



PRODUCT CATALOGUE

OUR PHILOSOPHY

*« Traditional bread culture
and future-oriented corporate
thinking line with sense of
responsibility for the preservation
of our livelihoods – this is what
the Mestemacher family
bakery group stands for.»*



Mrs Prof Dr Ulrike Detmers
Chairwoman and Spokeswoman
of the Management Board
Mestemacher Management GmbH

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 suitable for 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 climate protection. 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

TABLE OF CONTENTS

Everyone can do something for their health: through balanced nutrition, regular exercise and targeted relaxation.

**Flour
Water
Salt**

...

BREAD

----- Page 08 – 65

WHOLEMEAL BREAD

01 ----- Page 08

ORGANIC WHOLEMEAL BREAD

02 ----- Page 20

PROTEIN BREAD

03 ----- Page 31

WESTPHALIAN SPECIALITIES

04 ----- Page 43

PURE NATURAL

05 ----- Page 50

CANNED BREAD AND BREAD BASKET

06 ----- Page 57

India
Greece
Italy

...

INTERNATIONAL SPECIALITIES

----- Page 65–80

WRAPS AND ORGANIC WRAPS

07 ----- Page 65

WHEAT POCKET BREAD

08 ----- Page 72

FLATBREAD

09 ----- Page 76



WHOLEMEAL BREAD

01

„To promote general health, the health of the cardiovascular system in particular, and to avoid high blood pressure and diabetes, nutritional scientists recommend regularly eating at 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 Lindhauer
Mestemacher 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 concious 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



Art.-No. 78

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 crispy 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		per portion 1 slice (approx. 72 g)	* RI per portion
Energy	793 kJ (188 kcal)	571 kJ (135 kcal)	7 %*
Fat	1,8 g	1,3 g	2 %*
of which saturated fat	0,4 g	0,3 g	2 %*
Carbohydrate	32,6 g	23,5 g	9 %*
of which sugars	2,1 g	1,5 g	2 %*
Fibre	9,1 g	6,6 g	—
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 content
- 7 slices each approx. 72 g
- Net weight 500 g e

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	1,3 g	0,9 g
of which saturated fat	0,2 g	0,1 g
Carbohydrate	32,8 g	23,6 g
of which sugars	3,5 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 e

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	1,3 g	0,9 g	1 % *
of which saturated fat	0,4 g	0,3 g	2 % *
Carbohydrate	35,3 g	25,4 g	10 % *
of which sugars	2,2 g	1,6 g	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 content
- 7 slices each approx. 72 g
- Net weight 500 g e

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 ground 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.

Nutritional Information per 100 g		per portion 1 slice (approx. 72 g)	* RI per portion
Energy	813 kJ (193 kcal)	585 kJ (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 e

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

		per portion 1 slice (approx. 72 g)	* RI per portion
Energy	834 kJ (199 kcal)	600 kJ (143 kcal)	7 % *
Fat	3,5 g	2,5 g	4 % *
of which saturated fat	0,4 g	0,3 g	2 % *
Carbohydrate	30,5 g	22,0 g	8 % *
of which sugars	2,6 g	1,9 g	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 e

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

		per portion 1 slice (approx. 72g)	* RI per portion
Energy	805 kJ (191 kcal)	580 kJ (138 kcal)	7%*
Fat	2,7 g	1,9 g	3%*
of which saturated fat	0,5 g	0,4 g	2%*
Carbohydrate	31,8 g	22,9 g	9%*
of which sugars	2,9 g	2,1 g	2%*
Fibre	8,7 g	6,3 g	—
Protein	5,6 g	4,0 g	8%*
Salt	1,2 g	0,86 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	96	120 x 80 x 151 cm	360 days



Delicious recipe ideas under:
www.mestemacher-gmbh.com/recipes





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 its 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.

