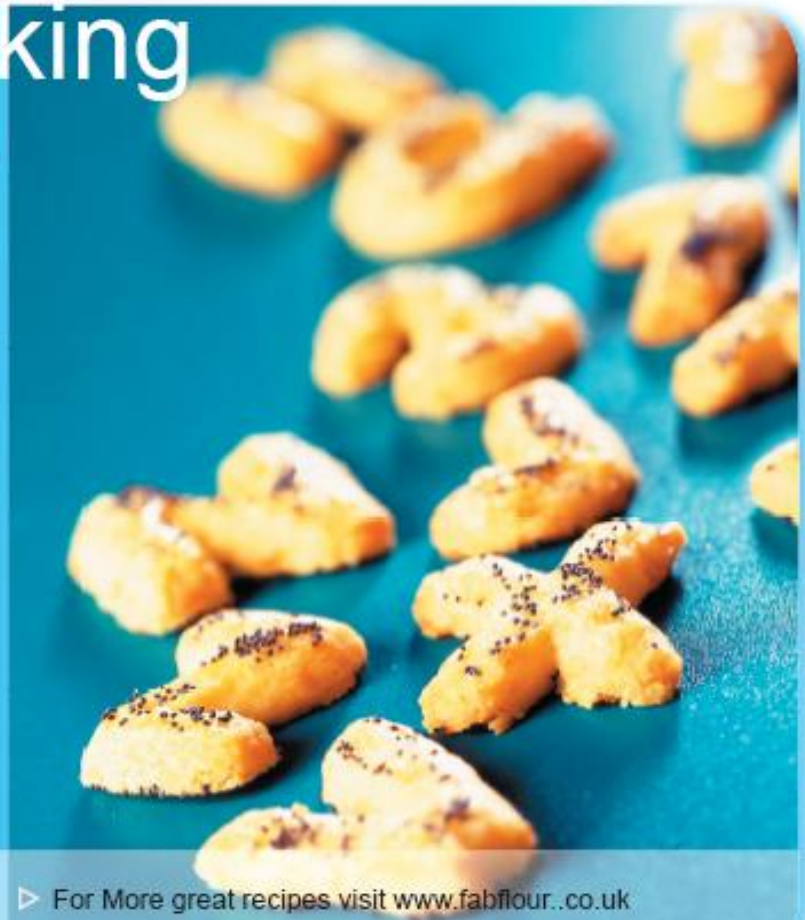


Flours For Home Baking

From UK Millers

There is a flour to suit every taste and occasion, whether you need a creamy white flour for bread making, a coarser, wholemeal stoneground for a rich fruitcake, or a fine, light sponge flour. Why not explore and experiment with the wide range now available in your supermarket, local shop or health food store?



Cheesy Number Biscuits ▶ For More great recipes visit www.fabflour.co.uk

Manufacturer	Brand/Type of Flour	Description	Availability
Carrs Flour Mills Ltd Old Croft Stanwix Carlisle Cumbria CA3 9BA Tel. 01228 554 600 carrsflour@cmiplc.co.uk www.carrs-flourmills.co.uk	Carrs Breadmaker Strong White Flour (15kg)	Carrs Breadmaker Strong White Flour has been specifically developed for outstanding results with automatic breadmakers. It has been extensively tested in virtually all breadmakers on the market, and has been awarded the Good Housekeeping Institute seal of approval.	Asda, Co-op, Sainsbury's, Tesco, EH Booths nationwide and Independent Retailers in the North of England and South of Scotland.
	Carrs Breadmaker Wholemeal Flour (1.5kg)	Carrs Breadmaker Wholemeal Flour has been specifically developed for outstanding results with automatic breadmakers. It has been extensively tested in virtually all breadmakers on the market, and has been awarded the Good Housekeeping Institute seal of approval.	Asda, Co-op, Sainsbury's, Tesco, EH Booths nationwide and Independent retailers in the North of England and South of Scotland.
	Carrs Breadmaker Coarse Brown Flour (1.5kg)	Carrs Breadmaker Coarse Brown Flour has been specifically developed for outstanding results with automatic breadmakers. It has been extensively tested in virtually all breadmakers on the market, and has been awarded the Good Housekeeping Institute seal of approval.	Asda, Co-op, Sainsbury's, Tesco, EH Booths nationwide and Independent retailers in the North of England and South of Scotland.
	Carrs Breadmaker Strong White Multipack Flour (6 x 500g)	Carrs Breadmaker Strong White Flour has been specifically developed for outstanding results with automatic breadmakers. It has been extensively tested in virtually all breadmakers on the market, and has been awarded the Good Housekeeping Institute seal of approval.	Asda, Co-op, Tesco, EH Booths and Independent retailers in the North of England and South of Scotland.
	Carrs Soft Plain Flour (1.5kg)	Milled from carefully selected UK wheats for general purpose uses, especially for pastry, scones and cakes.	Independent retailers and Co-Ops in the North of England and South of Scotland.
	Carrs Self-Raising Flour (1.5kg)	Milled from carefully selected UK wheats for all-purpose where high quality aerating ingredients are required such as cakes, pastries and puddings.	Independent retailers and Co-Ops in the North of England and South of Scotland.
	Carrs Sauce Flour	An innovative flour milled and processed for making excellent sauces even in low fat recipes and with reduced risk of lumpiness. Also for use as a thickener.	Sainsbury's, Tesco, EH Booth nationwide and Independent retailers in the North of England and South of Scotland.

