



# Herman Brot

Your recipe for life<sup>®</sup>

**LOW  
SUGAR**

**LOWER  
CARB**

**HIGHER  
PROTEIN**

**LOW  
GI**

**HIGHER  
FIBRE**

[www.modernbakery.com/hermanbrot](http://www.modernbakery.com/hermanbrot)

# HERMAN BROT

## *Your Recipe For Life*

- **The Lowest Carb freshly baked bread on the market**
- **The most nutritious Low Carb, High Protein, Low GI Burger Bun**
- **Highest protein pasta in Australia to date**
- **All products made from pure plant protein**
- **Vegan and vegetarian friendly**
- **All products boast the 5 star health rating**
- **All products have lowest GI in their category**
- **Tested by SUGiRS Sydney University and deemed suitable for people living with Type 2 Diabetes**



Herman Brot® Lower Carb Bread, Lower Carb Pasta, HermanBurger Protein Bun, Low Carb Wraps and Protein Crackers have been created to embrace dietary characteristics that are integral components of healthy eating; low carbohydrate, high protein, low glycemic index, provided from whole grains and legumes.

This unique combination of attributes makes these tasty, nutritious products excellent additions to anyone's diet. Made from the best local and imported ingredients all products are free from artificial colours, flavours or preservatives and can be enjoyed by vegetarians, people with diabetes, those who are overweight and individuals who embrace the importance of health and good nutrition.

*Your recipe  
for life*®

**LOW  
SUGAR**

**LOWER  
CARB**

**HIGHER  
PROTEIN**

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GI**

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FIBRE**

# HERMAN BROT LOWER CARB BREAD

- Moist and tasty dark wholegrain • 600g net weight (11 slices + 2 crusts)
- No artificial colours, flavours or preservatives

## INGREDIENTS

Water, **Wheat** Protein, **Soy** Protein, **Lupin** Protein, **Soy** Meal, Linseed, Sunflower Seeds, **Soy** Grits, Wholegrain **Wheat** Meal, **Wheat** Bran, **Soy** Flour, Yeast, Apple Fibre, Iodised Salt, Roasted Malted **Barley** Flour, Vinegar, Fermented Sugar, Emulsifier (322 from **Soy**), Acidity Regulator (262).

## ALLERGENS

Contains: **Wheat, Soy, Lupin and Barley**. May contain: **Egg, Milk, Sesame Seeds, Tree Nuts, Sulphites and other Gluten Cereals**

## SUITABLE FOR:

- People on weight loss programs • Fitness and health orientated people
- People with Type II Diabetes • Vegetarians and Vegans
- Ideal food for children • Gourmet bread connoisseurs



## NUTRITION INFORMATION

Servings per package: 6.5 (11 slices + 2 crusts)  
Serving size: approx. 92 g (2 slices)

|                      | Ave. Quantity<br>per Serving | % Daily Intakes*<br>per Serving | Ave. Quantity<br>per 100 g |
|----------------------|------------------------------|---------------------------------|----------------------------|
| Energy               | 1040 kJ (249 Cal)            | 12%                             | 1130 kJ (270 Cal)          |
| Protein              | 23.6 g                       | 47%                             | 25.6 g                     |
| Fat, total           | 12.8 g                       | 18%                             | 13.9 g                     |
| - saturated          | 1.7 g                        | 7%                              | 1.8 g                      |
| Carbohydrates        | 5.0 g                        | 2%                              | 5.4 g                      |
| - sugars             | 1.4 g                        | 2%                              | 1.5 g                      |
| Dietary Fibre, total | 10.7 g                       | 36%                             | 11.6 g                     |
| Sodium               | 340 mg                       | 15%                             | 370 mg                     |

\* Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

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LOW  
SUGAR  
1.5 g  
per 100 g

HIGHER  
FIBRE\*\*  
10.7 g  
per serve

LOWER  
CARB#  
5.4 g  
per 100 g

HIGHER  
PROTEIN\*\*  
23.6 g  
per serve

LOW  
GI  
GI=24

# HERMANBURGER PROTEIN BUN

- Moist and tasty dark wholegrain • 140g net weight (2 buns)
- No artificial colours, flavours or preservatives • Dairy free and vegan friendly



