



GLUTEN-FREE



CONSUMER AND FOOD SERVICE PRODUCT CATALOGUE

2023

ALWAYS 100% Naturally Gluten-Free | Wheat-Free | GMO-Free



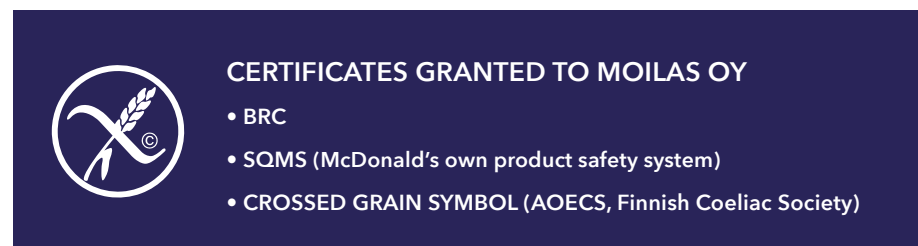
MOILAS OY

The principle of love, fair play and good ingredients has guided our operations since the bakery started its operations in 1955. Our family business has grown into one of Finland's largest bakeries and a group of companies currently employing about 100 people. Our company is located in Pieksämäki on a site of natural beauty. In addition to Finland, we supply products to 16 countries in Europe. We started the production of gluten-free products in 1985 and are now the Finnish market leader.

HIGH-QUALITY PRODUCTS ARE BORN FROM THE CONTINUAL DEVELOPMENT OF PRODUCTION METHODS AND KNOW-HOW

Moilas high-quality bakery products are manufactured by modern bakeries in a fully automatic environment under complete surveillance. We develop our production technology and the professional competence of our personnel on a continual basis.

Moilas Oy is also a trailblazer in quality thinking and safety matters. As a result of our consistent quality improvement, we have been granted several quality certificates and product safety certificates.



Our bakeries are located in Pieksämäki on a site of natural beauty.



"Our Moilas-roots are in Pieksämäki and take us to the world"

GLUTEN AND WHEAT FREE - SAFELY PRODUCED

The Moilas Gluten-Free product group offers abundant choice to satisfy the hunger for something salty and sweet alike. When you see the Moilas Gluten-Free label you can safely enjoy the service, even outside your home. The Moilas bakery has been developing gluten-free products since 1985.

Frozen products - always guaranteed fresh!

All Moilas Gluten-Free bakery products are frozen fresh from the oven. This will keep the products fresh and tasty until the moment of enjoyment. Thanks to freezing, the products need no preservatives.

When serving Moilas Gluten-Free frozen products, it is advisable to only offer a currently enjoyable amount as the products lose some of their freshness faster than ordinary ones. Most of the products are pre-sliced or divided into smaller portions, making it easier to thaw the required amount.

More fibre

Did you know that your daily fibre requirement is 25-35g? Whole grain cereals are the most important source of fibre. In a gluten-free diet, the intake of fibre frequently remains low, which is why fibre has been added to Moilas Gluten-free products. Nutritional fibre fills the stomach and makes you feel satiated. In addition, fibre has a number of significant health effects: it promotes the function of the alimentary system, helps in weight watching, stabilises the variation of blood sugar levels and has a positive effect on blood fat level values.

Allergy or another hypersensitivity to food is not an impediment to feasting

Moilas Gluten-Free products are manufactured from naturally gluten-free grain varieties, such as rice and maize, which makes them suitable for most grain allergic people. Gluten-free oats is also used for some products. Most of the products are also free from other common allergens like milk, egg, soy and nuts. Please always remember to handle gluten-free products separately, and with utensils different from those used for ordinary products containing gluten.

WHO IS OUR CONSUMER?

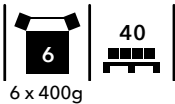
There is a growing number of consumers who have special dietary requirements. There are numerous conditions and allergies to which gluten or wheat free diet could be a solution to manage the symptoms. Celiac disease is incurable. Within this condition, gluten causes inflammation in the small intestine and its only cure is to lead a strict gluten free lifestyle. Those suffering from Celiac disease are approximately 2% of the total population, however the amount is increasing while the diagnosis is improving. These consumers are ready and willing to pay a higher purchase price to lead a gluten free life.

Gluten intolerance cannot be diagnosed. In such cases gluten causes bowel sensitivity and symptoms are relieved by choosing a gluten free diet. A person with a grain allergy cannot consume wheat, barley nor rye. Additionally, FODMAP diet, avoiding wheat, barley and rye, is recommended for conditions such as IBD (Inflammatory Bowel Disease), rheumatism and psoriasis.

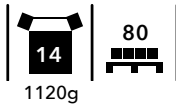
There are several other abdominal symptoms for which a person chooses a gluten and wheat free diet. Also, wellness-, fitness- and healthy lifestyle trends support the growth within these diets. According to different studies, consumers with special dietary requirements make up 20% of the global population and we wish to offer them tasty and safe gluten free bakery products.



BREAD



334481



334050

BUN
5 x 80g | 14 x 80g

A round roll high in fibre: one roll provides you with 5 grams of fibre.

Thaw and serve.

