

# Frozen



# BREAD

## BREAD

### BUNS/ROLLS

84025	AMERICANA HOT DOG ROLL	48's
83023	BAR MARKED PANINI	30's
4318	COUNTRY RANGE FROZEN CIABATTA	65x120g
82141	COUNTRY RANGE FROZEN SLICED PLAIN BAGELS 85g	50x85g
8089	COUNTRY RANGE FULL BAKED SMALL WHITE BAGUETTES	30x135g
82175	COUNTRY RANGE MK5 FLOURED BAPS	48's
8093	COUNTRY RANGE PART BAKED SMALL WHITE BAGUETTES	30x135g
86039	ELVIART WHITE PITA BREAD	12x10's
8100	PART BAKED SMALL WHITE BAGUETTES	30x135g
82145	PLAIN BAGEL	48's
80942	SPECIALITY BREADS TRADITIONAL ENGLISH ROLL	40's

### SLICED

82138	BROWN SLICED BLOOMER	6x800g
82134	COUNTRY RANGE MEDIUM WHITE SQUARE SLICED BREAD	8x800g
82135	COUNTRY RANGE MEDIUM WHOLEMEAL SQUARE SLICED BREAD	8x800g

82132	COUNTRY RANGE THICK WHITE SQUARE SLICED BREAD	8x800g
82133	COUNTRY RANGE THICK WHOLEMEAL SQUARE SLICED BREAD	8x800g
82137	WHITE SLICED BLOOMER	6x800g

### SPECIALIST

86070	COUNTRY RANGE GARLIC BREAD SLICES	150x26g
89097	COUNTRY RANGE TORTILLA WRAPS 10in	5x10's
89098	COUNTRY RANGE TORTILLA WRAPS 12in	10x10's
82007	MINI NAAN BREAD	40's
89092	MISSION CORN TORTILLAS 4 in	9x24's
8086	SAM PAN HIRATA BUNS	60's
3181	SHANA PLAIN ORIGINAL PARATHAS	24x400g
86044	WHOLEMEAL PITA BREAD	18x6's

### GLUTEN-FREE BUNS/ROLLS

87075	GENIUS GLUTEN FREE CAFE ROLL	16's
8091	GENIUS GLUTEN FREE SEEDED ROLLS	25's
82167	KARA BAKERS BASKET	60x54g
82152	KARA MK 4 SEEDED BURGER BUNS	48's
8091A	KARA MK 4 UNSEEDED BURGER BUNS	12's
8090	KARA MK 5 SEEDED BURGER BUNS	8's

**Kara**  
Baking For Foodservice

**NEW KARA MK4 AND MK5 BRIOCHE READY SLICED FOR YOUR CONVENIENCE**

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# BUFFET FOOD & CANAPES FISH, MEAT & POULTRY

FROZEN

82154	KARA MK 6 HOT DOG ROLLS - TOP SLICED	48's
84020	KARA MK 8 JUMBO HOT DOG ROLLS - SIDE SLICED	48's
82182	KARA MK5 MALTED WHEAT BAPS	48's
8094	KARA VALUE PANINI	40x120g

## BUFFET FOOD & CANAPES

### BUFFET FOOD & CANAPES

13347	CHICKEN A LA KING	48's
82006	CREPE CUISINE SAVOURY BLINI	12x45's
81101	CROWN FOODS CHICKEN THAI SELECTION	120 Pieces
81103	CROWN FOODS SPICY CHICKEN SKEWERS	4x900g
86041	MINI ONION BHAJI 35g	50's
81091	MINI SAVOURY TARTLETS	75's
86053	MINI VEGETABLE SAMOSAS	80's
81239	MINI VEGETABLE SPRING ROLL 20g	90's
82160	VEGETABLE PAKORA	100's

### GLUTEN-FREE BUFFET FOOD & CANAPES

46237	GLUTEN FREE CANAPE CUPS	27's
46239	GLUTEN FREE CANAPE CUPS	70 x 5cm

*Organising an event?  
Get in touch for our latest  
range of seasonal products*

