

# FOODSERVICE • FLATBREAD

## GYRO • PITA *Page 1*

- 10006 6" GYRO BREAD—Pre-Oiled
- 10005 7" GYRO BREAD—Pre-Oiled
- 10010 7" POCKET-LESS® PITA • White
- 10020 7" POCKET-LESS® PITA • Whole Wheat
- 11060 6" POCKET PITA • White
- 11070 6" POCKET PITA • Whole Wheat
- 11080 8" POCKET PITA • White
- 11090 9" POCKET PITA • White
- 11090018 9" POCKET PITA • White • QF
- 11092018 9" POCKET PITA • Whole Wheat
- 10076028 7" FLEX PITA™
- 10076328 7" FLEX PITA™ • Pre-Grilled
- 10076036 8" FLEX PITA™
- 10076336 8" FLEX PITA™ • Pre-Grilled
- 10076528 OVAL FLEX PITA™ • Oval
- 10076728 OVAL FLEX PITA™ • Oval • Pre-Grilled

## FLATBREAD *Pages 2 & 3*

- 10008018 4" FLATBREAD
- 10035 5" FLATBREAD
- 10035300 5" FLATBREAD • Pre-Grilled
- 10033 6" FLATBREAD
- 10020024 6" FLATBREAD • Whole Wheat
- 19820324 6" FLATBREAD • Whole Wheat • Pre-Grilled
- 10030 7" FLATBREAD
- 10098 8" FLATBREAD • Multigrain
- 10098PG 8" FLATBREAD • Multigrain • Pre-Grilled
- 19901 9" FLATBREAD • Pre-Grilled
- 10058347 9" FLATBREAD • Multigrain • Pre-Grilled
- 10035313 OVAL FLATBREAD • Mini Oval • Pre-Grilled
- 10058317 OVAL Mini Oval FLATBREAD • Multigrain • Pre-Grilled
- 10020317 OVAL Mini Oval FLATBREAD • Whole Wheat • Pre-Grilled
- 10036 OVAL SOUTHWESTERN FLATBREAD
- 10083236 8" TOMATO FLATBREAD
- 10083436 8" TOMATO FLATBREAD • Pre-Grilled
- 10084236 8" SPINACH FLATBREAD
- 10084436 8" SPINACH FLATBREAD • Pre-Grilled

## PIZZA CRUST • PANINI *Pages 4 & 5*

- 10060 7" PIZZA PARLOR CRUST
- 10068028 7" PIZZA PARLOR CRUST • Multigrain
- 19805324 6" PANINI BREAD • Pre-Grilled
- 10013PG 7" PANINI BREAD • Pre-Grilled
- 10099 8" PANINI BREAD
- 10099PG 8" PANINI BREAD • Pre-Grilled
- 10099PGB 8" PANINI BREAD • Pre-Grilled Bottom
- 10020036 8" PANINI BREAD • Whole Wheat
- 10020336 8" PANINI BREAD • Whole Wheat • Pre-Grilled
- 10080PG OVAL PANINI BREAD • Oval • Pre-Grilled

## NAN • NAAN *Page 6*

- 10037 7" MASSALA NAN
- 10040 7" KULCHA NAN
- 10050 7" ROGHANI NAN
- 18090 OVAL ROGHANI NAN • PRESERVATIVE-FREE
- 10080 OVAL TANDOORI NAN
- 10020528 OVAL TANDOORI NAN • Whole Wheat
- 10085 7" ONION NAN
- 18080 OVAL NAAN (Traditional) • PRESERVATIVE-FREE
- 18085 OVAL NAAN • PRESERVATIVE-FREE • Garlic
- 10080017 OVAL MINI-OVAL NAN

## WRAPS • LAVASH *Page 7*

- 11530 10" WRAP • Plain
- 11501 12" WRAP • Plain
- 11501342 12" WRAP • Plain • Pre-Grilled
- 11503010 10" WRAP • Whole Wheat
- 11503 12" WRAP • Whole Wheat
- 11503342 12" WRAP • Whole Wheat • Pre-Grilled
- 11505 12" WRAP • Spinach
- 11507 12" WRAP • Garlic
- 11509 12" WRAP • Roasted Red Pepper
- 11511 12" WRAP • Sundried Tomato Basil
- 11513 12" WRAP • Black Bean
- 11515 12" WRAP • Lemon Cilantro
- 11517 12" WRAP • Southwestern
- 11519 12" WRAP • Caesar
- 11521 12" WRAP • Jalapeño
- 11525 12" WRAP • Low Carb
- 11529 12" WRAP • Variety Pack
- 11531 9" WRAP • Gluten-Free
- 11570 12" WRAP • Gluten-Free • Pre-Grilled
- 11026 9"x11" LAVASH
- 10045 9"x11" LAVASH • Flax, Oatbran, Whole Wheat
- 11041 ○ LAVASH STRIPS (120 PCS)
- 11095 20" HANDKERCHIEF FLATBREAD  
(Markook, Roumali, Mandili)

