



## WHITE BREAD

800g White Sandwich	£2.90
800g Split Tin	£2.90
800g Farmhouse	£2.90
800g Bloomer	£3.20
800g Poppy Bloomer	£3.30
800g Windmill	£3.20
400g Small Farmhouse	£1.90
400g Small Bloomer	£1.90

## MALTED BRAN

*made with locally sourced sprouted wheat flour*

800g Malted Sandwich	£3.10
800g Split Tin	£3.10
800g Farmhouse	£3.10
800g Bloomer	£3.30
800g Windmill	£3.30
400g Small Farmhouse	£1.95
400g Small Bloomer	£1.95

## MULTISEED ...The feel good bread!

*packed with nutritious seeds, our multiseed bread is a great source of fibre designed to keep you fuller for longer.*

800g Multiseed Sandwich	£4.20
800g Farmhouse	£4.20
800g Bloomer	£4.20
400g Coburg	£2.85

## 100% WHOLEMEAL

*made with 100% locally sourced wholemeal flour*

800g Round Top W'meal	£3.10
400g Small Wholemeal	£1.95

## DAILY SPECIALITY

400g Cheese & Marmite <i>Rolled into a layer of marmite &amp; topped with cheddar</i>	£3.90
400g Corn Bread	£2.90
800g Corn Bread Tin <i>A blend of Wheat &amp; Maize with a hint of sunflower</i>	£3.90
400g Harvest Crunch <i>A crunchy blend of poppy, sunflower, linseed &amp; millet</i>	£2.90
400g Olive Bread <i>Flavoured with black olives &amp; a drizzle of olive oil</i>	£2.90
400g Spelt & Honey <i>Rustic &amp; nutritious with a nutty &amp; aromatic taste</i>	£3.65

## SATURDAY SPECIALITY

400g Dutch Donker Bread <i>A unique roasted malt flavour, with a brown crumb</i>	£2.90
400g Salt & Pepper Tiger <i>A soft white crumb, with a salt &amp; pepper crunchy crust</i>	£2.90

ADD 5P FOR SLICED BREAD



# Wild Yeast SOURDOUGH

## ALL OUR SOURDOUGH LOAVES ARE...

### NATURALLY LEAVENED

*Using traditional baking methods, our sourdoughs are naturally leavened with a homemade wild yeast sourdough starter*

### FREE FROM UNNECESSARY INGREDIENTS

*The only ingredients ever used are: flour, water, salt, seeds, time & patience*

### FERMENTED FOR UP TO 48 HOURS

*In this time, lactic acids are produced, making the vitamins & minerals in the flour more available to the body.*

### MORE DIGESTIBLE & LOW GI

*During fermentation, the gluten is broken down to a more digestible state; so are unlikely to cause food intolerance*



*Good things take time...*

**PLEASE GIVE AN EXTRA DAY'S NOTICE FOR ALL SOURDOUGHS**

#### Please note:

**Sourdoughs are not available on Mondays**  
*(Sunday is our day off, so we aren't able to begin the 48 hour process in time!)*

**SATURDAY SOURDOUGHS CAN BE ORDERED THROUGHOUT THE WEEK WITH A MINIMUM ORDER OF 6**

## DAILY SOURDOUGH

*(Available Tuesday-Saturday)*

800g Cornfield Sourdough £4.70

400g Cornfield Sourdough £2.65

*Our signature loaf; a blend of Local Wheat & Rye flour.*



## SATURDAY SOURDOUGH

400g Multiseed Sourdough £3.25

*Wheat & Rye flour blended with poppy, sunflower, linseed, millet & crushed wheat*

800g XT Beer Sourdough £4.70

*We've teamed up with XT Brewery to create our Beer Sourdough, containing local wheat, local beer & a pinch of salt - nothing else!*

400g Cheese & Jalapeno £3.25

*Wheat & Rye flour with chunks of mature cheddar & slices of spicy jalapenos*

800g Rye & Caraway £4.80

400g Rye & Caraway £2.95

*A multiseed blend of Wheat & Rye, with a unique aromatic flavour enhanced with caraway seeds*

Sourdough Panini's £1.15

*(Minimum order of 32)*

*The same recipe as our Cornfield Sourdough, hand-crafted into an 8x3 inch panini*