## FISH, MEAT & POULTRY

### BATTERED & BREADED FISH

83003	BREADED COD 140-170g	24's
81065	COD GOUJONS (PAR FRIED)	5x1kg
83002	COUNTRY RANGE BATTERED COD 110-140g	24's
83012	COUNTRY RANGE BATTERED COD FILLETS 140-170	24's
83014	COUNTRY RANGE BATTERED COD FILLETS 80-110g	30's
8025	COUNTRY RANGE FROZEN BATTERED HADDOCK 170-200g	18's
83020	YOUNGS BATTERED COD PORTIONS	80x50g
81018	YOUNGS BREADED FISH FINGERS	6x60's

### FISH FILLETS AND PORTIONS

83001	ATLANTIC COD TAIL 80-120g	24's
82996	COUNTRY RANGE COD FILLETS 119-144g	25's
82998	COUNTRY RANGE COD FILLETS 170-195g	18's
83026	COUNTRY RANGE FISH CAKES 50g	60x50g

8048	COUNTRY RANGE FISH PIE MIX	3.5kg
8046	COUNTRY RANGE I-CRUMB SALMON SMALL FRY	60x50-70g
83040	COUNTRY RANGE SALMON PORTIONS 140-170g	10's
8045	MSC BREADED SALMON BITES	100's
81011A	PANGA FILLETS 110-140g	10kg
85002	PLAICE FILLETS 140-170g	4.5kg
81015	POLLOCK FILLETS 140-170g	25's
81053	POLLOCK SKINNED & BONNED FILLETS 110-140g	30's
82997	SKINLESS BONELESS COD FILLETS 112-136g	25's

### SHELL FISH

83048	COUNTRY RANGE 100/200 10% PRAWNS	5x1.8kg
83019	CRAB FLAVOURED FISH STICK	1kg
83018	MACRAE CRAB STICKS	10x1kg

### BEEF & OTHER BURGERS

84009	COUNTRY RANGE 100% BEEF BURGERS	48x113g
84010	COUNTRY RANGE BEEF BURGERS 80% 4oz	48x113g
8221	HALAL LAMB BURGER	48x56g

### MEAT

50941	PIONEER CANYON BBQ PORK RIBS	20's
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### PORK & OTHER SAUSAGES

82206	BONIANS CUMBERLAND SAUSAGES size 4	4.5kg
82207	BONIANS CUMBERLAND SAUSAGES size 6	4.5kg
82208	BONIANS CUMBERLAND SAUSAGES size 8	4.5kg
5332	CUMBERLAND SAUSAGES 8's	80's
116a	DELENCO CUMBERLAND SAUSAGES SIZE 4	4.5kg
8226	HALAL CHICKEN SAUSAGES size 8	80's

### POULTRY

86098	CHICKEN THIGHS	per kg
81070	COUNTRY RANGE BATTERED CHICKEN NUGGETS	10x1.06kg
81071	COUNTRY RANGE BATTERED CHICKEN STEAKS	10x1.02kg
81068	COUNTRY RANGE BBQ MARINIATED CHICKEN WINGS	6x1kg
81058	COUNTRY RANGE BREADED CHICKEN GOUJONS 30-35gm	2kg
81062	COUNTRY RANGE SOUTHERN FRIED CHICKEN GOUJONS 30-35gm	2kg
86036	MEADOWVALE CHICKEN STRIPS 12MM	4x2.5kg
81077	MEADOWVALE WHOLE CHICKEN FILLETS 140-200gm	2.5kg

