

Product Name	Ingredients
Organic 100% Rye Sandwich 10 Slices	Rye flour; Water; Rye Sourdough (Rye Flour; Water); Rye Kibbled; Yeast; Salt.
Ciabatta 400g	NULL
Paul Sourdough Spelt Bread 800g	NULL
ABO Buckwheat 3 Grain Bread 400g	Filtered revitalised water; freshly milled wholegrain rice flour*; freshly milled buckwheat flour (23%)*; buckwheat grain (3%)*; linseed (2.5%)*; millet (1%)*; rice leaven*; sea salt; Aquamin F (marine multi mineral complex derived from seaweed (Lithotham
Seven Seeded Sourdough 400g	Organic white flour; wholemeal; water; pumpkin seeds; amaranth; linseed; millet seeds; poppy seeds; sunflower seeds; sesame seeds; salt
Hertfordshire Sourdough 400g	Organic White flour; Wholemeal Flour; Rye Flour; Water; Salt
Country Bloomer 400g	Organic white flour; organic dark rye; organic light rye; water; yeast; salt.
Cracked German Rye Sourdough 800g	Rye flour* 44%; rye sourdough* 44% (water; rye flour*); water; salt. *Organically produced ingredients.
Cracked German Rye Sourdough Roll pack 4	Rye flour* 44%; rye sourdough* 44% (water; rye flour*); water; salt. *Organically produced ingredients.
Brioche Burger Bun pack 4	Wheat flour* (fortified with calcium carbonate; iron; niacin & thiamin); milk*; water; butter* (milk); cane sugar*; yeast; salt; improver* (wheat flour*; flour treatment agent: ascorbic acid; processing aid: sunflower oil*); Enzymes: alpha amylase; amylogl
ABO Sourdough sliced bread 400g	Filtered revitalised water; freshly milled wholegrain rice flour*; freshly milled white rice flour*; freshly milled buckwheat flour*; rice leaven*; freshly milled golden linseed*; psyllium husk*; sea salt; yeast*; ground caraway*; seaweed (fucus vesicu
Celtic Pain d'Alsace Sourdough 500g	Dark Rye Flour;Water;Salt; fortified wheat flour* (wheat flour*; calcium carbonate; iron; nicotinic acid; thiamine);Wholemeal wheat flour; Org light Rye Flour.
Celtic Malt&Sunflwr Sourdough 500g	Three malt flour* 30% (wheat flour*; malted wheat*; sunflower seeds*; linseeds*; sesame seeds*; malted rye*; pumpkin seeds*); water; fortified wheat flour* (wheat flour*; calcium carbonate; iron; nicotinic acid; thiamine); water; biga* (water; fortified w
DD Tregida Fish Kebabs 3 per pack	Tiger Prawns; Organic Salmon; White Fish
Good Grain Bakery Seeded Loaf 450g	Organic tapioca;ÿorganic brown rice flour;ÿorganic potato starch;ÿorganic maize meal;ÿorganic psyllium husk;organic quinoa flour; organic sunflower oil; yeast; pumpkin seed (3%); sunflower seed (3%); linseed (2%); organic psyllium husk; sea salt; thickener
Good Grain Bakery Brown Loaf 450g	Organic brown rice flour;ÿorganic tapioca; organic potato starch;ÿorganic maize meal;ÿorganic psyllium husk;ÿorganic quinoa flour;ÿorganic sunflower oil;ÿyeast;ÿorganic carob; sea salt; thickenerÿ(xanthan gum).
Good Grain Bakery Caraway Loaf 450g	Caraway & Molasses-ÿOrganic brown rice flour;ÿorganic tapioca; organic potato starch;organic maize meal;ÿorganic psyllium husk;ÿorganic quinoa flour; organic sunflower oil; yeast; ÿorganic carob; organic caraway seed (1%);ÿsea salt; thickenerÿ(xanthan gum
Good Grain Bakery Lightly Salted 70g	Organic brown rice flour;ÿorganic tapioca; organic potato starch;ÿorganic psyllium husk;ÿorganic maize meal;ÿorganic quinoa flour;ÿorganic sunflower oil;ÿyeast;ÿorganic carob; sea salt; thickenerÿ(xanthan gum).
Good Grain Bakery Beetrt &Thyme 70g	Beetroot & Thyme-ÿOrganic brown rice flour;ÿorganic tapioca; organic potato starch;ÿorganic maize meal;ÿorganic psyllium husk;ÿorganic beetroot powder;ÿorganic quinoa flour; organic sunflower oil;ÿyeast; organicÿsea salt; thickenerÿ(xanthan gum).
