

OUR COMMITMENTS

Vision and values

The success of the Mestemacher family bakery group is based on a compass that guides our values and our vision.

The Mestemacher Group's economic activities are based entirely on this principle. We focus on bread culture and culinary delight, combined with flexibility and the ability to adapt to change. Looking toward the future and taking targeted actions to control our destiny – these are the core elements of our corporate identity.

For our company, sustainable business means supporting the development of our employees and working to foster gender equality and diversity.

The family bakery group focuses on improving our region, creating and securing jobs, and ensuring that the corporate culture contributes to the well-being of all. This ideal combination of traditional baking practices and modern corporate management is reflected in our excellent quality and innovative products.

The Mestemacher Group and its employees continue to work towards these goals with passion and commitment.

Let's get to work!

More information at: www.mestemacher-gmbh.com/company/the-company-profile

OUR COMMITMENTS

Sustainability and environment

The family bakery group also always has sustainability in mind for good reasons.

Many products made by the Mestemacher Group are manufactured in a traditional way, from all plant-based ingredients. New products respond to this trend as well: around 90 per cent of the company's products are suitablefor a vegan diet, and the other 10 per cent are suitable for a vegetarian diet.

As a family company, the Mestemacher corporate group meets its responsibilities for sustainability and climateprotection. For example, the company uses cogeneration plants to generate its own energy, purchases TÜV certified green power, and offers facilities for charging electric cars on company premises. The company is also working on its own climate balance sheet, climate targets, and a sustainability report. Social engagement and equal opportunities are given special consideration. By preparing a social audit, sustainable procurement and fair value creation are also becoming increasingly important.

History of Mestemacher GmbH

The Mestemacher company
has been in existence for over 150 years.
The ingredients in our recipe for success
include a tradition of bold action,
strong women and men, and a consistent
focus on the future.

Apart from one exception, Mestemacher corporate executives have always been members of the Mestemacher family throughout its history. Since 1985, the family company has been owned by the two branches of the family under Albert and Prof. Dr. Ulrike Detmers as well as Fritz and Helma Detmers. Their mutual intention is to lead the Mestemacher Group into the future with qualified management.

More information at: www.mestemacher-gmbh.com/company/history

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WHOLEMEAL BREAD

01

"To promote general health, the health of the cardiovascular system in particular, and to avoid high blood pressureand diabetes, nutritional scientists recommend regularly eatingat least 30 g of fibre daily. Wholemeal products, which contain a high Wholemeal products with their high fibre content offer the best prerequisites for actually achieving these fibre and at the same time provide a pleasant taste experience."



Prof. Dr. Meinolf LindhauerMestemacher GmbH Scientific advisory board





WHOLEMEAL BREAD

Utilising the full power offered by the whole grain – that's what our range of wholemeal breads in a variety of flavours epitomises. What all products share is that, prior to baking, the whole grain is freshly ground in our own mill – including the husk and germ. This ensures that valuable vitamins, minerals and fibre are preserved.

The wholemeal breads are ideally suited for a high-fibre, plant-based and vegan diet. Thanks to their favourable nutrient balance, as confirmed by Nutri-Score A, they are suitable for frequent daily consumption and have become a firm favourite with many fans of wholemeal products: Thanks to natural pasteurisation, without the use of any preservatives, the breads can be stored unopened for a long time.

Pumpkin Seed Bread

Pumpkin Seed bread is a wholemeal rye bread with pumpkin seeds. The intensive, nutty flavour of the pumpkin seeds complements the hearty taste of the rye.

Linseed Plus

Linseed Plus lives up to its name, as the wholemeal rye bread is very popular, thanks to its plus of linseed and oat bran. All in all, this provides a powerful source of fibre.

Fitness Bread

As a wholemeal rye bread with oats and wheat germ, the fitness bread is the perfect choice after a strenuous fitness programme. It replenishes energy stores, is low in sugar and gives athletes exactly what they need: "grains" for their fitness.

Whole Rye Bread

A classic Rye Bread. Freshly ground in our own mill from whole grains. High in fibre content.

Sunflower Seed Bread

The popularity of the wholemeal rye bread with sunflower seeds comes from its aromatic, nutty flavour and, in addition, it provides a real energy boost.

Mixed Cereals Bread

The wholemeal bread with rye, barley and oats is a power trio that unites the strength of different types of grain, yet without using any wheat.

Katen Bread

A classic Rye Bread. Freshly ground in our own mill from whole grains. High in fibre content.

Three Grain Bread

Ideal for a cholesterol concios diet. Freshly gound in our own mill from whole grains.

Soft Dark Wholemeal Rye Bread

A tasty novelty that simply melts in your mouth. The dark wholemeal rye bread provides the ideal basis for chewy, hearty enjoyment. The fitness bread is also recommended by the German Diabetes Association:

COOPERATION BETWEEN
MESTEMACHER GMBH AND
DEUTSCHE DIABETES-HILFE E.V.



"Also recommended by diabetes DE - Deutsche Diabetes-Hilfe"

A healthy and balanced diet is not only important for the general population, but also and especially for people with diabetes. Plant-based foods, lots of fibre, valuable vegetable protein and low amounts of sugar, salt and fat are beneficial. Mestemacher's wholemeal breads meet these criteria, making them ideal for people with and without diabetes. This is now made clear by the recommendation button which is now displayed on selected breads from Mestemacher, including "PURE NATURAL", "PURE NATURAL CARROT", "PURE NATURAL PUMPKIN" and "Fitness Bread", and gives consumers guidance.

More information is available on the page: www.diabetesde.org

FITNESS BREAD - 500 g



EAN-Code piece: 4 000446 001780 EAN-Code carton: 4000 4460 50788











Features:

Wholemeal bread with 44% whole grain rye, 12% oats and 1% wheat germ.

- Ideal for a vegan diet rich in fibre
- Also a pleasure when crisply toasted!
- 7 slices each approx. 72 g
- Net weight 500 g e

Ingredients:

Contains no animal products. No preservatives.

Grain [Whole grain rye (38 %), oat products (12 %) (oats, ground oats), wholemeal rye flour (6 %)], water, iodised salt (salt, potassium iodate), wheat germ (1 %), oat fibre, yeast. May contain traces of sesame, soy and tree nuts.

	Nutritional Information per 100 g	Nutritional Information per 100 g		*RI per portion
	Energy	793 kJ (188 kcal)	571 kJ (135 kcal)	7 % *
	Fat of which saturated fat	1,8 g 0,4 g	1,3 g 0,3 g	2 %* 2 %*
Ī	Carbohydrate of which sugars	32,6 g 2,1 g	23,5 g 1,5 g	9 %* 2 %*
Ī	Fibre	9,1 g	6,6 g	-
Ī	Protein	5,9 g	4,2 g	8%*
	Salt	1,1 g	0,79 g	13%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days



KATEN BREAD - 500 g

Art.-No. 71

EAN-Code piece: 4 000446 001711 EAN-Code carton: -









Features: Wholemeal Rye Bread

- Freshly ground in our own mill from whole grains
- High in fibre content7 slices each approx. 72 g
- Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.

Grain [crushed whole rye grains, wholemeal rye flour], water, salt, malt extract (barley), oat fibre, yeast. May contain traces of soy, sesame and tree nuts.

Nutritional Information per 100 g		per portion 1 slice (approx. 72 g)	
Energy	780 kJ (185 kcal)	562 kJ (133 kcal)	
Fat of which saturated fat	1,3 g 0,2 g	0,9 g 0,1 g	
Carbohydrate of which sugars	32,8 g 3,5 g	23,6 g 2,5 g	
Fibre	12,2 g	8,8 g	
Protein	4,6 g	3,3 g	
Sodium	460 mg	331 mg	

RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days



SOFT DARK WHOLEMEAL RYE BREAD - 500 g

Art.-No. 84

EAN-Code piece: 4 000446 001841 EAN-Code carton: 4000 4460 20842









Features: Dark wholemeal rye bread

- Ideal for a vegan diet rich in fibre
- Also a pleasure when crisply toasted!
- 7 slices each approx. 72 g
- Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.

Wholemeal rye groats (60%), water, barley malt extract, oat flakes, salt, yeast.

May contain traces of sesame, soy and tree nuts.

Nutritional Information per 100 g		per portion 1 slice (approx.72 g)	*RI per portion
Energy	808 kJ (192 kcal)	582 kJ (138 kcal)	7%*
Fat of which saturated fat	1,3 g 0,4 g	0,9 g 0,3 g	1 %* 2 %*
Carbohydrate of which sugars	35,3 g 2,2 g	25,4 g 1,6 g	10 %* 2 %*
Fibre	9,3 g	6,7 g	-
Protein	5,1 g	3,7 g	7 %*
Salt	1,0 g	0,72 g	12%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days



WHOLE RYE BREAD - 500 g

Art.-No. 72

EAN-Code piece: 4 000446 001728 EAN-Code carton: -



Features: Whole Rye Bread

- Freshly ground in our own mill from whole grains
- High in fibre content7 slices each approx. 72 g
- Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.

Grain [crushed whole rye grains, wholemeal rye flour], water, salt, oat fibre, yeast. May contain traces of soy, sesame and tree nuts.

