

MEDITERRA BAKEHOUSE

BREAD



MEDITERRA BAKEHOUSE

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DELI LOAVES

V, NF, DF



7 GRAIN PULLMAN
1265

INGREDIENTS: Unbleached unbromated wheat flour, sea salt, yeast, unrefined corn oil, sugar, filtered water, cracked wheat, organic cornmeal, organic flax seed, organic millet, organic spelt, rye flakes, rolled oats

NF, DF



8 GRAIN 3 SEED DELI
1103

INGREDIENTS: Cracked wheat, organic cornmeal, organic flax seed, organic millet, organic spelt, rye flakes, rolled oats, unbleached unbromated wheat flour, rice flour, buckwheat flour, sunflower seeds, poppy seeds, sea salt, honey, filtered water

NF



CHALLAH PULLMAN
1226

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, whole eggs, unrefined corn oil, wildflower honey, sea salt, yeast

NF



CHALLAH PAN
1230

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, whole eggs, unrefined corn oil, wildflower honey, sea salt, yeast

NF



CHILI CHEDDAR PULLMAN
1473

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, filtered water, Vermont sharp cheddar cheese, roasted jalapeño peppers, chili powder, sea salt, cornmeal

V, NF, DF



DURUM WHITE
1053

INGREDIENTS: Unbleached unbromated wheat flour, durum flour, sea salt, yeast, unrefined corn oil, filtered water

DELI LOAVES

V, NF, DF



FARM DELI
1056

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, filtered water, sea salt, cornmeal

V, NF, DF



FARM PULLMAN
1057

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, filtered water, sea salt, cornmeal

NF, DF



HEARTLAND PULLMAN
1114

INGREDIENTS: Unbleached unbromated wheat flour, cracked wheat berries, rye flakes, organic millet, organic flax seed, rolled oats, organic cornmeal, organic spelt, filtered water, wildflower honey, whole wheat flour, pumpkin seed, unrefined corn oil, poppy seed, sea salt, yeast

V, NF, DF



MARBLE RYE DELI
1165

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, pumpernickel flour, filtered water, sea salt, ground caraway seed

V, NF, DF



MARBLE RYE PULLMAN
1155

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, pumpernickel flour, filtered water, sea salt, ground caraway seed

NF, DF



PAIN DE MIE PULLMAN
1274

INGREDIENTS: Unbleached unbromated wheat flour, sugar, sea salt, yeast, unrefined corn oil, malt, whole eggs, filtered water

DELI LOAVES

V. NF. DF



PUMPERNICKEL DELI
1166

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, pumpernickel flour, filtered water, sea salt, caramel, ground caraway seed, yeast, cornmeal

V. NF. DF



PUMPERNICKEL PULLMAN
1170

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, pumpernickel flour, filtered water, sea salt, caramel, ground caraway seed, yeast, cornmeal

V. NF. DF



RED FIFE DELI
1023

INGREDIENTS: Mediterra red fife whole wheat flour, raw wheat germ, sea salt, filtered water

V. NF. DF



RYE SEEDED DELI
1163

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, filtered water, sea salt, caraway seed (whole & ground), yeast, cornmeal

V. NF. DF



RYE SEEDED PULLMAN
1156

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, filtered water, sea salt, caraway seed (whole & ground), yeast, cornmeal

V. NF. DF



RYE UNSEEDED DELI
1164

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, filtered water, sea salt, ground caraway seed, yeast, cornmeal

DELI LOAVES

V. NF. DF



RYE UNSEEDED PULLMAN
1058

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, filtered water, sea salt, ground caraway seed, yeast, cornmeal

V. NF. DF



SESAME SEMOLINA DELI
1003

INGREDIENTS: Durum semolina flour, semolina flour, unbleached unbromated wheat flour, filtered water, sesame seeds, sea salt, yeast, cornmeal

V. NF. DF



SOURDOUGH DELI
1034

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast

V. NF. DF



SOURDOUGH
1039

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast

V. NF. DF



SOURDOUGH PULLMAN
1035

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast

V. NF. DF



SPROUTED SPELT DELI
1002

INGREDIENTS: Unbleached unbromated wheat flour, coarse whole wheat flour, raw wheat germ, sprouted spelt berries, sea salt, filtered water, organic millet, organic flax seed

DELI LOAVES

V. NF. DF



SPROUTED SPELT PULLMAN
1027

INGREDIENTS: Unbleached unbromated wheat flour, coarse whole wheat flour, raw wheat germ, sprouted spelt berries, sea salt, filtered water, organic millet, organic flax seed

V. NF. DF



WHEAT PULLMAN
1264

INGREDIENTS: Unbleached unbromated wheat flour, Mediterra red fife whole wheat flour, sea salt, yeast, unrefined corn oil, sugar, filtered water

