



## PICK UP & DELIVERY MENU

Unprecedented times have forced quick solutions for helping our communities stay healthy and nourished.

At Wild Fire we highly encourage that you stay home if you can and when out maintain at least 2m of physical distance from everyone you encounter.

Until further notice we will be baking almost exclusively to fill orders. These will be available for pick up Monday-Saturday from our doorway or home delivery may be available, details and ordering guidelines available below.

Menu and hours of operation will be updated as we implement changes. We hope to offer some soups and sandwiches in the weeks to come.

### ABOUT OUR INGREDIENTS

Our ingredients are almost exclusively certified organic or sustainably locally produced. For added nutritional benefit we filter our water and use mineral-rich unrefined grey sea salt.

- ◆ All wholegrain and sifted flour is certified organic, BC grown and freshly stone ground at our Nootka Rose Flour Mill in Metchosin.
- ◆ All unbleached wheat flour is certified organic and Canadian grown.

#### Ingredient Key

Certified organic <sup>1</sup>

Our own freshly stone ground flour <sup>2</sup>

BC or Island grown <sup>3</sup>



## ORDERING for PICK-UP or DELIVERY

We highly encourage pre-orders.

- ◆ Orders, cancellations and changes are accepted **Monday to Friday, 8am – 4pm** ideally by email but phone messages can be left. We check our voice/email 3 times a day starting at 9am.
- ◆ Orders must be received by 4pm two working days in advance.
  - ❖ *Orders on Saturday must be received by Thursday 4pm*
  - ❖ *Orders for Monday and Tuesday must be received by Friday 4pm*

## PICK-UP

- ◆ Orders are available for pick up at our take out window from 10am – 4pm on the days we are open. As possible, please pay via contactless cards.

## DELIVERY

Using our electric vehicle, we now offer no-contact, pre-paid home deliveries.

Ground rules are!

- ◆ For the safety of all involved deliveries must be strictly no-contact. Please tell us where to leave your order, for apartments/condos we will buzz and wait to see you in the lobby but sadly can not stay to chat.
- ◆ Delivery range currently 6km of Wild Fire. If you live beyond this range please let us know, with enough interest we may be able to arrange a weekly route towards Sidney and also towards Langford.
- ◆ \$25 minimum or \$5 delivery fee.
- ◆ Delivery time is approximate, generally between 10am and 2pm but maybe later.
- ◆ Pre payment is required and must be received by 4pm *the day before* your delivery. Payments can be sent by etransfer or credit card, if you use the credit option our system will remember you making the system faster moving forward.

## BREAD MENU

Good bread calls for bakers who understand the delicate process that turns water, flour and salt into a complete food full of complex carbohydrates and proteins. Wild Fire handcrafts our organic naturally leavened breads taking time & using only the finest ingredients. Our bread is baked to crusty perfection in our wood fired deck oven. Every aspect of our production is chosen to create the finest quality food and to offer alternatives to mass produced foods that lack soul and nourishment.

Most loaves can be sliced upon request.

Varieties are available daily except where specified.

### RUSTIC WHITE LOAVES

All Rustic White loaves contain the following ingredients plus any additions as listed.

*unbleached wheat flour<sup>1</sup>, filtered water, wheat levain<sup>1</sup> (starter), whole wheat flour<sup>1,2,3</sup>, whole rye flour<sup>1,2,3</sup>, unrefined sea salt*

**Rustic White** 800g (pre-baked) **\$6.75**

**Black Olive** 800g (pre-baked) **\$7.50**

*with Sicilian black olives, Kalamata olives, fresh herbs<sup>1</sup> &/or <sup>3</sup>*

**Garlic Cheddar** 600g (pre-baked) **\$6.75**

*with aged white cheddar<sup>1</sup>, fresh garlic<sup>1</sup>*

**Apricot Anise** 600g (pre-baked) **\$6.75**

*with dried apricots<sup>1</sup>, toasted anise seed<sup>1</sup>*

**NOT available Friday**

### WHOLE WHEAT LOAVES

All Whole Wheat loaves contain the following ingredients plus any additions as listed.

