

Kara



Foodservice Bakers for
Education

SLICED BREADS

Can you get any better than the Great British Sandwich? Kara's Sliced Breads are specifically baked in a square tin, making them the perfect shape when it comes to wrapping them in packaging. Kara's Sliced Breads also have a 5 day shelf life to ensure education menus can go further.



Education Exclusive



Thick Half & Half Bread

Kara's Half & Half Bread offers all the natural nutritional benefits of whole wheat brown bread but with the taste of a white loaf; perfect for children.

- A source of fibre.
- No artificial preservatives.

Slice Thickness: 12.7mm



Code: **F01504**

Case Size: **8 x 1**

Unit Weight: **750g**

18 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.

Slice Thickness: 9.6mm



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.

Slice Thickness: 12.7mm



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.

Slice Thickness: 14.3mm



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.

Slice Thickness: 9.6mm



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.

Slice Thickness: 12.7mm



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.

Slice Thickness: 14.3mm



Code: **F01272**

Case Size: **8 x 1**

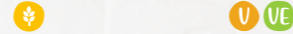
Unit Weight: **800g**

16 slices + 2 crusts



Fletchers Medium White Sliced Bread

A soft white loaf, available from Kara Foodservice. Great for toasting or afternoon tea menus, this bread is versatile enough to be used across a wide range of dishes across breakfast, lunch and brunch menus.



Code: **F00380**

Case Size: **8 x 1**

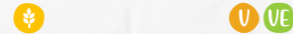
Unit Weight: **800g**

21 slices + 2 crusts



Fletchers Thick Sliced White Loaf

A golden baked loaf, available from Kara Foodservice. Enjoy this product served toasted for an easy breakfast option alongside beans, sausages and eggs. Looking to upgrade lunchtime? Serve Fletchers White as a tasty lunch time sandwich containing succulent meats, cheese and salad fillings or as part of a hot sandwich menu offering.



Code: **F00381**

Case Size: **8 x 1**

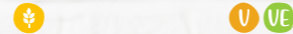
Unit Weight: **800g**

15 slices + 2 crusts



Fletchers Medium Wholemeal Sliced Bread

A golden baked loaf, available from Kara Foodservice. Enjoy this wholemeal bread as a classic sandwich option as part of a light lunch menu, as part of your breakfast or brunch dishes or even as an accompanying ingredient for inventive plates.



Code: **F00382**

Case Size: **8 x 1**

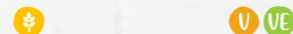
Unit Weight: **800g**

21 slices + 2 crusts



Fletchers Thick Wholemeal Sliced Bread

A golden brown baked loaf. The perfect accompaniment for cooked breakfasts, creating cheesy toasties or even a classic sandwich. A great option for healthier menus.



Code: **F00383**

Case Size: **8 x 1**

Unit Weight: **800g**

15 slices + 2 crusts

Fletchers Sliced Breads



DELI ROLLS & SUBS

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



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**

Un sliced



Classic Deli Roll

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

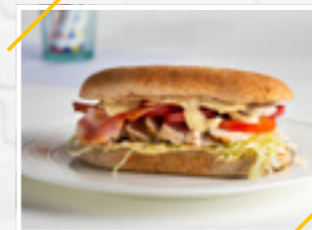


Code: **F02406**

Case Size: **6 x 6**

Unit Weight: **100g**

Sliced



Wholemeal Deli Roll

A soft wholemeal deli finished with a semolina topping. Perfect to help students get extra fibre into their diets.



Code: **F02407**

Case Size: **6 x 6**

Unit Weight: **100g**

Sliced

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



FLOURED BAPS



**MK5
Floured Bap**



**Premium
Floured Bap**



**MK4
Floured Bap**

**School
Bestseller**

Our classic floured baps have a light and soft texture, versatile champions for busy mornings and even busier lunchtimes. Topped with a light flour dusting.

MK5 Floured Bap

Our 5 inch (MK5) floured bap is finished with a flour dusting, making it ideal for sandwich menus.



Code: F00270	Unit Weight: 86g
Case Size: 6 x 8	Sliced

Premium Floured Bap

A 5 inch soft white floured bap topped with flour and two water splits. Perfect for burger day as this bun is less sweet than a brioche.



Code: F02598	Unit Weight: 92g
Case Size: 6 x 8	Sliced

MK4 Floured Bap

Our best selling 4 inch (MK4) soft white floured bap is dusted with flour making it excellent for hot breakfast options or classic sandwich options.



Code: F00266	Unit Weight: 50g
Case Size: 4 x 12	Sliced



BUNS & SANDWICH CARRIERS



Gourmet Slider Bun

Small bite, big impact. Our 35g, 3-inch slider bun is perfectly sized for smaller portions, making it ideal for kids' burgers, sandwiches, and lighter dishes. The perfect carrier when smaller servings still need big appeal.

🌾	🌱	🌿
Code: F02594		
Case Size: 6 x 16		
Unit Weight: 35g		
Sliced		



MK4 Plain Burger Bun

A white unseeded burger bun; a real everyday favourite. This soft, light burger bun has a lovely golden brown crust top. This unseeded bun is a great option especially for the education sector.

🌾	🌱	🌿
Code: F00264		
Case Size: 4 x 12		
Unit Weight: 50g		
Sliced		



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	



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		



Unslice 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		
Unslice		

Essential

HIGH FIBRE BUN

Contributes to a child's daily fibre allowance

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



Kara's popular High Fibre Bun is produced **EXCLUSIVELY** for **EDUCATION**

This bun is ideal for both hot and cold fillings, making for versatile school lunch time offerings.

