

ABOUT US

We are a small, family-owned business, specializing in artisan baking since 1998. We strive to provide our community with high quality, nutritious foods that are made as accessible as possible. At the same time, we work to create a healthy working environment and operate in a socially responsible manner. We wish to support a community that values humanity, health and nature. We believe in the goodness of wheat so much, this paper this is printed on is made of 80% wheat straw.

WHY WE SUPPORT LOCAL & ORGANICALLY GROWN FOODS

According to the Journal of American Nutrition, organic food contains up to 250% of the essential minerals and vitamins of non-organic foods.

Organic food is free of genetically modified organisms.

Organic production is healthier for people and the planet.

Organic farming builds topsoil and increases soil fertility, improving habitat for all life forms.

Organic food tastes better.

MON - FRI 7:30AM - 6PM
SAT 8AM - 5PM
SUN 8:30AM - 5PM

CLOSED MOST STAT HOLIDAYS

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WILDFIREBAKERY.CA



A R T I S A N B R E A D S

LEVAIN BREADS

Good bread takes time, the finest ingredients, methods that favour quality over speed and, most of all, the right oven. Good bread also calls for bakers who understand the delicate process that transforms water, flour and salt into a complete food bursting with complex carbohydrates and proteins. Our hand-crafted breads are naturally leavened, then baked to crusty perfection in wood-fired brick ovens. Our goal is to ensure that every aspect of our production will create the finest quality food and offer an alternative to mass produced foods that lack both nourishment and soul.

Our process is simple yet meticulous. We use only our own freshly stone-milled flour, fresh certified organic unbleached wheat flour and filtered water. The dough is allowed to rise for up to 24 hours. Fermentation allows the flavours of the grains and yeast to fully mature. This method creates a bread with complex flavour, a moist and chewy texture and a burnished crisp crust.

Our breads are often marketed as “yeast-free”. Free of commercially cultivated yeasts, the breads rely on carefully maintained wild yeast cultures to produce a slow risen levain bread. We offer a wide selection of breads including wheat-free varieties which may be suitable for people with specific dietary needs.

BREAD MENU

Using a stone mill imported from Austria, we grind all our whole grain flours to produce our own sifted spelt flour. We use locally grown wheat from Metchosin, blended with certified organic wheat to create our whole wheat flour. Our certified organic spelt and rye come from a grain growing co-operative in Armstrong B.C.

All our ingredients are Canadian grown, either locally - using sustainable farming methods or certified organic.

RUSTIC WHITE

Unbleached wheat flour¹, filtered water, wheat levain, rye flour¹, unrefined sea salt¹. Available as a loaf, baguette or buns.

- **APRICOT-ANISE**¹ with apricots and anise seed.
- **GARLIC-CHEDDAR**¹ with aged white cheddar cheese and fresh garlic.
- **OLIVE** with Sicilian black olives, Kalamata olives and rosemary³. (May contain olive pits)

WHOLE GRAIN

Whole wheat flour³, filtered water, wheat levain¹, unrefined sea salt¹.

- **WHOLE WHEAT**
- **MULTIGRAIN**¹ – unbleached wheat flour, barley, flax seeds, millet, oats, rye, triticale.
- **THREE SEED**¹ – unbleached wheat flour, sunflower seeds, flax seeds, sesame seeds.
- **SPROUTED WHEAT** – unbleached wheat flour¹, sprouted wheat kernels³. (Also available as buns)

INGREDIENTS KEY

- 1 – certified organic
- 2 – our own stone ground flour
- 3 – locally grown

RYE

Whole rye flour¹, filtered water, rye levain¹, unrefined sea salt¹.

- **RYE WITH WHEAT** – unbleached wheat flour¹, whole wheat flour²³ (not available on Sundays)
- **SEEDED-RYE** – unbleached wheat flour¹, whole wheat flour³, sunflower seeds, mustard seeds, caraway, cumin.
- **RAISIN-WALNUT** – unbleached wheat flour¹, whole wheat flour²³, raisins¹, walnuts¹, cinnamon¹.
- **100% RYE** – traditional rye sourdough, also available with sunflower seeds or roasted hazelnuts. Our longest running loaf. Keeps 5-7 days. (Available on Mondays and Thursdays)

ETC.

Unbleached wheat flour¹, filtered water, wheat levain¹, unrefined sea salt¹, yeast.

- **CIABATTA**
- **HERB & BLACK PEPPER FOCACCIA**¹ – extra virgin olive oil, aged white cheddar, onions.
- **CHEDDAR & ONION FOCACCIA**¹ – extra virgin olive oil, aged white cheddar, onions.
- **YEASTED BAGUETTES**

WHEAT-FREE

- **WHOLE SPELT** – filtered water, whole spelt flour¹², spelt levain¹, unrefined sea salt¹.
- **SIFTED SPELT** – sifted spelt flour¹², filtered water, spelt levain¹, unrefined sea salt¹.
- **SESAME SPELT** – sifted spelt flour¹², filtered water, spelt levain¹, unrefined sea salt¹, sesame seeds¹.