*whole wheat flour<sup>1,2,3</sup>, filtered water, unbleached wheat flour<sup>1</sup>, wheat levain<sup>1</sup> (starter), unrefined sea salt*

**Whole Wheat** 800g (pre-baked) **\$6.75**

**(74% wholegrain)**

**3-Seed** 800g (pre-baked) **\$7.00**

**(74% wholegrain)** with sunflower<sup>1</sup>, flax<sup>1,3</sup> and sesame<sup>1</sup> seeds

**Multigrain** 800g (pre-baked) **\$7.00**

**(70% wholegrain)** with barley<sup>1,2,3</sup>, khorasan<sup>1,2,3</sup>, triticale<sup>1,2,3</sup>, oats<sup>1,2,3</sup>, rye<sup>1,2,3</sup>, flax seeds<sup>1,3</sup>, millet<sup>1</sup>

**Sprouted Wheat** 600g (pre-baked) **\$6.25**

**(54% wholegrain)** with sprouted wheat kernels<sup>1,3</sup>

## HERITAGE GRAIN LOAVES

### **Whole Spelt 800g (pre-baked) \$7.50**

*(100% wholegrain) filtered water, whole spelt flour<sup>1,2,3</sup>, whole spelt levain<sup>1,2,3</sup> (starter), unrefined sea salt*

### **Sifted Spelt 700g (pre-baked) \$7.75**

*filtered water, sifted spelt flour<sup>1,2,3</sup>, whole spelt levain<sup>1,2,3</sup> (starter), unrefined sea salt<sup>3</sup>*

**ONLY available Monday & Friday**

### **Sesame Sifted Spelt 700g (pre-baked) \$8.00**

*filtered water, sifted spelt flour<sup>1,2,3</sup>, whole spelt levain<sup>1,2,3</sup> (starter), sesame seeds, unrefined sea salt<sup>3</sup>*

**ONLY available Monday & Friday**

### **Red Fife Wheat 800g (pre-baked) Currently N/A but \$7.00 when available**

*(55% wholegrain) whole Red Fife wheat flour<sup>1,2,3</sup>, filtered water, unbleached wheat flour<sup>1</sup>, wheat levain<sup>1</sup> (starter), unrefined sea salt*

## RYE LOAVES

All Rye loaves contain the following ingredients plus any additions as listed.

*filtered water, whole rye flour<sup>1,2,3</sup>, unbleached wheat flour<sup>1</sup>, whole wheat flour<sup>1,2,3</sup>, rye levain<sup>1,2,3</sup> (starter), unrefined sea salt*

### **Rye with Wheat 800g (pre-baked) \$6.75**

*(55% wholegrain)*

### **Seeded Rye 800g (pre-baked) \$7.00**

*(55% wholegrain) with sunflower seeds<sup>1</sup>, brown mustard seeds<sup>1</sup>, cumin<sup>1</sup>, caraway<sup>1</sup>*

### **Raisin Walnut 800g \$7.50**

*(33% wholegrain) with raisins<sup>1</sup>, walnuts<sup>1</sup>, cinnamon<sup>1</sup>*

## BAGUETTES

All baguettes are 400g (pre-baked)

### **Sourdough baguettes:**

*See rustic white ingredients above*

#### **Rustic White**

**\$4.00**

#### **Black Olive**

**\$4.50**

#### **Garlic Cheddar**

**\$4.65**

#### **Traditional Baguette**

**\$4.50**

*filtered water, whole rye flour<sup>1,2,3</sup>, unbleached wheat flour<sup>1</sup>, whole wheat flour<sup>1,2,3</sup>, rye levain<sup>1,2,3</sup> (starter), unrefined sea salt*

## FOCACCIA & CIABATTA

All focaccia & ciabatta contain the following ingredients plus any additions as listed.

*unbleached wheat flour<sup>1</sup>, filtered water, wheat levain (starter), fresh yeast, unrefined sea salt*

### **Ciabatta 500g (pre-baked) \$4.50**

### **Herb & Black Pepper 438g (pre-baked) \$4.00**

*olive oil<sup>1</sup> and topped with mixed herbs<sup>1</sup> and coarse sea salt*

### **Cheddar and Onion 438g \$5.00**

*olive oil<sup>1</sup> and topped with aged cheddar<sup>1</sup> and onion<sup>1</sup> and coarse sea salt*

## PASTRY & MUFFINS

We bake a full line of pastry that includes naturally leavened croissants, delicious tarts and bars and a selection of cookies including some that are wheat free, vegan and sugar free. Our dairy free muffins are all made with our own freshly milled BC grown spelt flour.

Depending on your needs, we provide products in bulk or packaged and labelled.