Manufacturer	Brand/Type of Flour	Description	Availability
Doves Farm Foods Hungerford, Berkshire mail@dovesfarm.co.uk Tel. 01488 684 880	Strong Wholemeal Bread Flour	Organic: Whole grain flour milled from strong hard wheat is an entirely natural 100% wheat flour. It is ideal for use in bread machines and oven baked yeast cookery.	Health Food shops and major Supermarkets
	Fine Wholemeal Flour	Organic: Stone ground very finely from soft English wheat grain. This 100% wholemeal flour is ideal for general use, light wholemeal cakes, pastry and sauces.	Health Food shops and major Supermarkets.
	Self-Raising Wholemeal Flour	Organic: Stone ground from soft English wheat grain with added rising agents. This 100%wholemeal flour will make surprisingly light home made cakes.	Health Food shops and major Supermarkets
	Strong White Bread Flour	Organic: Strong hard natural wheat flour milled and sieved to make this white bread flour. It is ideal for use in bread machines, for oven baked yeast cookery and profiteroles.	Health Food shops and major Supermarkets.
	Ethical Plain White Flour	Organic: This general purpose white flour is milled from English wheat grown by organic farmers to Ethical Trade Standards which involve a fair price for the farmer, fair treatment of workers as well as involvement with local communities .	Health food shops and major supermarkets.
	Self-Raising White Flour	Organic: Fine white flour milled from soft English wheat added raising agents. Ideal of deliciously light home made cakes.	Health Food shops and major Supermarkets.
	Malthouse Bread Flour	Organic: Malthouse flour is made from wheat and rye flours combined with flaked malted grains for a wholesome crunchy texture. It is ideal for use in bread making machines and for oven baked yeast cookery.	Health Food Shops and major Supermarkets
	Barleycorn Bread Flour	Organic: Barleycorn flour is made from wheat an barely flours combined with malted barely flakes and omega3 rich linseeds. It is ideal for use in bread machines and for oven baked yeast cookery.	Health Food shops and major Supermarkets.
	Wessex Brown Flour	Organic: Wheat grown exclusively on farms in Wessex, this flour is stone ground on milestones at the heart of the region. We sieve out the coarse outer layers of brand to create a pleasing all purpose brown flour.	Health Food shops and major Supermarkets.
	Rye Flour	Organic: Stoneground, secale cereale, 100% rye flour has a distinctive flavour. It is naturally lower in gluten, producing close textured breads with a pleasing continental flavour.	Health Food shops and major Supermarkets.
	Wholegrain Spelt Flour	Organic: Ancient relative of modern wheat, spelt grain, triticum speltum was widely grown by the Romans. This 100% wholegrain flour has complex flavours and bakes a delicious loaf.	Health Food shops and major Supermarkets.
	White Spelt Flour	Organic: Milled spelt grain, triticum speltum, is sieved from coarse outer layers of bran to create this creamy white flour. Spelt flour is ideal for speciality pastry, yeast cookery and bread making.	Health Food shops and major Supermarkets.

Manufacturer	Brand/Type of Flour	Description	Availability
Cont/...			
Doves Farm Foods Hungerford, Berkshire mail@dovesfarm.co.uk Tel. 01488 684 880	Kamut Flour	Organic: Originally grown by the pharaohs in Egypt, this ancient type of wheat, <i>triticum turgidum</i> , is naturally high in proteins and minerals such as selenium. It is excellent for pasta and breadmaking.	Health Food Shops and major Supermarkets.
	Pasta Flour	Organic: Home made pasta is traditionally made with fine Type "O" pasta in Italy. This light white flour is high in protein and can also be used for pizza and bread making.	Health Food shops and major Supermarkets.
	Buckwheat Flour	Organic: Stoneground from naturally gluten and wheat free buckwheat, sometimes known as sarrasin, this flour has a speckled appearance and slightly sweet taste. This 100% buckwheat flour is ideal for pancakes, blinis, noodle and pasta making.	Health Food shops and major Supermarkets
	Gram Flour	Milled from naturally gluten and wheat free gram or chana dahl, a kind of small chickpea, this fine pale yellow flour is used to make onion bhajias and other Middle Eastern or Indian dishes. Sometimes called besan flour, it is useful for thickening sauces.	Health Food shops and major Supermarkets.
	Rice Flour	Naturally gluten and wheat free, plain in flavour, creamy in colour and easy to digest, use rice flour to make great puddings and biscuits. It can also be used to thicken sauces in sweet and savoury dishes.	Health food shops and major Supermarkets.
	Gluten and Wheat Free Plain White Flour	A flour blend milled from naturally gluten and wheat free ingredients this is an alternative to everyday wheat flour which will require a little extra liquid in most recipes.	Health Food shops and major Supermarkets.
	Gluten and Wheat Free White Bread Flour	A flour blend milled from naturally gluten and wheat free ingredients and natural gum this is an alternative to wheat bread flour.	Health Food shops and major Supermarkets.
	Gluten and Wheat Free Brown Bread Flour	A flour blend milled from naturally gluten and wheat free ingredients and natural gum this is an alternative to wheat bread flour.	Health Food shops and major Supermarkets.