*View our range of vegetarian & vegan options on p.56*

# FROZEN DESSERTS POTATO PRODUCTS

## FROZEN DESSERTS

### CAKES & BAKES

87055	COUNTRY RANGE BLUEBERRY MUFFINS	24x115g
8088	COUNTRY RANGE MINI CAKE ASSORTMENT 80g	40's
87053	COUNTRY RANGE RASPBERRY & WHITE CHOCOLATE MUFFIN	24x115g
87054	COUNTRY RANGE TRIPLE CHOCOLATE MUFFINS	24x115g
83054	FRANKLY GREAT LUXURY BELGIAN BROWNIE	4x1.25kg
86011	RASPBERRY RIPPLE ICE CREAM SPONGE	3's
86061	SPEEDIBAKE CRUMPETS	12x8's
86028	SULTANA FRUIT SCONES	60's

### GLUTEN-FREE CAKES, BAKES & SWEET PASTRIES

8099	KARA GOURMET BRIOCHE BUNS	54's
82144	KARA SALTED CARAMEL & HAZELNUT CAKE	16's
82142	KARA SALTED CARAMEL BROWNIE	3x5x97g

### DESSERTS

84204	COOL DELIGHT VEGETARIAN CHOCOLATE & VANILLA MOUSSE	60x80ml
50937	COUNTRY RANGE AMERICAN PANCAKES 4.5in	24x5s
8171	COUNTRY RANGE INDIVIDUAL GOOEY BELGIAN CHOCOLATE PUDDINGS	12's
50935	ENJAYS USA PANCAKES 4.5in	2x60's
83056	FRANKLY GREAT CINNAMON CHEESECAKE	10's
83057	FRANKLY GREAT LEMON TART	8's
83055	FRANKLY GREAT PECAN PIE	8's
83059	FRANKLY GREAT PECAN PIE	3x12's
83052	FRANKLY GREAT VANILLA CHEESECAKE	10's
83069	MINISTRY OF CAKE STRAWBERRY CHEESECAKE	14ptn

### ICE CREAM

84202	COOL DELIGHT CHOCOLATE ICE CREAM	60x80ml
84201	COOL DELIGHT STRAWBERRY ICE CREAM	60x80ml
81060	COOL DELIGHT VANILLA ICE CREAM TUB	60x80ml
8050	COUNTRY RANGE CHOCOLATE ICE CREAM	4ltr
80502	COUNTRY RANGE HONEYCOMB HEAVEN ICE CREAM	4ltr
8051	COUNTRY RANGE STRAWBERRY ICE CREAM	4ltr
8052	COUNTRY RANGE VANILLA ICE CREAM	4ltr
83141	DAIRY FREE ICE CREAM	6x750ml
81104	ROCKET LOLLIES	30's

### SORBET

81372	COUNTRY RANGE LEMON SORBET	12x2ltr
81373	COUNTRY RANGE RASPBERRY SORBET	12x2ltr

## POTATO PRODUCTS

### CHIPS & WEDGES

8009	COUNTRY RANGE FRIES - 10x10mm	2.5kg
8015	COUNTRY RANGE FRIES - 11x11mm	2.5kg
8016	COUNTRY RANGE FRIES 13x13mm	2.5kg
8011	COUNTRY RANGE SHOESTRING FRIES 7x7mm	4x2.5kg
8017	COUNTRY RANGE STEAK CUT FRIES 9x18mm	2.5kg
8007	COUNTRY RANGE SWEET POTATO FRIES	2.5kg
86006	LAMB WESTON CRISPY HERB POTATO CUBES	4x2.5kg
8019	LAMB WESTON SEASONED WEDGES SKIN-ON	2.5kg
80115	LAMB WESTON STEALTH FRIES 6x6mm	4x2.5kg
80113	LAMB WESTON SWEET CRISPY FRIES	4x2.5kg
84014	LUTOSA STEAKHOUSE FRIES	4x2.5kg
84013	MYDIBEL OVEN CHIPS	4x2.5kg



### HASH BROWNS & MASH

84007	AVIKO HASH BROWNS	4x2.5kg
8020	COUNTRY RANGE HASH BROWNS	2.5kg
8014	COUNTRY RANGE MASHED POTATO	4x2.5kg
8022	LAMB WESTON HASH BROWNS	10x1kg