## INGREDIENTS

Water, Protein Mixture (**Wheat** Protein, **Soy** Protein, **Lupin** Protein), **Soy** Flour, **Wheat** Flour, Wholemeal **Wheat** Flour, **Soybean** Grits, Sunflower Seed Meal, Linseed Meal, **Wheat** Gluten, Yeast, **Wheat** Bran, Apple Fibre, Emulsifier (322 from **Soy**), Iodised Salt, **Barley** Malt Flour, Linseeds, Vinegar, Fermented Sugar, Acidity Regulator (262)

## ALLERGENS

Contains: **Wheat, Barley, Soy and Lupin.**

May contain: **Egg, Milk, Sesame Seeds, Tree Nuts, Sulphites and other Gluten Cereals.**

## SUITABLE FOR:

- People on weight loss programs • Vegetarians and Vegans
- Fitness and health orientated people
- People with Type II Diabetes • Ideal food for children
- Gourmet bread connoisseurs



## NUTRITION INFORMATION

Servings per package: 2 Serving size: approx. 70 g (1 bun)

|                      | Ave. Quantity per Serving | % Daily Intakes* per Serving | Ave. Quantity per 100 g |
|----------------------|---------------------------|------------------------------|-------------------------|
| Energy               | 770 kJ (184 Cal)          | 9%                           | 1100 kJ (263 Cal)       |
| Protein              | 19.3 g                    | 39%                          | 27.5 g                  |
| Fat, total           | 6.9 g                     | 10%                          | 9.9 g                   |
| - saturated          | 0.9 g                     | 4%                           | 1.3 g                   |
| Carbohydrates        | 7.7 g                     | 2%                           | 11.0 g                  |
| - sugars             | 1.1 g                     | 1%                           | 1.6 g                   |
| Dietary Fibre, total | 6.9 g                     | 23%                          | 9.9 g                   |
| Sodium               | 294 mg                    | 13%                          | 420 mg                  |

\* Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

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LOWER  
CARB#  
7.7 g  
per serve

LOW  
SUGAR  
1.1 g  
per serve

HIGHER  
PROTEIN\*\*  
19.3 g  
per serve

HIGHER  
FIBRE\*\*  
6.9 g  
per serve

LOW  
GI  
GI-31

# HERMAN BROT LOWER CARB PASTA

- 250g dry – 500g cooked • 3 servings per pack • No artificial colours, flavours or preservatives
- Best before 2 years from production date

## INGREDIENTS

Protein Mixture (43%) (**Wheat** Protein, **Soy** Protein, Rice Protein), **Soy** Flour, **Oat** Fibre, Wholemeal **Wheat** Flour (Contains Vitamin C), Canola Oil, Water, Sugar, Dried **Rye** Sourdough (Contains Rye, Starter Cultures), Salt.

## ALLERGENS

Contains: **Wheat, Soy, Rye and Oats**. May contain: **Milk, Egg, Lupin and other Gluten Cereals**

## SUITABLE FOR:

- People on weight loss programs • Fitness and health orientated people
- People with Type II Diabetes • Vegetarians and Vegans
- Ideal food for children • Gourmet pasta connoisseurs

## NUTRITION INFORMATION

Servings per package: approx. 3

Serving size: 85g (dry pasta), approx. 170g cooked pasta

|                      | Ave. Quantity<br>per Serving | % Daily Intakes*<br>per Serving | Ave. Quantity<br>per 100 g |
|----------------------|------------------------------|---------------------------------|----------------------------|
| Energy               | 1130 kJ (270 Cal)            | 13%                             | 667 kJ (160 Cal)           |
| Protein              | 39.4 g                       | 79%                             | 23.2 g                     |
| Fat, total           | 5.4 g                        | 8%                              | 3.2 g                      |
| - saturated          | 0.7 g                        | 3%                              | 0.4 g                      |
| Carbohydrates        | 8.5 g                        | 3%                              | 5.0 g                      |
| - sugars             | 2.0 g                        | 2%                              | 1.2 g                      |
| Dietary Fibre, total | 14.8 g                       | 49%                             | 8.7 g                      |
| Sodium               | 224 mg                       | 10%                             | 132 mg                     |

\* Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.



