

Gluten free!



Garbo Food is a leading European manufacturer of gluten and dairy free bakery products.

The Garbo range is sold across Europe as well as in North America.

All products are manufactured in a safe environment without gluten, dairy, nuts or soya.

GLUTEN FREE FROM GARBO

Garbo offers a wide range of gluten free, wheat free and dairy free products. The production is made in a safe factory free from gluten, dairy, oats, nuts and soya. All ingredients are guaranteed GMO free.

Allergies are increasing all the time and the super market stores who are offering space for an attrac-

tive range of gluten free products have also noted that it will generate many new customers. Every new customer who comes to buy gluten free products will also buy a lot of other products when they are in the store.

Wheat free, gluten free and dairy free products



Garbo offers a wide range of wheat free products.

- All products are also free from lactose and milk protein and baked in environment without milk or nuts.
- All bread products are baked with added fibre in order to have a high fibre content.
- Garbo is also offering a wide range of 100 % safe bake off products. All bake off products are packed in a safe oven proof plastic film in which the breads should be baked to guarantee that there is no risk for any contamination.



Garbo offers a wide range of Bakery sweets such as delicious muffins, brownies and cinnamon swirls.



Garbo offers a wide range of food service products such as mixed boxed and single packed products. Perfect for coffee shops and restaurants who wants to cater to customers with special needs.

Foods containing less than 20ppm gluten

Only foods that contain less than 20ppm can be labelled as 'gluten-free'. This may apply to specialist substitute gluten-free products like breads, flours and crackers, which may contain Codex wheat starch (products mainly on prescription), as well as naturally gluten-free mainstream products like soups, baked beans and crisps. The 'gluten-free' label may also be used for pure, uncontaminated oat products. The term 'gluten-free' implies no gluten, but in practice a zero level does not exist. It is impossible to eat a zero gluten diet, because even naturally gluten-free cereals such as rice can contain up to 20ppm or 20mg/kg of gluten. Research shows that this tiny amount of gluten is not toxic to people with coeliac disease who can eat unlimited amounts of products with gluten at a level of <20ppm.

Foods containing between 20 and 100ppm gluten.

Specialist substitute products (such as breads and flour mixes) that contain Codex wheat starch with a gluten level above 20 and up to 100ppm may be labelled as 'very low gluten'.

What is Codex wheat starch?

This is a specially manufactured wheat starch which has a level of gluten within the Codex standard. The Codex wheat starch ingredient was first introduced as a basis for staple gluten-free substitute products like flour and bread to improve the quality and texture of the products. It must always appear in an ingredients list if it has been used.

Whole grain breads with Garbo keyhole.



Garbo is offering an unique range with authentic whole grain. Garbo is also labeling the bags with a keyhole as a guarantee that it's the key to a healthy life style. All products with Garbo keyhole, contains minimum 25 % whole grain, minimum 5 % fibre, maximum 7 % fat, maximum 5 % sugar and 0,5 % salt. Most other dark gluten free breads are white breads with colourings but the Garbo breads are all baked with 25 % brown whole grain rice flour. In all breads, Garbo is also using our own developed sourdough which gives a unique taste and helps digestion. Garbo offers 4 healthy bread varieties. All breads are also baked without any leguminous gums.

-SAN FRANCISCO SOURDOUGH: With inspiration from Fishermans Warf, this bread is loaded with sourdough.

-DOUBLE FIBER: Filled with healthy linseeds, pumpkin seeds and melon seeds, this contains double the amount of fibre, 10 %. Also with tasty lingonberries and cranberries.

-UNSWEETENED. No added sugar for all weight conscientious consumers.

-NATURAL. Baked with only wheat free ingredients, ie natural gluten free ingredients.

WHEAT FREE, GLUTEN FREE, DAIRY FREE, RETAIL

PRODUCT	Net weight	Art.nr:	#/shipping box	Bar code
TOAST LOAF 	600 g	5533	4	 7393997 155338
SPORT LOAF 	600 g	5534	4	 7393997 155345
SUN LOAF 	600 g	5535	4	 7393997 155352
QUINOA, LOAF 	600 g	5539	6	 7393997 155369
GARLIC BAGUETTE 	200 g	5505	10	 7393997 870781
SUNFLOWER BUNS (4) 	280 g	5571	6	 7393997 155710
CHOCOLATE MUFFINS (3) 	150 g	5531	6	 7393997 870088
LEMON MUFFINS (3) 	150 g	5530	6	 7393997 155246
HAMBURGER BUNS (3) 	210 g	5519	6	 7393997 870569
PIZZA BASES (2) 	600 g	5526	4	 7393997 155260
WHOLE GRAIN NATURAL 	500 g	5638	6	 7 393997 156380
CINNAMON SWIRLS (3)	210 g	5565	6	

WHEAT FREE, GLUTEN FREE, DAIRY FREE, CATERING/BAKE OFF, FOOD SERVICE

PRODUCT	Net weight	Art.nr:	#/shipping box	Bar code
BAKE OFF TOAST LOAF	400 g	5550	6	
BAKE OFF SPORT LOAF 	400 g	5551	6	 7393997 155512
BAKE OFF BAGUETTE	150 g	5552	12	
BREAD BOX (2XTOAST/SPORT/SUN)	3,6 KG	6580	6	
SWEET BOX (8 X CINNAMON SWIRLS/ LEMON/ CHOCO MUFFINS)	1,36 KG	5581	24	
HAMBURGER BUNS, SLICED 100 G	100 g	5589	20	

GLUTEN FREE, DAIRY FREE, RETAIL

PRODUCT	Net weight	Art.nr:	#/shipping box	Bar code
BAGUETTES (3) 	400 g	5514	6	 7393997 870132
HOT DOG BUNS (6) 	300 g	5518	6	 7393997 870552
GOLDEN SOFT BUNS (4)	280 g	5570	6	
WHOLE GRAIN SAN FRANCISCO SOURDOUGH LOAF 	500 g	5633	6	 7 393997 156335
WHOLE GRAIN DOUBLE FIBER LOAF 	500 g	5634	6	 7 393997 156342
WHOLE GRAIN UNSWEETENED LOAF 	500 g	5637	6	 7 393997 156373

Research shows that coeliac disease affects 1 in 100 people in the UK, making it much more common than previously thought. Under-diagnosis is a big problem. Research suggests around 500,000 people have not yet been diagnosed. Coeliac disease affects all ethnic groups and is common in Europe and North America, as well as in southern Asia, the Middle East, North Africa and South America.



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