

























Metfield Bakery - 2011 Artisan Breads


Product

Rye Breads










	Weight	Description	Photograph	Shelf life (days)	Availability
Just Rye	400g	A medium dark continental style rye bread with malty sweetness offset by a sour rye tang.		7	Everyday
Just Rye	600g	A medium dark continental style rye bread with malty sweetness offset by a sour rye tang.		7	Everyday
Just Rye	800g	A medium dark continental style rye bread with malty sweetness offset by a sour rye tang.		7	Everyday
Light Rye	400g	A sour rye base with white spelt flour that adds lightness, volume and malty sweetness offset by a sour rye tang.		7	Everyday
Light Rye	600g	A sour rye base with white spelt flour that adds lightness, volume and malty sweetness offset by a sour rye tang.		7	Everyday
Light Rye	800g	A sour rye base with white spelt flour that adds lightness, volume and malty sweetness offset by a sour rye tang.		7	Everyday
Wholemeal Rye	400g	The tang of rye sourdough offset by the sweetness of malt and prunes. Wholemeal rye flour is added to produce a dense sweet yet tangy loaf.		7	Tuesday, Thursday, Friday & Saturday
Wholemeal Rye Nuts & Seeds	400g	The tang of rye sourdough offset by the sweetness of malt and prunes. Wholemeal rye flour is added to produce a dense sweet yet tangy loaf. This loaf also contains nuts and		7	Tuesday, Thursday, Friday & Saturday
Ploughmans	400g	A lightly coloured yet still dense loaf with a sweetness of malt combined with white spelt and sunflower seeds		7	Everyday
Ploughmans	600g	A lightly coloured yet still dense loaf with a sweetness of malt combined with white spelt and sunflower seeds		7	Everyday
Ploughmans	800g	A lightly coloured yet still dense loaf with a sweetness of malt combined with white spelt and sunflower seeds		7	Everyday
Latvian Rye	400g	Uses a light rye flour giving that distinctive tangy rye sourdough taste		5	Everyday
Multigrain Latvian Rye	800g	Uses a light rye flour giving that distinctive tangy rye sourdough taste with soaked linseeds and cracked rye for extra texture.		5	Everyday

Spelt & Kamut Breads














White Spelt	400g	A light bread with an open texture and billowy crumb provided by the white spelt flour. A lighter tang is produced by the spelt sourdough base off set by a malty sweetness.		7	Everyday
White Spelt	600g	A light bread with an open texture and billowy crumb provided by the white spelt flour. A lighter tang is produced by the spelt sourdough base off set by a malty sweetness.		7	Everyday
White Spelt	800g	A light bread with an open texture and billowy crumb provided by the white spelt flour. A lighter tang is produced by the spelt sourdough base off set by a malty sweetness.		7	Everyday
Wholemeal Spelt	400g	Denser and sweeter than the white spelt because of the retention of the germ of the grain in the wholemeal flour		7	Tuesday, Thursday, Friday & Saturday
Wholemeal Spelt	800g	Denser and sweeter than the white spelt because of the retention of the germ of the grain in the wholemeal flour		7	Tuesday, Thursday, Friday & Saturday
Wholemeal Multiseed Spelt	400g	Denser and sweeter than the white spelt because of the retention of the germ of the grain in the wholemeal flour - this loaf also contains sesame, linseed, poppyseed and sunflower Using Khorasan flour (also known as Kamut) makes the loaf appear yellow in colour. Slightly sweet from the added malt and the distinctive Kamut taste.		7	Tuesday, Thursday, Friday & Saturday
Kamut	400g	Using Khorasan flour (also known as Kamut) makes the loaf appear yellow in colour. Slightly sweet from the added malt and the distinctive Kamut taste.		6	Tuesday, Thursday, Friday & Saturday
Kamut & Pumpkin	600g	Using Khorasan flour (also known as Kamut) makes the loaf appear yellow in colour. Slightly sweet from the added malt and the distinctive Kamut taste. This loaf has the addition of		6	Tuesday, Thursday, Friday & Saturday
Spelt Pizza Base (Packs of 2)	200g	225mm pizza bases made using white spelt flour			Tuesday, Thursday, Friday & Saturday
Eureka	400g	A gluten free loaf dense with rice, chestnut and potato flour sweetened with apple juice and packed with golden linseed.		5	Tuesday, Thursday, Friday & Saturday
Carefree Gold £2.68	400g	Rich with poppyseed, linseed and sunflower seed with a base of potato, rice and soya flour sweetened with carrot and apple juice.		5	Tuesday, Thursday, Friday & Saturday

Freedom	400g	Made with potato, rice and soya floursweetened with carrot and apple juice.		5	Tuesday, Thursday, Friday & Saturday
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Wholemeal Breads


Wholemeal	800g	Sweet with the taste of wholemeal flour with a dense tight texture and nutty flavour		3	Everyday
Wholemeal	400g	Sweet with the taste of wholemeal flour with a dense tight texture and nutty flavour		3	Everyday
Multiseed Wholemeal	400g	The rye sourdough provides the tang with the wholemeal flour and malt adding a sweetness. It's packed withpoppyseeds, linseeds and sunflower seeds.		6	Tuesday, Thursday, Friday & Saturday
Multiseed Wholemeal	600g	The rye sourdough provides the tang with the wholemeal flour and malt adding a sweetness. It's packed withpoppyseeds, linseeds and sunflower seeds.		6	Tuesday, Thursday, Friday & Saturday
Multiseed Wholemeal	800g	The rye sourdough provides the tang with the wholemeal flour and malt adding sweetness.		6	Tuesday, Thursday, Friday & Saturday
Rustic Wholemeal	400g	The rye sourdough provides the tang with the wholemeal flour and malt adding sweetness.		6	Tuesday, Thursday, Friday & Saturday
Rustic Wholemeal	600g	The rye sourdough provides the tang with the wholemeal flour and malt adding sweetness.		6	Tuesday, Thursday, Friday & Saturday
Rustic Wholemeal	800g	The rye sourdough provides the tang with the wholemeal flour and malt adding sweetness.		6	Tuesday, Thursday, Friday & Saturday
Breakfast Wholemeal (hazelnuts & currants)	400g	The rye sourdough provides the tang with the wholemeal flour and malt adding sweetness including hazelnuts and currants		4	Tuesday, Thursday, Friday & Saturday

