



KARA
FOOD SERVICE
& DISTRIBUTION

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3 / 1968 HUME HWY
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MARCH 2010

CAFÉ / RESTAURANT

CODE	DESCRIPTION	WEIGHT
ANTIPASTO		
BBSDT2.5	Semi Dried Tomatoes	2.5 KILO
BBSDT4	Semi Dried Tomato Bucket	2.3 KILO
BBSUN	Sun Dried	2.5 KILO
BBGEGG	Grilled Eggplant	2.5 KILO
BBRART	Roasted	2.5 KILO
BBANT	Antipasto Mix	2.5 KILO
BBPEP	Skinless Peppers	2.5 KILO
BBRMUSH	Roasted Mushroom	2.5 KILO
BBRPUMP	Roasted Pumpkin	2 KILO
BBRZUCC	Roasted Zucchini	2 KILO
BBPBELL	Pepperbells with Feta	1 KILO
SFDOLP	Sweet Chill Dolmades	2 KILO
SFDOLSW	Paprika Dolmades	2 KILO
SFSDTOL	SDT Filled Olives	1.6 KILO
SFBRICHI	Brie Filled Olives	1.6 KILOS
SFFETTAOLV	Feta Filled Olives	1.6 KILO
SFALOLIV	Almond Filled Olives	1.6 KILO
SFPESTOOLV	Pesto Filled Olives	1.6 KILO
SFCHILLI OLV	Chili Filled Olives	1.6 KILO
SFBLVIEOL	Blue Vein Cheese Filled Olives	1.6 KILO
SFANCOLIV	Anchovy Filled Olives	1.6 KILO
BBGWM	Green Whole Marinated Olives	10 KILO
BBGSPLIT4	Green Split Olives	4 KILO
BBMIXOLV	Mixed Olives Green & Kalamata	2.5 KILO
BBSDTKALOLV	SDT and Kalamata Olives	2.5 KILO
BBKALOLVP	Marinated Kalamata Olives Pitted	2.5 KILO
BBWHKALBRI	Whole Kalamata Olives In Brine	2.5 KILO
BBSUNJAR	Semi Dried Roma Tomatoes Jars	2 KILO
PESTO		
AHPESTO	Basil Pesto -	2 KILO
GASUNB	Sun Dried Tomato and Basil Pesto	2 KILO
GACORCASH	Coriander and Cashew Nut Pesto	2 KILO
GASCUNCAPS	Spicy Sun Dried Capsicum Pesto	2 KILO

BUCKTES

POS2.3CAP	Capsicum	2.3 KILO
POS2.3CAV	Caviar Salad	2.3 KILO
POS2.3EGG	Eggplant	2.3 KILO
POS2.3HOM	Hommus	2.3 KILO
POS2.3AVA	Avacardo	2.3 KILO
GUAC2.3	Guacamole	2.3 KILO
POS2.3TZA	Tzatziki	2.3 KILO
SNUT2.3	Spinach and Pine Nut	2.3 KILO
BROOT2.3	Beetroot	2.3 KILO
TROU2.3	Trout Mouse	2.3 KILO
FREION	Roast French Onion Dip	2.3 KILO
SNUT2.3	Sun Dried Tomato	2.3 KILO

POSEIDON YOGHURT

POSMCY10	Creamy Natural Yoghurt	10 KILO
POSMCY2	Creamy Natural Yoghurt	2 KILO
POSGTY2	Greek Thick Yoghurt	2 KILO
POSGTY4	Greek Thick Yoghurt	4 KILO
POSGTY10	Greek Thick Yoghurt	10 KILO

CHEESE

PANFET13	Pantelica Feta	13 KILO
PANFET13	Pantelica Feta	2 KILO
DIRGPAR2	Grated Parmesan	2 KILO
DIRTASLIC	Sliced Tasty	1.5 KILO
DIRSWISLIC	Sliced Swiss	1 KILO
DIRPIZSHR	Shredded Hi Melt	2 KILO
FRPOPCH	Fruit Cheese Poppy Seed & Nut	1 KILO
CCBOCC 2kg	Bocconcini	2 KILO

GIPPSLAND BULK YOGHURT

BESWYOG	Sweet Yoghurt	10 KILO
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SMALLGOODS

FIOGYPHAM	Gypsy Ham	PER KILO
BERTSHORT5	Short Rindless Bacon	5 KILO
FIOBACON	Long Rind Less Bacon (Bertocchi)	2.5 KILO
FIOCACCI	Cacciatori	PER KILO
BERHUGSAL	Hungarian Salami	PER KILO
BERSALHOT	Sopressa Hot/MILD	PER KILO

