

## BREADLINK &amp; MYMILL LIST

Code	All products are 100 % Organic	Web / un (kg)	Trade Pack
<b>FLOURS</b>	<b>TRADITION</b>		
I150/ 11394	WHOLE WHEAT TYPE 150	1	10
I080/ 11479	SEMI-POLISHED WHEAT TYPE 80	1	10
I065/ 11516	WHEAT FLOUR TYPE 65	1	10
I5/ 11714	5 CEREALS (wheat, rye, barley, oat, rice)	1	6
BSMA 20624	OAT FLOUR	0.5	6
IE/ 20952	WHOLEMEAL SPELT FLOUR GEC	1	6
IBLE/ 21423	WHITE FARMHOUSE SPELT FLOUR GEBlc	1	6
IEP 20969	BROWN FARMHOUSE SPELT FLOUR PEC	0.5	6
IK 16580	KAMUT FLOUR COMPLETE	0.5	6
IM 21850	CORN FLOUR	0.5	6
IO 22048	HULLED BARLEY FLOUR	0.5	6
IS130/ 11585	RYE FLOUR TYPE 130	1	6

<b>FLOURS</b>	<b>SPROUTED MIXES ( Sprouted 1 day – gluten is preserved )</b>		
DG 100	SPROUTED RYE	2.5	3
DG 117	SPROUTED SPELT	2.5	3
DG 094	WHOLEMEAL SPROUTED WHEAT	2.5	3
DG 124	WHEAT BARLEY + 4 GRAINS & 5 CEREALS	2.5	3
DG 087	WHITE SPROUTED LOAF	2.5	3

<b>FLOURS</b>	<b>SPROUTED SPECIALITIES ( 4 days – gluten is damaged ) -</b>		
GERM EZK	EZEKIEL SPROUTED FLOUR	0.4	6
GERM AMI	AMISH SPROUTED FLOUR	0.4	6
GERM ESS	ESSENE SPROUTED FLOUR	0.4	6
GERM QUK	QUAKER SPROUTED FLOUR	0.4	6
GERM CHPT	CHAPATI SPROUTED FLOUR	0.4	6

<b>FLOURS</b>	<b>SPROUTED FLOURS ( Sprouting of 4 days – is damaged ) -</b>		
GERM 001	SPROUTED WHEAT	0.4	6
GERM 018	SPROUTED RYE	0.4	6
GERM 025	SPROUTED SPELT	0.4	6
GERM 032	SPROUTED BARLEY	0.4	6
GERM 056	SPROUTED MILLET	0.4	6
GERM 063	SPROUTED RICE	0.4	6
GERM 070	SPROUTED QUINOA	0.4	6
GERM 049	MIXED & SPROUTED ( WHEAT SPELT RYE )	0.4	6
GERM 162	GLUTEN FREE ( mix RICE MILLET QUINOA )	0.4	6
GERM LENT1	LENTILS SPROUTED FLOUR	0.4	6
GERM 99	SPROUTED OATS	0.4	6

<b>SPECIALITIES</b>	<b>PRE-COOKED CEREALS etc</b>		
KA 15095	OAT CREAM of PORRIDGE	0.25	6
KM 15101	MILLET CREAM of PORRIDGE	0.25	6
KO 15071	BARLEY CREAM of PORRIDGE	0.25	6
KQ 21645	QUINOA CREAM of PORRIDGE	0.25	6
KR 15088	WHOLE RICE CREAM	0.25	6
KSA 15118	BUCKWHEAT CREAM of PORRIDGE	0.25	6
K5 15125	5 CEREALS CREAM of PORRIDGE	0.25	6
KKO 15132	KOKKOH	0.25	6
DA 21775	ARROW-ROOT	0.25	6
CTB 20204	TAPIOCA	0.25	6