White Breads











Suffolk Cob	400g	A light rye sourdough base combined with white wheat flour for volume and malt forsweetness.		5	Everyday
Suffolk Cob	600g	A light rye sourdough base combined with white wheat flour for volume and malt forsweetness.		5	Everyday
Suffolk Cob	800g	A light rye sourdough base combined with white wheat flour for volume and malt forsweetness.		5	Everyday
Suffolk Cob with Poppyseed	400g	A light rye sourdough base combined with white wheat flour for volume and malt forsweetness with added poppyseeds.		5	Everyday
Suffolk Cob with Poppyseed	800g	A light rye sourdough base combined with white wheat flour for volume and malt forsweetness with added poppyseeds.		5	Everyday
Baguettes	200g	Chewy, open textured and billowy with a crisp crackly crust		3	Everyday
Farmhouse	800g	Classic white farmhouse, soft crumb and white spelt sourdough base with wheat flour for volume		5	Everyday
Farmhouse	400g	Classic white farmhouse, soft crumb and white spelt sourdough base with wheat flour for volume		5	Everyday
Small Oatgrain	400g	Malted wheat flour and soaked oats gives this tall sandwich loaf a distinct taste		3	Everyday
Large Oatgrain	800g	Malted wheat flour and soaked oats gives this tall sandwich loaf a distinct taste		3	Everyday
Small Walnut	400g	A small oven baked loaf with open texture and thin crust. The distinctive taste and presence of walnuts gives a slight blue/grey tint to the bread.		3	Everyday
Small Split Tin	400g	A classic white sandwich loaf, with soft crust and a uniform texture.		3	Everyday
Large Split Tin	800g	A classic white sandwich loaf, with soft crust and a uniform texture.		3	Everyday

Malted Grain Breads






Small Malted Brown with Sunflower	400g	Malted wheat grain and malted barley extract gives a sweetness to this uniformly textured brown loaf with a crunch from sunflower seeds		3	Everyday
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Large Malted Brown with Sunflower	800g	Malted wheat grain and malted barley extract gives a sweetness to this uniformly textured brown loaf with a crunch from sunflower seeds		3	Everyday
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Speciality Loaves

Wheaten Sourdough Cob	800g	Classic country bread with a crackly crust and chewy texture. We make it with a rye sourdough base and white wheat flour for added volume		5	Everyday
Wheaten Sourdough Batard	800g	Classic country bread with a crackly crust and chewy texture. We make it with a rye sourdough base and white wheat flour for added volume		5	Everyday
Wheaten Sourdough Batard	400g	Classic country bread with a crackly crust and chewy texture. We make it with a rye sourdough base and white wheat flour for added volume		5	Everyday
Wheaten Sourdough Wheel	1200g	Using the same recipe as the sourdoughs listed above but with a uniquely distinctive appearance. This decorative loaf has a large plait around its rim.		7	Everyday
Wheaten Sourdough Cob Multigrain	800g	Using the same recipe as the sourdoughs above but with sweet tones from the malted wheat flour. Also contains sunflower, sesame and poppy seeds.		7	Everyday
Sunflower Rye	600g	Sweet with fennel seeds and a tang of rye sourdough. Extra moistness comes from cooked barley. sunflower and poppy seeds add the crunch.		7	Everyday
Large Country Cob	800g	Packed with seeds and the use of sweet malted wheat flour gives this uniform sandwich loaf a sweetness and crunch		4	Everyday
Small Country Cob	400g	Packed with seeds and the use of sweet malted wheat flour gives this loaf a sweetness and crunch		3	Everyday
Pugliese	400g	An open textured classic italian style bread long fermented for extra flavour.		3	Everyday
Focaccia - caramelised red onion, garlic and olives	Large tray - 16 portions	Using our open textured Pugliese dough but containing slow roasted garlic, sweet red onion and 2 different types of olives		2	Saturday only

Rolls

Wholemeal - packs of 4	80g each	Sweet with the taste of wholemeal flour with a dense, tight texture and nutty flavour		3	Tuesday, Thursday, Friday & Saturday
Mixed Seeded White Rolls - packs of 4	125g each	Using Country Crust dough these classic knot shaped rolls offer something for everyone. Each roll has a different topping from poppyseeds to cheese.		3	Tuesday, Thursday, Friday & Saturday
Country Crust Roll -Individual	100g	An open soft crumb and a white spelt sourdough base with wheat flour for volume and malt for sweetness		3	Tuesday, Thursday, Friday & Saturday
Light Rye Rolls - packs of 4	80g each	A sourdough rye base with white spelt flour that adds lightness, volume and malty sweetness all offset by a sour rye tang.		3	Tuesday, Thursday, Friday & Saturday
Focaccia Rolls with rosemary & Sea salt	pack of 2 100g each	Using our pugliese recipe but with olive oil, roser		2	Tuesday, Thursday, Friday & Saturday