



ARTISAN SOURDOUGH

DESCRIPTION:

A taste of San Francisco from right here on Vancouver Island. Our Sourdough loaf has the perfect amount of chew in every flavourful bite.



Nutrition Facts		Valeur nutritive	
Per 2 slices (70 g)		pour 2 tranches (70 g)	
Calories 180		% Daily Value*	% valeur quotidienne*
Fat / Lipides 1.5 g		2 %	
Saturated / saturés 0.3 g		1 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 33 g			
Fibre / Fibres 2 g		8 %	
Sugars / Sucres 0 g		0 %	
Protein / Protéines 7 g			
Cholesterol / Cholestérol 0 mg		0 %	
Sodium 200 mg		8 %	
Potassium 75 mg		2 %	
Calcium 75 mg		7 %	
Iron / Fer 2.5 mg		18 %	

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients:

Flour • Water • Rye flour • Wheat gluten • Roasted wheat malt flour • Oat fiber • Sea salt • Cultured wheat starch • Yeast • Cultured wheat flour • Tapioca flour • Caraway seed • Wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Rye • Oats.

May Contain: Milk • Eggs • Sesame seeds • Soy • Sulphites • Tree nuts.

Benefits:

- Vegan • Dairy free • No artificial colours or flavours • Low fat • Long fermentation • Canadian wheat

PRODUCT SPEC

Size: 585g

Slice: (5/8)

Unit UPC: 661172018158

Case UPC: 20661172018152

Case Pack: 10-pk

Ti/Hi: 6/7

Product Dimensions:

13.25" x 4.5" x 3.5"



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ARTISAN PEASANT

DESCRIPTION:

Our peasant loaf is proof that humble can also be huge. Our number 1 Artisan Loaf is a bread lover's dream.



Nutrition Facts		Valeur nutritive	
Per 2 slices (70 g) pour 2 tranches (70 g)			
Calories 170		% Daily Value*	% valeur quotidienne*
Fat / Lipides 1 g		2 %	
Saturated / saturés 0.2 g		1 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 34 g			
Fibre / Fibres 3 g		12 %	
Sugars / Sucres 1 g		2 %	
Protein / Protéines 7 g			
Cholesterol / Cholestérol 0 mg		0 %	
Sodium 150 mg		6 %	
Potassium 150 mg		4 %	
Calcium 75 mg		7 %	
Iron / Fer 2.25 mg		16 %	

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients:

Flour • Water • Wheat • Oat fiber • Sea salt • Wheat gluten • Cultured wheat flour • Tapioca flour • Yeast • Sugars (barley & malt syrup) • Cultured wheat starch • Wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Barley • Oats.

May Contain: Milk • Eggs • Soy • Sesame seeds • Sulphites • Tree nuts.

Benefits:

- Vegan • Dairy free • No artificial colours or flavours • Low fat • Long fermentation • Canadian wheat

PRODUCT SPEC

Size: 585g

Slice: (5/8)

Unit UPC: 661172018165

Case UPC: 20661172018169

Case Pack: 10-pk

Ti/Hi: 6/7

Product Dimensions:

13.5" x 4.6" x 3"



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ARTISAN ROASTED GARLIC & CRACKED PEPPER

DESCRIPTION:

A favourite of garlic fans. This loaf has chunks of real garlic, roasted onsite in our bakery.
#VampiresBeware



Nutrition Facts	
Valeur nutritive	
Per 2 slices (65 g) pour 2 tranches (65 g)	
Calories 160	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 1 g	2 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 31 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 160 mg	7 %
Potassium 150 mg	4 %
Calcium 75 mg	7 %
Iron / Fer 2.25 mg	16 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients:

Flour • Water • Peeled garlic • Oat fibre • Wheat gluten • Malted barley flour • Garlic seasoning • Yeast • Sea salt • Cultured wheat flour • Tapioca flour • Wheat starch • Cultured wheat starch • Black pepper • Rowan berry fruit extract • Ascorbic acid • Acetic acid • Sodium acetate • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Oats • Barley.

