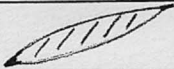





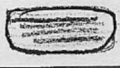








île de pain

bread and café * thesen island * knysna * 044 302 5707

		T	W	Th	Fr	Sa	Su
	BAGUETTE classic french bread made with wholesome wheat flour	•	•	•	•	•	•
	CIABATTA classic italian bread with large cell structure, chewy interior	•	•	•	•	•	•
	BAGUETTE EPI baguette shaped into a wheat stalk	•	•	•	•	•	•
	COMPAINO "the big round one" wheat & rye 100% natural sourdough	•	•	•	•	•	•
	PAIN AU LEVAIN traditional french wild yeast wheat sourdough			•	•		
	TORTANO whole wheat potato sourdough	•	•				
	DARK RYE 100% dark rye, roasted spices, complex full flavor	•	•		•		
	WHOLE GRAIN RYE 100% crushed & coarsely ground rye & sourdough	•	•				
	"VOLLKORN" whole wheat & rye coarsely ground, complex flavor			•	•		
	BRIOCHE tea-time or breakfast bread with lemon confit and raisins	•	•	•	•	•	•
	BREAD STICKS wheat flutes with seeds and coarse salt	•	•	•	•	•	•
	OLIVE STICKS wheat flutes with mission olives	•	•	•	•	•	•
	PIZZA SLICE focaccia with tomato, mozzarella and pesto	•	•	•	•	•	•

Our bread is made with the best stone-ground flour, wild natural yeast and natural sourdough. Each loaf is shaped by hand and baked in an authentic wood fired brick oven daily.