## COOKIES

### Chocolate Fudge (*spelt*)

\$1.62+gst 6/\$9.15 12/\$17.50

*organic fair trade chocolate<sup>1</sup>, evaporated cane sugar<sup>1</sup>, sifted spelt flour<sup>1,2,3</sup>, butter, Valrhona cocoa, eggs<sup>3</sup>, baking powder*

### Ginger Spice (*vegan*)

\$1.62+gst 6/\$9.15 12/\$17.50

*whole spelt flour<sup>1,2,3</sup>, maple syrup<sup>1</sup>, unhydrogenated vegetable shortening<sup>1</sup>, molasses<sup>1</sup>, fresh ginger<sup>1</sup>, spices<sup>1</sup>, baking powder, baking soda, unrefined sea salt*

### Lavender Shortbread

\$0.81+gst 6/\$4.50 12/\$8.50

*unbleached wheat flour<sup>1</sup>, butter, evaporated cane sugar<sup>1</sup>, lavender flowers<sup>1</sup>, unrefined sea salt*

### Whole Wheat Shortbread

\$0.81+gst 6/\$4.50 12/\$8.50

*whole wheat flour<sup>1,2,3</sup>, butter, evaporated cane sugar<sup>1</sup>, unrefined sea salt*

### Salted Chocolate (*vegan*)

\$2.52+gst 6/\$14.50 12/\$27.00

*unbleached wheat flour<sup>1</sup>, sunflower oil<sup>1</sup>, evaporated cane sugar<sup>1</sup>, organic fair trade chocolate<sup>1</sup>, molasses<sup>1</sup>, baking powder & soda, vanilla<sup>1</sup>, unrefined sea salt*

### Chocolate Chip

\$2.52+gst 6/\$14.50 12/\$27.00

*unbleached wheat flour<sup>1</sup>, butter, evaporated cane sugar<sup>1</sup>, eggs<sup>3</sup>, organic fair trade chocolate<sup>1</sup>, molasses<sup>1</sup>, baking soda, vanilla<sup>1</sup>, unrefined sea salt*

### Oatmeal Raisin

\$1.43+gst 6/\$8.25 12/\$15.75

*oats<sup>1,3</sup>, raisins<sup>1</sup>, egg<sup>3</sup>, butter, unbleached white flour<sup>1</sup>, evaporated cane sugar<sup>1</sup>, baking powder*

### Pumpkinseed Anise (*vegan, gluten free*)

\$1.62+gst 6/\$9.15 12/\$17.50

*brown rice flour<sup>1</sup>, maple syrup<sup>1</sup>, unhydrogenated vegetable shortening<sup>1</sup>, pumpkin seeds<sup>1</sup>, anise seed<sup>1</sup>, vanilla<sup>1</sup>, unrefined sea salt<sup>1</sup>, baking soda & powder*

## TARTS

All tarts contain:

*unbleached wheat flour<sup>1</sup>, butter, evaporated cane sugar<sup>1</sup>, egg<sup>3</sup>, milk<sup>1,3</sup>*

### Rustic Apple Tarts

\$3.19+gst 6/\$18.00 12/\$34.50

*apple<sup>1</sup>, oats, cinnamon<sup>1</sup>, apricot glaze<sup>1,3</sup>*

### Hazelnut Pear with Cardamom

\$3.48+gst 6/\$19.75 12/\$36.50

*pear<sup>1</sup>, almonds<sup>1</sup>, hazelnuts<sup>1</sup>, cardamom<sup>1</sup>, apricot glaze<sup>1,3</sup>*

### Mixed Fruit Galette

\$3.19+gst 6/\$18.00 12/\$34.50

*mixed fruit (usually berry plus apple or rhubarb)<sup>1</sup>, spices<sup>1</sup>, apricot glaze<sup>1,3</sup>*

### Chocolate Pecan with Caramel

\$3.48+gst 6/\$19.75 12/\$36.50

*fair trade chocolate<sup>1</sup>, heavy cream<sup>1,3</sup>, pecans<sup>1</sup>*

## CROISSANTS ETC

All laminated pastry contain the following ingredients plus any additional ingredients listed below:

*unbleached wheat flour<sup>1</sup>, butter, milk<sup>1</sup>, evaporated cane sugar<sup>1</sup>, eggs<sup>3</sup>, starter<sup>1</sup>, fresh yeast, unrefined sea salt*

### **Croissant**

\$3.10 6/\$14.75 12/\$29.75

### **Kouign-Amann**

\$3.35 6/\$18.00 12/\$32.00

### **Pain au Chocolat**

\$3.57+gst 6/\$19.25 12/\$34.25

*organic fair trade chocolate<sup>1</sup>*

### **Almond Croissant**

\$3.33+gst 6/\$18.00 12/\$31.95

*almonds<sup>1</sup>*

### **Blueberry Custard Danish**

\$3.33+gst 6/\$18.00 12/\$31.95

*blueberries<sup>1,3</sup>, vanilla<sup>1</sup>, apricot glaze<sup>1</sup>*

### **Savory Danish**

\$3.81+gst 6/\$20.50 12/\$36.50

*fillings vary, often some cheddar cheese<sup>1</sup> or cream cheese<sup>3</sup> with store made pesto or other herbs or veggies<sup>1</sup>*

## MUFFINS

\$3.48+gst 6/\$19.25 12/\$35.50

Our 100% whole grain muffins contain the following plus any additional ingredients listed.

