

Ingredients and Allergens

Classic Sourdough

Ingredients: White wheat (88%), Wholemeal wheat (12%), Rye (<1%), Sea salt

Allergens: **Gluten: Yes**, Eggs: No, Milk: No, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Hippy Bread

Ingredients: White wheat (90%), Rye (10%), Sunflower seeds, Flax seeds, Pumpkin seeds, Poppy seeds, Sea salt

Allergens: **Gluten: Yes**, Eggs: No, Milk: No, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Spelt Sourdough

Ingredients: White wheat (60%), Wholemeal spelt (30%), Rye (10%), Sea salt

Allergens: **Gluten: Yes**, Eggs: No, Milk: No, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Seeded Sourdough Rye

Ingredients: Rye (67%), Wholemeal spelt (33%), Sunflower seeds, Pumpkin seeds, Sea salt

Allergens: **Gluten: Yes**, Eggs: No, Milk: No, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Semi-Sourdough baguette

Ingredients: White wheat (100%), Wholemeal wheat (<1%), Rye (<1%), Sea salt, Yeast

Allergens: **Gluten: Yes**, Eggs: No, Milk: No, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Sprouted Quinoa Sourdough

Ingredients: White wheat (88%), Wholemeal wheat (12%), Rye (<1%), Quinoa, Sea salt

Allergens: **Gluten: Yes**, Eggs: No, Milk: No, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Cinnamon bun

Ingredients: White wheat flour (100%), Milk, Sugar, Butter, Eggs, Yeast, Sea salt, Cinnamon

Allergens: **Gluten: Yes, Eggs: Yes, Milk: Yes**, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Cardamom bun

Ingredients: White wheat flour (100%), Milk, Sugar, Butter, Eggs, Yeast, Sea salt, Cardamom

Allergens: **Gluten: Yes, Eggs: Yes, Milk: Yes**, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Carrot Cupcake

Ingredients: White wheat flour (100%), Vegetable oil, Bicarbonate of soda, Sugar, Eggs, Sea salt, Cinnamon, Carrot

Allergens: **Gluten: Yes, Eggs: Yes**, Milk: No, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Fig and Walnut Cake

Ingredients: White wheat flour (100%), Vegetable oil, Bicarbonate of soda, Sugar, Eggs, Sea salt, Cinnamon, Fig preserve, Walnut, Yogurt

Allergens: **Gluten: Yes, Eggs: Yes, Milk: Yes, Nuts: Yes**, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Chocolate Brownie

Ingredients: White wheat flour (100%), Chocolate, Sugar, Eggs, Cocoa powder, Sea salt

Allergens: **Gluten: Yes, Eggs: Yes, Milk: Yes**, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Yogurt and Plum Cake

Ingredients: White wheat flour (100%), Sugar, Eggs, Vegetable oil, Baking powder, Lemon, Yogurt, Plums

Allergens: **Gluten: Yes, Eggs: Yes, Milk: Yes**, Nuts: No, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No

Tunisian Orange and Almond Cake

Ingredients: Breadcrumbs, Sugar, Almond, Vegetable oil, Eggs, Orange, Baking powder

Allergens: **Gluten: Yes, Eggs: Yes, Milk: Yes, Nuts: Yes**, Peanuts: No, Sesame seeds: No, Soya: No, Sulphur dioxide: No, Celery: No, Crustaceans: No, Fish: No, Lupin: No, Molluscs: No, Mustard: No