



BREADS	INGREDIENTS (Except of whole ingredient list) The following grain proportions refer to 100 percent of all grain mill products.	WEIGHT
SOURDOUGH		
BREADS WITH SOURDOUGH — <i>distinctively tangy</i>		
BAUERNBROT	40% whole-grain WHEAT groats**, 40% whole-grain RYE groats**, 20% WHEAT flour 1050**, RÖSTBROT**	1.000 g loaf
BAUERNBRÖTCHEN	40% whole-grain WHEAT groats**, 40% whole-grain RYE groats**, 20% WHEAT flour 1050**, RÖSTBROT**	60 g roll
BROWINER	51% whole grain flour light-grain RYE**, 47% whole grain flour MOUNTAIN RYE**, 2% whole-grain RYE groats**, malted BARLEY flour**	750 g loaf
DAS HAFER ●	78% OATS flakes**, 20% OATS groats**, 2% whole-grain RYE groats**, rice syrup*, Psyllium seed husk powder*, YEAST	500 g tin loaf
DAS GROSSE HELLE	64% WHEAT flour 550**, 21% WHEAT flour 1050**, 14% whole-grain RYE groats**, 1% SPELT flour*, RÖSTBROT**, YEAST	2.500 g loaf
DAS HELLE	64% WEIZENmehl 550**, 21% WEIZENmehl 1050**, 14% ROGGENvollkornschtrot**, 1% DINKELmehl*, RÖSTBROT**, YEAST	1.200 g loaf
DINKEL-KRACHER	99% SPELT flour 630**, 1% WHEAT mill products*, potato flakes*	600 g loaf
FRANKENLAIB	40% whole-grain WHEAT groats**, 40% whole-grain RYE groats**, 20% WHEAT flour 1050**, RÖSTBROT**, mixed spices* (fennel*, coriander*, caraway*)	1.500 g loaf
GANZKORN ▲	50% whole-grain RYE groats**, 36% whole-grain WHEAT groats**, 10% RYE grains**, 4% RYE flakes**, RÖSTBROT**	1.000 g tin loaf
MAILÄNDER	58% WHEAT flour 1050**, 37% WHEAT flour 550**, 5% SEMOLINA flour**, potatoe flakes*	600 g loaf
MÄRKISCHE KRUSTE	50% WHEAT flour 1050**, 33% RYE flour 1150**, 17% RYE grains**, RÖSTBROT**	1.000 g loaf
MÖHRE-WALNUSS	60% whole-grain WHEAT groats**, 33% whole-grain RYE groats**, 5% millet**, 2% RYE flakes**, fresh carrots**, WALNUTS*, carrot flakes*, linseeds**, poppy seeds*, SESAME seeds*, sunflower seeds**	750 g tin loaf
PADERBORNER	45% whole-grain RYE groats**, 35% RYE flour 1150**, 20% SPELT ruch flour 1100**	1.000 g tin loaf
ROGGENBROT	100% whole-grain RYE groats**	1.000 g tin loaf
SAATENBROT ▲	50% RYE grains**, 20% whole-grain RYE groats**, 15% whole meal EMMER**, 10% BARLEY flakes**, linseeds*, SESAME seeds*, pumpkin seeds*, sunflower seeds*	1.000 g tin loaf
SCHWARZBROT ▲	90% whole-grain RYE groats**, 10% RYE grains**, sugar beet syrup**	750 g tin loaf
SESAMBROT ▲	50% whole-grain WHEAT groats**, 40% whole-grain RYE groats**, 10% RYE grains**, RÖSTBROT**, SESAME seeds*	1.000 g tin loaf
SONNENBLUMENBROT ▲	55% whole-grain RYE groats**, 40% whole-grain WHEAT groats**, 5% RYE grains** RÖSTBROT**, sunflower seeds*	1.000 g tin loaf
UCKERMARKER	76% RYE flour 1150**, 20% SPELT flour 630**, 4% whole-grain RYE groats**, malted BARLEY flour**, caraway*	750 g loaf
VOLLKORN KRUSTE	80% whole-grain RYE groats**, 20% whole-grain WHEAT groats**, RÖSTBROT**, Psyllium seed husks*	750 g loaf
WALDVIERTLER	40% whole-grain WHEAT groats**, 40% whole-grain RYE groats**, 20% WHEAT flour 1050**, RÖSTBROT**, mixed spices* (fennel*, coriander*, caraway*), aniseeds*	2.000 g loaf
BACKFERMENT		
BREADS WITH BACKFERMENT (natural fermentation starter) — <i>mild, aromatic, without yeast</i>		
DINKELBROT 100%	100% whole-grain SPELT groats**	500 g tin loaf
DINKEL-ESSENER made of sprouted spelt ●	100% SPELT sprouts**, Jerusalem artichoke sirup*, ALMOND slivers*, cinnamon*	600 g tin loaf
DINKEL-MÖHRE	86% whole-grain SPELT groats**, 10% SPELT sprouts**, 2% SPELT flakes**, 2% OATS flakes**, fresh carrots**, carrot flakes*, sea buckthorn pulp*, sunflower seeds*, SESAME seeds**, linseeds**, poppy seeds*	500 g tin loaf
DINKEL-SPRÖSSLING with sprouted spelt	46% SPELT sprouts**, 25% SPELT flour 630**, 19% RYE flour 1150**, 8% RYE grains**, 2% SPELT flakes**, linseeds*, sunflower seeds*	500 g tin loaf
