkt)
Veechu Paratha	0.07	36 x 0.350 GM (5 pcs per pkt)
Kothu Paratha	0.35	36 x 0.350 GM

### SNACK'S

Punjabi Samosa	0.05	24 x 0.400 GM (8 pcs per pkt)
Cocktail Samosa	0.02	24 x 0.400 GM (20 pcs per pkt)
Triangle Onion Samosa	0.05	24 x 0.400 GM (8 pcs per pkt)
Keerai Medu Vada	0.04	24 x 0.400 GM (10 pcs per pkt)
Mysore Bonda	0.04	24 x 0.400 GM (10 pcs per pkt)
Masala Vada	0.04	24 x 0.400 GM (10 pcs per pkt)
Kuzhipaniaram	0.03	24 x 0.300 GM (10 pcs per pkt)
Ney Appam	0.05	24 x 0.400 GM (8 pcs per pkt)
Unni Appam	0.035	24 x 0.400 GM (12-13 pcs per pkt)
Pazham Puri	0.04	24 x 0.400 GM (10 pcs per pkt)
Kozhukattai	0.05	24 x 0.400 GM (10 pcs per pkt)
Elayada	0.10	24 x 0.400 GM (4 pcs per pkt)

### BREAKFAST

Idly	0.05	24 x 0.400 GM (8 pcs per pkt)
Rava Idly	0.05	24 x 0.400 GM (8 pcs per pkt)
Mini Idly	0.02	24 x 0.400 GM (20 pcs per pkt)
Mix Veg Uthappam	0.06	24 x 0.300 GM (5 pcs per pkt)
Idiappam	0.05	24 x 0.400 GM (8 pcs per pkt)
Ragi Idiappam	0.05	24 x 0.400 GM (8 pcs per pkt)
Puttu	0.05	24 x 0.400 GM (8 pcs per pkt)
Ragi Puttu	0.05	24 x 0.400 GM (8 pcs per pkt)



DESCRIPTION	GRAMMAGE	PACKING PER CARTON
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## VEG CURRIES

Sambar	0.35	24 x 0.350 GM
Vadacurry	0.35	24 x 0.350 GM
Veg Stew	0.35	24 x 0.350 GM
Aviyal	0.35	24 x 0.350 GM

## CHUTNEYS

Coconut	0.05	30 x 0.050 GM
Tomato	0.05	30 x 0.050 GM
Mint	0.05	30 x 0.050 GM
Tamarind	0.05	30 x 0.050 GM

## VEGETABLE

Drumstick	0.34	24 x 0.340 GM
Shallots	0.34	24 x 0.340 GM
Sambar Veg Mix	0.34	24 x 0.340 GM
Aviyal Veg Mix	0.34	24 x 0.340 GM
Okra	0.34	20 x 0.340 GM
Green Chilli	0.34	20 x 0.340 GM
Green Peas	0.34	24 x 0.340 GM
Tindly (Kovokai)	0.70	16 x 0.700 GM
Ginger	0.34	24 x 0.340 GM
Jack Fruit Seed	0.34	24 x 0.340 GM
Grated Coconut	0.40	24 x 0.400 GM



For Trade Enquiries Contact  
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## **GREENWAYS MARINE EXPORTS**

(Processor & Exporter of Sea Foods and Food Products)

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