

# Wild Wheat Bakery

The Tram Stop, 811 Mt Eden Rd, Ph: 631 7012, open 7 days  
Factory Shop, 20 Rylock Pl, Pakuranga, Ph: 577 5164, open 7 days  
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Wild Wheat is a bakery that specializes in a range of European style artisan breads.

We use the finest ingredients available and bake in a traditional style using no preservatives or additives. The flavours are developed in the breads predominantly through the use of our natural sourdough starters. In addition to our breads we also stock a selection of sandwiches, pies, and pastries - made daily.

## Speciality Breads

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**Ciabatta**                      Loaf/\$5.00    200g Mini Loaf/\$3.00    120g buns/\$2.00  
Traditional rustic Italian bread with a light holey interior and chewy crust.

**Mixed Grain**                      Loaf/\$5.50  
Wholemeal based five grain loaf, kept moist with the addition of rye sour starter.

**Puglia**                      Loaf/\$4.50    100g roll/\$1.50    Corda/\$2.00  
A white, crusty Italian recipe with durum flour in an old dough base.

**Turkish Bread**                      Pide/\$5.50    Half pide/\$3.50    Bap/\$1.50  
Light Italian flat bread with a sourdough and olive oil flavoured base.

**Mini Focaccia**                      \$2.00  
Flavoured with egg, olive oil, rosemary and sour starter with a variety of toppings that differ daily.

**French Stick**                      \$3.50  
Traditional crusty French favourite.

**Croissants**                      Plain/\$3.50    Chocolate/\$4.00    Almond/\$4.00  
A much loved French tradition. Layers of flaky, buttery pastry encased in a crisp brown crust.  
Three varieties available.

**English Muffins**                      \$1.50  
Very light, soft interior with crisp shell.

**Bagels**                      \$2.00  
Sourdough based traditionally chewy bagels. Available in a variety of toppings such as rocksalt or mixed seeds.

**Light Grain**                      700g Free form/\$5.50                      100g rolls/\$1.50  
Rye based bread with a light smattering of grains and seeds.

**Tin Loaves Sliced**                      White/\$4.00    Wholemeal/\$4.00

**Hamburger Buns**                      \$1.80

**Flavoured Loaves**                      Loaf/\$5.50                      Half sticks/\$3.50                      100g Buns/\$1.50

All our flavoured loaves have an old-dough, sour starter base which creates a robust texture and enhances their keeping qualities. The flavours are created using the finest ingredients available. The four flavours available are:  
sundried tomato, olive, walnut, and pesto.

**Fruit Bread**                                      \$6.00                                      Available Saturday & Sunday only

A delicious mix of fruits, nuts and grains with a light lemon and honey flavouring. Has an underlying hint of rye sourdough base.

## Wild Wheat Sourdoughs

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**Baguettes**                                      \$4.50

**White Sourdough**                      1.5kg Cobb/\$8.50                      800g/\$5.50                      600g/\$5.00

**Wholemeal Sourdough**                      800g/\$5.50                      600g/\$5.00

**Rosemary & Olive Sourdough**                      800g/\$5.50

A slightly less porous texture due to the addition of extra virgin olive oil and freshly chopped rosemary.

**Walnut & Raisin Sourdough**                      600g/\$6.00

Light sourdough texture with the addition of raisins and toasted walnuts.

**Potato Sourdough**                                      800g/\$6.00                                      600g/\$5.50

A moist, chewy bread with a light rye base which enhances its great keeping qualities.

**Kumara Sourdough**                                      800g/\$6.50                                      600g/\$5.50

Roasted kumara in a light wholemeal based sourdough, produces a warm earthy flavour.

**Country Sourdough**                                      1kg Cobb/\$6.50                                      600g/\$5.00

Rich wholemeal and rye based sourdough flavoured with apple cider. Keeps well.

**Seeded Sourdough**                                      800gm/ \$6.00

Crunchy seeds and grains in light wholemeal dough. Low G.I Bread.

**Caraway Rye Sourdough**                                      800gm Loaf/ \$6.00

## Even Healthier Options

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**100% Wholemeal Tin Loaf**                                      600g loaf/\$5.00

A mix of purple and stoneground wholemeal flours. Dark colour, rich flavour.

**Gluten Free Loaf**                                      800g loaf/\$6.50

Made with rice, quinoa, buckwheat and amaranth flours, yeast, potato and eggs.