



# WHOLESALE CATALOG 2018

At Moulin Vert Bakery, we like to take our time handcrafting tasty baked goods from quality ingredients, using organic ingredients wherever possible, from as nearby as possible. We love to experiment with recipes from around the world and come up with some of our own, always tasting along the way.

A day at Moulin Vert starts with the rumbling of our stone mill (yes, there's actually a green stone mill - we don't make this stuff up). We mill flours fresh each baking day from organic Canadian whole grains. Our breads require patience, starting from sour dough starter or a well-soaked sponge, so there is no need to rely on dough conditioners and the like to make up for lost texture in a rushed bread.

Our cookies and goodies also start from that same mill, aided along the way by butter, honey and local free range eggs. So local, they qualify for the 500m diet.

Our granolas are as whole and simple as a good breakfast cereal can get. As with all Moulin Vert products, we never add anything that doesn't need to be there.





## BREADS

At Moulin Vert Bakery, we use flour that has been freshly milled in our stone mill, using only certified organic grains. All of our breads are handcrafted with care and skill to give you the best possible product.



### FRENCH BREAD

Our version of the classic French Bread made with a touch of honey.

575g loaf



### HONEY-QUINOA BREAD

A hearty, yet light, bread made with a blend of wheat flours and a generous amount of organic red and golden quinoa. This bread stays moist longer than other breads due to all the moisture held by the quinoa.

750g loaf



### SEEDY BREAD

A 100% whole-wheat bread chock full of sunflower seeds, millet, and flax seeds.

700g loaf

## BREADS



### **SPELT BREAD**

Made from 100% organic spelt flour milled in our stone mill and contains organic flax, sunflower, and millet.

**750g loaf**



### **RYE SOURDOUGH BREAD**

Crafted with a blend of organic rye, whole-wheat, and unbleached flours, this bread has a great tangy flavour derived from the long fermentation of the starter and the unique taste of rye.

**800g loaf**



### **WHOLE-WHEAT BREAD**

Our basic whole-wheat bread made with freshly-milled, 100% organic whole grain wheat.

**650G loaf**



### **MULTIGRAIN BREAD**

A wholesome loaf you can feel good about..

**650g loaf**

### **ROASTED ROOTS BREAD**

Get back to your roots with this soft, moist bread that seems to keep fresh to the end.

**650g loaf**



## COOKIES

Our cookies are made using only organic whole-grain spelt flour freshly milled in our stone mill and using only Canadian butter.

### LOONS COOKIES

A sinfully rich cookie sweetened with honey and chock full of rolled oats and walnuts.

**Bag of 6 cookies**



### TRIPLE-CHOCOLATE BROWNIE COOKIES

Bite-sized brownies. Try eating just one.

**Bag of 12 cookies**

### OATMEAL RAISIN COCONUT COOKIES

A tropical twist to these classic cookies. A favourite at the annual Saturna Lamb BBQ.

**Bag of 12 cookies**



### KEN'S COOKIES

This is a meal in a cookie, heaving with raisins and chocolate chips, made with 100% organic spelt flour.

**Bag of 6 cookies**



### CHOCOLATE CHIP COOKIES

Our classic chocolate chip cookie made with 100% organic spelt flour, freshly milled in our stone mill.

**Bag of 12 cookies**



## GRANOLA

We believe that simple is best in the creation of our granolas. We don't add any sugar, honey, or oils, relying instead on the natural sweetness of the dried fruit and the richness of the seeds. Our granolas are great as a snack on the go, eaten with yogurt, or even as a dessert topping.

As a high source of fibre, our granolas also help keep things regular.



### DATE CRUNCH CEREAL

Our most popular granola, it can't get much simpler than this. Made with natural dates, this granola has just the right amount of sweetness and has a great toasty and nutty taste from the oats and seeds.

700g tin tie bag



### HAGGIS FARM CEREAL

The same as our Date Crunch Cereal but made using organic ingredients. Made with natural dates, this granola has just the right amount of sweetness and has a great toasty and nutty taste from the oats and seeds.

700g tin tie bag

## OUR HISTORY

Moulin Vert Bakery was born as Haggis Farm Bakery on Saturna Island circa 1986 as a small family bakery, providing wholesome breads and goodies for the island. Over the years, it steadily grew to serve neighbouring Gulf Island communities and the Greater Victoria area.

The bakery also became one of the few secure, year-round employers on the island, and for years employed would-be Moulin Vert owner, Stephane Theroux, as primary bread baker.

After 24 years, Jon and Priscilla, owners of Haggis Farm, were looking to retire from the baking gig (though they still collect the eggs from the Haggis Farm flock) and take more time to enjoy life. Stephane, along with a new young family, was similarly at a crossroads, looking ahead toward the next chapter in their lives. Haggis Farm — the farm — endures, hence the reincarnation of the bakery now known as Moulin Vert (not to be confused with that other Moulin, of burlesque renown).

