



All our artisan products are hand-made in our gluten-free bakery in Melbourne, ensuring that they are truly gluten-free.

We are artisan bakers with a wealth of experience and knowledge about bread, especially sourdough. We use these skills to make gluten-free breads that taste and feel as good as “normal” bread. We have gone to great lengths to source our ingredients. These locally milled stoneground buckwheat and organic besan flours.

We experiment with many different flours and methods and have created our own range of mixes for our breads. We believe in making fresh bread from natural and nutritious ingredients.

Type	Weight	Ingredients
Buckwheat & Chia	600g	Filtered Water, Stoneground Buckwheat Flour, Potato Starch, Tapioca Starch, Sourdough Culture (Brown Rice Flour, Filtered Water) Chia Flour, Olive oil, Yeast, Sea salt, Organic Psyllium Husk, Sugar, Vinegar.
Quinoa & Soya	650g	Filtered Water, Stoneground Buckwheat Flour, Potato Starch, Tapioca Starch, Sourdough Culture (Brown Rice Flour, Filtered Water) Chia Flour, Soya Beans, Linseed, Organic Quinoa Seeds Olive oil, Yeast, Sea Salt, Organic Psyllium Husk, Sugar, Vinegar.
Fruit Loaf	720g	Filtered Water, Stoneground Buckwheat Flour, Potato Starch, Tapioca Starch, Sourdough Culture (Brown Rice Flour, Filtered Water) Chia Flour, Sultanas, Currants, Raisins, Figs, Dates, Apricots, Olive Oil, Yeast, Sea salt, Organic Psyllium Husk, Sugar, Vinegar.
Market Loaf	600g	Filtered Water, Organic Besan Flour, Potato Starch, Tapioca Starch, Sourdough Culture (Brown Rice Flour, Filtered Water), Organic Flaxseed Flour, Organic Amaranth Flour, Olive Oil, Vinegar, Organic Psyllium Husk, Sea Salt, Sugar, Yeast
Sprouted Loaf	650g	Filtered Water, Organic Besan Flour, Potato Starch, Tapioca Starch, Sourdough Culture (Brown Rice Flour, Filtered Water), Organic Flaxseed Flour, Organic Amaranth Flour, Sprouted Mung Beans, Sunflower Seeds, Pumpkin Seeds, Olive Oil, Vinegar, Organic Psyllium Husk, Sea Salt, Sugar, Yeast.
Burger Buns Pack of 4	400g	Filtered Water, Stoneground Buckwheat Flour, Potato Starch, Tapioca Starch, Sourdough Culture (Brown Rice Flour, Filtered Water) Chia Flour, Olive oil, Yeast, Sea salt, Organic Psyllium Husk, Sugar, Vinegar.
Dinner Rolls – plain (Pack of 6)	270g	Filtered Water, Stoneground Buckwheat Flour, Potato Starch, Tapioca Starch, Sourdough Culture (Brown Rice Flour, Filtered Water) Chia Flour, Olive oil, Yeast, Sea salt, Organic Psyllium Husk, Sugar, Vinegar.

Dinner Rolls – seeded (Pack of 6)	270g	Filtered Water, Stoneground Buckwheat Flour, Potato Starch, Tapioca Starch, Sourdough Culture (Brown Rice Flour, Filtered Water) Chia Flour, Soya Beans, Linseed, Organic Quinoa Seeds Olive oil, Yeast, Sea Salt, Organic Psyllium Husk, Sugar, Vinegar.
Pizza bases (Pack of 2)	380g	Filtered Water, Maize Flour, Potato Starch, Tapioca Starch, Brown Rice Flour, Organic Flaxseed Flour, Olive oil, Vinegar, Yeast, Sugar, Sea Salt, Organic Psyllium Husk.
Buckwheat Wraps (Pack of 4)	260g	Filtered Water, Buckwheat Flour, Chia flour, Brown Rice Flour, Tapioca Starch, Psyllium Husk, Plant Fibre, Guar Gum, Vinegar, Sea Salt.
Sprouted Quinoa Beetroot Wraps (Pack of 4)	260g	Filtered Water, Buckwheat Flour, Chia Flour, Brown Rice Flour, Tapioca Starch, Psyllium Husk, Organic White Quinoa, Beetroot Powder, Plant Fibre, Guar gum, Vinegar, Sea Salt.
Broccoli & Kale Wraps (Pack of 4)	260g	Filtered Water, Buckwheat Flour, Chia Flour, Brown Rice Flour, Tapioca Starch, Psyllium Husk, Linseed, Broccoli Powder, Kale Powder, Plant Fibre, Guar gum, Vinegar, Sea Salt.
Fig and Pistachio Cake	480g	Natural Almond Meal, Sugar, Free Range Eggs, Dried Figs, Butter, Baking Powder, Ground Ginger, Pistachio, Apricot Glaze.
Banana Cake	700g	Fresh Banana, Unsalted Butter, Sugar, Free Range Eggs, Potato Starch, Tapioca Starch, Brown Rice Flour, Flaxseed Flour, Thickened Cream, Walnuts, Baking powder, Salt, Dried Banana Chips.
Bread Crumbs	400g	Buckwheat Flour, Chia Flour, Besan Flour, Potato Starch, Tapioca Starch, Brown Rice Flour, Chia Flour, Flaxseed Flour, Amaranth Flour, Olive Oil, Dried Yeast, Iodised Sea Salt, Sugar, Psyllium Husk, Vinegar.
Fruit Mince Tarts (Seasonal Product)	180g	Fruit Mince(Currants, Apples, Raisins, Sultanas, Orange Peel, Lemon Zest, Brandy, Mixed Spice, Ground Nutmeg), Butter, Brown Sugar, Sugar, Rice Flour, Tapioca Flour, Potato Starch, Flaxseed Flour, Sea Salt, Vanilla Essence.
Hot Cross Buns (Seasonal Product)	500g	Potato Starch, Brown Rice Flour, Tapioca Starch, Flaxseed Flour, Filtered Water, Raisins, Candied Orange, Sugar, Olive Oil, Mixed Spice, Cinnamon, Ground Ginger, Sea Salt, Yeast, Organic Psyllium Husk, Apricot Glaze.