May contain: Milk • Eggs • Sesame seeds • Soy • Sulphites • Tree nuts.

Benefits:

- Vegan • Dairy free • No artificial colours or flavours • Low fat • Long fermentation • Canadian wheat

PRODUCT SPEC

Size: 585g

Slice: (5/8)

Unit UPC: 661172018189

Case UPC: 20661172018183

Case Pack: 10-pk

Ti/Hi: 6/7

Product Dimensions:

12.25" x 5" x 3.25"



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ARTISAN EUROPEAN DARK RYE

DESCRIPTION:

Our darkest artisan bread is sure to light up your table. This classic loaf is packed with that iconic rye flavour.

Nutrition Facts	
Valeur nutritive	
Per 2 slices (70 g) pour 2 tranches (70 g)	
Calories 180	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.2 g	
+ Trans / trans 0 g	1 %
Carbohydrate / Glucides 35 g	
Fibre / Fibres 5 g	20 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 135 mg	6 %
Potassium 225 mg	6 %
Calcium 75 mg	7 %
Iron / Fer 2.5 mg	18 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients:

Flour • Water • Rye flour • Wheat gluten • Roasted wheat malt flour • Oat fiber • Sea salt • Cultured wheat starch • Yeast • Cultured wheat flour • Tapioca flour • Caraway seed • Wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Rye • Oats.

May Contain: Milk • Eggs • Sesame seeds • Soy • Sulphites • Tree nuts.



Benefits:

• Vegan • Dairy free • No artificial colours or flavours • Low fat • Long fermentation • Canadian wheat

PRODUCT SPEC

Size: 630g

Slice: (5/8)

Unit UPC: 661172018080

Case UPC: 20661172018084

Case Pack: 10-pk

Ti/Hi: 6/7

Product Dimensions:

12.25" x 5" x 3.5"



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ARTISAN RUSTIC MULTIGRAIN

DESCRIPTION:

A unique multigrain loaf with an artisan twist. This rich brown bread is loaded with seeds and grains.



Nutrition Facts Valeur nutritive

Per 2 slices (80 g)
pour 2 tranches (80 g)

	% Daily Value*
	% valeur quotidienne*
Calories 190	
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 6 g	24 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 170 mg	7 %
Potassium 250 mg	7 %
Calcium 75 mg	7 %
Iron / Fer 1.75 mg	13 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients:

Whole wheat flour • Water • Seed and grain mix (oat flakes, brown flax, rye flakes, red wheat flakes, millet, sunflower seeds) • Oat fiber • Roasted wheat malt flour • Sea salt • Yeast • Cultured wheat flour • Tapioca flour • Cultured wheat starch • Wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Rye • Oats.

May Contain: Milk • Eggs • Sesame seeds • Soy • Sulphites • Tree nuts.

Benefits:

• Vegan • Dairy free • No artificial colours or flavours • Long fermentation • Canadian wheat

PRODUCT SPEC

Size: 700g

Slice: (5/8)

Unit UPC: 661172018097

Case UPC: 20661172018091

Case Pack: 10-pk

Ti/Hi: 6/7

Product Dimensions:

12.5" x 4.5" x 3.25"



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ARTISAN SEEDED HEARTH

DESCRIPTION:

Simply seed-alicious. This light-coloured loaf is loaded with pumpkin and sunflower seeds. Plant this loaf onto your table and you're bound to grow some smiles.

Nutrition Facts	
Valeur nutritive	
Per 2 slices (70 g) pour 2 tranches (70 g)	
Calories 180	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 3 g	5 %
Saturated / saturés 0.5 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 31 g	
Fibre / Fibres 3 g	12 %
Sugars / Sucres 1 g	2 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 135 mg	6 %
Potassium 175 mg	5 %
Calcium 75 mg	7 %
Iron / Fer 2.5 mg	18 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients:

Flour • Water • Pumpkin seeds • Sunflower seeds • Oat fiber • Wheat gluten • Yeast • Sea salt • Cultured wheat flour • Tapioca flour • Sugars (barley & malt syrup) • Cultured wheat starch • Wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Barley • Oats.