Manufacturer	Brand/Type of Flour	Description	Availability
Heygates Ltd Bugbrooke, Northampton pmheygate@heygates.co.uk Tel: 01604 830 381	Finelady Strong White	Strong white flour ideal for baking bread.	Independent retailers.
	Osprey Strong White	Strong white flour ideal for baking bread.	Independent retailers.
	Osprey Strong Wholemeal	Strong wholemeal flour for bread making.	Independent retailers.

Manufacturer	Brand/Type of Flour	Description	Availability
James Neill Ltd Belfast, N Ireland www.allied-mills.co.uk Tel: 028 9032 2451	Neill's Golden Fleece	Ideal for pastry, flans, sauces and batters mixes.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Soda Bread Mix	Ideal for pancakes, Soda Farls/bannocks and pizza bases.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Self-Raising	Ideal for cakes, buns, sponges and scones.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Wholemeals, fine, medium and coarse	Ideal for cakes, pastry and wheaten bread.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Traditional Wheaten Bread Mix	Just add water to make wheaten bread, farls or scones.	Supermarkets, independent retailers and shops in Northern Ireland.
	Neill's Soda Bread Mix	Ideal for pancakes/Scottish Crumpets, Soda Farls and Bannocks.	Supermarkets, independent retailers and shops in Northern Ireland

Manufacturer	Brand/Type of Flour	Description	Availability
FWP Matthews Ltd Chipping Norton, Oxon sales@fwpmatthews.co.uk www.fwpmatthews.co.uk Tel: 01993 830 342	Organic Cotswold White	A strong, premium quality flour milled from local organic wheats. Ideal for all bread making purposes.	Some Bakers' shops or email-order.
	Organic Cotswold Wholemeal	A high protein organic flour with an exceptionally fine texture.	Some Bakers' shop or email-order.
	Organic Cotswold Crunch	A blend of strong white and wholemeal flour, malted wheat flakes, malt & rye flour. Ideal for bread and rolls.	Some Bakers' shop or email-order.
	Cotswold Plain	A conventional, light, white flour ideal for pastries, sauces etc.	Some Bakers' shop or email-order.
	Cotswold Self-raising	A conventional, fine white self-raising flour suitable for all cakes and sponges.	Some Baker's shop or email order.
	Cotswold Bakers White	A conventional white strong flour ideal for all bread making uses.	Some Bakers' shop or email-order.
	Cotswold Farmhouse Wholemeal	A fine wholemeal flour suitable for bread and rolls.	Some Bakers' shop or email-order.
	Cotswold Crunch	A mixture of strong white flour, wholemeal flour, malted wheat flakes, malt & rye flours. Use on its own or mixed with white.	Some Baker's shop or email-order.

