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European Breads Bakery - 604-879-5177

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Address:

4324 Fraser Street

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Regions Supplied: Lower mainland Vancouver island

Company Notes:

All European Breads products are made by hand, using artisan methods and original recipes. European Breads Bakery produces a range of gluten free, yeast free and wheat free breads. As an added bonus, all of the breads are dairy free. European Breads are baked in over 25 varieties with the finest ingredients and methods of traditional artisan baking.

Products Available:

Georgian Baguette - Year Round

Georgian Baguette is one of the oldest breads in the world and originates from the land of Colchis (present day Georgia). According to Greek mythology, Colchis was a beautiful land situated on the mysterious periphery of the heroic world. Here in the sacred grove of the war god, Ares, King Aeetes hung the Golden Fleece until it was seized by Jason and the Argonauts. Ingredients: organic white flour, sea salt, yeast, lemon juice, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes.

100% Barley Bread - Year Round

Barley played an important role in the ancient Greek culture as a staple bread-making grain. It was an important food for athletes, who attributed much of their strength to their barley-rich training diets. Roman athletes continued this tradition of honouring barley for the strength that it gave them. Barley's claim to nutritional fame is based on its being a very good source of fiber and selenium, as well as a good source of phosphorus, copper, and manganese. Ingredients: barley flour, barley bran, bacterial culture, sea salt, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Ancient Roman Spelt Bread - Year Round

Spelt is an ancient grain that traces its heritage back long before many wheat hybrids. It offers a broader spectrum of nutrients compared to many of its more inbred cousins in the wheat family. It is an excellent source of Vitamin B2 and a good source of niacin, thiamin, and copper. This particular combination of nutrients makes spelt bread an excellent choice for people suffering from migraine headaches, atherosclerosis, or diabetes. Ingredients are: spelt flour, spelt bacterial culture, sea salt, and sunflower oil. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Baltic Bread - Year Round

There are more than 40 different varieties of delicious breads in Latvia, with Baltic being the most popular one. It's a denser bread than Borodin due to special enzymes and the unique process involving in baking it. Baltic bread has a very distinct, almost sweet flavour as it's made with caramel and caraway seeds. Ingredients: dark rye flour, whole wheat flour, molasses, caraway, caramel,

malt, bacterial culture, sea salt, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Buckwheat Bread - Year Round

Buckwheat is a fruit seed related to rhubarb. This makes it a suitable substitute for grains and a great alternative for wheat or other grains that contain protein glutens. Diets that contain buckwheat have been linked to lowered cholesterol and lowered blood pressure. Buckwheat also contains magnesium, which relaxes blood vessels, improving blood flow and nutrient delivery. Ingredients: buckwheat, flax, rice flour, sea salt, baking powder, and xanthan gum. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Euro Flax Bread - Year Round

Its high content of alpha linolenic acids has made the ancient flax seed become a modern miracle food. Alpha linolenic acid is a type of omega 3 fatty acid, similar to those found in fish such as salmon. Benefits of flax seed include lowering cholesterol and blood pressure. Ingredients: whole wheat flour, flax seeds, ground flax, sea salt, fresh yeast, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Pharoah's Kamut Bread - Year Round

Kamut grain is an ancient relative of durum wheat, twice the size of common wheat, with 20 to 40% more protein and higher lipids, amino acids, vitamins, and minerals. It's a delicious, sweet alternative for all products that now use common wheat. Ingredients: kamut flour, bacterial culture, sea salt, and sunflower oil. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

Russian Rye Bread - Year Round

Russian Rye, also known as Orlov bread, is one of the most famous breads from 18th century Russia. It is named after Count Orlov, military officer and lover of Catherine the Great, empress of Russia from 1762 to 1796. He organized the coup d'etat that placed Catherine on the Russian throne and subsequently was her close adviser. Ingredients: dark rye flour, whole wheat, sea salt, bacterial culture, sunflower oil, and filtered water. All European Breads products are made by hand, using artisan methods and original recipes. Packaged in a biodegradable bag!

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9100 Van Horne Way
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Regions Supplied: All of BC

Company Notes:

Nature's Path wants to be a trusted name for organic foods in every home; socially responsible, environmentally sustainable & profitable. All our products are grown and processed organically, supporting organic family farms and sustainable practices. In 2004 alone, Nature's Path, with the help of our customers, prevented approximately 129,600 pounds of pesticides, and 9,805,200 pounds of synthetic fossil fuel fertilizer from being used. Please see our website for more information.

Products Available:

Heritage[™] Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from a unique blend of heirloom whole grains organically grown on the rich Canadian prairies. Kamut[®], winter wheat, spelt, oats, barley, millet and quinoa add great taste to this popular cereal. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. High fiber/low sodium. Unit size: Sold in two sizes: 13.25 oz (375 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac[®]. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

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Fruit Juice Corn Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic corn meal, organic concentrated grape juice and sea salt. Special attributes: Organically grown and processed ingredients. Sweetened with organic and natural fruit juice. Wheat free/gluten free/low sodium/vegan. Unit size: Sold in two sizes: 10.6 oz (300 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco Pac[®]. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. *Trademark used under license.

Heritage O's - Year Round

Created in Nature's Path's Delta, BC plant, from a unique blend of heirloom whole grains organically grown on the rich Canadian prairies. Kamut®*, winter wheat, spelt, oats, barley, millet and quinoa add great taste to this popular cereal. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. High fiber/low sodium. Unit size: Sold in two sizes: 12.5 oz (350 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging, and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. *Trademark used under license.

Honey'd Corn Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic corn meal, organic evaporated cane juice, organic honey, and sea salt. Special attributes: Organically grown and processed ingredients. Wheat free/gluten free/low sodium. Unit size: Sold in two sizes: 10.6 oz (300 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco Pac®*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>. *Trademark used under license.