With children notoriously avoiding brown breads, Kara's High Fibre Bun has been designed to have the visual appearance of a White Bun whilst still containing all the nutritious fibre of a Brown Bun; making it the perfect school partner.

This bun packs 6g of fibre per 100g, that's double the minimum standard, an essential school product that helps support a healthy diet for children.

Top sandwich fillings at lunchtime in schools



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



Top sandwich carriers in Colleges



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

Un sliced



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

Avg. Length: 275mm

Un sliced



Panini Baguette

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



Code: F00753

Case Size: 40

Unit Weight: 125g

Avg. Length: 260mm

Un sliced



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 Sandwich Baguette

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

275mm



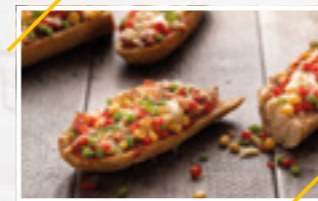
Code: F00439

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

PIZZA DOUGHBALLS



Our pizza doughballs are perfect for school dinners. With 4 different sizes available you can mix and match on pizza styles and sizes so every day is different. But don't stop at pizzas, why not make rolls, doughballs or sharing dishes.

Doughballs 180g



Code: **F00300**

Case Size: **60**

Unit Weight: **180g**

Doughballs 270g



Code: **F00301**

Case Size: **40**

Unit Weight: **270g**

Doughballs 340g



Code: **F00302**

Case Size: **30**

Unit Weight: **340g**

Doughballs 500g



Code: **F00303**

Case Size: **20**

Unit Weight: **500g**

TULIP MUFFINS



Flavours

Blueberry



Code: F02163

Case Size: 4 x 6

Triple Chocolate



Code: F02164

Case Size: 4 x 6

Lemon &
White Chocolate



Code: F02165

Case Size: 4 x 6



Defrost approx:
2 hours



Blueberry
Muffins

SWEET DOUGHNUTS



Varieties

Jam, Chocolate, Mini



Mini Jam Doughnut

A rich sweet dough, dusted with a delicate sugar coating and filled with a sweet apple and raspberry jam filling. Also comes with 16 grab bags and stickers for food on the move options.



Code: **F02256**

Case Size: **8 x 10**

Unit Weight: **50g**



Mini Chocolate Doughnut

A rich sweet dough, dusted with a delicate sugar coating and filled with a milk chocolate flavouring. Also comes with 16 grab bags and stickers for wrapped options.



Code: **F02237**

Case Size: **8 x 10**

Unit Weight: **50g**



Sugared Jam Ball Doughnut

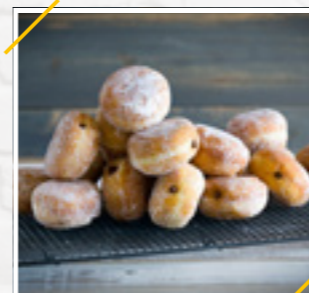
A rich sweet yeasted dough that has been deep fried in vegetable oil, dusted with a sugar coating and filled with an apple and raspberry jam filling.



Code: **F01146**

Case Size: **6 x 10**

Unit Weight: **73g**



Sugared Chocolate Ball Doughnut

Rich and sweet wholesale doughnuts, topped with a delicate sugar coating and loaded with an indulgent milk chocolate flavour filling.



Code: **F01145**

Case Size: **6 x 10**

Unit Weight: **73gg**

Genius

- GLUTEN FREE -



THE ORIGINAL
Gluten Free
- BAKERY -

Coeliac disease affects approximately 1 in 100 children in the UK!

Genius Gluten Free bakery range ensures that no child should miss out on the perfect loaf no matter what their dietary requirements.



Individually Wrapped Brioche

A gluten free brioche, with its rich and soft texture this bun is perfect for burgers. This bun is individually wrapped to avoid cross contamination.



Code: **F02187**

Case Size: **24**

Unit Weight: **70g**

Sliced



Multiseeded Farmhouse

This seeded sliced loaf is packed with delicious Sunflower, Linseed and Poppy seeds for a tasty crunch. It's also high in fibre, low in sugar and saturated fat, packed with vitamins and minerals and a source of Omega 3.



Code: **F02447**

Case Size: **6 x 1**

Unit Weight: **430g**

11 slices + 2 Crust



Soft White Farmhouse

This white sliced loaf is low in saturated fat, high in fibre and free from artificial preservatives. This delicious and nutritious loaf is also packed with vitamins, ideal for a lunchtime option.



Code: **F02446**

Case Size: **6 x 1**

Unit Weight: **430g**

11 slices + 2 Crust



Soft Brown Farmhouse

This hearty soft brown sliced loaf has the nutty and malty flavour of a standard brown loaf with none of the gluten. It's also high in fibre, low in sugar and saturated fat and packed with vitamins and minerals.



Code: **F02445**

Case Size: **6 x 1**

Unit Weight: **430g**

11 slices + 2 Crust



Seeded Roll

This versatile gluten-free roll is packed with delicious Linseed, Poppy and Sunflower seeds for a tasty crunch. These rolls are soft, full of flavour and great for sandwiches or as a burger bun.



Code: **F01688**

Case Size: **25**

Unit Weight: **68g+/-5g**

Unsliced





*Data collected from:
Lumina Intelligence, 2024
School Foods Standards, 2024

For more information on Kara products please contact:

karafs.co.uk 0161 351 2399

Data correct as of April 2024 – please note some products may not be available due to industry demand. See our website for product information.

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