



B2B | SELECTION



HAUSBROT

/ house bread

Availability: year-round

Weight: 1,40 kg

Ingredients:

wheat flour¹, spelt flour¹, rye flour¹ (natural sourdough starter),
water, salt, olive oil, chia seeds (salvia hispanica) und flaxseed

¹ gluten

Nutritional Values	Ø / 100 g
Calorific value / Energy	1144 kJ / 271 kcal
Fat	3,6 g
- hereof saturated fatty acids	0,4 g
Carbohydrates	47,8 g
- hereof sugar	0,5 g
Protein	8,9 g
Salt	1,4 g



PERSISCHE OLIVE

/ *persian olive*

Availability: year-round

Weight: 1,56 kg

Ingredients:

wheat flour¹, spelt flour¹, rye flour¹ (natural sourdough starter), water, salt, chia seeds (*salvia hispanica*), flaxseed, olive oil, oliven, parsley, walnut, chili, paprika powder, roasted garlic, pomegranate syrup

¹gluten, ² nuts

Nutritional Values	Ø / 100 g
Calorific value / Energy	1116 kJ / 265 kcal
Fat	7,7 g
- hereof saturated fatty acids	1,0 g
Carbohydrates	38,7 g
- davon Zucker	1,0 g
Protein	7,8 g
Salt	2,4 g



SPICY KOREA

Availability: year-round

Weight: 1,40 kg

Ingredients:

wheat flour¹, spelt flour¹, rye flour¹ (natural sourdough starter), water, salt, chia seeds (salvia hispanica), flaxseed, olive oil, Gochujang², soy sauce², spring onions, roasted garlic

¹ gluten, ² soy

Nutritional Values	Ø / 100 g
Calorific value / Energy	1091 kJ / 259 kcal
Fat	4,2 g
- hereof saturated fatty acids	0,5 g
Carbohydrates	44,0 g
- davon Zucker	2,0 g
Protein	8,2 g
Salt	1,8 g



MEDITERRANE TOMATE

/ mediterranean tomato

Availability: year-round

Weight: 1,52 kg

Ingredients:

wheat flour¹, spelt flour¹, rye flour¹ (natural sourdough starter), water, salt, chia seeds (salvia hispanica), flaxseed, olive oil, dried tomatoes, tomato paste, cashews², dried basil, roasted garlic

¹gluten, ²nuts

Nutritional Values	Ø / 100 g
Calorific value / Energy	1176 kJ / 279 kcal
Fat	6,3 g
- hereof saturated fatty acids	0,9 g
Carbohydrates	43,3 g
- davon Zucker	3,4 g
Protein	9,1 g
Salt	1,2 g



FRÜHLINGSWIRSING

/ spring savoy cabbage

Availability: march – june

Weight: 1,54 kg

Ingredients:

wheat flour¹, spelt flour¹, rye flour¹ (natural sourdough starter), water, salt, chia seeds (salvia hispanica), flaxseed, olive oil, savoy cabbage, onions, soy sauce², roasted garlic, sesame³

¹ gluten, ² soy, ³ sesame

Nutritional Values	Ø / 100 g
Calorific value / Energy	929 kJ / 236 kcal
Fat	3,3 g
- hereof saturated fatty acids	0,4 g
Carbohydrates	38,2 g
- davon Zucker	1,9 g
Protein	7,7 g
Salt	1,5 g



WINTERLICHER APFEL

/ winter apple

Availability: november – february

Weight: 1,66 kg

Ingredients:

wheat flour¹, spelt flour¹, rye flour¹ (natural sourdough starter), water, salt, chia seeds (salvia hispanica), flaxseed, olive oil, cinnamon, almonds², apples, dates

¹gluten, ² nuts

Nutritional Values	Ø / 100 g
Calorific value / Energy	997 kJ / 236 kcal
Fat	5,0 g
- hereof saturated fatty acids	0,5 g
Carbohydrates	38,0 g
- davon Zucker	8,1 g
Protein	7,0 g
Salt	1,0 g