<b>SPECIALITIES</b>		<b>BAKERS CHOICE</b>		
DUP	012	ORGANIC LEAVAIN ( LEAVEN)	0.42	15
EN	1774	ORGANIC WHEAT LEAVAIN ( LEAVEN)	0.85	8
EN	1593	PURE GLUTEN	0.50	6
EN	1861	ORGANIC SPELT LEVAIN (LEAVEN)	0.1	8
EN	4826	FLEUR DE SEL OF NOIRMOUTIER	0.25	16
EN	4978	ORGANIC QUINOA LEAVAIN ( LEAVEN)	0.05	10

<b>FLOURS</b>		<b>SPECIALITIES FLOURS traditional organic unsprouted</b>		
EN	54921	MILLET FLOUR	0.5	6
IA	21898	AMARANTH FLOUR	0.5	6
IR	17778	WHOLE RICE FLOUR	0.5	10
IBR	22079	WHITE RICE FLOUR	0.5	6
ISA/	11622	BUCKWHEAT FLOUR	1	6
IQ	21638	QUINOA FLOUR	0.5	6
ICI	21997	CHESTNUT FLOUR	0.5	6
IL	18324	GREEN LENTILS FLOUR	0.5	6
ISO.5	20990	PRE-COOKED SOY FLOUR	0.5	6
IP	17129	CHICKPEAS FLOUR	0.5	6

<b>CEREALS</b>		<b>VARIOUS WHOLEGRAINS</b>		
CAM	20358	Amaranth	0.5	6
CA	10519	Oat groats	0.5	6
CBD	10274	Durum Wheat	0.5	6
CBT	10304	Soft Wheat for sprouting	0.5	6
CE	10243	Spelt	0.5	6
CPE	17075	Einkorn Spelt	0.5	6
CK	16757	KAMUT	0.5	6
CMP	10670	CORN	0.5	6
CO	10427	Barley for sprouting	0.5	6
COM	10458	Hulled Barley	0.5	6
CSA	10571	Hulled Buckwheat	0.5	6

<b>GF</b>		<b>NATURALLY GLUTEN FREE WHOLEGRAIN</b>		
CQ	15064	QUINOA	0.5	6
CM	17105	Shelled Millet	0.5	6

<b>SYO</b>		<b>SPROUT YOUR OWN</b>		
GERM	100GG	GARLIC	0.1	6
GERM	101GG	Alfalfa	0.15	6
GERM	200GG	SHELLED OAT	0.2	6
GERM	104GG	ADZUKI	0.15	6
GERM	105GG	BASIL	0.15	6
GERM	106GG	WHEAT	0.2	6
GERM	107GG	BROCCOLI	0.15	6
GERM	112GG	WATERCRESS	0.15	6
GERM	113GG	Spelt	0.2	6
GERM	114GG	FENNEL	0.1	6
GERM	115GG	FENUGREEK	0.15	6
GERM	116GG	KAMUT	0.2	6
GERM	117GG	LENTILS	0.15	6
GERM	147GG	LINSEED	0.15	6
GERM	118GG	WHOLE MILLET	0.2	6
GERM	119GG	MUSTARD	0.15	6

<b>SYO</b>	<b>SPROUT YOUR OWN</b>		
GERM 120GG	TURNIP	0.15	6
GERM 134GG	SHELLED BARLEY	0.2	6
GERM 125GG	CHICKPEAS	0.2	6
GERM 143GG	QUINOA BIO	0.2	6
GERM 140GG	DAIKON RADISH	0.15	6
GERM 139GG	BLACK RADISH	0.15	6
GERM 126GG	PINK RADISH	0.15	6
GERM 127GG	LONG RICE	0.2	6
GERM 128GG	ROQUETTE	0.15	6
GERM 103GG	RYE	0.2	6
GERM 130GG	MUNGO SOY	0.2	6
GERM 131GG	WHOLE SUNFLOWER	0.1	6
GERM 133GG	PURPLE CLOVER	0.15	6
GERM 132GG	RED CLOVER	0.15	6

