



# Product information

## Maxi wheat roll

Wheat bread roll, frozen

Article number **1010012**

Weight per unit                    75 g      Units per carton      35

Net weight of the filling        2625 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The lunch assortment of Resch&Frisch is the ideal basis for creative lunch specialists. In just a matter of minutes you can make tasty, fresh rolls - individually around the clock!



lactose-free

### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, baker's yeast, salt, MALTED WHEAT FLOUR, BARLEY MALT, rapeseed oil, sugar. May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.066 kJ |
| Energy .....                    | 254 kcal |
| Fat .....                       | 1,0 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 50 g     |
| of this sugar .....             | 2,3 g    |
| Roughage .....                  | 2,7 g    |
| Protein .....                   | 9,3 g    |
| Salt .....                      | 1,36 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



## Organic bun

Organic wheat bread rolls, frozen

Article number **1010021**

Weight per unit                    53 g      Units per carton      50

Net weight of the filling        2650 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

All organic baked products of Resch&Frisch are enriched with nutritious germ meal flour. Germ has a high nutrient content, contributes to a balanced diet and tastes great!

lactose-free



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR\*, water, yeast, RYE FLOUR\*, sunflower oil\*, sugar\*, salt, starch, MALTED WHEAT FLOUR\*, WHEAT GLUTENS\*. \*from certified organic farming. May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.101 kJ |
| Energy .....                    | 260 kcal |
| Fat .....                       | 2,4 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 51 g     |
| of this sugar .....             | 3,0 g    |
| Roughage .....                  | 3,0 g    |
| Protein .....                   | 9,0 g    |
| Salt .....                      | 1,32 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Organic, Lactose-free, Vegan,  
Vegetarian



# Product information

## Crusty bread roll

Article number **1010024**

Weight per unit                    55 g      Units per carton            45  
 Net weight of the filling        2475 g  
 Carton      large box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

The crusty bread roll has convincing characteristics - golden brown on the outside, wonderfully soft on the inside, and it is sure to please your guests for breakfast or with any optional topping.



### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, baker's yeast, salt, MALTED WHEAT FLOUR, BARLEY MALT, sugar, rapeseed oil. May contain traces of SOYA and SESAME ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.089 kJ |
| Energy .....                    | 259 kcal |
| Fat .....                       | 1,0 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 51 g     |
| of this sugar .....             | 2,3 g    |
| Roughage .....                  | 2,8 g    |
| Protein .....                   | 9,4 g    |
| Salt .....                      | 1,37 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Maxi bun

Wheat bread roll, frozen

Article number **1010506**

Weight per unit 70 g Units per carton 30

Net weight of the filling 2100 g

Carton large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The lunch assortment of Resch&Frisch is the ideal basis for creative lunch specialists. In just a matter of minutes you can make tasty, fresh rolls - individually around the clock!



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, baker's yeast, salt, sugar, rapeseed oil, MALTED WHEAT FLOUR, BARLEY MALT. May contain traces of SESAME, SOYA and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.044 kJ |
| Energy .....                    | 250 kcal |
| Fat .....                       | 0,9 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 49 g     |
| of this sugar .....             | 2,2 g    |
| Roughage .....                  | 2,6 g    |
| Protein .....                   | 9,3 g    |
| Salt .....                      | 1,34 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Consumer reference

12 Stunden trocken und vor Wärme g

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Midi Kaiser bun

Wheat bread roll, frozen

Article number **1010507**

Weight per unit 40 g Units per carton 70

Net weight of the filling 2800 g

Carton large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The classic amongst cakes and pastries - now in a practical Midi format. Produced with the best ingredients, the taste and look convince in a unique way.



### Preparation

Cooking time: 4 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, baker's yeast, salt, sugar, rapeseed oil. BARLEY MALT, MALTED WHEAT FLOUR. May contain traces of SESAME, SOYA and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.110 kJ |
| Energy .....                    | 265 kcal |
| Fat .....                       | 1,0 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 52 g     |
| of this sugar .....             | 2,2 g    |
| Roughage .....                  | 2,7 g    |
| Protein .....                   | 9,6 g    |
| Salt .....                      | 1,39 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Resch Hand-crafted bun

Wheat bread roll, deep frozen

Article number **1010513**

Weight per unit                    65 g      Units per carton      40

Net weight of the filling        2600 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Fluffy, tasty, crisp. The heart of the Resch&Frisch baker's art created according to an old recipe and kneaded with love. The long resting period means that the crisp hand-made roll is fluffy and crumbly, with a very special taste. A roll cannot taste better.



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, baker's yeast, salt, sugar, BARLEY MALT, MALTED WHEAT FLOUR, rapeseed oil, spices, acidifier (acetic acid, lactic acid). May contain traces of SESAME, SOYA, and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.077 kJ |
| Energy .....                    | 257 kcal |
| Fat .....                       | 1,0 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 51 g     |
| of this sugar .....             | 2,1 g    |
| Roughage .....                  | 2,8 g    |
| Protein .....                   | 9,1 g    |
| Salt .....                      | 1,29 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Poppy and sesame seed mix

Wheat bread roll, frozen

Article number **1010522**

Weight per unit                      55 g      Units per carton                      45

Net weight of the filling            2475 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description



### Preparation

Cooking time: 4 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, baker's yeast, poppy seed, SESAME, salt, MALTED WHEAT FLOUR, BARLEY MALT, sugar, rapeseed oil. May contain traces of NUTS and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.146 kJ |
| Energy .....                    | 273 kcal |
| Fat .....                       | 3,1 g    |
| of this saturated fatty acids : | 0,5 g    |
| Carbohydrates .....             | 50 g     |
| of this sugar .....             | 2,2 g    |
| Roughage .....                  | 3,1 g    |
| Protein .....                   | 9,8 g    |
| Salt .....                      | 1,33 g   |

### Allergens

Gluten, Sesame

### traces possible

Nuts, Soya

Milk fat content .....

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Kaiser bun

Wheat bread roll, frozen

Article number **1010523**

Weight per unit                    60 g      Units per carton      37

Net weight of the filling        2220 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The classic among baking goods that is mandatory on all breakfast buffets! Produced with best ingredients, taste and looks convince in a unique way.



### Preparation

Cooking time: 4 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE) water, baker's yeast, salt, sugar, rapeseed oil, MALTED WHEAT, BARLEY MALT. May contain traces of SESAME, SOYA and NUTS  
..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.064 kJ |
| Energy .....                    | 255 kcal |
| Fat .....                       | 1,0 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 50 g     |
| of this sugar .....             | 2,2 g    |
| Roughage .....                  | 2,7 g    |
| Protein .....                   | 9,5 g    |
| Salt .....                      | 1,35 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegan, Vegetarian

### Consumer reference

12 Stunden trocken und vor Wärme g





# Product information

## Rye bread roll

Wheat-rye bread rolls, frozen

Article number **1011015**

Weight per unit                    60 g      Units per carton            60

Net weight of the filling        3600 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The aromatic rye bread roll - a famous classic in the bakery world - convinces with its moist taste and great crust.



### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (RYE (38%), WHEAT), water, baker's yeast, MALTED WHEAT FLOUR, BARLEY MALT, rapeseed oil, sugar, spices, salt, acidifier (acetic acid, lactic acid). May contain traces of SESAME, NUTS and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.046 kJ |
| Energy .....                    | 248 kcal |
| Fat .....                       | 1,3 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 1,9 g    |
| Roughage .....                  | 4,7 g    |
| Protein .....                   | 8,6 g    |
| Salt .....                      | 1,21 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Vintschgerl bread roll

Wheat-rye bread rolls, frozen

Article number **1011018**

Weight per unit                    70 g      Units per carton      60

Net weight of the filling      4200 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Aromatic bread roll made of wheat and rye flour, typical taste of caraway and bread spices.



