



BREAD SELECTION

ORGANIC SOY & LINSEED

Freshly baked all day

Back to nature, a well known health product with whole seeds. The soy contains significant amounts of all the essential amino acids and is a good source of protein. Linseed has a high proportion of lignans and unsaturated fatty acids, particular omega 3 and is important for good digestion.

Ingredients: 100 % Organic Stone ground Wheat Flour (contains Gluten), Water, Soy Grits, Linseed, Organic Kibbled Wheat, Organic Kibbled Rye, Yeast, Organic Sunflower Oil, Salt, Vinegar, Organic Soy Flour, Emulsifier (481 Vegetable sourced).

	Average Quantity - 35g	Average Quantity - 100g
Energy	560kJ 134Cal	1120kJ 268Cal
Protein	6.0g	12.0g
Fat - Total	3.8g	7.6g
- Saturated	0.5g	1.0g
Carbohydrates - Total	17.3g	34.6g
- Sugars	1.5g	3.0g
Sodium	185mg	370mg
Total Dietary Fibre	2.9g	5.8g

ORGANIC MULTIGRAIN

Freshly baked all day

Back to nature, multiple grains, multiple health aspects. Sesame seed and Sunflowers. Dietary Fibre, long saturation and easily digestible. Also available as square toast bread.

Ingredients: 100% Organic Stone ground Wheat Flour (Contains Gluten), Water, 100% Organic Kibbled Wheat (5%), Yeast, Organic Sunflower Oil, Salt, Vinegar, Organic Soy Flour, Vitamin (Thiamin), Cultured Wheat Flour, Emulsifier (E322).

	Average Quantity - 35g	Average Quantity - 100g
Energy	520kJ 124Cal	1040kJ 248Cal
Protein	4.1g	8.2g
Fat - Total	1.6g	3.2g
- Saturated	0.3g	0.6g
Carbohydrates - Total	21.4g	42.7g
- Sugars	1.7g	3.4g
Sodium	193mg	385mg
Total Dietary Fibre	3.4g	6.8g

GLUTEN FREE

Freshly baked all day

Our customers say we have the best Gluten Free bread in Australia. Select from many varieties.

Ingredients: Potato Starch, Water, Maize Flour, Rice Flour, Tapioca Starch, Glucono Delta Lactone, Sunflower Oil, Soy Flour, Sugar, Sodium Bicarbonate, Non Fat Milk Solids, Milk Protein, Salt, Vegetable Gums (415, 464, 412), Food Acid (260,262).

	Average Quantity - 35g	Average Quantity - 100g
Energy	372kJ 89Cal	1070kJ 256Cal
Protein	0.7g	2.1g
Fat - Total	1.4g	4.1g
- Saturated	0.2g	0.5g
Carbohydrates - Total	18.1g	52.4g
- Sugars	0.3g	0.7g
Sodium	184mg	531mg

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sourdough

FARMERS LOAF

Freshly baked all day

Tastes and smells great, especially just as it comes out of the oven! Same recipe as the French Country Loaf, a classic German best-seller. Very tasty with a smoother crust.

Great with vegemite this bread is very popular for the kids sandwiches. It has a great taste and contains health aspects with comes from the rye flour and natural sourdough.

Also available as square toast bread.

Ingredients: Rye Flour (50%), Wheat Flour (50%), Wheat Gluten, Rye Sourdough, Yeast, Salt, Wheat Sourdough, Whey Powder, Apple Fibre.

	Average Quantity - 35g	Average Quantity - 100g
Energy	537kJ 128Cal	1074kJ 256Cal
Protein	5.2g	10.5g
Fat - Total	1.0g	2.0g
- Saturated	0.1g	0.2g
Carbohydrates - Total	24.4g	46.8g
- Sugars	0.6g	1.2g
Sodium	275mg	550mg
Total Dietary Fibre	1.7g	3.4g



FRUIT LOAF

Freshly baked all day

Tastes and smells great especially just as it comes out of the oven.

Our fruit loaf is a great breakfast bread. Fresh or toasted you can enjoy it just with butter or marmalade or honey.

For a perfect lunchtime snack try our fruit loaf with your favourite cheeses.

Ingredients: 100% Organic Unbleached Whole Wheat Flour (contains Gluten), Sultanas (31%), Water, Mixed Grains (9%), 100% Organic Kibbled Wheat, 100% Organic Kibbled Rye, Kibbled Triticale, Kibbled Corn, Linseed, Linola, Kibbled Mungbean, Gluten, Yeast, Sunflower Kernels (2.8%), Pumpkin Seeds (1.4%), Sunflower Oil, Vinegar, Salt, Vegetable Oil (Canola), Soy Flour, Emulsifier (E322), Cultured Wheat Flour, Sugar.

	Average Quantity - 42g	Average Quantity - 100g
Energy	551kJ 132Cal	1320kJ 316Cal
Protein	4.4g	10.6g
Fat - Total	2.2g	5.2g
- Saturated	0.3g	0.6g
Carbohydrates - Total	22.4g	54.0g
- Sugars	9.6g	23.2g
Sodium	121mg	290mg



sourdough

GERMAN PURE RYE

Freshly baked all day

Natural sourdough tastes great, very wholesome. It contains micro-organisms (lactic acid bacteria) aiding digestion.

A heavy, moist bread, which is known for it's filling and aromatic taste, an ideal companion for a hearty meal. Keeps fresh for a long time.

Ingredients: Rye Flour (90%), Wheat Flour (10%), Wheat Gluten, Rye Sourdough, Yeast, Salt, Wheat Sourdough, Whey Powder, Apple Fibre

	Average Quantity - 35g	Average Quantity - 100g
Energy	413kJ 98Cal	826kJ 196Cal
Protein	5.1g	10.2g
Fat - Total	0.5g	1.0g
- Saturated	0.1g	0.2g
Carbohydrates - Total	18.0g	36.0g
- Sugars	1.0g	2.0g
Sodium	285mg	570mg
Total Dietary Fibre	1.8g	3.6g



sourdough

GERMAN WHOLEGRAIN

Freshly baked all day

Eating low GI food helps weight control by controlling appetite and delaying hunger. Recent research has shown that following a low GI diet significantly lowers the risk of developing diabetes and coronary heart disease.

A heavy, moist, dark bread, which is known for it's taste, easily digestible, very low G.I level, recommended for small goods and cheese meals.

Ingredients: Wheat Flour, Wheat Gluten, Wholemeal Wheat Flour, Soy Bean Grits, Coarse Rye Meal, Sunflower Seeds, Pregelatinized Starch, Wheat Starch, Rye Sourdough, Linseed, Oat Flakes, Malted Wheat Flakes, Malt Flour, Yeast, Salt, Apple Fibre, Rye Meal, Wheat Bran

	Average Quantity - 35g	Average Quantity - 100g
Energy	429kJ 102Cal	858kJ 204Cal
Protein	5.7g	11.4g
Fat - Total	1.4g	2.8g
- Saturated	0.5g	1.0g
Carbohydrates - Total	15.9g	31.8g
- Sugars	0.5g	1.0g
Sodium	250mg	500mg
Total Dietary Fibre	2.6g	5.2g