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Product Range





Since 1892, AYAM™ has been committed to providing authentic Asian groceries. With over 100 years of experience, AYAM™ is a reliable, proven and trusted brand which consistently delivers high quality, authentic Asian products with superior taste and flavour. AYAM™ is proud to offer an extensive range of Asian food products suitable for those with gluten-free diets, including coconut products, Asian Sauces, curry pastes, cooking sauces,

chilli sauces, desserts, and beverages. The vast majority of our products are free from artificial colours and flavours, and contain no preservatives.

Allergen Table



Gluten Free



Egg Free



Dairy Free



Nut Free



Vegan



Fructose Free



Shellfish Free

COCONUT

Coconut Milk	✓	✓	✓	✓	✓	✗	✓
Coconut Cream	✓	✓	✓	✓	✓	✗	✓
Coconut Milk Light	✓	✓	✓	✓	✓	✗	✓
Coconut Cream Light	✓	✓	✓	✓	✓	✗	✓
Coconut Organic Light Milk	✓	✓	✓	✓	✓	✗	✓
Coconut Organic Light Cream	✓	✓	✓	✓	✓	✗	✓
Coconut Milk Powder	✓	✓	✗	✓	✗	✗	✓
Organic Virgin Coconut Oil	✓	✓	✓	✓	✓	✗	✓
Pure Coconut Water	✓	✓	✓	✓	✓	✗	✓

ASIAN SAUCES

Oyster Sauce	✓	✓	✓	✓	✗	✗	✗
Hoisin Sauce	✓	✓	✓	✓	✓	✗	✓
Fish Sauce	✓	✓	✓	✓	✗	✗	✗
Black Bean Sauce	✓	✓	✓	✓	✓	✗	✓
Plum Sauce	✓	✓	✓	✓	✓	✗	✓
Teriyaki Sauce	✓	✓	✓	✓	✓	✗	✓
Honey Soy Marinade	✓	✓	✓	✓	✓	✗	✓
Sweet & Sour Sauce	✓	✓	✓	✓	✓	✗	✓
Lemon Chicken Sauce	✓	✓	✓	✓	✓	✗	✓
Mongolian Lamb Sauce	✓	✓	✓	✓	✗	✗	✗
San Choy Bao Sauce	✓	✓	✓	✓	✗	✗	✗
Vegetarian Stir-Fry Sauce	✓	✓	✓	✓	✓	✗	✗
Pure Sesame Oil	✓	✓	✓	✓	✓	✓	✓
Light Soy Sauce	✓	✓	✓	✓	✓	✗	✓
Dark Soy Sauce	✓	✓	✓	✓	✓	✗	✓
Sweet Soy Sauce	✓	✓	✓	✓	✓	✗	✓
Organic Soy Sauce	✗	✓	✓	✓	✓	✗	✓
Bonito Soy Sauce	✗	✓	✓	✓	✗	✗	✗

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CURRY PASTE

Thai Red Curry Paste	✓	✓	✓	✓	✓	✗	✓
Thai Green Curry Paste	✓	✓	✓	✓	✗	✗	✓
Thai Massaman Curry Paste	✓	✓	✓	✓	✓	✗	✓
Thai Yellow Curry Paste	✓	✓	✓	✗	✗	✗	✗
Thai Panang Curry Paste	✓	✓	✓	✓	✓	✗	✓
Thai Chilli Jam Paste	✓	✓	✓	✗	✓	✗	✓
Malaysian Laksa Paste	✓	✓	✓	✗	✗	✗	✗
Malaysian Rendang Curry Paste	✓	✓	✓	✗	✓	✗	✓
Malaysian Sambal Shrimp Paste	✓	✓	✓	✗	✗	✗	✗
Malaysian Nyonya Curry Paste	✓	✓	✓	✗	✓	✗	✓
Malaysian Nasi Goreng	✗	✓	✓	✗	✓	✗	✓
Singapore Hainanese Chicken	✓	✓	✓	✗	✓	✗	✓
Malaysian Seafood Curry	✓	✓	✓	✗	✗	✗	✗

STIR FRY

Black Pepper	✗	✓	✓	✗	✓	✗	✓
Char Kway Teow	✓	✓	✓	✗	✗	✗	✗
Chilli Crab	✓	✓	✓	✗	✗	✗	✗
Mee Goreng	✗	✓	✓	✗	✗	✗	✗
Pad Thai	✓	✓	✓	✗	✗	✗	✗

