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Hours: Tuesday - Friday 9am to 5pm

Saturday: 9am to 2pm

** Indicates SOY FREE
 Indicates lower Glycaemic Index

Subject to Change Without Notice

RETAIL BREADMIX AND FLOUR PRICE LIST 13TH JANUARY 2023

| PRODUCT | DESCRIPTION | 2kg | 5kg | 10kg |
|-----------------------------|---|-----------------|------------------|------------------|
| WHITES | | | | |
| | | 4 loaves | 10 loaves | 20 loaves |
| CRUSTY WHITE ** | A crisp golden crust ideal for crusty loaves, French sticks & crusty rolls | \$ 9.90 | \$ 22.50 | \$ 37.90 |
| SUPERSOFT WHITE | A medium crust, soft sandwich style white bread with excellent taste. | \$ 9.90 | \$ 22.30 | \$ 37.90 |
| HI FIBRE WHITE | A soft white sandwich bread with high fibre and lower Glycaemic index | \$ 10.50 | \$ 23.50 | N/A |
| OAT BRAN ** | A crisp crusted white bread, high in fibre and flavour, assists in cholesterol control. | \$ 10.50 | \$ 23.50 | N/A |
| ITALIAN COUNTRY OVEN ** | The true deep crusted full flavoured Italian Pasta Dura style bread. Ideal for bread machines or oven baking. | \$ 10.50 | \$ 23.50 | N/A |
| SOUTHERN CROSS SOURDOUGH ** | A delightful light tasting sourdough bread. | \$ 10.90 | \$ 25.50 | N/A |
| PIZZA & FOCACCIA** | Ideal crusty base for pizza and foccacia. Crusty finish and resistant to topping ingredient soak. | \$ 9.90 | \$ 22.50 | N/A |
| WHOLEMEALS | | | | |
| LIGHT WHOLEMEAL ** | A blend of Premium White and Wholemeal flours for a lighter loaf with higher fibre and volume. | \$ 10.50 | \$ 23.50 | \$ 39.90 |
| LUPIN LOAF | The "weight manager" wholemeal/lupin low carbs, high fibre, low GI. | \$ 11.90 | N/A | N/A |
| RUSTIC WHOLEMEAL** | A darker wholemeal with malted wheat overtones. | \$ 10.50 | \$ 23.50 | N/A |
| MULTIGRAINS | | | | |
| CRUSTY MULTIGRAIN | A light crisp crusted loaf, with tasty & healthy variety of cereal grains. | \$ 10.50 | \$ 23.50 | \$ 39.90 |
| GERMAN GRAIN | A dark, full flavoured loaf with delicious grain with kibbled rye. | \$ 10.50 | \$ 23.50 | N/A |
| FOUR SEED ** | A unique flavoured dark bread linseed, sunflower, sesame & poppy seeds. | \$ 10.50 | \$ 23.50 | N/A |
| PURPLE HARVEST | Wholemeal and white flour with purple wheat grain and sunflower seeds | \$ 10.50 | \$ 23.50 | N/A |
| SOY & LINSEED | A great tasting loaf, high in dietary fibre with health benefits. | \$ 10.50 | \$ 23.50 | N/A |
| RYE BREADS | | | | |
| BAVARIAN RYE ** | A medium dark rye with excellent eating characteristics. | \$ 10.50 | \$ 23.50 | \$ 39.90 |
| PUMPERNICKEL ** | A dark rye, dense crumb, the wholesome flavour of rye. | \$ 10.50 | \$ 23.50 | N/A |