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LOW  
SUGAR  
1.2 g  
per 100 g

HIGHER  
FIBRE\*\*  
14.8 g  
per serve

LOWER  
CARB#  
5.0 g  
per 100 g

HIGHER  
PROTEIN##  
39.4 g  
per serve

LOW  
GI  
GI=22

# HERMAN BROT LOW CARB WRAPS

- Moist and tasty dark wholegrain • 600g net weight (6 wraps)
- No artificial colours, flavours or preservatives

## INGREDIENTS

Protein Mixture (**Wheat, Soy, Lupin**), **Soybean** Grits, Brown & Yellow Linseeds, Sunflower Seeds, **Soy** Flour, Whole **Wheat** Flour, **Wheat** Bran, Apple Fibre, Sesame, Iodized Salt, Roasted **Barley** Malt Flour, Vinegar, Fermented Sugar, Emulsifier (322 from Soy), Acidity Regulator (262), Yeast, Water

## ALLERGENS

Contains: **Wheat, Barley, Soy and Lupin**. May contain: **Egg, Milk, Sesame Seeds, Tree Nuts, Sulphites and other Gluten Cereals**.

## SUITABLE FOR:

- People on weight loss programs • Fitness and health orientated people
- People with Type II Diabetes • Vegetarians and Vegans
- Ideal food for children • Gourmet bread connoisseurs



## NUTRITION INFORMATION

Servings per package: 6  
Serving size: 100 g

|                      | Ave. Quantity<br>per Serving | % Daily Intakes*<br>per Serving | Ave. Quantity<br>per 100 g |
|----------------------|------------------------------|---------------------------------|----------------------------|
| Energy               | 1200 kJ (287 Cal)            | 14%                             | 1200 kJ (287 Cal)          |
| Protein              | 29.0 g                       | 58%                             | 29.0 g                     |
| Fat, total           | 7.1 g                        | 10%                             | 7.1 g                      |
| - saturated          | 0.5 g                        | 2%                              | 0.5 g                      |
| Carbohydrates        | 19.4 g                       | 6%                              | 19.4 g                     |
| - sugars             | 1.5 g                        | 2%                              | 1.5 g                      |
| Dietary Fibre, total | 9.3 g                        | 31%                             | 9.3 g                      |
| Sodium               | 403 mg                       | 18%                             | 403 mg                     |

\* Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
Your daily intakes may be higher or lower depending on your energy needs.

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LOW  
SUGAR  
1.5 g  
per serve

LOWER  
CARB#  
19.4 g  
per serve

HIGHER  
PROTEIN##  
29.0 g  
per serve

HIGHER  
FIBRE\*\*  
9.3 g  
per serve

LOW  
GI  
GI=27

# HERMAN BROT PROTEIN CRACKERS

- 200g • 3 servings per pack • No artificial colours, flavours or preservatives
- Suitable for vegetarians

## INGREDIENTS (OLIVE)

Cracker Mix (Sunflower Seeds, Linseed, **Wheat Gluten**, Oat Flakes, **Sesame**), Dried Glucose Syrup, **Wheat Bran**, Palm Fat Powder (Palm Oil, Glucose Syrup, **Milk Protein (Cow)**, **Wheat Starch**, **Barley Malt Flour**, Canola Oil, Glucose, Dried Rye Sourdough, Salt, Yeast Extract, Black Olive Sliced (Black Olive, Sea Salt, Stabilizer Ferrous Gluconate (579)), Water, Olive Flavour (Olive Extracts, Humectant Propylene Glycol (1520))

## ALLERGENS

Contains: **Wheat, Barley, Sesame and Milk.**  
May contain: **Tree Nuts, Sulphites and other Gluten Cereals.**

## INGREDIENTS (CHEESE)

Cracker Mix (Sunflower Seeds, Linseed, **Wheat Gluten**, Oat Flakes, **Sesame**), Dried Glucose Syrup, **Wheat Bran**, Palm Fat Powder (Palm Oil, Glucose Syrup, **Cow Milk Protein**), **Milk Protein (Cow Milk)**, **Wheat Starch**, **Barley Malt Flour**, Canola Oil, Glucose, Dried Rye Sourdough, Salt, Yeast Extract, Water, **Cheese Powder (Cow's Milk**, Salt, Microbiological Rennet), Water, Cellulose Powder, Salt

## ALLERGENS

Contains: **Wheat, Barley, Sesame and Milk.**  
May contain: **Tree Nuts, Sulphites and other Gluten Cereals.**