Nutritional Information per 100 g				
Energy	967 kJ (229 kcal)			
Fat of which saturated fat	0,9 g 0,2 g			
Carbohydrates of which sugars	44,6 g 3,2 g			
Fibre	11,5 g			
Protein	4,9 g			
Salt	1,0 g			

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days



THREE GRAIN BREAD - 500 g

Art.-No. 76

EAN-Code piece: 4 000446 001735 EAN-Code carton: -









Features: Wholemeal Rye Bread

- Ideal for a cholesterol conscious diet
- Freshly gound in our own mill from whole grains
- 7 slices each approx. 72 g
- Net weight 500 g e

Ingredients:

Contains no animal products. No preservatives.

Grain [crushed whole rye grains (37%), wholemeal rye flour (8%), oat flakes (5%), barley flakes (5%)], water, linseed, iodized salt (salt, potassium iodate), oat fibre, sesame, yeast.

May contain traces of soy and tree nuts.

	per portion		
Nutritional Information per 100 g	Nutritional Information per 100 g		* RI per portion
Energy	813 kJ	585 kJ	
	(193 kcal)	(139 kcal)	7 % *
Fat	2,1 g	1,5 g	2%*
of which saturated fat	0,4 g	0,3 g	2%*
Carbohydrate	32,6 g	23,5 g	9%*
of which sugars	3,3 g	2,4 g	3%*
Fibre	12,3 g	8,9 g	-
Protein	5,0 g	3,6 g	7 %*
Salt	1,0 g	0,7 g	12%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days



SUNFLOWER SEED BREAD - 500 g

Art.-No. 74

EAN-Code piece: 4 000446 001742 EAN-Code carton: 4000 4460 30742









Features:

Rye wholemeal bread with sunflower seeds. 100% wholemeal

- Ideal for a vegan diet rich in fibre
- Also a pleasure when crisply toasted!
- 7 slices each approx. 72 g Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.

Grain [whole rye meal, wholemeal rye flour], water, sunflower seeds (5 %), iodised salt (salt, potassium iodate), oat fibre, yeast. May contain traces of sesame, soy and tree nuts.

Nutritional Information per 100 g	Nutritional Information per 100 g		* RI per portion
Energy	834 kJ (199 kcal)	600 kJ (143 kcal)	7%*
Fat of which saturated fat	3,5 g 0,4 g	2,5 g 0,3 g	4 %* 2 %*
Carbohydrate of which sugars	30,5 g 2,6 g	22,0 g 1,9 g	8 %* 2 %*
Fibre	12,0 g	8,6 g	-
Protein	5,4 g	3,9 g	8 %*
Salt	1,2 g	0,9 g	15%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days



PUMPKIN SEED BREAD - 500 g

Art.-No. 79

EAN-Code piece: 4 000446 001797 EAN-Code carton: 4000 4460 30797



Features:

Rye wholemeal bread with pumpkin seeds. 100% wholemeal

- Ideal for a vegan diet rich in fibre
- Also delicious when toasted!
- 7 slices each approx. 72 g
- Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.

Grain [whole grain rye, wholemeal rye flour], water, pumpkin seeds (5%), iodised salt (salt, potassium iodate), oat fibre, yeast. May contain traces of sesame, soy and tree nuts.

Nutritional Information per 100 g			* RI per portion
Energy	805 kJ (191 kcal)	580 kJ (138 kcal)	7%*
Fat of which saturated fat	2,7 g 0,5 g	1,9 g 0,4 g	3%* 2%*
Carbohydrate of which sugars	31,8 g 2,9 g	22,9 g 2,1 g	9 %* 2 %*
Fibre	8,7 g	6,3 g	-
Protein	5,6 g	4,0 g	8 %*
Salt	1,2 g	0,86 g	14%*

 $[^]st$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days







ORGANIC WHOLEMEAL BREAD

02





ORGANIC WHOLEMEAL BREAD

Our wide range of organic wholemeal breads reflects our traditional connection to nature: As the first manufacturer of packaged, organic wholemeal products, we have been promoting the existence and business growth of organic farmers who refrain from using chemical sprays and fertilisers and who have been protecting our environment since 1985. All our organic wholemeal products bear the organic seal in accordance with the EC Organic Farming Regulation, giving consumers peace of mind: When you read "organic" on the package, you can be sure there is also "organic" inside.

The organic wholemeal breads contain the full power of the whole grain, which is freshly ground in our own mill prior to baking. Regardless of whether for breakfast, dinner or as a snack: Thanks to a favourable nutrient balance and Nutri-Score A, they are suitable for frequent daily consumption, and they also taste nice and crispy when toasted, in addition to being ideally suited for a high-fibre and vegan diet. Thanks to natural pasteurisation without preservatives, the breads can be stored for a long time, when kept unopened, and are ideal for stockpiling.

Consumers can select from a variety of delicious flavours manufactured in top-quality baking from Mestemacher in the tradition of more than 150 years.

Organic Linseed Bread

Looking for more seeds in your bite? Then give our wholemeal rye bread with crunchy linseed a try, which provides valuable omega-3 fatty acids.

Organic Whole Grain Bread

Is minimalism what you are looking for? This recipe, made from wholemeal rye groats, water, sea salt and yeast, reminds one of grandma's bakehouse.

Organic Three Grain Bread

The best things come in threes! Which is why we have selected the best cereals for our three-grain bread: Rye, oats and barley. Thanks to the trio, the bread provides plenty of fibre and promises enjoyment to the power of three.

Organic Grainy Spelt

With it's high proportion of wholemeal spelt and spelt flakes, Mestemacher's Organic Wholemeal Spelt Bread is not only rich in important dietary fibre, but is also a good source of protein.

Organic Whole Rye bread

From whole grain freshly ground in our own mill.
Baked with ingredients naturally grown, without the use of chemical fertilizers or pesticides.

Organic Oat Bread

Wholemeal bread with oats and rye is not only a source of fibre and tasty treat, it also makes a unique contribution to health: The beta-glucans in oats help to maintain normal blood cholesterol levels.

Organic Oat Bread

Wholemeal bread with oats and rye is not only a source of fibre and tasty treat, it also makes a unique contribution to health: The beta-glucans in oats help to maintain normal blood cholesterol levels.

Organic Rye & Spelt Bread

Our wholemeal bread with rye, spelt and green spelt owes its special properties to the easily digestible spelt – on two counts.

Organic Sunflower Seed Bread

The sun, quite literally, does rise with our Organic Sunflower Seed Bread: sunflower seeds are considered an anti-fatigue panacea, thereby making our bread the perfect snack for school and work.

ORGANIC RYE & SPELT BREAD - 500 g

Art.-No. 53

EAN-Code piece: 4 000446 001537 EAN-Code carton: 4000 4460 30537



Features:

Whole grain bread with spelt wheat grains

- Ideal for a vegan diet rich in fibre
- Organic cultivation uses no chemical sprays or fertilizers, and protects our environment
- 7 slices each approx. 72 g
- Net weight 500 g €

Zutaten:

Contains no animal products. No preservatives.***

Grain** [whole grain rye**(43 %), wholemeal spelt flour**1 (8%), wholemeal rye flour** (4 %), wholemeal green spelt meal** (2 %)], water, sea salt, yeast.

May contain traces of sesame, soya and tree nuts.

from organic agriculture 1Spelt is a type of wheat *According to the law

Nutritional Information per 100 g		per portion 1 slice (approx.72 g)	*RI per portion
Energy	840 kJ (199 kcal)	605 kJ (143 kcal)	7%*
Fat of which saturated fat	1,4 g 0,4 g	1,0 g 0,3 g	1 %* 2 %*
Carbohydrates of which sugarsr	37,1 g 2,1 g	26,7 g 1,5 g	10 %* 2 %*
Fibre	9,0 g	6,5 g	-
Protein	5,1 g	3,7 g	7 %*
Salt	0,9 g	0,6 g	10 %*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days



ORGANIC THREE GRAIN BREAD - 500 g

Art.-No. 63

EAN-Code piece: 4 000446 001636 EAN-Code carton: 4000 4460 30636













Features:

Wholemeal bread with rye, oats and barley

- Ideal for a vegan diet rich in fibre
- Organic cultivation uses no chemical sprays or fertilizers, and protects our environment
- 7 slices each approx. 72 g
- Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.***

Grain** [whole rye meal** (35 %), whole rye flour** (14 %), oat flakes** (3 %), barley flakes** (3 %)], water, linseed**, sea salt, seame**, yeast.

May contain traces soy and tree nuts.

from organic agriculture *According to the law

Nutritional Information per 100 g		per portion 1 slice (approx.72 g)	* RI per portion
Energy	826 kJ (197 kcal)	595 kJ (142 kcal)	7%*
Fat of which saturated fat	2,9 g 0,4 g	2,1 g 0,3 g	3 %* 2 %*
Carbohydrates of which sugars	32,2 g 2,0 g	23,2 g 1,4 g	9 %* 2 %*
Fibre	11,0 g	7,9 g	-
Protein	5,0 g	3,6 g	7 %*
Salt	1,1 g	0,8 g	13%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days



ORGANIC SUNFLOWER SEED BREAD - 500 g

Art.-No. 64

EAN-Code piece: 4 000446 001643 EAN-Code carton: 4000 4460 30643







Features:

Made of grain freshly produced in our own mill.

- Ideal for a vegan diet rich in fibre
- Organic cultivation uses no chemical sprays or fertilizers, and protects our environment
- 7 slices each approx. 72 g
- Net weight 500 g C

Ingredients:

Contains no animal products. No preservatives.***

Grain** [whole rye meal**, whole rye flour**], water, sunflower seeds** (5 %), sea salt, yeast.

