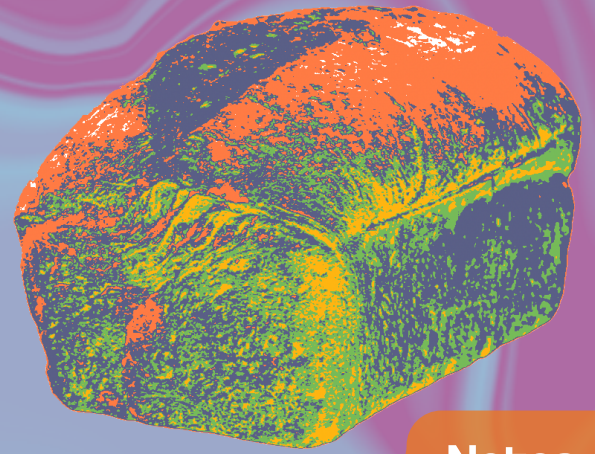


BRAINFOOD BREAD MENU



*Country Sourdough

INGREDIENTS: sourdough leaven, Camas Country all purpose hard white wheat, sifted hard white wheat edison flour, spelt flour, diastatic malt, water and salt.

Notes:

The Country Sourdough is the classic rustic bread. This loaf is spongy, springy and crusty.

Toast it with a slab of butter and honey finished off with some flakey salt or make an avocado and cheese sando.

It is guaranteed to satisfy.

*Country Whole Wheat

INGREDIENTS: sourdough leaven, Camas Country hard red wheat, hard white wheat, diastatic malt, water and salt.

Notes:

Like the Classic Country Sourdough, it too is filled with nutritious whole grains that will make your brain and body feel more

whole, connected, nourished and will surely put a smile on your face.

*Einkorn+Spelt

INGREDIENTS: sourdough leaven, einkorn flour, spelt flour, sifted hard white wheat edison flour, water, salt and diastatic malt.

Notes:

Einkorn and Spelt come from the farro grain family and are some of earth's oldest grains, dating around 5000 BC.

The deep flavors of this bread are nutty, muddy and sweet.

This bread is very grounding and wholesome.