| SOURDOUGH RYE ** | A classic European style sourdough bread. | \$ 10.90 | \$ 23.50 | N/A |
| GOURMET BREADS | | | | |
| | | 2kg | 5kg | 10kg |
| GOLDEN PUMPKIN** | A well balanced blend of pumpkin, pepitas & herbs for excellent flavour | \$ 11.50 | N/A | N/A |
| ITALIAN COUNTRY HERB** | A traditional crusty bread with the full flavour of italian herbs | \$ 11.50 | N/A | N/A |
| CHEESE & ONION** | Parmesan cheese and onion flakes. Bold flavour | \$ 11.90 | N/A | N/A |
| POTATO & CHIVE** | Soft white bread with the flavour of potato enhanced with chive | \$ 11.50 | N/A | N/A |
| TUSCANY** | A delicious blend of sun dried tomatoes, herbs and spices | \$ 11.50 | N/A | N/A |
| FRENCH GARLIC** | For garlic lovers of all ages | \$ 11.50 | N/A | N/A |
| COOTAMUNDRA | ground roasted wattle seed with sunflower seeds | \$ 12.50 | N/A | |
| SWEET BREADS | | | | |
| SWEET BUN | Basic sweet breadmix for raisin bread and fruit buns | \$ 10.50 | \$ 23.50 | N/A |
| WHOLEMEAL FRUIT** | 100% wholemeal with fruit and spice | \$ 12.50 | N/A | N/A |
| OLD ENGLISH MALT** | The richness of traditional English malt, dark in colour light texture | \$ 10.90 | N/A | N/A |
| HOT CROSS BUN** | The taste of hot fross buns in a raisin bread | \$ 10.90 | N/A | N/A |
| CRANBERRY** | A mix of cranberry, sunflower and cinnamon | \$ 12.50 | N/A | N/A |
| BREAKFAST BOUNTY** | The ideal low GI starter for the day, buttered and toasted | \$ 12.50 | N/A | |
| YEAST AND IMPROVER | | | | |
| SAF INSTANT 150g tub | Instant pure dry yeast for use with all breads. | \$ 4.90 | | |
| SAF INSTANT 500g | Vacuum packed instant dry yeast | \$ 9.90 | | |
| SAF SACHETS 6g | Pack of 20 sachets vacuum sealed for long life. | \$ 6.90 | | |
| SAF INSTANT 125g | Vacuum packed instant dry yeast refill for tub, long life | \$ 4.50 | | |
| ANTI-CANDIDA YEAST | Designed for people with yeast intolerance. Allergy tested. 120g | \$ 8.50 | 400g | \$ 23.90 |
| NATURAL IMPROVER | Used with bread flour not needed with breadmix 120g | \$ 4.90 | 300g | \$ 10.90 |
| SOURDOUGH CULTURE | active culture ready to use at home. Ask for instructions | \$ 15.00 | | |
| SIX PACKS | | | | |
| VARIETY SIX PACK | six different individual 500g packs plus yeast | \$ 19.90 | | |
| GOURMET SIX PACK | combination of six gourmet breads - Golden pumpkin, Italian Herb, Cheese & Onion, Potato & chive, Tuscany, French garlic, Cootamundra | \$ 21.90 | | |
| WHEAT ALTERNATIVES | Six different wheat alternatives of Dinkelbrot white and wholemeal. Khorasan, Dinkel rye, Dinkel light meal, Ancient grain or Pharaoh's | \$ 31.90 | | |