## CRÊPES *Page 8*

- 85009 9" CRÊPES • Savory
- 85011 11" CRÊPES • Savory
- 87009 9" CRÊPES • Traditional (Sweet)
- 87011 11" CRÊPES • Traditional (Sweet)

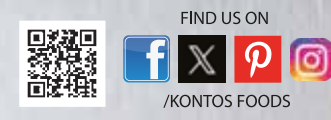
## SPECIALTY *Page 9*

- 10096 2" COCKTAIL FLATBREAD (648 pcs)
- 10096216 2" COCKTAIL FLATBREAD • 2 Pack
- 19015024 6" GORDITA
- 10031610 7" GREEK LIFESTYLE FLATBREAD
- 19925 ○ TOASTED PITA BITS



**KONTOS FOODS, Inc.**  
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WWW.KONTOS.COM

Made in the USA



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.

## OVER 60 VARIETIES OF FLATBREAD

We began with our classic pita and gyro, and expanded our flatbread line to provide daily bread for more than 30 ethnic populations. They came here from Europe, the Middle East and Southern Asia.

### But we didn't stop there!

We embrace current food trends and respond to a customer base that has developed a much more adventurous palate.

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



Make a statement with appetizers. Everything looks great on Cocktail Flatbread.

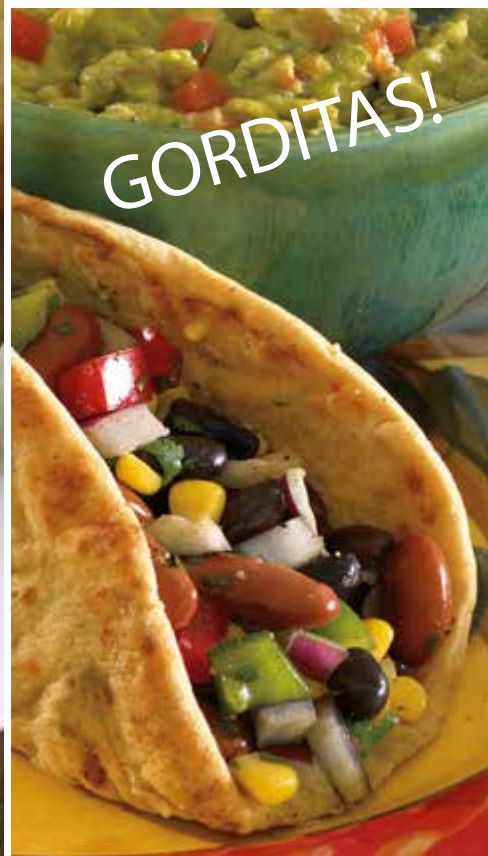


# SPECIALTY

10096	2"	COCKTAIL FLATBREAD (648 pcs)	BULK	10.5 lbs
10096216	2"	COCKTAIL FLATBREAD • 2 Pack	216/2	15g
19015024	6"	GORDITA	6/10	19.7 oz
10031610	7"	GREEK LIFESTYLE FLATBREAD	6/10	25 oz
19925		TOASTED PITA BITS	BULK	9 lbs



Greek Lifestyle Flatbread makes a good thing "better for you."



Whether you're preparing for a special event or offering a "better for you" menu selection, we are dedicated to providing you with products that always measure up to the task at hand.

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

**Toasted Pita Bits—**  
cut from our signature Pita then toasted for crunch!





# CRÊPES



Fruit Compote in Beggars Pouch

## —NOT JUST FOR BREAKFAST...

Impress even your most sophisticated patrons with our fabulous Crêpe cake.

Individually packaged dessert for your guests! Serve a fruit compote bundled and tied in a Traditional Crepe pouch.

A Shimp & Asparagus entrée takes on a contemporary flair when rolled in Kontos Savory Crêpes and topped with hollandaise sauce.

