

# MEDITERRA BAKEHOUSE

PRODUCT CATALOG



**MEDITERRA BAKEHOUSE**

[INFO@MEDITERRABAKEHOUSE.COM](mailto:INFO@MEDITERRABAKEHOUSE.COM) | [MEDITERRABAKEHOUSE.COM](http://MEDITERRABAKEHOUSE.COM)



@MEDITERRABAKEHOUSE



# MEDITERRA BAKEHOUSE

Pure Grain. Pure Craft. Pure Bread. Our approach to baking is rooted in tradition and made with intention.

## **NATURALLY FERMENTED, PRESERVATIVE FREE**

At Mediterra, we believe great bread begins with time. We bake with wild yeast starters and rely on long, slow fermentation to develop depth of flavor, natural structure, and keeping quality, without the need for artificial preservatives. This patient process allows our breads to achieve their signature complexity, gentle tang, and satisfying texture while remaining naturally nourishing and easy to enjoy day after day. What you won't find in our bread is just as important as what you will: no shortcuts, no conditioners, no unnecessary additives—ever.

## **RESPONSIBLE, RESTORATIVE FARMING**

Healthy bread starts with healthy soil. Our commitment to quality begins long before the dough is mixed, with the way our grains are grown and milled. We proudly cultivate our own organic heritage grains, using restorative farming practices that support soil health, biodiversity, and sustainability. Once harvested, our grains are stone-milled in house, preserving the integrity of the grain and retaining its natural flavor, texture, and nutritional value.

By controlling the process from field to flour, we ensure full transparency and consistency in every loaf. When we source beyond our own fields, we choose only the highest-quality organic, non-GMO, unbleached, and unbromated flours, along with filtered water, sea salt, and natural sweeteners like raw honey. Every ingredient is selected with intention—because better ingredients make better bread.

## **ARTISAN CRAFTSMANSHIP IN EVERY LOAF**

Bread is both art and discipline. Each Mediterra loaf is hand-shaped, carefully weighed, and proofed in traditional willow baskets or French linen, honoring centuries-old techniques. Our bakers work in small batches, allowing close attention at every stage of fermentation and shaping. Baking takes place in stone hearth ovens designed to deliver even heat, steam, and structure—creating loaves with a crisp, caramelized crust and a chewy, well-developed interior. The process is labor-intensive by design. We believe craftsmanship can't be rushed, automated, or replicated at scale without losing what makes real bread special. This approach ensures every loaf reflects the baker behind it—consistent in quality, yet never mass-produced in spirit.

## **ROOTED IN TRADITION, MADE FOR TODAY**

Our approach is inspired by generations of Mediterranean baking, where bread is more than a product—it's a daily ritual and a shared table. At Mediterra, we take those time-honored traditions and apply them to today's kitchens, menus, and customers. The result is bread that tells a deeper food story: honest, flavorful, and thoughtfully made.

Baked fresh daily, our loaves are designed to perform beautifully in foodservice and retail alike—offering chefs and customers bread with character, integrity, and soul. Because real bread doesn't need embellishment. Just flour, water, salt, time—and a commitment to doing things the right way.

# MEDITERRA BAKEHOUSE

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ALLERGEN KEY



# DELI LOAVES

## PRODUCT CATALOG

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

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, pumpnickel flour, filtered water, sea salt, ground caraway seed

V, NF, DF



MARBLE RYE PULLMAN  
1155

INGREDIENTS: Unbleached unbromated wheat flour, rye flour, pumpnickel 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

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: Medittera 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

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

V. NF. DF



SPROUTED SPELT PULLMAN  
1027

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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

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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

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

# TABLE LOAVES

## PRODUCT CATALOG

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



RED FIFE BATARD  
1047

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



ROSEMARY OLIVE OIL  
1132

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



ITALIAN  
1063

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



RUSTIC ITALIAN, SMALL  
1060

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



RUSTIC RYE  
1167

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



SESAME SEMOLINA  
1071

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



SOURDOUGH ROUND  
1040

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



STEEL CITY SOURDOUGH  
1045

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



WHOLE WHEAT BOULE  
1012

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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

## PRODUCT CATALOG



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

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

V, NF, DF



WHEAT HAMBURGER, 8/PK  
1291

INGREDIENTS: Unbleached unbromated wheat flour, Mediterra red fife 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

NF, DF



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

## PRODUCT CATALOG

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

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

## PRODUCT CATALOG

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

V, NF, DF



PUMPERNICKEL, 12/PK  
1161

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

NF, DF



ROSEMARY, 12/PK  
1130

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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

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

# BAGUETTES

## PRODUCT CATALOG

V, NF, DF



FRENCH  
1082

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

V, NF, DF



FRENCH DEMI BAGUETTE  
1084

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

V, NF, DF



SOURDOUGH  
1042

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

# SMALL LOAVES

## PRODUCT CATALOG

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

# ORDERING GUIDELINES

## ORDER AS NEEDED

We require 48 hours notice for delivery guarantee. Please note that orders for Monday delivery must be placed before 1pm the previous Saturday.

## RECURRING ORDERS

Work with your sales representative or our office team to set up a recurring weekly order on the day(s) of your choosing.

Our order cancellation policy is 48 hours prior to delivery date, by 2pm. However, last minute adjustments may be accommodated, dependent on product type and quantity. To inquire, reach out to your sales representative or our office team.

## DELIVERY SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
	<b>X</b>		<b>X</b>			<b>X</b>

NOTE: DELIVERY SCHEDULE SUBJECT TO CHANGE





## **HOW TO PLACE YOUR ORDER**

### **CALL**

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

### **TEXT**

Text us at (412) 212-3287 during normal business hours. Please note that texts sent after 4pm will not be received or entered until the following business day.

### **EMAIL**

Email us at [mediterrafoods@aol.com](mailto:mediterrafoods@aol.com) during normal business hours. Please note that emails sent after 4pm will not be received or entered until the following business day.

## **OFFICE HOURS**

Monday - Friday: 8am to 4pm

Saturday: 9am to 1pm

Sunday: CLOSED

## **CONTACT INFORMATION**

Mike Ambeliotis, Owner

o. (412) 490-9130

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Sally Jarocki, Director of Sales

c. (412) 639-2566

e. [sally@mediterrabakehouse.com](mailto:sally@mediterrabakehouse.com)

Adrea Sustarsic, Marketing + Office Manager

o. (412) 490-9130

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# 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.





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