### Preparation

Cooking time: 7 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, baker's yeast, salt, MALTED WHEAT FLOUR, spices, sugar, BARLEY MALT, rapeseed oil, acidifier (acetic acid, lactic acid).  
May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.014 kJ |
| Energy .....                    | 241 kcal |
| Fat .....                       | 1,1 g    |
| of this saturated fatty acids : | 0,2 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 1,6 g    |
| Roughage .....                  | 4,2 g    |
| Protein .....                   | 7,8 g    |
| Salt .....                      | 1,21 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Maxi salted stick

Wheat bread roll, frozen

Article number **1011028**

Weight per unit                    60 g      Units per carton      35

Net weight of the filling        2100 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The lunch assortment of Resch&Frisch is the ideal basis for creative lunch specialists. In just a matter of minutes you can make tasty, fresh rolls - individually around the clock!



### Preparation

Cooking time: 4 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, salt, baker's yeast, rapeseed oil, MALTED WHEAT FLOUR, BARLEY MALT, sugar, cumin. May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.094 kJ |
| Energy .....                    | 259 kcal |
| Fat .....                       | 2,0 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 50 g     |
| of this sugar .....             | 1,0 g    |
| Roughage .....                  | 3,2 g    |
| Protein .....                   | 9,1 g    |
| Salt .....                      | 8,03 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

35 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



## Maxi salted roll

Wheat-rye bread rolls, frozen

Article number **1011029**

Weight per unit                    60 g      Units per carton      40

Net weight of the filling        2400 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Das Jausensortiment von Resch&Frisch ist die optimale Basis für kreative Jausenspezialisten. In Minutenschnelle können köstliche, frische Brötchen gezaubert werden - sensationell individuell und rund um die Uhr!



### Preparation

Cooking time: 4 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, salt, baker's yeast, cumin, BARLEY MALT, rapeseed oil, acidifier (acetic acid, lactic acid). May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.083 kJ |
| Energy .....                    | 257 kcal |
| Fat .....                       | 2,0 g    |
| of this saturated fatty acids : | 0,4 g    |
| Carbohydrates .....             | 50 g     |
| of this sugar .....             | 0,5 g    |
| Roughage .....                  | 3,7 g    |
| Protein .....                   | 8,4 g    |
| Salt .....                      | 3,91 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

42 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



## Rye bread rolls

Wheat-rye bread rolls, frozen

Article number **1011037**

Weight per unit                    70 g      Units per carton                    60

Net weight of the filling            4200 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description



### Preparation

Cooking time: 7 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (RYE, WHEAT), water, baker's yeast, salt, MALTED WHEAT FLOUR, BARLEY MALT, rapeseed oil, sugar, acidifier (acetic acid, lactic acid). May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.013 kJ |
| Energy .....                    | 240 kcal |
| Fat .....                       | 1,0 g    |
| of this saturated fatty acids : | 0,2 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 1,6 g    |
| Roughage .....                  | 4,2 g    |
| Protein .....                   | 7,6 g    |
| Salt .....                      | 1,23 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



## Maxi cheese roll

Wheat bread with cheese, frozen

Article number **1011038**

Weight per unit                    75 g      Units per carton      35

Net weight of the filling        2625 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The lunch assortment of Resch&Frisch is the ideal basis for creative lunch specialists. In just a matter of minutes you can make tasty, fresh rolls - individually around the clock!



### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT (WHEAT FLOUR, MALTED WHEAT FLOUR, dried NATURAL WHEAT SOURDOUGH), CHEESE 45%fat in dry matter (24%), water, salt, RYE FLOUR, baker's yeast, dextrose. May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.251 kJ |
| Energy .....                    | 299 kcal |
| Fat .....                       | 7,1 g    |
| of this saturated fatty acids : | 4,4 g    |
| Carbohydrates .....             | 42 g     |
| of this sugar .....             | 1,4 g    |
| Roughage .....                  | 2,1 g    |
| Protein .....                   | 15 g     |
| Salt .....                      | 2,78 g   |

### Allergens

Gluten, Milk

### traces possible

Sesame, Soya

Milk fat content .....: 6,3 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegetarian



# Product information

## Rye buns

Wheat-rye bread rolls, frozen

Article number **1011058**

Weight per unit                    110 g      Units per carton            24

Net weight of the filling            2640 g

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description



### Preparation

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (RYE (33%), WHEAT), water, baker's yeast, BARLEY MALT, WHEAT GLUTENS, salt, RYE MALT, acidifier (lactic acid, acetic acid). May contain traces of SOYA and SESAME

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.033 kJ |
| Energy .....                    | 245 kcal |
| Fat .....                       | 1,1 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 1,9 g    |
| Roughage .....                  | 4,4 g    |
| Protein .....                   | 8,6 g    |
| Salt .....                      | 1,30 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Maxi ciabatta

Wheat bread roll, frozen

Article number **1011070**

Weight per unit                    80 g      Units per carton      30

Net weight of the filling      2400 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The lunch assortment of Resch&Frisch is the ideal basis for creative lunch specialists. In just a matter of minutes you can make tasty, fresh rolls - individually around the clock!



### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, MALTED WHEAT FLOUR, baker's yeast, olive oil, CARAMEL MALT ground , potato starch, salt, sugar, rapeseed oil. May contain traces of SOYA, SESAME and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.099 kJ |
| Energy .....                    | 263 kcal |
| Fat .....                       | 2,4 g    |
| of this saturated fatty acids : | 0,4 g    |
| Carbohydrates .....             | 49 g     |
| of this sugar .....             | 1,7 g    |
| Roughage .....                  | 2,9 g    |
| Protein .....                   | 9,1 g    |
| Salt .....                      | 1,17 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian





# Product information

## Sesame bagel

Wheat bread roll, frozen

Article number **1011073**

Weight per unit                    85 g      Units per carton      35

Net weight of the filling        2975 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Bagels serve as the ideal basis for any type of topping as they do not get soft easily, have a long lifetime and can be eaten without any type of tableware. With spread cheese, salmon, onions or vegetarian with rucicola lettuce, sun-dried tomatoes, roasted pine nuts and parmesan cheese - there are no limits to your creativity.



### Preparation

Cooking time: 4 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, SESAME, sugar, baker's yeast, salt, rapeseed oil, WHEAT GLUTEN, BARLEY MALT, emulsifier SOYA LECITHIN.

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.308 kJ |
| Energy .....                    | 313 kcal |
| Fat .....                       | 7,6 g    |
| of this saturated fatty acids : | 1,0 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 3,3 g    |
| Roughage .....                  | 3,5 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,26 g   |

### Allergens

Gluten, Sesame, Soya

### traces possible

contains no

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Maxi poppy seed roll

Wheat bread roll, frozen

Article number **1011092**

Weight per unit                      75 g      Units per carton      30

Net weight of the filling            2250 g

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description



### Preparation

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, poppy seed, baker's yeast, salt, rapeseed oil, sugar, MALTED WHEAT, BARLEY MALT, acidifier (acetic acid, lactic acid).  
May contain traces of SESAME ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.175 kJ |
| Energy .....                    | 280 kcal |
| Fat .....                       | 4,7 g    |
| of this saturated fatty acids : | 0,6 g    |
| Carbohydrates .....             | 47 g     |
| of this sugar .....             | 2,2 g    |
| Roughage .....                  | 3,6 g    |
| Protein .....                   | 10 g     |
| Salt .....                      | 2,58 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

35 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Organic Potato Bread Roll

Organic potato pastry, frozen

Article number **1011093**

Weight per unit                      75 g      Units per carton      50

Net weight of the filling            3750 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The savoury organic potato bread roll is persuasive with its distinctive taste, with its succulent potato dough and its powerful crust. Ideally suited as a companion to summery menus, or as a tasty bread roll in packed lunches and picnic baskets



### Preparation

Cooking time: 8 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR\*, water, potato flakes\* (9%), baker's yeast, RYE FLOUR\*, salt, WHEAT GLUTENS\*, MALTED WHEAT FLOUR\*. \*from certified organic farming. May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.054 kJ |
| Energy .....                    | 249 kcal |
| Fat .....                       | 0,8 g    |
| of this saturated fatty acids : | 0,1 g    |
| Carbohydrates .....             | 51 g     |
| of this sugar .....             | 1,5 g    |
| Roughage .....                  | 3,4 g    |
| Protein .....                   | 9,1 g    |
| Salt .....                      | 1,79 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Organic, Lactose-free, Vegan,  
Vegetarian



