

Bread List 2018

Sourdough	
White	A classic white artisan sourdough loaf. Using wild air-bourne yeast (not commercial yeast). Crispy crust with moist and chewy crumb. Organic unbleached wheat flour, stoneground, rye wholemeal, pink salt, malted barley plant based vitamin C
Multigrain	A wholesome sourdough generously enhanced with mixed seeds and whole grains. (pearl barley, oat groats, linseed, millet sunflower seed poppy seed, soy beans, pepita seeds) Based on the white sourdough.
Light Rye	This flavourful loaf contains 30% wholemeal rye flour. Using wild air-bourne yeast (not commercial yeast). Crispy crust with moist and chewy crumb. Based on the white sourdough.
Olive	
Loaf	A soft focaccia-style loaf with olives, rosemary and Italian herbs. (May contain olive pips) wheat flour, olives, olive oil, rosemary, raw sugar, salt, brewers malt, yeast, plant based vitamin C
L'ancienne	
Loaf	A traditional loaf with great flavour achieved through a 24 hour fermentation process. Moist crumb. Based on Baguette a L'ancienne
Baguette	A traditional country-style rustic baguette with great flavour achieved through a 24 hour fermentation process. Moist crumb. Organic unbleached wheat flour, stoneground flour, rye wholemeal, pink salt, malted barley, yeast, plant based vitamin C
Specialty	
Gluten Free Tapioca Loaf	Plenty of fibre and protein. Moist texture and an interesting and complex, nutty taste that comes from the use of buckwheat. Ingredients: tapioca starch, xanthan gum, guar gum, garbanzo/besan/chickpea flour, seed mix (sesame, kibble soy, buckwheat kernel), yeast, pink salt, lemon juice, apple cider vinegar.
Spelt loaf	100% organic stoneground spelt flour. Fermented on a very small amount of yeast over 48 hours. Nice nutty flavor with moist crumb. Spelt is a ancient grain, species of wheat cultivated since approximately 5000 BC. It has a nutty and slightly sweet flavor, similar to that of whole wheat flour. It does contain gluten. Stoneground spelt flour, spelt flakes, pink salt, yeast, plant based vitamin C.
Rolls and Sticks	
L'ancienne Sticks	Seeds or with Salt & Caraway. Based on Baguette a L'ancienne
Olive Rolls	An individual portion size of the Olive Loaf.
Sourdough Rolls	A smaller version of the White Sourdough Loaf.

The bread available may change and current options are those that live in the co-ops point of sale system at the time of purchase. Rolls are only available for pre-ordering the co-op and not online.