DRY GOODS

MOUNTBRE	Mountain Bread (11 flavors)	200 G
BBTIMPEP	Tin Peppers	4.2 KILO
BBPKALT10	Kalamata Pitted (Turkish)	10 KILO
BBPKALG10	Pitted Kalamata (GREEK)	10 KILO

EGGS

EGG600	Eggs 15 doz per box	600 GM
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CAKES LOGS , CAKES , COOKIES, DESERTS AND FALAFALS (GST)

AMCCML	Chocolate Mud Cake Logs	10 PKT
AMCHZELL	Hazelnut Logs	10 PKT
AMCLSOL	Lemon Sorbet Logs	10 PKT
AMCCCHRRL	Choc Cherry Log	10 PKT
AMCCHCARL	Choc Caramel Log	10 PKT
AMCTIRMISL	Tiramisu Log	10 PKT
AMCFALAFF44	Falafel 44	44 PKT
AMCMUSCO	Muesli Cookie	12 PKT

OTHERS

GPITTAS	Gerrys Pitas	450 G
SPROTISHIN	Suprem Roti Bread Spinach	4 PKT
SPROTION	Supream Onion Roit 4PC/PKT	4 PKT
SPROTIGAR	Suprem Roti Bread Garlic	4 PKT
SPROTIFEN	Supreme Roti FENUGRREK Roti	4 PKT
SPROTICH	Supreme Chill Roti Bread	4 PKT
SROTIPL	Supreme Roti Bread Plain	4 PKT
TASTROTA	A Grade Salmon	PER KILO
NOHOKNOD	Hokkien Noodle	500 G
NOCHOW	Chow Min Noodles	230 G

ORIGINAL PICKEL COMPANY BLUK

OPCCALRING10	Calamari Rings	10 KILO
OPCSEAC10	Seafood Cocktail	10 KILO
OPCSEASAL	Seafood Salad	10 KILO
OPCOCT2	Octopus	2 KILO
OPCOCT10	Octopus	10.5 KILO
OPCOCT5	Octopus	5 KILO

FRUIT TOPPINGS (GREAT FOR THE SWEET YOGHURT)

BKBLU	Blue Berry Couilis	1.25 L
BKRASP	Raspberry Couilis	1.25 L
BKMANG	Mango Couilis	1.25 L
BKSQPASS	Passion fruit Couilis	1.25 L
BKSTRAW	Strawberry Couilis	1.25 L

RED KELLYS TASMANIA (DRESSINGS) 2LT & 250ML RETAIL

RKTRADRESS2	Traditional Dressing	2 LT
RKBASGARDRES2	Basil & Garlic Dressing	2 LT
RKPEPBERDRES2	Pepper Berry Dressing	2 LT
RKCEASDRES2	Ceaser Dressing	2 LT

EXQUSINE

EXCHOM5	Chocolate Mousse	5 KG
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HELENS EUROPEAN CUISINE

HELPUMSPILAS(R)	Pumpkin & Spinach Round Lasanga	LARGE	1
HELTRALAS	Traditional Round Lasanga	LARGE	1
HELSEBENCH	Spicy Beef Enchilada	6 PKT	
HELSCENC	Spicy Chicken Enchilada	6 PKT	
HELSPFF	Spinach & Fetta Filo	6 PKT	

