



Kara

FOODSERVICE BAKERS



BREADS & BAGUETTES

BLOOMERS

Is there any finer bread than the Great British bloomer? We think not! Makes the best butties and there's nothing better than a slice toasted and slathered in butter.



Medium White Bloomer

This traditional D shaped white bloomer has a golden brown outer crust. Makes brilliant sandwiches.



Code: **F02173**

Case size: **6 x 1**

Unit Weight: **800g**

14 slices + 2 crusts



Thick White Bloomer

With a sturdy thick slice, this traditional white bloomer loaf is robust to carry a wide range of fillings and will hold up for food-to-go and delivery options.



Code: **F02176**

Case size: **8 x 1**

Unit Weight: **800g**

14 slices + 2 crusts



Medium Malted Bloomer

This bloomer has a delicious malted taste thanks to the addition of malted wheat flakes and malted barley.



Code: **F02174**

Case size: **6 x 1**

Unit Weight: **800g**

14 slices + 2 crusts



Thick Malted Bloomer

Makes brilliant butties, this malted bloomer is the perfect companion for a whole range of fillings.



Code: **F02177**

Case size: **8 x 1**

Unit Weight: **800g**

14 slices + 2 crusts



Medium Multiseeded Bloomer

A delicious mix of sunflower seeds, golden linseed, brown linseed, millet and pumpkin seeds. Why not try toasted with some avocado and a freshly poached egg?



Code: **F02175**

Case size: **6 x 1**

Unit Weight: **800g**

14 slices + 2 crusts



Medium Sourdough Bloomer

Soft and tasty white sliced bloomer with traditional sourdough taste. Perfect for buttered toast.



Code: **F02179**

Case size: **6 x 1**

Unit Weight: **800g**

14 slices + 2 crusts

BAGUETTES

How to bake our baguettes:

- For best results bake from frozen
- Preheat ovens to 200 °C or Gas Mark 6
- Bake for 8 minutes or until golden brown



Mini Baguette

A small French-style baguette finished with two traditional diagonal cuts.

180mm



Code: **F00288**

Case size: **40**

Unit Weight: **75g**

Avg. Length: **180mm**

Unsliced



Large White Baguette

Perfect for caterers looking to serve a super-sized breakfast baguette or to cut and present with a sharing platter! Finished with 6 diagonal cuts.

500mm



Code: **F00296**

Case size: **20**

Unit Weight: **235g**

Avg. Length: **500mm**

Unsliced



Malted Wheat Petit Pain

Part-baked so can be served soft or slightly crispy. Serve warm alongside soups and starters.

110mm



Code: **F00289**

Case size: **70**

Unit Weight: **55g**

Avg. Length: **110mm**

Unsliced



Small Petit Pain

A white petit pain, finished with traditional straight cut, part-baked for convenience and can be served soft or crispy.

90mm



Code: **F00290**

Case size: **100**

Unit Weight: **37g**

Avg. Length: **90mm**

Unsliced



White Half Baguette

A great option for lunchtime menus. Perfect for a wide selection of meat, fish or veggie fillings.

275mm



Code: **F00442**

Case size: **40**

Unit Weight: **130g+/-5g**

Avg. Length: **275mm**

Unsliced



White Petit Pain

This French-style white petit pain has a traditional straight surface burst cut. Thaw, cook and serve!

110mm



Code: **F00291**

Case size: **70**

Unit Weight: **54g**

Avg. Length: **110mm**

Unsliced



Panini Baguette

A part baked white Panini. Great for making delicious toasted sandwiches.

260mm

Code: **F00753**

Case size: **40**

Unit Weight: **125g**

Avg. Length: **260mm**

Unsliced



Mini Baguette

French-style white mini baguette with two traditional diagonal bursts on top. Simply thaw and serve!

180mm



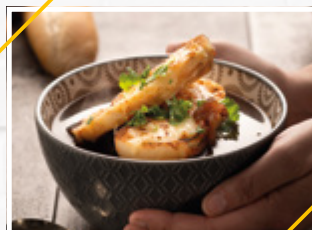
Code: **F00292**

Case size: **40**

Unit Weight: **75g**

Avg. Length: **180mm**

Un sliced



White Petit Pain

Great for serving with soup or as part of a bread basket. A traditional white petit pain with straight surface cut.