May Contain: Milk • Eggs • Sesame seeds • Soy • Sulphites • Tree nuts.



Benefits:

• Vegan • Dairy free • No artificial colours or flavours • Long fermentation • Canadian wheat

PRODUCT SPEC

Size: 600g

Slice: (5/8)

Unit UPC: 661172018110

Case UPC: 20661172018114

Case Pack: 10-pk

Ti/Hi: 6/7

Product Dimensions:

12.5" x 4.6" x 4"



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ARTISAN WESTERN HARVEST

DESCRIPTION:

This whole grain loaf is topped with wheatlets and has a subtly sweeter flavour than your average whole grain bread. Which makes sense because our bakers are sweeter than average too.



Nutrition Facts Valeur nutritive

Per 2 slices (80 g)
pour 2 tranches (80 g)

	% Daily Value*
	% valeur quotidienne*
Calories 200	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.3 g	
+ Trans / trans 0 g	1 %
Carbohydrate / Glucides 40 g	
Fibre / Fibres 6 g	24 %
Sugars / Sucres 4 g	8 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 140 mg	6 %
Potassium 250 mg	7 %
Calcium 1 mg	9 %
Iron / Fer 2 mg	14 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Benefits:

- Vegan • Dairy free • No artificial colours or flavours • Low fat • Canadian wheat

PRODUCT SPEC

Size: 675g

Slice: (5/8)

Unit UPC: 661172020687

Case UPC: 20661172020681

Case Pack: 10-pk

Ti/Hi: 6/7

Product Dimensions:

12.5" x 5" x 3.5"

Ingredients:

Whole wheat flour • Water • Malt red wheat • Sugars (coconut palm sugar) • Oat fiber • Wheat • Sea salt • Yeast • Wheat gluten • Cultured wheat flour • Tapioca flour • Cultured wheat starch • Wheat starch • Roasted wheat malt flour • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Oats.

May Contain: Milk • Eggs • Sesame seeds • Soy • Sulphites • Tree nuts.



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ARTISAN WEST COAST FIVE GRAIN

DESCRIPTION:

This light-coloured loaf is what happens when sourdough meets multigrain. The perfect combination of two of the world's most perfect breads.

Nutrition Facts		Valeur nutritive	
Per 2 slices (65 g)		pour 2 tranches (65 g)	
Calories 170	% Daily Value*		% valeur quotidienne*
Fat / Lipides 2.5 g	4 %		
Saturated / saturés 0.4 g			
+ Trans / trans 0 g	2 %		
Carbohydrate / Glucides 31 g			
Fibre / Fibres 3 g	12 %		
Sugars / Sucres 3 g	6 %		
Protein / Protéines 7 g			
Cholesterol / Cholestérol 0 mg	0 %		
Sodium 125 mg	5 %		
Potassium 175 mg	5 %		
Calcium 75 mg	7 %		
Iron / Fer 2 mg	14 %		
* 5% or less is a little, 15% or more is a lot			
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

Ingredients:

Flour • Water • Whole wheat flour • Sweet grains (wheat sourdough (water, fermented wheat flour), whole oat groats, dextrose, sunflower seed, flax seed, millet, cracked wheat, sugar, honey, salt) • Sunflower seeds • Oat fiber • Sugars (coconut palm sugar, barley & malt syrup) • Wheat gluten • Sea salt • Wheat • Millet • Wheat starch • Yeast • Cultured wheat flour • Tapioca flour • Cultured wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Oats • Barley.

May contain: Milk • Eggs • Sesame seeds • Soy • Sulphites • Tree nuts.



