

# Allergens and Ingredients

## IN YOUR LOAF

Please note: nuts and seeds are used in our bakery, including sesame seeds, so we cannot guarantee that any of our products are free of these items. Allergens are highlighted in **bold**.

### EVERYDAY LOAVES

*Ledbury Loaf/Rolls/Baguette (VG)*

*Organic Strong White **Wheat** Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), Water, Fresh Yeast, Sea Salt.*

*Malthouse 'Granary' Loaf/Rolls/Baguettes (VG)*

*Organic Light Malthouse **Wheat** Flour, Water, Fresh Yeast, Sea Salt.*

*Wholemeal (VG)*

*Organic Stoneground Wholemeal **Wheat** Flour, White **Wheat** Levain, Water, Orange Juice, Rapeseed Oil, Fresh Yeast, Sea Salt.*

*Milk Sandwich Loaf (V)*

*Strong White **Wheat** Flour (fortified with Calcium Carbonate, Nicotinamide, Iron and Thiamine), Full-Fat **Milk** (40%), Golden Syrup, Fresh Yeast, Sea Salt.*

*Ciabatta Loaf/Rolls (VG)*

*Organic Ciabatta **Wheat** Flour and Strong White Wheat Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), Water, Extra Virgin Olive Oil, Fresh Yeast, Sea Salt.*

*Focaccia (V)*

*Organic Strong White **Wheat** Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), Water, Honey, Malt Extract, Fresh Yeast, Olive Oil, Sea Salt.*

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Year-round Toppings: Sea Salt and Rosemary (V); Black Olive and Rosemary (V); Cheddar and Red Onion (V) [also with lemon juice and black pepper].

Seasonal Toppings: Wild Garlic [with Black Pepper] (V); Courgette, Pecorino (**Milk**) and Herefordshire Honey (V); Poached Pear, Blue Cheese (**Milk**) and Walnut (V, N).

## **SOURDOUGH**

Malvern Sour (VG)

Organic Strong White **Wheat** Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), Dark Rye Flour, Stoneground Wholemeal Wheat Flour, White Wheat Levain, Water, Sea Salt.

Walnut Sour (VG, N)

Organic Strong White **Wheat** Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), Dark Rye Flour, Stoneground Wholemeal **Wheat** Flour, White **Wheat** Levain, Water, Toasted **Walnuts**, Sea Salt.

Seeds A'Plenty (VG)

Organic Strong White **Wheat** Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), Dark Rye Flour, Stoneground Wholemeal **Wheat** Flour, White **Wheat** Levain, Water, Toasted **Seed-mix**: (Sunflower, **Sesame**, Linseeds), Sea Salt.

Prune and Pumpkin Seed (VG)

Organic Strong White **Wheat** Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), Dark Rye Flour, Stoneground Wholemeal **Wheat** Flour, White **Wheat** Levain, Water, California Prunes, Toasted Pumpkin Seeds, Sea Salt.

Spelt and Honey (V)

Organic White Spelt Flour, Wholemeal Spelt Flour, White Spelt Levain, Water, Herefordshire Honey, Toasted Sunflower Seeds, Sea Salt.

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## **RYE LOAVES**

*A Ryeful Loaf (VG)*

*Organic Dark Rye Flour, Medium Rye Flour, Rye Levain, Water, Treacle, Malt Extract, Sea Salt.*

*Kuschty Rye (VG)*

*Organic Dark Rye Flour, Medium Rye Flour, Rye Levain, Water, Treacle, Malt Extract, Willy's ACV Organic Live Balsamic Vinegar, Apples, Raisins, Toasted Pumpkin Seeds, Sea Salt.*

## **FRUIT LOAVES**

*Sunshine Tea Loaf (VG)*

*Organic Ciabatta **Wheat** Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), White **Wheat** Levain, Water, Fresh Pulped Orange, Raisins, Raspberry Tea, Toasted Sunflower Seeds, Fresh Yeast, Sea Salt.*

*Bara Brith (V)*

*Organic Strong White **Wheat** Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), Dark Brown Sugar, Treacle, Butter (Milk), Sultanas, Currants, Cranberries, Black Tea, Fresh Yeast, Sea Salt.*

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## Tea Cakes (V)

Strong White **Wheat** Flour (fortified with Calcium Carbonate, Nicotinamide, Iron and Thiamine), Caster Sugar, Water, Full-Fat **Milk**, Unsalted Butter (**Milk**), Egg, Sultanas, Currants, Fresh Yeast, Mixed Spice, Sea Salt.