| SPECIAL DIETARY/ WHEAT ALTERNATIVE BREAD MIXES | | | | |
|--|---|--------------------|------------------|-----------------------|
| DINKELBROT (WHITE) | An outstanding alternative to normal wheat breads with excellent and flavour. Suits many people with a wheat intolerance | \$ 16.50 | \$ 37.50 | \$ 69.30 |
| DINKELBROT (WHOLEMEAL) | Just like its white partner and is 100% wholemeal. Higher fibre | \$ 16.50 | \$ 37.50 | N/A |
| DINKEL LIGHT MEAL | A blend of wite and wholemeal spelt flours. | \$ 16.50 | N/A | N/A |
| DINKEL RYE | A blend of white spelt and rye for gentle digestive qualities | \$ 16.50 | N/A | N/A |
| KHORASAN BREADMIX | Gentle digestive qualities, high fibre, suits many with wheat gluten issue | \$ 17.50 | \$ 39.50 | N/A |
| PHAROAH'S BREAD | made with the very popular Emmer ancient grain | \$ 17.50 | N/A | N/A |
| ANCIENT GRAIN crusty | The ancient grains of khorasan and Spelt. Gentle to digestive needs | \$ 17.50 | \$ 39.50 | |
| WHEAT ALTERNATIVE SIX PACK | makes six large 750g digestion friendly loaves. Individual packs & yeast one pack of each variety | \$ 31.90 | | |
| GLUTEN FREE BREADMIXES | | | | |
| AMAIZING BREAD | This makes a well structured loaf and may be suitable for those with intolerance to wheat, gluten, yeast, lactose and egg. | 1.5kgs \$ 22.50 | 5kgs \$ 66.50 | |
| GLUTEN FREE SANDWICH BREAD | A light bread with excellent rising characteristics. Contains egg white | \$ 22.50 | \$ 66.50 | |
| G F ROLL & PIZZA MIX | Ideal for hand shaping into gluten free rolls and bread sticks. Also easy to use gluten free pizza bases. | \$ 22.50 | \$ 66.50 | |
| ARTISAN Gluten Free | This breadmix is gluten free and contains no allergens. Makes 2 loaves | 700g | \$ 11.90 | |
| FLOURS | | | | |
| PREMIUM WHITE | A Strong white bread making flour 12% +protein. | \$ 7.90 | \$ 17.90 | \$ 34.50 |
| WHOLEMEAL 100% | High protein wholemeal bread flour. | \$ 7.90 | \$ 17.90 | \$ 34.50 |
| RYE FLOUR 100% | Pure rye fine flour. Germany | \$ 9.50 | \$ 22.90 | N/A |
| RYE MEAL 100% | Coarse rye flour, adds texture to breads. Germany | \$ 9.50 | N/A | N/A |
| SPELT FLOUR White | Product of Germany Ideal alternative to standard wheat flour. Excellent taste,texture, crust & crumb. Suitable for many people with wheat intolerance. Ideal for use with yeast substitutes/sourdough | \$ 15.10 | \$35.90 | White Only |
| Wholemeal | | | | \$66.90 N/A |
| KHORASAN FLOUR | An ancient & gentle grain with a rich buttery flavour. Organic Canada | \$ 15.90 | \$ 37.90 | N/A |
| EMMER FLOUR | Wholemeal ancient grain. Use for breads and cakes | \$ 15.90 | N/A | N/A |
| DURUM SEMOLINA | Fine Durum Semolina suitable for pasta, pizza and dusting. 1Kg | \$ 7.90 | N/A | N/A |
| SELF RAISING FLOUR | A fine flour with added raising agents suitable for cakes. | \$ 7.90 | N/A | N/A |
| PASTRY FLOUR | 10% protein All purpose flour suitable for pastries & general cooking | \$ 7.90 | N/A | N/A |
| SPONGE FLOUR | A very light fine flour most suitable for sponges | \$ 9.50 | N/A | N/A |
| ORGANIC FLOUR White & wholemeal | Certified Organic. Australia High protein. Suitable for loaves, rolls & other baked products. | \$ 11.50 | \$ 26.90 | White Only \$49.50 |
| COARSE WHOLEMEAL | Coarser wholemeal wheat flour. Ideal for Irish Breads | \$ 9.90 | | |
| GLUTEN VITAL | Pure gluten. Product of Australia | \$ 11.50 | | |
| GLUTEN FREE FLOURS, CAKES AND MISCELLANEOUS | | | | |
| ARROWROOT | No preservatives. Gluten free | 750g | \$ 5.50 | |
| BUCKWHEAT FLOUR | Australian gluten free. | 1kg | \$ 10.90 | |
| BESAN FLOUR | 100% Chick Pea Flour (Australian) | 750g | \$ 7.50 | |
| POTATO STARCH | Gluten free No preservatives | 1kg | \$ 6.50 | |
| POTATO FLAKES | 100% potato flakes. Ideal for mashed potato or potato breads | 500g | \$ 6.50 | |
| GLUTEN FREE FLOUR | Blend of Gluten free flours for general cooking/baking | 1kg | \$ 10.50 | |
| RICE FLOUR white | Gluten Free Australian | 1kg | \$ 7.40 | |
| LUPIN FLOUR | Australian gluten free. | 500g | TBC | |
| LUPIN KIBBLED | Raises the fibre and lowers the G.I | 500g | TBC | |
| GF BAKING POWDER | Suitable for Gluten free baking | 150g | \$ 3.50 | |
| GF BANANA CAKE | A delicious and moist gluten free banana carrot or zucchini cake | 500g | \$ 9.50 | |
| GF BROWNIE MIX | The most decadent gluten free brownies you will ever make | 500g | \$ 7.90 | |
| GF MUD CAKE | Make with either dark or white chocolate. Moist and gluten free | 500g | \$ 6.90 | |
| GF SPONGE | Vanilla sponge ideal as a cake or a base for trifle or tiramisu | 500g | \$ 7.90 | |
| GF MUFFIN | Light fluffy gluten free muffins. Use with a variety of flavours | 500g | \$ 6.90 | |
| CHOCOLATE MOUSSE | Gluten free easy to make. Add chilled water. Makes family sized bowl | 250g | \$ 8.50 | |
| HI MAIZE™ | Digestive resistant starch. Add to breads to increase fibre, lower GI | 750g | \$ 10.90 | |