## Bread roll Sport

Wholemeal bread roll with vegetables and nuts, frozen

Article number **1011103**

Weight per unit                    75 g      Units per carton      30  
 Net weight of the filling        2250 g  
 Carton      small box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

The ideal snack for eating on-the-go, even without a filling



### WHAT I CONTAIN

### Preparation

Cooking time: 8 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHOLEMEAL WHEAT FLOUR, water, SOYA FLOUR, carrots (8%), sunflower seeds, WHOLEMEAL RYE MEAL, peas (5%), WALNUTS (3%), flour (RYE, WHEAT), WHEAT GLUTENS, baker's yeast, salt, MALTED WHEAT FLOUR, NATURAL WHEAT SOURDOUGH dried, dextrose, acidifier (acetic acid, lactic acid). May contain traces of SESAME ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.079 kJ |
| Energy .....                    | 257 kcal |
| Fat .....                       | 7,6 g    |
| of this saturated fatty acids : | 1,0 g    |
| Carbohydrates .....             | 31 g     |
| of this sugar .....             | 2,3 g    |
| Roughage .....                  | 6,5 g    |
| Protein .....                   | 13 g     |
| Salt .....                      | 1,30 g   |

% of the recommended daily dose

|                  |   |   |
|------------------|---|---|
| Magnesium ....:  | - | - |
| Iron .....       | - | - |
| Zinc .....       | - | - |
| Phosphorus ....: | - | - |
| potassium ....:  | - | - |

|                        |       |
|------------------------|-------|
| Beta-Glucan .....      | -     |
| Milk fat content ..... | 0,0 g |

### Allergens

Gluten, Nuts, Soya

### traces possible

Sesame

### Additives subject to declaration (according to ZZuV)

contains no

### Minimum durability at -18°

98 Days

### General dietary recommendations

Diverse forms of nutrition, exercise and a healthy life style are all important factors for healthy living.

### Property sheet

High fibre content, Lactose-free, Vegan, Vegetarian, Wholemeal



## Wachauer bread roll

Wheat bread roll, frozen

Article number **1011123**

Weight per unit                    50 g      Units per carton            50

Net weight of the filling        2500 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The original Wachauer bread roll promises rustic enjoyment on a highest level. This typical Austrian product can be used in many ways - in the classic bread basket or as a special side for wine and cheese!



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, baker's yeast, salt, sugar, MALTED WHEAT FLOUR, NATURAL WHEAT SOURDOUGH dried, dextrose, BARLEY MALT, acidifier (acetic acid, lactic acid). May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.117 kJ |
| Energy .....                    | 266 kcal |
| Fat .....                       | 1,0 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 53 g     |
| of this sugar .....             | 2,7 g    |
| Roughage .....                  | 3,2 g    |
| Protein .....                   | 9,5 g    |
| Salt .....                      | 1,31 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Organic Classic Mix

Organic bread rolls assortment, frozen

Article number **1011124**

Weight per unit                    70 g      Units per carton      52  
 Net weight of the filling        3640 g  
 Carton      large box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

Fine selection of lye pretzel product, rolls with sunflower seeds and pumpkin seeds and spelt roll.

lactose-free



### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour\* (WHEAT, SPELT, WHOLEGRAIN SPELT  
 , RYE, wholemeal rye flour  
 ), water, pumpkin seeds\*, sunflower seeds\*, baker's yeast, linseed\*,  
 SESAME\*, sunflower oil\*, salt, SOYA BEAN MEAL\*, sugar\*. immersed in  
 sodium hydroxide partially  
 with sodium hydroxide solution processed. \*from certified organic farming.

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.245 kJ |
| Energy .....                    | 295 kcal |
| Fat .....                       | 8,3 g    |
| of this saturated fatty acids : | 1,2 g    |
| Carbohydrates .....             | 43 g     |
| of this sugar .....             | 1,7 g    |
| Roughage .....                  | 3,6 g    |
| Protein .....                   | 12 g     |
| Salt .....                      | 1,26 g   |

### Allergens

Gluten, Sesame, Soya

### traces possible

contains no

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Organic, Lactose-free, Vegan,  
Vegetarian



# Product information

## Midi Breakfast mix

Bread assortment, frozen

Article number **1011141**

Weight per unit 42 g Units per carton 75

Net weight of the filling 3150 g

Carton large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The right size for every serving - all Midi products are about 15g lighter than classic cakes and pastries and offer an optimum serving size for your guests. The Midi breakfast mix consists of a Midi lye breadstick, a small, crusty Midi loaf and a Midi sunflower bread roll.



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

Midi small crusty loaf

: flour (RYE (WHEAT), water, baker's yeast, salt, MALTED WHEAT FLOUR, BARLEY MALT, rapeseed oil, sugar, acidifier: acetic acid. May contain traces of SESAME and SOYA .. Midi lye breadstick: flour (WHEAT, RYE), water, baker's yeast, rapeseed oil, salt, dextrose, MALTED WHEAT FLOUR, dried NATURAL WHEAT SOURDOUGH. immersed in sodium hydroxide with sodium hydroxide solution processed. May contain traces of SESAME and SOYA .. Midi sunflower bread roll

: flour (WHEAT, RYE), water, sunflower seeds, potato flakes, SOYA BEAN MEAL, RYE MEAL, WHEAT GLUTENS, baker's yeast, salt, bananas, honey, vegetable oil (coconut, rape seed), sugar, BARLEY MALT, MALTED WHEAT, flavour. May contain traces of SESAME, MILK and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.075 kJ |
| Energy .....                    | 257 kcal |
| Fat .....                       | 3,6 g    |
| of this saturated fatty acids : | 0,6 g    |
| Carbohydrates .....             | 45 g     |
| of this sugar .....             | 1,7 g    |
| Roughage .....                  | 3,7 g    |
| Protein .....                   | 9,1 g    |
| Salt .....                      | 1,19 g   |

### Allergens

Gluten, Soya

### traces possible

Milk, Nuts, Sesame

Milk fat content .....

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Vegetarian



# Product information

## Rustic Bread Roll Horn

Wheat bread roll, frozen

Article number **1011147**

Weight per unit                    55 g      Units per carton      50

Net weight of the filling        2750 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Fluffy luscious pastry creation made from wheat dough. Connoisseurs will appreciate the distinctive, aromatic crust, the coarse-pored crumbs and the balanced taste. The application range is diverse - as a stylish accompaniment to meals, as part of the breakfast buffet, or filled as a snack!



### Preparation

Cooking time: 7 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, MALTED WHEAT FLOUR, salt, baker's yeast, RYE FLOUR, sugar, rapeseed oil, BARLEY MALT. May contain traces of SESAME, SOYA and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.066 kJ |
| Energy .....                    | 255 kcal |
| Fat .....                       | 0,9 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 50 g     |
| of this sugar .....             | 1,6 g    |
| Roughage .....                  | 2,7 g    |
| Protein .....                   | 9,5 g    |
| Salt .....                      | 1,16 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian





# Product information

## Hot dog bun

Wheat bread roll, frozen

Article number **1011159**

Weight per unit                    90 g      Units per carton                    25

Net weight of the filling                    2250 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Fluffy rolls – ideal for filling



### Preparation

Defrost for 60 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, sugar, baker's yeast, MALTED WHEAT FLOUR, rapeseed oil, salt, BARLEY MALT. May contain traces of SESAME, NUTS and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.105 kJ |
| Energy .....                    | 263 kcal |
| Fat .....                       | 2,5 g    |
| of this saturated fatty acids : | 0,4 g    |
| Carbohydrates .....             | 49 g     |
| of this sugar .....             | 4,4 g    |
| Roughage .....                  | 2,6 g    |
| Protein .....                   | 9,2 g    |
| Salt .....                      | 1,40 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Midi Hand-made Mix

Bread assortment, frozen

Article number **1011162**

Weight per unit 42 g Units per carton 75

Net weight of the filling 3150 g

Carton large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

A mix of rustic rolls in our popular midi format: Rye roll (without bread spice), twist roll and walnut roll.