110mm



Code: **F00293**

Case size: **70**

Unit Weight: **51g**

Avg. Length: **110mm**

Un sliced



White Sandwich Baguette

Perfect for a lunchtime menu offer, this white sandwich baguette is finished with 3 traditional diagonal cuts.

275mm



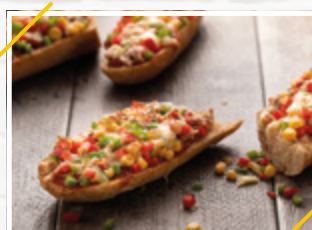
Code: **F00439**

Case size: **40**

Unit Weight: **125g**

Avg. Length: **275mm**

Un sliced



Malted Wheat Half Baguette

A great thaw and serve option with a distinct malty taste, soft crumb and golden crust.

275mm



Code: **F00441**

Case size: **40**

Unit Weight: **130g**

Avg. Length: **275mm**

Un sliced

ENGLISH MUFFINS

Perfect all-day breakfast carriers, our English Muffins are available both sliced and unsliced.



Un sliced English Muffin

Finished with a coating of semolina, this unsliced version allows flexibility in the kitchen. Perfect for an all-day breakfast option.



Code: **F00976**

Case size: **8 x 6**

Unit Weight: **72g**

Un sliced



Sliced Muffins

Serve toasted and top with avocado, eggs, sausage and bacon for the ultimate breakfast offering.



Code: **F02255**

Case size: **8 x 6**

Unit Weight: **78g**

Un sliced

Did you know?

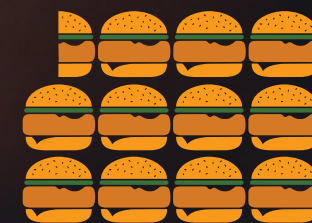
Toasted Muffins are the most popular savoury bakery breakfast item.

(MCA Bakery & Sandwich Tracker Sept 2019)



KARA SANDWICH FACTS

All Kara's products are
freshly frozen, which
means less food waste



We eat 11.5 billion
sandwiches each year*

Did you know...

More sandwich carriers
are purchased through
a coffee shop/café than
any other channel.



UK's Top
3 Fillings*

3

BT

2

Prawn Mayo

1

Chicken & Bacon

*Source: British Sandwich Association

DELI ROLLS & SUBS

When looking for alternative sandwich carriers, our range of deli and sandwich rolls offers a great choice and visible appeal.



10% of sandwiches are sold in **SCHOOLS**,
Have the **PERFECT CARRIER** with Kara's Delis

*Data collected from MCA Allegra, 2020

TOP 5 ITEMS purchased at lunch



SANDWICH



BURGER



BAGUETTE



TOASTED SANDWICH



PIZZA



Classic Deli Roll

This soft white deli roll is finished with a dusting of semolina. Perfect for adventurous and traditional fillings.



Code: **F01242**

Case size: **6 x 6**

Unit Weight: **98g**

Unsliced



Wholemeal Hoagies

An earthy mix of wholemeal flour and a coating of malted wheat grains is a delicious choice with hand-carved ham or vintage cheese.



Code: **F00359**

Case size: **9 x 6**

Unit Weight: **98g**

Unsliced

Suitable for: Vegetarian Vegan

Contains: Nuts Eggs Milk

SANDWICH SPECIALS & BAKERS BASKET



Maize Topped Oval Buns

This versatile sliced oval shaped white bread bun has a maize grit topping making it ideal for both hot and cold fillings.

Code: **F00492**
Case size: **14 x 4**
Unit Weight: **65g**
Sliced

V



Improved

MK4 High Fibre Bun

A soft white bread bun with added wheat fibre and wheat bran and contains the same fibre as a brown bun! Ideal for the education sector.



Code: **F02317**
Case size: **4 x 12**
Unit Weight: **50g**
Sliced



MK5 Malted Grain Bap

This golden brown soft bap has a distinct taste thanks to the malted wheat flakes and malted barley. Excellent for a wide selection of hot and cold fillings.



