

1990

AVO'S[®]

2015

a Touch of Mediterranean Flavor[®]

Welcome To Avo's

Volume 1

Avo's Story

AVO (noun)/ävō/short for Avedis. [1] Good News from Holly Land. [2] The original manufacturer of the best Mediterranean breadsticks in North America.

Three generations ago, Avo's patriarch began baking breads in traditional brick ovens using old world methods. For over half a century, the Kabadayan family has worked hard to remain true to the family's craft, bringing you the finest quality in Mediterranean baked products.

Today, Avo's Bakery Inc. continues to use only the finest ingredients -local and imported from the Levant, South East Asia, Central America and Europe- to bring you the very special focaccias, bread & rolls, breadsticks & crackers, baklava & delights, cookies & desserts. We take as much pride in our innovative baking as in our fidelity to tradition. All our products are manufactured at our HACCP certified facility.

At Avo's, your success is imperative to our business, therefore, we provide you the highest quality products with a touch of Mediterranean flavor.

Harry Kabadaian
President

Minas Kabadayan
Executive Vice-President



George



Yeran

Ani



Avo



Index

- ▶ **Focaccias P3**
- ▶ **Bread & Rolls P6**
- ▶ **Breadsticks P9**
- ▶ **Baklava P13**
- ▶ **Cookies & Desserts P15**
- ▶ **Frozen Products P21**
- ▶ **Non-Gluten P22**



Special Focaccias

Special Focaccias



Item #1003 Tahini Bread (Sesame Seed Oil Filling)



Item #1008 Tomato & Onion (Focaccia)



Item #1004 Manaesh (Oregano Focaccia)



Item #1006 Cheese Pie (Turnover)



Item #1056 Spicy Spinach (Focaccia)



Item #1007 Spinach Pie (Turnover)



Item #1015 Mediterranean Cheese (Focaccia)



Item #1005 Lahmajune (Pizza) USDA Choice



Item #1111 Lahmajune (Whole Wheat Pizza) USDA



Item #1112 Lahmajune (Halal Pizza) USDA Choice



Item #1084 Mini Lahmajune (Pizza) USDA Choice



Item #1113 Mini Lahmajune (Whole Wheat Pizza)

Special Focaccias



Item #1003 Tahini Bread (Sesame Seed Oil Filling)



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Item #1113 Mini Lahmajune (Whole Wheat Pizza)



Bread & Rolls

Bread & Rolls



Item #1010 - French Roll (Sesame)



1114 - French Roll (Original)



1009 - Mini Roll



1115 - Dinner Rolls



1116-Khallah Bread



1012 - Khallah Bread (Raisins)



1018 - Ring Bread (Seemeed)



1117 - Ring Bread Large



1011 - Bread Crumbs



1022 - Gata (Sweet Bread)



1053 - Plain Bread (Naan)



1090 - Plain Bread (Whole Wheat - Naan)

Bread & Rolls

French Roll: is often used as a generic term for the bread roll but also a sweeter softer roll with milk added to the dough.

Italian Roll: also known as a hoagie roll, long roll or steak roll, a long, narrow roll with an airy dry interior and crusty exterior.

A bread roll is a piece of bread, usually small and round and is commonly considered a side dish. Bread rolls are often used in the same way as sandwiches are - cut transversely, with fillings placed between the two halves.

Wheat: (*Triticum* spp.) is a cereal grain, originally from the Levant region of the Near East and Ethiopian Highlands, but now cultivated worldwide. In 2007 world production of wheat was 607 million tons, making it the third most-produced cereal after maize (784 million tons) and rice (651 million tons). In 2009, world production of wheat was 682 million tons, making it the second most-produced cereal after maize (817 million tons), and with rice as close third (679 million tons). Excellent natural source for daily use of carbohydrates for calories.

Whole Wheat: Whole-wheat flour is a powdery substance, a basic food ingredient, derived by grinding or mashing the whole grain of wheat, also known as the wheatberry. Whole-wheat flour is used in baking of breads and other baked goods, and also typically mixed with other lighter "white" unbleached or bleached flours (that have been treated with flour bleaching agent(s)) to restore nutrients to the white flours (especially fiber, protein, and vitamins), texture, and body that are lost in milling and other processing to the finished baked goods or other food(s).