May contain traces of sesame, soy and tree nuts.

from organic agriculture *According to the law

Nutritional Information per 100 g		per portion 1 slice (approx.72 g)	* RI per portion
Energy	899 kJ (214 kcal)	647 kJ (154 kcal)	8%*
Fat of which saturated fat	4,7 g 1,0 g	3,4 g 0,7 g	5 %* 4 %*
Carbohydrates of which sugars	32,9 g 2,6 g	23,7 g 1,9 g	9 %* 2 %*
Fibre	9,8 g	7,1 g	-
Protein	5,1 g	3,7 g	7 %*
Salt	1,0 g	0,7 g	12%*

 $^{^{*}}$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days



ORGANIC WHOLE RYE BREAD - 500 g

Art.-No. 62

EAN-Code piece: 4 000446 001629 EAN-Code carton: -





Features: With whole rye kernels

- From whole grain freshly ground in our own mill
- Baked with ingredients naturally grown, without the use of chemical fertilizers or pesticides
- 7 slices each approx. 72 g
- Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.***

Grain** (whole rye meal**, whole rye flour**), water, sea salt, yeast.

May contain traces of soy, sesame and tree nuts.

** from organic agriculture

***According to the law

Nutritional Information per 100 g		per portion 1 slice (approx.72 g)	* RI per portion
Energy	783 kJ (186 kcal)	564 kJ (134 kcal)	7%*
Fat of which saturated fat	1,1 g 0,2 g	0,8 g 0,1 g	1 %* <1 %*
Carbohydrates of which sugars	34,5 g 3,1 g	24,8 g 2,2 g	10 %* 2 %*
Fibre	10,0 g	7,2 g	-
Protein	4,5 g	3,2 g	6 %*
Salt	1,0 g	0,7 g	12%*

 $[^]st$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	96	120 x 80 x 151 cm	360 days



ORGANIC FLAX SEED BREAD - 500 g

Art.-No. 65

EAN-Code piece: 4 000446 001650 EAN-Code carton: 4000 4460 30650





Wholemeal rye bread with linseed.

- Ideal for a vegan diet rich in fibre
- Organic cultivation uses no chemical sprays or fertilizers, and protects our environment
- 9 slices each approx. 56 g
- Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.***

Whole rye meal**, water, linseed** (5%), sea salt, yeast. May contain traces of sesame, milk and tree nuts.

**from organic agriculture

***According to the law

	Nutritional Information per 100 g	per portion 1 slice (approx. 56 g)	* RI per portion	
	Energy	811 kJ (193 kcal)	454 kJ (108 kcal)	5%*
	Fat of which saturated fat	3,0 g 0,4 g	1,7 g 0,2 g	2%* 1%*
	Carbohydrates of which sugars	30,7 g 2,8 g	17,2 g 1,6 g	7 %* 2 %*
	Fibre	11,1 g	6,2 g	-
	Protein	5,2 g	2,9 g	6 %*
V	Salt	1,0 g	0,6 g	10%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	15	105	127 x 80 x 151 cm	360 days



ORGANIC WHOLE GRAIN BREAD - 500 g

Art.-No. 66

EAN-Code piece: 4 000446 001667 EAN-Code carton: 4000 4460 30667



Features:

100 % wholemeal rye bread

- Ideal for a vegan diet rich in fibre
- Organic cultivation uses no chemical sprays or fertilizers, and protects our environment
- 9 slices each approx. 56 g
- Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.***

Whole grain rye**, water, sea salt, yeast.

May contain traces of sesame, milk and tree nuts.

**from organic agriculture

***According to the law

Nutritional Information per 10	0 g	per portion 1 slice (approx. 56 g)	* RI per portion
Energy	794 kJ (188 kcal)	445 kJ (105 kcal)	5%*
Fat of which saturated fat	1,1 g 0,2 g	0,6 g 0,1 g	1 %* <1 %*
Carbohydrates of which sugars	35,7 g 3,9 g	20,0 g 2,2 g	8 %* 2 %*
Fibre	9,0 g	5,0 g	_
Protein	4,4 g	2,5 g	5%*
Salt	1,1 g	0,6 g	10%*

DE-ÖKO-001 EU Agriculture

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	15	105	127 x 80 x 151 cm	360 days



ORGANIC OAT BREAD - 300 g

Art.-No. 161

EAN-Code piece: 4 000446 011611 EAN-Code carton: 4000 4460 21610





- Contains 1.3 g beta-glucan from oats per 100 gA daily intake of 3 g beta-glucans is required to maintain normal blood cholesterol levels
- Everyone can do a lot for their health: through a balanced diet, regular exercise and targeted relaxation
- 5 slices each approx. 60 g
- Net weight 300 g €

Ingredients:

Contains no animal products. No preservatives.***

Grain products**(whole grain rye** (36%), oat products** (23%), (oat kernels**, oat flakes**,oat bran**), water, sunflower seeds ** (3%), sea salt. May contain traces of sesame, milk and tree nuts.

**from organic agriculture

***According to the law

Nutritional Information per 100 g	* RI per portion	
Energy	875 kJ (208 kcal)	10%*
Fat / of which saturated fat	3,9 g / 0,6 g	6%*/3%*
Carbohydrates / of which sugars	32,5 g / 4,0 g	13%*/4%*
Fibre	8,5 g	_
Protein	6,5 g	13%*
Salt	0,8 g	13%*
Phosphor	215 mg	31 %*
Magnesium	71 mg	19%*

DE-ÖKO-001 EU/non-EU Agriculture

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
9	24	168	120 x 80 x 95 cm	360 days



RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).





PROTEIN BREAD

03





PROTEIN BREAD

Our high protein breads contain plenty of protein, making it particularly suitable for all fitness-conscious people – also thanks to its reduced carbohydrate content. That's not all, though, because modern, conscious nutrition has many facets, which is reflected by our high protein breads.

Thanks to their plant-based recipes, they are perfect for a climate-conscious diet and a vegan lifestyle. They have a Nutri-Score A label and a long shelf life when stored unopened. The breads have become a firm favourite in many pantry cupboards, and that for good reason: The high protein breads can be topped in next to no time and are also a treat when crisply toasted.

Protein Bread

The juicy protein bread 69 per cent less carbohydrates compared to conventional wholemeal wheat bread. It contains valuable omega-3 fatty acids, is ideal as a carbohydrate-reduced, protein-rich evening meal, meaning it is "lower carb" and is recommended by the German Diabetes Aid organisation.

Almond Protein Bread

Almonds are not only the highlight of every Christmas market: they also add that special something to our High Protein Almond, which also tastes particularly good when toasted, thanks to the roasted flavours. The protein bread provides 2.6 times more protein and 61 per cent less carbohydrates than conventional wholemeal bread.

Carrot Protein Bread

The protein bread with carrot is ideal for all fitness-conscious people who appreciate some extra vegetables. High Protein Carrot contains valuable omega-3 fatty acids, 3.2 times more protein and 62 per cent less carbohydrates than conventional wholemeal wheat bread.

Walnut Protein Bread

The protein bread is a treat for all "nut crackers": its omega-3 fatty acids make it valuable and, 44 per cent less carbohydrates than a conventional wholemeal rye bread, it is perfect for a "lower carb" evening meal.

High Protein -fine-

A true delight for German bread culture lovers in "fine form": The soya-free protein bread without seeds delights with its moist texture based on finely-ground flour. It has a protein content of 19.4 per cent and contains 2.8 times more protein than conventional wholemeal bread.

The fitness bread is also recommended by the German Diabetes Association:

COOPERATION BETWEEN
MESTEMACHER GMBH AND
DEUTSCHE DIABETES-HILFE E.V.



"Also recommended by diabetes DE - Deutsche Diabetes-Hilfe"

A healthy and balanced diet is not only important for the general population, but also and especially for people with diabetes. Plant-based foods, lots of fibre, valuable vegetable protein and low amounts of sugar, salt and fat are beneficial. Mestemacher's wholemeal breads meet these criteria. making them ideal for people with and without diabetes. This is now made clear by the recommendation button which is now displayed on selected breads from Mestemacher, including "PURE NATURAL", "PURE NATURAL CARROT", "PURE NATURAL PUMPKIN" and "Fitness Bread", and gives consumers guidance.

More information is available on the page: www.diabetesde.org

HIGH PROTEIN TOAST ROLLS

With the High Protein Toast Rolls, Mestemacher presents the first rolls for a fitness-conscious diet. Just like the breads from the High Protein product family, they are particularly suited to a high-protein diet with reduced carbohydrates. And for sustainable enjoyment, because to avoid waste and food spoilage, the rolls are available in small household packaged portions. Each pack contains four rolls – whether soft or crisply toasted: a fitness quartet to savour.

The rolls are also suitable for a vegan diet, have a long shelf life when stored unopened and come with a Nutri-Score A label. Regardless of whether they are enjoyed after a workout, during a short break or after the night shift: The toast rolls are temptingly fragrant and can be served deliciously warm at any time of day or night

Protein Toast Rolls Classic

The High Protein Toast Rolls Classic contain 3.4 times more protein and 66 per cent less carbohydrates, in addition to valuable omega-3 fatty acids. Only fat from vegetable sources and high-quality soya bean vegetable protein are used.

Protein Toast Rolls Carrot

Anyone who appreciates a delicate, slightly sweet flavour will love the High Protein Toast Rolls with carrot strips. Based on the classic, they contain 2.8 times more protein and 68 per cent less carbohydrates than conventional toast.