Heating instructions:



Ingredients:

Water, rice flour, tapioca starch, dried rice sour dough, rapeseed oil, humectant (E422), bamboo fibre, thickeners (E464, E415, E466), sugar, yeast, potato fibre, apple fibre, salt, psyllium, emulsifier (E471). May contain traces of milk and gluten free oats.



Gluten-free | Wheat-free

Lactose-free

Soya-free | Nut-free

Egg-free | High in fibre

Nutritional values	/100g
Energy	1040kJ/250kcal
Fat	3,4g
of which saturated	0,7g
Carbohydrates	48g
of which sugar	0,7g
Fibre	6,3g
Protein	3,5g
Salt	1,1g
Lactose	0,0g

BREAKFAST ROLLS
5 x 80g | 14 x 80g

A juicy and soft breakfast roll with delightful color from carrot purée.

Thaw and serve.

Heating instructions:



Ingredients:

Water, rice (flour, starch), maize starch, tapioca starch, carrot puree (carrot, lemon juice), syrup, rapeseed oil, potato (flakes, fibre), humectant (E422), yeast, thickeners (E464, E466, E415), salt, psyllium. May contain traces of gluten-free oats and milk.



Gluten-free | Wheat-free

Lactose-free | Egg-free

Soya-free | Nut-free

Source of fibre

Nutritional values	/100g
Energy	1075kJ/255kcal
Fat	3,2g
of which saturated	0,3g
Carbohydrates	53g
of which sugar	3,3g
Fibre	3,1g
Protein	2,1g
Salt	1,1g
Lactose	0,0g



SOFT BUN
4 x 70g

Lovely fluffy inside, fill the soft bun with your favourite flavours as a snack at home or on-the-go.

Thaw and serve.

Heating instructions:



Ingredients:

Water, tapioca starch, rice (dried sourdough, flour, starch), pea starch, sieved OAT flour, potato fibre, sugar, rapeseed oil, thickeners (E466, E464, E415), yeast, salt, psyllium, preservative (E200). May contain traces of milk.



Gluten-free | Wheat-free

Lactose-free | Egg-free

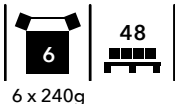
Soya-free | Nut-free

High in fibre

Nutritional values	/100g
Energy	900kJ/215kcal
Fat	3,1g
of which saturated	0,3g
Carbohydrates	40g
of which sugar	3,5g
Fibre	6,3g
Protein	3,1g
Salt	1,1g
Lactose	0,0g



144024



332090



332081

HIGH-FIBRE ROLLS
4 x 60g | 14 x 60g

Nutritious roll with linseeds, sunflower seeds, poppyseeds and sesame seeds. High in fibre, 7,3%.

Thaw and serve.

Heating instructions:



Ingredients:

Water, maize starch, tapioca starch, seeds (linseed, sunflower seed, poppyseed, SESAME SEED), brown rice flour, dried rice sourdough, potato fibre, molasses, sugar, yeast, thickeners (E464, E415, E412), psyllium, humectant (422), rapeseed oil, salt, apple fibre, emulsifier (E471).



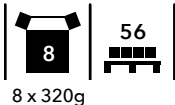
Gluten-free | Wheat-free

Lactose-free | Milk-free

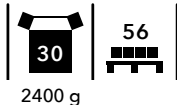
Soya-free | Nut-free

Egg-free | High in fibre

Nutritional values	/100g
Energy	1125kJ/270kcal
Fat	6,9g
of which saturated	1,0g
Carbohydrates	44g
of which sugar	3,5g
Fibre	7,3g
Protein	4,0g
Salt	0,9g
Lactose	0,0g



144013



144014

WHOLEGRAIN OAT BUN
4 x 80g

The Bun is filled with healthy, soft, fluffy deliciousness and lovely crisp outside. Fill the bun with your favorite flavours.

Thaw and serve.

Heating instructions:



Ingredients:

Gluten-free whole grain OATS 36% (flour, flakes), water, potato (starch, flakes, fibre), rice flour, rapeseed oil, sugar, thickeners (E464, E466, E412), yeast, raising agents (E450, E500), psyllium, salt, emulsifier (E471). May contain traces of milk.



Gluten-free | Wheat-free

Lactose-free | Egg-free

Soya-free | Nut-free

High in fibre

Nutritional values	/100g
Energy	1030kJ/245kcal
Fat	6,3g
of which saturated	1,1g
Carbohydrates	37g
of which sugar	3,8g
Fibre	7,1g
Protein	6,2g
Salt	1,0g
Lactose	0,0g



GLUTEN-FREE

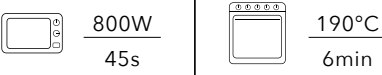


CHEESE ROLLS
15 x 70g

Bite after a bite you will discover delicious cheese bits inside the soft and fluffy white bun with a crisp outside. Cheese Roll is topped with Poppy Seeds for added deliciousness.

Thaw and serve.

Heating instructions:

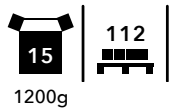


Ingredients:
Water, rice (flour, starch, dried sourdough), tapioca starch, CHEESE 12 % (EU and not EU), pea starch, maize starch, poppy seed, potato fibre, rapeseed oil, sugar, thickeners (E466, E464, E415), yeast, salt, psyllium, emulsifier (E471). May contain traces of egg and sesame seeds.