Manufacturer	Brand/Type of Flour	Description	Availability
W & H Marriage & Sons Ltd Chelmsford, Essex CM1 1PN info@marriagesmillers.co.uk Tel: 01245 354 455 Fax: 01245 261 492	Strong Bread Flour Finest Strong Flour – available in 1.5kg bags	A high protein creamy white flour. Ideal for bread making and puff pastry.	Health food shops. Selected independent grocery shops and independent bakeries.
	100% Very Strong Canadian White flour	A extra strong flour. Ideal for bread making and pasta.	Health food shops. Selected independent grocery shops and independent bakeries.
All flours available in 1.5kg bags	Strong Wholemeal flour – available in 1.5kg bags	100% Stoneground containing 100% of the wheat grain for wholemeal breadmaking with a difference. .	Health food shops. Selected independent grocery shops and independent bakeries.
	100% Very Strong Canadian Wholemeal flour	A very strong wholemeal flour. Ideal for bread and rolls. Superior flavour and keeping qualities.	Health food shops. Selected independent grocery shops and independent bakeries.
	Strong White Organic flour	A strong protein organic flour. Ideal for bread rolls, pizza bases and puff pastry.	Health food shops. Selected independent grocery shops and independent bakeries.
	Organic Strong Wholemeal Stoneground flour	A strong 100% stoneground flour. Ideal for rolls and breadmaking.	Health food shops. Selected independent grocery shops and independent bakeries.
	Organic Country Fayre Malted Brown flour	A strong brown, malted flour with cracked malted grains. Ideal for bread and rolls.	Health food shops. Selected independent grocery shops and independent bakeries.
	Soft Flours Organic Light Brown Self Raising flour	A brown flour lighter than wholemeal and more fibre than white. Ideal for sponges, scones and cakes.	Health food shops. Selected independent grocery shops and independent bakeries.
	Organic Light Brown Plain flour	A brown flour adding fibre to pastry, biscuits and crumbles.	Health food shops. Selected independent grocery shops and independent bakeries.
	Organic White Self -Raising flour	Top quality self-raising flour. Ideal for sponges, scones and cakes.	Health food shops. Selected independent grocery shops and independent bakeries.
	Organic Plain flour	A plain flour. Ideal for pastry, batters, crumbles and biscuits.	Health food shops. Selected independent grocery shops and independent bakeries.
	Finest Self Raising flour	A top quality baking powder added. Superb for scones, sponges and cakes.	Health food shops. Selected independent grocery shops and independent bakeries.
	Finest Plain flour	A finley milled creamy colour flour. Ideal for pastry, crumbles, batters and biscuits.	Health food shops. Selected independent grocery shops and independent bakeries.
	Self-Raising Wholemeal flour – 100% Stoneground	High in natural fibre. Excellent for scones, sponges and cakes.	Health food shops. Selected independent grocery shops and independent bakeries.
	Plain Wholemeal flour 100% Stoneground	Contains 100% of the wheat grain and high in natural fibre. Excellent for crumbles, biscuits and pastry.	Health food shops. Selected independent grocery shops and independent bakeries.

Manufacturer	Brand/Type of Flour	Description	Availability
R Mayall & Daughter Shrewsbury shop@pimhillorganic.co.uk www.pimhillorganic.co.uk Tel: 01939 290 342	Pimhill Wholemeal Flour	Stoneground flour comprising a blend of mainly home-grown wheats. The flour is famous for its exceptional flavour,	Natural Food Wholesalers, Health food shops and through the on site farm shop.
	Pimhill 85%Extraction Flour	Stoneground flour with a proportion of the bran removed. The flour is famous for its exceptional flavour.	Natural Food Wholesalers, Health food shops and through the on site farm shop.

Manufacturer	Brand/Type of Flour	Description	Availability
Rank Hovis Ltd The Lord Rank Centre Lincoln Road High Wycombe, Bucks HP12 3QS marketing@rankhovis.com www.rankhovis.com	Hovis Strong White Flour	A blend of high protein wheats, which produce a superior quality fine flour. Ideal for bread, rolls, pizzas bases and Danish pastries.	ASDA, Co-Ops, Morrisons, Sainsbury's, Somerfield, Tesco, Waitrose and other multiples and independent retailers.
Tel: 08707 281 111	Hovis Super Strong White Bread Flour	A patent grade bakers flour which uses the flour from the centre of the wheat grain to give an exceptionally high quality protein flour for bread baking, producing loaves with superb volume, colour and texture.	ASDA, Co-ops, Morrisons, Sainsbury's and Tesco.
	Hovis Strong Wholemeal Flour	Milled in such a way as to retain all the goodness of the whole wheat. Hovis strong wholemeal flour is high in both brand and dietary fibre. Ideal for bread and rolls.	ASDA, Co-Ops, Morrisons, Sainsbury's, Tesco and Waitrose,
	Hovis Strong Country Brown Flour	A blend of wheats giving a superior quality flour which is ideal for bread baking, producing loaves with a wonderful nutty taste and excellent texture.	ASDA, Morrisons, Sainsbury's and Tesco.
	Hovis Granary Malted Brown Flour	A blend of wheats and malted wheat grains, giving Granary a unique texture and flavour. Ideal for bread, rolls and pastry.	ASDA, Co-op, Morrison, Sainsbury's, Somerfield, Tesco and Waitrose.
McDougalls Foods Ltd The Lord Rank Centre Lincoln Road High Wycombe, Bucks HP12 3QS www.mcdougalls.com	McDougalls Self-Raising Flour	A plain flour with the addition of a high quality raising agent. McDougalls self-raising flour is super-sifted. Excellent for cakes, scones, suet pastry, tea-breads and biscuits.	ASDA, Co-op, Iceland, Kwiksave, Morrisons, Sainsbury's, Somerfield, Tesco, Waitrose, other multiples and independent retailers.
	McDougalls Supreme Sponge Flour	The only flour specially produced for sponge making, McDougalls supreme sponge flour gives your Swiss rolls, fairy cakes and sponges a lighter and more even texture than normal self-raising flour.	ASDA, Sainsbury's, and Tesco.
	McDougalls Plain Flour	Milled from a blend of high quality wheats, McDougalls plain flour is super-sifted. This versatile all purpose flour is suitable for pastry, batter, sauces, gravies, fruit cakes and shortbreads.	ASDA, Co-ops, Iceland, Kwiksave, Morrisons, Sainsbury's, Somerfield, Tesco, Waitrose, other multiple and independent retailers.
www.be-ro.com	Be-Ro Plain Flour	Milled from carefully selected wheats, this versatile all purpose flour helps you achieve delicious results for pastries, Yorkshire puddings, pancakes, fruit cakes, shortbread, sauces and gravies.	ASDA, Co-op, Kwiksave, Morrisons, Sainsbury's, Somerfield, Tesco, other multiple and independent retailers.
	Be-Ro Self-Raising Flour	Milled from carefully selected wheats, Be-Ro self-raising flour is a plain flour with the addition of high quality raising agent. It is ideal for cakes, scones, suet pastry, tea-breads and biscuits.	ASDA, Co-ops, Kwiksave, Morrisons, Sainsbury's, Somerfield, Tesco, other multiple and independent retailers.