Benefits:

- Dairy free • No artificial colours or flavours
- Low Fat • Low Sodium • Canadian wheat

PRODUCT SPEC

Size: 585g

Slice: (5/8)

Unit UPC: 661172022803

Case UPC: 20661172022807

Case Pack: 10-pk

Ti/Hi: 6/7

Product Dimensions:

12.5" x 4.5" x 3.5"



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ARTISAN BRIOCHE DELUXE BUNS

DESCRIPTION:

Simply, our most beloved bun. Renown for its super soft and sweet flavour profile. Our fan-favourite Brioche buns are made with natural ingredients including turmeric and eggs.

Nutrition Facts	
Valeur nutritive	
Per bun (80 g) pour petit pain (80 g)	
Calories 250	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 6 g	9 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 40 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 6 g	11 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 55 mg	18 %
Sodium 210 mg	9 %
Potassium 200 mg	6 %
Calcium 1 mg	9 %
Iron / Fer 2.5 mg	18 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients:

Flour • Water • Egg yolk (yolk, salt) • Canola oil • Sugars (granulated sugar, barley & malt syrup) • Yeast • Sea salt • Cultured wheat flour • Tapioca flour • Wheat starch • Cultured wheat starch • Turmeric • Casein • Disodium phosphate • Soy lecithin • Rowan berry fruit extract • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase).

Contains: Wheat • Barley • Eggs • Milk • Soy.

May contain: Sesame seeds • Sulphites • Tree nuts



Benefits:

- No artificial colours or flavours
- Canadian wheat

PRODUCT SPEC

Size: 480g

Slice: unsliced

Unit UPC: 661172020397

Case UPC: 10661172020394

Case Pack: 12x6pk

Ti/Hi: 6/7

Product Dimensions:

12.5" x 4.5" x 4"



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ARTISAN BRIOCHE HOTDOG DELUXE

DESCRIPTION:

We've taken our top-of-the-line deluxe brioche bun and made it hot dog shaped! They're the perfect balance of taste, texture and colour and are sure to make any BBQ a hit.

Nutrition Facts	
Valeur nutritive	
Per bun (65 g) pour petit pan (65 g)	
Calories 210	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 4 g	6 %
Saturated / saturés 0.5 g	4 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 34 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 5 g	10 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 45 mg	16 %
Sodium 200 mg	8 %
Potassium 175 mg	5 %
Calcium 75 mg	7 %
Iron / Fer 2.25 mg	16 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients:

Flour • Water • Egg yolk (egg yolk, salt) • Sugars (granulated sugar, barley & malt syrup) • Canola oil • Yeast • Sea salt • Cultured wheat flour • Tapioca flour • Cultured wheat starch • Wheat starch • Turmeric • Casein • Disodium phosphate • Soy lecithin • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, lipase).

Contains: Wheat • Barley • Eggs • Milk • Soy.

May contain: Sesame seeds • Sulphites • Tree nuts.



Benefits:

- No artificial colours or flavours
- Canadian wheat

PRODUCT SPEC

Size: 395g

Slice: unsliced

Unit UPC: 661172022889

Case UPC: 10661172022886

Case Pack: 12x6pk

Ti/Hi: 6/7

Product Dimensions:

7" x 7" x 4"



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ARTISAN GOLDEN POTATO BUNS

DESCRIPTION:

Our Brioche Bun's cousin, Golden Potato bun has arrived! Our potato buns are a smash hit using real potato flour, making them the ultimate base for all your burgers and sandwiches.



Benefits:

- No artificial colours or flavours • Canadian wheat

Nutrition Facts		Valeur nutritive	
Per bun (90 g) pour petit pan (90 g)			
Calories 260		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 5 g		8 %	
Saturated / saturés 0.5 g		3 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 46 g			
Fibre / Fibres 2 g		8 %	
Sugars / Sucres 6 g		13 %	
Protein / Protéines 9 g			
Cholesterol / Cholestérol 20 mg		7 %	
Sodium 220 mg		9 %	
Potassium 300 mg		9 %	
Calcium 1 mg		9 %	
Iron / Fer 2.5 mg		18 %	
* 5% or less is a little, 15% or more is a lot			
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

Ingredients:

Flour • Water • Egg yolk (egg yolk, salt) • Sugars (granulated sugar, barley & malt syrup) • Canola oil • Yeast • Sea salt • Cultured wheat flour • Tapioca flour • Cultured wheat starch • Wheat starch • Turmeric • Casein • Disodium phosphate • Soy lecithin • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, lipase).

