



Caribbean

INTERNATIONAL FOODS INC

PRACTICAL SOLUTIONS
FOR YOUR BUSINESS
CATALOG 2026

ABOUT US



Caribbean International Foods Inc. is the pioneer of blast frozen bakery products in Panama since 2003 which began with Jamaican style patties (turnovers) as its founding product.

Today the company caters to supermarkets, clubs and foodservice clients with breads, pastries, and other baked goods in various convenient presentations such as unbaked, pre-baked and fully baked.

Caribbean's key to success has been continuous innovation and pursuit of the highest quality ingredients sourced from across the globe. The results of these efforts are a superior product true to its artisan flavors enabling a fast response to product demand for our clients.



www.grupocaribbean.com

Sweet Bakery

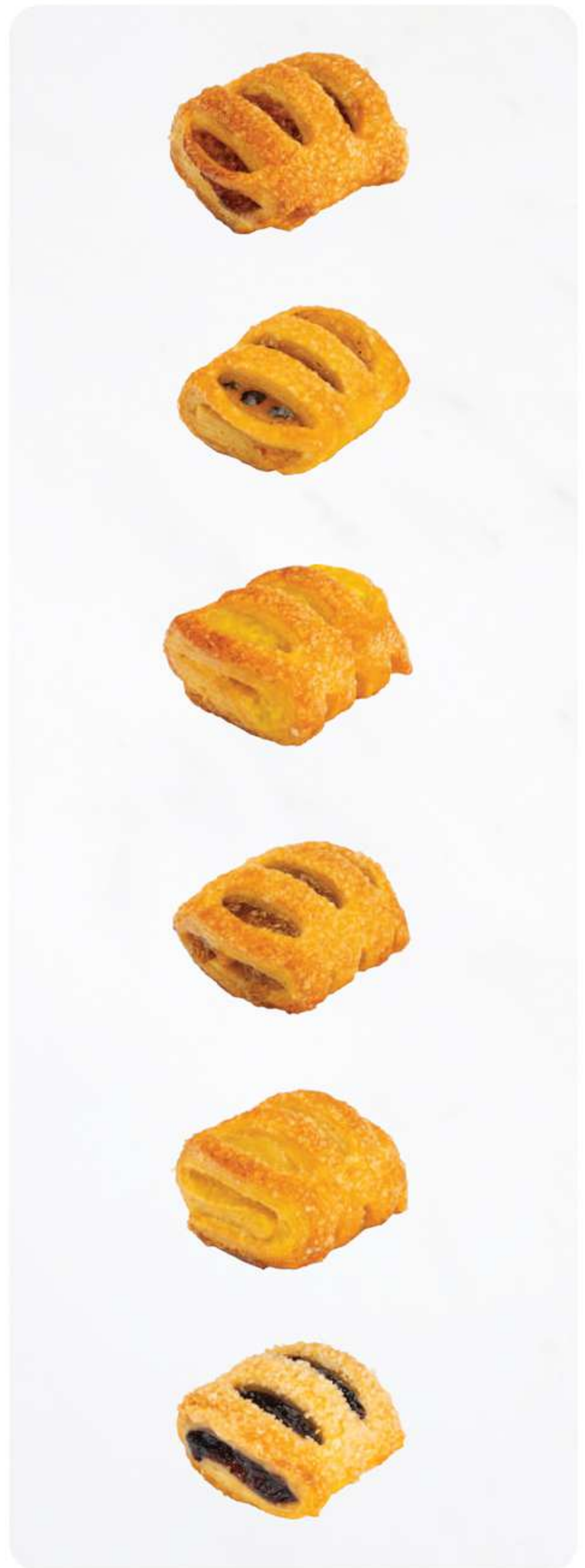
MINI PASTRIES



VARIETIES

- GUAVA
- PASSION FRUIT
- PINEAPPLE
- LEMON
- APPLE
- PASTRY CREAM
- BLUEBERRY

FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

26 min

*Baking time varies according to oven

STRUDEL



VARIETIES

- PINEAPPLE
- APPLE
- PASSION FRUIT

FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

26 min

*Baking time varies according to oven

NAPOLITAN



VARIETIES

- GUAVA
- PASTRY CREAM

FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

28 min

*Baking time varies according to oven

GUAVA ROLL



FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

26 min

*Baking time varies according to oven

PINEAPPLE HORSESHOE



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

26 min

*Baking time varies according to oven

PALMIER



FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

165°C / 330°F



**BAKING
TIME**

25 min

*Baking time varies according to oven

PAÑUELO / TURNOVER CREAM CHEESE & GUAVA



FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

28 min

*Baking time varies according to oven

SWEET DINNER ROLLS



VARIETIES

- COCONUT
- GUAVA

FINISH: BAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min

RAISIN BREAD



FINISH: BAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min

*Baking time varies according to oven

COOKIES



VARIETIES

- OATMEAL & RAISIN
- RED SUGAR
- COCONUT
- SHORTBREAD

FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

15 min



**BAKING
TEMPERATURE**

165°C / 330°F



**BAKING
TIME**

20 min

*Baking time varies according to oven

MINI COOKIES



VARIETIES

- OATMEAL & RAISIN
- RED SUGAR
- COCONUT
- SHORTBREAD

FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

15 min



**BAKING
TEMPERATURE**

165°C / 330°F



**BAKING
TIME**

20 min

*Baking time varies according to oven

CUPCAKES



VARIETIES

- VANILLA
- CHOCOLATE
- LEMON

FINISH: BAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min

CAKES



VARIETIES

- VANILLA
- BANANA
