

Top 10 Best Sellers!



Ready to Heat & Serve
for all Occasions!



**Provencale
Quiche Lorraine
with Streaky
Bacon**

210gm each approx.
8 units per tray



**Rosemary
& Lamb Filo**

180gm each approx.
6 units per tray



**Roast Pumpkin
& Garden
Spinach Round
Lasagne**

3kg approx.
Pre-cut 12 slices per tray



**Garden
Spinach &
Fetta Scroll**

180gm each approx.
7 units per tray



**Sweet Potato,
Pumpkin
Spinach &
Fetta Frittata**

200gm each approx.
6 units per tray



**Creamy
Chicken &
Mushroom Filo**

200gm each approx.
6 units per tray



**Pumpkin
& Ricotta
Gourmet Roll**

180gm each approx.
8 units per tray



**Gourmet Sticky
Date Scones**

90gm each approx.
24 units per tray



**Banana
Bread
Pre-Cut**

2kg approx.
1 loaf per tray



**Butterscotch
& White
Chocolate
Muffins**

120gm each approx.
6 units per tray



LEGEND: Gluten Free Vegetarian Vegan Dairy Free

Contact your Distributor or a member of the Helen's team to place an order today!

info@helens.com.au | (07) 3272 2722 | helens.com.au

Thanks Mum x

Supporting your business & customer needs

Using the
Highest
Quality
Ingredients



*Australian
made & owned*

Supporting
local Farmers
& Suppliers



Our products
are Handmade
with Love



Dietary & Lifestyle Choices

GF Gluten Free

V Vegan

Vegetarian

Dairy Free

Shelf Life



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
*Scones 2-3 days
10 months frozen

Pre-portioned + Ready to Heat & Serve

- Ideal for cabinet display or as menu items
- Quick customer service time (Heat & Serve)
- Minimise Wastage & Control Costs

The Helen's 100% Money Back Guarantee



Your satisfaction and the satisfaction of your customers is our priority. If you or your customers are not happy with any of the products included in the first Helen's order you receive, we will refund 100% of the invoice value, guaranteed.

*Orders over \$150 need to be approved.



Helen & Jimmy Zeniou

Ask us for the full range in our
2020 Product Catalogue.

Contact your Distributor or a member of the
Helen's team to place an order today!

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Thanks Mum x

