

# BREADS

**Capitola Sourdough** – levain (*organic unbleached wheat flour, water*), water, organic unbleached wheat flour, organic whole wheat flour, organic rye flour, sea salt

**Allergens:** *wheat*

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

**Allergens:** *wheat, eggs, sesame*

**Francese** – unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract

**Allergens:** *wheat*

**Carpo's Francese** - unbleached wheat flour, all-purpose wheat flour, water, yeast, salt, barley malt extract, pumpkin seeds, sesame seeds, poppy seeds, sunflower seeds

**Allergens:** *wheat, sesame*

**Dutch Crunch** - unbleached wheat flour, water, whole eggs, canola oil, sugar, yeast, salt. Topping: rice flour, water, sugar, yeast, canola oil, salt

**Allergens:** *wheat, eggs*

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

**Allergens:** *wheat*

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

**Allergens:** *wheat, eggs*

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

**Allergens:** *wheat*

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

**Allergens:** *wheat, nuts, sesame*

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

**Allergens:** *wheat*

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**Parisian Ficelle** – all-purpose flour, water, yeast, salt

**Allergens:** *wheat*

**Rio Sourdough** – Wheat Flour, levain (*organic unbleached wheat flour, organic whole wheat flour, water*), water, Salt, Yeast

**Allergens:** *wheat*

**Old World Raisin Walnut Loaf** – levain (*organic unbleached wheat flour, water*), organic unbleached wheat flour, water, organic whole wheat flour, organic rye flour, organic raisins, organic walnuts, sea salt

**Allergens:** *wheat, nuts*