### Preparation

cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

Midi rye bread roll: flour RYE (38%), WHEAT), water, baker's yeast, BARLEY MALT, MALTED WHEAT FLOUR, rapeseed oil, RYE SOURDOUGH (RYE FLOUR, water), acidifier (lactic acid, acetic acid), salt, sugar. May contain traces of SESAME, SOYA and NUTS .. midi walnut roll : WHEAT FLOUR, water, WALNUTS (12%), salt, BARLEY MALT, baker's yeast, rapeseed oil, sugar. May contain traces of SOYA and SESAME .. midi twisted roll : WHEAT FLOUR, water, RYE FLOUR, baker's yeast, salt, sugar, rapeseed oil, BARLEY MALT, MALTED WHEAT FLOUR, acidifier (acetic acid, lactic acid). May contain traces of NUTS, SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.121 kJ |
| Energy .....                    | 268 kcal |
| Fat .....                       | 3,6 g    |
| of this saturated fatty acids : | 0,5 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 1,9 g    |
| Roughage .....                  | 3,4 g    |
| Protein .....                   | 9,3 g    |
| Salt .....                      | 1,31 g   |

### Allergens

Gluten, Nuts

### traces possible

Sesame, Soya

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

Milk fat content .....

0,0 g

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Sweet breakfast croissant

Yeast fine pastry, frozen

Article number **1011168**

Weight per unit                    60 g      Units per carton      30

Net weight of the filling        1800 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Refined from yeast dough with butter, a real treat whether completed with a sweet or savoury filling.



### Preparation

Cooking time: 3 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, sugar, BUTTER (4%), rapeseed oil, baker's yeast, EGGS, MALTED WHEAT FLOUR, DRIED LOW-FAT MILK, NATURAL WHEAT SOURDOUGH dried, dextrose, salt. May contain traces of SESAME, SOYA and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.366 kJ |
| Energy .....                    | 327 kcal |
| Fat .....                       | 8,9 g    |
| of this saturated fatty acids : | 3,1 g    |
| Carbohydrates .....             | 50 g     |
| of this sugar .....             | 7,5 g    |
| Roughage .....                  | 2,4 g    |
| Protein .....                   | 9,6 g    |
| Salt .....                      | 1,01 g   |

### Allergens

Gluten, Milk, Eggs

### traces possible

Nuts, Sesame, Soya

Milk fat content .....: 3,5 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Vegetarian



# Product information

## Hamburger

Wheat bread roll, frozen

Article number **1011172**

Weight per unit                      80 g      Units per carton                      30

Net weight of the filling              2400 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Fluffy wheat dough sprinkled with sesame seeds. The ideal accompaniment for a hearty burger!



### Preparation

Defrost for 60 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, SESAME, baker's yeast, glucose syrup, sugar, rapeseed oil, WHEAT GLUTENS, salt, RYE FLOUR, MALTED BARLEY FLOUR, MALTED WHEAT FLOUR, NATURAL WHEAT SOURDOUGH dried, dextrose. May contain traces of SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.261 kJ |
| Energy .....                    | 301 kcal |
| Fat .....                       | 6,7 g    |
| of this saturated fatty acids : | 0,9 g    |
| Carbohydrates .....             | 47 g     |
| of this sugar .....             | 4,1 g    |
| Roughage .....                  | 3,0 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,18 g   |

### Allergens

Gluten, Sesame

### traces possible

Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Maxi rye bread roll

Wheat bread roll, frozen

Article number **1011187**

Weight per unit                    95 g      Units per carton      30

Net weight of the filling        2850 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description



### Preparation

cooking time: 7 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (RYE-(36%), WHEAT), water, baker's yeast, MALTED WHEAT FLOUR, BARLEY MALT, rapeseed oil, sugar, spices, salt, acidifier (acetic acid, lactic acid). May contain traces of SESAME, NUTS and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.045 kJ |
| Energy .....                    | 248 kcal |
| Fat .....                       | 1,3 g    |
| of this saturated fatty acids : | 0,3 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 1,9 g    |
| Roughage .....                  | 4,6 g    |
| Protein .....                   | 8,6 g    |
| Salt .....                      | 1,24 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



## Rustic walnut roll

Wheat-rye bread with walnuts, frozen

Article number **1011189**

|                           |           |                  |    |
|---------------------------|-----------|------------------|----|
| Weight per unit           | 70 g      | Units per carton | 45 |
| Net weight of the filling | 3150 g    |                  |    |
| Carton                    | large box |                  |    |

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description



### Preparation

Cooking time: 7 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, WALNUTS (11%), salt, baker's yeast, RYE FLOUR, rapeseed oil, BARLEY MALT, MALTED WHEAT FLOUR, sugar. May contain traces of SOYA and SESAME ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.301 kJ |
| Energy .....                    | 311 kcal |
| Fat .....                       | 8,4 g    |
| of this saturated fatty acids : | 1,0 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 2,3 g    |
| Roughage .....                  | 3,3 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,14 g   |

### Allergens

Gluten, Nuts

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Fitness bread roll

Wheat-rye bread rolls, frozen

Article number **1012009**

Weight per unit 70 g Units per carton 55

Net weight of the filling 3850 g

Carton large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The aromatic fitness bread roll convinces with exceptional ingredients like roasted sunflower seeds and nutritious banana pieces.



### Preparation

Cooking time: 7 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, sunflower seeds, potato flakes, SOYA BEAN MEAL, WHEAT GLUTENS, RYE MEAL, baker's yeast, banana crisps (banana, vegetable oil (coconut), sugar, honey, flavour), salt, rapeseed oil, BARLEY MALT, MALTED WHEAT FLOUR, sugar. May contain traces of SESAME and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.236 kJ |
| Energy .....                    | 294 kcal |
| Fat .....                       | 7,5 g    |
| of this saturated fatty acids : | 1,3 g    |
| Carbohydrates .....             | 43 g     |
| of this sugar .....             | 1,9 g    |
| Roughage .....                  | 4,8 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,05 g   |

### Allergens

Gluten, Soya

### traces possible

Nuts, Sesame

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegetarian



## Spelt wholemeal bread roll

Spelt wholemeal bread rolls, frozen

Article number **1012010**

Weight per unit                    70 g      Units per carton      55

Net weight of the filling        3850 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Wholesome bread for a unique taste sensation



### WHAT I CONTAIN

### Preparation

Cooking time: 8 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHOLEMEAL SPELT FLOUR (45%), water, sunflower seeds, RYE FLOUR, EDIBLE CURD CHEESE 20% fat in dry matter, SPELT FLAKES (5%), WHEAT GLUTENS, SESAME, potato flakes, baker's yeast, salt, BARLEY MALT, sugar, acidifier (acetic acid, lactic acid). May contain traces of SOYA and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.225 kJ |
| Energy .....                    | 293 kcal |
| Fat .....                       | 7,7 g    |
| of this saturated fatty acids : | 1,1 g    |
| Carbohydrates .....             | 42 g     |
| of this sugar .....             | 2,3 g    |
| Roughage .....                  | 6,3 g    |
| Protein .....                   | 13 g     |
| Salt .....                      | 1,10 g   |

% of the recommended daily dose

|                  |          |       |
|------------------|----------|-------|
| Magnesium ....:  | 94,7 mg  | 25 %  |
| Iron .....       | 3,0 mg   | 22 %  |
| Zinc .....       | 2,5 mg   | 25 %  |
| Phosphorus ....: | 320,0 mg | 46 %  |
| potassium ....:  | 338,0 mg | 338 % |

|                        |       |
|------------------------|-------|
| Beta-Glucan .....      | -     |
| Milk fat content ..... | 0,3 g |

### Allergens

Gluten, Milk, Sesame

### traces possible

Nuts, Soya

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### General dietary recommendations

Diverse forms of nutrition, exercise and a healthy life style are all important factors for healthy living.