High Protein Toast Rolls -fine-

The High Protein Toast Rolls -fine- are sure to have the hearts of German bread culture fans beat faster: The rolls contain pure vegetable proteins such as wheat protein or bean flour, 3 times more protein and 52 per cent less carbohydrates than a conventional toast.



PROTEIN BREAD - 250 g

Art.-No. 137

EAN-Code piece: 4 000446 011376 EAN-Code carton: 4000 4460 21375











Features: Classic Protein Bread

- 69 % fewer carbohydrates than traditional wholemeal wheat bread.
- 21,1 g Protein per 100 g
- With valuable Omega-3 fatty acids
- 5 slices each approx. 50 g
- Net weight 250 g e

Ingredients:

Contains no animal products. No preservatives.

Water, wholemeal wheat flour, wheat protein (16%), brown linseed, sunflower seeds, pea meal (4%), pea flour (3%), rye bran, apple vinegar, golden linseed, dried wholemeal rye sourdough, salt, malted barley flour, yeast.

May contain traces of soy, sesame and tree nuts.

Nutritional Information per 100	Nutritional Information per 100 g		* RI per portion
Energy	966 kJ (231 kcal)	483 kJ (116 kcal)	6%*
Fat of which saturated fat	8,6 g 1,2 g	4,3 g 0,6 g	6 %* 3 %*
Carbohydrates of which sugars	12,6 g 1,6 g	6,3 g 0,8 g	2%* <1%*
Fibre	9,2 g	4,6 g	-
Protein	21,1 g	10,6 g	21 %*
Salt	0,97 g	0,49 g	8%*
Omega-3 fatty acids	1,6 g	0,80 g	_

 $^{^{*}}$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
9	16	160	120 x 80 x 128 cm	360 days



WALNUT PROTEIN BREAD - 250 g



Art.-No. 141

EAN-Code piece: 4 000446 011413 EAN-Code carton: 4000 4460 21412









Features:

Protein Bread with Walnuts

- 44 % fewer carbohydrates than traditional wholemeal rye bread.
- 17,5 g Protein per 100 g
- With valuable Omega-3 fatty acids
- 5 slices each approx. 50 g
- Net weight 250 g e

Ingredients:

Contains no animal products. No preservatives.

Water, wholemeal rye flour, wheat protein (9%), brown linseed, wholemeal wheat flour, walnuts (5%), sunflower seeds, pea meal (4%), pea flour (2%), apple vinegar, wheat bran, rye bran, salt, dried wholemeal rye sourdough, malted barley flour, yeast. May contain traces of soy, sesame and other tree nuts.

Nutritional Information per 100 g		per portion 1 slice (approx. 50 g)	* RI per portion
Energy	1161 kJ (278 kcal)	581 kJ (139 kcal)	7%*
Fat of which saturated fat	11,6 g 1,4 g	5,8 g 0,7 g	8 %* 4 %*
Carbohydrates of which sugars	21,5 g 2,4 g	10,8 g 1,2 g	4 %* 1 %*
Fibre	8,7 g	4,4 g	-
Protein	17,5 g	8,8 g	18%*
Salt	1,3 g	0,65 g	11 %*
Omega-3 fatty acids	1,9 g	0,95 g	_

 $[^]st$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
9	16	160	120 x 80 x 128 cm	360 days



CARROT PROTEIN BREAD - 250 g



Art.-No. 142

EAN-Code piece: 4 000446 011420 EAN-Code carton: 4000 4460 21429









Features: Protein Bread with Carrots

- 62 % fewer carbohydrates than traditional wholemeal wheat bread.
- 21,7 g Protein per 100 g
- With valuable Omega-3 fatty acids
- 5 slices each approx. 50 g
- Net weight 250 g €

Ingredients:

Contains no animal products. No preservatives.

Water, wheat protein (15%), wholemeal wheat flour, brown linseed, wholemeal rye flour, sunflower seeds, carrot stripes (5%), pea meal (4%), pea flour (3%), rye bran, apple vinegar, wheat bran, golden linseed, salt, dried wholemeal rye sourdough, malted barley flour, yeast. May contain traces of soy, sesame and tree nuts.

Nutritional Information per 100 g		per portion 1 slice (approx. 50 g)	* RI per portion
Energy	1052 kJ (251 kcal)	526 kJ (126 kcal)	6%*
Fat of which saturated fat	9,2 g 1,1 g	4,6 g 0,6 g	7 %* 3 %*
Carbohydrates of which sugars	15,3 g 3,8 g	7,7 g 1,9 g	3 %* 2 %*
Fibre	10,1 g	5,1 g	-
Protein	21,7 g	10,9 g	22 %*
Salt	1,1 g	0,55 g	9 %*
Omega-3 fatty acids	1,9 g	0,95 g	-

 $[^]st$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
9	16	160	120 x 80 x 128 cm	360 days



ALMOND PROTEIN BREAD - 250 g



Art.-No. 157

EAN-Code piece: 4 000446 011574 EAN-Code carton: 4000 4460 21573









Features:

Protein bread with almonds

- 2.6 times the protein and 61 % less carbohydrates than conventional wholemeal bread
- 5 slices each approx. 50 g
- Net weight 250 g €

Ingredients:

Contains no animal products. No preservatives.

Water, wholemeal rye flour, protein mixture (11%) (wheat protein, pea protein), soy flour (5%), almonds (5%), sunflower seeds (4%), wheat bran, soy meal (3%), gold linseed, apple cider vinegar, salt, yeast.

May contain traces of sesame and other tree nuts.

Nutritional Information per 100 g	Nutritional Information per 100 g		* RI per portion
Energy	961 kJ (230 kcal)	481 kJ (115 kcal)	6%*
Fat of which saturated fat	8,4 g 1,0 g	4,2 g 0,5 g	6 %* 3 %*
Carbohydrates of which sugars	15,2 g 1,9 g	7,6 g 1,0 g	3 %* 1 %*
Fibre	11,6 g	5,8 g	-
Protein	17,5 g	8,8 g	18%*
Salt	1,2 g	0,60 g	10%*

 st RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
9	16	160	120 x 80 x 120 cm	360 days



HIGH PROTEIN TOAST ROLLS - FINE - 260 g

Art.-No. 479

EAN-Code piece: 4 000446 014797 EAN-Code carton: 4000 4460 24796









Features: Protein Toast Roll

- 3 times the protein and 52 % less carbohydrates than conventional toast bread
- Approximately 8 slices / 4 pieces
- Net weight 260 g €

Ingredients:

Contains no animal products. No preservatives.

Water, wheat flour, wheat protein (10%), ground sunflower seeds, golden flaxseed flour, bean flour, crushed yeast pearls, sesame, apple cider vinegar, salt, yeast, malted barley flour.

May contain traces of soya.

Nutritional Information per 100 g		per portion 2 slices (approx. 65 g)	* RI per portion
Energy	1139 kJ (272 kcal)	740 kJ (177 kcal)	9%*
Fat of which saturated fat	9,1 g 1,6 g	5,9 g 1,0 g	8 %* 5 %*
Carbohydrates of which sugars	23,0 g 3,1 g	15,0 g 2,0 g	6 %* 2 %*
Fibre	7,7 g	5,0 g	-
Protein	20,7 g	13,5 g	27 %*
Salt	1,2 g	0,78 g	13%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	8	88	120 x 80 x 191 cm	300 days



PROTEIN TOAST ROLLS - 260 g

Art.-No. 679

EAN-Code piece: 4 000446 016791 EAN-Code carton: 4000 4460 26790



Features: Protein Toast Roll

- 3.4 times the protein and 66 % less carbohydrates than conventional toast bread
- Approximately 8 slices/ 4 piece
- Net weight 260 g €

Ingredients:

Contains no animal products. No preservatives.

Water, wholemeal wheat flour, grind soy products (16%) (soy meal, soy flour), protein mixture (12%) (wheat protein, soy protein), linseed, sunflower seeds, apple cider vinegar, golden flaxseed flour, sesame, barley malt flour, salt, yeast, wholemeal rye flour.

Nutritional Information per 100 g	per portion 2 slices (approx. 65 g)	* RI per portion	
Energy	1143 kJ (273 kcal)	743 kJ (177 kcal)	9 % *
Fat davon gesättigte Fettsäuren	10,8 g 1,4 g	7,0 g 0,9 g	10 %* 5 %*
Carbohydrates of which sugars	16,0 g 4,1 g	10,4 g 2,7 g	4 %* 3 %*
Fibre	9,0 g	5,9 g	-
Protein	23,5 g	15,3 g	31 %*
Salt	1,2 g	0,78 g	13%*

 $[^]st$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	8	88	120 x 80 x 191 cm	300 days



PROTEIN TOAST ROLLS WITH 5% CARROTS - 260 g

Art.-No. 687

EAN-Code piece: 4 000446 016876 EAN-Code carton: 4000 4460 26875



Features:

Protein Toast Buns with 5 % Carrots

- 2.8 times the protein and 68 % less carbohydrates than conventional toast bread
- Approximately 8 slices / 4 pieces
- Net weight 260 g €

Ingredients:

Contains no animal products. No preservatives.

Water, wholemeal wheat flour, grind soy products (16%) (soy meal, soy flour), protein-mix (12%) (wheat protein, soy protein), carrot strips (5%), linseed, sunflower seeds, apple cider vinegar, golden flaxseed flour, sesame, barley malt flour, salt, yeast, wholemeal rye flour.