SECHKORN ▲	41% whole-grain WHEAT groats**, 24% whole-grain SPELT groats**, 9% whole-grain BARLEY groats**, 7% OATS groats**, 5% RYE grains**, 5% millet**, 4% whole-grain OATS groats**, linseeds**, pumpkin seeds*, SESAME seeds**, poppy seeds*, sunflower seeds**	1.000 g tin loaf
VIERSCHROT	35% whole-grain RYE groats**, 35% whole-grain WHEAT groats**, 15% whole-grain SPELT groats**, 12% whole-grain OATS groats**, 3% OATS groats**, RÖSTBROT**	1.000 g tin loaf
BIO-YEAST DOUGH		
BREADS WITH BIO-MOLASSES YEAST — <i>fragrant, light and fluffy</i>		
BERLINER WEISSBROT	80% WHEAT flour 550**, 20% WHEAT flour 1050**, BUTTER**, honey*, malted BARLEY flour**, sea buckthorn pulp*, WHEAT gluten*	500 g tin loaf
BUCHWEIZENBROT	89% SPELT ruch flour 1100**, 11% SPELT flour 630**, buckwheat groats*, BACKFERMENT without honey	600 g loaf
DINKEL-EMMER with SESAME	80% SPELT flour 630**, 20% wholemeal EMMER**, BACKFERMENT without honey , SESAME seeds*	500 g tin loaf
DINKEL-ROSINENBROT ●	88% whole-grain SPELT groats**, 10% SPELT ruch flour 1100**, 2% SPELT sprouts**, raisins*, BUTTER*, honey*, sea buckthorn pulp*	500 g loaf
DINKEL-RUCH	69% SPELT ruch flour 1100**, 29% SPELT flour 630**, 2% SPELT sprouts**, BACKFERMENT without honey , Ökostolz* (SPELT flour*, acerola powder*)	500 g loaf
ROLLS & PASTRIES WITH BIO-MOLASSES YEAST — <i>full-bodied</i>		
CIABATTA, CIABATTA SICILIANA	87% WHEAT flour 550**, 13% SEMOLINA flour**, olive oil**, WHEAT starch* (WHEAT flour*, malted BARLEY flour*, glucose*, acerola cherry powder*), / Siciliana additionally with dried tomatoes*, olives*, garlic granules*, herbs de provences*	200 g piece
DINKELBRÖTCHEN 100%	98% whole-grain SPELT groats**, 2% SPELT sprouts**, honey*, sunflower seed oil*, sea buckthorn pulp*	55 g roll
DINKEL-FRÜCHTEBRÖTCH.	88% whole-grain SPELT groats**, 10% SPELT ruch flour 1100**, 2% SPELT sprouts**, dried fruits*, HAZELNUTS*, BUTTER**, honey*, sea buckthorn pulp*, mixed spices* (mace*, aniseeds*, coriander*, cinnamon*, cardamom*)	80 g roll
DINKEL-MÖHREBRÖTCHEN	98% whole-grain SPELT groats**, 1% OATS flakes**, 1% SPELT flakes**, fresh carrots**, carrot flakes*, sea buckthorn pulp*, sunflower seeds*, linseeds**, SESAME seeds**, poppy seeds*, BUTTER**, honey*	60 g roll
DINKEL-ROSINENBRÖTCH.	88% whole-grain SPELT groats**, 10% SPELT ruch flour 1100**, 2% SPELT sprouts**, raisins*, BUTTER**, honey*, sea buckthorn pulp*	55 g roll
KÄSESTANGE	87% WHEAT flour 550**, 13% SEMOLINA flour**, EMMENTALER cheese*, pumpkin seeds* shopped, spice mix with SESAME seeds*	100 g stick
KÜRBISBRÖTCHEN	100% whole-grain WHEAT flour**, pumpkin seeds*, BUTTER**, malted BARLEY flour**, sea buckthorn pulp*, WHEAT gluten*	70 g roll
MARCBRÖTCHEN	45% whole-grain WHEAT flour**, 45% WHEAT flour 550**, 8% whole-grain RYE groats**, 1% OATS flakes**, 1% SPELT flakes**, SOURDOUGH , sunflower seeds**, linseeds**, SESAME seeds**, poppy seeds*, sea buckthorn pulp*	55 g roll
MOHNBRÖTCHEN	100% whole-grain WHEAT flour**, poppy seeds*, BUTTER**, malted BARLEY flour**, sea buckthorn pulp*, WHEAT gluten*	60 g roll
SCHOKO-BRIOCHE	100% WHEAT flour 550**, chocolate*, whole MILK*, BUTTER**, whole EGGS*, rice syrup*	100 g roll
SCHRIPPEN	80% WHEAT flour 550**, 20% WHEAT flour 1050**, BUTTER**, honey*, malted BARLEY flour**, sea buckthorn pulp*, WHEAT gluten*	55 g roll
SESAMBROTCHEN	100% whole-grain WHEAT flour**, SESAME seeds*, BUTTER**, malted BARLEY flour**, sea buckthorn pulp*, WHEAT gluten*	60 g roll
SONNENBLUMENKERNBRÖTCHEN	100% whole-grain WHEAT flour**, sunflower seeds*, BUTTER**, malted BARLEY flour**, sea buckthorn pulp*, WHEAT gluten*	60 g roll
WEISSEMEHLBAGUETTE	78% WHEAT flour 550**, 22% WHEAT flour 1050**, malted BARLEY flour**, BUTTER**, honey*	400 g stick