## Hot Cross Buns (V)

Strong White **Wheat** Flour (fortified with Calcium Carbonate, Nicotinamide, Iron and Thiamine), Water, Full-Fat **Milk**, Unsalted Butter (**Milk**), Egg, Dried Apple, Sultanas, Herefordshire Honey, Fresh Yeast, Lemon Zest, Orange Zest, Vanilla Extract, Mixed Spice, Sea Salt.

## Chelsea Buns (V)

Strong White **Wheat** Flour (fortified with Calcium Carbonate, Nicotinamide, Iron and Thiamine), Water, Full-Fat **Milk**, Unsalted Butter (**Milk**), Egg, Golden Syrup, Fresh Yeast, Sea Salt. Filling: Dark Muscovado Sugar, Caster Sugar, Currants, Sultanas, Lemon Juice, Nutmeg, Ginger, Cinnamon.

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## *BUNS, MUFFINS & CRUMPETS*

### *Brioche Burger Buns (V)*

*Strong White **Wheat** Flour (fortified with Calcium Carbonate, Nicotinamide, Iron and Thiamine), White **Wheat** Levain, Caster Sugar, Full-Fat **Milk**, Unsalted Butter (**Milk**), Egg, Fresh Yeast, Sesame Seeds, Poppy Seeds, Sea Salt.*

*Vegan Buns (VG) Strong White **Wheat** Flour (fortified with Calcium Carbonate, Nicotinamide, Iron and Thiamine), White **Wheat** Levain, Caster Sugar, Oat Milk, Sweetened **Soya** Milk, Fresh Yeast, Rapeseed Oil, Sesame Seeds, Sea Salt.*

### *Soft White Rolls (V)*

*Strong White **Wheat** Flour (fortified with Calcium Carbonate, Nicotinamide, Iron and Thiamine), White **Wheat** Levain, Caster Sugar, Full-Fat **Milk**, Unsalted Butter (**Milk**), Egg, Fresh Yeast, Sea Salt.*

### *English Breakfast Muffins (V)*

*Strong White **Wheat** Flour (fortified with Calcium Carbonate, Nicotinamide, Iron and Thiamine), White **Wheat** Levain, Caster Sugar, Full-Fat **Milk**, Rapeseed Oil, Fresh Yeast, Sea Salt.*

### *Crumpets (V)*

*Strong White **Wheat** Flour (fortified with Calcium Carbonate, Nicotinamide, Iron and Thiamine), Caster Sugar, Full-Fat **Milk**, Rapeseed Oil, Fresh Yeast, Bicarbonate of Soda, Sea Salt.*

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## SEASONAL SPECIALS

*Wild Herefordshire Hop and Barley Sourdough Loaf (VG)*

*Allergens: **Wheat** and **Sulphur Dioxide***

*Poached Pear and Perry Sourdough (VG)*

*Allergens: **Wheat** and **Sulphur Dioxide***

*Nutty Butty Sour (VG, N) Organic Strong White **Wheat** Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), Light Malthouse **Wheat** Flour, Rye Levain, Water, Wye Valley Brewery's Butty Bach Ale (**Sulphur Dioxide**), Toasted **Walnuts**, Sea Salt.*

*Chocolate and Praline Almond Sour (V, N)*

*Organic Strong White **Wheat** Flour (fortified with non-organic Calcium Carbonate, Nicotinamide, Iron and Thiamine), White **Wheat** Levain, Water, Cocoa Powder, Herefordshire Honey, Chocolate Chips (**Milk/Soya**), **Almond** Praline: (**Almonds**, Caster Sugar, Water, Cinnamon), Sea Salt.*

*Cranberry and Walnut Sourdough (VG, N)*

*Allergens: **Wheat** and **Walnuts***