Code: **F00375**
Case size: **6 x 8**
Unit Weight: **95g**
Sliced



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Bakers Basket

A selection of five premium dinner rolls (White Roll, Wholemeal Roll, Seeded Roll, Seed & Malt Roll and a Poppy Seed Roll) that are great to serve with starters or as part of a side dish.

Code: **F02209**
Case size: **10 x 6**
Unit Weight: **54g**
Un sliced

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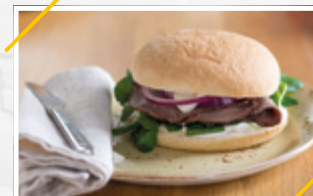


MK4 Plain Sandwich Bap

A plain soft white sandwich bap. Excellent for hot and cold fillings.



Code: **F00265**
Case size: **4 x 12**
Unit Weight: **50g**
Sliced



MK5 Plain Sandwich Bap

A large soft white sandwich bap. Excellent for hot and cold fillings.



Code: **F00373**
Case size: **6 x 8**
Unit Weight: **86g**
Sliced



Suitable for: Vegetarian Vegan

Contains: Nuts Eggs Milk

SLICED BREAD



Medium White Bread

This medium sliced soft white loaf is ideal for toast or sandwiches. Works well for a toasted sandwich.



Code: **F00380**
Case size: **8 x 1**
Unit Weight: **800g**
21 slices + 2 crusts



Thick White Bread

A golden baked white thick sliced white loaf. Served with hearty fillings like ham or vintage cheeses.



Code: **F00381**
Case size: **8 x 1**
Unit Weight: **800g**
15 slices + 2 crusts



Thick Half & Half Bread

This thick sliced sandwich bread is made with half wholegrain and half white flour. A nutritious sandwich option, especially for the education sector.



Code: **F01504**
Case size: **8 x 1**
Unit Weight: **750g**
18 slices + 2 crusts



Medium Wholemeal Bread

Great for a multitude of sandwich fillings and for sandwiches on the go.



Code: **F00382**
Case size: **8 x 1**
Unit Weight: **800g**
21 slices + 2 crusts



Thick Wholemeal Bread

Delicious as a sandwich carrier for food-to-go menus or to serve with afternoon tea.



Code: **F00383**
Case size: **8 x 1**
Unit Weight: **800g**
15 slices + 2 crusts



Medium Wholemeal Sandwich Bread

As a brown baked medium sliced sandwich wholemeal loaf, this is a perfect option for an afternoon tea menu.



Code: **F01284**
Case size: **8 x 1**
Unit Weight: **800g**
24 slices + 2 crusts



Thick Wholemeal Sandwich Bread

Great for open and closed sandwiches and as a thick sliced loaf, it's also great for toasting.



Code: **F01273**
Case size: **8 x 1**
Unit Weight: **800g**
18 slices + 2 crusts



Extra Thick Wholemeal Sandwich Bread

A breakfast menu must-have, this extra thick sliced loaf is ideal for toasting and topped with a selection of jams and marmalades.



Code: **F01274**
Case size: **8 x 1**
Unit Weight: **800g**
16 slices + 2 crusts



Medium White Sandwich Bread

An absolute classic. This square sandwich loaf makes perfect sandwiches to-go.



Code: **F01285**
Case size: **8 x 1**
Unit Weight: **800g**
24 slices + 2 crusts



Thick White Sandwich Bread

Serve alongside a full English or use to make tasty cheese toasties.



Code: **F01271**
Case size: **8 x 1**
Unit Weight: **800g**
18 slices + 2 crusts



Extra Thick White Sandwich Bread

Golden baked and deliciously soft. A square loaf perfect for toast.



Code: **F01272**
Case size: **8 x 1**
Unit Weight: **800g**
16 slices + 2 crusts



Data collected from MCA Allegra, 2019, 2020

For more information on Kara products please contact:

karafs.co.uk 0161 351 2399

Data correct as of November 2020 – please note some products may not be available due to industry demand. See our website for product information.

   karafsbakery