Art.-No. 53

EAN-Code piece: 4 000446 001537

EAN-Code carton: 4000 4460 30537



DE-ÖKO-001
EU Agriculture



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** (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. 72g)	* RI per portion
Energy	840 kJ (199 kcal)	605 kJ (143 kcal)	7 %*
Fat	1,4 g	1,0 g	1 %*
of which saturated fat	0,4 g	0,3 g	2 %*
Carbohydrates	37,1 g	26,7 g	10 %*
of which sugars ^{sr}	2,1 g	1,5 g	2 %*
Fibre	9,0g	6,5g	—
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



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, sesame**, 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. 72g)	* RI per portion
Energy	826 kJ (197 kcal)	595 kJ (142 kcal)	7 %*
Fat	2,9 g	2,1 g	3 %*
of which saturated fat	0,4 g	0,3 g	2 %*
Carbohydrates	32,2 g	23,2 g	9 %*
of which sugars	2,0 g	1,4 g	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



Art.-No. 64

EAN-Code piece: 4 000446 001643

EAN-Code carton: 4000 4460 30643



DE-ÖKO-001
EU/non-EU Agriculture



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 €

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	4,7 g	3,4 g	5 %*
of which saturated fat	1,0 g	0,7 g	4 %*
Carbohydrates	32,9 g	23,7 g	9 %*
of which sugars	2,6 g	1,9 g	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



Art.-No. 62

EAN-Code piece: 4 000446 001629

EAN-Code carton: -



DE-ÖKO-001
EU Agriculture



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 e

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	1,1 g	0,8 g	1 %*
of which saturated fat	0,2 g	0,1 g	<1 %*
Carbohydrates	34,5 g	24,8 g	10 %*
of which sugars	3,1 g	2,2 g	2 %*
Fibre	10,0 g	7,2 g	—
Protein	4,5 g	3,2 g	6 %*
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



Art.-No. 65

EAN-Code piece: 4 000446 001650

EAN-Code carton: 4000 4460 30650



DE-ÖKO-001
EU/non-EU Agriculture



Features:

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 e

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	3,0 g	1,7 g	2 %*
of which saturated fat	0,4 g	0,2 g	1 %*
Carbohydrates	30,7 g	17,2 g	7 %*
of which sugars	2,8 g	1,6 g	2 %*
Fibre	11,1 g	6,2 g	—
Protein	5,2 g	2,9 g	6 %*
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



Art.-No. 66

EAN-Code piece: 4 000446 001667

EAN-Code carton: 4000 4460 30667



DE-ÖKO-001
EU Agriculture



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 e

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 100 g

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



Mestemacher GmbH
Postfach 2451
33254 Gütersloh

Tel.: +49 5241 8709-0
www.mestemacher.de
www.mestemacher-gmbh.com

Delicious recipe ideas under:
www.mestemacher-gmbh.com/recipes

Art.-No. 161

EAN-Code piece: 4 000446 011611

EAN-Code carton: 4000 4460 21610



DE-ÖKO-001
EU/non-EU Agriculture



Features:

Wholemeal bread with oats and rye

- Contains 1.3 g beta-glucan from oats per 100 g
- A 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 e

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 %*

* 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	24	168	120 x 80 x 95 cm	360 days



Delicious recipe ideas under:
www.mestemacher-gmbh.com/recipes





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 soya bread provides 3.1 times the amount of protein with 71 per cent less carbohydrates compared to conventional wholemeal 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 65 per cent less carbohydrates than conventional wholemeal bread.

Walnut Protein Bread

The protein bread is a treat for all "nut crackers": its omega-3 fatty acids make it valuable and, with 2.6 times more protein and 51 per cent less carbohydrates than a conventional wholemeal 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

- 3.1 times the protein and 71 % less carbohydrates than conventional wholemeal bread
- 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, protein mixture (12%) (**wheat protein**, pea protein), **wholemeal rye flour**, brown linseed, **soy meal** (6%), **soy flour** (5%), **wheat bran**, gold linseed, sunflower seeds, **sesame**, apple cider vinegar, salt, yeast.
May contain traces of tree nuts.