Manufacturer	Brand/Type of Flour	Description	Availability
Wm Nelstrops & Co Ltd Albion Flour Mills Stockport Cheshire www.nelstrop.co.uk Tel: 0161 480 3071	Strong White	A blend of North American and English wheats to give a high quality white bread making flour.	Independent retailers in the North.
Fax: 0161 480 3071	Strong Wholemeal	A blend of North American and English wheats to give a high quality wholemeal bread making flour.	Independent retailers in the North.
	Plain White	Soft plain white flour from English wheats for cakes and pastry.	Independent retailers in the North.
	Self Raising	Soft plain white flour from English wheats in with the addition of raising agents.	Independent retailers in the North.

Manufacturer	Brand/Type of Flour	Description	Availability
Kerry Foods - Home Baking Kerry Foods Ltd Thorpe Lea Manor Thorpe Lea Road Egham TW20 8HY Freephone 0800 783 4321 www.homeprideflour.co.uk	Harvest Gold Strong White	High quality white flour for bread making. By hand or bread machine.	Kwik Save, Morrisons and Nisa.
	Harvest Gold Strong Brown	High quality brown flour for bread making. By hand or bread machine.	Nisa.
	Harvest Gold Strong Wholemeal	High quality wholemeal flour for bread making. By hand or bread machine.	Morrisons
	Homepride Plain – Premium Quality	Makes excellent pastry, batter and crumbles. Available in bags or resealable cartons.	Somerfield, Sainsbury, Tesco, Waitrose, ASDA, Morrisons, Nisa, Co-ops and Independents.
	Homepride Self-Raising – Premium Quality	Plain flour with the addition of a high-quality raising agent. Excellent for cakes, scones and sponges. Available in bags or resealable cartons.	Somerfield, Sainsbury, Tesco, Waitrose, ASDA, Morrisons, Nisa, Co-ops and Independents.
	Homepride Extra Strong Brown Flour	High quality brown flour developed specifically for use in bread machines. It is blended from carefully selected wheats from Britain and around the world to ensure great results.	Available in 1.5kg bags from Nisa and Co-ops.
	Homepride Extra Strong White Flour	High quality white flour developed specifically for use in breadmachines. It is blended from carefully selected wheats from Britain and around the world to ensure great results.	Available in 1.5kg bags from Nisa and Co-ops.

Manufacture	Brand/Type of Flour	Description	Availability
Stoate NR & Sons Cann Mills Shaftsbury, Dorset SP7 0BL www.stoatesflour.co.uk michaelstoate@lineone.net Tel: 01747 852 475	Strong 100% Wholemeal Flour	Stoneground high protein flour for breadmaking. Excellent results from Bread making machines.	Regional Health Food Shops, direct from Mill.
	Plain Brown Flour (81%)	General purpose Stoneground flour for bread, cakes, and pastry making.	Regional Health Food Shops, direct from Mill.
	Maltstar Flour	A strong Brown flour milled from high protein wheats blended with Malted Wheat Flakes, Malt flour and Rye Flour. Excellent results from breadmaking machines.	Regional Health Foods Shops, direct from Mill.
	Organic Self-Raising Brown (81%) Flour	Stoneground flour milled from soft wheat blended with raising agents.	Regional Health Food Shops, direct from Mill.
	Organic Rye Flour	Stoneground flour milled from 100% Rye Grain. Ideal for sourdoughs and blending with other bread flours.	Regional Health Food Shops, direct from Mill.
	Organic Maltstar	A strong Brown flour milled from high protein wheats blended with Malted Wheat Flakes, Malt flour and Rye flour. Excellent results from breadmaking machines.	Regional Health Foods shops, direct from Mill.
	Organic Strong 100% Wholemeal Flour	Stoneground flour for breadmaking certified by The Soil Association. Excellent results from Bread Making Machines.	Regional Health Food shops, direct from Mill.
	Organic Strong Brown Flour (81%)	Stoneground flour for breadmaking certified by The Soil Association. Excellent result from Breadmaking Machines.	Regional Health Food shops, direct from Mill.
	Organic Strong White flour	Stoneground strong white flour for breadmaking certified by The Soil Association. Creamy colour with superb flavour. Excellent results in Breadmaking machines.	Regional Health Food shops, direct from Mill.
	Organic Spelt flour	Stoneground Spelt flour for bread and pastry making. Certified by the Soil Association. This ancient variety of grain has a unique sweet and nutty flavour.	Regional Health Food shops , direct from mill.

