



ABOUT GOLDEN HEARTH

When Harvey and Dulcie Marrable fired up the ovens of their first bakery in 1956, they never imagined that they would still be baking today! Gold Coast Bakeries has remained an independent family-owned business and the Marrable family intend to keep it that way.

Since 1956, many changes have taken place. And through it all, Harvey Marrable's presence has remained constant. Harvey is still involved in the workings of the bakery, guiding the next two generations of baking Marrables: son Warren and grandson Luke. From Lismore to Noosa, they deliver their freshly-baked breads to stores and supermarkets seven days a week.

Gold Coast Bakeries now employ more than 95 staff in their modern premises in Molendinar on Queensland's Gold Coast. They also have 48 vendor distributors, three bulk driver contractors and nine sales representatives who deliver their fresh bread each day.

Community support

Harvey and his family staunchly support the Gold Coast region by helping out local schools, charities and community groups. They also take pride in supporting local businesses and suppliers (rather than outsourcing services or importing ingredients) to run their bakery. They use only the best ingredients available to ensure their products are healthy, wholesome and tasty.

Products

Gold Coast Bakeries' three long-standing brand names, Gold Coast Bread, **Golden Hearth** and King Henry, were joined this year by their newest brand, Olé—a range of healthy Wholegrain Tortilla Wraps in a variety of exotic flavours. Gold Coast Bakeries also manufacture bread rolls and specialty bread products like foccacias, paninis and soup cobs.

OUR BREADS

Golden Hearth organic breads are baked with only the best, freshest and most nutritious ingredients.

Golden Hearth breads contain no artificial additives, preservatives, flavours or colours and no animal fats.

Remember, when purchasing a loaf of organic bread, it should feel 'firm' when touched, not soft and squishy. This is due to the lack of artificial additives and preservatives.

Our 100% Organic Wholegrain Flour

The organic flour used to create fresh Golden Hearth breads is sourced from the Wholegrain Milling Company—a family owned business specialising in high quality 100% Stoneground Organic Flours made from grains that are grown, stored and milled without chemicals.

During the grinding process, the germ, bran and endosperm of the wholegrain—along with the vitamins and minerals—are all retained and distributed evenly throughout the stone-milled flour. This produces the 'nutty' real wheat flavour and aroma characteristic of wholewheat flour.





100% ORGANIC LOAVES

Gotta love 100% organic!

Our four 100% organic breads—
 Stoneground WHOLEMEAL Organic 680g
 Stoneground MULTIGRAIN Organic 680g
 Stoneground LIGHT Organic 680g and
 Heavy WHOLEGRAIN Organic 900g
 —are certified by the ACO (Australian Certified Organic).

You can rest assured that these loaves fully comply with national and international standards for organic farming and processing. The ACO bud logo on our packaging guarantees our support for Australian farmers who practice ecologically sustainable methods.

The organic ingredients used in these breads are cultivated and processed with no chemically synthesised growth promoters, herbicides, pesticides, fungicides, fertilisers or fumigants.

Our 100% organic breads also have low glycemic indexes (low gi), meeting the nutritional recommendations of Diabetes Australia. They are an excellent choice for those who are lactose intolerance or allergic to dairy products.

Although organic breads might take more time to prepare and bake, the health and taste benefits make it worth the effort.

Make our 100% organic range a tasty addition to your liver cleansing diet!





ORGANIC COMBO LOAVES

Full of natural goodness and flavour!

Although our Classic Fruit Loaf and Soy and Linseed Breads are not fully organic certified, they are baked with 100% organic flour. We can reassure our customers that our flour contains absolutely no chemical additives and is completely free of synthetic fertilizers, herbicides, pesticides or fumigants.

CLASSIC FRUIT

Ripe, juicy, nutritious fruits are combined with only the freshest ingredients available to create a delicious, healthy and wholesome fruit loaf. Classic Fruit Loaf is an ideal breakfast slice or afternoon snack, providing all the nutrients necessary with the added health benefits of fresh fruits.

SOY & LINSEED

The combination of soy, linseed and wheat used in this loaf creates a deliciously healthy bread. Soy and Linseed Bread has a higher percentage of protein, fibre and vitamins than other breads—ideal for the health-conscious individual.

Soy contains substances called isoflavones that assist in the reduction of cholesterol levels in the body. It has also been proven that the phytoestrogens in soy greatly assists in the reduction of menopause symptoms.

Linseed contains alpha-linolenic acid which has known cardiovascular benefits.

Made using 100% organic flour





PROCESSOR 419P
AUSTRALIAN
CERTIFIED
ORGANIC

GLUTEN-FREE LOAVES

Gluten-free just got tastier!

Golden Hearth bakes delicious gluten-free breads available in white, seeded and fruit varieties. These breads are baked with only the freshest organic ingredients, making them a healthy choice for you and your family.

Due to the complete absence of gluten in these breads, they are ideal choices for those with coeliac disease. The added fibre and nutrients ensure that you still ingest all the natural goodness that bread provides without the negative impact of gluten on your body.

Free from gluten, yeast & wheat