## GLUTEN FREE BREAD

*Rolls & Baguettes available to order*

400g White Gluten Free	£5.00
400g Brown Gluten Free	£5.00

## CIABATTA

White Ciabatta	£2.30
Black Olive Ciabatta	£2.40

## FOCACCIA

*Available Fridays & Saturdays Only  
Order by 1.30pm Thursday*

Green Olive *with a hint of Garlic & Basil*  
Rosemary & Garlic

Small: £2.85    Large £4.90

## PIZZA DOUGH

*Gluten free pizza bases available to order*

15x	Medium	130g	£15.00
10x	Large	220g	£12.00

## BAGUETTES

Pain Parisian	£2.25
French Stick	£1.90
Sandwich Baguette	£1.00

*Sandwich baguettes supplied partbaked*

## CRUSTY ROLLS

3oz Crusty Roll	4"	each 65p
2oz Crusty Roll	3"	60p

ALL WEIGHTS LISTED BELOW ARE DOUGH WEIGHTS, NOT FINISHED ROLL WEIGHTS

## BAPS/HOTDOG ROLLS WHITE, BROWN & MALTED BRAN

Dough weight	Approx size	Pack size	Pack price
5oz	5"	2	£1.50
4oz	4.5"	4	£2.80
3oz	4"	4	£2.60
2oz	3.5"	4	£2.40
1oz	2"	SINGLE	55p
4oz Cheese Tops	2		£1.60

## GLAZED BRIOCHE BUN

4oz Brioche Bun	5"	each 85p
3oz Brioche Bun	4"	75p
2oz Brioche Bun	3"	65p
1oz Brioche Bun	2"	55p

*Add Sesame seeds for 2p each*

## BURGER BUNS

More density - perfect to hold a burger

Glazed/ Unglazed	each 65p
Seeded Burger Bun	67p

## MULTISEED ROLLS

Dough weight	Approx size	Pack size	Pack price
5oz	5"	2	£1.80
4oz	4.5"	4	£3.40
3oz	4"	4	£3.20
2oz	3.5"	4	£3.00

## BUFFET & DINNER ROLLS

Mixed Dinner Rolls	80p
Kaiser Rolls	80p
Bridge Rolls	80p



## CONFECTIONERY

Butter Croissant	£2.10
Pain Au Chocolat	£2.20
Almond Croissant	£2.20
Vegan Almond Croissant	£2.20
Pain Au Raisin	£2.20
Cinnamon Danish	£2.20
Maple & Pecan Danish	£2.20
Mixed Danish Selection	£2.20
Yum Yum	£2.80
Filled Iced Doughnuts	£2.60
Jam Doughnut	£2.20
Tea Cake (Min order: 12)	£1.80
Chelsea Bun	£2.50
Belgian Bun	£2.60
Vanilla Slice	£2.50
Gingerbread Man	£2.50
Iced Dinosaurs	£2.60
Apple Turnover (Vegan)	£2.50
Eccles Cake	£2.50
Apple Slice	£2.50
Millionaire Shortbread	£2.50
Butter Flapjack	£2.50
Chocolate Flapjack	£2.50
Granola Slice (Vegan)	£2.50
Bakewell Slice	£2.50
Viennese Finger	£2.50
Viennese Whirl	£2.50
Chocolate Crackalot	£2.50
Chocolate Fudge Brownie	£2.50
Mocha Slice (Vegan)	£2.50
Gluten Free Brownie (tray of 4 portions)	£8.00



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## SCONES

Minimum Order: 24

3 Working Days Notice Required

Plain Scone	£1.50
Fruit Scone	£1.60
Cheese Scone	£1.75
Small Scone	£1.10

## SAVOURIES

Sausage Roll	£2.10
Vegan Sausage Rolls	£2.30
Cheese & Bacon Puff	£2.90
Cornish Pastry	£2.90

## CELEBRATION CAKES

Bespoke Celebration cakes & personalised cupcakes can be made to order

1 week's notice required

## LARGE CAKES

Farmhouse Fruit Cake	£4.20
Chocolate Chip Cake	£4.20
Cherry Madeira	£4.20
Lemon Drizzle	£4.20
Coffee & Walnut	£4.20
Lardy Cake	£4.90

## WE STOCK...

Wessex Mill Flour

Fresh Yeast (*Sold in 10g or 1kg*)

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