## ORDERING POLICY

We deliver 4 days per week, Monday, Wednesday, Thursday, and Friday. Orders should be placed according to the table below to guarantee product availability. Any changes to orders after this time may or may not be applied depending on the availability of product. You can place your order by phone, fax, or email, using the information in the 'Contacting Us' section below.

DELIVERY DAY:	ORDER BY:
Monday	Saturday 5pm
Wednesday	Monday 5pm
Thursday	Tuesday 5pm
Friday	Wednesday 5pm

## TERMS

Our terms are Net 30 Days unless other arrangements have been made. A charge of 2% per month (24% per annum) may be applied to overdue accounts.

## CONTACTING US:

Moulin Vert Bakery  
553 Normandy Rd  
Victoria, BC V8Z 3J3  
tel (250) 217-1630  
fax (250) 984-7515  
customerservice@moulinvertbakery.com  
orders@moulinvertbakery.com

# PRODUCT INGREDIENTS LISTING

## BREADS

- ▶ **French Bread:** *Organic unbleached flour, water, yeast, apple cider vinegar, sea salt.*
- ▶ **Multigrain Bread:** *Org. unbleached wheat flour, water, org. whole wheat flour, org. rye flour, org. rolled oats, honey, org. flax seed, org. kamut flakes, org. rye flakes, org. millet, org. sunflower seeds, org. barley, org. olive oil, org. chia seeds, org. quinoa, sea salt, yeast.*
- ▶ **Honey-Quinoa Bread:** *Organic wheat flours, organic quinoa, water, sourdough starter, honey, organic extra virgin olive oil, yeast, sea salt.*
- ▶ **Roasted Roots Bread:** *Organic unbleached flour, organic whole wheat flour, water, roasted root vegetables (yams, sweet potatoes, potatoes, carrots, org. olive oil, balsamic vinegar, rosemary), sourdough starter (organic unbleached flour, water, active culture), honey, organic extra virgin olive oil, yeast, sea salt.*
- ▶ **Seedy Bread:** *Organic whole wheat flour, water, organic sunflower seeds, organic flax, organic millet, molasses, sea salt, yeast, apple cider vinegar, soy lecithin.*
- ▶ **Rye Sourdough Bread:** *Organic rye flour, organic whole wheat flour, organic unbleached flour, water, sourdough starter (organic unbleached flour, water, bacterial culture), sea salt.*
- ▶ **Spelt Bread:** *Organic whole spelt flour, water, organic sunflower seeds, organic flax, organic millet, molasses, sea salt, yeast, apple cider vinegar, soy lecithin.*
- ▶ **Whole-Wheat Bread:** *Organic whole wheat flour, water, molasses, yeast, apple cider vinegar, sea salt, soy lecithin.*

## COOKIES

- ▶ **Chocolate Chip:** *Organic spelt flour, organic cane sugar, pure chocolate chips, unsalted butter, fresh eggs, baking soda, sea salt.*
- ▶ **Ken's Cookies:** *Organic raisins, organic spelt flour, organic rolled oats, organic cane sugar, milk, sunflower oil, chocolate chips, organic sunflower seeds, eggs, baking soda, baking powder, vinegar, spices, organic vanilla, sea salt.*
- ▶ **Loons:** *Organic rolled oats, honey, unsalted butter, organic whole spelt flour, walnuts, sea salt.*
- ▶ **Oatmeal Raisin Coconut:** *Organic spelt flour, organic cane sugar, organic rolled oats, unsalted butter, organic raisins, eggs, organic coconut, baking soda, sea salt, organic vanilla.*
- ▶ **Triple-Chocolate Brownie Cookies:** *Organic spelt flour, organic cane sugar, Callebaut chocolate, unsalted butter, whole fresh eggs, semi-sweet chocolate chips, cocoa powder, organic vanilla, sea salt, baking powder.*

## GRANOLAS

- ▶ **Date Crunch Cereal:** *Rolled oats, dates, sunflower seeds, sesame seeds, water.*
- ▶ **Haggis Farm Cereal:** *Organic rolled oats, dates, organic sunflower seeds, organic sesame seeds, water.*



## PRODUCT UPC

PRODUCT	UPC
French Bread	87316900018
Honey-Quinoa Bread	87316900023
Seedy Bread	87316900011
Rye Sourdough Bread	87316900015
Spelt Bread	87316900012
Whole-Wheat Bread	87316900017
Multigrain Bread	87316900042
Roasted Roots Bread	87316900041
Chocolate Chip Cookies	87316900050
Ken's Cookies	87316900051
Loons Cookies	87316900054
Oatmeal Raisin Coconut Cookies	87316900063
Triple-Choc. Brownie Cookies	87316900060
Date Crunch Cereal	87316900008
Haggis Farm Cereal	87316900009