<b>SYO</b>	<b>SPROUT YOUR OWN SPECIALITIES MIX</b>		
GERM 135GG	DETOXY : ALFA /RADISH/FENEL (75/15/10)	0.15	6
GERM 137GG	FITNESS : ALFA /CRESS/CABBAGE (50/25/25)	0.15	6
GERM 144GG	OMEGA (ALFA, CLOVER, RADISH) (60/20/20)	0.2	6
GERM 146GG	TONIC : ALFALFA /ROQUET	0.15	6

<b>BREAKFAST</b>	<b>BREAKFAST</b>		
MB 14883	MUESLI 5 CEREALS	0.5	10
BSA 14814	OAT BRAN	0.25	12
BSB 12001	WHEAT BRAN	0.25	10
MC.3 19802	MUESLI & TOASTED CHESTNUTS FLAKES	0.375	6
MSG.3 19826	MUESLI GLUTEN FREE	0.375	10

<b>BOULGOUR</b>	<b>COUSCOUS, SEMOLINA ETC</b>		
BBF 12063	WHEAT BOULGOUR FINE	0.5	6
BBG 12032	WHEAT BOULGOUR COARSE	0.5	6
TIE.3 22369	SPELT BOULGOUR	0.35	8
TIK.3 22376	KAMUT BOULGOUR	0.35	8
TIRC 19482	RICE & CHESTNUTS BOULGOUR	0.35	8
TIO.3 22383	HULLED OAT BOULGOUR	0.35	8
TIC 22406	BOULGOUR 3 CEREALS (wheat oat barley)	0.35	8
BSMB 12124	BROWN DURUM WHEAT SEMOLINA	0.5	6
BSMI 18386	INSTANT CORN POLENTA	0.5	6

<b>PASTA</b>	<b>PASTA</b>		
PS 16917	WHOLE WHEAT SPAGHETTI	0.5	12
PBLC 16979	DURUM WHEAT COQUILLETES	0.5	12
PBLF 16986	DURUM WHEAT FUSILLI	0.5	12
PBLM 16993	DURUM WHEAT MACARONI	0.5	12
PBLP 17327	DURUM WHEAT BUTTERFLY	0.5	6
PBLS 17006	DURUM WHEAT SPAGHETTI	0.5	12
PBLT 19796	DURUM WHEAT TAGLIATELLES	0.5	12
PCM 14791	DURUM WHEAT COQUILLETES MILLET	0.5	12
PCQ 17433	QUINOA COQUILLETES	0.5	12
PF3 14784	DURUM WHEAT FUSILLI 3 COLOURS	0.5	12
PFA 17372	SEAWEEDES FUSILLI	0.5	12
JSB10022147	JAPANESE SOBA 100% BUCKWHEAT	0.23	6
PFE 17389	SPELT FUSILLINI	0.5	12

<b>PASTA</b>		<b>PASTA</b>	
EN	15012	PORCINI TORTILS	0.25 12
EN	15015	NETTLES TORTILS	0.25 12

<b>GOURMET</b>		<b>GOURMET PREPARATION</b>	
TIBEF	22284	DURUM WHEAT "FORESTIER"	0.25 8
TIBBP	22277	PREPARATION PROVENCALE	0.25 8
TIBOP	22260	SLICED BARLEY POTAGER	0.35 6
TIRC	19482	CHESTNUT RISOTTO	0.35 6
TIBRS	22253	SICILIAN RISOTTO	0.25 8
GAA	19697	OAT AND ADZUKI GALLETINE	0.2 8
GAE	21270	OAT AND TARRAGON GALLETINE	0.2 8
EMO		BARLEY MALT SYROP	0.46 6
ESR		RICE SYROP	0.46 6
ESMA		MANIOC SYROP	0.46 6
GM080		GREENMAGMA	0.08 12
GAQ	19703	QUINOA GALLETINE	0.2 8
GAR	19680	SEAWEED AND RICE GALLETINE	0.2 8

<b>SOUPS</b>		<b>SOUPS AND POTAGES</b>	
SM	21218	MINISTRONE SOUP	0.1 12
SE	21225	SPELT EINKORN SOUP	0.1 12
SQ	21232	QUINOA POTAGE	0.1 12
SCH	21249	CHESTNUT SOUP	0.1 12
SAS	21256	SHITAKE AND OAT SOUP	0.1 12

