

Why sourdough?

Using an ancient, natural, fermentation process sourdough bread is one of the healthiest and most nutritious types of bread you can find!

Did you know our sourdough...

- is gut-friendly and easy to digest.
- contains prebiotics to keep your gut bacteria happy.
- is less likely to spike your blood sugar level.
- is made of stoneground flour, which preserves the nutrition of the grain.
- has NO additives or preservatives.
- breaks down some of the gluten in the long fermentation process.

We get excited about sourdough bread
and so should you!



Call us: 0787544525