80115 - LAMB WESTON STEALTH FRIES 6 x 6 mm

# PASTRIES

## RAW PASTRY

### RAW PASTRY

46953	FROZEN GYOZA WRAPPERS	12x284gm
46955	FROZEN SPRING ROLL SHEET 10in	30x550gm
81025	JUS ROL FILO PASTRY	8x500g
81022	JUS ROL PUFF PASTRY	4x1.5kg
81026	JUS ROL SHORTCRUST PASTRY	4x1.5kg
81027	PUFF PASTRY SHEETS	12x625g
81005	PUFF PASTRY SQUARES	96's

### GLUTEN-FREE SAVOURY PASTRY

82165	KARA ENGLISH MUFFINS	48's
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## SWEET PASTRIES

### SWEET PASTRIES

8098	COUNTRY RANGE BRIOCHE BUNS *70g*	48's
83087	COUNTRY RANGE FROZEN DONUT SELECTION	36x58g
4316	COUNTRY RANGE STRAIGHT UNBAKED CROISSANT	80x65g
4317	COUNTRY RANGE UNBAKED PAIN AU CHOCOLAT	80x75g
82162	CURVED BUTTER CROISSANTS	48x70g
81251	DEEP APPLE PIE	6x14pp
82172	MINI BUTTER CROISSANTS	120x25g
82170	PAIN AUX RAISINS	60x96g
87059	PLAIN WAFFLES	60x55g
5546	SCHULSTAD MINI DANISH SELECTION	120's
86022	SUGAR BALL JAM DOUGHNUTS	60's

## SAVOURY PIES/SAUSAGE ROLLS/SLICES

### PIE

8186	COUNTRY RANGE CHICKEN, BACON & LEEK PIE	10x6x30g
8187	COUNTRY RANGE UNBAKED MINI BEEF & ALE MINI PIE	10x6x30g
80480	TRADITIONAL FISH PIE	400g
8103	WRIGHTS MINCED BEEF & ONION PIES	36's

### QUICHE

81085	BROCCOLI & STILTON QUICHE	12 inch
81079	CHEESE & ONION QUICHE	12 inch
81090	CHEESE TOMATO & BASIL QUICHE	12 inch
81081	MEDITERRANEAN VEGETABLE QUICHE	12 inch

### SAUSAGE ROLL

8120	COUNTRY RANGE 8in PREMIUM SAUSAGE ROLL	40x160g
81255	PROPER CORNISH CHORIZO SAUSAGE ROLLS	40x170g
8105	WRIGHTS FBW JUMBO SAUSAGE ROLL	35's

### SLICE

8104a	WRIGHTS UNBAKED PEPPERED STEAK SLICES	36's
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# PIZZA, VEGETABLES VEGETARIAN & VEGAN

## PIZZA & PIZZA BASES

### PIZZA & PIZZA BASES

81102	CROWN FOODS MINI DEEP PIZZA SELECTION	4x1.68kg
86080	PIZZA BASES THIN 9in	30's
86075	PIZZA PLUS RECTANGULAR MEDIUM PIZZA CRUSTS 12x16in	10's
85032A	SAUCED PIZZA BASE 10.5 inch	16x270g

## YORKSHIRE PUDDINGS

### YORKSHIRE PUDDINGS

82178	AUNT BESSIE'S YORKSHIRE PUDDINGS	100's
82181	COUNTRY RANGE YORKSHIRE PUDDINGS 3in BAKED	60's

## VEGETARIAN & VEGAN

### VEGETARIAN & VEGAN

87005	FALAFEL	2kg
84098	FROZEN QUORN MINCE	1kg
81226	FROZEN QUORN PIECES	1kg
81012	MEAT FREE GLAMORGAN SAUSAGE	30's
81019	MEAT FREE VEGETABLE BURGERS	24x113g
8222	MOVING MOUNTAIN BURGERS	20 x 113g
84093	QUORN BURGERS 40x50g	2kg
84090	QUORN FRANKFURTERS	5x22
84091	QUORN PLAIN FILLE 69g	2kg
84092	QUORN SAUSAGES 40's	2kg
84097	QUORN VEGAN NUGGETS	2kg
87048	VEGETABLE NUGGETS	1kg