- Gluten-free | Wheat-free
- Lactose-free
- Soya-free | Nut-free
- Source of fibre

Nutritional values	/100g
Energy	1160kJ/280kcal
Fat	8,5g
of which saturated	3,4g
Carbohydrates	40g
of which sugar	3,4g
Fibre	5,8g
Protein	7,0g
Salt	1,5g
Lactose	<1g



144004



OAT CARROT BREAD
4 x 80g

High fibre content of 10%, while still soft and juicy due to delicious carrot purée and 20% of oats.

Thaw and serve.

Heating instructions:

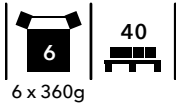


Ingredients:
Water, gluten-free OAT 20% (flour, fibre), carrot purée (carrot, lemon juice), maize starch, tapioca starch, potato fibre, rapeseed oil, humectant (E422), thickeners (E466, E464, E415), syrup, yeast, psyllium, salt, emulsifier (E471), rice flour. May contain traces of milk.

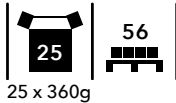


- Gluten-free | Wheat-free
- Lactose-free | Egg-free
- Soya-free | Nut-free
- High in fibre

Nutritional values	/100g
Energy	960kJ/230kcal
Fat	4,8g
of which saturated	1,1g
Carbohydrates	38g
of which sugar	2,4g
Fibre	10g
Protein	3,1g
Salt	1,1g
Lactose	0,0g



114002



144008



GLUTEN-FREE



CIABATTA
250g

Extra virgin olive oil and bits of sea salt give delicious flavor to our italian style Ciabatta bread.

Thaw and serve.

Heating instructions:



Ingredients:
Water, tapioca starch, rice (dried sour dough, flour, starch), pea starch, OAT flour, potato fibre, sugar, virgin olive oil, thickeners (E466, E464, E415), yeast, sea salt, psyllium. May contain traces of milk.



- Gluten-free | Wheat-free
- Lactose-free | Egg-free
- Soya-free | Nut-free
- High in fibre

Nutritional values	/100g
Energy	920kJ/220kcal
Fat	3,0g
of which saturated	0,4g
Carbohydrates	41g
of which sugar	3,6g
Fibre	6,5g
Protein	3,2g
Salt	1,3g
Lactose	0,0g



9 x 250g



9 x 250g

144007

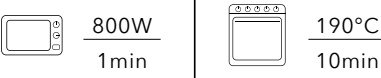


WHOLEGRAIN OAT100
SANDWICH BREAD
4 x 85g | 20 x 85g

100% gluten-free whole grain oats in various forms giving both soft and crunchy mouthfeel.

Thaw and serve.

Heating instructions:

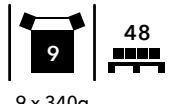


Ingredients:
Gluten-free OAT (flour, flakes, cut groats, bran), syrup, yeast, salt, psyllium, potato fibre.

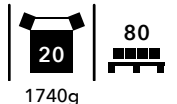


- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free | High in fibre

Nutritional values	/100g
Energy	965kJ/230kcal
Fat	4,7g
of which saturated	1,0g
Carbohydrates	34g
of which sugar	3,0g
Fibre	7,6g
Protein	8,7g
Salt	1,0g
Lactose	0,0g



9 x 340g



1740g

184021

184020



GLUTEN-FREE

SANDWICH BREAD
4 x 75g | 20 x 75g

Sliced, light sandwich bread. Suitable for toasting.

Thaw and serve.

Heating instructions:



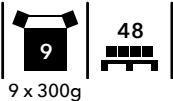
Ingredients:

Water, maize starch, tapioca starch, rice flour, rice starch, dried rice sourdough, thickeners (E464, E415, E466), rapeseed oil, potato fibre, sugar, glucose syrup (from maize), yeast, salt, psyllium, emulsifier (E471)

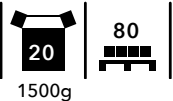


- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free | Source of fibre

Nutritional values	/100g
Energy	955kJ/230kcal
Fat	3,4g
of which saturated	0,8g
Carbohydrates	44g
of which sugar	2,2g
Fibre	5,5g
Protein	2,2g
Salt	1,5g
Lactose	0,0g



334000



334110



Winner of gluten free product of the year 2021

WHOLEGRAIN DARK SANDWICH BREAD
3 x 80g

Gluten Free Product of the Year 2021 winner. Whole-grain Dark Sandwich Bread is perfect for a healthy midday snack filled with your favourite flavours.

Thaw and serve.

Heating instructions:



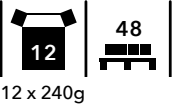
Ingredients:

Water, buckwheat (flour, groats), rice (dried sourdough, whole grain flour), potato fibre, psyllium, yeast, molasses, salt, caramel syrup, rapeseed oil. May contain traces of gluten-free oats.