SATAY SAUCE

Satay Sauce	✓	✓	✓	✗	✓	✗	✓
Satay Marinade	✓	✓	✓	✗	✓	✗	✓
Thai Satay Sauce	✓	✓	✓	✗	✗	✗	✓
Gado-Gado Peanut Sauce	✓	✓	✓	✗	✓	✗	✓
Satay Seasoning	✓	✓	✓	✓	✓	✗	✓

CHILLI SAUCES

Chilli Sauce (Hot)	✓	✓	✓	✓	✓	✗	✓
Chilli Sauce (Sweet)	✓	✓	✓	✓	✓	✗	✓
Chilli Sauce (Garlic)	✓	✓	✓	✓	✓	✗	✓
Thai Sweet Chilli Sauce (Original)	✓	✓	✓	✓	✓	✗	✓
Sweet Chilli Sauce (For Finger Foods)	✓	✓	✓	✓	✓	✗	✓
Hot Chilli Sauce (Sriracha)	✓	✓	✓	✓	✓	✗	✓
Ginger Sweet Chilli Sauce	✓	✓	✓	✓	✓	✗	✓
Thai Sweet Chilli Sauce Light	✓	✓	✓	✓	✓	✗	✓

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Shellfish Free

COOKING SAUCES

Malaysian Curry Sauce	✓	✓	✓	✗	✓	✗	✓
Malaysian Rendang Curry Sauce	✓	✓	✓	✗	✓	✗	✓
Malaysian Sambal Sauce	✓	✓	✓	✗	✓	✗	✓
Malaysian Laksa Sauce	✓	✓	✗	✗	✗	✗	✗
Thai Green Curry Cooking Sauce	✓	✓	✓	✓	✗	✗	✗
Thai Red Curry Cooking Sauce	✓	✓	✓	✓	✗	✗	✗
Thai Massaman Curry Cooking Sauce	✓	✓	✓	✓	✗	✗	✗
Thai Tom Yum Soup	✓	✓	✓	✓	✗	✗	✗

DESSERTS

Sago Dessert	✓	✓	✓	✗	✓	✗	✓
Coconut Spread	✓	✗	✓	✗	✗	✗	✓
Coconut Palm Sugar Syrup	✓	✓	✓	✗	✓	✗	✓
Black Glutinous Rice with CM	✓	✓	✓	✗	✓	✗	✓
Red Bean with CM	✓	✓	✓	✗	✓	✗	✓

FISH

Mackerel in Tomato Sauce	✓	✓	✓	✓	✗	✗	✓
Fried Mackerel in Chilli Sauce	✓	✓	✓	✓	✗	✗	✓
Sardines in Tomato Sauce	✓	✓	✓	✓	✗	✗	✓
Sardines in EV Olive Oil	✓	✓	✓	✓	✗	✓	✓
Sardines in EV Olive Oil with Chilli	✓	✓	✓	✓	✗	✓	✓
Sardines in Chilli Oil	✗	✓	✓	✓	✗	✗	✓
Sardines in Black Bean Sauce	✗	✓	✓	✓	✗	✗	✓
Sardines in Szechuan Sauce	✗	✓	✓	✓	✗	✗	✓
Sardines in Teriyaki Sauce	✓	✓	✓	✓	✗	✗	✗
Chilli Tuna	✓	✓	✓	✓	✗	✗	✗
Tomato Chilli Tuna	✓	✓	✓	✓	✗	✗	✓
Tuna Mayonnaise	✓	✗	✓	✓	✗	✗	✓
Curry Tuna	✓	✓	✓	✓	✗	✗	✗
Tuna Flakes in Oil	✓	✓	✓	✓	✗	✓	✓
Tuna Chunks in Oil	✓	✓	✓	✓	✗	✓	✓
Tuna Chunks in Water	✓	✓	✓	✓	✗	✓	✓
Crabmeat	✓	✓	✓	✓	✗	✗	✗

MISCELLANEOUS

Petai	✓	✓	✓	✗	✓	✓	✓
Tamarind Purée	✓	✓	✓	✓	✓	✗	✓
Sambal Oelek	✓	✓	✓	✗	✓	✗	✓
Vietnamese Dipping Sauce	✓	✓	✓	✓	✗	✗	✓
Curry Powder	✓	✓	✓	✓	✓	✗	✓
Instant Noodles	✗	✓	✓	✓	✓	✓	✓
White Pearl Barley	✗	✓	✓	✓	✓	✓	✓
Sweet Corn Kernels	✓	✓	✓	✓	✓	✗	✓
Creamed Corn	✓	✓	✓	✓	✓	✗	✓