85009	9"	CRÊPES • Savory	6/10	7.76 oz
85011	11"	CRÊPES • Savory	6/10	10 oz
87009	9"	CRÊPES • Traditional (Sweet)	6/10	7.76 oz
87011	11"	CRÊPES • Traditional (Sweet)	6/10	10 oz



Smoked Cheese and Turkey Crepe



Shrimp & Asparagus rolled in a Savory Crepe

# 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 it's worth it. Their old-fashioned taste, texture and aroma will take you back to Yia Yia's kitchen!

### POCKET-LESS PITA®

- VEGAN
- NO CHOLESTEROL
- NO TRANS FAT



The particular dough and 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

- VEGAN
- NO CHOLESTEROL
- NO TRANS FAT



Foodservice establishments give Kontos GYRO BREAD a ★★★★★ rating. Our Hand-Stretched & Pre-Oiled baking method makes this gyro stand-out in foodservice. 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.

### FLEX-PITA™

- 100% VEGETARIAN
- NO CHOLESTEROL
- NO TRANS FAT



A very flavorful flatbread that's easy to work with in the kitchen. Made with a blend of wheat, soy, and sesame flours with oat fiber for a delicious taste profile. *It stays very pliable at room temperature.*

### POCKET PITA

- VEGAN



The baking method for this type Middle Eastern pita forms a natural pocket. Fill it with hot or cold vegetables, meats or cheeses.

**White:** Perennial crowd-pleaser for a meal you can hold in your hand.

**Whole Wheat:** A healthier option made with 100% ground wheat flour.



10006	6"	GYRO BREAD—Pre-Oiled	12/10	24 oz
10005	7"	GYRO BREAD—Pre-Oiled	12/10	28 oz

10010	7"	POCKET-LESS® PITA • White	12/10	28 oz
10020	7"	POCKET-LESS® PITA • Whole Wheat	12/10	28 oz

11060	6"	POCKET PITA • White	12/6	12 oz
11070	6"	POCKET PITA • Whole Wheat	12/6	12 oz
11080	8"	POCKET PITA • White	18/4	12 oz
11090	9"	POCKET PITA • White	12/6	19 oz
11090018	9"	POCKET PITA • White • QF	12/6	19 oz
11092018	9"	POCKET PITA • Whole Wheat	12/6	19 oz

10076028	7"	FLEX PITA™	12/10	28 oz
10076328	7"	FLEX PITA™ • Pre-Grilled	12/10	28 oz
10076036	8"	FLEX PITA™	12/10	36 oz
10076336	8"	FLEX PITA™ • Pre-Grilled	12/10	36 oz
10076528	OVAL	FLEX PITA™ • Oval	12/10	28 oz
10076728	OVAL	FLEX PITA™ • Oval • Pre-Grilled	12/10	28 oz





# FLATBREAD

ENHANCE THE FLAVOR AND ADD PANACHE TO YOUR PRESENTATION!

Over the past 30+ years of baking for professional chefs, we've made it our business to create a flatbread for every one of their needs, from day-parts to flavors, sizes and textures.

10008018	4"	FLATBREAD	12/10	17 oz
10035	5"	FLATBREAD	1/120	15 lbs
10035300	5"	FLATBREAD • Pre-Grilled	1/120	15 lbs
10033	6"	FLATBREAD	12/10	24 oz
10020024	6"	FLATBREAD • Whole Wheat	12/10	24 oz
19820324	6"	FLATBREAD • Whole Wheat • Pre-Grilled	12/10	28 oz
10030	7"	FLATBREAD	12/10	28 oz
10098	8"	FLATBREAD • Multigrain	10/10	36 oz
10098PG	8"	FLATBREAD • Multigrain • Pre-Grilled	10/10	36 oz
19901	9"	FLATBREAD • Pre-Grilled	4/10	45 oz
10058347	9"	FLATBREAD • Multigrain • Pre-Grilled	4/10	47 oz
10035313	OV	Mini Oval FLATBREAD • Pre-Grilled	10/10	17 oz
10058317	OV	Mini Oval FLATBREAD • Multigrain • Pre-Grilled	10/10	17 oz
10020317	OV	Mini Oval FLATBREAD • Whole Wheat • Pre-Grilled	10/10	17 oz
10036	OV	SOUTHWESTERN FLATBREAD	12/10	28 oz
10083236	8"	TOMATO FLATBREAD	5/10	36 oz
10083436	8"	TOMATO FLATBREAD • Pre-Grilled	5/10	36 oz
10084236	8"	SPINACH FLATBREAD	5/10	36 oz
10084436	8"	SPINACH FLATBREAD • Pre-Grilled	5/10	36 oz

They're All— • VEGAN  
• NO CHOLESTEROL  
• NO TRANS FAT

Check out our website— Our kitchen-tested recipes for every day-part and dozens of occasions, will spark your creativity!