Manufacturer	Brand/Type of Flour	Description	Availability
Clarks (Wantage) Ltd Wessex Mill Wantage Oxon OX12 9AB Tel 01253 768 991 Fax 01253 768 993 sales@wessexmill.co.uk www.wessexmill.co.uk	Strong White Flour	We collect wheat from local farms and use some wheat from Canada to give an exceptional good quality white loaf. Over 100 years of flour milling and 4 generation of experience.	Specialist Food Retailers. Mill Shop Web Shop
	Wholemeal	100% Wholewheat	Specialist Food Retailers. Mill Shop Web Shop
	Brown Flour	85% Wholewheat	Specialist Food Retailers. Mill Shop Web Shop
	Wessex Cobber Flour	Malted wheat flour, delicately flavoured, with soft eating malt flakes.	Specialist Food Retailers. Mill Shop Web Shop
	Tomato and Garlic Flour	Pieces of garlic and sun dried tomato	Specialist Food Retailers. Mill Shop Web Shop
	Mixed Pepper and Basil Flour	Pieces of mixed pepper and Basil	Specialist Food Retailers. Mill Shop Web Shop
	Sunflower Flour	Sunflower seeds and bran.	Specialist Food Retailers. Mill Shop Web Shop
	Onion Flour	Kibbled onion and onion pieces	Specialist Food Retailers. Mill Shop Web Shop
	Six Seed Flour	Linseeds, poppy seeds, sesame seeds, millet, sunflower seed, and kibbled wheat	Specialist Food Retailers. Mill Shop Web Shop
	Mixed Grain Flour	Wheat, Rye, Sesame and Poppy and Roasted Malt	Specialist Food Retailers. Mill Shop Web Shop
	Apple and Cinnamon Flour	Pieces of apple, apple powder and cinnamon	Specialist Food Retailers. Mill Shop Web Shop
	Honey and Seed Flour	Linseeds, poppy seeds, sesame seeds, millet, sunflower seeds and kibbled wheat with a background flavour of honey	Specialist Food Retailers. Mill Shop Web Shop

	Oat's "n" Bran Flour		Specialist Food Retailers. Mill Shop Web Shop
	Soft Grain Flour	Kibbled wheat and Rye	Specialist Food Retailers. Mill Shop Web Shop
	Malt Loaf	Add dried fruit for a delicious malt bread	Specialist Food Retailers. Mill Shop Web Shop
	Plain Flour		Specialist Food Retailers. Mill Shop Web Shop
	Self-Raising Flour		Specialist Food Retailers. Mill Shop Web Shop

Manufacturer	Brand/Type of Flour	Description	Availability
Allinson Flour The Silverspoon Company Sugar Way Peterborough PE2 9AY Visit www.bakingmad.com for baking advice and recipe inspiration	Allinson Strong 100% Wholemeal Flour	The complete grain is used to produce a flour with a rich flavour and texture and natural fibre, protein and vitamins.	Health food shops, independent supermarkets and shops, some Co-Ops, Sainsbury, Safeway, Somerfield and Kwiksave
	Allinson Country Grain Strong Brown Flour	A flour with added malted wheatflakes to provide a nutty flavour and delicious taste to home baked bread. Ideal for breadmakers.	Health food shops, independent supermarkets and shops, some Co-Ops, Waitrose and Sainsbury's
	Allinson Organic Wholemeal Bread Flour	A 100% organic wholemeal flour ideal for bread making and other recipes where a plain wholemeal flour is required. Ideal for breadmakers	Health food shops, independent supermarkets and shops, some Co-Ops, Safeway, ASDA Morrisons.
	Allinson Strong White	Top quality wheat used to produce a strong white flour to ensure great bread making results. Ideal for breadmaking machines.	Health food shops, independent supermarkets and shops, some Co-Ops, Tesco, Sainsbury Safeway, Somerfield.
	Allinson Softgrain Strong White	A strong white flour with added rye and wheat grains to give a fuller flavour for baking delicious softgrain-style bread.	Health food shops, independent supermarkets and shops, some Co-Ops, Tesco, Safeway, Somerfield, Sainsbury's and Waitrose.
	Allinson Organic Strong White Bread Flour	Organic breadmaking flour.	Organic shops, HealthFood Shops, some Co-ops, ASDA and Morrison.
	Allinson Organic Plain White	Organic Plain flour.	Organic shops, Health Foods shops, some Co-ops, ASDA and Morrison.

