



**KARA FOOD SERVICE AND DISTRIBUTION**  
**3 / 1968 HUME HWY**  
**CAMPBELLFIELD VIC 3059**  
**PH-03 9357 6505 FAX-03 9357 6221**  
**KARAFOODS@OPTUSNET.COM.AU**

**MARCH 2010**

**RETAIL LIST**

**Mar-10**

CODE	DESCRIPTION	SIZE	PRICE
<b><u>PATE RETAIL PACK</u></b>			
FCPATSLI	Cracked Black Pepper Pate	200G	\$3.00
FCPATSLI	Duck and Orange	200G	\$3.00
FCPATSLI	Brandy Port and Sage	200G	\$3.00
FCPATSLI	Plain Chicken Liver	200G	\$3.00
FCPATSLI	Grand Marnier	200G	\$3.00
<b><u>200 BLACK SWAN DIPS</u></b>			
POSBC200	Black Swan Caviar	200G	\$2.20
POSBE200	Black Swan Eggplant	200G	\$2.20
POSBFO200	Black Swan French Onion	200G	\$2.20
POSBH200	Black Swan Hommus	200G	\$2.20
POSBG200	Black Swan Guacamole	200G	\$2.20
POSBSO200	Black Swan Spring Onion	200G	\$2.20
POSBT200	Black Swan Tzatziki	200G	\$2.20
POSBCC200	Black Swan Cheese and Chives	200G	\$2.20
POBSN200	Black Swan Spinich and Nut	200G	\$2.20
POSBA200	Black Swan Avacado	200G	\$2.20
<b><u>BLACK SWAN SKINNY DIPS 200G</u></b>			
POSSKCP200	Skinny Capsicum 200G	200G	\$2.20
POSSKH200	Skinny Hommus 200G	200G	\$2.20
POSSKT200	Skinny Tzatziki 200G	200G	\$2.20
<b><u>BLACK SWAN TWIN PACKS 200G</u></b>			
POSTWHT	Twin Pack Hommus & Tza 200G	200G	\$2.60
POSTWF/OA200	French Onion & Avo Twin Pack	200G	\$2.60

**500 DIPS**

POST500	Tzatziki 500G	500G	\$3.85
POSC500	Caviar 500G	500G	\$3.85
POSH500	Hommus 500G	500G	\$3.85

**400G 4 PACK DIP**

POS4PA400	4 Pack Aussie 400G	400G	\$3.85
POS4PS400	4 Pack Skinny 400G	400G	\$3.85

**BLACK SWAN CHUNKY DIPS**

POSCT150	Chunky Tomato	150G	\$2.75
POSSAL200	Salmon & Avocado	200G	\$2.75
POSCP150	Chunky Pumpkin	150G	\$2.75
POSCB150	Chunky Basil	150G	\$2.75
POSCBR	Chunky Beatroot & Tzatziki	200G	\$2.75

**POSEIDON YOGHURT**

POSGTYT500	Greek Thick Yoghurt 500G	500G	\$2.50
POSGTYNO500	Greek Thick Yoghurt No Fat	500G	\$2.50
POSGTYL500	Greek Thick Yoghurt Low 500G	500G	\$2.50
POSCNY2	Creamy Natural Yoghurt 2K	2 Kilo	\$6.20
POSGTY4	Greek Thick Yoghurt	4 Kilo	\$13.60

**GIPPSLAND, CREAM & TOFU**

BEOAB200	Organic Apple & B/Currnet 200G	200G	\$1.20
BEOAS200	Organic Apple & Strawberry 200G	200G	\$1.20
BEOUY200	Bead Organic W/berry Yog 200G	200G	\$1.20
BEOVANIL	Organic Vanilla 200G	200G	\$1.20
BEOWIL500	Organic Wildberry 500G	500G	\$2.55
BEOSA500	Organic Strawberry & Apple 500G	500G	\$2.55
BEORASS500	Organic Rasberry 500G	500G	\$2.55
BEOPMP500	Organic Peach Mango Yog 500G	500G	\$2.55
BEDCRE300	Bead Double Cream 300ML	300ML	\$2.92
BEONAT1	Organic Natural Yoghurt 1K	1 Kilo	\$3.90

BEONLO1	Organic Natural Fat Free 1K	1 Kilo	\$3.90
BETOFU375	HAEKA Tofu 375G	375G	\$3.20

