

Our turn for holidays soon ...
Closed w/c 22nd Jan

Opening hours
Sun & Mon
Tues to Fri
Saturdays

closed
8am – 3pm
8am – 4pm

January 2018
Tel: 01603 613 172
www.timberhillbakery.com

Gluten isn't the problem

Since bread was industrialised it's no coincidence that a lot of us can no longer enjoy bread without our bodies regretting it soon after.

The faster, industrial way of making bread is to blame. Industrial baking is so rushed it doesn't allow time for the natural process of gluten breakdown to happen as bread ferments and rises.

To make matters worse, bread factories use non-organic wheat, and then add extra gluten, sugar and a cocktail of man-made enzymes, "improvers" & additives too. All in the interests of making it easier and cheaper to produce. Is it any wonder that after 10,000 years of eating bread, we're suddenly facing a wave of wheat and gluten intolerances?

Choosing our bread is a way of taking a stand against toxic, industrial, mass-produced food. Our bread is made with Organic ingredients, is mixed and risen slowly with no sugar or additives, and shaped by hand.

We promise that our bread is the simple, nutritious pleasure it was always meant to be.

Rediscover real bread

Independent in every way

We are a tiny, independent bakery established in 2007 near Cardiff with the purpose of making natural, organic food without the pretentious preaching. Back in 2015, we decided to choose Norwich as the home for our new bakery after we visited the city and fell in love with its thriving independent food scene. We are 100% independently owned and funded, with no shareholders or head office to answer to.

Our beliefs guide us.
Love, Mike & Natalie.

Breakfast until 11:30am

Sourdough Toast : 2 slices

Choice of toasted sourdough: £2.25

White / Chia & Flax / Spelt

Choice of jams:

Strawberry / Raspberry / Apricot / Marmalade / Plum, Pear & Ginger / Peanut Butter / Honey /

Breakfast Tartines: 1 slice, toasted & topped

Banana & organic "Nutella" on Chia & Flax Sourdough £4.00
Banana & organic maple syrup on White Sourdough (vegan) £4.25
Almond Butter, Banana & Coconut on Chia & Flax (vegan) £4.50
Organic Cream Cheese, Berries & Pecans on Chia & Flax £5.00

Sourdough Scones: vegan, spelt flour

Coconut & Cranberry Sourdough Scone (vegan) £2.25
+25p organic butter or our own vegan butter; +50p jam/ marmalade etc

Breakfast Sourdough Toasties

Breakfast Toastie £5.85
Norfolk free-range ham, mature organic Cheddar & mushroom on Chia & Flax seeded sourdough

Chorizo Breakfast Toastie £6.85
Free-range Norfolk Chorizo, Norfolk ham, cherry tomatoes, mature organic Cheddar & organic mushroom, onion chutney on our Chia & Flax seeded sourdough

Veggie Breakfast Toastie (vegetarian) £5.50
organic mature Cheddar, mushroom & cherry tomatoes on Chia & Flax seeded sourdough

Vegan Breakfast Toastie (vegan) £6.00
rosemary sausage, mushrooms, cherry tomatoes & mustard mayo on Chia & Flax seeded sourdough

Soup & Sourdough: from 11:30am



Check the clipboard near the till for today's variety.

Medium £6.25
Small £4.50

Hearty, full flavoured, home-made soup, made here from scratch with real vegetables

Served with Chia & Flax seeded sourdough & organic butter

Available to take away

All happen to be suitable for vegetarians & vegans

Savoury Spelt Muffins



Varieties in rotation:

- > Carrot & Cashew,
- > Sweet Potato
- > Parsnip & Peanut
- > Courgette

£2.75 or
£4.75 with salad

Hearty savoury muffins made here from scratch with real vegetables, nuts and seeds.

