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

Cardamom 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

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

Fig and Walnut Cake
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 (12%), 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: 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

Yogurt and Plum Cake
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

Tunisian Orange and Almond Cake
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