Gluten: (from Latin gluten, "glue") is a protein composite found in foods processed from wheat and related grain species, including barley and rye. It gives elasticity to dough, helping it to rise and to keep its shape, and often giving the final product a chewy texture.

Gluten is the composite of a gliadin and a glutelin, which is conjoined with starch in the endosperm of various grass-related grains. The prolamin and glutelin from wheat (gliadin, which is alcohol-soluble, and glutenin, which is only soluble in dilute acids or alkalis) constitute about 80% of the protein contained in wheat seed. Being insoluble in water, they can be purified by washing away the associated starch. Worldwide, gluten is a source of protein, both in foods prepared directly from sources containing it, and as an additive to foods otherwise low in protein.

BREAD & ROLLS

BREAD & ROLLS					Pallet pattern		
Item #	Item Description	UPC Code	Package	Wght/cs	Cs/Layer	Cs/Height	Cs/Pallet
1010	French Roll (<i>Sesame</i>)	7-4659001010-3	12 x 12 oz.	10.0 Lb	4	8	32
1114	French Roll (<i>Original</i>)	7-4659001056-1	12 x 12 oz.	10.0 Lb	4	8	32
1009	Mini Roll	7-4659001009-7	12 x 10 oz.	8.5 Lb	4	8	32
1115	Dinner Rolls	7-4659001092-9	12 x 10 oz.	8.5 Lb	4	8	32
1116	Khallah Bread	7-4659001002-8	12 x 18 oz.	14.5 Lb	4	8	32
1012	Khallah Bread (<i>Raisins</i>)	7-4659001012-7	12 x 18 oz.	14.5 Lb	4	8	32
1018	Ring Bread (<i>Sesame Seed</i>) <i>Seemeed</i>	7-4659001018-9	20 x 8 oz.	11.0 Lb	4	8	32
1117	Ring Bread Large	7-4659001084-4	10 x 8 oz.	6.0 Lb	4	8	32
1011	Bread Crumbs	7-4659001036-3	30 x 12 oz.	23.5 Lb	4	8	32
1022	Gata (<i>Sweet Bread</i>)	7-4659001019-6	24 x 12 oz.	19.0 Lb	4	8	32
1053	Plain Bread (<i>NAAN</i>)	7-4659001051-6	25 x 12 oz.	20.0 Lb	4	8	32
1090	Plain Bread (<i>Whole Wheat</i>) <i>NAAN</i>	7-4659001090-5	25 x 12 oz.	20.0 Lb	4	8	32



Breadsticks & Crackers

Breadsticks & Crackers



Item #1000 Medit. Breadsticks (Sesame)



Item #1120 Medit. Breadsticks (Plain)



Item #1001 Medit. Breadsticks (No sugar / No Cholesterol)



Item #1121 Medit. Breadsticks (Whole Wheat)



Item #1122 Medit. Breadsticks (Zaatar)



Item #1123 Medit. Breadsticks (Anise)



Item #1070 Medit. Dry Biscuit (Sesame)



Item #1124 Medit. Dry Biscuit (Plain)



Item #1125 Medit. Dry Biscuit (Anise)



Item #1126 Medit. Dry Biscuit (Whole Wheat)



Item #1075 Mini Bite Sticks (Sesame)



Item #1127 Mini Bite Sticks (Plain)

Breadsticks & Crackers



Item #1128 Mini Bite Sticks (Anise)



Item #1028 Mini Biscuit (Sesame)



Item #1101 Skinny Sticks Original (Grissini)



Item #1102 Skinny Sticks Tuscani (Grissini)



Item #1103 Skinny Sticks Sea Salt (Grissini)



Item #1104 Skinny Sticks Parmesan (Grissini)



Item #1105 Skinny Sticks Sesame (Grissini)



Item #1106 Pita Chips (Garlic & Herb)



Item #1107 Pita Chips (Lemon & Herb)



Item #1108 Pita Chips (Original)



Item #1110 Pita Chips (Spicy)



Item #1109 Pita Chips (Whole Wheat)

Breadsticks & Crackers



Item #1129 Pita Chips (Oregano/Zahtar)

Sesame (/'sesəmi:/; *Sesamum indicum*) improves blood flow to the brain. Studies show that the plant fats and magnesium in sesame seeds relax and open brain blood vessels, cutting the occurrence of headaches in half. Sesame is a flowering plant in the genus *Sesamum*. Numerous wild relatives occur in Africa and a smaller number in India. It is widely naturalized in tropical regions around the world and is cultivated for its edible seeds, which grow in pods.