*whole spelt flour<sup>1,2,3</sup>, spelt bran<sup>1,2,3</sup>, apple juice<sup>1,3</sup>, sunflower oil<sup>1</sup>, baking powder, baking soda, unrefined sea salt*

### **Banana Nut (vegan)**

*bananas<sup>1</sup>, evaporated cane sugar, walnuts<sup>1</sup>, apple cider vinegar<sup>1</sup>, cinnamon<sup>1</sup>*

### **Zucchini Chocolate**

*Zucchini<sup>1</sup>, fair trade dark chocolate<sup>1</sup>, evaporated cane sugar<sup>1</sup>, eggs<sup>3</sup>, vanilla<sup>1</sup>, cinnamon<sup>1</sup>*

### **Blueberry Ginger (vegan, sugar free)**

*blueberries<sup>1,3</sup>, oats, maple syrup<sup>1</sup>, ginger<sup>1</sup>*

### **Carrot Millet Pumpkinseed**

*soy milk<sup>1</sup>, evaporated cane sugar<sup>1</sup>, eggs<sup>3</sup>, millet<sup>1</sup>, pumpkin seeds<sup>1</sup>, carrots<sup>1</sup>, spices<sup>1</sup>*

## BARS, LOAVES, CAKES & PIE

Brownies & bars can be sold individually but are also available as an uncut a slab (you cut to whatever size you want).

### Rye Brownie

\$3.48+gst 6/\$18.25 12/\$34.75

*fair trade chocolate<sup>1</sup>, evaporated cane sugar<sup>1</sup>, whole rye flour<sup>1,2,3</sup>, eggs<sup>3</sup>, sunflower oil<sup>1</sup>, vanilla<sup>1</sup>, unrefined sea salt, baking powder*

### Vegan Chocolate Cake

Slice \$3.58+gst

*apple juice<sup>1,3</sup>, sifted spelt flour<sup>1,2,3</sup>, sunflower oil<sup>1</sup>, fair trade chocolate<sup>1</sup>, evaporated cane sugar<sup>1</sup>, coconut milk (water, coconut cream – coconut milk, xanthan gum, cane sugar and less than 1% of: carrageenan, gellan gum, sea salt, sodium citrate, tripotassium citrate), Valrhona cocoa, baking soda & powder, unrefined sea salt*  
*(please see our cake menu for other cake options at Wild Fire)*

### Apple Pie

\$18.00

*apples<sup>1</sup>, butter, unbleached wheat flour<sup>1</sup>, evaporated cane sugar<sup>1</sup>, cornstarch<sup>1</sup>, spices<sup>1</sup>, lemon<sup>1</sup>, unrefined sea salt, egg<sup>3</sup>*

### Carrot Cake

\$1.52+gst 6/\$8.75 12/\$15.00

*carrots<sup>1</sup>, sunflower oil<sup>1</sup>, sifted spelt flour<sup>1,2,3</sup>, evaporated cane sugar<sup>1</sup>, raisins<sup>1</sup>, eggs<sup>3</sup>, spices<sup>1</sup>, baking soda & powder, unrefined sea salt*

### Nanaimo Bar

\$3.67+gst 6/\$20.25 12/\$38.25

*butter, fair trade chocolate<sup>1</sup>, unbleached wheat flour<sup>1</sup>, sifted spelt flour<sup>1,2,3</sup>, coconut<sup>1</sup>, walnuts<sup>1</sup>, evaporated cane sugar<sup>1</sup>, egg<sup>3</sup>, Valrhona cocoa, vanilla<sup>1</sup>, baking soda & powder, unrefined sea salt*

### Fruit Crumble (Vegan)

\$3.82+gst 6/\$20.00 12/\$35.00

## WHOLE CAKES

We currently offer small selection of fabulous cakes made with high quality and organic ingredients.

