
Slow Culture

Naturally leavened, slow-fermented sourdough.

Sourdough Loaves

Classic Sourdough Loaf \$11.00

Naturally leavened, slow-fermented with bread flour, whole wheat & rye. Easy on the gut, improves digestibility and helps to moderate blood sugar levels.

Multi-Seed Sourdough Loaf \$14.00

Same natural starter culture, packed with flaxseed, chia, pumpkin & sunflower seeds. Rich in omega-3s, antioxidants & dietary fibre — gut-friendly, blood-sugar friendly, keeps you fuller for longer.

Sourdough Crackers

Multi-Seed Sourdough Crackers \$7.50

100g per pack — whole wheat, rye & natural starter culture, loaded with flaxseed, pumpkin & sunflower seeds. The cracker you can snack on without the guilt — gut-friendly, omega-3 rich, high fibre.

Greek Yoghurt

Greek Yoghurt \$10.00

Thick, strained Greek yoghurt.