



il Valentino

BAKERY & CAFÉ

Celebrating Life!



5 Gallery Quay, Grand Canal Harbour, Dublin 2 Telephone 01 633 1100 Email info@ilvalentino.ie www.ilvalentino.ie

24 types of Artisan Breads



Coffee Bar open 7 days a week



Cakes to order



Bread Renaissance

Over 20 types of Artisan Breads

Country loaf: A best seller at Il Valentino, this is a crusty, round and happy bread. Ideal to create generous bruschetta, just toast and savour with your favourite ingredients. Its strong and porous texture is also a perfect compliment for a lunch or dinner with cheese, dried meats or foods with sauces.



demands to be consumed within hours from baking.

Baguettes: A national French icon, long and thin loaves of breads have been made in Paris since Louis XIV. The use of steam in the oven is essential as it allows the crust to expand before setting, thus creating a lighter loaf. It also melts the dextrose on the bread's surface, giving a slightly glazed effect. Particularly light and airy, baguettes

Ciabatta: Ciabatta (literally, "slipper" because of its shape) is an Italian white bread widely used as a sandwich bread. Humble looking, its

mission is to offer a perfect frame for good extra virgin olive oils and excellent charcuterie.

Sourdough: This is a special, demanding, temperamental bread that is made without yeast. Its starter is a lactobacillus culture. In comparison with yeast-based breads, it produces a distinctively tangy or sour taste, mainly because of the lactic acid produced by the lactobacilli. Its weight is increased by additions of new dough and mixing or kneading followed by rest or leavening periods. A small amount of the resulting dough is then saved to use as old-dough starter for the next batch. The initial starter needs to be refreshed every day adding new flour and water, and, if well looked after, can remain alive indefinitely. Our "madre" came from Italy, jealously preserved by one of our bakers. Praised for its high digestibility, numerous



studies have shown that Sourdough bread is tolerated by coeliac patients. Sourdough can have a pretty heavy structure and it keeps well for 2/3 days.

Rye bread: Rye bread is bread made with flour from rye grain of variable levels. Our Light Rye is a combination of Rye grain and wheat, hence it is not as dark or dense as the "Pumpernickel" darker ryes. Rye bread is higher in fibre than many

common types of bread and is darker in colour and stronger in flavour. Great with smoked salmon. Try the amazing Rye, Walnut & Raisin bread - a real culinary experience.

Five seeds: With a blend of whole wheat flour, linseeds, pumpkin seeds, oats, sesame seeds and poppy seeds, this bread is high in "insoluble fibre", a great ally of our health and in capturing and disposing of fats during the digestive process. Its distinctive flavour makes it an ideal bread to frame cheeses and a great accompaniment for soups. It will keep well for 2/3 days.

Pain Brioche: The word brioche first appeared in writing in 1404, and this bread is believed to have sprung from a traditional Norman recipe. Pain Brioche is considered a Viennoiserie. It is made in the same basic way as bread, but has the richer aspect of a

pastry because of the extra addition of eggs, butter, milk, and occasionally a bit of sugar. Brioche, along with pain au lait and pain aux raisins - is a wonderful weekend treat. Baked every Saturday. Ideal to make French toasts, with jams and honey or, on the savoury side, fresh cheeses and patés.

Spelt bread: Spelt is an ancient grain widely used in the Bronze age and a distant relative to the wheat. Spelt's uniqueness is derived from its genetic makeup and nutritional profile: with high digestibility, spelt has a very high protein content, an average of 17%, and B complex vitamins. It is also a superb fiber resource. Its nutty flavour adds to its distinctiveness and popularity.

You can order your breads by telephone.



Cakes to Order

Browse our on line catalogue at www.ilvalentino.ie

From the Italian tradition of "top quality-no guilt" these cakes and desserts are a sound delight. Fresh, genuine ingredients, always treated with passion and respect.

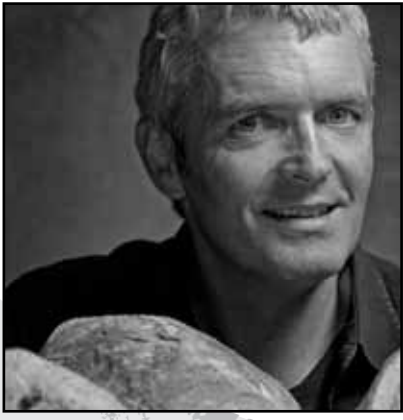
Charlotte, Strawberry Mousse, Black Forest

Gateau, Tiramisù, Pavarotti's Chocolate Cake, Pistachio Semifreddo, Sacher Torte, Cezanne Semifreddo, Babà Al Rum, Chocolate Roll...

3 days for standard order.



Food is Culture. Culture is Food.



Is food just fuel to keep you going through the day? We believe food is much more than that. An expression of cultures and creativity food must be prepared with passion and respect; must be enjoyed with pleasure and discernment. A daily opportunity to "choose well" and rejoice in great tastes.

What goes on in the labs that prepare the food you eat? A direct connection with nature and our "body" dimension, we are just militant and indomitable when it comes to ingredients. The amount of chemicals, improvers, boosters, preservatives, cheap oils that the food industry has been able to turn into mainstream

is phenomenal. Cut times, prolong shelf life, make it look better. No, thank you. The human body is an extraordinary machine, result of millions of years of evolution, and able to recognize and process natural substances. Not the thousands of artificial compounds that have been introduced in the last 50 years.

Eat the right things. In the right amounts. At the right times.

Be demanding. Health is the real asset, and you are in charge.



Office Breakfasts, Lunches and Sweet Breaks

- Sandwich Platters
- Pastry Selections
- Croissant and Breakfast Viennoiserie
- Canapes and Finger Food



Delivered to your office.

To order...:

Email: info@ilvalentino.ie or

Tel: **01 633 1100**



Pastries & Specialty Biscuits

On Order and for Deliveries

Strawberry Tartlets, Apple Crumble Tartlets, Clafoutis, Bignè, Cannoli, Eclairs, Finanzieri, Chocolate Hearts, Marzipan Ricciarelli, Amaretti, Apricot Mille Foglie, and more...

Check the on line catalogue www.ilvalentino.ie



Weekend Breakfast Menu

Small Breakfast

Rye & raisin bread, croissant, butter and jam, large cup of tea or coffee

Baker's Breakfast

Croissant, rye & raisin Bread, wholemeal bread, sourdough bread, butter and Jam, Italian ham and cheese, orange juice, large tea or coffee

French Royale Breakfast

Madeleine, pain au chocolat, brioche bread, croissant, butter and jam, large tea or coffee

Irish Bakers' Breakfast

Scone, jam butter, wholemeal soda bread, ham and cheese, or smoked salmon, orange juice, large cup of tea or coffee


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