Ask if you'd like them warmed
No added sugar. 100% spelt flour
All happen to be vegan

Tartines - available all day

Light, open sandwiches on a thick toasted slice of our seeded Chia & Flax sourdough served with leaves and lightly dressed house slaw

Avocado with Chorizo & rocket	£7.25
Salami Bruschetta , cherry tomatoes, torn mozza, Norfolk Salami	£7.25
Mackerel Pâté , dill & capers	£6.75
Avocado with Tomato , light sprinkling of crushed chilli (vegan)	£6.75
Feta & Olive , cherry tomato, red pepper tapenade (vegetarian)	£6.50
Beetroot Hummus , radish, lentils & rocket (vegan)	£6.50
Roasted Vegetable, Cream Cheese & Almonds (vegetarian)	£6.50
Roasted Vegetable, Smashed Avocado, Almonds (vegan)	£6.50
Mozzarella Bruschetta , tomato, torn mozzarella (vegetarian)	£6.25

Feta & Olive Tartine



Beetroot Hummus Tartine



Mackerel Pâté



Salami Bruschetta



Cream Cheese & Roasted Vegetables



Avocado with Chorizo



Avocado with Tomato



Beetroot Hummus

The Sourdough Toasties

Toasties made with Free-range Norfolk meat

The Works £7.75
free range salt beef, free range Norfolk ham, mature organic Cheddar, gherkin, wholegrain mustard and sunblushed tomato on our Chia & Flax Chia & Flax sourdough

Salami, Pesto & Mozzarella £7.15
free range Norfolk salami, organic mozzarella, organic cheddar & green pesto on White

Chorizo Breakfast £6.85
Free-range Norfolk ham, Norfolk Chorizo, cherry tomatoes, mature organic Cheddar & organic mushroom, onion chutney on our Chia & Flax seeded sourdough

Turkey, Brie & Cranberry £6.65
free range Norfolk turkey, organic brie, & cranberry chutney on White sourdough

Salt Beef £6.65
free range salt beef, mustard, organic mature Cheddar & gherkins on White sourdough

Turkey & Avocado (no dairy) £6.50 *(no cheese, no butter)*
Norfolk free-range turkey, smashed avocado, sunblushed tomatoes on Chia & Flax

Double Ham & Avocado (no dairy) £5.85 *(no cheese, no butter)*
Norfolk free-range ham & smashed avocado on Chia & Flax seeded sourdough

Breakfast £5.85
Norfolk free-range ham, mature organic Cheddar & mushroom on Chia & Flax sourdough

Ham & Cheddar £5.35
Norfolk free-range ham & mature organic Cheddar on White sourdough

Fast food service, slow food quality

Making a big range of real-food toasties is a huge effort every morning. We aim to finish preparation by late morning so we can give fast service at lunchtimes.

The only downside is we can't make toasties to order (or on a different type of bread for example), so we hope you can find a toastie you fancy, or add some of the Toastie extras (listed on the right hand page) to give it that something extra. Thanks for understanding.

All the meat we use is reared here in Norfolk and is free-range. All the milk, cheese & butter we use in our toasties is always certified Organic. Our main vegetable supplier is Follands Organics.

available all day

Vegetarian/ Vegan Toasties

Feta & Avocado £6.85
organic Feta, smashed avocado, cherry tomatoes and red peppers on Chia & Flax

Superfoods (vegan) £6.50
beetroot hummus, smashed avocado, spinach & walnuts on Chia & Flax sourdough

Pesto Margherita £6.35
organic mozzarella, mature organic Cheddar, cherry & sundried tomatoes, green pesto (vegetarian pesto) on White sourdough

Brie & Cranberry £6.35
organic brie, cherry tomatoes, spinach and cranberry chutney on White sourdough

Vegan Breakfast (vegan) £6.00
rosemary sausage, mushrooms, cherry tomatoes & mustard mayo on Chia & Flax

Mozzarella & Olive £5.65
organic mozzarella, mature organic Cheddar, black & green basil olives on White sour

Avocado (vegan) £5.50
smashed avocado and sunblushed tomato on Chia & Flax seeded sourdough

Veggie Breakfast £5.50
organic mature Cheddar, mushroom & cherry tomatoes on Chia & Flax sourdough