Nutritional Information per 100 g		per portion 2 slices (approx. 65 g)	* RI per portion
Energy	1040 kJ (249 kcal)	676 kJ (162 kcal)	8%*
Fat of which saturated fat	9,2 g 1,3 g	6,0 g 0,8 g	9 %* 4 %*
Carbohydrates of which sugars	15,1 g 4,7 g	9,8 g 3,1 g	4 %* 3 %*
Fibre	13,4 g	8,7 g	-
Protein	19,6 g	12,7 g	25 %*
Salt	1,0 g	0,65 g	11 %*

 $[^]st$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	8	88	120 x 80 x 191 cm	300 days







WESTPHALIAN SPECIALITIES

04





WESTPHALIAN SPECIALITIES

Our Westphalian specialities are true evergreens: because, with their traditional and original recipes, the breads are rich in fibre and ideal for contemporary and vegan diets. With their favourable nutrient balance, Westphalian Pumpernickel and Westphalian Wholemeal Bread carry the Nutri-Score A and are suited for frequent daily consumption.

And with a view to the future, Westphalian specialities are also the right choice for those wishing to enjoy healthy food and provide a sustainable contribution. This is because the plant-based recipes are ideal for a climate-conscious diet.

Westphalian Pumpernickel

The "black gold of Westphalia..."

Regional bread specialities. Whole rye flour, a dark colour and an unmistakable taste that has stayed the same for centuries. The recipe for our very traditional Westphalian Pumpernickel was developed with love by our company founder Wilhelm Mestemacher in his Gütersloh bakery, then delivered all over the world from there. Today, our traditional product continues to impress fans of German bread culture. Bread delicacy with a delicately sweet taste. Traditional pumpernickel is a cornerstone of the German bread culture. Our Westphalian Pumpernickel has an extremely gentle baking time, and this is reflected in its full-bodied aroma.

Available in 250 g \oplus and 500 g \oplus versions.

Westphalian Wholemeal Rye Bread

Not only does the wholemeal rye bread impress with its long history; it also has a tried-and-tested and natural recipe. Only four ingredients provide the recipe for the unmistakable character of our wholemeal bread, which has been a favourite across national borders and cultures for decades. The classic, crust-free wholemeal bread from Westphalia has stood for baking tradition since 1871.

WESTPHALIAN PUMPERNICKEL - 500 g



Art.-No. 1

EAN-Code piece: 4 000446 001018 EAN-Code carton: 4000 4460 50016









Features:

Regional bread speciality

- Bread delicacy whose fine and slightly sweet taste is created by a long and gentle baking time of up to 20 hours
 - Contains fat solely from plant-based sources
 - Approximately 9 slices

- Net weight 500 g e

Ingredients:

Contains no animal products. No preservatives.

Crushed whole rye grains (60%), water, sugar beet syrup, malt extract (barley), salt, yeast.

May contain traces of sesame, milk and tree nuts.

Nutritional Information per 100 g					
Energy	745 kJ (177 kcal)				
Fat of which saturated fat	1,1 g 0,3 g				
Carbohydrates of which sugars	32,6 g 6,0 g				
Fibre	9,6 g				
Protein	4,4 g				
Salt	0,67 g				

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	15	105	127 x 80 x 151 cm	360 days



WESTPHALIAN PUMPERNICKEL - 250 g



Art.-No. 2

EAN-Code piece: 4 000446 001025 EAN-Code carton: 4000 4460 20026









Features:

Regional bread speciality

- Bread delicacy whose fine and slightly sweet taste is created by a long and gentle baking time of up to 20 hours
- Approximately 6 slices Net weight 250 g €

Ingredients:

Contains no animal products. No preservatives.

Crushed whole rye grains (60%), water, sugar beet syrup, **malt extract** (barley), salt, yeast.

May contain traces of sesame, milk and tree nuts.

Nutritional Information per 100 g					
Energy	745 kJ (177 kcal)				
Fat of which saturated fat	1,1 g 0,3 g				
Carbohydrates of which sugars	32,6 g 6,0 g				
Fibre	9,6 g				
Protein	4,4 g				
Salt	0,67 g				

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
11	19	190	120 x 80 x 105 cm	360 days



GOURMET PUMPERNICKEL/ROLLS - 250 g

Art.-No. 21

EAN-Code piece: 4 000446 001216 EAN-Code carton: 4000 4460 30216









Features: Regional bread speciality

- Bread delicacy for topping whose fine and slightly sweet taste is created by a long and gentle baking time of up to 20 hours
- Approximately 28 slices
- Net weight 250 g €

Ingredients:

Contains no animal products. No preservatives.

Whole rye meal, water, malt barley extract, sugar beet syrup, salt, yeast.

May contain traces of sesame, soy and tree nuts.

Nutritional Information per 100 g		per portion 1 slice (approx. 9 g)	*RI per portion
Energy	881 kJ (209 kcal)	79 kJ (19 kcal)	1%*
Fat of which saturated fat	2,4 g 0,3 g	0,2 g 0,03 g	<1%* <1%*
Carbohydrates of which sugars	36,4 g 6,4 g	3,3 g 0,6 g	1 %* < 1 %*
Fibre	10,2 g	0,9 g	-
Protein	5,4 g	0,5 g	1%*
Salt	1,2 g	0,11 g	2%*

 $^{^*}$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	30	150	120 x 80 x 100 cm	360 days



GOURMET WHOLEMEAL CLASSIC/ROLLS - 250 g

Art.-No. 9

EAN-Code piece: 4 000446 001094 EAN-Code carton: 4000 4460 30094





Features: Regional bread speciality

- Bread delicacy for topping made of gently baked, freshly-ground wholemeal rye
- Contains fat solely from plant-based sources
- Approximately 28 slices
- Net weight 250 g €

Ingredients:

Contains no animal products. No preservatives.

Whole rye meal, water, salt, yeast.

May contain traces of sesame, soy and tree nuts.

Nutritional Information per 100 g		per portion 1 slice (ca. 9 g)	* RI per portion
Energy	875 kJ (208 kcal)	79 kJ (19 kcal)	1%*
Fat of which saturated fat	1,6 g 0,4 g	0,1 g 0,04 g	<1%* <1%*
Carbohydrates of which sugars	38,0 g 3,7 g	3,4 g 0,3 g	1 %* < 1 %*
Fibre	10,5 g	0,9 g	-
Protein	5,1 g	0,5 g	1%*
Salt	1,3 g	0,12 g	2%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	30	150	120 x 80 x 100 cm	360 days







PURE NATURAL

05





PURE NATURAL

Mestemacher's "Pure Natural" bread revolution is 100 per cent flour- and yeast-free. What remains is a healthy, pure flavour. Our Pure Natural contains high-quality, selected ingredients such as oilseeds, which provide essential omega-3 fats. The breads benefit from the full power of whole grains and are perfectly suited for a high-fibre and vegan diet.

The breads contain no preservatives, have a long shelf life thanks to natural pasteurisation, making them easy to store. They are the revolutionaries in 150 years of baking tradition in top quality and, with their plant-based recipe, are ideal for a modern-day, climate-conscious diet. According to a survey by Focus Money, their modern brand image makes them one of the "customer favourites 2023".

Great news for anyone who simply can't get enough of them: Thanks to their good nutritional balance, the breads are suitable for frequent daily consumption and also taste particularly good when crisply toasted.

Pure Natural

Oat bread with 28 per cent selected oilseeds and omega-3 fatty acids contains no flour, yeast or added sugar. It is also a valuable source of protein and is recommended by the German Diabetes Aid organisation.

Pure Natural Pumpkin

This oat bread is flour- and yeast-free. It gets its characteristic flavour from juicy diced pumpkin and crunchy pumpkin seeds. When stored unopened, the bread can be kept for up to 20 weeks and is also recommended by the German Diabetes Aid organisation.

Pure Natural Carrot

This oat bread needs no flour, yeast or added sugar: The carrots turn it into a feast for the eyes and the palate. It also tastes particularly good as a snack, for example with cucumber, tomato or cream cheese. And it is recommended by the German Diabetes Aid organisation.

Organic Pure Natural Toast Rolls

Freshly-toasted and very popular – Mestemacher's new »Organic Pure Natural Toast Rolls». They are the latest addition to the "Pure Natural" product family, which has revolutionised the bread shelf by using no flour or yeast. With the roasted flavours of the oilseeds, «Organic Pure Natural Toast Rolls» develop a wonderful aroma as soon as they are toasted.

Pure Natural is also recommended by the German Diabetes Association:

COOPERATION BETWEEN MESTEMACHER GMBH AND DEUTSCHE DIABETES-HILFE E.V.



"Also recommended by diabetes DE - Deutsche Diabetes-Hilfe"

A healthy and balanced diet is not only important for the general population, but also and especially for people with diabetes. Plant-based foods, lots of fibre, valuable vegetable protein and low amounts of sugar, salt and fat are beneficial. Mestemacher's wholemeal breads meet these criteria, making them ideal for people with and without diabetes. This is now made clear by the recommendation button which is now displayed on selected breads from Mestemacher, including "PURE NATURAL", "PURE NATURAL CARROT", "PURE NATURAL PUMPKIN" and "Fitness Bread", and gives consumers guidance.

More information is available on the page: www.diabetesde.org

PURE NATURAL CLASSIC - 300 g



EAN-Code piece: 4 000446 011628 EAN-Code carton: 4000 4460 21627











Oat bread with 28 % selected oil seeds with valuable Omega-3 fatty acids

- Valuable source of protein and Omega-3 fatty acids5 slices each approx. 60 g
- Net weight 300 g e

Ingredients:

Contains no flour. Contains no yeast. Contains no animal products. No preservatives.

