

Kontos TANDOORI NAAN
• NO CHOLESTEROL • NO TRANS FAT • 100% VEGETARIAN
NET WT: 14 oz (397g)
HAND-STRETCHED

Kontos GREEK LIP FLATBREAD
Just like the benefits of Greek Yogurt
• MORE PROTEIN
• LESS SUGAR
• LESS CARBOHYDRATES
• LESS CALORIES
than most traditional flatbreads!
NET WT: 10 oz (283g)
HAND-STRETCHED

Kontos FLATBREAD
• NO CHOLESTEROL • NO TRANS FAT • 100% VEGETARIAN
Multi Grain
with Whole Grain
NET WT: 14 oz (397g)
5 PIECES

Kontos

RETAIL FLATBREAD

Kontos POCKET-LESS PITA
Traditional White
• NO CHOLESTEROL • NO TRANS FAT • 100% VEGETARIAN
HAND-STRETCHED



SPECIALTY PRODUCTS

Kontos is proud of our line of special products—from "healthier-for-you," to convenient or unique—all created with a contemporary life-style in mind.

GREEK LIFESTYLE FLATBREAD®

High Protein, low carbohydrate bread for a healthier lifestyle. They taste great and are better for you! Available in Original and Garlic flavors.

COCKTAIL FLATBREAD®

Little 2" round grilled flatbreads made from our signature pita. They make a unique platform for nearly any appetizer—sliders, petite sandwiches, elegant hors d'oeuvres, even French-toasted. Or serve them right out of the package alongside a dip.

Rustics Collection™ TANDOORI NAAN

The ancient culinary traditions of India—Kontos® Rustics Collection™ Tandoori Naans have a full flavor, a fluffy texture, and can be served as part of traditional or contemporary meals. Three distinct varieties: Original • Garlic • Fire-Grilled Pizza Crust

GORDITA!

Soft Flatbread Taco Shells are ideal for Tacos, Burritos, Quesadillas, Empanadas and more. They're 'pre-oiled' for easier handling and require a minimal amount of heating to become extremely flexible.



10096007	2	COCKTAIL FLATBREAD • Appetizer Size	5.2 oz	12/20
10096481	2	COCKTAIL FLATBREAD • Display shipper	5.2 oz	48/20
19015024	6	GORDITA!	19.70 oz	6/10
10031	7	GREEK LIFESTYLE FLATBREAD (Hi Protein)	10 oz	12/4
10032	7	GREEK LIFESTYLE GARLIC FLATBREAD (Hi Protein)	10 oz	12/4
19989	7	GREEK LIFESTYLE • Display shipper	10 oz	30/4
19450	8	Rustics Collection™ TANDOORI NAAN—ORIGINAL	8.8 oz	8/2
19455	8	Rustics Collection™ TANDOORI NAAN—GARLIC	8.8 oz	8/2
19470	8	Rustics Collection™ FIRE-GRILLED PIZZA CRUST	8.8 oz	8/2

PITA & GYRO

Our Signature Breads

Pocket-Less Pita® and Gyro, inspired by our heritage, are our two signature breads.

And they are our most popular. The traditional hand-stretched baking method we use makes them light and fluffy. It takes a bit longer to make them, but we guarantee it's worth it. Their old-fashioned taste, texture and aroma will take you back to Yia Yia's kitchen!



POCKET-LESS PITA®



The particular dough and traditional hand-stretching method we use to make Kontos® POCKET-LESS® PITA makes it a light, full-flavored, fluffy pita that toasts to perfection ... but does not produce a pocket.

Traditional White:
Perfect with traditional or contemporary cuisine.

Whole Wheat: A More Healthy Option—
Wholesome whole wheat gives this variety its distinctive nut-like flavor.

GYRO BREAD



Foodservice establishments have always given Kontos GYRO BREAD a ★★★★★ rating. Our Hand-Stretched & Pre-Oiled baking method makes this gyro stand-out. It stays flexible and warm longer than any other gyro—the best choice for a traditional fold-over. Add Kontos Tzatziki Sauce to make it a traditional Gyro.

10015	7	POCKET-LESS PITA® • White	14 oz	12/5
10027	7	POCKET-LESS PITA® • White	56 oz	6/20
10025	7	POCKET-LESS PITA® • Whole Wheat	14 oz	12/5
10005014	7	GYRO BREAD—Pre-Oiled	14 oz	12/5





FLAVORFUL FLATBREAD

KONTOS offers more varieties of flavored flatbreads than any other bakery;

from those inspired by the exotic herbs and spices of the Middle East to one infused with the spicy flavors of Mexico. We used our baking expertise to evolve a host of exotic and savory flavored flatbreads to complement today's inclusive cooking style.

10058	7	MULTI-GRAIN FLATBREAD	14 oz	12/5
10057	7	HUMMUS FLATBREAD	12 oz	12/4
10077	7	OLIVE FLATBREAD	12 oz	12/4
10087	7	ONION FLATBREAD	14 oz	12/5
10039	7	SOUTHWESTERN FLATBREAD	12 oz	12/4

They Are All— • NO CHOLESTEROL • NO TRANS FAT



MultiGrain FLATBREAD

The perfect blend of seven grains and seeds was chosen for this delicious, healthful flatbread. Its whole grain wheat, flax, millet and sesame seeds provide added nutritional benefits...and a natural nut-like flavor.



Olive FLATBREAD

—made with Kalamata olives, onions, spearmint, pepper & spices. Olive flatbread adds a distinctive note to a sandwich, or cut it into triangles, toast and serve with hummus.



Onion FLATBREAD

This savory flatbread is made with chopped onions, and a blend of sesame, cumin, and other spice seeds. When warmed, a light hint of onion accents the aroma of freshly baked bread.



