



All our artisan products are hand-made in our gluten-free bakery in Melbourne, ensuring that they are truly gluten-free.

We are artisan bakers with a wealth of experience and knowledge about bread, especially sourdough. We use these skills to make gluten-free breads that taste and feel as good as “normal” bread. We have gone to great lengths to source our ingredients. These locally milled stoneground buckwheat and organic besan flours.

We experiment with many different flours and methods and have created our own range of mixes for our breads. We believe in making fresh bread from natural and nutritious ingredients.

Product List

Type	Weight	Ingredients
Buckwheat & Chia	600g	Stoneground buckwheat flour, potato starch, tapioca starch, brown rice flour, chia flour, filtered water, olive oil, yeast, sea salt, organic psyllium husk, sugar, vinegar.
Quinoa & Soya	650g	Stoneground buckwheat flour, potato starch, tapioca starch, brown rice flour, chia flour, filtered water, soya beans, linseed, organic quinoa seeds, olive oil, yeast, sea salt, organic psyllium husk, sugar, vinegar.
Fruit Loaf	720g	Stoneground buckwheat flour, potato starch, tapioca starch, brown rice flour, chia flour, filtered water, sultanas, currants, raisins, figs, dates, apricots, olive oil, yeast, sea salt, organic psyllium husk, sugar, vinegar.
Market Loaf	600g	Organic besan flour, potato starch, tapioca starch, brown rice flour, organic flaxseed flour, organic amaranth flour, filtered water, olive oil, vinegar, yeast, sea salt, organic psyllium husk, sugar.
Sprouted Loaf	650g	Organic besan flour, potato starch, tapioca starch, brown rice flour, organic flaxseed flour, organic amaranth flour, sprouted mung beans, sunflower seeds, pumpkin seeds, filtered water, olive oil, vinegar, yeast, sea salt, organic psyllium husk, sugar.
Burger Buns Pack of 4	400g	Stoneground buckwheat flour, potato starch, tapioca starch, brown rice flour, chia flour, filtered water, olive oil, yeast, sugar, sea salt, organic psyllium husk, vinegar
Dinner Rolls – plain (Pack of 6)	270g	Stoneground buckwheat flour, potato starch, tapioca starch, brown rice flour, chia flour, filtered water, olive oil, yeast, sugar, sea salt, organic psyllium husk, vinegar.
Dinner Rolls – seeded (Pack of 6)	270g	Stoneground buckwheat flour, potato starch, tapioca starch, brown rice flour, chia flour, filtered water, soya beans, linseed, organic quinoa seeds, olive oil, yeast, sugar, sea salt, organic psyllium husk, vinegar.

artisan bakers working with different flours

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Pizza bases (Pack of 2)	380g	Maize flour, potato starch, tapioca starch, brown rice flour, organic flaxseed flour, filtered water, olive oil, vinegar, yeast, sugar, sea salt, organic psyllium husk.
Buckwheat Wraps (Pack of 4)	260g	Buckwheat flour, Chia flour, Brown rice flour, Tapioca starch, Psyllium Husk, Plant fibre, Guar gum, Vinegar, Sea salt, Filtered water.
Sprouted Quinoa Beetroot Wraps (Pack of 4)	260g	Buckwheat flour, Chia flour, Brown rice flour, Tapioca starch, Psyllium Husk, White quinoa, Beetroot powder, Plant fibre, Guar gum, Vinegar, Sea salt, Filtered water.
Broccoli & Kale Wraps (Pack of 4)	260g	Buckwheat flour, Chia flour, Brown rice flour, Tapioca starch, Psyllium Husk, Linseed, Broccoli powder, Kale powder, Plant fibre, Guar gum, Vinegar, Sea salt, Filtered water.
Fig and Pistachio Cake	500g	Natural almond meal, sugar, free range eggs, dried figs, butter, baking powder, ground ginger, pistachio, apricot glaze.
Banana Cake	750g	Banana, unsalted butter, brown sugar, icing sugar, free range eggs, potato starch, tapioca starch, brown rice flour, flaxseed flour, cream, walnuts, baking powder, salt, milk powder.
Bread Crumbs	500g	Buckwheat Flour, Chia Flour, Besan Flour, Potato Starch, Tapioca Flour, Brown Rice Flour, Flaxseed Flour, Amaranth Flour, Olive Oil, Dried Yeast, Iodised Sea Salt, Sugar, Psyllium Husk, Vinegar.

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