Breadsticks (grissini) are generally pencil-sized sticks of crisp, dry bread originating in Turin and the surrounding area in Italy.[1] They are originally thought to have been created in the 14th century; although according to a local tradition, they were invented by a baker in Lanzo Torinese (northern Italy) in 1679. Breadsticks may be offered at the table in restaurants as an appetizer, in some instances or regions they may be a type that is larger than pencil-sized. They may also be combined with ingredients such as prosciutto as an hors d'œuvre.

BREADSTICKS & CRACKERS					Pallet pattern		
Item #	Item Description	UPC Code	Package	Wght/cs	Cs/Layer	Cs/Height	Cs/Pallet
1000	Medit. Breadsticks (<i>Sesame</i>)	7-4659001000-4	36 x 8 oz.	19.0 Lb	4	8	32
1120	Medit. Breadsticks (<i>Plain</i>)	7-4659001079-0	36 x 8 oz.	19.0 Lb	4	8	32
1001	Medit. Brdstik (<i>No Sugar/No Cholesterol</i>)	7-4659001001-1	36 x 8 oz.	19.0 Lb	4	8	32
1121	Medit. Breadsticks (<i>Whole Wheat</i>)	7-4659001080-6	36 x 8 oz.	19.0 Lb	4	8	32
1122	Medit. Breadsticks (<i>Zaatar</i>)	7-4659001078-3	36 x 8 oz.	19.0 Lb	4	8	32
1123	Medit. Breadsticks (<i>Anise</i>)	7-4659001081-3	36 x 8 oz.	19.0 Lb	4	8	32
1070	Medit. Dry Biscuit (<i>Sesame</i>)	7-4659001070-7	30 x 10 oz.	20.0 Lb	4	8	32
1124	Medit. Dry Biscuit (<i>Plain</i>)	7-4659001101-8	30 x 10 oz.	20.0 Lb	4	8	32
1125	Medit. Dry Biscuit (<i>Anise</i>)	7-4659001083-7	30 x 10 oz.	20.0 Lb	4	8	32
1126	Medit. Dry Biscuit (<i>Whole Wheat</i>)	7-4659001082-0	30 x 10 oz.	20.0 Lb	4	8	32
1075	Mini Bite Sticks (<i>Sesame</i>)	7-4659001075-2	36 x 8 oz.	18.5 Lb	4	8	32
1127	Mini Bite Sticks (<i>Plain</i>)	7-4659001098-1	36 x 8 oz.	18.5 Lb	4	8	32
1128	Mini Bite Sticks (<i>Anise</i>)	7-4659001099-8	36 x 8 oz.	18.5 Lb	4	8	32
1028	Mini Biscuit (<i>Sesame</i>)	7-4659001030-1	36 x 8 oz.	18.5 Lb	4	8	32
1101	Skinny Sticks Original (<i>Grissini</i>)	7-4659001101-8	18 x 8 oz.	10.0 Lb	10	6	60
1102	Skinny Sticks Tuscani (<i>Grissini</i>)	7-4659001102-5	18 x 8 oz.	10.0 Lb	10	6	60
1103	Skinny Sticks Sea Salt (<i>Grissini</i>)	7-4659001103-2	18 x 8 oz.	10.0 Lb	10	6	60
1104	Skinny Sticks Parmesan (<i>Grissini</i>)	7-4659001104-9	18 x 8 oz.	10.0 Lb	10	6	60
1105	Skinny Sticks Sesame (<i>Grissini</i>)	7-4659001105-6	18 x 8 oz.	10.0 Lb	10	6	60
1106	Pita Chips (<i>Garlic & Herb</i>)	7-4659001106-3	12 x 16 oz.	13.0 Lb	5	10	50
1107	Pita Chips (<i>Lemon & Herb</i>)	7-4659001107-0	12 x 16 oz.	13.0 Lb	5	10	50
1108	Pita Chips (<i>Original</i>)	7-4659001108-7	12 x 16 oz.	13.0 Lb	5	10	50
1110	Pita Chips (<i>Spicy</i>)	7-4659001110-0	12 x 14 oz.	13.0 Lb	5	10	50
1109	Pita Chips (<i>Whole Wheat</i>)	7-4659001109-4	12 x 16 oz.	13.0 Lb	5	10	50
1129	Pita Chips (<i>Oregano/Zahtar</i>)	7-4659001142-1	12 x 16 oz.	13.0 Lb	5	10	50