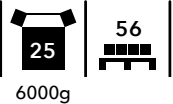


- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free | High in fibre

Nutritional values	/100g
Energy	790kJ/190kcal
Fat	2,3g
of which saturated	0,4g
Carbohydrates	32g
of which sugar	2,1g
Fibre	7,4g
Protein	6,6g
Salt	1,0g
Lactose	0,0g



184043



184050



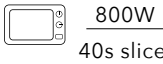
GLUTEN-FREE

WHOLEGRAIN OAT LOAF
380g

Oat Loaf offers a delicious and healthy bread choice for the entire family.

Thaw and serve.

Heating instructions:



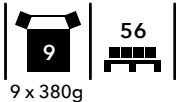
Ingredients:

Water, gluten-free OATS 21% (whole grain oat flour, sieved oat flour; Finland), tapioca starch, maize starch, bamboo fibre, potato fibre, dried rice sourdough, sugar, rapeseed oil, thickening agents (E464, E466, E415), yeast, salt, preservative (E200), psyllium.



- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free | High in fibre

Nutritional values	/100g
Energy	850kJ/205kcal
Fat	4,7g
of which saturated	0,6g
Carbohydrates	31g
of which sugar	3,6g
Fibre	12,0g
Protein	3,8g
Salt	1,4g
Lactose	0,0g



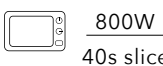
184048

DARK LOAF
400g

Dark Loaf offers a delicious gluten free bread choice for the entire family.

Thaw and serve.

Heating instructions:



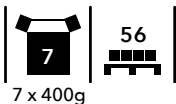
Ingredients:

Water, buckwheat flour, rice (whole grain flour, dried sour dough, starch), maize starch, sun flower seeds 6%, tapioca starch, potato (starch, fibre), linen seeds 4%, thickeners (E464, E466, E415), humectant (E422), yeast, syrup, rapeseed oil, psyllium, caramel syrup, sugar, salt, emulsifier (E471). May contain traces of gluten-free oats.



- Gluten-free | Wheat-free
- Lactose-free | Egg-free
- Soya-free | Nut-free
- High in fibre

Nutritional values	/100g
Energy	1050kJ/250kcal
Fat	7,6g
of which saturated	1,1g
Carbohydrates	38g
of which sugar	2,7g
Fibre	7,0g
Protein	4,5g
Salt	1,1g
Lactose	0,0g



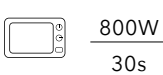
184046

WHITE TOAST BREAD
410g

Sliced, white toast bread. Roast in a toaster and enjoy!

Thaw and serve.

Heating instructions:



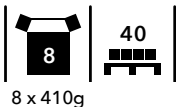
Ingredients:

Water, maize starch, tapioca starch, rice flour, whole rice flour, dried rice sourdough, potato starch, thickeners (E464, E415, E412), glucose syrup (from maize), sugar, salt, potato fibre, rapeseed oil, yeast, syrup, humectant (E422), psyllium, emulsifier (E471).



- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free | Source of fibre

Nutritional values	/100g
Energy	975kJ/230kcal
Fat	2,0g
of which saturated	0,5g
Carbohydrates	49g
of which sugar	3,3g
Fibre	3,9g
Protein	1,7g
Salt	1,5g
Lactose	0,0g



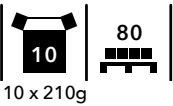
334021



GLUTEN-FREE

FLATBREAD

3 x 70g



10 x 210g

373801

Flatbread is very soft and mild in taste and thus fits for everybody!

Thaw and serve.

Heating instructions:



Ingredients:

Water, potato flakes, rice flour, buckwheat flour, tapioca starch, sugar, raising agents (E450, E500), salt.



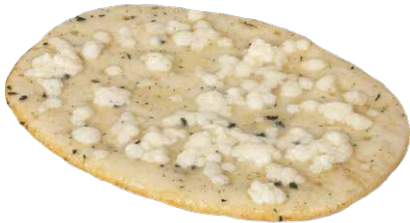
Gluten-free | Wheat-free

Lactose-free | Milk-free

Soya-free | Nut-free

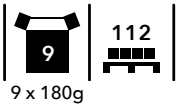
Egg-free

Nutritional values	/100g
Energy	865kJ/205kcal
Fat	0,4g
of which saturated	0,1g
Carbohydrates	46g
of which sugar	2,7g
Fibre	1,7g
Protein	3,1g
Salt	1,2g
Lactose	0,0g



GARLIC FLAT BREAD

2 x 90g



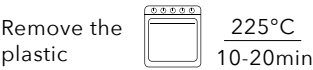
9 x 180g

374027

Thin bread covered with delicious garlic oil, mozzarella and parsley.

Pre-baked.

Heating instructions:



Ingredients:

Water, maize starch, mozzarella (MILK), rapeseed oil, rice flour, potato starch, tapioca starch, palm oil, garlic, potato flake, yeast, rice sour dough flour, sugar, salt, psyllium, whole grain rice flour, thickener (E415), raising agents (E450, E500), fructose, emulsifier (E471), potato fibre, parsley.