Hummus FLATBREAD

The flavors of the Middle East are baked into Kontos Hummus Flatbread—chickpea flour, cumin, coriander and red pepper make this a deliciously spicy flatbread...with just a little "heat."



SOUTHWESTERN FLATBREAD

The flatbread with a 'bite!' Our special blend of chopped jalapeño, cilantro, green chili and onions gives this flatbread that irresistible, piquant Southwestern flavor.



BREADS OF
SOUTHERN ASIA
HAVE LONG BEEN
CELEBRATED AS A
SYMBOL OF LIFE
—AND
A PERFECT FOOD
FOR THE
BODY.

NAN & ROTI

This special line was created for our patrons from Southern Asia. We bake each of these Nans and Roti with the distinct styles and flavors of their regions and cultures in mind...so they're perfect for traditional dishes. But don't limit your creativity—Use them with any meal!

10081	7	TANDOORI NAN	14 oz	12/5
10038	7	MASSALA NAN	12 oz	12/4
10045	7	KULCHA NAN	14 oz	12/5
10053	7	ROGHANI NAN	14 oz	12/5
10055	7	MISSY ROTI	14 oz	12/5
19450	7	Rustics Collection™ TANDOORI NAAN—ORIGINAL	8.8 oz	8/2
19455	7	Rustics Collection™ TANDOORI NAAN—GARLIC	8.8 oz	8/2

They Are All— • NO CHOLESTEROL • NO TRANS FAT



TANDOORI NAN

Versatile mild-flavored oval nan from the Central and Northern regions of India. Slightly leavened bread that is a wonderful accompaniment to any full-flavored entrée.



MASSALA NAN

Wonderfully flavorful oval flatbread, made with a blend of fresh chopped hot chilis with onions and a medley of Asian spices.



ROGHANI NAN

An Afghani flatbread made from wheat flour. We add sesame flour for flavor and soy flour for flexibility to achieve its signature profile.



KULCHA NAN

This very neutral flatbread is often eaten for contrast with spicy foods. A staple of India and Pakistan, this leavened wheat bread is made with little oil and no spices.



MISSY ROTI

A special combination of cumin, coriander, crushed red pepper and chickpea flour lends a unique spicy flavor to this nan.



Rustics Collection™ TANDOORI NAAN

Kontos® Rustics Collection™ Tandoori Naans have a full flavor, a fluffy texture, and can be served as part of traditional or contemporary meals.

Original and Garlic



PIZZA CRUST & PANINI



—Mediterranean Origins—Global Appeal!



Pizza Parlor Crust - Plain



2 Count Personal Pizza



Pre-Grilled Panini

Kontos pre-baked pizza crust—the most versatile bread your customers can keep in their freezers! Top with shredded cheese & tomato sauce then heat for the kids' after-school snacks. Cut into triangles, top with smoked salmon and a garnish, heat and you have an upscale appetizer! Veggie pizza makes a light lunch! Our delicious pre-baked crust is available in a 5 or 10 pack Pizza Parlor Crust or a 2-pack Personal Pizza Crust.

Grilled Panini Bread—Whether used for tuna salad or a multi-layered epic, its quality and visual appeal is always special. Good for you and your customers!

They Are All—

- KOSHER
- HALAL
- HAND-STRETCHED
- VEGAN
- NO CHOLESTEROL
- NO TRANS FAT

10065	7	PIZZA PARLOR CRUST	14 oz	12/5
19991	7	PIZZA PARLOR CRUST • Display/Shipper	14 oz	24/5
19993	7	PIZZA PARLOR CRUST • Tray	14 oz	12/5
10065006	7	PERSONAL PIZZA CRUST (2 Pack) • Master Case	5.6 oz	24/2
10065146	7	PERSONAL PIZZA CRUST (2 Pack) • Display Case	5.6 oz	14/2
10099PG	8	PRE-GRILLED PANINI	36 oz	10/10
19901309	9	PRE-GRILLED PANINI	9 oz	20/2
10035313	9	MINI OVAL FLATBREAD • Pre-Grilled	17 oz	10/10



& ASIAN

Other classic Middle-Eastern and Asian favorites—



Pocket Pita - White



Pocket Pita - Whole Wheat



Lavash



Handkerchief

Twenty years ago, the products on this page would only be found in ethnic markets. But customers are developing more adventurous palates, and are very willing to try breads with interesting flavors or attributes. They're eating on the run more often. If they can find a delicious bread that can be filled with or wrapped around their lunch or snack, they'll be on board with it! These breads answer that call ... tasty and functional!

We think they have a place in any shop or market.

11060	6	POCKET PITA • White	12 oz	12/6
11070	6	POCKET PITA • Whole Wheat	12 oz	12/6
11095	20	HANDKERCHIEF FLATBREAD	15 oz	12/5
11026	9x11	LAVASH	14 oz	24/6





OUR HERITAGE AS BAKERS GOES BACK GENERATIONS ON BOTH SIDES OF THE KONTOS FAMILY. WE'VE BEEN TAUGHT TO VALUE QUALITY...AND TO OFFER ONLY THE FINEST FLATBREADS AND FILLO PRODUCTS TO OUR CUSTOMERS.

THE KONTOS NAME WILL ALWAYS BE OUR GUARANTEE OF QUALITY AND FLAVOR.

WWW.KONTOS.COM

KONTOS FOODS, Inc., PO Box 628 Paterson, New Jersey 07544

1-800-969-7482

Made in the USA



FIND US ON



KONTOS FOODS

DISPLAY OPTIONS



- 10096481 2 COCKTAIL FLATBREAD • Display Shipper
- 19991 7 PIZZA PARLOR CRUST • Display Shipper
- 19993 7 PIZZA PARLOR CRUST • Tray
- 19989 7 GREEK LIFESTYLE • Display Shipper