Contains: Wheat • Barley • Eggs • Milk • Soy.

May contain: Sesame seeds • Sulphites • Tree nuts.

PRODUCT SPEC

Size: 540g

Slice: unsliced

Unit UPC: 661172022841

Case UPC: 10661172022848

Case Pack: 12x6pk

Ti/Hi: 6/7

Product Dimensions:

11.5" x 4.25" x 3.5"



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MULTIGRAIN HOMESTYLE PAN

DESCRIPTION:

With the perfect combination of seeds and grains our multigrain pan loaf is the toast of toast. It's also the toast of sandwiches but that didn't sound as nice.

Nutrition Facts	
Valeur nutritive	
Per 2 slices (110 g) pour 2 tranches (110 g)	
Calories 290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 4.5 g	7 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 52 g	
Fibre / Fibres 7 g	28 %
Sugars / Sucres 4 g	8 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 190 mg	8 %
Potassium 350 mg	10 %
Calcium 125 mg	11 %
Iron / Fer 2.5 mg	18 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients:

Whole wheat flour • Water • Seed and grain mix (oat flakes, brown flax, rye flakes, red wheat flakes, millet, sunflower seeds) • Flour • Wheat gluten • Sugars (coconut palm sugar, barley & malt syrup) • Yeast • Sea salt • Roasted wheat malt flour • Cultured wheat flour • Tapioca flour • Wheat starch • Cultured wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Rye • Barley • Oats.

May Contain: Milk • Eggs • Sesame seeds • Soy.



Benefits:

• Vegan • Dairy free • No artificial colours or flavours • Canadian wheat

PRODUCT SPEC

Size: 810g

Slice: (5/8)

Unit UPC: 661172000061

Case UPC: 20661172000065

Case Pack: 12-pk

Ti/Hi: 6/5

Product Dimensions:

10.25" x 4.5" x 4.5"



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SOURDOUGH HOMESTYLE PAN

DESCRIPTION:

Soft in the middle and chewy at the crust; our sourdough pan loaf is exactly how sourdough should be – delicious!



Nutrition Facts	
Valeur nutritive	
Per 2 slices (110 g) pour 2 tranches (110 g)	
Calories 280	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 3 g	5 %
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	3 %
Carbohydrate / Glucides 51 g	
Fibre / Fibres 3 g	12 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 200 mg	9 %
Potassium 250 mg	7 %
Calcium 175 mg	16 %
Iron / Fer 3.5 mg	25 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Benefits:

• Vegan • Dairy free • No artificial colours or flavours • Low Fat • Canadian wheat

PRODUCT SPEC

Size: 810g

Slice: (5/8)

Unit UPC: 661172000092

Case UPC: 20661172000096

Case Pack: 12-pk

Ti/Hi: 6/5

Product Dimensions:

10.25" x 4.5" x 5"

Ingredients:

Flour • Water • Yeast • Canola oil • Wheat gluten • Sea salt • Wheat starch • Cultured wheat flour • Tapioca flour • Rowan berry fruit extract • Ascorbic acid • Calcium sulfate • Fumaric acid • Acetic acid • Lactic acid • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat.

May contain: Milk • Eggs • Sesame seeds • Sulphites • Tree nuts.



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WESTERN HARVEST HOMESTYLE PAN

DESCRIPTION:

You can expect the best from the west. That goes for our bakery and especially for our Western Harvest pan loaves – sure to make any sandwich your new favourite.