Spicy Chicken Sandwich on 5" Pre-Grilled Flatbread

Pre-Grilled varieties save you time and add great visual appeal to your menu offerings.

Turkey BLT on Pre-Grilled Flatbread



A colorful array of luncheon wraps.



Deep-fried chicken and fresh vegetables in a cone-shaped wrap



Flax, Oatbran, Whole Wheat Lavash topped with tomato, peppers & cheese

# WRAPS LAVASH

Thin, soft and pliable, Kontos Wraps and Lavash are easy to roll up—great choices for making creative, quick & easy meals, snacks and appetizers for a crowd.

**KONTOS WRAPS:**  
3 Varieties of Grain • 10 Flavors • 3 Different Sizes including a Gluten-Free • a Lo-Carb • and a Variety Pack!

**KONTOS LAVASH:**  
2 Flavors—Plain and Flax, Oatbran, Whole Wheat, which is low cal, high protein and high in Omega-3.

11530	10"	WRAP • Plain	8/12	22 oz
11501	12"	WRAP • Plain	6/12	42 oz
11501342	12"	WRAP • Plain • Pre-Grilled	6/12	42 oz
11503010	10"	WRAP • Whole Wheat	8/12	29 oz
11503	12"	WRAP • Whole Wheat	6/12	42 oz
11503342	12"	WRAP • Whole Wheat • Pre-Grilled	6/12	42 oz
11505	12"	WRAP • Spinach	6/12	42 oz
11507	12"	WRAP • Garlic	6/12	42 oz
11509	12"	WRAP • Roasted Red Pepper	6/12	42 oz
11511	12"	WRAP • Sundried Tomato Basil	6/12	42 oz
11513	12"	WRAP • Black Bean	6/12	42 oz
11515	12"	WRAP • Lemon Cilantro	6/12	42 oz
11517	12"	WRAP • Southwestern	6/12	42 oz
11519	12"	WRAP • Caesar	6/12	42 oz
11521	12"	WRAP • Jalapeño	6/12	42 oz
11525	12"	WRAP • Low Carb	6/12	42 oz
11529	12"	WRAP • Variety Pack	6/12	42 oz
11531	9"	WRAP • Gluten-Free	12/6	14.4 oz
11570	12"	WRAP • Gluten-Free • Pre-Grilled	6/12	40 oz

11026	9"x11"	LAVASH	24/6	14 oz
10045	9"x11"	LAVASH • Flax, Oatbran, Whole Wheat	20/4	9 oz
11041	o	LAVASH STRIPS (120 PCS)	BULK	16 lbs

11095 20" HANDKERCHIEF FLATBREAD (Markook, Roumali, Mandili) 12/5 15 oz



Party Pinwheels



## BREADS OF THE MIDDLE EAST & SOUTHERN ASIA

Nan, the traditional bread of the Middle East and Southern Asia, has long been celebrated as a symbol of life — and a perfect food for the body. We bake each of these different flatbreads with the distinct traditions and flavors of its region and culture in mind.

10037	7"	MASSALA NAN	12/10	28 oz
10040	7"	KULCHA NAN	12/10	28 oz
10050	7"	ROGHANI NAN	12/10	28 oz
18090	OVAL	ROGHANI NAN • Preservative-Free	5/10	28 oz
10080	OVAL	TANDOORI NAN	12/10	28 oz
10020528	OVAL	TANDOORI NAN • Whole Wheat	12/10	28 oz
10085	7"	ONION NAN	12/10	28 oz
18080	OVAL	NAAN (Traditional) • Preservative-Free	6/8	35.2 oz
18085	OVAL	NAAN • Preservative-Free • Garlic	6/8	35.2 oz
10080017	OVAL	MINI-OVAL NAN	10/10	17 oz



Eggs Florentine on 8" Multigrain Flatbread fold-over



Berries, Ricotta Cheese & Cinnamon on 6" Whole Wheat Flatbread

## THREE VARIETIES of GRAINS:

Our three varieties offer a selection for your menu that will appeal to every customer ... from the health conscious to the venturesome!