Nutritional Information per 100 g		per portion 1 slice (approx. 50 g)	* RI per portion
Energy	1092 kJ (262 kcal)	546 kJ (131 kcal)	7 %*
Fat	12,5 g	6,3 g	9 %*
of which saturated fat	1,7 g	0,9 g	5 %*
Carbohydrates	11,3 g	5,7 g	2 %*
of which sugars	2,9 g	1,5 g	2 %*
Fibre	10,1 g	5,1 g	—
Protein	21,0 g	10,5 g	21 %*
Salt	1,2 g	0,60 g	10 %*
Omega 3-fatty acids	3,4 g	1,7 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 120 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*

- 2.6 times the protein and 51 % less carbohydrates than conventional wholemeal bread
- 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, soy meal (10%), protein mixture (8%) (wheat protein, pea protein), walnuts (5%), gold linseed, wheat bran, sunflower seeds, soy flour (3%), apple cider vinegar, salt, sesame, yeast.

May contain traces of other tree nuts.**Nutritional Information per 100 g**

		per portion 1 slice (approx. 50 g)	* RI per portion
Energy	1113 kJ (266 kcal)	557 kJ (133 kcal)	7 % *
Fat	11,2 g	5,6 g	8 % *
of which saturated fat	1,6 g	0,8 g	4 % *
Carbohydrates	18,9 g	9,5 g	4 % *
of which sugars	2,8 g	1,4 g	2 % *
Fibre	10,4 g	5,2 g	—
Protein	17,3 g	8,7 g	17 % *
Salt	1,3 g	0,65 g	11 % *
Omega 3-fatty acids	1,5 g	0,8 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 120 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*

- 3.2 times the protein and 65 % less carbohydrates than conventional wholemeal bread
- 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, protein mixture (14%) (**wheat protein**, pea protein), **wholemeal rye flour**, **soy meal** (8%), **soy flour** (6%), carrot strips (5%), brown linseed, **wheat bran**, sunflower seeds, apple cider vinegar, salt, golden linseeds, yeast.

May contain traces of sesame and tree nuts.

Nutritional Information per 100 g		per portion 1 slice (approx. 50 g)	* RI per portion
Energy	973 kJ (232 kcal)	487 kJ (116 kcal)	6 % *
Fat	8,1 g	4,1 g	6 % *
of which saturated fat	1,2 g	0,6 g	3 % *
Carbohydrates	13,5 g	6,8 g	3 % *
of which sugars	4,2 g	2,1 g	2 % *
Fibre	8,8 g	4,4 g	—
Protein	21,9 g	11,0 g	22 % *
Salt	1,2 g	0,6 g	10 % *
Omega 3-fatty acids	1,2 g	0,8 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 120 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 e

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		per portion 1 slice (approx. 50 g)	* RI per portion
Energy	961 kJ (230 kcal)	481 kJ (115 kcal)	6 %*
Fat	8,4 g	4,2 g	6 %*
of which saturated fat	1,0 g	0,5 g	3 %*
Carbohydrates	15,2 g	7,6 g	3 %*
of which sugars	1,9 g	1,0 g	1 %*
Fibre	11,6 g	5,8 g	—
Protein	17,5 g	8,8 g	18 %*
Salt	1,2 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



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 e

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. 65g)	* RI per portion
Energy	1139 kJ (272 kcal)	740 kJ (177 kcal)	9 % *
Fat	9,1 g	5,9 g	8 % *
of which saturated fat	1,6 g	1,0 g	5 % *
Carbohydrates	23,0 g	15,0 g	6 % *
of which sugars	3,1 g	2,0 g	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



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 e

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	10,8 g	7,0 g	10 %*
davon gesättigte Fettsäuren	1,4 g	0,9 g	5 %*
Carbohydrates	16,0 g	10,4 g	4 %*
of which sugars	4,1 g	2,7 g	3 %*
Fibre	9,0 g	5,9 g	—
Protein	23,5 g	15,3 g	31 %*
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



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 e

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	9,2 g	6,0 g	9 % *
of which saturated fat	1,3 g	0,8 g	4 % *
Carbohydrates	15,1 g	9,8 g	4 % *
of which sugars	4,7 g	3,1 g	3 % *
Fibre	13,4 g	8,7 g	—
Protein	19,6 g	12,7 g	25 % *
Salt	1,0 g	0,65 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
12	8	88	120 x 80 x 191 cm	300 days



Delicious recipe ideas under:
www.mestemacher-gmbh.com/recipes





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 € and 500 g € 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.