### Property sheet

High fibre content, Vegetarian, Wholemeal





# Product information

## Bread roll with pumpkin seeds

Wheat-rye bread with pumpkin seeds, frozen

Article number **1012012**

Weight per unit                    70 g      Units per carton      55

Net weight of the filling        3850 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Selected raw materials like wheat and rye flour, pumpkin seeds and pumpkin oil from Southern Styria make this crunchy product a real experience. Pumpkin seeds have a high content of protein, iron, phosphorus, potassium, zinc and selenium and therefore make a positive contribution to a balanced diet.



### Preparation

Cooking time: 8 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, pumpkin seeds (13%), baker's yeast, salt, pumpkin oil, rapeseed oil, BARLEY MALT, MALTED WHEAT FLOUR, sugar. May contain traces of SESAME, SOYA and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.147 kJ |
| Energy .....                    | 282 kcal |
| Fat .....                       | 7,9 g    |
| of this saturated fatty acids : | 1,6 g    |
| Carbohydrates .....             | 40 g     |
| of this sugar .....             | 1,4 g    |
| Roughage .....                  | 4,3 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,14 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



## Wholemeal roll

Wholegrain pastry, frozen

Article number **1012014**

Weight per unit 62 g Units per carton 60

Net weight of the filling 3720 g

Carton large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

A crunchy crust thanks to pumpkin seeds and sunflower seeds



### WHAT I CONTAIN

### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHOLEMEAL WHEAT FLOUR, water, sunflower seeds, WHEAT FLOUR, WHEAT MEAL, pumpkin seeds, baker's yeast, OAT FLAKES, SESAME, linseed, salt, WHEAT GLUTENS, RYE FLOUR, BARLEY MALT, rapeseed oil, acidifier (acetic acid lactic acid). May contain traces of SOYA and NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.334 kJ |
| Energy .....                    | 322 kcal |
| Fat .....                       | 12 g     |
| of this saturated fatty acids : | 1,6 g    |
| Carbohydrates .....             | 38 g     |
| of this sugar .....             | 1,5 g    |
| Roughage .....                  | 7,2 g    |
| Protein .....                   | 13 g     |
| Salt .....                      | 1,13 g   |

% of the recommended daily dose

|                  |   |   |
|------------------|---|---|
| Magnesium .....  | - | - |
| Iron .....       | - | - |
| Zinc .....       | - | - |
| Phosphorus ..... | - | - |
| potassium .....  | - | - |

|                        |       |
|------------------------|-------|
| Beta-Glucan .....      | -     |
| Milk fat content ..... | 0,0 g |

### Allergens

Gluten, Sesame

### traces possible

Nuts, Soya

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### General dietary recommendations

Diverse forms of nutrition, exercise and a healthy life style are all important factors for healthy living.

### Property sheet

High fibre content, Lactose-free, Vegan, Vegetarian, Wholemeal



## Graham wholemeal bread roll

Wholemeal bread rolls with graham groats, frozen

Article number **1012061**

|                           |           |                  |    |
|---------------------------|-----------|------------------|----|
| Weight per unit           | 65 g      | Units per carton | 45 |
| Net weight of the filling | 2925 g    |                  |    |
| Carton                    | large box |                  |    |

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

The classic graham flour bread with a pleasant bite



### WHAT I CONTAIN

### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHOLE WHEAT FLOUR (34%), WHOLEMEAL WHEAT FLOUR (25%), water, WHEAT FLOUR, RYE FLOUR, baker's yeast, rapeseed oil, EGGS, salt, DRIED LOW-FAT MILK, BARLEY MALT, MALTED WHEAT, WHEAT GLUTEN, emulsifier SOYA LECITHIN. May contain traces of SESAME ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.101 kJ |
| Energy .....                    | 262 kcal |
| Fat .....                       | 3,7 g    |
| of this saturated fatty acids : | 0,5 g    |
| Carbohydrates .....             | 45 g     |
| of this sugar .....             | 2,2 g    |
| Roughage .....                  | 6,7 g    |
| Protein .....                   | 9,8 g    |
| Salt .....                      | 1,28 g   |

% of the recommended daily dose

|                  |   |   |
|------------------|---|---|
| Magnesium ....:  | - | - |
| Iron .....       | - | - |
| Zinc .....       | - | - |
| Phosphorus ....: | - | - |
| potassium ....:  | - | - |

|                        |       |
|------------------------|-------|
| Beta-Glucan .....      | -     |
| Milk fat content ..... | 0,0 g |

### Allergens

Gluten, Milk, Eggs, Soya

### traces possible

Sesame

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### General dietary recommendations

Diverse forms of nutrition, exercise and a healthy life style are all important factors for healthy living.

### Property sheet

High fibre content, Vegetarian, Wholemeal



## Oats wholemeal bread roll

Oats wholemeal bread rolls, frozen

Article number **1012062**

Weight per unit                    70 g      Units per carton      50  
 Net weight of the filling        3500 g  
 Carton      large box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

With the high energy oats wholemeal bread roll that is topped with nutritious oat flakes and hemp nuts you provide your guests with a true power pack that promises great taste.



### Preparation

Cooking time: 7 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

water, wholemeal four (WHEAT, OAT 11%), meal (RYE, WHEAT), WHEAT FLOUR, CURD CHEESE 20% fat in dry matter, OAT FLAKES (4%), baker's yeast, salt, RYE FLOUR, acidifier (acetic acid, lactic acid), BARLEY MALT. May contain traces of SESAME, NUTS and SOYA ..

### Nutritional values per 100g

|                                 |          |                                 |
|---------------------------------|----------|---------------------------------|
| Energy .....                    | 1.039 kJ |                                 |
| Energy .....                    | 248 kcal |                                 |
| Fat .....                       | 2,3 g    |                                 |
| of this saturated fatty acids : | 0,7 g    |                                 |
| Carbohydrates .....             | 44 g     |                                 |
| of this sugar .....             | 1,7 g    |                                 |
| Roughage .....                  | 6,6 g    |                                 |
| Protein .....                   | 9,5 g    |                                 |
| Salt .....                      | 1,19 g   |                                 |
|                                 |          | % of the recommended daily dose |
| Magnesium ....:                 | 67,7 mg  | 18 %                            |
| Iron .....                      | 2,2 mg   | 16 %                            |
| Zinc .....                      | 1,6 mg   | 16 %                            |
| Phosphorus ....:                | 228,0 mg | 33 %                            |
| potassium ....:                 | -        | -                               |
| Beta-Glucan .....               | -        |                                 |
| Milk fat content .....          | 0,3 g    |                                 |

### Allergens

Gluten, Milk

### traces possible

Nuts, Sesame, Soya

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### General dietary recommendations

Diverse forms of nutrition, exercise and a healthy life style are all important factors for healthy living.

### Property sheet

High fibre content, Vegetarian,  
 Wholemeal



## Muesli roll

Wholegrain pastry with nuts and dried fruit, frozen

Article number **1012076**

Weight per unit                    80 g      Units per carton      30  
 Net weight of the filling        2400 g  
 Carton      small box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

The all-in-one power breakfast - ideal for eating on-the-go



### WHAT I CONTAIN

### Preparation

Cooking time: 8 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHOLEMEAL WHEAT FLOUR (41%), water, dried fruit (14%) (cranberries (cranberries, sugar), sultanas, Plums), BUTTERMILK 1% fat, HAZELNUTS (7%), WHEAT GLUTENS, cornflakes (corn, salt, BARLEY MALT EXTRACT, honey, WHEAT FLOUR, baker's yeast, salt, linseed MALTED WHEAT FLOUR, NATURAL WHEAT SOURDOUGH dried, dextrose. May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.190 kJ |
| Energy .....                    | 283 kcal |
| Fat .....                       | 6,2 g    |
| of this saturated fatty acids : | 0,6 g    |
| Carbohydrates .....             | 45 g     |
| of this sugar .....             | 13 g     |
| Roughage .....                  | 5,9 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 0,99 g   |

% of the recommended daily dose

|                  |          |      |
|------------------|----------|------|
| Magnesium .....  | 74,2 mg  | 20 % |
| Iron .....       | 2,7 mg   | 19 % |
| Zinc .....       | 2,0 mg   | 20 % |
| Phosphorus ..... | 235,0 mg | 34 % |
| potassium .....  | -        | -    |

|                        |       |
|------------------------|-------|
| Beta-Glucan .....      | -     |
| Milk fat content ..... | 0,1 g |

### Allergens

Gluten, Milk, Nuts

### traces possible

Sesame, Soya

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### General dietary recommendations

Diverse forms of nutrition, exercise and a healthy life style are all important factors for healthy living.