Baklava & Delights

Baklava & Delights

Baklava (/ˈbɑːkləvɑː/, /bɑːkləˈvɑː/, or /bəˈklɑːvə/) is a rich, sweet pastry made of layers of filo pastry filled with chopped nuts and sweetened with syrup or honey. It is characteristic of the cuisines of the Middle Eastern region and much of Central and Southwest Asia and the Levant.



Item #1064 - Mini Baklava (Snack Size)



Item #1029 - Baklava Mix (Assorted)



Item #1130 - Baklava Square (Classic)



Item #1131 - Baklava Mix (Assorted Gourmet)



Item #1072 - Baklava Mix (Assorted Family Pack)



Item #1032 - Barazi (Sesame Cookies)



Item #1047 - Zoulabia & Bamieh



Item #1133 - Zoulabia (Awamat)



Item #1134 - Bamieh (Honey Dumplings)

BAKLAVAS & DELIGHTS						Pallet pattern		
Item #	Item Description	UPC Code	Package	Wght/cs	Cs/Layer	Cs/Height	Cs/Pallet	
1064	Mini Baklava (Snack Size)	7-4659001064-6	36 x 4 oz.	10.0 Lb	10	6	60	
1029	Baklava Mix (Assorted)	7-4659001028-8	36 x 10 oz.	23.5 Lb	4	8	32	
1130	Baklava Square (Classic)	7-4659001091-2	36 x 10 oz.	23.5 Lb	4	8	32	
1131	Baklava Mix (Gourmet)	7-4659001089-9	36 x 10 oz.	23.5 Lb	4	8	32	
1072	Baklava Mix (Assorted Family Pack)	7-4659001072-1	12 x 20 oz.	16.0 Lb	4	8	32	
1032	Barazi (Sesame Cookies)	7-4659001031-8	36 x 10oz.	22.5 Lb	4	8	32	
1047	Zoulabia & Bamia	7-4659001045-5	36 x 16 oz.	37.0 Lb	4	8	32	
1133	Zoulabia Only (Awamat)	7-4659001093-6	24 x 16 oz.	25.0 Lb	4	8	32	
1134	Bamia Only (Honey Dumplings)	7-4659001057-8	36 x 16 oz.	37.0 Lb	4	8	32	



Cookies & Desserts

Cookies & Desserts



Item #1045 - French Cookies (Powder Sugar)



Item #1135 - French Cookies (Chocolate)



Item #1136 - French Cookies (Finger)



Item #1137 - French Cookies (Orange)



Item #1074 - French Cookies (Family Pack)



Item #1155 - French Cookies (Madeleine)



Item #1035 - Plain Cookies



Item #1139 - Plain Cookies (Sesame)



Item #1140 - Plain Cookies (Anise)



Item #1141 - Plain Cookies (Whole Wheat)



Item #1142 - Plain Cookies (Whole Wheat Anise)



Item #1192 - Baghdadi Cookies (S-Shape)

Cookies & Desserts



Item #1191 - Baghdadi Cookies (Finger)



Item #1037 - Sea Salted Sticks (Plain)



Item #1143 - Sea Salted Sticks (Sesame)



Item #1144 - Sea Salted Sticks (Zaatar)



Item #1190 - Sea Salted Sticks (Rosemary)



Item #1030 - Date Mamoul (Date Fillings)



Item #1017 - Date Cookies (Date Fillings)



Item #1069 - Raisin Cookies



Item #1189 - Almond Cookies



Item #1043 - Triangle Gata



Item #1044 - Apricot Roll (Croissant)



Item #1145 - Apricot Tart

Cookies & Desserts



Item #1041 - Nazook



Item #1054 - Nazook (Walnut)



Item #1040 - Low Sugar Puff Pastry (Zaban)



Item #1156 - Puff Nazook (Vanilla)



Item #1157 - Puff Pastry (Chocolate)



Item #1158 - Puff Nazook (Walnut)



Item #1159 - Puff Pastry (Papillon)



Item #1162 - Puff Pastry (Chocolate)



Item #1042 - Coconut Cookies (Macaroon)



Item #1071 - Cake (Plain)



Item #1148 - Cake (Walnut)



Item #1149 - Cake (Chocolate Marbel)

Cookies & Desserts



Item #1150 - Cake (Lemon)



Item #1151 - Cake (Strawberry)



Item #1152 - Cake (Banana)



Item #1153 - Cake (Raisin)



Item #1154 - Cake (Orange)



Item #1161 - Cake (Vanilla)

Cocoa from Panama reduces diabetes risk, brightens mood and strengthens bones.

