

# The Good Loaf Sourdough Bakery & Cafe



The round building, Cnr Hargreaves & Edwards Sts, Bendigo

*Have you been there yet?*

The old Beaurepaires Tyre Service has been transformed into Bendigo's only authentic sourdough bakery and unique retro cafe - come and check it out!

## *What are the health benefits of sourdough bread?*

Our bread has NO artificial flavourings, colourings, enhancers, preservatives, added fat or sugar! In addition, the very nature of sourdough bread enhances nutrition.

### Sourdough bread preparation improves nutrition by:

- pre-digesting starches, making the bread more easily digestible
- lowering insulin response/improving glucose tolerance
- protecting Vitamin B1 from the damage of the heat of baking
- breaking down gluten, which may result in a bread that gluten-sensitive people can eat
- activating phytase to hydrolyze the phytates thus freeing up minerals such as:
  - zinc
  - iron
  - magnesium
  - copper
  - phosphorus
- It's also a low GI food!

The glycaemic index of sourdough bread is around 50 compared to 71 for non-sourdough white bread, making sourdough bread a low GI food. A low-GI ranking indicates that sourdough is digested and absorbed more slowly by the body which produces a more gradual rise in blood sugar and insulin levels. This has been proven to provide many health benefits for medical conditions such as diabetes while also assisting in weight control by improving appetite control and delaying hunger.

The Good Loaf has a large variety of sourdough and semi-sourdough bread including organic white, seedy, roasted pumpkin, ciabatta, corn (polenta), wholemeal, rye and fruit. As well as a comprehensive breakfast and lunch menu including homemade granola, raisin toast, soups, vegetable calzones and many more options incorporating the tasty and nutritious bread. The cafe serves great coffee, chai, and an extensive range of teas and a sensational range of homemade cakes, muffins & slices - many even good for you!

Open Mon -Fri 7am-6pm and Sat 7am-3pm

**The Good Loaf - real food again and again!!**