

# Bread Descriptions and Ingredients



## Organic White Indigo Sourdough

Made from local organic flour the Indigo Sourdough is a full flavoured, hearty, traditional sourdough baked on the hearth of the oven to produce a nice crusty loaf. Great eaten fresh for 1-2 days and lovely toasted for up to a week.

*Ingredients: Organic white flour, organic indigo leaven, filtered water, salt.*

## Olive Sourdough

Combined with pitted kalamatta olives and rubbed basil, the olive sourdough has a unique well balanced flavour, suitable for sandwiches, with salads or barbecues or just freshly sliced bread for that morning or afternoon snack.

*Ingredients: Organic white flour, organic indigo leaven, filtered water, salt, dry sweet basil, Kalamata olives. Note: This bread may contain pips.*

## Raisin and Walnut

A small rustic loaf that makes a superb accompaniment to a cheese or savoury platter. Made from the white indigo sourdough base with the addition of walnuts and fruit, this bread is also equally delicious as fresh bread or toast.

*Ingredients: Organic white flour, organic indigo leaven, filtered water, salt, cinnamon, walnuts, raisins.*

## Gourmet Fruit

A delicious fruit loaf full of Australian apricots, local figs and juicy raisins.

*Ingredients: Organic white flour, organic indigo leaven, filtered water, salt, Australian apricots, figs, raisins & local pear juice (Harcourt).*

## Vine Fruit and Rosemary

Made with fresh rosemary with sultanas and mixed grain. This bread is great on its own or with cheese.

*Ingredients: Organic white flour, organic indigo leaven, filtered water, salt, rosemary, sun muscats, multigrain concentrate (sof wheat, sof rye, sunflower seeds, kibbled maize, linseed, soya grits, sesame seeds, rye wholemeal, soya flour).*

## Wholemeal Sourdough

Using local wholemeal flour this loaf is full of flavour and nutrition, with the coating of roasted sesame seeds providing an explosion of flavour on the palate. Great for sandwiches or toasted for breakfast.

*Ingredients: Organic wholemeal flour, organic white flour, wholemeal rye leaven, salt, filtered water.*

## Seedy Sourdough

Wholemeal based bread with a good blend of sesame, sunflower and linseeds soaked overnight in water and honey to produce a soft seeded, nutritious bread.

*Ingredients: Organic wholemeal flour, wholemeal white flour, rye leaven, salt, filtered water, sesame seeds, linseed, sunflower, poppy seeds, honey.*

## Wholegrain & Honey

A different blend of wholemeal flour (as opposed to our regular wholemeal) is used to produce a flavoursome loaf that is suitable for toast, sandwiches and more.

*Ingredients: Organic wholemeal flour, salt, filtered water, organic wholemeal leaven, pumpkin kernels, dried oats, honey, poppy seeds, grain mix (SOF wheat, SOF rye, sunflower seeds, kibbled maize, linseed, soya grits, sesame seeds, rye wholemeal flour, soya flour).*

## Sultana & Raisin Sourdough

Wholemeal based bread with a blend of sultanas and raisins soaked overnight in fruit juice for added flavour. A versatile bread that can be eaten fresh or toasted anytime of the day, the Sultana & Raisin loaf is a perfect accompaniment to a mild blue cheese.

*Ingredients: Wholemeal flour, white flour, wholemeal rye flour, salt, filtered water, sultanas, raisins, ginger, mixed spice, cinnamon.*

### **Light Rye Sourdough**

A blend of rye and wheat flours resulting in great bread for a hearty sandwich or to accompany a nice mature brie cheese.

*Ingredients: White flour, wholemeal flour, rye wholemeal, filtered water, salt.*

### **Spelt Sourdough**

In our delicious spelt loaves, we use a white spelt flour which is grown locally in Victoria's Wimmera region and sourced from our flour supplier Laucke. The only other ingredients are rye leaven, salt and water. This white spelt flour has several other benefits and nutritional advantages over wholegrain spelt flour. The primary advantage being that it's lower in calories than wholegrain spelt flour. People looking to limit their calories above all else will find that white spelt flour is able to do this better.

*Ingredients: White spelt flour, rye leaven, salt, filtered water.*

### **Corn Semi-Sourdough**

A wheat based dough made with 55% polenta, the Corn semi-sourdough is a great breakfast bread as French toast or lovely in a bread and butter pudding.

*Ingredients: White flour, polenta, 1% yeast, raw sugar, salt, filtered water.*

### **Roasted Pumpkin Semi-Sourdough**

A naturally sweet, soft nutritional bread made from roasted pumpkins in a corn and wheat based dough. Makes superb sandwiches, fresh or toasted or great with salads, soups or just warmed with a thin layer of butter.

*Ingredients: White flour, polenta, 1% yeast, raw sugar, salt, filtered water, roast pumpkin.*

### **Focaccia Semi-Sourdough**

Great for fresh or toasted sandwiches at lunch, or an accompaniment to dinner the focaccia is ideal filled or topped with your favourite fillings, or try making it into a garlic bread to go with a nice Italian pasta or risotto.

*Ingredients: White flour, salt, filtered water, 1% yeast, olive oil, oregano.*

### **Ciabatta – Semi-Sourdough**

Made from local flour and olive oil, the Ciabatta is a unique open textured loaf traditionally used for bruschetta and dipping in olive oil or balsamic vinegar. A wonderful carrier of food, Ciabatta is particularly ideal for sopping up sauces and soup.

*Ingredients: White flour, pre-fermented biga, filtered water, salt, 1% yeast, olive oil.*

### **Gluten Free**

This is our only non-sourdough loaf. Made with a mix of rice and soy flours, our gluten free loaf is softer than most and comes in both white and seedy variations. These loaves are made to order on Wednesdays and the cut off for gluten free orders is Tuesday evening.

*Ingredients: Maize starch, rice flour, soy flour, vegetable fibre, dextrose, thickener (E464), salt, thiamine, enzyme, olive oil, vinegar, fresh yeast, filtered water. (Seedy loaves also contain: sesame seeds, linseed, sunflower seed, Poppy seed.)*

### **Brioche**

Brioche is a pastry of French origin that is a highly enriched bread, and because of the high egg and butter content gives it a rich and tender crumb. It has a dark, golden, and flaky crust, accentuated by an egg wash and sesame seeds applied after proofing.

*Ingredients: White flour, polenta, 1% yeast, raw sugar, salt, filtered water, honey, eggs, butter, sesame seeds.*