**GIPPSLAND SWEET YOGHURT TWIST RETAIL**

BETWB	Berry Twist	300ML	\$2.65
BETWBL	Blueberry Twist	300ML	\$2.65
BETWMP	Mango / Passion Twist	300ML	\$2.65
BETWP	Passion fruit Twist	300ML	\$2.65
BETWR	Raspberry Twist	300ML	\$2.65

**MOUNTAIN BREAD**

MOUB	Mountain Bread BLUE	200G	\$2.00
MOUG	Mountain Bread GREEN	200G	\$2.00
MOUO	Mountain Bread ORANGE	200G	\$2.00
MOUR	Mountain Bread RED	200G	\$2.00
MOURW	Mountain Bread RED/WHITE	200G	\$2.00
MOUW	Mountain Bread WHITE	200G	\$2.00
MOUY	Mountain Bread YELLOW	200G	\$2.00
MOUYW	Mountain Bread YELLOW/WHITE	200G	\$2.00
MOUTOM	Mountain Bread Tomato Basil	200G	\$2.00
MOUR	Mountain Bread Oregano	200G	\$2.00
MOUSPI	Mountain Bread Spinach	200G	\$2.00

**OTHERS**

SPROTISHIN	Supream Roti Bread Spinach	4PKT	\$3.85
SPROTION	Supream Onion Roit 4PC/PKT	4PKT	\$3.85
SPROTIGAR	Supream Roti Bread Garlic	4PKT	\$3.85
SPROTIFEN	FENUGRREK Roti	4PKT	\$3.85
SPROTICH	Chill Roti Bread	4PKT	\$3.85
SPROTIPL	Supream Roti Bread Plain	4PKT	\$3.75
SPNANG	Garlic Nann	4PKT	\$3.87
SPNANN	Plain Nann	4PKT	\$3.75
SPPIAD	Piadina Bread	4PKT	\$3.85
GPITTAS	Gerrys Pittas	450G	\$2.06
NOHOKNOD	No 1 Hokkien Noodle 500G	500G	\$1.30
NOCHOMIN	Chow Min 350G	350G	\$2.00

COLCABH	Colombus Cabbage Heads	1.2 Kilo	\$4.60
COLCABL	Colombus Cabbage leaves	500G	\$4.60
COLSHR1	Colombus Shredded 1 kg	1 Kilo	\$2.50

**CAKE LOGS (GST)**

AMCCHOC5PKT	Chocolate Log 5 PKT DRY	5PKT	3.25*	GST
AMCLEM5PKT	Lemon Log 5 PKT DRY	5PKT	3.25*	GST
AMCAPRI5PKT	Apricot logs 5 PKT DRY	5PKT	3.25*	GST
AMCCHOPL	Chocolate Log Portion 50g dry	18PKT	18.00*	GST

**THE ORIGINAL PICKLE COMPANY RETAIL JARS**

OPCSEACO	Sea Food Cocktail 350G	350G	\$6.25
OPCSEASAL	Seafood Salad 350G	350G	\$4.95
OPCMNAT	Mussels Natural 350G	350G	\$3.50
OPCML	Mussels lemon 350G	350G	\$3.50
OPCMHS	Mussels hot / spicy	350G	\$3.50
OPCMG	Mussels Garlic 350G	350G	\$3.50
OPCMSM	Smoked Mussels 350G	350G	\$3.50
OPCMSWC	Mussels Sweet Chilli 350G	350G	\$3.50
OPCMSWSP	Mussels Sweet & Spicy 350G	350G	\$3.50
OPCSCOL	Scallops 350G	350G	\$11.95
OPCPN	Prawn Natural 350G	350G	\$7.95
OPCPG350	Prawn Garlic 350G	350G	\$7.95
OPCPCROC	Pickeled Crocodile	250G	\$9.95
OPCPLOB	Pickled Lobster 250G	250G	\$9.95
OPCMORBUG	Moreton Bay Bug	250G	\$9.95
OPCCRAY	Pickled Crayfish 250G	250G	\$9.95
OPCCUT	Cuttle Fish 350G	350G	\$6.25
OPCCALT	Calamari Tubes	350G	\$6.25