Oat kernels (30%), water, oilseeds (28%) (linseeds, sunflower seeds, pumpkin seeds), apple cider vinegar, psyllium seed husks, oat flakes (2%), salt. May contain traces of soy, sesame and tree nuts.

Contains 2,5 g of Omega-3 fatty acids per 100 g / corresponds to approx. 2 slices.

Nutritional Information per 100 g		per portion 1 slice (ca. 60 g)	* RI per portion
Energy	1035 kJ (249 kcal)	621 kJ (149 kcal)	7%*
Fat of which saturated fat	12,7 g 1,9 g	7,6 g 1,1 g	11 %* 6 %*
Carbohydrates of which sugars	17,4 g 0,8 g	10,4 g 0,5 g	4 %* 1 %*
Fibre	11,0 g	6,6 g	_
Protein	10,6 g	6,4 g	13%*
Salt	1,0 g	0,60 g	10 %*

RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
9	16	160	120 x 80 x 120 cm	360 days



PURE NATURAL CARROT- 300 g



Art.-No. 140

EAN-Code piece: 4 000446 011406 EAN-Code carton: 4000 4460 21405









Features:

Oat bread with 5 % carrots

- Valuable source of protein and Omega-3 fatty acids5 slices each approx. 60 g
- Net weight 300 g e

Ingredients:

Contains no flour. Contains no yeast. Contains no animal products. No preservatives.

Water, oat kernels (27%), sunflower seeds, linseeds, carrots (5%), apple cider vinegar, pumpkin seeds, psyllium seed husks, oat flakes (2%), salt.

May contain traces of soy, sesame and tree nuts.

Contains 1,6 g of Omega-3 fatty acids per 100 g / corresponds to approx. 2 slices

Nutritional Information per 100 g		per portion 1 slice (ca. 60 g)	* RI per portion
Energy	1128 kJ (271 kcal)	677 kJ (163 kcal)	8%*
Fat of which saturated fat	14,6 g 2,2 g	8,8 g 1,3 g	13%* 7%*
Carbohydrates of which sugars	21,4 g 2,7 g	12,8 g 1,6 g	5 %* 2 %*
Fibre	9,6 g	5,8 g	-
Protein	8,6 g	5,2 g	10%*
Salt	1,1 g	0,66 g	11%*

RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
9	16	160	120 x 80 x 120 cm	360 days



PURE NATURAL PUMPKIN - 300 g



Art.-No. 178

EAN-Code piece: 4 000446 011789 EAN-Code carton: 4000 4460 21788









Features:

Oat bread with juicy diced pumpkin and crispy pumpkin seeds

- Valuable source of protein and Omega-3 fatty acids
- 5 slices each approx. 60 g
- Net weight 300 g €

Ingredients:

Contains no flour. Contains no yeast. Contains no animal products. No preservatives.

Water, **oat kernels** (26%), sunflower seeds, linseeds, pumpkin cubes (4,9%), pumpkin seeds (4,6%), apple cider vinegar, **oat flakes** (2%), psyllium seed husks, salt, pepper, orange peel, sugar, orange oil.

May contain traces of soy, sesame and tree nuts.

Contains 1,9 g of Omega-3 fatty acids per 100 g $\!\!/$ corresponds to 2 slices

Nutritional Information per 100 g		per portion 1 slice (ca. 60 g)	* RI per portion
Energy	1109 kJ (266 kcal)	665 kJ (160 kcal)	8%*
Fat of which saturated fat	14,1 g 2,0 g	8,5 g 1,2 g	12%* 6%*
Carbohydrates of which sugars	19,6 g 3,2 g	11,8 g 1,9 g	5 %* 2 %*
Fibre	9,9 g	5,9 g	-
Protein	10,3 g	6,2 g	12%*
Salt	0,94 g	0,54 g	9 %*

 $^{^*}$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
9	16	160	120 x 80 x 120 cm	360 days



PURE NATURAL TOAST ROLLS - 350 g

Art.-No. 478

EAN-Code piece: 4 000446 064785



Features:

Oat toast roll with 23 % oilseeds

- Valuable source of protein and Omega-3 fatty acids
- 4 rolls
- Net weight 350 g \odot

Ingredients

Contains no flour. Contains no yeast. Contains no animal products. No preservatives.

Water, oat kernels, oilseeds (23%) (linseeds, sunflower seeds, pumpkin seeds), oat flakes, apple cider vinegar, pea meal, psyllium seed husks, salt.

May contain traces of soy and sesame.

Nutritional Information per 100 g		per portion 1 roll (ca. 88 g)	* RI per portion
Energy	1306 kJ (313 kcal)	1149 kJ (275 kcal)	14%*
Fat of which saturated fat	16,7 g 2,5 g	14,7 g 2,2 g	21 %* 11 %*
Carbohydrates of which sugars	23,8 g 0,8 g	20,9 g 0,7 g	8 %* 1 %*
Fibre	8,5 g	7,5 g	-
Protein	12,6 g	11,1 g	22 %*
Salt	0,90 g	0,79 g	13%*
Omega-3 fatty acids	2,3 g	2,0 g	-

 $[^]st$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
8	8	128	120 x 80 x 195 cm	300 days







CANNED BREAD AND BREAD BASKET

06





CANNED BREAD AND BREAD BASKET

The light-protecting storage tin for all bread lovers not only protects its valuable contents, but their taste as well.

The tins are resealable and keep the bread from drying out.

That also makes them ideal for travel or camping.

Our bread baskets, with individually packaged wholemeal breads, contain five varieties of bread and are an excellent choice for single households or on the go.

Westphalian Pumpernickel Bread Tin

Bread delicacy made of 100 % whole grain rye whose fine and slightly sweet taste is created by a longand gentle baking time of up to 20 hours. approx. 13 slices/ 500 g

Westphalian Wholemeal Bread Tin

Bread delicacy with whole grain rye from 100 % whole grain, gentle baking, approx. 13 slices/ 500 g

Special edition "My Chauffeur"

The retro style of the "My Chauffeur" designer bread tins is perfect for collectors, and the illustrated designs on the tins are truly eye-catching. The tins contain approx. 13 slices / 500 g of sliced Westphalian Pumpernickel

Westphalian Wholemeal Sunflower Seed Bread Tin

Bread delicacy fresh from 100 % whole grain rye, baked gently with sunflower seeds, approx. 13 slices/ 500 g

Premium German Bread Basket

Delicate, individually-packaged wholemeal breads for a delicious treat and a diet rich in fibre. Easy tostore! Perfect for professionals who don't have much time for shopping.

The Premium Wholemeal Bread Basket contains 10 portion packages of 50 g each

- 2 x Fitness Bread
- 2 x Pumpernickel
- 2 x Linseed Bread
- 2 x Wholemeal Bread
- 2 x Sunflower Seed Bread

For a high-fibre diet.

WESTPHALIAN PUMPERNICKEL - 500 g



Art.-No. 12

EAN-Code piece: 4 000446 001124 EAN-Code carton: 4000 4460 20125





Features: 100 % whole grain

- Bread delicacy whose fine and slightly sweet taste is created by a long and gentle baking time of up to 20 hours
 - Approximately 13 slices
 - Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.

Whole rye meal, water, sugar beet syrup, salt, malt extract (barley), yeast. May contain traces of sesame, milk and tree nuts.

Nutritional Information per 100 g		per portion 1 slice (ca. 38 g)	* RI per portion / 1 slice
Energy	836 kJ (199 kcal)	318 kJ (76 kcal)	4%*
Fat of which saturated fat	1,4 g 0,3 g	0,5 g 0,1 g	<1 %* <1 %*
Carbohydrates of which sugars	35,6 g 8,1 g	13,5 g 3,1 g	5 %* 3 %*
Fibre	11,5 g	4,4 g	-
Protein	5,2 g	2,0 g	4%*
Salt	1,2 g	0,5 g	8%*

RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	60	120 x 80 x 142 cm	720 days



WESTPHALIAN WHOLEMEAL RYE BREAD - 500 g

Art.-No. 14

EAN-Code piece: 4 000446 001148 EAN-Code carton: 4000 4460 20149









Features: 100 % whole grain

- Bread delicacy made of freshly milled wholegrain rye, baked gently
- Approximately 13 slices Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.

Whole rye meal, water, salt, yeast.

May contain traces of sesame, milk and tree nuts.

Nutritional Information per 100 g	per portion 1 slice (ca. 38 g)	* RI per portion / 1 slice	
Energy	759 kJ (180 kcal)	288 kJ (68 kcal)	3%*
Fat of which saturated fat	1,2 g 0,2 g	0,5 g 0,1 g	<1 %* <1 %*
Carbohydrates of which sugarsr	32,3 g 3,2 g	12,3 g 1,2 g	5 %* 1 %*
Fibre	9,6 g	3,6 g	-
Protein	5,2 g	2,0 g	4%*
Salt	1,1 g	0,4 g	7 %*

FII: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	60	120 x 80 x 142 cm	720 days



SUNFLOWER SEED BREAD - 500 g

Art.-No. 16

EAN-Code piece: 4 000446 001162 EAN-Code carton: 4000 4460 20163









Features: 100 % whole grain

- Bread delicacy made of freshly milled wholegrain rye with sunflower seeds – baked gently - Approximately 13 slices - Net weight 500 g €

Ingredients:

Contains no animal products. No preservatives.

Whole rye meal, water, sunflower seeds (7%), salt, yeast. May contain traces of sesame, milk and tree nuts.