### Traditional White:

Perfect with old stand-bys or contemporary cuisine, and tastes like scratch-baked!

### Whole Wheat:

Includes 100% ground wheat flour. This is a full-flavored flatbread that will satisfy your patrons looking for great nutrition as well as the ones craving great wheat flavor!

### Multigrain with Whole Grain:

The perfect blend of seven grains and seeds, including whole grain wheat, flax, millet and sesame seeds, was chosen for this delicious, healthy flatbread.

## THREE FLAVORED VARIETIES:

Our flavored flatbreads add taste diversity and a distinct flair to the look of any sandwich:

### Spinach—

Delicious with grilled veggies.

### Tomato—

Serve it alongside a Spanish omelet.

### Southwestern—

Adds a bit of heat to grilled cheese.



Grilled Veggie Sandwich on 8" Spinach Flatbread

## A WIDE RANGE OF SIZES & SHAPES:

**Small to Large—Round to Oval!** Our wide variety of sizes and shapes offers you a plethora of choices for almost any application! — Check our website for inspiration.

Mini 4" Rounds are just right for a burger or sandwich served with soup. Mini Oval flatbreads make a nifty bistro fold-over. Or warm and top a 4" Round with a fried-egg and bacon for a breakfast special.

Our 6" to 9" Rounds or Ovals make a hearty cold sandwich. Or top with vegetables, cheese and chicken, then warm in the oven or on a grill for a quick and tasty bar snack. Make a skillet of flatbread Nachos when your patrons are looking for a late-night snack.



Sunny-side-up with bacon on 4" Flatbread



ue Cheese Bistro Burger on Whole Wheat Mini Oval fold-over



Flatbread Nachos!

# PIZZA CRUST

## MEDITERRANEAN ORIGINS— GLOBAL APPEAL!



Pizza is very much alive and well!  
And no wonder—It's the most democratic food of all!

At its most simple it's topped with plain old cheese and tomato sauce. At its most elegant it's topped with smoked salmon and caviar.

It has a place in any restaurant, bar, bistro or event venue.

10060	7	PIZZA PARLOR CRUST	12/10	28 oz
10068028	7	PIZZA PARLOR CRUST • Multigrain	12/10	28 oz
19805324	6	PANINI BREAD • Pre-Grilled	12/10	24 oz
10013PG	7	PANINI BREAD • Pre-Grilled	12/10	28 oz
10099	8	PANINI BREAD	10/10	36 oz
10099PG	8	PANINI BREAD • Pre-Grilled	10/10	36 oz
10099PGB	8	PANINI BREAD • Pre-Grilled Bottom	10/10	36 oz
10020036	8	PANINI BREAD • Whole Wheat	10/10	36 oz
10020336	8	PANINI BREAD • Whole Wheat • Pre-Grilled	10/10	36 oz
10080PG	OV	PANINI BREAD • Oval • Pre-Grilled	12/10	28 oz

They're All—



- VEGAN
- NO CHOLESTEROL
- NO TRANS FAT



Shrimp salad with a dilly lemon sauce on toasted 8" Panini makes a beautiful summer lunch for guests.



8" Panini Bread grilled on a panini press with tuna salad & roasted red peppers.

## ...& PANINI

Panini...perhaps the most elegant of sandwiches.

Whether you use one of Kontos' pre-grilled varieties to make a tuna salad sandwich or a plain panini to make a layered sandwich and grill it on a panini press, its visual appeal is always special.

Use our pre-grilled panini bread to add additional interest to a personal pizza.



Grilled sliced steak never tasted better!  
Kontos oval Pre-Grilled Panini makes it look as good as it tastes.



The nutty flavor of Multigrain Pizza Parlor Crust makes a luscious meal when topped with ricotta, roasted eggplant, peppers and zucchini.



Kontos Pizza Parlor Crust topped with mozzarella cheese, sundried tomatoes and fresh basil.



Healthy Whole Wheat Pre-Grilled Panini makes a great crust for a pizza, combined with Portabella mushrooms, spinach and a soft cheese.



Pepperoni Pizza—still #1!

Spinach Tomato & Cheese Pizza on Kontos 7" Pizza Parlor Crust