



BREAD LIST

To Order:

by phone: Call us toll-free at 1.877.41.BREAD from Monday through Friday, 9 a.m. to 4 p.m. EST for orders, shipping and location information.

on the web: Select items are available from our secure online shop, 24 hours a day, 7 days a week at www.metropolitanbakery.com.

Delivery:

We ship anywhere in the contiguous United States, via UPS ground or 2nd day. We send packages out Monday through Wednesday, and often ship within 24 hours of receiving orders. Overnight shipping and Saturday delivery may be available for an additional charge.

Batard

A full bodied white sourdough with a beautiful open, porous crumb. *Unbleached white flour, natural white starter, water, malt, salt, wheat germ* \$4.00

Brioche

This classic French bread has a rich buttery taste and is perfect for sandwiches or French toast. *Unbleached white flour, eggs, butter, white starter, water, milk, sugar, salt, yeast.* \$6.00

Challah

Our traditional braided challah is made with housemade apple purée and has a light airy texture that makes it fantastic for French toast or sandwiches. *Unbleached white flour, water, whole eggs, egg yolks, canola oil, natural white starter, apple purée, semolina, durum flour, yeast, salt, sugar, saffron.* \$5.10

Chocolate Cherry

This dark and rich chewy loaf made with sundried sour cherries and imported bitter-sweet chocolate makes you wonder if it's a bread or desert! Serve it warm with ice cream or try it toasted. *Unbleached white flour, water, natural white starter, brown sugar, cocoa, butter, yeast, salt, semi-sweet chocolate, sour cherries, orange zest.* \$6.75

Country White

A wonderful, all purpose sourdough boule with a hearty crumb and chewy interior. A great addition to any meal. *Unbleached white flour, water, natural white starter, wheat germ, malt, salt.* \$4.70

Cracked Wheat

Broken whole wheat berries give this full - bodied loaf a dense, coarse texture and a bold wheat flavor. The perfect complement to hearty soups and stews. *Whole wheat flour, water, natural whole wheat starter, unbleached white flour, cracked wheat, malt, salt.* \$4.80

Dijon Rye

Fermented apple cider and Dijon mustard rounds out the full flavor of this French style hearty rye bread. Made without caraway, its thin crust and soft interior are a sandwich lover's dream. *Unbleached white flour, water, natural rye starter, dark rye flour, Dijon grain mustard, salt, malt, hard cider.* \$5.15

Focaccia

Made from our pain rustique dough, sprinkled with a extra virgin olive oil and house-made toppings that change daily. *Unbleached white flour, water, natural white starter, olive oil, milk, salt, yeast, wheat germ.* \$2.75

French Baguette

Our yeasted baguette with a thin crisp crust and delicate interior. *Unbleached white flour, water, salt, yeast.* \$2.75

French Berry Roll

A Metropolitan classic. Newspapers and magazines have sung the praises of this chewy light sourdough roll that is enriched with wheat germ and packed with sundried berries. With no fat and no added sugar, it's great by itself, toasted with butter or cream cheese, and is one of the most delicious introductions to our bakery. *Unbleached white flour, water, natural white starter, sundried berries (strawberries, blueberries, cherries, cranberries), salt, malt, wheat germ.* \$2.00

French Table Loaf

A light, airy, non-sour, all purpose loaf. *Unbleached white flour, water, salt, malt, yeast.* \$3.90

Garlic Parmesan

Fontina cheese, roasted garlic, and extra virgin olive oil top this light, peppery bread. Great on its own or served warm as an hors d'oeuvre. *Unbleached white flour, water, natural white starter, garlic, olive oil, Parmesan, black pepper, Fontina cheese, malt, salt, wheat germ.* \$5.75

Honey Fig Pine Nut

Dense, delicious round, made with black mission figs, pine nuts and honey. *Unbleached white flour, whole wheat flour, water, natural white starter, cornmeal, fig puree, salt, lemon zest, figs, pine nuts, honey.* \$5.95

Metro Baguette and Ficelle

Our naturally leavened baguette with a thin crispy crust, an open creamy, chewy interior and slightly sour flavor. *Unbleached white flour, water, natural white starter, salt, malt, wheat germ.* \$2.75/\$1.15

Multigrain

11 grains come together to create this hearty and moist sourdough boule. Our multi-grain is the breakfast bread for a healthy start to your day and is perfect served with soup and sandwiches. *Whole wheat flour, water, natural rye starter, grains (corn, grits, flax, millet, bran, rolled oats, triticale, sunflower seeds, buckwheat groats, pumpkin seeds, sesame seeds), unbleached white flour, yeast, malt, salt.*

\$4.95

New York Rye

Our traditional Jewish rye with caraway, is topped with Kolonji seeds and dusted on the bottom with corn meal. Approximately thirteen slices of real New York in every Philadelphia-made loaf! *Rye flour, dark rye flour, water, natural rye starter, unbleached white flour, caraway seeds, Kolonji seeds, cornmeal, salt, malt, corn grits, yeast.*

\$5.15

Olive Thyme

A Mediterranean inspired loaf with fresh thyme, oil cured French olives and brine cured Kalamata olives. With a hearty crust and chewy interior, it is a wonderful compliment to salads, cheese plates, and soups. *Unbleached white flour, water, natural white starter, whole wheat flour, Kalamata olives, French oil cured olives, fresh thyme, wheat germ, malt, corn meal, salt.*

\$5.95

Organic Country Miche

Inspired by the world famous bread of the Poilâne bakery in Paris, this organic crusty loaf has a full sourdough flavor and a chewy, hearty texture. Weighing in at a delicious four pounds, this bread is France by way of Philadelphia.