Walnut is an edible seed of any tree of the genus *Juglans*, especially the Persian walnut, *Juglans regia*. Broken nutmeats of the eastern black walnut, from the tree *Juglans nigra*, are also commercially available in small quantities, as are foods prepared with butternut nutmeats.

Dates are a natural source of energy and are high in fiber and vitamin E, free of fat and sodium, potassium rich. Dates have been a staple food of the Middle East and parts of South Asia for thousands of years. They are believed to have originated around the Persian Gulf, and have been cultivated since ancient times from Mesopotamia to prehistoric Egypt, possibly as early as 4000 BCE. The Ancient Egyptians used the fruits to be made into date wine, and ate them at harvest. There is archaeological evidence of date cultivation in eastern Arabia in 6000 BCE.

Vanilla is a flavoring derived from orchids of the genus *Vanilla*, primarily from the Mexican species, Flat-leaved Vanilla (*V. planifolia*). The word vanilla, derived from the diminutive of the Spanish word *vaina* (*vaina* itself meaning sheath or pod), simply translates as little pod. Pre-Columbian Mesoamerican peoples cultivated the vine of the vanilla orchid, called *tlilxochitl* by the Aztecs, and Spanish conquistador Hernán Cortés is credited with introducing both vanilla and chocolate to Europe in the 1520s.

Black Caraway Black caraway seed comes from an herbaceous annual, the buttercup (*Rununculaceae*) family. The peppery seed not only adds pleasing spice to dishes but it is also widely used in Ayurvedic medicine. Black caraway seed is derived from the fennel flower plant, *Nigella sativa* (not to be confused with the fennel herb plant). Aromatic with a peppery bite, black caraway seeds are enjoyed as a spice in Egyptian, Indian, and Middle Eastern cuisines. These tiny dark seeds are often used in spice blends, breads, and vegetable dishes.

Anise /ˈænis/, *Pimpinella anisum*, also called aniseed, is a flowering plant in the family *Apiaceae* native to the eastern Mediterranean region and Southwest Asia. Its flavor has some similarities with liquorice, fennel, and tarragon. Anise is a herbaceous annual plant growing to 3 ft (0.91 m) tall. The leaves at the base of the plant are simple, 0.5–2 in (1.3–5.1 cm) long and shallowly lobed, while leaves higher on the stems are feathery pinnate, divided into numerous leaves. The flowers are white, approximately 3 mm diameter, produced in dense umbels. The fruit is an oblong dry schizocarp, 3–5 mm long, usually called "aniseed".