**THE ORIGINAL PICKLE COMPANY PORTION PACKS**

OPCPMC	Mussel Chili Portion pack 150G	150G	\$2.95
OPCPMG	Mussels Garlic Portion 150G	150G	\$2.95
OPCPMHGC150	Mussels Honey/Garlic/Chili 150G	150G	\$2.95
OPCPMHS150	Mussel Hot & Spicy	150G	\$2.95
OPCPML150	Lemon Mussels Portion 150G	150G	\$2.95
OPCPMN150	Mussels Natural 150G	150G	\$2.95

OPCPMSM	Mussels Smoked 150G	150G	\$2.95
OPCPMSMFL150	Mussels Smokey Flavor 150G	150G	\$2.95
OPCPMSPTH150	Mussel Spicy Thai 150G	150G	\$2.95
OPCPMSWC	Mussels Sweet Chili 150G	150G	\$2.95
OPCPMTC1150	Mussel Tom & Chili 150G	150G	\$2.95
OPCPNP150	Prawn Natural 150G	150G	\$3.50
OPCPGP150	Prawn Garlic 150G	150G	\$3.50
OPCPO150	Octopus Portion 150G	150G	\$3.50
OPCPCALR150	Calamari Ring ( Spice/Oli/Vin)	150G	\$3.50
OPCPCCAL150	Chunky Calamari Portion 150G	150G	\$3.50
OPCPSAR150	Sardines 150G	150G	\$3.50
OPCPSEASA150	Seafood Salad 150G	150G	\$3.50
OPCPSEACO150	Seafood Cocktail 150G	150G	\$3.50

**ORIGINAL PICKLE COMPANY FRESH LASAGNAS RETAIL**

OPCBEEF450	Beef Lasagna 450G	450G	\$4.93
OPCCHLA	Chicken Lasagna 450G	450G	\$3.95
OPCSEALAS450	Sea Food Lasanga 450G	450G	\$3.95
OPCVEGL	Vegetable lasagna 450G	450G	\$3.95
OPCSPBOL400	Spaghetti Bolognese 400G	400G	\$3.95
OPCSPRICCAN400	Spinach & Ricotta Canelloni 400G	400G	\$3.95
OPCSPRICRAV400	Spinach & Ricotta Ravioli 400G	400G	\$3.95
OPCBEEFCAN400	Beef Cannelloni 400G	400G	\$3.95
OPCBEEFRAV400	Beef Ravioli 400G	400G	\$3.95
OPCBEEFTOR400	Beef Tortellini 400G	400G	\$3.95
OPCPENBOL400	Penne Bolognese 400G	400G	\$3.95
OPCMACCHE400	Macaroni & Cheese 400G	400G	\$3.95
OPCCABFET400	Cabonara Fettuccini 400G	400G	\$3.95
OPCMOUS	Moussaka 450G	450G	\$3.95
OPCPASTLA	Pastachio 450G	450G	\$3.95
OPCSHP450	Shepherd's Pie 450G	450G	\$3.95

**SOY PRODUCTS/SOY CHEESE**

BESYOYCHIV	Soy Cheese Chive 200G	200G	\$4.40
BESYOYPEPPER	Soy Pepper Cheese	200G	\$4.40
BESYOYPL200	Soy Cheese MILD	200G	\$4.40
BESYOYCO3	Omega 3 Soy Cheese	200G	\$4.40

BESYOCPRO	Pro biotic Soy Cheese 200G	200G	\$4.40
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**SOY FLAVOURED TOFU**

BEJOYSILK	Joyce Silken Tofu 300G	300G	\$1.55
BEJOYFIRM	Joyce Tofu Firm	300G	\$1.65
BETOFYHON	Honey Soy Tofu NUGGETS	300G	\$3.65
BESOJAP	Japanese Tofu 200G	200G	\$3.55
BESOTHAI	Thai Tofu 200G	200G	\$3.55
BESOCHIN	Chinese Tofu 200G	200G	\$3.55
BESOMALA	Malaysian Tofu 200G	200G	\$3.55

**SOY YOGHURT**

BESOYSW	Soy Yogurt Strawberry	250G	\$1.60
BESOMANGO	Soy Mango Yogurt	250G	\$1.60
BESOBERRI	Soy Berried Yogurt	250G	\$1.60

**SOY MAYO & CREAM CHEESE**

BEMAYO	King Island Soy Mayo	375ML	\$3.45
BESOYHERB	Soy Cheese Garden herb	375ML	\$4.40
BESOYCRCH	Soy Cream Cheese	250G	\$4.80

