

# au soleil levant



french · canadian · bakery

Artisanal Sourdough Breads  
281 Herridge Lane, Nelson, BC  
(Behind the Bank of Montreal)

250-352-2030

Tuesday - Friday  
9 am - at least 5:30 & often 7 pm  
Saturday 9 am - 6 pm

- We welcome you to Au Soleil Levant French-Canadian Artisan Bakery.
- We are open Tuesday to Saturday, 9:00 am - 5:30 pm. If you arrive later in the day Tuesday - Friday, there's usually someone working until at least 7:00 pm, although selection may be limited. We are normally closed the Tuesday & Wednesday after a holiday weekend.
- The bread begins to come out of the ovens at about 8:30 & by noon everything is baked & our full daily selection is available. If you're looking for a specific bread, please call to see if it's ready.
- Our specialty is sourdough, & we use sourdough in all of our breads (except Friday's Challah egg bread). Because of its sourdough content, the bread will keep for about a week.
- We make a selection of different breads every day, including a wheat-free bread.
- None of our breads contain refined sugar (except the Challah), although several are sweetened with fruit, maple syrup, or chocolate. All of our bread but the Challah contains a little salt. We can't guarantee that our ingredients haven't come into contact with nuts or dairy.
- **Ordering:** We have a very small production. *If you plan to buy several loaves of bread or large quantities of fougasse, cookies, or power bars, please order at least one business day in advance so that we can accommodate your order.* Some products or quantities may require more than a day's notice.

## TUESDAY

- ☼ 25% Whole Wheat "Monsieur Gustave"
- ☼ Rye, Whole Wheat, & Beer "Avec la Brew"
- ☼ Squash-Corn "Le True Blue" ◀
- ☼ Spelt with Buckwheat Grain "L'Ancêtre"
- ☼ Chocolate-Raisin-Walnut "L'Irresistible" ☪

## FRIDAY

- ☼ Garlic-Rye "Le Chateau Fort"
- ☼ Egg Bread "Challah" - Plain or Poppy Seed ○●●●
- ☼ Egg Bread "Challah" - Sweet glazed Poppy Seed & Raisin ○●●●
- ☼ Dark Chocolate-Pear-Sunflower-Almond Brioche "Le Nichon" ☪○☪-
- ☼ Multigrain "La Gerbe D'Or" ◀
- ☼ Spelt with Quinoa Grain "L'Ancêtre"
- ☼ Focaccia "Le Petit Plat"

## EVERY DAY

- ☼ Unbleached, Untreated White "La Miche Royale"
- ☼ Mini baguettes with cheese & roasted red pepper "Fourre-Tout" ☪
- ☼ Small savoury stuffed breads "Fougasse" ☪
- ☼ Chocolate Chip Pecan Cookies ☪○☪☪
- ☼ Cranberry-Orange Oatmeal Cookies ☪○☪
- ☼ Oso Negro Espresso Cookies ☪○☪
- ☼ Shortbread Birds' Nest Cookies ☪○☪☪
- ☼ Coconut-Raisin "Tour de France" Power Bar ☪●●-
- ☼ Wheat-&-Dairy-Free Gingersnaps with oat flour ○☪
- ☼ Cranberry-Ginger "Tour de France" Power Bar ☪●●-
- ☼ Hazelnut Raspberry Tarts ☪○☪☪
- ☼ And a small selection of cheeses... ☪ !

## WEDNESDAY

- ☼ Corn-Rosemary "L'Amaïsing"
- ☼ 75% Whole Wheat "Le Grand Blond"
- ☼ Spelt-Rye "L'Ancêtre"
- ☼ Cherry-Chocolate "Sweet Spelt" ☪☪
- ☼ Apricot-Hazelnut "Le Goldrush" ☪☪

## THURSDAY

- ☼ Rye-Caraway "Le Cousin Germain" ◀
- ☼ 50% Whole Wheat & Flax "Le Flax-o-mas"
- ☼ Spelt-Kamut "L'Ancêtre"
- ☼ Raisin "Le Sultan" ☪
- ☼ Spelt-Date-Walnut "La Fleur du Pain" ☪☪
- ☼ Mixed Fruit "Le Perlipain" ☪
- ☼ Focaccia "Le Petit Plat"

## SATURDAY

- ☼ White Chocolate-Berry-Almond-Hazelnut Brioche "Le Nichon" ☪
- ☼ Focaccia "Le Petit Plat"
- ☼ Kamut-Triticale-Oat-Barley "L'Ancêtre"
- ☼ Olive, Parmesan, Garlic, & Herb "Le Tuscan" ☪
- ☼ 30% Rye "Le Corsé"
- ☼ Apple-Walnut "La Baguette Benoix" & "Poppy Nut" ☪☪
- ☼ Dark Chocolate-Date-Orange "Le Mandarin" ☪☪
- ☼ 25% Whole Wheat "Monsieur Gustave"

☼ Our focus is bread, not pastry; sorry, no croissants!

☪ Contains butter or cheese. ○ Contains eggs. ☪ Contains nuts. ☪ Contains sweetener or fruit. ◀ Contains seeds.