

VILLAGE HARVEST

145 Wortley Road, London, Ontario

MONDAY – FRIDAY 9-6 SATURDAY 9-5 SUNDAY 10-4

French White	\$4.75
12 Grain	\$4.75
Sourdough	\$4.75
Sundried Tomato	\$4.75
Black Olive Oregano	\$4.75
Alsatian Country Rye	\$4.75
Adelaide's Nova Scotia Brown	\$4.75
Sour Cream Parmesan	\$4.75
Cheddar	\$4.75
New Brunswick Raisin Brown	\$4.75
Village Harvest	\$4.75
Flax Sourdough	\$4.75
Honey Almond	\$4.75
Manitoba 3 Grain	\$4.75
Focaccia	\$4.75
Saskatchewan Whole Wheat	\$4.75
Briatta	\$4.75
Swiss Sunrise	\$4.75
Canadian Maple Bran	\$4.75
Bala Cranberry	\$4.75
Challah	\$5.75
Spelt	\$6.75
Baguette	\$3.00
Garlic Bread (frozen)	\$3.00
Granola (½ pound)	\$3.75
Granola Bars \$2.50 ea.	\$12.50 ½ doz.
Rolls \$0.75 ea.	\$3.75 ½ doz. \$7.50 doz.
Buns \$1.00 ea.	\$5.00 ½ doz. \$10.00 doz.
Pizza Dough (frozen)	\$3.75
Pie Shells (frozen)	\$3.25
Baked Mediterranean Wraps \$2.00 ea.	\$10.00 ½ doz.
Spanakopita \$2.00 ea.	\$10.00 ½ doz.
Cookies \$1.00 ea.	\$5.00 ½ doz. \$10.00 doz.
Lg. Hand Decorated Cookies \$1.75 ea.	\$8.75 ½ doz.
Pies \$3.00 sm.	\$13.50 lg. . Special \$15.75
Cupcakes \$2.00 ea.	\$10.00 ½ doz.
Tarts, Croissants, Muffins \$2.00 ea.	\$10.00 ½ doz.
Rollups, Squares, Brownies \$2.50 ea.	\$12.50 ½ doz.
Jams \$4.50 ea. Chutney \$5.50 ea.
Hot Cross Buns, Fruit Cake	seasonal

MATURE BREAD \$3.25

ORDERS WELCOMED, EVEN
RECOMMENDED

PARTY MENU
AVAILABLE

SENIORS & UNWAGED,
10% OFF DAILY

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PLEASE NOTE: NUTS ARE USED IN SOME OF OUR PRODUCTS

CASH OR CHEQUE ACCEPTED

VILLAGE HARVEST
NUTRITIONAL VALUE OF SOME OF OUR BREADS
PER SLICE (12 Slices per Loaf)

BREAD	INGREDIENTS	NUTRITIONAL VALUE				
		CALORIES	PROTEIN	CARBOHYDRATES	FAT	FIBER
Black Olive Oregano	White flour, rye flour, olives, oregano, garlic, canola oil, brown sugar, salt, yeast.	130.0	4.0g	24.0g	2.0g	1.4g
Briatta	White flour, rye flour, canola oil, salt, yeast.	130.0	4.0g	28.0g	0.6g	1.7g
Cheddar	White flour, rye flour, cheddar, parmesan cheese, canola oil, brown sugar, salt, yeast.	130.0	5.0g	24.0g	1.8g	1.2g
French White	White flour, rye flour, brown sugar, canola oil, salt, yeast.	124.0	4.0g	25.0g	0.75g	1.3g
New Brunswick Raisin Brown	Whole wheat flour, white flour, brown sugar, oats, molasses, raisins, nutmeg, sugar, salt, yeast.	120.0	4.0g	25.0g	0.9g	3.0g
Adelaide's Nova Scotia Brown	Whole wheat flour, white flour, oatmeal, molasses, canola oil, brown sugar, salt, yeast.	115.0	4.0g	23.0g	0.9g	3.0g
Sour Cream Parmesan	White flour, whole wheat flour, sour cream, parmesan cheese, canola oil, brown sugar, salt, yeast.	125.0	5.0g	23.0g	1.3g	1.9g
Sourdough	Rye flour, white flour, canola oil, brown sugar, salt, yeast.	125.0	4.0g	26.0g	0.8g	1.4g
Sundried Tomato	White flour, rye flour, sundried tomatoes, oregano, garlic, canola oil, sugar, salt, yeast.	125.0	4.0g	23.0g	2.0g	1.4g
Twelve Grain	Whole wheat flour, white flour, twelve grain, canola oil, brown sugar, yeast.	115.0	4.0g	23.0g	0.9g	3.0g
Village Harvest	Whole wheat flour, white flour, multigrain, wheatberry, canola oil, molasses, brown sugar, salt, yeast, ginger.	115.0	4.0g	23.0g	0.9g	3.0g
Baguette	White flour, rye flour, canola oil, brown sugar, salt, yeast, poppy seeds.	81.0	3.0g	16.0g	0.5g	0.9g
Sundried Tomato Baguette	White flour, rye flour, sundried tomatoes, oregano, garlic, brown sugar, salt, yeast.	90.0	3.0g	16.0g	1.2g	1.0g