

## ***Caroline's Real Bread Company***

All varieties of Caroline's bread are now available,

**But apart from \*\* we need to place a minimum order of 4 loaves of any variety, so why not order two weeks' worth (it freezes beautifully). (updated 15/12/08)**

### **Old Favourites**

White**	1.65	Wholemeal**	1.70
Granary**	1.75	Caerphilly and leek**	2.25
Herb and Garlic	2.10		

### **Seeded Bread**

White with		Sunflower and Honey	1.95
Pumpkin Seeds	1.75	Sunflower and	
Sunflower and		Pumpkin Seeds	1.95
Sesame Seeds	1.95	Malted Wheat and Linseed	1.95
Seven Seeds	1.95		

### **Mediterranean Breads**

Sundried Tomato		Sundried Tomato, Garlic	
and Basil	1.95	and Rosemary	2.10
Black Olive and Thyme			
Focaccia	2.10	Apricot and Walnut	2.10
Sundried Tomato and		Garlic and Parmesan	
Basil Focaccia	2.10	Focaccia	2.10
Ciabatta	1.80		

### **Speciality Breads**

Savoury Walnut	2.10	Rye with Pumpkin Seed	1.95
Californian Sourdough	1.95	New York Rye	1.95
Irish Soda Bread	1.95	Roman Spelt Bread	2.20
Wheat Free Loaf	2.75	Cranberry and Rosemary	2.10
Fennel and Raisin Ring	2.10		

### **New Products**

Teacakes (125g)	0.75
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## **The Knobbly Carrot Food Company**

*A selection of fresh, organic soups, sauces and ready-to-eat salads*

***NEW!!!! Knobbly Carrot have introduced a Country Vegetable and Lentil Soup that is absolutely delicious! Also they now have new packaging giving a longer life product (updated 14/12/08)***

<b>Country Vegetable and Lentil Soup</b>	<b>2.55</b>
<b>Broccoli Soup</b>	<b>2.55</b>
<b>Leek and Potato Soup</b>	<b>2.55</b>
<b>Tomato and Orange Soup</b>	<b>2.55</b>
<b>Spicy Carrot Soup</b>	<b>2.55</b>
<b>Minestrone Soup</b>	<b>2.55</b>
<b>Spicy Tomato Soup</b>	<b>2.55</b>
<b>Mushroom and Garlic Soup</b>	<b>2.55</b>
<b>Celery and Apple Soup</b>	<b>2.55</b>
<b>Broccoli and Mushroom in White Wine Sauce</b>	<b>2.50</b>
<b>Luxury Vegetable Pasta Sauce</b>	<b>2.50</b>
<b>Sundried Tomato and Pesto Sauce</b>	<b>2.50</b>
<b>Spicy Tomato and Pepper with Ginger Sauce</b>	<b>2.50</b>
<b>Really Groovy Coleslaw</b>	<b>1.65</b>
<b>Sassy Couscous Salad</b>	<b>2.20</b>
<b>Seriously Hunky Houmous</b>	<b>2.65</b>
<b>Mixed Bean Salad Bonanza</b>	<b>2.55</b>
<b>Pasta Salad Palaver</b>	<b>2.25</b>