All grain is certified by Demeter. All other ingredients are Demeter certified or from certified bio companies or from controlled organic farming, preferably regional produce. We bake with rock salt from Saxonia-Anhalt. Our breads contain between 1,0g and 1,9g of salt per 100g bread. For our yeast doughs we use Bio-Molasses Yeast from Agrano. RÖSTBROT** (roasted & grounded bread) improves aroma, freshness and durability. The following sorts are used for RÖSTBROT**: Ganzkorn and Roggenbrot. We may use malted BARLEY flour** in our sourdough breads and Ökostolz* (SPELT flour*, acerola powder*) in our SPELT breads according to the baking quality of the grains. We use organic baking agents based on organic vegetable oil for our baking machines and baking tins. SPELT and EMMER are varieties of WHEAT.

▲ = for the purpose of preservation, these varieties contain cooked RYE ● = available Tuesday to Saturday ● = available only Friday and Saturday

Allergen ingredients are printed in BIG letters. All our breads contain GLUTEN. EGGS, MILK and MILK products, ALMONDS, HAZELNUTS, WALNUTS, SESAME seeds, CELLERY and CELLERY products are processed in our company – our products may contain traces of these ingredients.



BREAD ASSORTMENT

SOURDOUGH



BACKFERMENT



BIO-YEAST DOUGH