Gluten-free | Wheat-free

Lactose-free | Egg-free

Soya-free | Nut-free

Nutritional values	/100g
Energy	1295kJ/310kcal
Fat	15g
of which saturated	3,7g
Carbohydrates	38g
of which sugar	2,7g
Fibre	2,6g
Protein	4,6g
Salt	1,6g
Lactose	0,0g



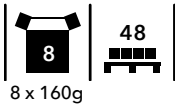
GLUTEN-FREE

STREET FOOD



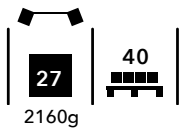
HAMBURGER BUN WITH SESAME SEED

2 x 80g | 27 x 80g



8 x 160g

334313



2160g

331911

Superior quality burger bun is widely preferred by consumers and restaurants. Decorated with sesame seeds. The product diameter is 9,8cm.

Thaw and serve.

Heating instructions:



Ingredients:

Water, maize starch, rice flour, tapioca starch, sugar, rapeseed oil, SESAME SEEDS, thickeners (E464, E412), yeast, dried glucose syrup (maize), salt, psyllium, emulsifier (E471), potato fiber, bamboo fiber.



Gluten-free | Wheat-free

Lactose-free | Milk-free

Soya-free | Nut-free

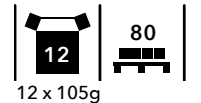
Egg-free

Nutritional values	/100g
Energy	1235kJ/295kcal
Fat	8,0g
of which saturated	0,8g
Carbohydrates	51g
of which sugar	6,7g
Fibre	3,3g
Protein	2,8g
Salt	1,1g
Lactose	0,0g



BAGUETTE

1 x 105g | 12 x 105g



12 x 105g

332203



1260g

331200

White baguette with typical appearance and structure.

Thaw and serve.

Heating instructions:



Ingredients:

Maize starch, water, tapioca starch, rice (whole grain flour, dried sourdough, flour), rapeseed oil, yeast, potato fibre, thickeners (E464, E415, E412) lactose-free MILK powder, salt, fructose, psyllium. May contain traces of egg and sesame seeds.



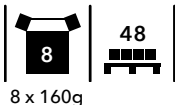
Gluten-free | Wheat-free

Lactose-free

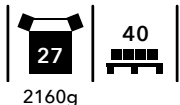
Soya-free | Nut-free

Source of fibre

Nutritional values	/100g
Energy	1095kJ/260kcal
Fat	3,0g
of which saturated	0,4g
Carbohydrates	54g
of which sugar	1,5g
Fibre	3,9g
Protein	2,5g
Salt	1,3g
Lactose	0,0g



8 x 160g



2160g

331912

HAMBURGER BUN PLAIN

2 x 80g | 27 x 80g

Superior quality burger bun - without seeds. The product diameter is 9,8cm.

Thaw and serve.

Heating instructions:



Ingredients:

Water, maize starch, rice flour, tapioca starch, sugar, rapeseed oil, thickeners (E464, E412), yeast, dried glucose syrup (maize), salt, psyllium, emulsifier (E471), potato fibre, bamboo fibre. May contain traces of sesame seeds.



Gluten-free | Wheat-free

Lactose-free | Milk-free

Soya-free | Nut-free

Egg-free | Source of fibre

Nutritional values	/100g
Energy	1105kJ/265kcal
Fat	5,6g
of which saturated	1,1g
Carbohydrates	50g
of which sugar	5,9g
Fibre	3,4g
Protein	1,9g
Salt	1,1g
Lactose	0,0g



GLUTEN-FREE

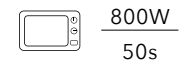
HAMBURGER BUN WITH POPPY SEED

80g

Our famously delicious Hamburger Bun topped with Poppy Seed

Thaw and serve.

Heating instructions:



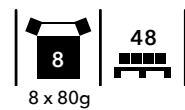
Room temperature:
15 min + toast in a contact grill or toaster with Moilas Toast Bag

Ingredients:
Water, maize starch, rice flour, tapioca starch, sugar, rapeseed oil, poppy seeds (black and white), thickeners (E464, E412), yeast, dried glucose syrup (maize), salt, psyllium, emulsifier (E471), potato fibre, bamboo fibre.



- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free

Nutritional values	/100g
Energy	1190kJ/285kcal
Fat	7,0g
of which saturated	1,1g
Carbohydrates	50g
of which sugar	6,6g
Fibre	4,1g
Protein	2,7g
Salt	1,1g
Lactose	0,0g



214998



GLUTEN-FREE

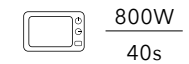
TORTILLA

4 x 70g | 4 x 70g

This soft tortilla is tasty with cold or warm fillings. The product diameter is 21,5cm.

Thaw and serve.

Heating instructions:

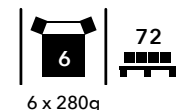


Ingredients:
Water, maize starch, tapioca starch, whole grain rice flour, potato (starch, flakes, fibre), rapeseed oil, sugar, salt, psyllium, emulsifier (E471), yeast, thickener (E412), raising agents (E450, E500).



- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free

Nutritional values	/100g
Energy	1200kJ/285kcal
Fat	7,1g
of which saturated	1,1g
Carbohydrates	53g
of which sugar	3,0g
Fibre	1,9g
Protein	1,3g
Salt	1,1g
Lactose	0,0g



373011



373014

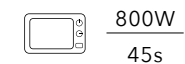
HOT DOG BUN

4 x 65g | 25 x 65g

White Hot Dog bun with a cut in the middle for filling.

Thaw and serve.