Cookies & Desserts

COOKIES & DESERTS					Pallet pattern		
Item #	Item Description		Package	Wght/cs	Cs/Layer	Cs/Height	Cs/Pallet
1045	French Cookies (Powder Sugar)	7-4659001043-1	36 x 10 oz.	23.5 Lb	4	8	32
1135	French Cookies (Chocolate)	7-4659001061-5	36 x 10 oz.	23.5 Lb	4	8	32
1136	French Cookies (Finger)	7-4659001060-8	36 x 10 oz.	23.5 Lb	4	8	32
1137	French Cookies (Orange)	7-4659001059-2	36 x 10 oz.	23.5 Lb	4	8	32
1074	French Cookies (Family Pack)	7-4659001074-5	12 x 25 oz.	19.8 Lb	4	8	32
1155	French Cookie (Madeleine)	7-4659001183-4	36 x 10 oz.	23.5 Lb	4	8	32
1035	Plain Cookies (Original)	7-4659001034-9	36 x 8 oz.	19.0 Lb	4	8	32
1139	Plain Cookies (Sesame)	7-4659001106-3	36 x 8 oz.	19.0 Lb	4	8	32
1140	Plain Cookies (Anise)	7-4659001107-0	36 x 8 oz.	19.0 Lb	4	8	32
1141	Plain Cookies (Whole Wheat)	7-4659001143-8	36 x 12 oz.	28.0 Lb	4	8	32
1142	Plain Cookies (W.W Anise)	7-4659001109-4	36 x 12 oz.	28.0 Lb	4	8	32
1192	Baghdadi Cookies (S-shape)	7-4659001192-6	18 x 16 oz.	19.0 Lb	4	8	32
1191	Baghdadi Cookies (Finger)	7-4659001191-9	18 x 16 oz.	19.0 Lb	4	8	32
1037	Sea Salted Sticks (Plain)	7-4659001037-0	36 x 11 oz.	26.0 Lb	4	8	32
1143	Sea Salted Sticks (Sesame)	7-4659001110-0	36 x 11 oz.	26.0 Lb	4	8	32
1144	Sea Salted Sticks (Zahtar)	7-4659001111-7	36 x 11 oz.	26.0 Lb	4	8	32
1190	Sea Salted Sticks (Rosemary)	7-4659001190-2	36 x 11 oz.	26.0 Lb	4	8	32
1030	Date Mamoul (Date Fillings)	7-4659001029-5	36 x 12 oz.	28.0 Lb	4	8	32
1017	Date Cookies (Date Fillings)	7-4659001017-2	50 x 10 oz.	31.3 Lb	4	8	32
1069	Raisin Cookies	7-4659001069-1	24 x 12 oz.	19.0 Lb	4	8	32
1189	Almond Cookies	7-4659001189-6	36 x 12 oz.	28.0 Lb	4	8	32
1043	Triangle Gata	7-4659001041-7	24 x 16 oz.	25.0 Lb	4	8	32
1044	Apricot Roll (Croissant)	7-4659001042-5	24 x 16 oz.	25.0 Lb	4	8	32
1145	Apricot Tart	7-4659001112-4	30 x 16 oz.	31.0 Lb	4	8	32
1041	Nazook	7-4659001039-4	24 x 16 oz.	25.0 Lb	4	8	32
1054	Nazook (Walnut)	7-4659001052-3	24 x 16 oz.	25.0 Lb	4	8	32
1040	Low Sugar Puff Pastry (Zaban)	7-4659001038-7	36 x 12 oz.	28.0 Lb	4	8	32
1156	Puff Nazook (Vanilla)	7-4659001039-5	36 x 12 oz.	28.0 Lb	4	8	32
1157	Puff Pastry (Chocolate)	7-4659001187-2	36 x 12 oz.	28.0 Lb	4	8	32
1158	Puff Nazook (Walnut)	7-4659001052-3	36 x 12 oz.	28.0 Lb	4	8	32
1159	Puff Pastry (Papillon)	7-4659001038-7	36 x 12 oz.	28.0 Lb	4	8	32
1162	Puff Pastry (Chocolate)	7-4659001187-2	36 x 12 oz.	28.0 Lb	4	8	32
1042	Coconut Cookies (Macaroon)	7-4659001040-0	24 x 10 oz.	16.0 Lb	4	8	32
1071	Cake (Plain)	7-4659001071-4	12 x 24 oz.	19.0 Lb	4	8	32
1148	Cake (Walnut)	7-4659001115-5	12 x 24 oz.	19.0 Lb	4	8	32
1149	Cake (Chocolate Marbel)	7-4659001116-2	12 x 24 oz.	19.0 Lb	4	8	32
1150	Cake (Lemon)	7-4659001117-9	12 x 24 oz.	19.0 Lb	4	8	32
1151	Cake (Strawberry)	7-4659001118-6	12 x 24 oz.	19.0 Lb	4	8	32
1152	Cake (Banana)	7-4659001119-3	12 x 24 oz.	19.0 Lb	4	8	32
1153	Cake (Raisin)	7-4659001120-9	12 x 24 oz.	19.0 Lb	4	8	32
1154	Cake (Orange)	7-4659001121-6	12 x 24 oz.	19.0 Lb	4	8	32
1161	Cake (Vanilla)	7-4659001185-8	12 x 24 oz.	19.0 Lb	4	8	32



Frozen Specialties

Specialty Frozen Food
Coming soon

1990

2013

Non-Gluten Baked Goods
Coming soon



a Touch of Mediterranean Flavor®

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Prices and Updates

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