Honey'd Raisin Bran Flakes - Year Round

Created in Nature's Path's Delta, BC plant from organic whole wheat flour, organic raisins (coated with canola oil), organic wheat bran, organic evaporated cane juice, organic barley malt extract, sea salt and organic honey. Special attributes: Organically grown and processed ingredients. Made with whole grains. Raisins are not coated with sugar. High fiber/low fat. Unit size: Sold in two sizes: 14 oz (400 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

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Kamut®,® Krisp Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic Kamut®* wheat flour, organic evaporated cane juice, organic whole millet, organic brown rice flour, organic agave nectar, sea salt, calcium carbonate, folic acid and organic maple syrup. Special attributes: Organically grown and processed ingredients. Made with unique heirloom whole grains. Organic Agave nectar used for sweetener gives this cereal a unique flavour. High fiber/low fat/vegan. Cereal option for people with wheat sensitivity. Unit size: Sold in two sizes: 11 oz (312 g) carton and Eco Pac 26.4 oz (750 g). Package features: Available in retail carton or in Eco Pac®*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and

ingredients at:

<http://www.naturespath.com/products/breads>. *Trademark used under license.

Manna Bread,® Carrot Raisin, Cinnamon Date, Fruit and Nut, Millet Rice, Multigrain, SunSeed, and Whole Rye

This is a very pure, tasty and unique sprouted bread made without flour, yeast, sugar or salt. The baking is done in a manner that retains the excellent nutrition. Its sweet, moist, cake-like flavour and consistency are the result of naturally sprouting the grains for optimal nutrition, a process that converts the grain starch into maltose and other complex natural sugars.

Special attributes: Ingredients available from local producers are used when possible. For instance, carrots used in Carrot Raisin Manna Bread are from local BC, certified organic farms in season; out of season, they are from imported organic varieties. The sprouted whole wheat kernels come from the same Saskatchewan organic-farming family that has supplied Nature's Path from its beginning. Manna Bread is very high in natural fiber. It is best stored frozen until use and, once thawed, lasts 3 days in the fridge. Unit size: 400 gram loaf individually sealed in inner and outer moisture barrier.

Package features: Labeling printed directly on plastic bag to reduce packaging. Takes minimal space in freezer. Packaging presentation: Attractive simple package. Find full description, picture and ingredients at:

<http://www.naturespath.com/products/breads>.

Millet Rice Flakes - Year Round

Created in Nature's Path's Delta, BC plant from organic whole oat flour, organic concentrated grape juice, organic brown rice flour, organic whole millet, organic oat bran, organic barley malt extract and sea salt. Special attributes: Organically grown and processed ingredients. Wheat free/high fiber/low sodium/vegan. Unit size: Sold in two sizes: 13.25 oz (375 g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

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Multigrain Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic whole oat flour, organic whole wheat flour, organic wheat bran, organic evaporated cane juice, organic oat bran, organic yellow corn meal, organic brown rice flour, organic barley malt extract, sea salt and organic whole wheat sprouts. Special attributes: Organically grown and processed ingredients. High fiber/low sodium/low fat/vegan. Unit size: Sold in two sizes: 13.25 oz (375g) carton and Eco Pac 32 oz (907 g). Package features: Available in retail carton or in Eco Pac®*. Retail paperboard carton (recycled) has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel.

Eco-Pacs are bulk sized and provide environmentally-concerned consumers a choice: 66% less packaging, and 30% greater value. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at:

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Raspberry Muesli and Blueberry Muesli - Year Round

Made with a blend of certified-organic whole grains including organic rolled oats, organic whole oat flour, organic whole wheat flour, organic wheat bran, organic flaked yellow corn, and organic barley flakes. For unique flavour and nutrition, organic almonds, organic grape juice concentrate, organic freeze-dried blueberries, organic freeze-dried raspberries, and organic raisins are added.

This is a premium high fiber/vegan product with great taste.

Special attributes: Our mueslis are not cooked and are all natural and organic. Designed with lots of dried fruit and nuts, this muesli is very high in nutritional value. Unit size: Retail carton: 12.35 oz (350 g). Package features: Available in retail paperboard carton (recycled) that has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel.

Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key

ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

Spelt Flakes - Year Round

Created in Nature's Path's Delta, BC plant, from organic spelt flour, organic grape juice, organic instantized spelt flakes, organic barley malt extract, sea salt and organic honey. Special attributes: Organically grown and processed ingredients. Made with whole grains. High fiber/low fat. Cereal option for people with wheat sensitivity. Unit size: Retail carton: 12.5 oz (355 g). Package features: Available in retail paperboard carton (recycled) that has been reduced in size by 10% without reducing the contents, saving British Columbia trees and fuel. Packaging presentation: All graphics generated by internal Nature's Path design team in Richmond, BC. Ingredients and their nutritional information are provided on a convenient and easy-to-read panel on packaging. Informational "stories" about key ingredients, organic growing methods and sustainable values are included in a pleasing and artistic format for easy, inspiring and entertaining reading. Cereal retail cartons make attractive displays. Find full description, picture and ingredients at: <http://www.naturespath.com/products/breads>.

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Regions Supplied: Lower mainland

Company Notes:

Most of our products have no preservatives, fats, oils, sugars or dairy.

Products Available:

Spelt Cookies - Year Round

This cookie is a real phenomenon. It is low in fats, sugars and has a wonderful flavour.

Artisan Breads - Year Round

We have artisan breads, and all of our breads are hand rolled and baked in an oven straight from Germany. It is a stone deck and we have the ability to push steam through our products, which makes a wonderful end product.