

# BREADS

**Capitola Sourdough** – organic white flour, water, levain (organic unbleached wheat flour, organic whole wheat flour, water), Organic Rye Flour, organic wheat flour, sea salt

**Carpo's Francese:** unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract Pumpkin Seeds, Sesame Seeds, Poppy Seeds, Sunflower seeds

**Challah** – enriched wheat flour, water, eggs, canola oil, sugar, yeast, salt, poppy or sesame seeds

**English Toaster Bread** – unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract.

**Francese (roll, bun & baguette)** – enriched wheat flour, all-purpose wheat flour, water, salt, yeast, barley malt extract

**Jewish Rye-** sponge (unbleached wheat flour, water, rye flour, yeast), water, unbleached wheat flour, rye flour, caraway seeds, salt, barley malt, eggs

**Joe's** – Organic white flour, water, organic Whole Wheat Flour, levain (organic unbleached wheat flour, water), salt

**Muesli-**Organic white flour, water, pumpkin seeds, sunflower seeds, sliced almonds, sesame seeds, salt, honey, yeast, malt

**Olive Capitola Sourdough** – organic white flour, levain (organic unbleached wheat flour, water), water, pitted green olives (water, salt, lactic acid) sea salt, wheat germ

**Raisin Nut Rye** – water, organic white flour, organic raisins, organic walnuts, levain (organic unbleached wheat flour, water), organic rye flour, organic whole wheat flour, sea salt

**Rio Sour Baguette** – Wheat Flour, Levain (organic unbleached wheat flour, organic whole wheat flour, water), water, Salt, Yeast

**Rustic Baguette** – wheat flour, water, yeast, salt

**Sciacciata** – flour, water, yeast, salt, olive oil (available Wednesdays & Thursdays Only).

Eggs  
Dairy  
Nuts

onion  
sesame  
wheat