

## FROM OUR BAKERY

### SOURDOUGHS

Brown / Pan Loaf  
prairie hard red, red fife, honey

Bird / Buns (4)  
prairie hard red, red fife, flax, sesame,  
poppy, pumpkin, sunflower

Heritage  
red fife, light spelt

Whole Grain  
rye, light red fife

### DAILY RYES (SOURDOUGH)

Sesame  
rye, light rye, sesame seeds

Danish  
cracked & whole rye, sunflower, flax, red fife

Barley  
barley, rye, spelt, honey

Dark & Sweet  
rye, light rye, dark molasses, caraway

Seeded Rye  
rye, light red fife, roasted sunflowers, caraway,  
coriander

Just Rye  
rye

### BRODFLOUR SPECIALS

Heritage Grain Challah / Buns 10 / 2  
red fife, eggs, sugar, wildflower honey, fresh yeast  
FRIDAYS ONLY!

Seasonal Sourdough 8.5 (COMING SOON)  
baker's choice, based on seasonal ingredients

LONG FERMENTED 'WHITE' BREADS (W/ FRESH YEAST)  
prairie hard red, fresh yeast, water, salt

Pullman (Sandwich Bread) 9  
Baguette 5

### SWEET TREATS

Cardamom Knot 4(1) / 15(4)  
red fife, butter, eggs, sugar,  
milk, fresh yeast, cardamom

Heritage Cookies 3(1) / 10(4)  
heritage grain cookie selection

Salted Chocolate Rye  
Emmer Chip  
Ginger Fife  
Speltmeal  
Almond Biscotti

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brodfLOUR baked goods are made from  
fresh stone-milled, 100% certified organic,  
premium Canadian grains

brodfLOUR is committed to sourcing  
organic where possible, and prioritizing  
local suppliers

we do not offer gluten free breads

Please email [dara@brodfLOUR.com](mailto:dara@brodfLOUR.com) for price list