Heating instructions:



Ingredients:
Water, maize starch, rice flour, tapioca starch, sugar, rapeseed oil, thickeners (E464, E412), yeast, dried glucose syrup (maize), salt, psyllium, emulsifier (E471), potato fiber, bamboo fiber. May contain traces of milk, egg and sesame seeds.

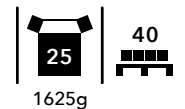


- Gluten-free | Wheat-free
- Lactose-free
- Soya-free | Nut-free
- Source of fibre

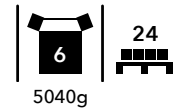
Nutritional values	/100g
Energy	1200kJ/285kcal
Fat	6,7g
of which saturated	1,2g
Carbohydrates	53g
of which sugar	6,2g
Fibre	3,0g
Protein	2,0g
Salt	1,1g
Lactose	0,0g



332420



334011



374019

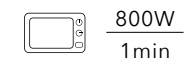
BIG TORTILLA

6 x 140g

This soft tortilla is tasty with cold or warm fillings. The product diameter is 28cm.

Thaw and serve.

Heating instructions:



Ingredients:
Water, maize starch, tapioca starch, whole grain rice flour, potato (starch, flakes, fibre), rapeseed oil, sugar, salt, psyllium, emulsifier (E471), yeast, thickener (E412), raising agents (E450, E500).



- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free

Nutritional values	/100g
Energy	1200kJ/285kcal
Fat	7,1g
of which saturated	1,1g
Carbohydrates	53g
of which sugar	3,0g
Fibre	1,9g
Protein	1,3g
Salt	1,1g
Lactose	0,0g



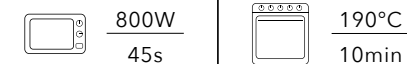
PITA

3 x 115g | 24 x 115g

A round pita bread with a folding seam. The product diameter is 15cm.

Thaw and serve.

Heating instructions:

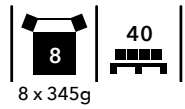


Ingredients:
Water, maize starch, potato starch, rice flour, tapioca starch, rapeseed oil, dried rice sourdough, yeast, psyllium, salt, sugar, thickeners (E464, E466, E412), potato fiber, raising agents (E450, E500), emulsifier (E471), fructose.

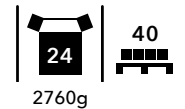


- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free | Source of fibre

Nutritional values	/100g
Energy	1105kJ/260kcal
Fat	6,0g
of which saturated	1,1g
Carbohydrates	49g
of which sugar	2,0g
Fibre	3,3g
Protein	2,1g
Salt	1,8g
Lactose	0,0g



373015



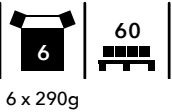
373016





GLUTEN-FREE

PIZZA



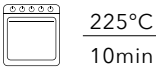
374933

TROPICANA PIZZA
290g

Thin and soft pizza base is topped with tomato sauce, smoked pork, pineapple and cheese. The product diameter is 23cm.

Pre-baked.

Heating instructions:



225°C
10min

Ingredients:

Water, CHEESE 17% (Edam and Mozzarella, contains MILK), maize starch, strips of smoked pork meat 10% [smoked pork 65%, water, stabilizers (E1412, E450), iodized salt, thickeners (E415, E407a), dextrose (maize), antioxidant (E301), preservative (E250)], pineapple 10%, tomato paste, rice flour, tapioca starch, potato starch, sugar, rapeseed oil, potato flake, yeast, dried rice sourdough, salt, whole meal rice flour, psyllium, thickener (E415), raising agents (E450, E500), fructose, emulsifier (E471), potato fibre, olive oil, vinegar, basil, oregano.



Gluten-free | Wheat-free

Lactose-free | Egg-free

Soya-free | Nut-free

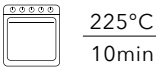
Nutritional values	/100g
Energy	840kJ/200kcal
Fat	7,1g
of which saturated	3,4g
Carbohydrates	27g
of which sugar	5,2g
Fibre	1,7g
Protein	7,2g
Salt	1,5g
Lactose	0,0g

MEAT FEAST PIZZA
265g

Thin and soft pizza base is topped with tomato sauce, salami, smoked pork and cheese. The product diameter is 23cm.

Pre-baked.

Heating instructions:



225°C
10min

Ingredients:

Water, CHEESE 19% (Edam), maize starch, tomato paste, salami 6,5% [pork, pork fat, preservative (E250), spices, dextrose (from maize), glucose syrup, antioxidants (E392, E300, E316), flavouring, spice extracts, smoke], strips of smoked pork meat 6,5% [smoked pork 65%, water, stabilizers (E1412, E450), iodized salt, thickeners (E415, E407a), dextrose (maize), antioxidant (E301), preservative (E250)], rice flour, potato starch, tapioca starch, sugar, rapeseed oil, potato flakes, yeast, dried rice sourdough, salt, wholemeal rice flour, psyllium, thickener (E415), raising agents (E450, E500), fructose, olive oil, emulsifier (E471), potato fibre, red wine vinegar, oregano, basil.