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Coconut



COCONUT MILK

100% natural with no preservatives or additives, this premium quality coconut milk is perfect for curries, soups and desserts.
Available in 140ml, 270ml and 400ml



LIGHT COCONUT MILK

Enjoy the delicious taste and aroma of coconuts with 31% less fat than our regular Coconut Milk.
Available in 270ml



COCONUT CREAM

100% natural with no preservatives or additives, this premium quality coconut cream will give a creamy touch to curries, soups and desserts.
Available in 140ml, 270ml and 400ml



LIGHT COCONUT CREAM

With 26% less fat than our regular Coconut Cream, our light version will allow you to indulge yourself without any guilt!
Available in 270ml



ORGANIC LIGHT COCONUT MILK

Our organic milk is Australian certified organic, and is a great option for eco-minded consumers.
Available in 400ml



ORGANIC LIGHT COCONUT CREAM

Our organic cream is Australian certified organic, and is a great option for eco-minded consumers.
Available in 400ml



COCONUT MILK POWDER

Conveniently packaged in individual sachets, this product can be turned into either milk or cream. Keep one handy in the pantry, or to use on the go.

Available in 150g

Coconut



ORGANIC COCONUT SUGAR

AYAM™ Organic Coconut Sugar is made from the nectar of the coconut tree blossom. It is an authentic natural Asian sweetener which has been used for generations.

Available in 250g



ORGANIC COCONUT OIL

Made from unprocessed organically grown coconuts. Simply use as a substitute for normal cooking oil.

Available in 300ml



COCONUT WATER

This refreshing and rehydrating drink has long been popular in the tropics, and is made from the clear juice inside coconuts.

Available in 330ml



Asian Sauces



OYSTER SAUCE

This versatile sauce is used to enhance flavour in Asian dishes such as stir-fries, and is perfect for flavouring meat, fish, or vegetables.
Available in 210ml or 420ml.



HOISIN SAUCE

A popular multi-purpose sauce. Great for stir-fries, marinating chicken or beef, or perfect as a dipping sauce.
Available in 210ml



FISH SAUCE

Often used as a substitute for salt in Asian cooking, Fish sauce is an essential for your pantry.
Available in 210ml



BLACKBEAN SAUCE

A rich, thick and fragrant sauce with a distinctive aromatic blackbean flavour. Ideal for stir-fries, meat stews and noodles.
Available in 210ml



PLUM SAUCE

Ideal as a ready to use dipping sauce for spring rolls, chicken, duck and roasted meats.
Available in 210ml



TERIYAKI SAUCE

A mild and sweet barbecue sauce, with a touch of ginger. Great for marinating meat and fish for grills, roasts and barbecues.
Available in 210ml



HONEY SOY MARINADE

This versatile marinade has a sweet taste, and is perfect for marinades, roasting, grilling, and for stir-fries.
Available in 210ml



SWEET AND SOUR SAUCE

An ideal Asian seasoning for fish, meat or vegetables. Try with pork ribs for a tasty meal idea.
Available in 210ml



LEMON CHICKEN SAUCE

A tangy lemon sauce used to enhance flavour to crispy chicken.
Available in 210ml

Asian Sauces



MONGOLIAN LAMB SAUCE

A traditional Asian sauce ideal for lamb, other meats, stir-fries and vegetables.

Available in 210ml



SAN CHOY BAO SAUCE

San Choy Bao is a traditional Asian dish favored by many. Use this sweet sauce in accompaniment with hot minced meat wrapped in crunchy lettuce cups.

Available in 210ml



VEGETARIAN STIR-FRY SAUCE

This versatile vegetarian sauce can be used to enhance flavour in Asian stir-fries and is also great for those with dietary restrictions.

Available in 210ml



PURE SESAME OIL

Made from the oil of 100% toasted sesame seeds, this versatile oil is a must have for Asian cooking.

Available in 210ml



Asian Sauces



LIGHT SOY

A favourite sauce to enhance flavour in Asian dishes. Use as a substitute for salt in Asian cooking.

Available in 210ml



DARK SOY

A dark thick soy sauce with full-bodied flavour used to add colour to dishes.

