

# Bake off breads



Cross contamination being the biggest concern for consumers and caterers alike, Schär's unique packaging solution allows caterers to 'bake off' the breads in their sealed packaging alongside mainstream products, without any risk of contamination (see diagram).

The breads can also be thawed and served direct, allowing maximum flexibility.

The bake off breads have a 12-month shelf life. They can be thawed and served or warmed in the oven for a crustier texture, providing consumers the best in quality, safe breads as well as allowing caterers to benefit from minimal waste and maximum profit.



## WHAT IS COELIAC DISEASE OR GLUTEN INTOLERANCE?

Coeliac disease is an autoimmune condition triggered by an intolerance to gluten. Exposure to gluten for people with coeliac disease causes the body's immune system to attack its healthy body tissues, causing damage to the gut lining.<sup>1</sup>

Gluten intolerance is when you experience symptoms similar to coeliac disease, but there are no associated antibodies and no damage to the lining of the gut.<sup>1</sup>

## KEY SYMPTOMS

### COELIAC DISEASE<sup>2</sup>

- Hair loss
- Headaches/tiredness
- Neurological (nerve) problems
- Tooth enamel problems
- Nausea / vomiting
- Anxiety / depression

### GLUTEN INTOLERANCE<sup>3</sup>

- Impaired brain function
- Headaches/tiredness
- Anxiety / depression
- Achy muscles and / or joints
- Bloating
- Indigestion
- Abdominal pain

- Skin rash
- Weight loss
- Fertility issues
- Bloating/cramping
- Joint and/or bone pain
- Osteoporosis
- Iron, vitamin 12 or folic acid deficiency
- Constipation
- Excessive wind
- Diarrhoea



1. <https://www.coeliac.org.uk/coeliac-disease/about-coeliac-disease-and-dermatitis-herpetiformis/causes/> (Last accessed: May 2017)  
 2. <https://www.glutafin.co.uk/coeliac-disease/what-are-the-symptoms/> (Last accessed: May 2017)  
 3. <https://bmcmmedicine.biomedcentral.com/articles/10.1186/1741-7015-10-13> (Last accessed: May 2017)

Dr Schär  
Foodservice



Best in Gluten Free



## Gluten free food for all meal occasions



# Who are Schär?

## WHY SHOULD YOU OFFER GLUTEN-FREE FOODS?

With the gluten free market continuing to grow the need for caterers to offer gluten free products is also increasing.

It is estimated that the opportunity for Gluten Free, within the catering industry, is worth £100m. By catering for those with coeliac disease or gluten sensitivity, caterers can capitalise on this growing need.

## WHERE TO ORDER

Contact your local Bidfood depot for more details or visit their website.

- Europe's No.1 in gluten-free
- Leading experts & pioneers of the market
- Committed to making foods for special dietary requirements
- Dedicated factories all over the world
- Available in over 50 countries
- A family run company passionate about what they do

[WWW.DRSCHAER-FOODSERVICE.COM](http://WWW.DRSCHAER-FOODSERVICE.COM)

[WWW.BIDFOOD.CO.UK](http://WWW.BIDFOOD.CO.UK)



## Bakery



- Plof: 71774 WHOLESOME SEEDED LOAF – 3 x 300g
- Plof: 71788 WHOLESOME WHITE LOAF – 3 x 300g
- Plof: 52444 BROWN CIABATTA ROLLS X 4 – 6 x 200g
- Plof: 71489 WHITE CIABATTA ROLLS X 4 – 6 x 200g
- Plof: 94063 PANINI ROLLS X 3 – 6 x 225g
- Plof: 40433 SOFT WAFFLES – 6 x 100g

## Frozen foods



- Plof: 71488 STONEBAKED PIZZA BASE – 10 x 170g
- Plof: 71842 WHITE ROLLS X 6 – 5 x 350g
- Plof: 94204 BROWN CIABATTA ROLL INDIVIDUAL PACK – 30 x 50g
- Plof: 94200 WHITE CIABATTA ROLL INDIVIDUAL PACK – 30 x 50g
- Plof: 32516 WHITE ROLL INDIVIDUAL PACK – 24 x 58g
- Plof: 30017 RAVIOLI ALLA RICOTTA E BIETA 8 x 300g
- Plof: 30016 TORTELLINI 8 x 300g



## Pasta



- Plof: 53734 LASAGNE SHEETS – 6 x 250g
- Plof: 36230 PASTA PENNE – 3 x 1kg
- Plof: 57431 SPAGHETTI – 6 x 500g

## Portion packs



- Plof: 36172 MIXED PORTION PACK BISCUITS – 60 x twin packs
- Plof: 87991 CRACKER PORTION PACK – 36 x 50g
- Plof: 71840 CORNFLAKES PORTION PACK – 20 x 25g
- Plof: 33879 MUESLI PORTION PACK – 24 x 50g