<b>STORE</b>		<b>FLAKES</b>	
FAG	10731	LARGE OAT FLAKES	0.5 10
FAP	11165	SMALL OAT FLAKES	0.5 10
FB	11103	WHEAT FLAKES	0.5 6
F5	11141	5 CEREALS (wheat, rye, barley, oat, rice)	0.5 10
FE	10946	SPELT FLAKES	0.5 6
FO	11110	BARLEY FLAKES	0.5 6
FR	10854	RICE FLAKES	0.5 6
FS	10823	RYE FLAKES	0.5 6
FK.3	19956	KAMUT FLAKES	0.35 6
FM.3	19963	MILLET FLAKES	0.35 6
FQ.3	21669	QUINOA FLAKES	0.35 6
FSA.3	19987	BUCKWHEAT FLAKES	0.35 6
FTC	19499	TOASTED CHESTNUT FLAKES	0.35 6
FA	19437	ADZUKI FLAKES	0.35 6
FPC	19444	SPLIT PEAS FLAKES	0.35 6
FPCH	19451	CHICKPEAS FLAKES	0.35 6
FTCF+	17068	CORN FLAKES	0.375 6
FTSO	11240	TOASTED SOY FLAKES	0.5 6
EN	1391	ORGANIC WHEAT GERMS	0.25 6

<b>STORE</b>		<b>PULSES / LEGUMINOUS</b>	
LA	12636	AZUKIS	0.5 6
LF	12568	Green FLAGEOLETS beans	0.5 6
LLV	21799	White HARICOTS "LINGOTS DE VENDEE"	0.5 6
LHR	14876	Red Kidney Beans	0.5 6
LLC	17464	Red Split Lentils	0.5 6

STORE	PULSES / LEGUMINOUS		
LL 12483	Green Lentils	0.5	6
LLG 12803	Alfalfa	0.25	6
LPC 12698	Green Split Peas	0.5	6
LCH 12544	Chick Peas	0.5	6
LSJ 12728	Hulled Yellow Soya Beans	0.5	6
LSV 12759	Green Mung Bean	0.5	6

STORE	OILSEEDS / OLEAGINOUS		
OCB 13107	Pumkin Seeds	0.25	8
OLB 13084	Brown Linseed (Flax)	0.25	8
OLD 15163	Golden Linseed (Flax)	0.25	8
OPB 20235	Poppy Seeds	0.25	8
OT 13022	Sunflower Seeds	0.25	8
OSC 12834	Whole Sesame seeds	0.25	8
OSD 15149	Hulled Sesame seeds	0.25	6
OM5 21874	MIX GRAIN 5 VITAMINS & 5 MINERALS	0.25	6
OM3 21881	MIX GRAIN OMEGA 3 + VITAMIN E	0.25	6

STORE	RICE from several origins		
RCAD 19994	Italian Carnaroli Long grain	0.5	6
RCAB 20020	White Italian Carnaroli Long grain	0.5	6
RB 14739	Brown Basmati Rice	0.5	6
RBB 14845	White Basmati Rice	0.5	6
EN 5511	LONG WHITE RICE FROM CAMARGUE	0.50	8
RTB 17556	THAI LONG WHITE RICE	0.5	6

BUTTERS	JEAN HERVE SPECIALITIES		
JH BA	PEANUT BUTTER	0.35	6
JH CA	CASHEW BUTTER	0.35	6
JH CAJ	ALMOND BUTTER	0.35	6
JH TCB	SESAME BUTTER	0.35	6
JH CN	HAZELNUT BUTTER	0.35	6
JH CRUN	CHOCOLADE CRUNCHY	0.35	6
JH AGAVE 4	AGAVE SIROP	0.45	6
JH CACAO3	CACAO CHOCOLATE DRINK	0.33	6
JH MILK	ALMOND DRINK	0.300	6
JH GOP137	GOMA SIO	0.300	6

