

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