DD The World of Happy Pear each	NULL
ABO Sourdough style Rolls 285g	Filtered revitalised water; freshly milled wholegrain rice flour*; freshly milled white rice flour*; freshly milled buckwheat flour*; rice leaven*; freshly milled golden linseed*; psyllium husk*; sea salt; yeast*; ground caraway*; seaweed (fucus vesicu
Modern Baker House Sourdough 600g	Organic Wheat Flour; Organic Rye Flour; Salt & Water
Modern Baker Seedy Sourdough 600g	Organic Wheat Flour*; Organic Rye Flour*; Salt; Water; Apple Cider Vinegar*; Pumpkin Seeds*; Sesame Seeds*; Linseeds* & Sunflower Seeds* (*organic ingredients)
Modern Bakery Spr Splt Srdough 600g	Organic Spelt Flour; Organic Rye Flour; Salt & Water
ABO Rye Style loaf buckwheat 400g	Freshly milled buckwheat flour (47%)*; filtered revitalised water; freshly milled pea flour (4%)*; buckwheat leaven*; freshly milled golden linseed (1%)*; psyllium husk*; sea salt; yeast*; carob*; ground caraway seeds*; seaweed (fucus vesiculosus). *=
TP Seasonal Kraut 500g	Celeriac; apple; mustard seed; salt
Modern Baker Real Rye 400g	Organic Rye Flour; Salt & Water
Z ISL Teff Chia Bread 500g	NULL
ABO Turmeric Bread 400g	Filtered revitalised water; freshly milled flour (peas & wholegrain rice)*; rice leaven*; olive oil*; sea salt; Alpine herbs (Trigonella; fennel; coriander; caraway*; turmeric (0.4%)*; paprika*; Aquamin F (marine multi mineral complex derived from seaweed
Longer Life Rice Bread 385g	Freshly milled wholegrain rice flour (61%)*; filtered revitalised water; rice leaven*; galinal*; sea salt; calcium from seaweed (lithothamnion); seaweed (fucus vesiculosus bladderwrack)*; millet*. *= organic.
Longer Life Quinoa Bread 400g	Filtered revitalised water; freshly milled golden quinoa flour (33%)*; freshly milled wholegrain rice flour*; rice leaven*; sea salt; Aquamin F (marine multi mineral complex derived from seaweed (Lithothamnium C)); seaweed (fucus vesiculosus). *= organic.
The Heart of Nature Natural 475g	water; gluten free oat flakes; sunflower seed; brown linseed; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; milled brown linseed; vinegar; himalayan salt

The Heart of Nature Natural 275g	water; gluten free oat flakes; sunflower seed; brown linseed; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; milled brown linseed; vinegar; himalayan salt
The Heart of Nature Chia Seeds 275g	water; gluten free oat flakes; sunflower seed; brown linseed; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; chia seeds; milled brown linseed; vinegar; himalayan salt
The Heart of Nature Quinoa 275g	water; gluten free oat flakes; sunflower seed; brown linseed; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; white quinoa; milled brown linseed; vinegar; himalayan salt
The Heart of Nature Cranb 275g	water; gluten free oat flakes; sunflower seed; brown linseed; cranberries; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; milled brown linseed; vinegar; himalayan salt
The Heart of Nature Prunes 275g	water; gluten free oat flakes; sunflower seed; brown linseed; prunes; golden linseed; rapeseed oil; pumpkin seed; millet seed; psyllium fibre; milled brown linseed; vinegar; himalayan salt
Modern Baker Superloaf 600g	Wheat flour; khorasan flour; quinoa; chia seeds; water; salt
Modern Baker Ancient Grain 800g	Rye flour; khorasan flour; water; salt
Bakoven Sliced Rye 800g	Rye flour*; Water; Rye Sourdough* (Rye flour*; Water); Rye Kibbled*; Yeast; Salt. * denotes organic
Danish Rye 1kg	Water; Rye Grains; Seed Mix (Sunflower; Pumpkin; Linseed; Sesame; Poppy); Rye Sourdough (Rye Flower; Water); Rye Flakes; Salt; Malt.
Seven Seeded Baguette 250g	Organic white flour; organic wholemeal; mix of 7 organic seeds; water; yeast; salt.
Breakfast Sourdough 400g	Organic white flour; water; organic milk; organic honey; yeast; salt.
Pauls Pain De Campagne 400g	NULL
Pauls Pain De Campagne 800g	Flour*; water; salt. *Organic.
Country Baguette 250g	Organic white flour; organic dark rye; organic light rye; water; yeast; salt.
Pauls Sourdough Spelt Bread 400g	NULL
Organic Celtic Fruit & Nut Deli Rye 6 Slices	Rye Flour; Water; Sourdough (Rye Flour; Water); Salt.
Organic Wholemeal Open Tin 800g Sliced	Wholemeal flour*; Water; Sourdough* (Wholemeal flour*; Water); Salt; Yeast. * denotes organic
Organic Wholemeal Open Tin 400g Sliced	Wholemeal Flour; Water; Sourdough (Wholemeal Flour; Water); Salt; Yeast.
ABO Quinoa Bread 400g	Filtered revitalised water; freshly milled golden quinoa flour (33%)*; freshly milled wholegrain rice flour*; rice leaven*; sea salt; Aquamin F (marine multi mineral complex derived from seaweed (Lithothamnium C))*; seaweed (fucus vesiculosus). *= organi
ABO Buckwheat Bread 400g	Filtered revitalised water; freshly milled buckwheat flour (31%)*; freshly milled wholegrain rice flour*; rice leaven*; sea salt; caraway seeds*; Aquamin F (marine multi mineral complex derived from seaweed (Lithothamnium C))*; seaweed (fucus vesiculosus)
DD Raw Health Lemon Ginger Rolls 80g	NULL