Organic white, wheat and rye flour, whole wheat starter, water, malt, salt. \$9.35

Pain Au Levain

Our signature sourdough is signed in rye flour with our Metropolitan "M" and is one of our boldest and most versatile loaves. A dense, chewy interior and firm crumb makes this classic French country bread a favorite of Philadelphia's most discerning restaurants. *Unbleached white flour, water, natural wheat starter, malt, salt.*

\$4.75

Pain Rustique

The French version of ciabatta. This light, airy, Italian style bread is made with milk and olive oil. Great for panini, or served with antipasto and olive oil (for dipping).

Unbleached white flour, water, natural white starter, olive oil, milk, salt, yeast, wheat germ.

\$4.80

Pumpernickel

Our version of the traditional European black bread The coffee and rye chops create a slightly bitter taste that contrasts wonderfully with the sweetness of the caramelized onions. *Unbleached white flour, dark rye flour, natural rye starter, water, yeast, caramel color, rye chops, kosher salt, onions, sunflower seeds, white starter, brewed coffee, cocoa powder, honey, molasses.*

\$5.20

Raisin Nut

A sweet, dense bread packed with plump black raisins and toasted walnuts and pecans.

While great for toast, this bread goes far beyond breakfast and can be used to create extraordinary sandwiches and cheese plates. *Unbleached white flour, water, natural whole wheat starter, whole wheat flour, rye flour, walnuts, pecans, black raisins, honey, milk, sugar, salt.*

\$5.95

Rosemary Olive Oil

This fragrant and light boule has a delicate crust and is flavored with fresh rosemary and extra virgin olive oil. We suggest this bread to our customers who are ready to break out of their normal white or whole wheat bread staples and try something new but not too daring. *Unbleached white flour, water, natural white starter, whole wheat flour, extra virgin olive oil, rosemary, wheat germ, malt, salt.*

\$5.15

Saffron Raisin Challah

Sweet golden raisins and apple puree compliment the rich and buttery flavor of our braided challah. *Unbleached white flour, water, whole eggs, canola oil, natural white starter, golden raisins, saffron, apple purée, yeast, salt.*

\$5.45

Semolina

This golden Sicilian bread is wrapped in toasted sesame seeds and has a rich, buttery flavor. Unbelievable as breakfast toast or with any Italian dinner, this loaf is made from durum, a variety of hard wheat that is used to make pasta.

Durum, water, natural white starter, semolina, cornmeal, malt, salt, flour, (raisins, anise seeds), yeast.

\$5.15

Organic Spelt

Baked in a decorative wood basket, this organic bread is dense, moist, and slightly sweet from the prune puree. Spelt is one of the oldest known grains, high in protein, and is commonly used as an alternative for those who are wheat sensitive. *Organic spelt flour, cracked spelt, whole spelt berries, water, spelt starter, prune puree, honey, sunflower seeds, oat flakes, salt.* \$5.45

Tuscan

Our version of the classic Italian white crusty loaf. *Unbleached white flour, water, natural white starter, salt, malt, olive oil, yeast.*

\$4.40

Walnut

A classic sourdough bread enhanced by the deep, rich flavor of walnuts toasted in walnut oil. Traditionally in French restaurants, slices of this bread are served with the cheese course. We enjoy it toasted with our imported marmalades or as a sandwich bread with smoked salmon. *Unbleached white flour, water, natural wheat starter, whole wheat flour, rye flour, walnuts, milk, wheat germ, walnut oil, honey, salt, sugar.*

\$5.95

Whole Wheat Sandwich

Our healthful whole wheat bread is textured with nine grains and makes great sandwiches or toast. *Whole wheat flour, unbleached white flour, water, natural whole wheat starter, grains (oats, bran, millet, flax, sunflower seeds, sesame seeds, pumpkin seeds, corn grits, buckwheat groats), cracked wheat, whole wheat flour, molasses, honey, salt, yeast.*

\$5.45

White Sandwich

Baked in loaf pans that have been coated with canola oil, our white sandwich bread has a golden exterior and a light, mildly sourdough taste. *Unbleached white flour, water, natural white starter, wheat germ, malt, salt.*

\$4.95

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Visit our online store to order our baked goods, gifts and granola:

METROPOLITANBAKERY.COM