



- Julie's Organic Spelt Breads –  
baked fresh daily at the co-op Tuesday-Saturday!  
Special Order your favorite bread today!

Breads without dairy

- Cinnamon Raisin
- Whole Spelt
- Wild Rice and Flax Almondine
- Sunflower Toasted Oat
- Ancient Grain
- Super Omega
- Cranberry Walnut
- Pumpkin Pecan
- Spinach Pesto Artichoke and Roasted Red Pepper
- Kundalini\*
- Energy Bread\*

Breads with dairy

- Kalamata Olive Roasted Red Pepper
- Sauerkraut Rye w/ Baby Swiss
- Spinach Feta Kalamata
- Spinach Cheddar Roasted Walnut
- Spinach Cheddar Roasted Red Pepper
- Buttermilk Four Seed
- Savory Whole Grain Rosemary
- Black Olive and Sundried Tomato
- Sesame Tahini Cheddar
- Onion Cheddar Dill
- Sun Dried Tomato Spinach Pesto
- Pumpkin Buckwheat

Focaccia Breads (all have dairy):

- Kalamata Olive Spinach and Feta Focaccia
- Sun Dried Tomato and Spinach Focaccia
- Spinach Pesto Artichoke and Roasted Red Pepper Focaccia

*\*Energy Bread: walnuts, dried apple, dates, millet, agave, molasses.*

*\*Kundalini Bread: almonds, ginger, millet, agave, molasses.*

***No sugar! Julie uses agave nectar, derived from the agave plant (cactus family).  
Agave nectar has a low glycemic index.***