

# Bread List 2019

<b>Bread (Pre-order online or in store)</b>	
<b>Sourdough</b>	
<b>White \$6.88</b>	A classic white artisan sourdough loaf using wild airborne yeast (not commercial yeast) with a crispy crust and moist, chewy crumb. Contains organic unbleached wheat flour, stoneground, rye wholemeal, pink salt, malted barley, and plant based vitamin C.
<b>Multigrain \$7.50</b>	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.
<b>Light Rye \$7.50</b>	This flavourful loaf contains 30% wholemeal rye flour and uses wild airborne yeast (not commercial yeast) with a crispy crust and a moist, chewy crumb. Based on the white sourdough.
<b>Olive</b>	
<b>Loaf \$6.25</b>	A soft focaccia-style loaf with olives (may contain olive pips), rosemary and Italian herbs, wheat flour, olive oil, raw sugar, salt, brewers malt, yeast, plant based vitamin C.
<b>L'ancienne</b>	
<b>Loaf \$6.88</b>	A traditional loaf with great flavour and moist crumb achieved through a 24 hour fermentation process. Contains organic unbleached stoneground wheat flour, rye wholemeal, pink salt, malted barley, yeast, plant based vitamin C. Based on Baguette a L'ancienne
<b>Baguette \$6.25</b>	A traditional country-style rustic baguette with great flavour and moist crumb achieved through a 24 hour fermentation process. Contains organic unbleached stoneground wheat flour, rye wholemeal, pink salt, malted barley, yeast, plant based vitamin C.
<b>Specialty</b>	
<b>Gluten Free Tapioca Loaf \$8.75</b>	Plenty of fibre and protein with a moist texture and an interesting and complex, nutty taste that comes from the use of buckwheat. Contains 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.
<b>Spelt loaf \$8.75</b>	A loaf with a nice nutty flavor, moist crumb using 100% organic stoneground spelt flour and fermented on a small amount of yeast over 48 hours. Spelt is a ancient species of wheat cultivated since approximately 5000 BC. It has a nutty, slightly sweet flavor similar to that of whole wheat flour. It does contain gluten. Contains stoneground spelt flour, spelt flakes, pink salt, yeast, plant based vitamin C.
<b>Rolls and Sticks (Pre-order in store only)</b>	
<b>L'ancienne Sticks \$2.40</b>	Seeds: based on Baguette a L'ancienne
	Salt & Caraway: based on Baguette a L'ancienne
<b>Olive Rolls \$1.51</b>	An individual portion size of the Olive Loaf.
<b>Sourdough Rolls \$1.25</b>	An individual portion size 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 and sticks are only available for pre-ordering in store only and not online. This list of bread and prices is correct as at January 24 2019 and may not reflect later changes in the point of sale system.