## VEGETABLES

### VEGETABLES

8128	BONDUELLE LEAF SPINACH	1kg
8138	BRUSSELS SPROUTS MEDIUM	2.5kg
86047	COUNTRY RANGE BROCCOLI	2.5kg
86052	COUNTRY RANGE CAULIFLOWER FLORETS	2.5kg
8001	COUNTRY RANGE CHOICE GARDEN PEAS	2.5kg
8000	COUNTRY RANGE CHOICE GARDEN PEAS	1kg
8151	COUNTRY RANGE CRISPY ONION RINGS	6x1kg
86051	COUNTRY RANGE FROZEN SLICED GREEN BEANS	2.5kg
86054	COUNTRY RANGE MIXED VEGETABLES	2.5kg
8133	COUNTRY RANGE PETIT POIS	10x1kg
8002	COUNTRY RANGE SWEETCORN	1kg
8129	COUNTRY RANGE WHOLE GREEN BEANS FINE 9mm	1kg
8008a	FROZEN HALF CORN ON COBS	1kg
86056	FROZEN WOK CLASSIC MIX	1kg
81232	GREENS SLICED CARROTS UNFLUTED	2.5kg
81238	LEAF SPINACH PORTIONS 40gm	2.5kg
8130	LEAF SPINACH PORTIONS 40gm	1kg
81249	SLICED RED & GREEN PEPPERS	4x2.5kg
8134	SWEET CORN NIBLETS	2.5kg
8146	WHOLE GREEN BEANS EXTRA FINE	2.5kg

# Gluten-free



### Ambient

3809	DOVES FARM GLUTEN FREE LEMON COOKIES	150g
1243	DOVES GLUTEN FREE SELF RAISING FLOUR	1kg
1244	DOVES PLAIN FLOUR - GLUTEN & WHEAT FREE	1kg
457	GLUTEN FREE CORN FLAKES	7x500g
1531	KNORR GRAVY GRANULES - MEAT GLUTEN FREE	25ltr
1530	KNORR GRAVY GRANULES - POULTRY GLUTEN FREE	25ltr
2687	MAGGI GLUTEN-FREE BOUILLON POWDER - BEEF	2kg
2689	MAGGI GLUTEN-FREE BOUILLON POWDER - CHICKEN	2kg
550B	MORNFLAKE GLUTEN FREE JUMBO OATS	25kg
3808	NAIRNS GLUTEN FREE CHOCOLATE CHIP BISCUITS	160g
3807	NAIRNS GLUTEN FREE OAT & FRUIT BISCUITS	160g

### Frozen

87075	GENIUS GLUTEN FREE CAFE ROLL	16's
8091	GENIUS GLUTEN FREE SEEDED ROLLS	25's
46237	GLUTEN FREE CANAPE CUPS	27's
46239	GLUTEN FREE CANAPE CUPS	70 x 5cm
82167	KARA BAKERS BASKET	60x54g
8099	KARA GOURMET BRIOCHE BUNS	54's
82152	KARA MK 4 SEEDED BURGER BUNS	48's
8091A	KARA MK 4 UNSEEDED BURGER BUNS	12's
8090	KARA MK 5 SEEDED BURGER BUNS	8's
82154	KARA MK 6 HOT DOG ROLLS - TOP SLICED	48's
84020	KARA MK 8 JUMBO HOT DOG ROLLS - SIDE SLICED	48's
82182	KARA MK5 MALTED WHEAT BAPS	48's
8094	KARA VALUE PANINI	40x120g

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BURGER  
1x20x113g

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