### Chocolate Mousse Dome Cake

Layers of chocolate mousse and chocolate sponge cake glazed with ganache, served on a hazelnut meringue

*Cream<sup>1</sup>, chocolate<sup>1</sup>, eggs<sup>3</sup>, evaporated cane sugar<sup>1</sup>, unbleached wheat flour<sup>1</sup>, hazelnuts<sup>1</sup>, cocoa butter<sup>1</sup>, Valrhona cocoa powder, decaf coffee<sup>1</sup>, sunflower oil<sup>1</sup>, vanilla<sup>1</sup>, baking soda & powder, unrefined sea salt*

SMALL (for 2-4) → \$ 21.50

MEDIUM (for 6-8) → \$ 33.50

### Vegan Chocolate Cake

2 layers of vegan chocolate cake iced with coconut milk ganache and covered with chocolate shavings.

*Sifted spelt flour<sup>1,2,3</sup>, evaporated cane sugar<sup>1</sup>, sunflower oil<sup>1</sup>, apple juice<sup>1</sup>, Valrhona cocoa powder, chocolate<sup>1</sup>, coconut milk, baking powder & soda, unrefined sea salt*

SMALL 6" round (for 6-8) → \$ 25.50

MEDIUM 8" round (for 8-12) → \$ 30.00

LARGE 10" round (for 12-16) → \$ 39.00

## GROCERY ITEMS

We are proud to offer flour, seeds and legumes from our mill Nootka Rose in Metchosin. We also offer our house made granola, French sea salt and locally farmed eggs, subject to availability.

### FLOUR

All wholegrain flour is certified organic, BC grown and freshly stone ground at our Nootka Rose Flour Mill in Metchosin. All unbleached wheat flour is certified organic and Canadian grown. Larger quantities may be available upon special request, please contact the bakery for information.

|                               | <b>1KG</b> | <b>2.5KG</b> | <b>5KG</b> |
|-------------------------------|------------|--------------|------------|
| <b>Unbleached Wheat Flour</b> | \$5.50     | \$11.00      | \$19.25    |
| <b>Whole Wheat Flour</b>      | \$6.75     | \$13.50      | \$23.50    |
| <b>Whole Spelt Flour</b>      | \$8.50     | \$17.00      | \$29.75    |

### LEGUMES AND SEEDS

All legumes and seeds certified organic and BC grown available through our Nootka Rose Mill in Metchosin. Larger quantities may be available upon special request, please contact the bakery for further information.

|  | <b>1KG</b> | <b>2.5KG</b> | <b>5KG</b> |
|--|------------|--------------|------------|
| <b>Brown Flax Seed</b>                 | \$7.50     | \$15.00      | \$26.25    |
| <b>Green/Yellow Split Peas</b>         | \$5.75     | \$11.50      | \$20.25    |
| <b>Green/Red/French/Beluga Lentils</b> | \$8.25     | \$16.50      | \$28.50    |

### GRANOLA

Granola is made in house and subject to availability.

|                                 |         |
|---------------------------------|---------|
| <b>Almond Fig Granola 750g</b>  | \$13.50 |
| <b>Apricot Nut Granola 750g</b> | \$13.50 |

### EGGS

With so many restaurants and cafes closed local farmers can offer fresh free range eggs.

|                     |        |
|---------------------|--------|
| <b>Eggs (dozen)</b> | \$7.25 |
|---------------------|--------|

### COFFEE

We're no longer serving coffee

|                     |   |        |
|---------------------|---|--------|
| <b>Eggs (dozen)</b> | e | \$7.25 |
|---------------------|---|--------|



## SALT

Our sea salt comes from the Atlantic coast of France. It's obtained through the evaporation of seawater with the combined action of the wind and sun and then hand-harvested from clay-bottom pans of salt marshes. The natural, unrefined grey sea salt is free of any additives also offering particular nutritional qualities. This high quality salt is lower in sodium than most salt and contains an array of trace minerals including magnesium and potassium.

It is ideal for all cooking and baking, and is also marketed as therapeutic bathing salt.

|   |               |
|---|---------------|
| Maison Orphee Fine Grey Sea Salt 250 g ( <i>shaker</i> )                        | <b>\$5.25</b> |
| Maison Orphee Fine Grey Sea Salt with Herbes de Provence 250g ( <i>shaker</i> ) | <b>\$7.00</b> |
| Maison Orphee Fine Grey Sea Salt with Aromatic herbs 250g ( <i>shaker</i> )     | <b>\$7.00</b> |
| Maison Orphee Fleur de Sel 125g (bag)   | <b>\$7.00</b> |
| Maison Orphee Fine Grey Sea Salt 500 g ( <i>bag</i> )                           | <b>\$5.25</b> |
| Maison Orphee Coarse Grey Sea Salt 1kg (bag)                                    | <b>\$5.25</b> |

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**To place an order:**  
Monday-Friday 8am-4pm  
250-381-3473 or email  
wildfirebreads@shaw.ca

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