- CHOCOLATE
- LEMON

FINISH: BAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min

Savoury Bakery

MINI PASTRIES



VARIETIES

- CHICKEN, OREGANO & BASIL
- CHICKEN & CHEDDAR CHEESE
- BBQ BEEF
- FRESH WHITE CHEESE
- MOROCCAN CHICKEN
- CREAM CHEESE
- ENCHILADA
- NAPOLITAN HAM & CHEESE
- NAPOLITAN PASTRY CREAM

FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

26 min

*Baking time varies according to oven

ROUND PASTRIES

VARIETIES

- BEEF
- CHICKEN

FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

28 min

*Baking time varies according to oven

EMPANADAS / TURNOVERS



VARIETIES

- CHICKEN
- BEEF
- CHEESE
- TUNA

FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

28 min

*Baking time varies according to oven

ENCHILADAS / TURNOVERS



VARIETIES

- BEEF
- MOROCCAN CHICKEN

FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

28 min

*Baking time varies according to oven

HAM & CHEESE NAPOLITAN



FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

28 min

*Baking time varies according to oven

PAÑUELO / TURNOVER CREAM CHEESE



FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

28 min

*Baking time varies according to oven

Breads

ARTISAN GALICIAN BREAD



VARIETIES

- PLAIN
- BLACK OLIVES
- RED PAPRIKA
- FINE HERBS

FINISH: BAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

15 min



**BAKING
TEMPERATURE**

200°C / 390°F



**BAKING
TIME**

5 min (Heat blast)

*Baking time varies according to oven

BREADS



BAGUETTE

FINISH: PRE-BAKED FROZEN

HALF BAGUETTE

FINISH: PRE-BAKED FROZEN



FRENCH BREAD

FINISH: PRE-BAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

15 min



**BAKING
TEMPERATURE**

200°C / 390°F



**BAKING
TIME**

10 min

*Baking time varies according to oven

BREADS



HONEY HAMBURGER BUN
POPPY & SESAME SEEDS

FINISH: BAKED FROZEN

EGG DINNER ROLL
FINISH: BAKED FROZEN



DINNER ROLL
FINISH: BAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min

*Baking time varies according to oven

BREADS



CHEESE & BACON DINNER ROLL
FINISH: BAKED FROZEN



EGG BREAKFAST BUN
FINISH: BAKED FROZEN



EGG BREAKFAST BUN
FINISH: BAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min

*Baking time varies according to oven

BREADS



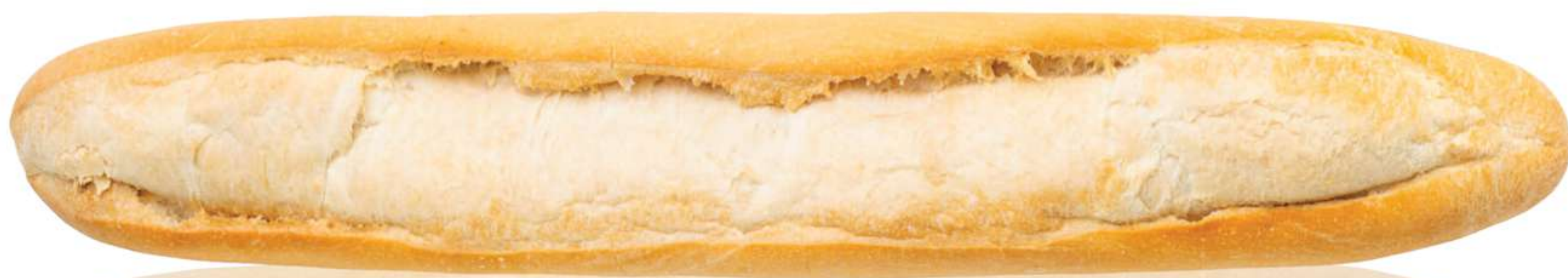
SOFT FRENCH BREAD
FINISH: BAKED FROZEN



VIRIL BREAD
FINISH: BAKED FROZEN



HALF SOFT FRENCH BREAD
FINISH: BAKED FROZEN



CANILLA SOFT BREAD
FINISH: BAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

15 min



**BAKING
TEMPERATURE**

200°C / 390°F



**BAKING
TIME**

5 min (Heat blast)

*Baking time varies according to oven

BREADS



VARIETIES

- PLAIN
- HAM AND CHEESE

FINISH: UNBAKED FROZEN



KEEP FROZEN

-18°C / 0°F



THAW

20 min



**BAKING
TEMPERATURE**

175°C / 350°F



**BAKING
TIME**

28 min

*Baking time varies according to oven