Nutrition Facts	
Valeur nutritive	
Per 2 slices (110 g) pour 2 tranches (110 g)	
Calories 290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 5 g	8 %
Saturated / saturés 1 g	4 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 49 g	
Fibre / Fibres 6 g	24 %
Sugars / Sucres 3 g	7 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 110 mg	5 %
Potassium 300 mg	9 %
Calcium 1 mg	9 %
Iron / Fer 3 mg	21 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients:

Whole wheat flour • Water • Malt red wheat • Sunflower seeds • Pumpkin seeds • Wheat gluten • Sugars (coconut palm sugar, barley & malt syrup) • Wheat • Yeast • Cultured wheat flour • Tapioca flour • Sea salt • Wheat starch • Cultured wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Barley.

May contain: Milk • Eggs • Sesame seeds • Soy • Tree nuts.

Benefits:

• Vegan • Dairy free • No artificial colours or flavours • Low sodium • Canadian wheat

PRODUCT SPEC

Size: 810g

Slice: 5/8

Unit UPC: 661172020694

Case UPC: 20661172020698

Case Pack: 12-pk

Ti/Hi: 6/5

Product Dimensions:

10.25" x 4.5" x 5.1"



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WHITE HOMESTYLE PAN

DESCRIPTION:

Our spin on a classic. The White pan loaf is soft and chewy - the perfect canvas for all you aspiring sandwich artists.

Nutrition Facts	
Valeur nutritive	
Per 2 slices (95 g) pour 2 tranches (95 g)	
Calories 250	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 47 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 3 g	6 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 180 mg	8 %
Potassium 225 mg	6 %
Calcium 125 mg	11 %
Iron / Fer 3 mg	21 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients:

Flour • Water • Yeast • Canola oil • Sugars (granulated sugar, barley & malt syrup) • Sea salt • Cultured wheat flour • Tapioca flour • Wheat starch • Cultured wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Barley.

May contain: Milk • Eggs • Soy • Sulphites • Sesame seeds • Tree nuts.



Benefits:

- Vegan • Dairy free • No artificial colours or flavours • Low fat • Canadian wheat

PRODUCT SPEC

Size: 720g

Slice: 5/8

Unit UPC: 661172000115

Case UPC: 20661172000119

Case Pack: 12-pk

Ti/Hi: 6/5

Product Dimensions:

10.25" x 4.5" x 5"



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WHOLE WHEAT HOMESTYLE PAN

DESCRIPTION:

A hearty whole wheat loaf. We mean that in every sense, you're probably going to love it.



Nutrition Facts	
Valeur nutritive	
Per 2 slices (95 g) pour 2 tranches (95 g)	
Calories 250	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 3 g	5 %
Saturated / saturés 0.4 g	
+ Trans / trans 0 g	2 %
Carbohydrate / Glucides 46 g	
Fibre / Fibres 5 g	20 %
Sugars / Sucres 3 g	5 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 180 mg	8 %
Potassium 300 mg	9 %
Calcium 1 mg	9 %
Iron / Fer 2.25 mg	16 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Benefits:

- Vegan • Dairy free • No artificial colours or flavours • Canadian wheat

PRODUCT SPEC

Size: 720g

Slice: 5/8

Unit UPC: 661172000122

Case UPC: 20661172000126

Case Pack: 12-pk

Ti/Hi: 6/5

Product Dimensions:

10" x 4.6" x 4.6"

Ingredients:

Whole wheat flour • Water • Flour • Yeast • Sugars (coconut palm sugar, barley & malt syrup) • Canola oil • Malted barley flour • Wheat gluten • Sea salt • Cultured wheat flour • Tapioca flour • Wheat starch • Roasted wheat malt flour • Cultured wheat starch • Rowan berry fruit extract • Ascorbic acid • Citric acid • Tricalcium phosphate • Calcium sulfate • Enzymes (amylase, xylanase, glucose oxidase, lipase).

Contains: Wheat • Barley.

May contain: Milk • Eggs • Soy • Sesame Seeds • Sulphites • Tree nuts.



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