Toastie extras

Side Salad	£2.00	Organic Feta	£1.50
Organic Mozzarella	£1.50	Smashed Avocado	£1.50
Organic Cheddar	£1.50	Olives	£1.50
Spicy Slaw	£1.25	Cherry Tomatoes	£1.25
Wholegrain Mustard	75p	Onion & Chilli Chutney	75p

***Allergen advice** We make every effort to control cross contamination of allergens in everything we make, but we do handle nuts and flour containing gluten. Not every ingredient is listed on each dish, so to avoid being offended, **please tell us if you have any allergies when you place your order** (not after your food has been delivered...) as we can't replace anything made and served to order if we weren't told at the time of ordering about an allergy.*

Alternative Cakes

Dark Chocolate Orange ^(dairy free) **£3.00**
*organic **spelt** flour, dark 73% cocoa organic chocolate, edible petals*

White Chocolate Gingerbread **£2.85**
*organic **wheat** flour, fresh ginger, organic butter, organic white chocolate*

Mulled Pear & Apple ^(vegan) **£2.85**
*organic **spelt** flour, fresh organic pears & apples, raisins, flaked almonds*

Classic Carrot Cake ^(dairy free) **£2.85**
*organic **spelt** flour, organic carrots, walnuts, sultanas, dairy-free buttercream*

Dark Chocolate Brownie ^(vegan) **£2.60** ^(gluten free ingredients)
*organic **rice** flour, organic chocolate, vanilla, maple syrup, organic coconut oil*

Apricot & Toasted Pecan Muffin ^(vegan) **£2.40**
*organic **spelt** flour, organic apricots, rolled oats and toasted pecans*

Cranberry Florentine **£2.20** ^(gluten free ingredients)
***oat** flour, flaked almonds, juicy cranberries, organic butter, organic dark choc*

Cold drinks

Bottled Water (still/ sparkling) £1
Glass of **organic** Orange/ **organic** Apple Juice £1.50
Cawston Apple/ Rhubarb/ Cucumber & Mint £1.50
Pear & Raspberry Juice (still) * **organic** £2.10
Elderflower Pressé (gently sparkling) * **organic** £2.10
Luscombe Lemonade (sparkling) * **organic** £2.35
LemonAid Blood Orange lemonade * **organic** £2.35
Gingerella Ginger Beer * **organic** £2.35
Watermelon Coconut Water £2.65
Kombucha (probiotic fermented tea) £3

Organic coffee

We are unique among independents in the city. Not only do we use organic-certified, fair-trade, 100% Arabica beans but we also only use Organic whole & skimmed milk. We also offer an excellent Swiss Water decaff (also organic) if you're starting to get the jitters.

Short Black/ with milk	£2.10/ £2.25	8oz cup, double shot
Americano/ with milk	£2.10/ £2.25	10oz cup, single shot
Cappuccino/ Skinny	£2.40	10oz cup, double shot
Oat/ Soya	£2.60	
Latte/ Skinny	£2.40	10oz cup, single shot
Oat/ Soya	£2.60	
Flat White/ Skinny	£2.40	8oz cup, double shot
Oat/ Soya	£2.60	
Mocha/ Skinny	£3.00	10oz cup, double shot
Oat/ Soya	£3.20	using organic chocolate
Double Mocha/ Skinny	£3.60	double shot, double chocolate
Oat/ Soya	£3.80	10oz cup, organic chocolate
Espresso Single/ Double	£1.60/ £2.00	4oz espresso cup
Short Macchiato/ Double	£2.00/ £2.40	4oz espresso cup
Long Macchiato/ Double	£2.40/ £2.80	8oz cup

Organic Hot Chocolate

Hot Chocolate/ Skinny	£2.80
Oat/ Soya	£3.00
Double Hot Chocolate	£3.40
Oat/ Soya	£3.60
<i>Double the chocolate</i>	
Hot Chocolate Orange	£3.00
Oat/ Soya	£3.20
<i>Ginger and orange spiced dark hot chocolate from Montezuma's</i>	

Organic Tea

Served with organic milk

English Breakfast/ decaff	£2.10
Earl Grey	£2.10
Rooibos	£2.10

Served without milk

Peppermint	£2.10
Red Berry & Rose	£2.10
Green Tea	£2.10
Winter Spiced Rooibos Tea	£2.10

Do one thing well.