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	1,1 g
of which saturated fat	0,3 g
Carbohydrates	32,6 g
of which sugars	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





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 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
11	19	190	120 x 80 x 105 cm	360 days



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 e

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	2,4 g	0,2 g	< 1 %*
of which saturated fat	0,3 g	0,03 g	< 1 %*
Carbohydrates	36,4 g	3,3 g	1 %*
of which sugars	6,4 g	0,6 g	< 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



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 e

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



Delicious recipe ideas under:
www.mestemacher-gmbh.com/recipes





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**

**Art.-No. 162**

EAN-Code piece: 4 000446 011628

EAN-Code carton: 4000 4460 21627

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

- Valuable source of protein and Omega-3 fatty acids
- 5 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	12,7 g	7,6 g	11 %*
of which saturated fat	1,9 g	1,1 g	6 %*
Carbohydrates	17,4 g	10,4 g	4 %*
of which sugars	0,8 g	0,5 g	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



**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 acids
- 5 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	14,6 g	8,8 g	13 %*
of which saturated fat	2,2 g	1,3 g	7 %*
Carbohydrates	21,4 g	12,8 g	5 %*
of which sugars	2,7 g	1,6 g	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



**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 e

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



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 e

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	16,7 g	14,7 g	21 % *
of which saturated fat	2,5 g	2,2 g	11 % *
Carbohydrates	23,8 g	20,9 g	8 % *
of which sugars	0,8 g	0,7 g	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	-

* 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



Delicious recipe ideas under:
www.mestemacher-gmbh.com/recipes





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 long and 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 to store! 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.



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	1,4 g	0,5 g	<1 % *
of which saturated fat	0,3 g	0,1 g	<1 % *
Carbohydrates	35,6 g	13,5 g	5 % *
of which sugars	8,1 g	3,1 g	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



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 e

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	1,2 g	0,5 g	<1 % *
of which saturated fat	0,2 g	0,1 g	<1 % *
Carbohydrates	32,3 g	12,3 g	5 % *
of which sugars	3,2 g	1,2 g	1 % *
Fibre	9,6 g	3,6 g	—
Protein	5,2 g	2,0 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	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	3,9 g	1,5 g	2 %*
of which saturated fat	0,5 g	0,2 g	1 %*
Carbohydrates	29,4 g	11,2 g	4 %*
of which sugars	2,7 g	1,0 g	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



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



HIGH PROTEIN BREAD – 48 g and 72 g

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.	Description	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



Delicious recipe ideas under:
www.mestemacher-gmbh.com/recipes





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 par-baked 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

IT-BIO-007
EU Agriculture**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

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



Art.-No. 549

EAN-Code piece: 4 000446 015497

EAN-Code carton: 4000 4460 25496



IT-BIO-007
EU Agriculture



Features:

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

¹with 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. 75 g)	* RI per portion
Energy	1280 kJ (304 kcal)	960 kJ (228 kcal)	11 %*
Fat	8,6 g	6,5 g	9 %*
of which saturated fat	1,1 g	0,8 g	4 %*
Carbohydrates	45,7 g	34,3 g	13 %*
of which sugars	1,0 g	0,8 g	<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



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 e

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	8,3 g	3,7 g	5 %*
of which saturated fat	1,7 g	0,8 g	4 %*
Carbohydrates	54,2 g	24,4 g	9 %*
of which sugars	1,0 g	0,5 g	<1 %*
Fibre	2,3 g	1,0 g	—
Protein	8,5 g	3,8 g	8 %*
Salt	1,0 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	7	112	120 x 80 x 175 cm	150 days



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 e

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



Delicious recipe ideas under:
www.mestemacher-gmbh.com/recipes





WHEAT POCKET BREAD

08



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



Features: prebaked Wheat bread pockets

- prebaked 6 wheat bread pockets for filling
- Net weight 400 g e

Ingredients: Contains no animal products. No preservatives.

Wheat flour, water, yeast, salt, glucose.

