

BAKERY

Menu - Portage Location

Scroll down or use the buttons.

BREAD PIZZA BAGELS

SOUPS & SANDWICHES (PASTRIES)

<u>DRINKS</u>

Order

Call us at 204-615-0889 or see delivery & online ordering <u>HERE</u>





We mill our own whole-grain flour from grain sourced direct from organic farmers and then bake in a wood-fired oven. We let things ferment for a long time and sneak ancient grains in wherever we can. Ask us about the right bread for you!

EVERY DAY BREADS

PRAIRIE SOURDOUGH

725 white/spelt/rye

SPELT SOURDOUGH

795 100% whole grain

SIMPLE SOURDOUGH

725 Organic white flour

FOCACCIA

710 9" x 9" - toppings vary

KAMUT BLEND BUNS (6)

740 30% whole grain - for burgers or hearty sandwiches

TUES - SAT

5-GRAIN PAN BREAD

635 white + spelt, rye, oats, flax, sunflower seeds

TUES - SAT

SOURDOUGH BAGUETTE

380 long, thin, & crispy-crackly

TUES - THUR

ANCIENT MULTIGRAIN

800 100% wholegrain - spelt / kamut / millet / flax / pumpkin seeds / sunflower seeds

TUES - THUR

HONEY SPELT BREAD

760 for whole grain toast or sandwiches

THURS - SAT (+FROZEN)

SUNFLOWER RYE

925 whole grain rye / spelt - it weighs over a kilo!!!

TUES + THUR

SPELT BAGEL (4)

60 plain, sesame, or hemp



Wood-Fired Pizza

FRIDAY & SATURDAY - 11:30-7:30
AT PORTAGE LOCATION ONLY

MENNO	21 ⁴⁰
Sour cream base, farmer sausage, VEG	1 Q 40
roastea beet, carametizea onton, green	10-
onion, fresh dillor w/o sausage	
THE DELUXIEST*	23 <u>00</u>
Pepperoni, ham, mushrooms, olives,	
green pepper, red onion, Parmesan, chili oil	
RED PEPPER POPEYE*	18 ¹⁵
Chili oil base, roasted red pepper,	
spinach, garlic, feta, cracked pepper,	
Saskatoon balsamic drizzle	
or add dry-cured ham	4 ====
MANITOBERRANEAN*	17 ⁵⁵
Red sauce, ricotta, hot eggplant, olives, red	
onion, parsley, Saskatoon balsamic	2015
PEPPERONI MUSHROOM* Grass-fed beef, roasted shrooms, Parmesan	20 ¹⁵
HAM + PINEAPPLE Dry-cured ham, red sauce, red onion	18 ⁷⁰
PINEAPPLE + BANANA PEPPER*	16 ⁴⁵
CHEESE	14 ⁴⁰
Red sauce, Bothwell mozza	
CHEESY FUNGHI	16 90
Roasted shrooms, mozza, ricotta, Parmesan	
SPANAKOPIZZA*	18 ⁶⁰
Chili oil base, caramelized onion, spinach, garlic, ricotta, feta, fresh dill, sea salt	
SPECIALS Change week to week	
*CAN BE VEGAN /DAIRY-FREE W/ CASH	HEW

Vegan Pizza

CHEEZ (SUB SEITAN PEPP FOR MEAT)

+\$4.00 TO ADD A MEAT

Most of the pizza combinations above are just as good without the animal products! We make our own cashew-based cheez and a spicy gluten-based seitan pepperoni..