Nutritional Information per 100 g		per portion 1 slice (ca. 38 g)	* RI per portion / 1 slice
Energy	815 kJ (194 kcal)	310 kJ (74 kcal)	4%*
Fat of which saturated fat	3,9 g 0,5 g	1,5 g 0,2 g	2 %* 1 %*
Carbohydrates of which sugars	29,4 g 2,7 g	11,2 g 1,0 g	4 %* 1 %*
Fibre	9,2 g	3,5 g	-
Protein	5,7 g	2,2 g	4%*
Salt	1,1 g	0,4 g	7 %*

RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	60	120 x 80 x 142 cm	450 days



PREMIUM GERMAN BREAD BASKET - 500 g

Art.-No. 31

EAN-Code piece: 4 000446 001315 EAN-Code carton: 4000 4460 20316



Features:

5 Varieties — 10 Portions

5 varieties – 10 portions: 2x Fitness Bread, 2x Pumpernickel,
 2x Linseed Bread, 2x Wholemeal Rye Bread,
 2x Sunflower Seed Bread

- Net weight 500 g

Ingredients:

Contains no animal products. No preservatives.

Fitness Bread - Wholemeal bread with rye, oats and wheat germs: Wholemeal rye meal (51%), water, whole oat meal (3%), sunflower seeds (2,5%), wheat germ (1,5%), salt.

Pumpernickel: Whole rye meal (60 %), water, sugar beet syrup, **malt extract (barley)**, salt, yeast.

Linseed Bread - Whole grain rye bread with linseeds: **Whole** rye meal (56%), water, linseeds (5%), salt.

Wholemeal Rye Bread: Whole rye meal (59%), water, salt.

Sunflower Seed Bread - Whole grain rye bread with sunflower seeds: **Whole rye meal** (56%), water, sunflower seeds (5%), salt.

May contain traces of sesame, milk and tree nuts.

Nutritional Information per 100 g	Fitness Bread	Pumpernickel	Linseed Bread	Whole Rye Bread	Sunflower Seed Bread
Energy	861 kJ (205 kcal)	745 kJ (177 kcal)	819 kJ (195 kcal)	769 kJ (183 kcal)	815 kJ (194 kcal)
Fat of which saturated fat	2,8 g 0,4 g	1,1 g 0,3 g	3,7 g 0,8 g	1,4 g 0,7 g	3,9 g 0,5 g
Carbohydrates of which sugars	34,3 g 3,1 g	32,6 g 6,0 g	30,6 g 1,4 g	32,9 g 3,5 g	29,4 g 2,7 g
Protein	9,5 g	9,6 g	8,9 g	9,6 g	9,2 g
Protein	5,7 g	4,4 g	5,2 g	4,7 g	5,7 g
Salt	1,1 g	0,67 g	0,86 g	0,76 g	1,1 g

 $^{^*}$ RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	9	72	120 x 80 x 165 cm	360 days



Art.-No. 35 (48 g)

Art.-No. 36 (72 g)









Features: Ideal for HORECA channel

- Bread delicacy made of freshly milled wholegrain rye

Ingredients:

Contains no animal products. No preservatives.

Water, wholemeal wheat flour, wheat protein (16%), flaxseed, sunflower seeds, pea meal (4%), pea flour (3%), rye bran, apple cider vinegar, golden linseed, dried whole grain rye sourdough, salt, barley malt flour, yeast. May contain traces of soy, sesame and tree nuts.

Nutritional Information per 100 g				
Energy	966 kJ (231 kcal)			
Fat of which saturated fat	8,6 g 1,2 g			
Carbohydrates of which sugars	12,6 g 1,6 g			
Fibre	9,2 g			
Protein	21,1 g			
Salt	0,97 g			

Art-No.	Desciption	Weight	Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
35	Protein Bread, 2 slices	48 g	144	10	60	120 x 80 x 138 cm	360 days
36	Protein Bread, 3 slices	72 g	100	10	50	120 x 80 x 123 cm	360 days







WRAPS AND ORGANIC WRAPS

07





WRAPS AND ORGANIC WRAPS

Already "wrapped" anything today? Whether served warm, with roasted meat or a vegetable filling, or in the "cool" version with salad or fruit – our wraps in both conventional and organic quality are true combination talents and are ideal for quick meals.

As finger food, for example: briefly heated, the desired filling is rolled into the par-baked wheat flatbread, and is ready to serve in next to no time at all.

Simply delicious – and also great as a snack on the go.

As plant-based breads, the wraps are also suitable for vegan and climate-conscious diets. According to a Focus Money survey, their modern brand image makes them the "Customer Favourite 2023", and they rightly play a creative role in many households.

California Wraps Wheat

It's easy! Wrap & Roll! The parbaked wheat flatbreads, each measuring 20 centimetres in diameter, are very easy to fill; 270 g, 6 thin flatbreads.

California Wraps Wheat XL

The pre-baked wheat flatbreads, with a diameter of 25 centimetres, are perfect for "extra-large" enjoyment. This makes filling and rolling even easier; 280 g, 4 XL tortilla wraps.

Italian Organic Wraps Wheat

Mild and thin wheat flour flat breads, made from finest organic wheat flour, for filling and wrapping. Extra virgin olive oil (5%) gives the wraps a truly special, delicious taste. Thanks to high-quality organically-sourced ingredients, this Mestemacher product is a treat for all fans of organic food and people who love wraps. Naturally without preservatives, as is required by the EU organic regulation. The pack contains 3 pieces / 225 g.

Italian Organic Wraps Spelt

The delicious thin spelt flour flatbreads, with high-quality extra virgin olive oil (5%), are perfect for filling and wrapping. Valuable EU-sourced organic spelt flour gives our wraps a truly special taste. The pack contains 3 pieces / 225 g.

ITALIAN ORGANIC WRAPS WHEAT - 225 g

Art.-No. 547

EAN-Code piece: 4 000446 015473 EAN-Code carton: 4000 4460 25472















Features: Italian Organic Wraps

- Wheat flour flat bread with extra virgin olive oil
- 3 portions of approx. 75 g each
- Net weight 225 g

Ingredients:

Contains no animal products. No preservatives. ***

Wheat flour**, water, extra virgin olive oil** (5 %), sunflower seed oil**, sea salt, natural rosemary flavour. May contain traces of soya and mustard.

**from organic agriculture

***According to the law

Nutritional Information per 100 g		per portion 1 wrap (ca. 75 g)	* RI per portion
Energy	1236 kJ (293 kcal)	977 kJ (220 kcal)	11%*
Fat of which saturated fat	7,3 g 0,9 g	5,5 g 0,7 g	8 %* 4 %*
Carbohydrates of which sugars	47,7 g 1,5 g	35,8 g 1,1 g	14%* 1%*
Fibre	3,3 g	2,5 g	_
Protein	7,7 g	5,8 g	12%*
Salt	1,2 g	0,90 g	15%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	120	120 x 80 x 185 cm	90 days



ITALIAN ORGANIC WRAPS SPELT - 225 g

Art.-No. 549

EAN-Code piece: 4 000446 015497 EAN-Code carton: 4000 4460 25496















Featur	es:
La.l.	0

Italian Organic Spelt Wraps

- Spelt flour wraps with extra virgin olive oil
- 3 portions of approx. 72 g each
- Net weight 225 g

Ingredients:

Contains no animal products. No preservatives. ***

Spelt flour**+1, Water, extra virgin olive oil** (5%), sunflower oil**, sea salt, natural rosemary flavour.

May contain traces of soya and mustard.

**from organic agriculture

1 with spelt flour from the EU

+ spelt is a type of wheat

***According to the law

Nutritional Information per 100 g	per portion 1 wrap (ca.75g)	*RI per portion	
Energy	1280 kJ (304 kcal)	960 kJ (228 kcal)	11%*
Fat of which saturated fat	8,6 g 1,1 g	6,5 g 0,8 g	9 %* 4 %*
Carbohydrates of which sugars	45,7 g 1,0 g	34,3 g 0,8 g	13 %* <1 %*
Fibre	3,1 g	2,3 g	-
Protein	9,5 g	7,1 g	14%*
Salt	1,1 g	0,83 g	14%*

RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	120	120 x 80 x 185 cm	90 days



CALIFORNIA WRAPS WHEAT - 270 g

Art.-No. 66

EAN-Code piece: 4 000446 016609 EAN-Code carton: 4000 4460 26608









Features: Wheat Wraps

- 6 thin flat breads of approx. 45 g each for filling and wrapping
- Net weight 270 g €

Ingredients:

Contains no animal products.

Enriched wheat flour (wheat flour, calcium carbonate, iron, niacin (vitamin B3), thiamine (vitamin B1)), water, rapeseed oil, stabilizers (glycerine carbomethylcellulose), acidifiers (citric acid, apple wine vinegar), emulsifier (mono and diglycerides from fatty acids), raising agents (sodium carbonate), salt, wheat gluten, preservatives. (potassium sorbate, calcium propionate), natural aroma.