OILS	ORGANIC OILS FROM VIGEAN		
HV 2479	FLAX OIL OR CAMELINE 25 CL	0.25	6
HV 73	SAFFLOWER OR CARTHAME 50 CL	0.50	6
HV 144	HEMPSEED OR CHANVRE 25 CL	0.25	6
HV 154	POPPY OIL OR OEILLETTE 25 CL	0.25	6
HV 130	PUMPKIN OIL OR COURGE 25 CL	0.25	6
HV 85	SESAME OIL 25 CL	0.25	6
HV 55	ITALIAN EXTRA VIRGIN 50 CL	0.50	6
HV 2478	ARGAN FROM MORROCCO 25 CL	0.25	6
HV 1636	WALNUT OIL OR NOIX 50 CL	0.50	6
HV 203	HAZELNUT OIL OR NOISETTE 25 CL	0.25	6

<b>COFFEE</b>	<b>ORGANIC COFFES FROM LOBODIS</b>		
LOB 1	LANGANI FROM ETHIOPIA	0.25	12
LOB 2	TINGO FROM PERU	0.25	12
LOB 3	CHANTICO FROM MEXICO	0.25	12
LOB 4	VILLA ORIENTE FROM BOLIVIA	0.25	12
LOB 5	ORGANIC SUGAR CUBES	0.50	10

<b>HONEY</b>	<b>ORGANIC HONEYS FROM FAMILLE MARY</b>		
FM 017012	ORGANIC ORANGE SPANISH HONEY	0.23	12
FM 017111	ORGANIC EUCALYPTUS FROM ARGENTINA	0.23	12
FM 017212	ORGANIC WILD FLOWERS FROM TASMANIA	0.23	12
FM 01731A	ORGANIC ITALIAN FOREST HONEY	0.25	12
FM 017612	ORGANIC MIMOSA HONEY	0.23	12

<b>CHOCOLATE</b>	<b>SAVEURS ET NATURE*</b>		
SN T8076	BLACK 70% GRAND CRU TANZANIA	0.07	10
SN T8106	BLACK 70% GRAND CRU DOMINICAN REP;	0.07	10
SN T8137	BLACK 70% GRAND CRU PERU	0.07	10
SN T8540	BLACK 70% WITH ORANGE ZEST	0.07	10
SN T8199	MILK WITH FLEUR DE GUERANDE SALT	0.07	10
SN T8229	WHITE CHOCOLATE	0.07	10
SN T8281	BLACK 70% WITH MONTELMAR NOUGAT	0.045	15
SN T8427	COCONUT ROCHER WITH MILK CHOCOLATE	0.045	15
SN T8458	HAZELNUT PRALINE ROCHER MILK CHOCO	0.045	15

<b>FRUIT SPREADS</b>	<b>NATURGIE LOW GLYCEMIC INDEX</b>		
AL 6190	APRICOT & AGAVE	0.24	6
AL 6193	BLACKCURRANT & AGAVE	0.24	6
AL 6194	CHERRY & AGAVE	0.24	6
AL 6195	STRAWBERRY & AGAVE	0.24	6
AL 6196	BLUEBERRY & AGAVE	0.24	6
SA 6450	CHESTNUTS & FRUIT SIROP	0.31	6
SA 6627	FIGS & FRUIT SIROP	0.31	6
SA 6448	PRUNEAU & FRUIT SIROP	0.295	6
SA 6727	FRUIT OF THE FOREST & SIROP	0.31	6
SA 6607	BITTER ORANGE & FRUIT SIROP	0.31	6

<b>CHILI</b>	<b>PIMENT D'ESPELETTE</b>		
PE 001	PIMENT D'ESPELETTE : Powder 30 gr	0.03	12
PE 002	PIMENT D'ESPELETTE : Powder 250 gr	0.25	4
PE 003	PIMENT D'ESPELETTE : Mash 50 gr	0.05	12
PE 004	PIMENT D'ESPELETTE : Jelly 60 gr	0.06	12