### Property sheet

High fibre content, Vegetarian, Wholemeal



# Product information

## Midi Multigrain mix

Bread assortment, frozen

Article number **1012089**

Weight per unit 42 g Units per carton 75

Net weight of the filling 3150 g

Carton large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The Midi assortment means that now the perfect alternative is now available for your buffet bar - all Midi products are about 15g lighter than classic cakes and pastries and offer an optimum serving size for your guests. The Midi multigrain mix consists of a Midi grain horn, a Midi multigrain crust and a small Midi grain loaf.



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

Midi small grain loaf (WHEAT FLOUR, water, RYE FLOUR, baker's yeast, salt, MALTED WHEAT FLOUR, WHEAT GLUTEN, WHOLEMEAL RYE MEAL, amaranth, SOYA FLOUR, SOYA BEAN MEAL, sunflower seeds, dextrose, spices, linseed, acidifier lactic acid, RYE MALT, BARLEY MALT, WHEAT MEAL, dried RYE SOURDOUGH, rapeseed oil, sugar, emulsifiers mono- and diglycerides traces of fatty acids, SOYA LECITHIN, thickener nodium carboxymethyl cellulose. May contain traces of SESAME ..) Midi corn stick

(WHEAT FLOUR, water, SESAME, RYE MEAL, WHEAT MEAL, baker's yeast, WHEAT BRAN, linseed, SOYA BEAN MEAL, BRAISED MALTED WHEY GRAIN, salt, SOYA FLOUR, RYE FLOUR, PREGELATINIZED MALTED RYE FLOUR, RYE FLOUR fried, spices, acidifier (lactic acid, acetic acid), sugar, rapeseed oil, MALTED WHEAT FLOUR, BARLEY MALT). Midi multi-grain corner (WHEAT FLOUR, water, linseed (7%), sunflower seeds (7%), OAT FLAKES (3%), RYE MEAL (3%), rapeseed oil, baker's yeast, salt, BARLEY MALT, MALTED WHEAT FLOUR, SESAME, sugar. May contain traces of SOYA ..)

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.136 kJ |
| Energy .....                    | 271 kcal |
| Fat .....                       | 5,4 g    |
| of this saturated fatty acids : | 0,7 g    |
| Carbohydrates .....             | 43 g     |
| of this sugar .....             | 1,7 g    |
| Roughage .....                  | 5,4 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,38 g   |

### Allergens

Gluten, Sesame, Soya

### traces possible

contains no

Milk fat content .....

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



## World champion bread roll

Wheat-rye bread rolls, frozen

Article number **1012098**

Weight per unit                    70 g      Units per carton      50  
 Net weight of the filling        3500 g  
 Carton      large box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

Rustikale Backware mit hohem Schrotanteil und doppelt bestreut: am Boden mit Sonnenblumenkernen und oben mit Mohn, Sesam und Salz.



### Preparation

Cooking time: 7 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, sunflower seeds, RYE FLOUR, poppy seed, SESAME, SOYA BEAN MEAL, OAT FLAKES, salt, baker's yeast, linseed, BARLEY MALT, MALTED WHEAT FLOUR, sugar, rapeseed oil. May contain traces of NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.303 kJ |
| Energy .....                    | 311 kcal |
| Fat .....                       | 10 g     |
| of this saturated fatty acids : | 1,3 g    |
| Carbohydrates .....             | 41 g     |
| of this sugar .....             | 1,5 g    |
| Roughage .....                  | 5,1 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,31 g   |

### Allergens

Gluten, Sesame, Soya

### traces possible

Nuts

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



## Farmers' rye bread

Wholegrain rye flour roll, deep frozen

Article number **1012099**

Weight per unit                    120 g      Units per carton            25  
 Net weight of the filling            3000 g  
 Carton      small box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

Simply fantastic! A flavourful, rustic bread roll with a distinctive crust. Farmers' rye bread is made out of pure wholemeal rye flour and thus contains no wheat. This rustic bread roll with its pronounced crust makes for an ideal snack with cheese, sliced sausage and ham.



### Preparation

Cooking time: 10 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHOLEMEAL RYE FLOUR, water, RYE FLOUR, baker's yeast, salt, spices.  
 May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 888 kJ   |
| Energy .....                    | 210 kcal |
| Fat .....                       | 1,3 g    |
| of this saturated fatty acids : | 0,2 g    |
| Carbohydrates .....             | 40 g     |
| of this sugar .....             | 1,1 g    |
| Roughage .....                  | 8,5 g    |
| Protein .....                   | 5,8 g    |
| Salt .....                      | 1,14 g   |

% of the recommended daily dose

|                  |   |   |
|------------------|---|---|
| Magnesium ....:  | - | - |
| Iron .....       | - | - |
| Zinc .....       | - | - |
| Phosphorus ....: | - | - |
| potassium ....:  | - | - |

|                        |       |
|------------------------|-------|
| Beta-Glucan .....      | -     |
| Milk fat content ..... | 0,0 g |

### Allergens

Gluten

### traces possible

Sesame, Soya

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### General dietary recommendations

Diverse forms of nutrition, exercise and a healthy life style are all important factors for healthy living.

### Property sheet

High fibre content, Lactose-free, Vegan, Vegetarian, Wholemeal, does not contain wheat





## Corn stick

Article number **1012100**

Weight per unit                    65 g      Units per carton            50  
 Net weight of the filling        3250 g  
 Carton      large box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

An ideal mixture of wheat, rye, soy meal, wheat bran and linseed. Like the other bread and baking products, the Kornspitz roll is high in fibre and thus the ideal addition to every meal!



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, RYE MEAL, WHEAT MEAL, salt, SESAME, baker's yeast, WHEAT BRAN, linseed, SOYA BEAN MEAL, blue poppy seeds, BRAISED MALTED WHEY GRAIN, SOYA FLOUR, RYE FLOUR, PREGELATINIZED MALTED RYE FLOUR, RYE FLOUR fried, spices, acidifier (lactic acid, acetic acid), sugar, rapeseed oil, MALTED WHEAT FLOUR, BARLEY MALT.

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.116 kJ |
| Energy .....                    | 265 kcal |
| Fat .....                       | 4,9 g    |
| of this saturated fatty acids : | 0,7 g    |
| Carbohydrates .....             | 43 g     |
| of this sugar .....             | 0,9 g    |
| Roughage .....                  | 6,6 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 3,26 g   |

### Allergens

Gluten, Sesame, Soya

### traces possible

contains no

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

49 Days

Milk fat content .....

|       |
|-------|
| 0,0 g |
|-------|

### Property sheet

High fibre content, Lactose-free,  
 Vegan, Vegetarian



## Maxi corn stick

Article number **1012101**

Weight per unit                    70 g      Units per carton            35  
 Net weight of the filling        2450 g  
 Carton      large box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

The lunch assortment of Resch&Frisch is the ideal basis for creative lunch specialists. In just a matter of minutes you can make tasty, fresh rolls - individually around the clock!



### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, RYE MEAL, WHEAT MEAL, linseed, WHEAT BRAN, SOYA BEAN MEAL, baker's yeast, SESAME, BRAISED MALTED WHEY GRAIN, salt, SOYA FLOUR, RYE FLOUR, PREGELATINIZED MALTED RYE FLOUR, RYE FLOUR fried, spices, acidifier (lactic acid, acetic acid), sugar, rapeseed oil, MALTED WHEAT FLOUR, BARLEY MALT. May contain traces of NUTS ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.112 kJ |
| Energy .....                    | 265 kcal |
| Fat .....                       | 3,9 g    |
| of this saturated fatty acids : | 0,5 g    |
| Carbohydrates .....             | 44 g     |
| of this sugar .....             | 1,9 g    |
| Roughage .....                  | 6,5 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,46 g   |

### Allergens

Gluten, Sesame, Soya

### traces possible

Nuts

Milk fat content .....

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

High fibre content, Lactose-free,  
 Vegan, Vegetarian



## corn stick with sesame

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

Article number **1012102**

Weight per unit                    65 g      Units per carton            50  
 Net weight of the filling        3250 g  
 Carton      large box

### Product description



### Preparation

cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, SESAME, RYE MEAL, WHEAT MEAL, baker's yeast, WHEAT BRAN, linseed, SOYA BEAN MEAL, BRAISED MALTED WHEY GRAIN, salt, SOYA FLOUR, RYE FLOUR, PREGELATINIZED MALTED RYE FLOUR, RYE FLOUR fried, spices, acidifier (lactic acid, acetic acid), sugar, rapeseed oil, MALTED WHEAT FLOUR, BARLEY MALT.

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.122 kJ |
| Energy .....                    | 268 kcal |
| Fat .....                       | 4,7 g    |
| of this saturated fatty acids : | 0,7 g    |
| Carbohydrates .....             | 43 g     |
| of this sugar .....             | 1,8 g    |
| Roughage .....                  | 6,2 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,41 g   |

### Allergens

Gluten, Sesame, Soya

### traces possible

contains no

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

High fibre content, Lactose-free, Vegan, Vegetarian



## Multigrain burger

Article number **1012106**

Weight per unit                    80 g      Units per carton      30  
 Net weight of the filling        2400 g  
 Carton      large box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

Perfect for creating wholesome food: Dark, succulent burger bun with sunflower seeds, linseed, oat flakes and sesame.



### Preparation

Defrost for 30 minutes – cooking time: 4 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, SESAME (3%), linseed (3%), sunflower seeds (3%), baker's yeast, glucose syrup, sugar, rapeseed oil, OAT FLAKES, EDIBLE WHEAT BRAN, WHEAT GLUTENS, salt, MALTED WHEAT FLOUR, dried NATURAL WHEAT SOURDOUGH, dextrose, RYE FLOUR, CARAMEL MALT. May contain traces of SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.315 kJ |
| Energy .....                    | 314 kcal |
| Fat .....                       | 7,9 g    |
| of this saturated fatty acids : | 0,9 g    |
| Carbohydrates .....             | 47 g     |
| of this sugar .....             | 4,2 g    |
| Roughage .....                  | 4,9 g    |
| Protein .....                   | 12 g     |
| Salt .....                      | 1,15 g   |

### Allergens

Gluten, Sesame

### traces possible

Soya

Milk fat content .....

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



## Multigrain triangle roll

Wheat bread with millet and buckwheat, deep frozen

Article number **1012111**

Weight per unit                    80 g      Units per carton      30  
Net weight of the filling        2400 g  
Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Healthy yet tasty with millet, buckwheat, pumpkin seeds and sunflower seeds



### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, pumpkin seeds (4%), sunflower seeds (4%), millet (4%), buckwheat (4%), BRAISED MALTED WHEY GRAIN, salt, baker's yeast, MALTED WHEAT FLOUR, RYE FLOUR fried, RYE FLOUR, sugar, rapeseed oil, BARLEY MALT. May contain traces of NUTS, SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.206 kJ |
| Energy .....                    | 291 kcal |
| Fat .....                       | 5,4 g    |
| of this saturated fatty acids : | 0,9 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 1,8 g    |
| Roughage .....                  | 3,3 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,17 g   |

### Allergens

Gluten

### traces possible

Nuts, Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



## Assorted superfood rolls

Article number **1012117**

Units per carton **60**

Net weight of the filling **4350 g**

Carton **big box**

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description



### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

Rustic wholemeal seeded roll  
 (WHOLEMEAL WHEAT FLOUR, water, buckwheat (14%), wholemeal emmer flour (11%), linseed, baker's yeast, salt, MALTED BARLEY FLOUR, WHEAT FLOUR, May contain traces of SOYA, NUTS, and SESAME ..), active.plus bread roll  
 (SPELT FLOUR (49%), water, OAT FLAKES (12%), HAZELNUTS (6%), OAT BETA GLUCAN, baker's yeast, RYE FLOUR, salt, sugar. May contain traces of WHEAT, SESAME and SOYA ..),  
 Oats wholemeal bread roll  
 (water, wholemeal four (WHEAT, OAT (11%)), meal (RYE, WHEAT), WHEAT FLOUR, CURD CHEESE 20% fat in dry matter, OAT FLAKES (4%), baker's yeast, salt, RYE FLOUR, acidifier (acetic acid, lactic acid), BARLEY MALT. May contain traces of SESAME, NUTS and SOYA ..) Spelt wholemeal bread roll  
 (WHOLEMEAL SPELT FLOUR (45%), water, sunflower seeds, RYE FLOUR, CURD CHEESE 20% fat in dry matter, SPELT FLAKES (5%), WHEAT GLUTENS, SESAME, potato flakes, baker's yeast, salt, BARLEY MALT, sugar, acidifier (acetic acid, lactic acid). May contain traces of SOYA and NUTS ..)

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.118 kJ |
| Energy .....                    | 267 kcal |
| Fat .....                       | 5,1 g    |
| of this saturated fatty acids : | 0,7 g    |
| Carbohydrates .....             | 43 g     |
| of this sugar .....             | 1,6 g    |
| Roughage .....                  | 6,5 g    |
| Protein .....                   | 10 g     |
| Salt .....                      | 1,15 g   |

### Allergens

Gluten, Milk, Nuts, Sesame

### traces possible

Soya

Milk fat content .....: 0,1 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

High fibre content, Vegetarian



# Product information

## Reschling bread roll

Wheat-rye bread rolls, frozen

Article number **1012120**

Weight per unit 58 g Units per carton 45

Net weight of the filling 2610 g

Carton large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Wheat and rye flour and meal, linseed and sunflower seeds make the crunchy-fresh Reschling bread roll especially tasty.



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, WHOLEMEAL RYE MEAL, WHEAT MEAL, SESAME, baker's yeast, salt, RYE MALT, MALTED WHEAT FLOUR, WHEAT GLUTEN, SOYA FLOUR, SOYA BEAN MEAL, sunflower seeds, linseed, dextrose, spices, acidifier lactic acid, dried RYE SOURDOUGH, rapeseed oil, BARLEY MALT, sugar, starch, emulsifiers (mono- and diglycerides traces of fatty acids, SOYA LECITHIN), thickener carboxymethyl cellulose.

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.142 kJ |
| Energy .....                    | 273 kcal |
| Fat .....                       | 4,2 g    |
| of this saturated fatty acids : | 0,8 g    |
| Carbohydrates .....             | 45 g     |
| of this sugar .....             | 2,1 g    |
| Roughage .....                  | 4,5 g    |
| Protein .....                   | 11 g     |
| Salt .....                      | 1,83 g   |

### Allergens

Gluten, Sesame, Soya

### traces possible

contains no

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

98 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Lye breadstick

Lye pretzel products, frozen

Article number **1013008**

Weight per unit                    63 g      Units per carton            60

Net weight of the filling        3780 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The unique taste due to leaching ensures a special taste. Lye products can be offered in many combinations for example on the breakfast buffet or with toppings. A pleasure for sure!