Nutritional Information per 100 g

Energy	1028 kJ (243 kcal)
Fat	1,0 g
of which saturated fat	0,2 g
Carbohydrates	49,0 g
of which sugars	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



Delicious recipe ideas under:
www.mestemacher-gmbh.com/recipes





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 e

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	4,8 g
of which saturated fat	0,9 g
Carbohydrates	44,0 g
of which sugars	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 e

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

NEW
FROM 1 APRIL
2024



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 e

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

NEW
FROM 1 APRIL
2024


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 e

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





Delicious recipe ideas under:
www.mestemacher-gmbh.com/recipes

CERTIFICATES AND AWARDS



International Featured Standards (IFS)

All Mestemacher group locations are certified according to the criteria of the IFS Food Standard. The IFS audits included a review of whether all requirements of the IFS Food on food quality and food safety are fulfilled. The subsidiaries completed the last unannounced audits, which were carried out by the SGS INSTITUT FRESENIUS GmbH certification authority, with high marks.



Protected geographical indication

On 21/11/2014, the designation "Westphalian pumpernickel" was registered by the European Commission as a "protected geographical indication" (g.g.A). "Westphalian pumpernickel" must consist of 90 % wholemeal rye and/or whole grain rye, water, salt, and yeast. Westphalian pumpernickel may not contain preservatives. Approved baked Westphalian pumpernickel must come from the defined area.

The manufacturing area is part of the German state of North Rhine Westphalia, namely the area of the Westphalia-Lippe Regional Council, not including the district of Lippe.



Top brand of 2022

Mestemacher GmbH received the honour of top brand from Lebensmittel magazine in the "Hamburger/Hot Dog/Wraps" category for its product "ITALIAN organic spelt wraps".



Superior Taste Award

As it does each year, the jury from the International Taste Institute, made up of chefs and sommeliers, evaluated the taste of foods and drinks registered for Superior Taste Award certification. Mestemacher has been distinguished with the «Superior Taste Award» for its «Westfälischer Pumpernickel 500 g/250 g» products by the International Taste & Quality Institute, with three stars.

CERTIFICATES AND AWARDS



Nutri Score

Mestemacher breads are some of the first products on the German market to receive a Nutri-Score. Nutri-score is a coloured nutritional label, which can be compared to a traffic light. The sign uses the colours dark green, light green, yellow, orange, and red, and the letters A, B, C, D and E to depict the food item's nutritional balance. The information refers to 100 g each.

What is the Nutri-Score?

NUTRI-SCORE is a coloured nutritional label, which can be compared to a traffic light. The symbol uses the colours dark green, light green, yellow, orange and red and the letters A, B, C, D, and E to illustrate the nutritional balance of a food. The provided information refers to a 100 g serving. The NUTRI-SCORE must be clearly visible on the front of food packaging.

What nutritional advice is provided by the letters?

A = very favourable nutrient balance; suitable for frequent daily consumption

B = favourable nutrient balance; suitable for daily consumption. C= moderate nutritional balance.

D= rather unfavourable nutritional balance

E = poor nutritional balance

Products with a Nutri-Score of C, D or E should be consumed consciously, with an awareness of diet needs.

"Green wave" on Mestemacher products

The nutritional symbol on Mestemacher products shows a "green wave": around 70 percent of them have a Nutri-Score of A, and around 30 percent have a Nutri-Score of B. Products designated with a Nutri Score of A have a very good nutritional balance, and products with a Nutri-Score of B also have a good nutritional balance.

Therefore, these products are suitable for everyday consumption and make a valuable contribution to a balanced diet.



Sedex

SEDEX stands for the Supplier Ethical Data Exchange, an online platform which allows business partners to provide information on social and ethical processes in a transparent manner. Currently, preparations are underway to complete the 2 pillar Sedex Members Ethical Trade Audits (SMETA). SMETA is a Social Compliance Audit based on the criteria of the Ethical Trading Initiative Base Code. The 2 pillar audit reviews compliance with labour laws as well as health and safety standards in the supply chain.



Mestemacher GmbH

Postfach 2451
33254 Gütersloh
Germany

Tel.: +49 5241 8709-0
www.mestemacher.de
www.mestemacher-gmbh.com