## INGREDIENTS (MEDITERRANEAN)

Cracker Mix (Flax Seeds (Brown), Sunflower Seeds, **Wheat Gluten**, Oat Flakes), Rapeseed Oil Powder (Rapeseed Oil, Glucose Syrup, **Milk Protein**, Natural Flavouring), **Cheese Powder (Cheese**, Whey Powder), **Wheat Bran**, **Sesame**, Dried Glucose Syrup, **Milk Protein**, **Wheat Starch**, Tomato Powder, Spices, Salt, **Barley Malt Flour**, Dried Rye Sourdough, Dextrose, Yeast Extract), Water

## ALLERGENS

Contains: **Wheat, Barley, Sesame and Milk.**  
May contain: **Tree Nuts, Sulphites and other Gluten Cereals.**

### NUTRITION INFORMATION (Olive)

Servings per package: approx. 3 Serving size: 65g

|                      | Ave. Quantity per Serving | % Daily Intakes* per Serving | Ave. Quantity per 100 g |
|----------------------|---------------------------|------------------------------|-------------------------|
| Energy               | 1530 kJ (365 Cal)         | 18%                          | 1660 kJ (398 Cal)       |
| Protein              | 13.7 g                    | 27%                          | 21.0 g                  |
| Fat, total           | 16.3 g                    | 23%                          | 25.0 g                  |
| - saturated          | 3.6 g                     | 15%                          | 5.6 g                   |
| Carbohydrates        | 11.1 g                    | 4%                           | 17.0 g                  |
| - sugars             | 2.0 g                     | 2%                           | 3.0 g                   |
| Dietary Fibre, total | 6.5 g                     | 22%                          | 10.0 g                  |
| Sodium               | 315 mg                    | 14%                          | 485 mg                  |

### NUTRITION INFORMATION (Cheese)

Servings per package: approx. 3 Serving size: 65g

|                      | Ave. Quantity per Serving | % Daily Intakes* per Serving | Ave. Quantity per 100 g |
|----------------------|---------------------------|------------------------------|-------------------------|
| Energy               | 1660kJ (397 Cal)          | 19%                          | 1800kJ (430 Cal)        |
| Protein              | 16.9 g                    | 34%                          | 26.0 g                  |
| Fat, total           | 17.6 g                    | 25%                          | 27.0 g                  |
| - saturated          | 3.6 g                     | 15%                          | 5.6 g                   |
| Carbohydrates        | 10.4 g                    | 3%                           | 16.0 g                  |
| - sugars             | 2.0 g                     | 2%                           | 3.0 g                   |
| Dietary Fibre, total | 6.5 g                     | 22%                          | 10.0 g                  |
| Sodium               | 198 mg                    | 9%                           | 304 mg                  |

### NUTRITION INFORMATION (Mediterranean)

Servings per package: approx. 3 Serving size: 65g

|                      | Ave. Quantity per Serving | % Daily Intakes* per Serving | Ave. Quantity per 100 g |
|----------------------|---------------------------|------------------------------|-------------------------|
| Energy               | 1710kJ (409 Cal)          | 20%                          | 1800kJ (445 Cal)        |
| Protein              | 16.3 g                    | 33%                          | 25.0 g                  |
| Fat, total           | 16.9 g                    | 24%                          | 26.0 g                  |
| - saturated          | 1.8 g                     | 7%                           | 2.7 g                   |
| Carbohydrates        | 14.3 g                    | 5%                           | 22.0 g                  |
| - sugars             | 3.5 g                     | 4%                           | 5.4 g                   |
| Dietary Fibre, total | 7.2 g                     | 24%                          | 11.0 g                  |
| Sodium               | 470 mg                    | 20%                          | 723 mg                  |

\* Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.

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for life®





## **Over 170 year's of baking tradition**

Herman Brot was established on the back of over 170 year's baking tradition and is focused on the development and sale of natural, satisfying, healthy bread.

Our product is tailor-made to suit the dietary needs of people today, based on experience, research and modern ingenuity without sacrificing traditional taste and quality.

A foundation of authentic family customs and baking experience in Germany, France and Australia has established the high quality and taste of our product and we are proud to draw on the heritage of six generations of bakers to continue the tradition of bread as a staple food, and an essential part of *Your Recipe For Life*®.

Today Herman Brot is run by Christian, the eldest son of Herman Coenen, seen pictured alongside his brothers in our logo, taken in 1965 in the family bakery.

**Modern Bakery** (under Licence of Herman Brot Australia)

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