Available in 210ml



SWEET SOY

A rich, thick caramelised sauce used to add sweetness to a variety of dishes.

Available in 210ml



ORGANIC SOY

Naturally fermented using Organic ingredients, this soya sauce has a rich aroma and flavour perfect for everyday cooking or as a condiment.

Available in 210ml



BONITO SOY

This Bonito soy sauce is dark, smooth and rich in flavour. Serve drizzled over sushi, soba noodles or steamed seafood.

Available in 210ml



Curry Pastes



THAI RED CURRY PASTE

This curry paste will help you make Thai Red Curry, with a unique blend of red chillies, galangal, kaffir lime leaf and coconut.

Available in 195g



THAI GREEN CURRY PASTE

A classic Thai style paste made from fresh green chillies, and a blend of spices.

Available in 195g



THAI MASSAMAN CURRY PASTE

A Thai paste with a subtle mix of spices and red chillies, perfect for lamb or beef.

Available in 195g



THAI YELLOW CURRY PASTE

With origins in the northern parts of Thailand, Yellow Curry has a creamy and mild taste, and goes well with chicken.

Available in 185g



THAI PANANG CURRY PASTE

Influenced by a variety of Asian cuisines, this paste is suitable for any kind of meat or vegetables.

Available in 195g



THAI CHILLI JAM PASTE

Ideal for making authentic Thai style stir-fries and marinades.

Available in 185g



Curry Pastes



MALAYSIAN LAKSA PASTE

Use this paste to create a spicy coconut noodle broth with seafood or chicken.

Available in 185g



MALAYSIAN RENDANG CURRY PASTE

Traditionally cooked with beef, this Malay dish is made from toasted coconut, spices and coconut milk. *Available in 185g*



MALAYSIAN SAMBAL SHRIMP PASTE

Also known as Sambal Belachan, this is a Malaysian style paste used to add flavour to curries and stir-fries. *Available in 185g*



MALAYSIAN NYONYA CURRY PASTE

This paste is inspired by Malaysian Nyonya cuisine, a fusion of Chinese and Malay style cooking. *Available in 185g*



MALAYSIAN NASI GORENG

Making a traditional Malaysian fried rice is now easy! Simply add cooked rice, and if desired you can add vegetables, chicken, or prawns.

Available in 185g



SINGAPORE HAINANESE CHICKEN

A classic Singaporean dish, this paste will help you create authentic Singaporean Hainanese Chicken Rice. *Available in 185g*



MALAYSIAN SEAFOOD CURRY PASTE

Also known as Assam curry, this paste has a tangy flavour base with spice and zest. This traditional Malaysian curry is best served with fresh fish fillets or prawns.

Available in 185g



Chilli Sauces



CHILLI SAUCE (HOT)

A thick and spicy chilli sauce which can be used as a dipping sauce, or simply add a few tablespoons to your favourite stir-fry or noodle dish.

Available in 275ml



CHILLI SAUCE (SWEET)

This chilli sauce has a deliciously sweet taste and will blend well in Asian dishes and noodles. It can also be used as a condiment.

Available in 275ml



CHILLI SAUCE (GARLIC)

A versatile, thick chilli sauce with a distinct garlic flavour. Perfect to mix with your favourite stir-fry, or use as a flavour filled dipping sauce.

Available in 275ml



THAI SWEET CHILLI SAUCE (ORIGINAL)

A delicious hot sauce with chilli seeds, and added garlic for extra taste. This Thai style chilli sauce is perfect as a dipping sauce, or for adding flavour to your dishes.

Available in 435ml



SWEET CHILLI SAUCE (FOR FINGER FOODS)

A classic dipping sauce especially suited as a dipping sauce for canapés, particularly Vietnamese spring rolls and dim sims.

Available in 435ml



HOT CHILLI SAUCE (SRIRACHA)

A fiery hot sauce made from sun-ripened red chillies and garlic. Squeeze onto pasta, or use as a dipping sauce to add fire to your meal.

Available in 435ml



GINGER SWEET CHILLI SAUCE

This uses distinct flavours of ginger to create a sauce that is the perfect mix of sweet and spicy.

Available in 435ml



THAI SWEET CHILLI SAUCE LIGHT

This light version of the classic sweet and spicy sauce has all the flavour of the original with its sliced red chillies and garlic but minus the sugar.

Available in 285ml



Stir Fry



STIR FRY SAUCE (BLACK PEPPER)

This fiery Black Pepper stir fry sauce packs a punch with its roasted black pepper, and hints of chilli and ginger.

