



CROSSROADS BAKE SHOP

Beneficial Breads

We named this line of breads “beneficial breads” because they have added nutrient value compared to our breads that are made with only white flour. Below is a key to inform you which breads have more whole grain content than others, and which, if any, contain oil, dairy or any sweetener. Our white flour is always unbleached and unbromated, and our whole grains are organic as availability allows. Crossroads bread is always GMO free. This is not a complete list of ingredients, so please assume that all breads have some white flour in them and of course, water, yeast and salt.

Complete French Baguette - A highly nutritional French Bread containing the complete complex proteins present in Amaranth, quinoa and spelt and the high fiber of brown rice.

Hi-Protein Seeded Bread - Quinoa, amaranth, millet, rye, sesame seeds, poppy seeds, flax seeds and sunflower seeds are all present in this bread. These grains and seeds provide a perfect balance of 8 essential amino acids, omega-3 fatty acids and an abundance of lysine, calcium, iron, vitamin E and several of the B vitamins. (H)

Six-Grain (Sechskornbrot) - An authentic German bread containing an organic mix of 2 types of wheat, oats, rye, barley and triticale (also a bit of caraway). (PWG)

German Rye - This is a true German Rye because it contains more whole rye flour than wheat flour. There is no added caraway. (PWG)

Country French - This “old world” French bread is now revived and popular in France. Unlike the modern baguettes, these boules contain whole rye and whole wheat flour and use a natural preferment for flavor, texture, crust, and shelf-life.

Flax Seed Bread Our Country French Bread with the addition of nutritious flax seeds.

Multi-Grain - Made like our Country French Bread, but with a courser texture due to the addition of oats, barley, triticale, rye, spelt, quinoa, millet and amaranth. (PWG)

Wheat and Rye - A similar flour composition to our Country French, but made with a less sour starter. We also make this bread studded with sunflower seeds and currants or Cranberries and Walnuts. Contains Whole Wheat and Whole Rye flour.

Whole Wheat Italian - Dip this bread into Olive Oil and enjoy the great taste of Italian bread with addition of flavorful whole wheat flour. (O)

Buttermilk Oat Bread - A moist, soft textured bread offering the cholesterol lowering soluble fiber found concentrated in oat bran. Contains buttermilk, oats and whole wheat flour in addition to the unbleached white flour. (S) (O) (D)

Honey Whole Wheat - A simple loaf pan bread that has about 45% whole wheat flour. (H), (O)

Corn Honey - A loaf pan bread that contains corn flour, durham wheat flour and semolina flour, in addition to unbleached white flour. (H), (O)

(PWG) - Contains predominantly whole grains and whole grain flours (H) - Contains some honey
(S) Contains some Brown Sugar (O) - Contains some Canola or Olive Oil (D) Contains some dairy