

# 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.



Meets FSA  
Salt Guidelines

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**

Suitable for: Vegetarian Vegan

Contains: Nuts Eggs Milk

Improved

# BLOOMERS

If you're looking for a more premium sandwich carrier, look no further than Kara's best selling bloomers. Kara bloomers have been improved for better performance in the kitchen.

- Vegan
- Softer Eat
- Improved Shelf Life
- 3 Extra Slices





Sandwiches are the  
No.1 dish served at  
lunch in Schools\*



### White Bloomer

A medium sliced, D-shaped white bloomer with a golden crust and a soft, fluffy texture. Ideal for gourmet sandwiches and for toasting.

Slice Thickness: 14.3mm



Code: **F02388**

Case Size: **6 x 1**

Unit Weight: **800g**

**17 slices + 2 crusts**



### Malted Bloomer

A medium sliced, D-shaped malted bloomer with a golden crust and a soft, fluffy texture. Contains malted wheat flakes and malted barley.

Slice Thickness: 14.3mm



Code: **F02389**

Case Size: **6 x 1**

Unit Weight: **800g**

**17 slices + 2 crusts**

Suitable for: Vegetarian Vegan

Contains: Nuts Eggs Milk

# 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**

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



New



### Classic Deli Roll

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

V

Code: **F02406**

Case Size: **6 x 6**

Unit Weight: **100g**

Sliced

New



### Wholemeal Deli Roll

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

V




Code: **F02407**

Case Size: **6 x 6**

Unit Weight: **100g**

Sliced

Suitable for:  Vegetarian  Vegan

Contains:  Nuts  Eggs  Milk

# FLOURED BAPS

••• MK5  
Floured Bap



## 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: **F01557**

Unit Weight: **92g**

Case Size: **6 x 8**

**Sliced**





Premium  
Floured Bap

MK4  
Floured Bap

School  
Bestseller

### 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**

Meets FSA  
Salt Guidelines

Suitable for:  Vegetarian  Vegan

Contains:  Nuts  Eggs  Milk

# BUNS & SANDWICH CARRIERS



## MK4 Sliced Brioche Style Bun

Our best selling vegan brioche bun. A pre-sliced soft sweet bun with a glazed top, the perfect size for vegan burger pattys. With a fantastic flavour and texture, this gourmet brioche is a great addition to menus, especially with the continuing rise in veganism. A glossy glazed top and sliced for ultimate convenience.

V VE



Code: **F02222**

Case Size: **4 x 12**

Unit Weight: **70g**

**Sliced**



## MK4.5 Sliced Brioche Style Bun

A bun that does both, a 4.5 inch soft bun with sweet butter like notes all finished with a glazed top. Despite being 100% vegan, this brioche style bun has been cleverly designed to partner either meat or vegan burger patty's. A fantastic eat that has a rich buttery taste and natural sweetness. Sliced for convenience.

V VE



Code: **F02224**

Case Size: **8 x 6**

Unit Weight: **86g**

**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.



V VE

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.

V

Code: **F00492**

Case Size: **14 x 4**

Unit Weight: **65g**

**Sliced**



### 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.

V

Code: **F00359**

Case Size: **9 x 6**

Unit Weight: **98g**

**Un sliced**



### MK5 Plain Sandwich Bap

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



V VE

Code: **F00373**

Case Size: **6 x 8**

Unit Weight: **86g**

**Sliced**



### 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.

V VE

Code: **F00976**

Case Size: **8 x 6**

Unit Weight: **72g**

**Un sliced**

Suitable for: Vegetarian Vegan

Contains: Nuts Eggs Milk

Improved

# 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.

## Top sandwich fillings at lunchtime in schools



What can bread bring to your menus?  
**Iron • Calcium • Zinc • Fibre**

# 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

V VE

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

V VE

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**

# Top sandwich carriers in Colleges



1.

SLICED BREAD



2.

BAGUETTE



3.

PANINI



## Mini Baguette

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

180mm

V VE

Code: F00292

Case Size: 40

Unit Weight: 75g

Avg. Length: 180mm

Unsliced



## White Sandwich Baguette

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

275mm

V VE

Code: F00439

Case Size: 40

Unit Weight: 125g

Avg. Length: 275mm

Unsliced



## Malted Wheat Half Baguette

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

275mm

V VE

Code: F00441

Case Size: 40

Unit Weight: 130g

Avg. Length: 275mm

Unsliced

Suitable for: Vegetarian Vegan

Contains: Nuts Eggs Milk

# HOW TO USE OUR DOUGHBALLS

Doughball  
Sizes Available:  
180g, 210g,  
350g, 500g



**1.**

Take the required amount of doughballs from the freezer. Place on a tray, 5cm (or 2") apart.



**2.**

Place in a fridge for a minimum of 8 hours (or preferably overnight) to allow them to defrost before use. To avoid a skin forming, cover with a lightly oiled film.



**3.**

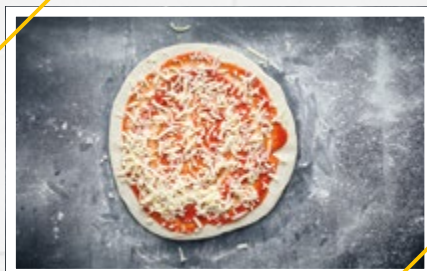
When taking the doughballs from the fridge, keep them covered and leave to warm at room temperature for around an hour.





4.

Roll the dough to the desired thickness and pin the dough to prevent too much expansion. If you're making a deep crust, allow the dough to stand in a warm area until the dough has risen to the required size.



5.

Prepare the dough with your choice of toppings and bake on a baking tray or pizza stone until the crust starts to brown and crisp.



6.

Maximum storage time in the fridge (at 5°C) is 2 days after defrost. Once defrosted, do not refreeze.



## GO FURTHER THAN PIZZA WITH KARA DOUGHBALLS...



For more doughball recipes see our website [karafs.co.uk/recipes](http://karafs.co.uk/recipes).

# REDUCED SUGAR TULIP MUFFINS

Meets  
2024 sugar and  
salt guidelines

Public Health  
England

Flavours

F02163 Blueberry

F02164 Triple Chocolate

F02165 Lemon & White Chocolate



☀️ Defrost approx: 2 hours 📦 Case: 4 x 6 (24 Units)

Suitable for Vegetarians

# SWEET DOUGHNUTS



Varieties

Jam, Chocolate, Ring, Mini

Meets FSA  
Salt Guidelines



## 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**

Suitable for: Vegetarian Vegan

Contains: Nuts Eggs Milk



# GLUTEN FREE

Coeliac disease affects 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.

New



## Panini

A hearty soft white Gluten Free Panini topped with rice flour. Great for warm sandwich menu options for both dinner time and after school clubs.



Code: **F02478**

Case Size: **25 x 1**

Unit Weight: **110g**

**Un sliced**



## 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**



### Individually Wrapped Café Roll

A tasty single serve white seeded bread roll containing Sunflower & Poppy seeds, Linseed and Millet. A perfect accompaniment to a soup or stew with no risk of contamination.



Code: **F01693**

Case Size: **16**

Unit Weight: **75g+/-5g**

**Unsliced**



\*Data collected from:  
Lumina Intelligence, 2022  
School Foods Standards, 2022

For more information on Kara products please contact:

**karafs.co.uk 0161 351 2399**

FSA highlighted products meet the salt guidelines for England 2024.  
Data correct as of June 2022 – please note some products may not be  
available due to industry demand. See our website for product information.

**f t @ in** karafsbakery