V. NF. DF



WHITE PULLMAN
1266

INGREDIENTS: Unbleached unbromated wheat flour, sea salt, yeast, unrefined corn oil, sugar, filtered water

TABLE LOAVES

V, NF, DF



CIABATTA
1079

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast, organic cornmeal

V, NF, DF



FARM BREAD
1050

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, filtered water, sea salt, organic cornmeal

NF, DF



HEARTLAND GRAIN
1115

INGREDIENTS: Unbleached unbromated wheat flour, cracked wheat berries, rye flakes, organic millet, organic flax seed, rolled oats, organic cornmeal, organic spelt, filtered water, wildflower honey, whole wheat flour, pumpkin seed, unrefined canola oil, poppy seed, sea salt, yeast

V, NF, DF



MT. ATHOS FIRE BREAD
1121

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, raw wheat germ, filtered water, sea salt, organic cornmeal

NF, DF



MULTIGRAIN PAN
1117

INGREDIENTS: Unbleached unbromated wheat flour, organic millet seed, organic flax seed, spelt berries, oat, cracked wheat, organic cornmeal, sunflower seeds, sea salt, yeast, wildflower honey, unrefined corn oil, filtered water

V, NF, DF



PAESANO
1080

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast, organic cornmeal

TABLE LOAVES

V. NF. DF



PUMPERNICKEL
1151

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, pumpernickel flour, filtered water, sea salt, caramel, ground caraway seed, yeast, organic cornmeal

V. NF. DF



RED FIFE BATARD
1047

INGREDIENTS: Mediterra red fife whole wheat flour, raw wheat germ, sea salt, filtered water

V. NF. DF



ROSEMARY OLIVE OIL
1132

INGREDIENTS: Unbleached unbromated wheat flour, semolina flour, filtered water, extra virgin olive oil, fresh rosemary, sea salt, yeast, organic cornmeal

V. NF. DF



ITALIAN
1063

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast, organic cornmeal

V. NF. DF



RUSTIC ITALIAN, SMALL
1060

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast, organic cornmeal

V. NF. DF



RUSTIC RYE
1167

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, caraway seed

TABLE LOAVES

V, NF, DF



SESAME SEMOLINA
1071

INGREDIENTS: Durum semolina flour, semolina flour, unbleached unbromated wheat flour, filtered water, sesame seeds, sea salt, yeast, organic cornmeal

V, NF, DF



SOURDOUGH ROUND
1040

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast

V, NF, DF



STEEL CITY SOURDOUGH
1045

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast; topped with sesame, poppy & fennel seeds

NF, DF



WHOLE WHEAT BOULE
1012

INGREDIENTS: Mediterra proprietary red fife whole wheat flour, unbleached unbromated whole wheat flour, sea salt, yeast, unrefined corn oil, wildflower honey, filtered water

SANDWICH BUNS



BRIOCHE HAMBURGER, 12/PK
1222

INGREDIENTS: Unbleached unbromated wheat flour, sugar, sea salt, yeast, butter, unrefined corn oil, whole eggs, water



CHALLAH HAMBURGER, 8/PK
1243

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, whole eggs, unrefined corn oil, wildflower honey, sea salt, yeast



CHALLAH HOTDOG, 8/PK
1242

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, whole eggs, unrefined corn oil, wildflower honey, sea salt, yeast



CHALLAH SLIDER, 12/PK
1239

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, whole eggs, unrefined corn oil, wildflower honey, sea salt, yeast



CIABATTINI
1076

INGREDIENTS: Unbleached unbromated wheat flour, yeast, sea salt, extra virgin olive oil, filtered water, organic cornmeal



CIABATTINI, MINI
1075

INGREDIENTS: Unbleached unbromated wheat flour, yeast, sea salt, extra virgin olive oil, filtered water, organic cornmeal

SANDWICH BUNS

NF, DF



ONION POPPY BUN, 8/PK
1225

INGREDIENTS: Unbleached unbromated wheat flour, sugar, sea salt, yeast, unrefined corn oil, malt, whole eggs, fresh onion, poppy seeds, filtered water

NF



PRETZEL HAMBURGER, 12/PK
1273

INGREDIENTS: Unbleached unbromated wheat flour, milk, sea salt, butter, yeast, brown sugar

NF, DF



SESAME HAMBURGER, 12/PK
1279

INGREDIENTS: Unbleached unbromated white flour, sugar, sea salt, yeast, unrefined corn oil, malt, whole eggs, filtered water, sesame seeds

V, NF, DF



WHEAT HAMBURGER, 8/PK
1291

INGREDIENTS: Unbleached unbromated wheat flour, Mediterra red rife whole wheat flour, sea salt, yeast, unrefined corn oil, sugar, water

NF, DF



WHITE HAMBURGER, 8/PK
1267

INGREDIENTS: Unbleached unbromated white flour, sugar, sea salt, yeast, unrefined corn oil, malt, whole eggs, filtered water