HELCHIMUSF	Chicken & Mushroom Filo	6 PKT	
HELCHI/PFI	Chicken Parmigiana Filo	6 PKT	
HELCHSATF	Chicken & Satay Filo	6 PKT	
HELCHI/B/AFI	Chicken Bacon Avo Filo	6 PKT	
HELPUM/SPFI	Pumpkin & Spinach Filo	6 PKT	
HELCH/CAMFI	Chicken Camembert Filo	6 PKT	
HELINPABR/V	Individual Bake Roast/Veg	6 PKT	
HELMINIPIE	Mini Meat Pie	24 PKT	
HELMINISC/PIZ	Mini Pizza Scrolls	24 PKT	
HELMINIQUIC	Mini Quiche Assorted	24 PKT	
HELMINIM/B	Mini Meat Balls	24 PKT	
HELMINIROL	Mini Beef Rolls	24 PKT	
HELRFPLT	Regular Food Platter		
HELLAF/P	Large Food Platter		
HELSTD/P	Steak Deep Pie	6 PKT	
HELB/BD/P	Beef & Burgundy Deep Pie	6 PKT	
HELSP/FSCR	Spinach & Feta Scrolls	6 PKT	
HELPIZSCR	Pizza Scrolls	6 PKT	
HELVEG/L/FRI	Low FAT Veg Frittata	6 PKT	
HELPUM/B/FRIT	Pumpkin & Bacon Frittata	6 PKT	
HELSP/F/FRIT	Spinach & Feta Frittata	6 PKT	
HELZU/P/FRIT	Zucchini & Potato Frittata	6 PKT	
HELSP/FEPIE(L)	Spinach & Feta Pie large	LARGE	1
HELO/R/R/FB	Oven Roasted Veg Fettu Bake	LARGE	1
HELPUM/SP/LAS400	Pumpkin & Spinach Lasagne 400g	6 PKT	
HELBLUWMUFMIMI	Blueberry white Choc Muff mini		
HELOR/POPMUFMI	Orange & Poppyseed Mini Muffin		
HELTCHM(M)	Triple Chocolate Muffin Mini		
HELSP/P	Shepherds Pie (high top)	6 PKT	
HELCAB/F500	Fettuccini Cabonara 500g (F)	6 PKT	
HELQ/L	Fancy Quiche Lorraine	6 PKT	
HELQ/L	Fancy Quiche Chicken & Avo	6 PKT	
HELQ/L	Fancy Chicken & SDT Quiche	6 PKT	
HELSP/F/PA	Spinach & Feta Mini Pastry		
HELH/C/PA	Ham & Cheese Mini Pastry		
HELIN/S/S/TIM	Individual Sm/Salmon Timbalini		
HELP/L/PA	Pumpkin & Lentil Patty		
HELSAL/PA	Salmon Patty		
HELQ/L(L)	Quiche Lorraine Large		
HELGOURBEEFSR	Gourmet Beef Sausage Rolls		
HELPUMRIC	Gourmet Pumpkin & Ricotta Rol		
HELCT/R	Chicken Tandori Roll		
HELL/M/R	Lamb & Mint Roll		
HELBANB	Banana Bread	LARGE	1
HELCARPEAB	Carrot & Pecan Bread	LARGE	1
HELMUSS	Mussaka	LARGE	1
HELP/S/L/SQ	Pumpkin & Spinach Sq Lasagne	LARGE	1

HELTR/L/SQ	Traditional Square Lasagne (L)	LAREG	1
HELBAKL	Baklava 15 p	15 PE	
HELCIT/T	Zesty Lemon Citrus Tart	8 PKT	
HELTRICHOMUF(L)	Triple Choc Muffin L	6 PKT	
HELV/T/M	Vegetable Texas Muffin	6 PKT	
HELC/T/R	Chicken Tandori Roll	6 PKT	
HELB/97%/M	Blueberry 97% f/f Muffin	6 PKT	
HELB/P/C/M	ButterScotch, Pecan Muffin	6 PKT	
HELT/M	Tropicana Muffin (L)	6 PKT	
HELS/A/TORT	Salmon & Avo Tortilla Stack	LARGE	1
HELTHAITORT	Thai Chicken Tort Bake	LARGE	1
HELOVRVEGTOR	Oven Roasted Vege Tort Bake	LARGE	1
HELS/F/C/P/P	Spinach & Feta cannelloni P/p	6 PKT	
HELS/M/TR/F	Steak & Mushroom Filo	6 PKT	

CUSSONS

PZCDISHTAB	Dishwasher Tablets - 56p	56 PKT	
PZCMF5DIT	Morning Fresh 5 Lt Detergent	5 LT	
PZCPANTW	Pure Antibacterial hand wash	250 ML	
PZCPKITW	Pure Kitchen hand wash	250 ML	
PZCRADCOM	Radiant Commercial Blend 2 kg	2 KG	
PZCRADLBLK	RADIANT LIQUID BLACK 750ML	750 ML	
PZCRINA	Rinse Aid 450ml	450 ML	
PZCDWL450	Morning Fresh 450ML Detergent	5 LT	

FROZEN SEAFOOD

STFLAKE5	Tempura Battered Flake 5 pkt	5 PKT	
STFLTA3	Beer Batter Flathead Tails 1kg	1 KILO	
STMCCAL1	Crumbed Calamari 1Kg - M / F	1 KILO	
STSQRRW	Squid Rings Raw 500G	500 GM	

ISLAND WAY SORBET

STCOCICE130	Coconut Ice Cream 130g	130 GM	
STLEMICE52	Lemon Ice Cream 52g	52 GM	
STLEONADEICE52	Lemonade Ice Cream 52g	52 GM	
STORICE63	Orange Ice Cream 63g	63 GM	
STORMAICE52	Orange & Mango Ice Cream 63g	63 GM	