



Abbey Bakery Altar Breads All Creamy White

Small Breads 1½" 2.9cm Diameter

On invoice	Code	Abbey Bakery Breads	Price
s	AB 250	Bags of 250	£3.65
	AB 300	Bags of 300	£4.38
	AB 500	Bags of 500	£7.30
k	AB 1000	Bags of 1000	£13.80

Large Breads 2¾" 7cm Diameter

On invoice	Code	Abbey Bakery Breads	Price
l	AB 15	Bags of 15	£1.80
	AB 20	Bags of 20	£2.40
	AB 25	Bags of 25	£3.00

Concelebration Breads 5½" 14cm Diameter

On invoice	Code	Abbey Bakery Breads	Price
c	ABC	Individually Packed	42p each

Abbey Bakery
Altar Breads made by the
Monastic community of
Cistercian Nuns in Wales
Baking since 1991

Sealed Edges with a Single Cross

Small White Breads 1½" 2.9cm Diameter

Code	Sealed Edge Breads	Price
d	White, box of 10 x 100 rolls	£14.50
e	White, one roll of 100	£1.60
f	White, container of 1000	£14.60

Small Wholemeal Breads 1½" 2.9cm Diameter

Code	Sealed Edge Breads	Price
j5	Wholemeal, bags of 500	£7.00
jk	Wholemeal, container of 1000	£14.60

White Breads 1¾" 3.5cm Diameter

Code	Sealed Edge Breads	Price
n	White, box of 10 x 100 rolls	£16.50
w	White, one roll of 100	£1.80

Sealed Edges with a Single Cross

Large Breads 2¾" 7cm Diameter

Code	Sealed Edge Breads	Price
q	White, box of 50	£5.00
t	Wholemeal, box of 50	£6.20

Concelebration Breads 5¾" 14.6cm Diameter scored for easy breaking into 24 pieces

Code	Sealed Edge Breads	Price
u	White, box of 25	£12.50
v	Wholemeal, box of 25	£12.50

Gluten Free

White ¾" squares contain
100% wheat starch, water &
20 parts per million of gluten

Code	Low Gluten Breads	Price
gf	White, jars of 100	£16.00

Allergy Notice

All altar breads are nut free

In dry and airtight conditions altar
breads stay fresh for over 1 year

April 2024
(gluten free breads updated 2026)

About us

Holy Cross Abbey is the only house of women in the UK of the world wide Order of Cistercians of the Strict Observance also known as Trappists. The community was founded in Stapehill, Dorset in 1802 by refugees from the French Revolution. We downsized and moved to Wales in 1991.

The Abbey Bakery altar breads are made here at Holy Cross Abbey and posted to parishes, cathedrals, convents, residential homes, chaplaincies and schools all over the UK.

The altar breads we buy-in are made by the family run business Cavanagh Company in Rhode Island established in 1946 and F. A. Dumont are the UK distributors.

The Gluten Free altar breads are from Charles Farris Ltd in Wiltshire.

*'As this broken bread, once dispersed
over the hills, was brought together
and became one loaf, so may thy
Church be brought together from the
ends of the earth into thy kingdom'
Didache*

Contact

hcaaltarbreads@gmail.com

answerphone
01994 240725 Ext 1

Order Form

Existing Customer Number		
New & Existing Customers Name, Address and Telephone		
Code	Altar Bread	Quantity

Please email, telephone or post
your order.
Please quote your customer number.

Postage and collection charge are
added to the invoice.
All orders are collected and posted
Royal Mail Tracked 48
unless otherwise requested.

Holy Cross Abbey (Abbey Bakery)
Whitland,
Pembrokeshire, Wales, SA34 0QX



Cistercian Nuns
Holy Cross Abbey
Whitland,
Pembrokeshire, Wales, SA34 0QX

Abbey Bakery
Baking since 1991

**We are contemplative nuns
and the Abbey Bakery is our
main source of income**

**We bake, cut and pack altar
breads which are creamy
white with random crosses
on one side and plain on the
other**

**We also sell sealed edge altar
breads with a single cross,
as well as gluten free square
altar breads**

Contact

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www.hcawhitland.co.uk