

# BREAD LIST

## Sourdough or pain au levain

*Dense delicious naturally leavened breads with a very delicate tang. The beauty of this style of baking is that we are able to build tons of flavour into the bread itself so it tastes incredible even before adding all of the lovely fresh accompaniments: grains, nuts, seeds, herbs & fruits.*

**Unless otherwise stated all small sourdoughs are \$6.00, all large sourdoughs are \$7.00**

Name	Ingredients
Kevin's white sourdough	Wheat flour, sea salt, levain & water
Oat & Honey	Organic sifted whole wheat flour, organic rye flour, levain, sea salt, water, honey and rolled oat soaker (oats and wheat bran flakes), flax seeds. We mix together rolled oats with bran flakes with a hot honey simple syrup and incorporate this in the dough
Cranberry & 9 grain	Organic whole wheat flour, whole rye flour, sea salt, levain, water, fresh yeast, 9 grain cereal mix (sunflower seeds, brown flax seeds, sesame seeds, corn semolina, soybean flour, boiled millet, cracked wheat, cracked pot barley, cracked rye) & cranberries
Fig & roasted Walnut Small loaf	Wheat flour, organic whole wheat flour, sea salt, levain, water, fresh yeast, figs & walnuts
Raisin	Organic sifted wheat flour, organic rye flour, sea salt, levain, water & raisins
Roasted garlic & rosemary sourdough	Wheat flour, sea salt, levain, water, fresh rosemary & roasted garlic
Chop Chop Sourdough Only available in small size	Wheat flour, sea salt, levain, water, with white onions, cheddar & chives
Organic whole wheat wild sourdough Only available in large size	Organic whole wheat flour, organic white flour. sea salt, levain & water

*Prices & availability subject to change without notice*

*Please advise you server when placing your order of any allergies or dietary requirements All products are made in area containing other allergens. Art Is In bakery will not be responsible for any allergies arising from cross-contamination.*

## Daily bread

*These two breads are a must for breakfast and/or sandwiches. They are very flavourful breads loaded with seeds. They both have some sweetness to it whether it's with honey or molasses, they are two of our most popular loaves.*

Name	Ingredients
Crazy grain \$7.00	Organic whole wheat, organic sifted whole wheat, and organic whole rye flours with a multitude of grains (cracked wheat, brown flax seeds, corn meal, pearled barley, cracked rye, cracked triticale, oat flakes, cracked brown rice, natural sesame, buckwheat, millet, cracked durum), blackstrap molasses, 9 grain mix, cooked brown rice, honey & buttermilk
Buttermilk multiseed \$6.00	Unbleached wheat flour, organic whole wheat flour, sea salt, polish, sunflower seeds, honey, brown sugar, poppy seeds, sesame seeds, flax seeds, buttermilk, cooked brown rice & water

## Traditional baguette

*For the ultimate classic baguette Kevin chose to combine two different kinds of pre-ferments; the polish from his dynamite baguettes and his own sourdough starter*

Name	Ingredients
Parisian \$3.00	Wheat flour, sea salt, levain, fresh yeast & water
Multigrain \$3.50	Wheat flour, sea salt, levain, 9 grain mix ((sunflower seeds, brown flax seeds, sesame seeds, corn semolina, soybean flour, boiled out, cracked wheat, cracked pot barley, cracked rye), fresh yeast & water

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## Dynamite baguette

*Tear off the end of a Dynamite baguette and you'll see where it gets its name. Beneath its crackly, bronzed blistered crust is an explosion of air pockets – open holes of different sizes that can only be achieved by long, natural leavening and kind, gentle human touch.*

Name	Ingredients
<b>Dynamite white</b> Small: \$3.50 Large: \$6.00	Unbleached wheat flour, extra virgin olive oil, whole milk, sea salt, poolish fermentation, fresh yeast and water
<b>Rosemary &amp; garlic</b> Small: \$3.50 Large: \$6.00	Unbleached wheat flour, extra virgin olive oil, whole milk, sea salt, poolish fermentation, fresh yeast, water, roasted garlic and fresh rosemary
<b>Potato &amp; dill</b> Small: \$4.50 Large: \$7	Unbleached wheat flour, extra virgin olive oil, whole milk, sea salt, polish fermentation, fresh yeast, water, onion, Yukon Gold potato, fresh dill, sesame seeds
<b>Cheddar, chive &amp; jalapeno</b> Small: \$4.50 Large: \$7	Unbleached wheat flour, extra virgin olive oil, whole milk, sea salt, poolish fermentation, fresh yeast, water, cheddar, fresh chive & jalapenos
<b>Fennel &amp; 12 grain</b> Small: \$3.50 Large: \$6.00	Unbleached wheat flour, extra virgin olive oil, whole milk, sea salt, poolish fermentation, fresh yeast, water, blackstrap molasses & a 12 grain mix (millet, sunflower seeds, fennel seeds, cracked rye, cracked wheat, poppy seeds, rolled oats, buckwheat, flax seeds, flax meal, sesame seeds, cornmeal, cracked spelt)
<b>Kalamata olive</b> Small: \$4.50 Large: \$7.00	Unbleached wheat flour, extra virgin olive oil, whole milk, sea salt, poolish fermentation, water, olives

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