NF, DF



WHITE SUB BUN 6", 6/PK
1272

INGREDIENTS: Unbleached unbromated white flour, sugar, sea salt, yeast, unrefined corn oil, malt, whole eggs, filtered water

SANDWICH BUNS



WHITE SUB BUN 9", 6/PK
1269

INGREDIENTS: Unbleached unbromated white flour, sugar, sea salt, yeast, unrefined corn oil, malt, whole eggs, filtered water

SPECIALTY

NF, DF



8 GRAIN 3 SEED
1104

INGREDIENTS: Cracked wheat, cornmeal, organic flax seed, organic millet, organic spelt, rye flakes, rolled oats, unbleached unbromated wheat flour, rice flour, buckwheat flour, sunflower seeds, poppy seeds, sea salt, honey, filtered water

NF



CHILI CHEDDAR
1107

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, filtered water, Vermont sharp cheddar cheese, roasted jalapeño peppers, chili powder, sea salt, organic cornmeal

V, NF, DF



FOCACCIA, SEA SALT
1454

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast, extra virgin olive oil

V, NF, DF



FOCACCIA, ROSEMARY
1455

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, yeast, extra virgin olive oil, fresh rosemary

V, NF, DF



MT. ATHOS 5#
1124

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, raw wheat germ, filtered water, sea salt, organic cornmeal

V, NF, DF



OLIVE FARM
1136

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, filtered water, kalamata olive (may contain pits), sea salt, cornmeal

SPECIALTY LOAVES

NF



PARMESAN PEPPER
1096

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, Italian Reggiano parmesan, whole wheat flour, tellicherry black pepper, sea salt

V. DF



PECAN CRANBERRY
1100

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, filtered water, dried cranberry, toasted pecan, sea salt, organic cornmeal

V. DF



PECAN RAISIN
1090

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, filtered water, dried flame raisin, toasted pecan, sea salt, organic cornmeal

V. NF, DF



SPROUTED SPELT
1029

INGREDIENTS: Unbleached unbromated wheat flour, coarse whole wheat flour, raw wheat germ, sprouted spelt berry, sea salt, filtered water, organic millet, organic flax seed

DINNER ROLLS

NF, DF



ARTISAN ASSORTMENT, 12/PK
1471

An assortment of our farm roll, french roll, & heartland roll

NF



CHALLAH DINNER, 12/PK
1238

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, whole eggs, unrefined corn oil, wildflower honey, sea salt, yeast

V, NF, DF



FARM, 12/PK
1055

INGREDIENTS: Unbleached unbromated wheat flour, whole wheat flour, filtered water, sea salt, organic cornmeal

V, NF, DF



FRENCH, 12/PK
1087

INGREDIENTS: Unbleached unbromated wheat flour, filtered water, sea salt, filtered water, yeast

NF, DF



HEARTLAND, 12/PK
1116

INGREDIENTS: Unbleached unbromated wheat flour, cracked wheat berries, rye flakes, organic millet, organic flax seed, rolled oats, cornmeal, organic spelt, filtered water, wildflower honey, whole wheat flour, pumpkin seed, unrefined canola oil, poppy seed, sea salt, yeast

NF, DF



ONION, 12/PK
1223

INGREDIENTS: Unbleached unbromated wheat flour, sugar, sea salt, yeast, unrefined corn oil, malt, whole eggs, fresh onion, poppy seed, water

DINNER ROLLS

V, NF, DF



PUMPERNICKEL, 12/PK

1161

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, pumpernickel flour, water, sea salt, caramel, ground caraway seed, yeast, cornmeal

NF, DF



ROSEMARY, 12/PK

1130

INGREDIENTS: Unbleached unbromated white flour, sugar, sea salt, yeast, unrefined corn oil, malt, whole egg, water, fresh rosemary

V, NF, DF



WHEAT, 12/PK

1292

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, pumpernickel flour, water, sea salt, caramel, ground caraway seed, yeast, cornmeal

BAGUETTES



FRENCH
1082

INGREDIENTS: Unbleached unbromated
wheat flour, water, sea salt, yeast



FRENCH DEMI BAGUETTE
1084

INGREDIENTS: Unbleached unbromated
wheat flour, filtered water, sea salt



SOURDOUGH
1042

INGREDIENTS: Unbleached unbromated
wheat flour, water, sea salt, yeast

SMALL LOAVES

V. NF. DF



PAESANO, 8OZ.
1081

INGREDIENTS: Unbleached unbromated wheat flour, water, sea salt, yeast, organic cornmeal

V. NF. DF



PANE BELLO, 8OZ.
1064

INGREDIENTS: Unbleached unbromated wheat flour, water, sea salt, yeast, organic cornmeal