Available in 250g



STIR FRY SAUCE (CHAR KWAY TEOW)

Considered a national favourite in Malaysia and Singapore, this Char Kway Teow sauce can add just the right amount of caramelised sweetness to any dish.

Available in 250g



STIR FRY SAUCE (CHILLI CRAB)

This Singapore inspired Chilli Crab sauce is the perfect combination of tangy, sweet and chilli for a rich and satisfying taste.

Available in 250g



STIR FRY SAUCE (MEE GORENG)

An Indonesian classic and crowd pleaser, this flavourful and spicy noodle dish can be created in minutes with AYAM™'s Mee Goreng Stir Fry Sauce.

Available in 250g



STIR FRY SAUCE (PAD THAI)

Commonly served as hawker food in the heat of Thailand, AYAM™'s Pad Thai sauce can now be used to recreate this classic dish.

Available in 250g



Satay Sauces



SATAY SAUCE

A smooth peanut sauce that the whole family will love.

Available in 250ml



THAI SATAY SAUCE

This sauce highlights the traditional flavours of Thailand - lemongrass, galangal and tamarind.

Available in 250ml



SATAY MARINADE

Combines traditional Malaysian ingredients to create the perfect marinade.

Available in 250ml



GADO GADO PEANUT SAUCE

A delicious Indonesian style peanut sauce which is used as a warm salad dressing. Simply pour over vegetables to serve.

Available in 250ml



SATAY SEASONING

A rich blend of naturally dried herbs and spices. Simply sprinkle onto meat 10 minutes before cooking. This seasoning is perfect for barbecues.

Available in 160g



Cooking Sauces



MALAYSIAN CURRY SAUCE

The recipe is inspired by Malaysia's local Nyonya cuisine, a blend of Chinese and Malay cooking. Great with chicken or vegetables.
Available in 250ml



MALAYSIAN RENDANG CURRY SAUCE

This aromatic curry combines flavours of cloves, cinnamon and cumin with coconut milk, and is best suited to beef.
Available in 250ml



MALAYSIAN SAMBAL SAUCE

A tart and tangy chilli tomato sauce which works well with seafood or chicken.
Available in 250ml



MALAYSIAN LAKSA SAUCE

A fragrant coconut broth served with noodles. Especially suited to seafood or chicken.
Available in 250ml



THAI GREEN CURRY COOKING SAUCE

Made from fresh green chillies, Thai Green Curry is a well known Thai dish that blends well with chicken, beef, fish, prawns or vegetables.
Available in 400ml



THAI RED CURRY COOKING SAUCE

This spicy curry is a Thai favourite, and is made with an authentic mix of chillies, herbs and spices.
Available in 400ml



THAI MASSAMAN CURRY COOKING SAUCE

With a subtle mix of spices and fragrant coconut milk, Massaman is a mild curry with a slightly sweet flavour.
Available in 400ml



THAI TOM YUM SOUP

Make a delicious Tom Yum Soup by simply adding meat and vegetables! Traditionally, prawns are used in this dish.
Available in 400ml

Desserts



SAGO DESSERT

Plump pearls of tapioca and palm sugar combined to make a melt-in-your-mouth indulgence. Simply mix with Light Coconut Milk to serve!

Available in 200g



COCONUT SPREAD (KAYA)

This sweet and creamy Asian delicacy, also known as Kaya, is a spread that combines the richness of coconut milk with the sweet flavour of pandan leaves. Traditionally served on toast for breakfast.

Available in 200g



BLACK GLUTINOUS RICE

Enjoy the irresistible combination of sticky black rice coated in sweet creamy coconut milk for dessert tonight. Combine with fresh fruit, shredded coconut or mint for the ultimate dessert experience.

Available in 200g



COCONUT PALM SUGAR SYRUP

A 100% natural sugar syrup which provides a sweet aroma to cakes and desserts, it can be used as a substitute to honey or maple syrup on pancakes or in cooking.

Available in 200g



RED BEAN DESSERT

AYAM™ Red Bean Dessert with Coconut Milk is a traditional Chinese dessert with a refreshing taste. Enjoy warm or chilled and serve with ice cream, pancakes or fresh fruit.

Available in 200g



Miscellaneous



PETAI IN BRINE

Petai is a type of tender bean, ideal for soups and recreating traditional dish—Malaysian Sambal prawns.