MAIN MENU

Soup and Sandwich &

8 Soup and Sandwick	
HAM & HAVARTI on a bun Red pepper pineapple cream cheese, pickled red onion, house mustard, greens	10 ⁹⁰
BEET & HUMMUS on a bun (V)	9 60
Roasted marinated beets, greens, radish,	-
pickled red onion, Saskatoon balsamic	
ITALIAN DELI on a bun	10 ⁹⁰
Confit garlic aioli, greens, pickled red onion,	
roasted red pepper, hot eggplant, chili oil Mortadella OR house seitan pepperoni (V)	
Monutella OK nouse sellan pepperoni (*)	
SOUP & BREAD Soups change daily!	
VEGAN Hot soup w/sourdough 1202 810	160Z 9 25
Take home for dinner 320	oz 13 38
OMNI. Hot soup w/sourdough 120Z 930 16	oz 10 50
Take home for dinner 320	oz 15 62
SOUP & SANDWICH SA	VE 3 ²⁵
SOUP & SANDWICH SA Any soup + any sandwich (instead of bread)	VE 3 ²⁵
	VE 3 ²⁵
	VE 3 ²⁵
Any soup + any sandwich (instead of bread) Pastries	
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Any soup + any sandwich (instead of bread) Pastries 15% discount on 6 or more of any pa	
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Any soup + any sandwich (instead of bread) Pastries 15% discount on 6 or more of any parelease place larger order two days ahead MUFFINS OPTIONS SQUARES OPTIONS HEMP+QUINOA BROWNIE + GF	3 ¹⁵ 3 ⁷⁵ -4 ¹⁰ 4 ⁸⁰
Any soup + any sandwich (instead of bread) Pastries 15% discount on 6 or more of any parelease place larger order two days ahead MUFFINSV OPTIONS SQUARESV OPTIONS HEMP+QUINOA BROWNIEV+GF SCONESV OPTIONS (SWEET OR SAVOURY)	3 ¹⁵ 3 ⁷⁵ -4 ¹⁰ 4 ⁸⁰ 3 ³⁰ -3 ⁸⁰
Any soup + any sandwich (instead of bread) Pastries 15% discount on 6 or more of any parelease place larger order two days ahead MUFFINS OPTIONS SQUARES OPTIONS HEMP+QUINOA BROWNIE + GF SCONES OPTIONS (SWEET OR SAVOURY) BUTTER TART	3 ¹⁵ 3 ⁷⁵ -4 ¹⁰ 4 ⁸⁰ 3 ³⁰ -3 ⁸⁰ 3 ⁷⁵
Pastries 15% discount on 6 or more of any parelease place larger order two days ahead MUFFINSV OPTIONS SQUARESV OPTIONS HEMP+QUINOA BROWNIEV+GF SCONESV OPTIONS (SWEET OR SAVOURY) BUTTER TART QUICHE TART (HAM OR VEG)	3 ¹⁵ 3 ⁷⁵ -4 ¹⁰ 4 ⁸⁰ 3 ³⁰ -3 ⁸⁰ 3 ⁷⁵ 4 ⁶⁰
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AND MORE!



Hot Drinks &

BREWED COFFEE TO-GO 120Z From Flatland Coffee in Gimli	2 ⁷⁰ 160Z 3 ²⁰ INSIDE 2 ⁰⁰ REFILL 1 ²⁵
TEA (LOOSE-LEAF) Black, green, and rooibos choices See full list at counter	120Z 2 ⁷⁵
AMERICANO	80Z 3<u>45</u>
ESPRESSO	300
CORTADO	40Z 4 05
CAPPUCCINO	80Z 4 45
LATTE	120Z 5 05
MATCHA OR TEA LATTE	120Z 5 05
MOCHA	120Z 5 95
HOT CHOCOLATE	120Z 4 55
Add espresso shot	2 ¹⁵
Add flavoured syrup	1 ²⁵
Oat Milk is available at no extra cost	
Out Milk is available at no extra cost	
Cold Drinks	&
	<u></u>
© Cold Drinks ICED ESPRESSO DRINKS	355ML 5 50
Cold Drinks ICED ESPRESSO DRINKS Same price as hot KOMBUCHA	_{355ML} 5 50
Cold Drinks ICED ESPRESSO DRINKS Same price as hot KOMBUCHA Local from Prism Kombucha SOFT DRINKS San Pellegrino cans	355ML 5 50
Cold Drinks ICED ESPRESSO DRINKS Same price as hot KOMBUCHA Local from Prism Kombucha SOFT DRINKS San Pellegrino cans Bubly cans	_{355ML} 5 50
Cold Drinks ICED ESPRESSO DRINKS Same price as hot KOMBUCHA Local from Prism Kombucha SOFT DRINKS San Pellegrino cans Bubly cans BEER	355ML 5 50 355ML 2 75 355ML 2 00
Cold Drinks ICED ESPRESSO DRINKS Same price as hot KOMBUCHA Local from Prism Kombucha SOFT DRINKS San Pellegrino cans Bubly cans BEER Cans from local breweries	355ML 5 50 355ML 2 75 355ML 2 00
Cold Drinks ICED ESPRESSO DRINKS Same price as hot KOMBUCHA Local from Prism Kombucha SOFT DRINKS San Pellegrino cans Bubly cans BEER Cans from local breweries See selection at front counter	355ML 5 50 355ML 2 75 355ML 2 00 120Z 6 25 160Z 7 50
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