	Nutritional Information per 100 g	per portion 1 wrap (ca. 45 g)	* RI per portion	
	Energy	1389 kJ (333 kcal)	625 kJ (150 kcal)	8%*
	Fat of which saturated fat	8,3 g 1,7 g	3,7 g 0,8 g	5 %* 4 %*
	Carbohydrates of which sugars	54,2 g 1,0 g	24,4 g 0,5 g	9 %* <1 %*
ĺ	Fibre	2,3 g	1,0 g	-
	Protein	8,5 g	3,8 g	8 %*
	Salt	1,0 g	0,5 g	8%*

 $^{^{}st}$ R1: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	7	112	120 x 80 x 175 cm	150 days



CALIFORNIA WRAPS WHEAT XL - 280 g

Art.-No. 663

EAN-Code piece: 4 000446 016630 EAN-Code carton: 4000 4460 26639









Features: What Wraps XL

- 4 XL tortilla wraps of approx. 70 g each for filling and wrapping Net weight 280 g $\ensuremath{\ominus}$
- Ingredient:

Contains no animal products.

Enriched **wheat flour** (**wheat flour**, calcium carbonate, iron, niacin (vitamin B3), thiamine (vitamin B1)), water, rapeseed oil, stabilizers (glycerine carbomethylcellulose), acidifiers (citric acid, malic acid), emulsifier (mono and diglycerides from fatty acids), raising agents (sodium carbonate), salt, **wheat gluten**, preservatives (potassium sorbate, calcium propionate), natural aroma.

Nutritional Information per 100 g	per portion 1 wrap (ca.70g)	*RI per portion	
Energy	1389 kJ (333 kcal)	972 kJ (233 kcal)	12%*
Fat of which saturated fat	8,3 g 1,7 g	5,8 g 1,2 g	6 %* 6 %*
Carbohydrates of which sugars	54,2 g 1,0 g	37,9 g 0,7 g	15 %* <1 %*
Fibre	2,3 g	1,6 g	-
Protein	8,5 g	6,0 g	12%*
Salt	1,0 g	0,7 g	12%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	12	132	120 x 80 x 197 cm	150 days







WHEAT POCKET BREAD

80





WHEAT POCKET BREAD

Thanks to the internet, the world is constantly growing closer together - also in terms of taste. We offer top quality Mediterranean wheat specialities, such as pita and kebab breads. Our wheat pockets can be served with different fillings or toppings.

Like many other breads from Mestemacher, they are great for a climate-aware consumers thanks to their plant-based recipe. Plant-based breads from Mestemacher are ideal for a climate-friendly diet.

Pita Wheat

Regardless of enjoyed sweet or savoury – the light and fluffy bread pockets can be filled to your heart's content! Pita Wheat contains no preservatives, has a favourable Nutri-Score B nutritional balance and is suitable for daily consumption.

PITA WHEAT - 400 g

Art.-No. 645

EAN-Code piece: 4 000446 016456 EAN-Code carton: 4000 4460 26455







prebaked Wheat bread pockets	
- prebaked 6 wheat bread pockets for filling - Net weight 400 g ⊖	
Ingredients: Contains no animal products. No preservatives.	

Information per 100 g				
Energy	1028 kJ (243 kcal)			
Fat of which saturated fat	1,0 g 0,2 g			
Carbohydrates of which sugars	49,0 g 1,9 g			
Fibre	3,0 g			
Protein	8,4 g			
Salt	1,0 g			

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
12	5	60	120 x 80 x 190,2 cm	90 days



Features:

Wheat flour, water, yeast, salt, glucose.





FLATBREAD

09





FLATBREAD

LA PINSA

The wheat bread specialities from La Pinsa stand for typical Italian enjoyment. The ready-to-bake breads contain virgin olive oil, giving them their characteristic flavour. They are hand-formed, par-baked in a stone oven and can be heated quickly and easily in the oven in the compostable oven tray. The breads contain no preservatives and are highly digestible, thanks to the sourdough used.

La Pinsa Wheat

This delicious wheat bread speciality takes just five minutes to bake and can be topped to your heart's content – for real Italian enjoyment.

La Pinsa Wholemeal Wheat

Bella Italia: The delicious wholemeal wheat bread specialities stand for grainy enjoyment and the truly unique taste of the south.

GREEK FLATBREADS

The popular Greek flatbread is soft and fluffy and is baked in a traditional oven over an open flame. It is ideal as a side dish for Greek dishes, as a pizza base or as a sandwich. It can also be used instead of bread. Cut into strips or cut up and served with dips or sauces, it goes perfectly with salad or soup.

Greek Flatbreads Classic

The par-baked wheat flatbread originates from Greece, providing an authentic flavour experience. It is baked with wheat sourdough and is also suitable for freezing. The newcomer 2024 that you have to try.

Greek Flatbreads Corn

Corn flour gives this par-baked wheat flatbread a particularly savoury flavour. The bread originates from Greece, is baked with wheat sourdough and easy to freeze. New to the range, this Mestemacher bread stands for an innovative flavour experience.

LA PINSA WHEAT - 230 g

Art.-No. 534

EAN-Code piece: 4 000446 015343 EAN-Code carton: 4000 4460 25342









Features:

Speciality wheat bread with extra virgin olive oil

- Speciality wheat bread with extra virgin olive oil for baking in a practical, compostable oven dish. Hand-shaped and pre-baked in a stone oven!
- Net weight 230 g €

Ingredients:

Contains no animal products. No preservatives.

Wheat flour (47 %), water, semolina, sourdough (4.2 %) (water, wheat flour), extra virgin olive oil (3.5 %), salt, yeast, malted barley flour.

May contain traces of soya and mustard.

Treated with ethyl alcohol.

Nutritional Information per 100 g				
Energy 1112 kJ (263 kcal)				
Fat of which saturated fat	4,8 g 0,9 g			
Carbohydrates of which sugars	44,0 g 3,1 g			
Ballaststoffe	3,3 g			
Protein	9,4 g			
Salt	1,8 g			

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
10	6	60	120 x 80 x 200 cm	45 days



LA PINSA WHOLEMEAL WHEAT - 230 g

Art.-No. 533

EAN-Code piece: 4 000446 015336 EAN-Code carton: 4000 4460 25335





Features:

Speciality wheat bread with extra virgin olive oil

- Speciality wholemeal wheat bread with extra virgin olive oil for baking in a practical, compostable oven dish. Hand-shaped and pre-baked in a stone oven!
- Net weight 230 g €

Ingredients:

Contains no animal products. No preservatives.

Wholemeal wheat flour (49 %), water, extra virgin olive oil (3.2 %), salt, sourdough (1.6 %) (water, wheat flour), yeast, malted barley flour. May contain traces of soya and mustard. Treated with ethyl alcohol.

Nutritional Information per 100 g				
Energy	1092 kJ (259 kcal)			
Fat of which saturated fat	4,3 g 0,7 g			
Carbohydrates of which sugars	42,3 g 3,8 g			
Fibre	5,2 g			
Protein	10,1 g			
Salt	1,3 g			

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
10	6	60	120 x 80 x 200 cm	45 days



GREEK FLATBREADS CLASSIC - 270 g

Art.-No. 635

EAN-Code piece: 4 000446 016357 EAN-Code carton: 4000 4460 26356









Features: Wheat flat breads

- Ready to bake
- Also suitable for freezing
- Ideal with strips of meat, lettuce, onions and your choice of sauce Also delicious as a side with salads
- Net weight 270 g \odot

Ingredients:

Contains no animal products.

Wheat flour, water, wheat sourdough (3 %)(water, wheat flour, sourdough culture, yeast), yeast, sugar, rapeseed oil, salt, wine vinegar, preservatives (calcium propionate, sorbic acid). May contain traces of soya, milk, egg, sesame, peanuts and tree nuts.

Nutritional Information per 100 g		per portion 1 piece (ca. 90 g)	* RI per portion
Energy	1151 kJ (272 kcal)	1036 kJ (245 kcal)	12 %*
Fat of which saturated fat	2,4 g 0,4 g	2,2 g 0,36 g	3 %* 2 %*
Carbohydrates of which sugars	53,1 g 7,1 g	47,8 g 6,4 g	18 %* 7 %*
Fibre	1,8 g	1,6 g	-
Protein	8,5 g	7,7 g	15%*
Salt	1,1 g	1,0 g	17%*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
8	12	108	120 x 80 x 191 cm	70 days



GREEK FLATBREADS MAIZE - 270 g

Art.-No. 632

EAN-Code piece: 4 000446 016326 EAN-Code carton: 4000 4460 26325









Features: Wheat flat breads

- Ready to bake
- Also suitable for freezing
- Ideal with strips of meat, lettuce, onions and your choice of sauce
- Also delicious as a side with salads
- Net weight 270 g €

Ingredients:

Contains no animal products.

Wheat flour, water, maize flour (10%), wheat sourdough (3%) (water, wheat flour, sourdough culture, yeast), yeast, sugar, wine vinegar, rapeseed oil, salt, preservatives (calcium propionate, sorbic acid), coloring food turmeric. May contain traces of soya, milk, egg, sesame, peanuts and tree nuts.

Nutritional Information per 100 g		per portion 1 piece (ca. 90 g)	* RI per portion
Energy	1122 kJ (265 kcal)	1010 kJ (239 kcal)	12 %*
Fat of which saturated fat	1,1 g 0,6 g	1,0 g 0,54 g	1 %* 3 %*
Carbohydrates of which sugars	53,7 g 6,0 g	48,3 g 5,4 g	19 %* 6 %*
Fibre	2,1 g	1,9 g	-
Protein	8,9 g	8,0 g	16%*
Salt	1,1 g	1,0 g	17 %*

^{*} RI: Reference intake for an average adult based on (8400 kJ/2000 kcal).

Content Carton	Cartons per layer	Cartons per pallet	Pallet size	Shelf life from production
8	12	108	120 x 80 x 191 cm	70 days







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