**VEGGIE BURGERS**

BEMEDIB	Eat Well Mediterranean Burger	450G	\$4.50
BEMEXIB	Eat Well Mexican Burger	450G	\$4.62
BECPB	Eat Well Chickpea burger	450G	\$3.75
BEMED2PK	Mediterranean burger 2pk	250G	\$2.20
BELEN2PK	Lental Burger 2 PK	250G	\$2.20

**OLYMPIAN SPECIALITY PRODUCTS**

OLYCONTB250	Continental RUSK 250G	250G	\$2.12
OLYWMTB250	Wholemeal RUSK 250G	250G	\$2.12
OLYCONGRISSE	Continental Grissini 350G	350G	\$3.12
OLYSESAMB250	Sesame Biscota 250G	250G	\$3.00
OLYTRADSWLOAF	Traditional Sweet Loaf 400G	400G	\$3.70
OLYTRAHAN	Trahanas 500G	500G	\$3.35

OLYMELOMAK	Melomakarona 250G	250G	\$3.90
OLYKURAM250	Kourambies 250G	250G	\$3.90
OLYKOULOUR250	Koulourakia 250G	250G	\$3.00
OLYEGGNOFINE	Egg Noodle Fine 250G SML	250G	\$1.80
OLYEGGNOOD	Egg Noodle 250g Med	250G	\$2.00
OLYEGGNOOLAR	Egg Noodle Large 250G	250G	\$1.80

**RED KELLYS TASMANIA**

RKTRADDRES250	Traditional Dressing 250 ML		
RKBASGARDRES250	Basil & Garlic Dressing 250ML	250ML	\$3.40
RKPEPBERDRES250	Pepper Berry Dressing 250ML	250ML	\$3.40
RKLEMDRES250	Lemon Myrtle Dressing 250ML	250ML	\$3.40
RKCREAS250	Creaser Dressing 250ML	250ML	\$3.40
RKBBQDRES250	Aussie BBQ Dressing 250ML	250ML	\$3.40
		250ML	\$3.40

**WATER WHEEL INDUSTRIES**

WTBAGET	Original Bagelttes 125G		
WTCHSTRAW	Savoury Straws 110G	125G	\$2.70
WTCLSHTW	Classic Cheese Twist 110G	110G	\$2.90
WTCLSTAW	Classic Gourmet Straws 110G	110G	\$2.90
WTFLBREAD	Flat Bread 110G	110G	\$3.50
WTNATFWA	Natural Fine Wafer 150G	110G	\$2.25
WTFS100G	Wafer Thins FOODSERVICE 100G	150G	\$2.25
		100G	\$1.50

**EXQUSINE**

EXCHOCM120	Chocolate Mousse 120G		
EXLEMC130	Lemon Cheese Cake 130G	120G	\$1.71
		130G	\$1.71

**AMC FROZEN VARIETIES**

AMCFRZFAL300	Frozen Falafel 300G		
AMCKIB300	Frozen Kibbeh 300G	300G	\$3.30
AMCPOM	Potato & Meat Pieces 300G	300G	\$3.50
AMCPFET	Potato & feta pieces 300G	300G	\$3.50
AMCVEGIE	Veggie Burgers 360G	300G	\$3.50
		300G	\$3.25

**FROZEN SEAFOOD**

STFLAKE5	Tempura Battered Flake 5 pkt	5 PKT		\$8.50
STFLTA3	Beer Batter Flathead Tails 1kg	1 KILO		\$15.65
STMCCAL1	Crumbed Calamari 1Kg - M / F	1 KILO		\$9.50
STSQRW	Squid Rings Raw 500G	500G		\$3.80

### **ISLAND WAY SORBET**

STCOCICE130	Coconut Ice Cream 130g	130G	2.367*	GST
STLEMICE52	Lemon Ice Cream 52g	52G	1.422*	GST
STLEONADEICE52	Lemonade Ice Cream 52g	52G	1.422*	GST
STORICE63	Orange Ice Cream 63g	63G	1.422*	GST
STORMAICE52	Orange & Mango Ice Cream 63g	63G	1.422*	GST