Available in 170g



TAMARIND PURÉE

Use tamarind purée to add a sweet and sour flavour to your Asian dishes.

Available in 114g



SAMBAL OELEK

This popular South East Asian chilli paste is the perfect condiment for Asian cooking.

Available in 185g



VIETNAMESE DIPPING SAUCE

Ready to use for stir fry, dipping or pour over dressing.

Available in 200ml



INSTANT NOODLES

AYAM™ Instant Noodles are a favourite ingredient for Asian Dishes. Use individual cakes for a single serve or several to serve a family. These easy to prepare noodles are perfect for Asian stir-fries or as a substitute for rice.

Available in 700g



CURRY POWDER

A rich blend of Malaysian spices that will give an Authentic Asian flavour to your meat, seafood and vegetarian dishes.

Available in 130g and 230g



WHITE PEARL BARLEY

White Pearl Barley is made from grains of barley, which have had the husk and bran removed. It can be used as alternative to pasta or rice.

Available in 450g



SWEET CORN KERNELS

Made from all natural ingredients, these sweet corn kernels are deliciously tender and low in fat.

Available in 425g



CREAMED CORN

Containing all natural ingredients, this convenient and tasty product can be used as a base for soups, seafood sauce or chowder.

Available in 425g

Fish



MACKEREL IN TOMATO SAUCE

Served in a rich tomato sauce, AYAM™ Mackerel is an excellent source of nutrition. This product is high in Omega 3 fatty acids, selenium and B12.
Available in 155g or 425g



FRIED MACKEREL IN CHILLI SAUCE

This spicy mackerel is a tasty source of Omega-3 acids. Try fried mackerels as part of your main dish - simply add rice or noodles to serve.
Available in 155g



SARDINES IN TOMATO SAUCE

Served in a rich tomato sauce, AYAM™ Sardines are an excellent source of natural Omega 3 and calcium.
Available in 155g, 425g and in Oval size 215g & 425g



SARDINES IN EXTRA VIRGIN OLIVE OIL

These ready-to-eat Sardines are presented in tasty olive oil and are a natural source of calcium and Omega 3.
Available in 120g



SARDINES IN EXTRA VIRGIN OLIVE OIL WITH CHILLI

These ready-to-eat Sardines are presented in a hot Mediterranean flavour base and are a natural source of calcium and Omega 3.
Available in 120g



SARDINES IN CHILLI OIL

These ready-to-eat Sardines are presented in tasty chilli oil and are a natural source of calcium and Omega 3.
Available in 120g



SARDINES IN BLACK BEAN SAUCE

These ready-to-eat Sardines are presented in an oriental Black Bean sauce and are a natural source of calcium and Omega 3.
Available in 120g



SARDINES IN SZECHUAN SAUCE

These ready-to-eat Sardines are presented in an oriental Szechuan sauce and are a natural source of calcium and Omega 3.
Available in 120g



SARDINES IN TERIYAKI SAUCE

These ready-to-eat Sardines are presented in an oriental Teriyaki sauce and are a natural source of calcium and Omega 3.
Available in 120g

Fish



CHILLI TUNA

This spicy tuna is perfect for lunch on the go - simply add salad for a quick and easy lunch idea. **Available in 185g**



TOMATO CHILLI TUNA

With a spicy tomato sauce base, this tuna will mix well with pasta, or on crackers. **Available in 185g**



TUNA MAYONNAISE

This savoury spread of tuna and tangy mayonnaise is ready to eat and is perfect for spreading onto bread and crackers. **Available in 185g**



CURRY TUNA

Served in a creamy panang curry sauce. You can try mixing this tasty tuna with rice or noodles as a main meal. **Available in 185g**



TUNA FLAKES IN OIL

Tuna flakes in oil are a popular choice for sandwiches - try adding salad or vegetables for a healthy meal idea. **Available in 185g**



TUNA CHUNKS IN OIL

These tuna chunks are presented in a tasty sunflower oil. **Available in 185g**



TUNA CHUNKS IN WATER

This healthy tuna served in water is a good source of Omega-3. **Available in 185g**



CRABMEAT

Crab Meat is versatile and can be used in many ways. Try adding to cooked pasta, in an omelette, or in a toasted sandwich. **Available in 170g**

CLUB AYAM™

Join club AYAM™ and receive the monthly AYAM™ e-newsletter filled with recipes, cooking tips, exclusive offers and competitions. Simply visit www.ayam.com to register.

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