Manufacturer	Brand/Type of Flour	Description	Availability
GR Wright & Sons Ltd Ponders End Mill Enfield, Middlesex EN3 4TG sales@wrightsfLOUR.co.uk www.wrightsfLOUR.co.uk Tel: 020 8804 1166	Wright's Premium White Bread Mix	Just add water to produce scrumptious bread, rolls or pizza bases. Also suitable for bread making machines.	Booths, Co-op, Morrison's, Sainsbury, Shoprite, Somerfield. Tesco's own label, Waitrose and Wright's internet sales in the UK. Quicksave in Spain. Nice Price in Mallorca. De Bijenforf in Netherlands. Delhaize in Belgium. La Grande Epicerie in Paris. Falkland Island Trading Co.
	Wright's Wholemeal Bread Mix	Just add water to produce wholesome bread and rolls. Also suitable for use in bread making machines.	Booths, Shoprite, Somerfield, Tesco own label and Wright's internet sales in the UK. De Bijenkorf, Netherlands. Quicksave in Spain. Nice Price in Mallorca.
	Wright's Scofa Bread Mix	Just add water to produce authentic soda bread or rolls. Not suitable for bread making machines.	Sainsbury's own label and Wright's internet sales in the UK. De Bijenkorf, Netherlands. Quicksave in Spain.
	Wright's Ciabatta Bread Mix	Just add water and olive oil to produce delicious, authentic Ciabatta and other Italian breads such as Puglisi or Foccaccia. Half a 500g pack is suitable for use in bread making machines.	Booths, Budgen Co-op, Morrisons, Sainsbury's, Somerfield and Waitrose. In the UK. Jumbo, De Bijenkorf in Netherlands. Quicksave in Spain and Nice Price in Mallorca. La Grande Epicerie in Paris. Wright's internet sales.
	Wright's Sunflower Bread Mix	Just add water to produce tasty appetising, speciality bread and rolls or add honey for a sweet tea bread. Also suitable for bread making machines.	Booths, Co-op, Shoprite, Sainsbury's own label, Somerfield, Tesco and Wright's internet sales in the UK. De Bijenkorf - Netherlands. Quicksave in Spain. Nice Price in Mallorca. Falkland Islands Trading Co.
	Wright's Mixed Grain Bread Mix	Just add water to produce superb, speciality bread or rolls. Add nuts or sultanas for a delicious muesli loaf. Also suitable for bread making machines.	Co-op, Morrison's, Sainsbury's own label, Shoprite Somerfield, Tesco, Waitrose and Wright's Internet sales in the UK. Nice Price in Mallorca. Jumbo, De Bijenkorf in Netherlands. Delhaize in Belgium, Quicksave in Spain, La Grande Epicerie in Paris and Falkland Islands Trading Co.
	Wright's Garlic and Rosemary Focaccia Bread Mix	Just add water and olive oil to produce mouth-watering Focaccia in your existing tins at home. Also suitable for use in bread making machines.	Tesco in the UK. Wright's internet sales. Superquin (Eire) Nice Price in Mallorca. De Bijenkorf, Netherlands. Falkland Island Trading Co.

