

BREADS

Capitola Sourdough – organic white flour, water, levain (organic unbleached wheat flour, organic whole wheat flour, water), Organic Rye Flour, organic wheat flour, sea salt

Challah – enriched wheat flour, water, eggs, canola oil, sugar, yeast, salt, poppy or sesame seeds

English Toaster Bread – unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract.

Francese (roll, bun & baguette) – enriched wheat flour, all-purpose wheat flour, water, salt, yeast, barley malt extract

Carmo's Francese - unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract, pumpkin seeds, sesame seeds, poppy seeds, sunflower seeds

Hot Cross Buns – sponge (milk, all-purpose flour, sugar yeast), bleached wheat flour, raisins, water, candied orange peel, whole eggs, sugar, butter, salt, spices (nutmeg, cinnamon, mace), icing (glucose, powdered sugar, lemon juice, egg whites)

Irish Soda Bread – raisins, orange, rum, whole wheat flour, wheat enriched malted flour, brown sugar, salt, baking soda, butter, buttermilk

Jewish Rye- sponge (unbleached wheat flour, water, rye flour, yeast), water, unbleached wheat flour, rye flour, caraway seeds, salt, barley malt, eggs

Joe's – Organic white flour, water, organic Whole Wheat Flour, levain (organic unbleached wheat flour, water), salt

Muesli - Organic white flour, water, pumpkin seeds, sunflower seeds, sliced almonds, sesame seeds, salt, honey, yeast, malt

Olive Capitola Sourdough – organic white flour, levain (organic unbleached wheat flour, water), pitted green olives (water, salt, lactic acid) sea salt, wheat germ

Parisian Ficelle – all-purpose flour, warm water, yeast, salt

Raisin Nut Rye – water, organic white flour, organic raisins, organic walnuts, levain (organic unbleached wheat flour, water), organic rye flour, organic whole wheat flour, sea salt

Eggs
Dairy
Nuts

onion
sesame
wheat

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Rio Sourdough (Baguette & Ficelle) – Wheat Flour, Levain (organic unbleached wheat flour, organic whole wheat flour, water), water, Salt, Yeast

Super Meusli – organic white flour, water, pumpkin seeds, sunflowers seeds, sliced almonds, sesame seeds, salt, yeast, malt, oatmeal, flax seed, levain (organic unbleached wheat flour, water), whole wheat flour, dark rye flour, hazelnuts, currants, kosher salt.

Wholesome wheat bread - wheat flour, whole wheat flour, rye flour, rye meal, canola oil, barley malt, bran, cracked wheat, yeast, salt, poppy seeds, sunflower seeds, oats

Eggs
Dairy
Nuts

onion
sesame
wheat