Gluten-free | Wheat-free

Lactose-free | Egg-free

Soya-free | Nut-free

Nutritional values	/100g
Energy	970kJ/230kcal
Fat	9,6g
of which saturated	4,6g
Carbohydrates	27g
of which sugar	3,7g
Fibre	1,8g
Protein	8,8g
Salt	1,8g
Lactose	0,0g



374912



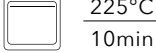
GLUTEN-FREE

3 CHEESE PIZZA
270g

Edam, Mozzarella and Monterey Jack -cheeses, tomato sauce and herbs make the pizza mouth-watering tasty and delicious. The product diameter is 23cm.

Pre-baked.

Heating instructions:



225°C
10min

Ingredients:

CHEESE 33% (Edam, Mozzarella, Monterey Jack -cheddar), water, maize starch, tomatopuré, rice, (flour, dried sourdough, wholegrain flour), potato (starch, flakes, fibre), yeast, salt, psyllium, thickener (E415), raising agents (E450, E500), fructose, olive oil, emulsifier (E471), redwine vinegar, oregano, basil.



Gluten-free | Wheat-free

Soya-free | Nut-free

Egg-free

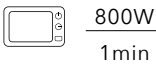
Nutritional values	/100g
Energy	1030kJ/245kcal
Fat	11g
of which saturated	6,1g
Carbohydrates	27g
of which sugar	3,8g
Fibre	1,8g
Protein	9,3g
Salt	1,7g
Lactose	<1,0g

SNACK PIZZA
100g

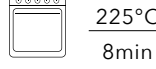
Delicious snack pizza with bits of meat and tasty cheese. Perfect to enjoy on-the-go or at home.

Fully baked.

Heating instructions:



800W
1min



225°C
8min

Ingredients:

Water, CHEESE, maize starch, smoked pork strip [pork, water, stabilizers (E1412, E450), iodised salt, thickeners (E415, E407a), dextrose, antioxidant (E301), preservative (E250)], salami [pork meat, bacon, salt, spices (incl. garlic), dextrose (maize), glucose syrup (maize), preservative (E250), antioxidants (E301, E392), spice and fruit extracts, smoke] tomatopuré, rice (flour, dried sourdough), potato (starch, flakes, fibre), tapioca starch, sugar, rapeseed oil, yeast, salt, psyllium, whole grain rice flour, thickener (E415), raising agents (E450, E500), fructose, olive oil, emulsifier (E471), redwine vinegar, oregano, basil.



Gluten-free | Wheat-free

Lactose-free

Soya-free | Nut-free

Egg-free

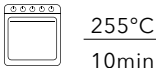
Nutritional values	/100g
Energy	965kJ/230kcal
Fat	10g
of which saturated	5,1g
Carbohydrates	24g
of which sugar	3,7g
Fibre	1,5g
Protein	9,4g
Salt	1,9g
Lactose	0,0g

PIZZA BASE
2 x 130g

Thin and soft pizza base – fill with your favourite toppings. The product diameter is 23cm.

Pre-baked.

Heating instructions:



255°C
10min

Add your favorite toppings on a frozen base.

Ingredients:

Water, maize starch, rice flour, potato starch, tapioca starch, rapeseed oil, potato flake, yeast, dried rice sourdough, sugar, salt, psyllium, thickener (E415), wholemeal rice flour, raising agents (E450, E500), fructose, potato fibre, emulsifier (E471).



Gluten-free | Wheat-free

Lactose-free | Milk-free

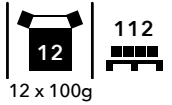
Soya-free | Nut-free

Egg-free | Source of fibre

Nutritional values	/100g
Energy	1100kJ/260kcal
Fat	4,6g
of which saturated	0,9g
Carbohydrates	51g
of which sugar	3,0g
Fibre	3,3g
Protein	2,8g
Salt	1,8g
Lactose	0,0g



374913



374036



374940



GLUTEN-FREE

PIZZA BASE
5 x 190g

Thin and soft pizza base - fill with your favourite toppings. Diameter 25, 27 or 29 cm.

Pre-baked.

Heating instructions:

255°C 10min Add your favorite toppings on a frozen base.

Ingredients:
Water, maize starch, rice flour, potato starch, tapioca starch, rapeseed oil, potato flake, yeast, dried rice sourdough, sugar, salt, psyllium, thickener (E415), wholemeal rice flour, raising agents (E450, E500), fructose, potato fibre, emulsifier (E471).



- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free | Source of fibre

Nutritional values	/100g
Energy	1080kJ/255kcal
Fat	5,0g
of which saturated	0,8g
Carbohydrates	49g
of which sugar	3,0g
Fibre	3,2g
Protein	2,8g
Salt	0,7g
Lactose	0,0g



372943

PIZZA BASE - LOW SALT
160g

Thin and soft pizza base with salt content only 0,7% - fill with your favourite toppings. Diameter is 25, 27 or 29 cm.

Pre-baked.

Heating instructions:

255°C 10min Add your favorite toppings on a frozen base.

Ingredients:
Water, maize starch, rice flour, potato starch, tapioca starch, rapeseed oil, potato flake, yeast, dried rice sourdough, sugar, salt, psyllium, thickener (E415), wholemeal rice flour, raising agents (E450, E500), fructose, potato fibre, emulsifier (E471).



- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free

Nutritional values	/100g
Energy	1080kJ/255kcal
Fat	4,5g
of which saturated	0,8g
Carbohydrates	49g
of which sugar	3,0g
Fibre	3,2g
Protein	2,8g
Salt	0,7g
Lactose	0,0g

2080



374941

RECTANGULAR
PIZZA BASE
5 x 190g

Pizza base with rectangular cut. The special cut makes this gluten free product easy to recognize in a restaurant environment. Size 24 cm x 27 cm.

Pre-baked.

Heating instructions:

255°C 10min Add your favorite toppings on a frozen base.

Ingredients:
Maize starch, water, potato starch, tapioca starch, rice flour, rapeseed oil, potato flake, yeast, dried rice sourdough, thickener (E415), sugar, psyllium, wholemeal rice flour, potato fibre, fructose, raising agents (E450(i), E500), emulsifier (E471 from rapeseed), salt.



- Gluten-free | Wheat-free
- Lactose-free | Milk-free
- Soya-free | Nut-free
- Egg-free

Nutritional values	/100g
Energy	1035kJ/245kcal
Fat	4,2g
of which saturated	1,2g
Carbohydrates	47g
of which sugar	2,3g
Fibre	4,3g
Protein	2,4g
Salt	0,6g
Lactose	0,0g



372945



GLUTEN-FREE





GLUTEN-FREE

SWEET



CINNAMON SWIRL

2 x 65g | 16 x 65g

Cinnamon butter filled soft and deliciously sweet pastry roll.

Thaw and serve.

Heating instructions:

800W
40sec

190°C
8min

Ingredients:

Water, sugar, rice (flour, starch), tapioca starch, maize starch, BUTTER (CREAM, salt), EGG, fructose, rapeseed oil, potato fibre, cinnamon, yeast, thickeners (E466, E415), vanilla sugar, modified potato starch (E1414), emulsifier (E471), cardamom, salt, fat powder (sun flower), psyllium, stabilizer (E401), color (E160a), flavourings. May contain traces of sesame seeds.



Gluten-free | Wheat-free

Lactose-free

Soya-free

Nut-free

Nutritional values	/100g
Energy	1295kJ/310kcal
Fat	10g
of which saturated	4,5g
Carbohydrates	50g
of which sugar	23g
Fibre	3,4g
Protein	2,2g
Salt	0,8g
Lactose	0,0g



12 x 130g

16 x 1040g

334023

BUN WITH VANILLA FILLING

5 x 60g | 16 x 60g

Sweet bun with delicious vanilla flavoured filling.

Thaw and serve.

Heating instructions:

800W
1min

190°C
8min

Ingredients:

Water, maize starch, tapioca starch, sugar, vanilla cream powder (sugar, modified potato starch, vegetable fat [sunflower], stabilizer (E404), salt, colour (E160a), flavours (e.g. vanillin), rice flour, fresh CHEESE (MILK, CREAM, salt, thickeners [E407, E410], preservative [E202], starter culture), EGG, wholemeal rice flour, rapeseed oil, glucose syrup (maize), yeast, rice starch, thickeners (E464, E415, E412), potato fibre, fructose, vanillin sugar, psyllium, salt, dextrose, vanilla sugar, emulsifier E471, cardamom, MILK protein. Contains 30% of vanilla-flavoured filling. May contain traces of sesame seeds.



Gluten-free | Wheat-free

Lactose-free

Soya-free | Nut-free

Source of fibre

Nutritional values	/100g
Energy	1065kJ/255kcal
Fat	5,3g
of which saturated	1,7g
Carbohydrates	47g
of which sugar	16g
Fibre	3,4g
Protein	3,1g
Salt	0,9g
Lactose	0,0g

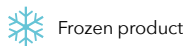


8 x 300g

16 x 960g

331721

331722



Frozen product



Gluten-free



GLUTEN-FREE

BREADCRUMBS

350g | 20kg

High-quality breadcrumbs for cooking and baking.

Ingredients:

Rice flour, maize starch, tapioca starch, potato (flour, flake, fibre), rapeseed oil, sugar, dried plum, molasses, salt, syrup, yeast, psyllium, glucose syrup (maize), SESAME SEED, apple fibre, caramel syrup, bamboo fibre.



Gluten-free | Wheat-free

Lactose-free | Milk-free

Soya-free | Nut-free

Egg-free | Source of fibre

Nutritional values	/100g
Energy	1430kJ/340kcal
Fat	4,5g
of which saturated	1,0g
Carbohydrates	69g
of which sugar	6,7g
Fibre	4,8g
Protein	3,8g
Salt	1,5g
Lactose	0,0g



9 x 350g

321116

20kg 320g
Paper bag

321117



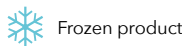
TOAST BAG

2 bags | 17cm x 20cm

The toast bag prevents the product from gluten contamination. With toast bag you can easily toast a burger bun, filled sandwich bread or pizza slice. Toast bag is reusable.

24 x 144

202060



Frozen product



Gluten-free



Vegan



GLUTEN-FREE

MOILAS OY

Paakaranpolku 1, 76850 Naarajärvi, Finland
Phone +358 15 7851 200 | info@moilas.com | moilas.com

