

# Bread List 2022

Bread (Pre-order online or in store)	
Sourdough	
White \$7.62	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.
Multigrain \$8.26	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 \$8.26	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.
Olive	
Loaf \$6.35	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.
L'ancienne	
Loaf \$7.62	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
Baguette \$6.99	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.
Specialty	
Gluten Free Tapioca Loaf \$9.53	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.
Spelt Loaf \$9.53	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.
Tomato Olive Focaccia \$8.26	A soft style focaccia topped with tomato, olives, basil and capers. Contains wheat flour, olive oil, raw sugar, Olives, tomato, capers, basil oil, garlic, rosemary, salt, brewers malt, yeast, plant based vitamin C. Medium size
Bagels (must be ordered in lots of 2 per type)	
Blueberry x 2 \$7.11	Contains wheat flour (euro, white and brown), malt, yeast, malt liquid (non dairy), salt and blueberries
Plain x 2 \$6.38	Contains wheat flour (euro, white and brown), malt, yeast, malt liquid (non dairy), salt
Seeded x 2 \$6.38	Contains wheat flour (euro, white and brown), malt, yeast, malt liquid (non dairy), salt and seeds (which type varies). Seeds include sesame seed, multigrain, poppyseed
Rolls and Sticks (Pre-order in store only)	
L'ancienne Sticks \$2.57	Seeds: based on Baguette a L'ancienne. (Sesame seeds)
	Salt & Caraway: based on Baguette a L'ancienne
Multigrain Roll \$1.72	An individual portion size of the Multigrain Loaf
Olive Roll \$1.65	An individual portion size of the Olive Loaf.
Sourdough Roll \$1.40	An individual portion size of the White Sourdough Loaf.

The bread available may change and current options are those that live in the co-op's 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 June 30 2022 and may not reflect later changes in the point of sale system.