

COUNTRY SOURDOUGH. Our sourdough is made with a blend of organic white & unbleached white flours. The organic flour used contains a high amount of bran, boosting the nutritional value of this bread. A large portion of the dough undergoes an overnight fermentation, giving time for a natural sourdough leaven to develop, resulting in a bold flavour & deep crust.

Sugar-free, vegan. \$4.50 Small, \$6.00 Large
Available Tuesday-Sunday @ 12:30 PM

SPROUTED GRAIN. This weekly loaf is always a surprise! These loaves are always full of super-nutritious sprouted grains, and most often contain a blend of flours. Our bakers collaborate each week to bring you a unique bread experience every time.

Because this bread is experimental, it is ready at different times depending on its composition. Call ahead for more information. **\$7.00 one-size. Available Tuesdays**

BAGUETTE. Our baguette is made with a combination of organic white & unbleached white flours. This dough is leavened with a small amount of sourdough culture, & a portion of it is fermented overnight with minimal yeast. The combination of natural leaven and a slow yeasted fermentation make for a flavourful loaf with mild acidity, & a crispy exterior and soft open crumb.

Sugar-free, vegan. \$3.00 one-size
Available Tuesday-Sunday @ 10:30 AM

FOCACCIA / CIABATTA. This bread is made with 100% unbleached, untreated white flour. A portion of it goes through a slow overnight fermentation with minimal yeast, and the final wet dough is carefully mixed by hand. The slow & careful handling and wet formula results in a soft crust & striking cavernous interior. This special dough also gives rise to ciabatta buns & into topped trays for lunch.

Sugar-free, vegan. \$5.00 Focaccia slab, \$5.00 Ciabatta loaf
\$3.75-\$4.00 lunch slices + applicable taxes
Available Tuesday-Sunday @ 11:30 AM
Ciabatta bun \$1.25. Wednesdays @ 12 PM or by order

DARK RYE.** This loaf is made with 100% organic rye flour, & is leavened with a natural sourdough starter. We add sprouted rye berries to the dough to boost the nutritional value of the bread. Dense & flavourful, this bread is well-paired with smoked fish, cheese, & other bold ingredients. Thin slices are recommended – a little bit goes a long way.

This loaf cures over time; it is recommended to not cut into it until Friday, the next day after it has been baked.

Sugar-free, vegan. \$7.00
Available Thursdays @ 11 AM

WHOLE WHEAT. Our whole wheat is made with a high quality untreated whole-wheat flour. We soak the grains for a day, which allows for the bitterness of the grain to sweeten as the naturally-occurring enzymes break them down into sweeter simpler sugars. We lighten the loaf with a touch of organic white flour. We ferment this dough overnight with minimal yeast and a touch of sourdough. The resulting loaf is beautifully balanced, naturally sweet, crusty, and mild.

Sugar-free, vegan. 70% whole wheat, 30% white.
\$5.00 Small, \$6.00 Large
Available Tuesday-Sunday @ 9:00 AM

KAMUT. This loaf is made with 50% organic Kamut flour. Kamut grain has nutty notes, and is a delightful caramel colour. It is high in nutritious protein but low in gluten content, making it slightly denser in texture. We add wheat germ into the dough, which is the nutrient-rich portion of the wheat kernel. It adds an extra punch of colour & nutrition to this lovely loaf. We use natural sourdough to leaven this bread, resulting in a prominent crust, bold flavor, & mild acidity.

Sugar-free, vegan, 50% Kamut, 25% untreated White, 25% untreated Whole Wheat. \$5.50 one-size
Available Sundays & Tuesdays @ 11:00 AM

MULTIGRAIN. Multigrain bread is made with organic spelt flour, untreated white flour, and a mix of 9 whole grains. We soak the whole grain mix in warm water and active malt overnight to expose the trapped nutrients within the grains. A portion of this bread is leavened overnight with minimal yeast, adding flavor and contributing to an open and airy crumb. The crust on this bread is quite soft, deep golden, and coated in toasty oats.

Sugar-free, vegan. 30% Spelt, 70% White. \$5.50 one-size
Available Wednesdays, Thursdays & Saturdays @ 11:00 AM
Multigrain bun \$1.25. Wednesdays @ 12 PM or by order

LIGHT RYE. Available on Wednesdays, Fridays and Sundays, this loaf is made with a combination of organic rye flour milled in Quebec and an unbleached, untreated white flour to lighten the texture. A portion of this dough is leavened with sourdough overnight, and the final dough has but a touch of yeast to open up the crumb. The resulting loaf is bold in flavour and tangy, has a slightly denser interior and a hearty crust.

Sugar-free, vegan. 30% Rye, 70% White. \$5.50 Small, \$6.50 Large
Available Wednesdays, Fridays & Sundays @ 12 PM

**** Dark Rye & Brioche loaves are too crumbly & soft**
to put in the bread slicer.

We recommend using a bread knife at home.

PAIN AU LAIT. This bread is made with a high-quality untreated white flour and a touch of whole wheat flour for some added flavor, colour and nutrition. This bread is leavened overnight with minimal yeast and contains no sourdough. It is also enriched with milk, eggs, and a small amount of butter. The resulting loaf has a deep but soft crust, and a fluffy interior. It is the perfect option for someone looking for a soft bread for their morning toast. We also turn this dough into soft burger buns, dinner rolls, and cheese-filled buns. Sliders and sausage buns can also be made upon request.

Contains sugar, eggs, and dairy. \$5.50,
\$1.00 bun, €75 dinner roll
Available Tuesdays, Thursdays & Sundays @ 9:00 AM

BRIOCHE.** This bread is made with unbleached white flour, a touch of whole wheat flour, and a generous amount of butter! This dough is leavened overnight with minimal yeast, and the resulting loaf is exquisitely buttery, rich, and soft. The crust is caramelized to a deep golden brown. Our brioche is suitable for sweet or savoury applications as it is not heavily sweetened. We offer loaves that are great for sandwiches or toast, and buns that are perfect on their own or as burger buns. Sliders are also available upon request.

Contains sugar, eggs, and dairy. \$4.00 Mini, \$8.00 Large,
\$1.00 bun, €75 dinner roll
Available Fridays & Saturdays. Loaves @ 2 PM, buns @ 12 PM

CROISSANTS. Offered daily, these pastries are made with 100% organic white flour. Our croissants are leavened overnight with minimal yeast. We make our croissants by hand, and as a result, they take almost 24 hours to make start to finish. The result is a flakey, slightly heavier, and crustier croissant that will surely fill you up if you are looking for a breakfast treat. Our pastries come in various flavours, including: plain butter, chocolate-hazelnut, almond-maple, cheese, smoked meat, seasonal Danish, jam buns, and our signature cinnamon snails.

Contains sugar, eggs, and dairy. \$3.00-\$3.75 + applicable taxes
Available Tuesday-Saturday @ 8 AM Sundays @ 9AM

Bread times are estimates and are subject to
slight changes based on fluctuations in
weather conditions.

We are only able to slice loaves 2 hours after
they come out of the oven.
This allows the loaf to fully cool.