GR Wright & Sons Ltd cont.../			
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	Wright's Naan Bread Mix	Just add water and vegetable oil to produce six garlic and coriander Naan breads under your grill. Not suitable for use in bread making machines.	Wright's internet sales. De Bijenkorf, Netherlands. Falkland Islands Trading Co. Nice Price In Mallorca & Quicksave in Spain.
	Wright's Parmesan and Sundried Tomato Bread Mix	Just add water to produce satisfying Mediterranean bread, rolls or pizza bases. Also suitable for use in bread making machines.	Booth's, Budgen, Co-op, Morrison, Sainsbury's, Somerfield, Tesco, Waitrose and Wright's internet sales in the UK. Superquinn (Eire), Jumbo, Albert Heijn, De Bijenkorf in Netherlands. Nice Price in Mallorca. Le Grande Epicerie in Paris, Comptoirs Irlandais, France and Falkland Islands Trading Co.
	Wright's Cheese and Onion Bread Mix	Just add water to produce top quality Cheese and Onion bread or rolls. Also suitable for use in bread making machines.	Booth's, Co-op, Tesco and Sainsbury's own label in the UK. Jumbo, Albert Heijn, De Bijenkorf in the Netherlands. Quicksave in Spain, Nice Price in Mallorca. Le Grande Epicerie in Paris. Wright's Internet sales. Falkland Islands Trading Co.
	Wright's Chilli Bread Mix	Just add water to produce flavoursome bread, rolls or pizza bases. Also suitable for bread making machines.	Wright's Internet sales in the UK Superquinn (Eire). De Bijenkorf, Netherlands. Falkland Islands Trading Co. Nice Price in Mallorca.
	Wright's Premium White Bread Mix	Just add water to produce scrumptious bread, rolls or pizza bases. Also suitable for bread making machines.	Booth's, Co-op, Morrison, Sainsbury's, Shoprite, Somerfield, Tesco own label, Waitrose and Wright's Internet sales in the UK. Quicksave in Spain. Nice Price in Mallorca. De Bijenkorf in Netherlands. Delhaize in Belgium. Le Grande Epicerie in Paris. Falkland Islands Trading Co.
	Wright's Mixed Grain Bread Mix	Just add water to produce a superb, speciality bread or rolls. Add nuts or sultanas for a delicious muesli loaf. Also suitable for bread making machines.	Co-op, Morrison's, Sainsbury's own label, Shoprite, Somerfield, Tesco, Waitrose and Wright's Internet sales in the UK. Nice Price in Mallorca, Jumbo, De Bijenkorf in Netherlands. Delhaize in Belgium. Quicksave in Spain, Le Grande Epicerie in Paris. Falkland Island Trading Co.
	Wright's Strong White Bread Making Flour	Baker's top quality and almost gladiatorial in strength, white flour specifically milled for bread making.	Wright's Internet sale in the UK. Nice Price in Mallorca. Quicksave in Spain.
	Wright's Strong Wholemeal Bread Making Flour	Baker's quality, healthy wholemeal flour that is specifically milled for bread making.	Wright's Internet sales in the UK. Nice Price in Mallorca, Quicksave in Spain.

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	Wright's Malty Bread Mix	Just add water to produce nourishing, granary style bread or rolls. Also suitable for use in bread making machines.	Sainsbury's, and Wright's Internet sales in the UK. Superquinn (Eire). De Bijenkorf, Netherlands. Nice Price in Mallorca & Quicksave in Spain.
	Wright's Organic Stoneground Wholemeal Bread Mix	Just add water to produce top quality organic bread or rolls. Also suitable for bread making machines.	Sainsbury's and Wright's Internet sales in the UK. De Bijenkorf, Netherlands, Quicksave in Spain and Nice Price in Mallorca.
	Wright's 1.5kg Ciabatta Bread Mix	A larger pack of mix for just adding water and olive oil to produce authentic Italian breads. Half a 500g pack is suitable for use in bread making machines.	Wright's Internet sales in the UK.
	Wright's 1.5kg Premium White Bread Mix	larger pack of mix for just adding water to produce tasty, top quality bread, rolls or pizza bases. Also suitable in bread making machines.	Wrights Internet sales in the UK.
	Wright's Mixed 1.5kg Grain Bread Mix	A larger pack of mix for just adding water to produce wholesome speciality bread and rolls or add nuts or sultanas for a delicious muesli loaf. Also suitable for bread making machines.	Wright's Internet sales in the UK.
	Wright's Strong Brown Bread Making Flour	Baker's quality, nutritious strong brown flour that is specifically milled for bread making.	Wright's Internet Sales in the UK. Nice Price in Mallorca. Quicksave Spain.
Wright's Cake Mixes	Wright's Ginger Cake Mix	For a rich, velvet textured Ginger cake simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf tin in your domestic oven.	Booth's, Sanisbury's, Morrison and Wright's Internet sales in the UK. De Bijenkorf, Netherlands. Nice Price in Mallorca. Quicksave in Spain. Falkland Islands Trading Co. Comptoirs Irlandais, France
	Wright's Carrot Cake Mix	For a moist and tasty Carrot cake simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf tin in your domestic oven.	Sanisbury's, Co-op and Wright's Internet sales in the UK. De Bijenkorf, Netherlands. Nice Price in Mallorca. Quicksave in Spain. Falkland Islands Trading Co. Comptoirs Irlandais, France
	Wright's Madeira Cake Mix	For a delicious Madeira cake with a hint of vanilla simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf tin in your domestic oven.	Booth's, Sanisbury's and Wright's Internet sales in the UK. De Bijenkorf, Netherlands. Nice Price in Mallorca. Quicksave in Spain. Falkland Islands Trading Co.
	Wright's Toffee Cake	This mix contains real toffee pieces and produces a moist and subtle Toffee cake. Simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf tin in your domestic oven.	Booth's and Wright's internet sales in the UK. Comptoirs Irlandais, France.
	Wright's Chocolate Fudge Cake	Contains real chocolate and produces and indulgent moist eating cake. Simply add water and oil. These mixes work brilliantly with bread making machines as well as in a 2lb loaf in your domestic oven.	Booth's and Wright's internet sales in the UK. De Bijenkorf, Netherlands. Quicksave in Spain.