V. NF. DF

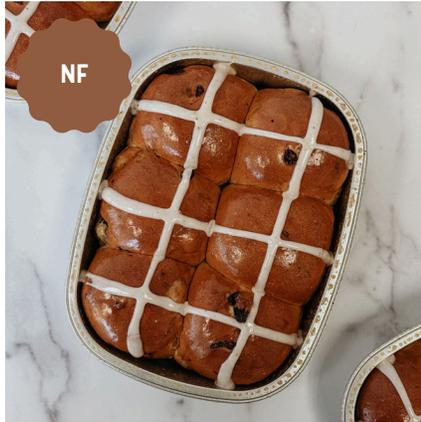


SOURDOUGH, 8OZ.
1044

INGREDIENTS: Unbleached unbromated wheat flour, water, sea salt, yeast

SEASONAL

PRODUCT CATALOG



HOT CROSS BUN, 6/PK
1731

INGREDIENTS: Unbleached unbromated wheat flour, sugar, sea salt, whole eggs, yeast, butter, water, golden raisins, jumbo flame raisins, cinnamon, cardamom, orange zest, confectioners sugar, vanilla extract, milk

AVAILABLE FOR EASTER



PARKERHOUSE ROLL, 12/PK
1251

INGREDIENTS: Unbleached unbromated wheat flour, sugar, sea salt, yeast, unrefined corn oil, whole egg, pineapple juice, vanilla extract, water

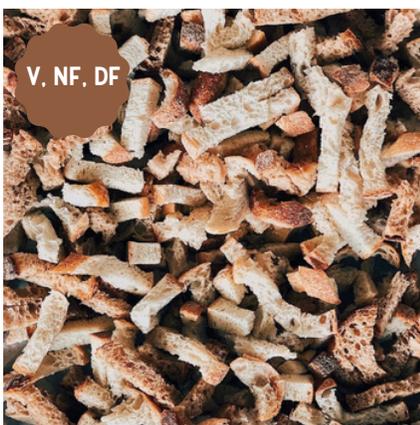
AVAILABLE FOR EASTER. THANKSGIVING + CHRISTMAS



STOLLEN
6003

INGREDIENTS: Wheat flour, sugar, wheat gluten, whey, nonfat dry milk, soy flour, sea salt, butter, yeast, raisins, candied citrus, slivered almonds, rum, almond paste, powdered sugar

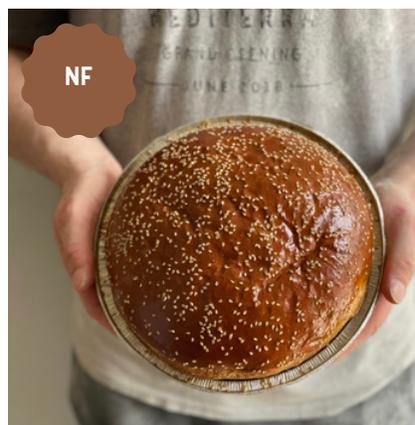
AVAILABLE FOR CHRISTMAS



STUFFING CUBES, 2LB.
1503

A cubed assortment of our Farm, Red Fife, and Paesano loaves

AVAILABLE FOR THANKSGIVING



TSOUREKI
6001

INGREDIENTS: Unbleached unbromated wheat flour, sugar, sea salt, yeast, butter, whole eggs, milk, mastic, mahleb, cardamom, orange zest

AVAILABLE FOR EASTER



VASILOPITA
6007

INGREDIENTS: Unbleached unbromated wheat flour, sugar, sea salt, yeast, butter, whole eggs, milk, mastic, mahleb, cardamom, orange zest

AVAILABLE FOR NEW YEARS

ORDERING GUIDELINES

ORDER LEAD TIME

We require 48 hours notice for pickup guarantee. Orders placed after office hours will require an additional processing day.

OFFICE HOURS

Monday - Friday: 8am to 4pm

Saturday: 9am to 1pm

Sunday: CLOSED

BUSINESS HOURS

Monday: CLOSED

Tuesday - Friday: 8am to 4pm

Saturday: 9am to 1pm

Sunday: CLOSED





HOW TO PLACE YOUR ORDER

CALL

Call us at (412) 490-9130 during normal business hours.

ONLINE

Head to mediterrabakehouse.com/order to place your order. Please follow order guidelines to ensure order guarantee.

VISIT US

Stop into our bakehouse during business hours to place an order for pickup at a later date.

ALLERGEN KEY

V**VEGAN**

Contains no meat, meat by-products or animal by-products

NF**NUT FREE**

Contains no nuts

DF**DAIRY FREE**

Contains no dairy (no milk products from cows, sheep or goats)

A NOTE REGARDING ALLERGENS

Please note that all Mediterra products are made in a facility that processes tree nuts, peanuts, animal by-products and dairy products, and are all produced on shared equipment. If the allergy is severe, we advise against consuming our products.