We only make sourdough bread.

Great things happen when you narrow your focus. You're forced into improving what you make rather than flitting around for the "next big thing". You're forced into explaining the uniqueness of your crafted product rather than running special offers.

You can't hide behind a big range of constantly changing loaves – you have to focus on quality and consistency, using a raw material that varies with every delivery and variables that change with the weather.

Our bread is made with only organic ingredients. It's fully fermented for 40hrs to give flavour, natural shelf life & digestibility. It's made without added sugar, margarine, crumb softeners, mould inhibitors, shelf life extenders or any other Frankenstein-style additives.



White

100% white no seeds

White Sourdough
£2.80

½Kg; keeps 3 days+
A great loaf if you are new to sourdough.

Lighter & softer than supermarket sourdough and other bakers' sourdough. Lovely subtle sour flavour. 100% Organic flour, sea salt, a & water. vegan/ vegetarian



Chia & Flax

Light brown, lots of seeds

Chia & Flax Sour
£2.85 / £4.65

½Kg/ 1Kg; keeps 3 days+
Seeded loaf made 6 types of flour and 5 types of seeds

Our signature loaf. A blend of white, spelt, wholemeal and rye flours and 5 types of seeds. Big flavour, moist texture. vegan/ vegetarian



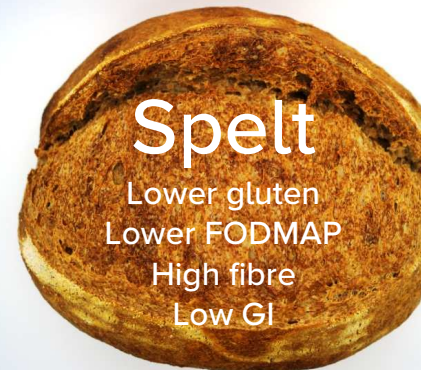
Country

Light brown, no seeds

Country Sourdough
£2.80

½Kg; keeps 3 days+
A light brown loaf with a soft and light texture

Made with a blend of white, spelt, wholemeal and rye flours. Made with just 4 ingredients: 100% Organic flour, sea salt, a touch of organic olive oil & water. vegan/ vegetarian



Spelt

Lower gluten
Lower FODMAP
High fibre
Low GI

100% Spelt Sourdough £3.50

½Kg; keeps 3 days+
Great alternative to modern wheat

80% Wholemeal Organic Spelt, 20% White Organic Spelt. High fibre loaf with no modern wheat. Spelt is naturally lower in gluten and FODMAP than wheat, super-nutritious and has big flavour. vegan/ vegetarian



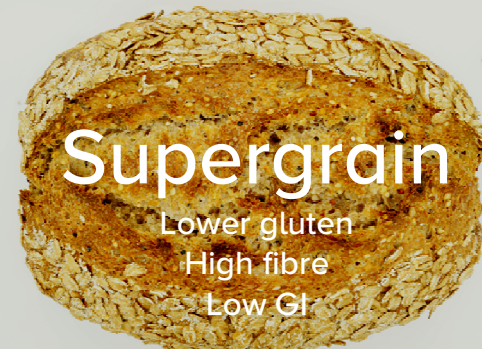
Pumpkin & Sunflower

100% white with seeds

Pumpkin & Sunflower Sourdough £2.90

½Kg; keeps 3 days+
Seeded version of our White Sourdough.

White sourdough loaf with healthy organic seeds, a nice crust, big flavour and a moist crumb. Great all-rounder. vegan/ vegetarian



Supergrain

Lower gluten
High fibre
Low GI

Supergrain Sourdough £3.50

½Kg; keeps 3 days+
Seeded loaf made with alternative grains

Made from Einkorn, Khorasan and Spelt, with added Quinoa & Sesame seeds. All the flours in this loaf are naturally lower in gluten than modern wheat & full of nutrition & natural grain flavour. vegan/ vegetarian