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, salt, rapeseed oil, baker's yeast, cumin, MALTED WHEAT FLOUR, NATURAL WHEAT SOURDOUGH dried, dextrose, acidifier (lactic acid, acetic acid). immersed in sodium hydroxide with sodium hydroxide solution processed. May contain traces of SESAME ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.137 kJ |
| Energy .....                    | 271 kcal |
| Fat .....                       | 3,2 g    |
| of this saturated fatty acids : | 0,5 g    |
| Carbohydrates .....             | 49 g     |
| of this sugar .....             | 1,7 g    |
| Roughage .....                  | 2,6 g    |
| Protein .....                   | 9,6 g    |
| Salt .....                      | 4,41 g   |

### Allergens

Gluten

### traces possible

Sesame

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

42 Days

### Property sheet

Lactose-free, Vegan, Vegetarian





# Product information

## Maxi pretzel

Lye pretzel products, frozen

Article number **1013009**

Weight per unit 140 g Units per carton 16

Net weight of the filling 2240 g

Carton large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Whether in the restaurant garden, at the regulars table or at the bar: The maxi pretzels of Resch&Frisch are always popular! Served fresh out of the oven your guests will enjoy this special treat - preparation is possible within minutes!



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, salt, rapeseed oil, baker's yeast, MALTED WHEAT FLOUR, NATURAL WHEAT SOURDOUGH dried, dextrose. Surface treated with soda lye. May contain traces of SESAME .

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.158 kJ |
| Energy .....                    | 276 kcal |
| Fat .....                       | 4,0 g    |
| of this saturated fatty acids : | 0,5 g    |
| Carbohydrates .....             | 49 g     |
| of this sugar .....             | 1,7 g    |
| Roughage .....                  | 2,9 g    |
| Protein .....                   | 9,1 g    |
| Salt .....                      | 4,73 g   |

### Allergens

Gluten

### traces possible

Sesame

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

42 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Maxi lye breadstick

Lye pretzel products, frozen

Article number **1013017**

Weight per unit                    75 g      Units per carton      35

Net weight of the filling        2625 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

The lunch assortment of Resch&Frisch is the ideal basis for creative lunch specialists. In just a matter of minutes you can make tasty, fresh rolls - individually around the clock!



### Preparation

Cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, baker's yeast, rapeseed oil, salt, MALTED WHEAT FLOUR, dried NATURAL WHEAT SOURDOUGH, dextrose. immersed in sodium hydroxide with sodium hydroxide solution processed. May contain traces of SESAME ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.161 kJ |
| Energy .....                    | 277 kcal |
| Fat .....                       | 3,2 g    |
| of this saturated fatty acids : | 0,5 g    |
| Carbohydrates .....             | 50 g     |
| of this sugar .....             | 1,8 g    |
| Roughage .....                  | 2,6 g    |
| Protein .....                   | 9,9 g    |
| Salt .....                      | 1,47 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Bavarian pretzel

Article number **1013048**

Weight per unit            210 g      Units per carton        9  
 Net weight of the filling    1890 g  
 Carton    large box

Resch&Frisch Holding GmbH  
 Schloßstraße 15  
 A-4600 Wels  
 Österreich

### Product description

Popular lye-baked classic in XL size with a traditional sprinkling of salt – a hit far beyond the Oktoberfest



### Preparation

cooking time: 6 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), water, salt, rapeseed oil, baker's yeast, BARLEY MALT. immersed in sodium hydroxide with sodium hydroxide solution processed. May contain traces of SOYA and SESAME ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.135 kJ |
| Energy .....                    | 271 kcal |
| Fat .....                       | 4,0 g    |
| of this saturated fatty acids : | 0,5 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 1,7 g    |
| Roughage .....                  | 3,2 g    |
| Protein .....                   | 8,8 g    |
| Salt .....                      | 3,62 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

42 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Lye roll

Lye pretzel products, frozen

Article number **1013058**

Weight per unit                    75 g      Units per carton      40

Net weight of the filling      3000 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Traditional lye roll in the classic style with a sprinkling of salt



### Preparation

Cooking time: 7 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, baker's yeast, rice flour, salt, rapeseed oil, MALTED WHEAT FLOUR, NATURAL WHEAT SOURDOUGH dried, dextrose. immersed in sodium hydroxide with sodium hydroxide solution processed. May contain traces of SOYA and SESAME ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.138 kJ |
| Energy .....                    | 272 kcal |
| Fat .....                       | 3,4 g    |
| of this saturated fatty acids : | 0,9 g    |
| Carbohydrates .....             | 49 g     |
| of this sugar .....             | 1,5 g    |
| Roughage .....                  | 2,4 g    |
| Protein .....                   | 9,5 g    |
| Salt .....                      | 2,29 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Giant cheesy pretzel

Lye products with cheese, frozen

Article number **1013062**

Weight per unit 150 g Units per carton 16

Net weight of the filling 2400 g

Carton large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description

Large-sized classic lye pretzel sprinkled with savoury cheese.



### Preparation

Cooking time: 5 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

flour (WHEAT, RYE), CHEESE 45% fat in dry matter (17%), water, rapeseed oil, MALTED WHEAT FLOUR, salt, baker's yeast. Surface treated with soda lye. May contain traces of SESAME and SOYA .

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.187 kJ |
| Energy .....                    | 284 kcal |
| Fat .....                       | 7,4 g    |
| of this saturated fatty acids : | 3,0 g    |
| Carbohydrates .....             | 41 g     |
| of this sugar .....             | 1,2 g    |
| Roughage .....                  | 2,3 g    |
| Protein .....                   | 12 g     |
| Salt .....                      | 1,49 g   |

### Allergens

Gluten, Milk

### traces possible

Sesame, Soya

Milk fat content .....: 4,2 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

70 Days

### Property sheet

Lactose-free, Vegetarian



# Product information

## Lye pretzel

Lye pretzel products, frozen

Article number **1013068**

Weight per unit                    68 g      Units per carton            35

Net weight of the filling        2380 g

Carton      large box

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich

### Product description



### Preparation

Cooking time: 3 minutes

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, salt, rapeseed oil, baker's yeast, MALTED WHEAT FLOUR, dried NATURAL WHEAT SOURDOUGH, dextrose. immersed in sodium hydroxide with sodium hydroxide solution processed. May contain traces of SESAME ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.137 kJ |
| Energy .....                    | 271 kcal |
| Fat .....                       | 3,9 g    |
| of this saturated fatty acids : | 0,5 g    |
| Carbohydrates .....             | 48 g     |
| of this sugar .....             | 1,6 g    |
| Roughage .....                  | 2,4 g    |
| Protein .....                   | 9,3 g    |
| Salt .....                      | 6,32 g   |

### Allergens

Gluten

### traces possible

Sesame

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

42 Days

### Property sheet

Lactose-free, Vegan, Vegetarian



# Product information

## Snack pretzel with salt

Lye pretzel products, frozen

Article number **1013070**

Weight per unit 100 g Units per carton 25

Net weight of the filling 2500 g

Carton large box

### Product description

Resch&Frisch Holding GmbH  
Schloßstraße 15  
A-4600 Wels  
Österreich



### Preparation

Cooking time: 3 min.

### Instructions for storage and use

To be stored and transported at min. -18°C. Once thawed, do not refreeze.

### Ingredients

WHEAT FLOUR, water, salt, rapeseed oil, baker's yeast, MALTED WHEAT FLOUR, NATURAL WHEAT SOURDOUGH dried, dextrose. Surface treated with soda lye. May contain traces of SESAME and SOYA ..

### Nutritional values per 100g

|                                 |          |
|---------------------------------|----------|
| Energy .....                    | 1.094 kJ |
| Energy .....                    | 261 kcal |
| Fat .....                       | 3,8 g    |
| of this saturated fatty acids : | 0,5 g    |
| Carbohydrates .....             | 46 g     |
| of this sugar .....             | 1,5 g    |
| Roughage .....                  | 2,3 g    |
| Protein .....                   | 9,0 g    |
| Salt .....                      | 3,08 g   |

### Allergens

Gluten

### traces possible

Sesame, Soya

Milk fat content .....: 0,0 g

### Additives subject to declaration (according to ZZuIV)

contains no

### Minimum durability at -18°

42 Days

### Property sheet

Lactose-free, Vegan, Vegetarian