### **PZ CUSSONS**

PZCDISHTAB	Dishwasher Tablets - 56p	56 PKT	17.00*	GST
PZCMF5DIT	Morning Fresh 5 Lt Detergent	5 LT	21.02*	GST
PZCPANTW	Pure Antibacterial hand wash	250ML	2.48*	GST
PZCPKITW	Pure Kitchen hand wash	250ML	2.48*	GST
PZCRADCOM	Radiant Commercial Blend 2 kg	2 KG	4.90*	GST
PZCRADLBLK	RADIANT LIQUID BLACK 750ML	750ML	3.15*	GST
PZCRINA	Rinse Aid 450ml	450 MK	5.10*	GST
PZCDWL450	Morning Fresh 450ML Detergent	5 LT	3.775*	GST

### **BELOKA MINERAL WATER**

BELMIN750	Beloka Mineral Water 750ml	750 ML	2.02*	GST
BELOKA500	Beloka Sparkling Mineral 500ml	500 ML	1.30*	GST

### **VINEGAR & DRESSINGS**

AUSCRWB250	Cranberry red wine vinegar	250ML		\$3.35
AUSRC	Roasted Capsicum Dressing	250ML		\$3.35
AUSMC	Mango chili Dressing	250ML		\$3.35
AUSSWS	Sweet sesame Dressing	250ML		\$3.35
AUSPRG	Parmesan Roasted Garlic Dressing	250ML		\$3.35

### **DIROSS CHEESE**

DIR500TAS	Sliced Tasty Cheese	275G		\$4.37
DIRSWISS250	Swiss Cheeses 250G	250G		\$6.03

**SMALLGOODS**FIOCACCIHOT  
FIOCACCIMILDCacciatori HOT  
Cacciator MILDPER KILO \$16.40  
PER KILO \$16.40**ANTIPASTO**BBSDT2.5  
BBSDT4  
BBSUN  
BBGEGG  
BBRART  
BBANT  
BBPEP  
BBRMUSH  
BBRPUMP  
BBRZUCC  
BBPBELL  
SFDOLP  
SFDOLSW  
SFSDTOL  
SFBRICHI  
SFFETTAOLV  
SFALOLIV  
SFPESTOOLV  
SFCHILLI OLV  
SFBLVIEOL  
SFANCOLIV  
BBGWM  
BBGSPLIT4  
BBMIXOLV  
BBSDTKALOLV  
BBKALOLVP  
BBWHKALBRI  
BBSUNJARSemi Dried Tomatoes  
Semi Dried Tomato Bucket  
Sun Dried JAR  
Grilled Eggplant  
Roasted Artichoke  
Antipasto Mix  
Skinless Peppers  
Roasted Mushroom  
Roasted Pumpkin  
Roasted Zucchini  
Pepperbells with Feta  
Sweet Chill Dolmades  
Paprika Dolmades  
SDT Filled Olives  
Brie Filled Olives  
Feta Filled Olives  
Almond Filled Olives  
Pesto Filled Olives  
Chili Filled Olives  
Blue Vein Cheese Filled Olives  
Anchovy Filled Olives  
Green Whole Marinated Olives  
Green Split Olives  
Mixed Olives Green & Kalamata  
SDT and Kalamata Olives  
Marinated Kalamata Olives Pitted  
Whole Kalamata Olives In Brine  
Semi Dried Roma Tomatoes Jars2.5 KILO \$26.00  
2.5 KILO \$16.00  
2.5 KILO \$16.23  
2.5 KILO \$26.00  
2.5 KILO \$38.00  
2.5 KILO \$28.35  
2.5 KILO \$26.00  
2.5 KILO \$28.00  
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1.6 KILO \$26.00  
1.6 KILO \$26.00  
1.6 KILO \$98.43  
5 KILO \$37.00  
2 KILO \$20.80  
2 KILO \$23.61  
2 KILO \$23.70  
2 KILO \$22.55  
2 KILO \$16.25**TASTY SPICE**TSBBQ  
TSCAJBBQ SPICE CANNISTER 280G  
Cajun Spice 280g280G \$3.62  
280G \$3.62

TSCH	Tasty Spice Chicken marinade	280G	\$3.62
TSCHIG	Chicken Gravy 200g	280G	\$2.90
TSCHS	Chicken Salt 280g	280G	\$3.75
TSKENCAN	Kentucky Style Chicken 280g	280G	\$3.75
TSLEPEP	Lemon Pepper 280g	280G	\$3.75
TSMORR	Moroccan Spice 280g	280G	\$3.75
TSRICGR	Rich Gravy 200g	280G	\$2.90
TSVEGET	Vege T Stock 280g	280G	\$3.60