

Christchurch Fresh Product Guide

March 2026



Good
Honest

Wholesale Bakery

goodhonest.co.nz

Our Breads



The Goods

For over 10 years, it's been our greatest pleasure to send damn good baking out into the world. Our artisan and daily breads are made using traditional methods, real ingredients and tried-and-true recipes, passed down generations. Each delicious loaf is a perfectly imperfect tribute to the hands and heart that created it. Simply put, our breads are The Goods.



White Tin Loaf - Long Sliced



Multigrain Loaf



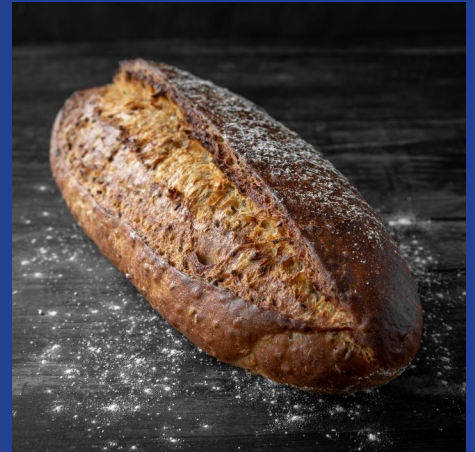
Brioche Loaf - Toast Sliced



Ciabatta Slipper



Baguette



Honey Linseed Sourdough



Seeduction Loaf - Toast Sliced



Turkish Bark




White Cobb Loaf




Product
Code

White

Tin Loaf 650g  

LOWT

Cobb Loaf (Round) 200g 



LOCB

Multigrain

Tin Loaf 600g  

LOMG

Wholemeal

Tin Loaf 740g  

LOWH

Brioche


Tin Loaf 550g 

BRLO

Ciabatta

Baguette 400g 

CIBG

Slipper 450g 

CILO

Focaccia

Round 740g

FORD

Slab 1.5kg


FOSB

Turkish

Loaf 450g 

LOTU

Rye

Loaf 580g  


LORY



Product
Code

Sourdough

Baguette 450g 

Batard 700g 

Honey and Linseed 700g

BG

BT

LOHL

Speciality Loaves

Sage and Onion Pull Apart 250g

Olive 640g 

Twin Loaf – Sourdough / White 700g  

Triple Loaf – White / Wholemeal / Focaccia 200g

Seeduction – Toast Sliced 530g 

PUSA

LOOL

TL

LOTP

LOSE

Dough

Pizza Dough 1kg 


Brioche Dough 1kg

DOPZ

DOBR

Lavosh Style Cracker

Turkish Bark - 6 x 16 Pack 

Turkish Bark - 3 x 16 Pack 

BKTU6

BKTU3

Filled with goodness



Buns, Baps and Bagels

You have to put the best in to get the best out so there's only room for quality, real ingredients in our kitchen. Our Buns, Baps and Bagels are no exception. We only use the best quality ingredients like pure New Zealand butter, all wheat flour, fresh eggs and milk. From your breakfast bagel to your burger bun at dinner we've got the right base for you to get creative and enjoy the goodness.



Plain Bap - Standard



Milk Bap



Charcoal Bap



Wholemeal Torpedo



Ficelle



Brioche Slider



Cheese Panini



Mixed Grain Bagel



Sesame Bagel



Product
Code

Rolls

Ciabatta 130g 
 Ciabatta 65g 
 Focaccia 100g
 Multigrain Dinner 40g 
 Multigrain 65g 
 Multigrain 110g 
 White Soup Roll (Round) 50g 
 Seeded Pocket 85g 
 Sourdough Batard 170g 
 Turkish 130g 



ROCI
 ROCI80
 ROFO130
 ROMG50
 ROMG80
 ROMG130
 ROSO
 PKSE
 BT200
 ROTU

Baps

Bobby 65g 
 Brioche 85g
 Brioche 65g
 Plain Standard 75g 
 Plain Large 100g 
 Plain X-Large 120g 
 Milk 80g
 Milk No Seeds 80g
 Sesame Seeds 100g

BP80
 BPBR
 BPBR80
 BPPL100
 BPPL130
 BPPL150
 BPML
 BPMLNOS
 BPSS130

Veggie Baps "with only REAL Veggies"

Charcoal 85g 
 Beetroot 85g 

BPBK
 BPBE




Product
Code


Subs

White Torpedo 100g 

Wholemeal Torpedo 100g 

Ficelle 100g 

Po Boy 110g 

White Long 150g 

TOWT
TOWH
FI
PO
ROWTL

Sliders

Brioche 25g

Square 25g 

Sesame 25g 

Charcoal 25g 

Beetroot 25g 

SLBR
SLSQ
SLSS
SLBK
SLBE

Paninis


Plain 90g 


Cheese 90g


Pesto 90g


PAPL
PACH
PAPE

Bagels

Plain 130g 

Sesame Seeds 130g 


Sunflower Seeds 130g 

Mixed Grain 130g 

Parmesan 130g

BAPL
BASS
BASF
BAMX
BAPA

Breakfast Muffins

English 75g 

Ciabatta 75g 

EN
ENCI



Savoury Treats and Pastries

Honestly Amazing

We're honest people here so we wanted to tell you the truth...We've explored and experimented in the kitchen to answer the wide and varied calls of trends and tastes. Everything is crafted with passion, patience and baker's instinct. If your reputation is built on serving the best every time and surprising your customer then here's the truth, these items are Honestly Amazing.



Pretzel Bap - Standard



Pretzel Ficelle



Pretzel Slider



Garlic Parmesan Pretzel Knot



Rock Salt Pretzel Knot



Sesame Pretzel Knot



Almond Croissant



Cheesy-mite Scroll




Cinnamon Escargot



Product
Code

Pretzels

Bap Small 40g 	PRBP50
Bap Standard 85g 	PRBP100
Bap Large 100g 	PRBP130
Bap X-Large 120g 	PRBP150
Ficelle 100g 	PRFI
Torpedo 100g 	PRTO
Slider 25g 	PRSL
Garlic Parmesan Knot 110g	PRGP
Parmesan and Cheese Knot 110g	PRPA
Rock Salt Knot 110g 	PRRS
Sesame Knot 110g 	PRSS

Pastries

Cheesy-mite Scroll 100g	SRCM
Baby Croissant 30g	CRBB
Large Croissant 100g	CRLG
Almond Croissant - Large 140g	CRAL
Toffee Apple and Custard Danish 70g	DAAP
Blueberry and Custard Danish 70g	DABL
Chocolate Danish 70g	DACO
Chocolate Danish Petite 35g	DACOB
Cinnamon Escargot 120g 	ESVG

Sweet Treats



Goodies

Some like it salty and some like it sweet. We say why not both! We've created delicious, sweet goodies to satisfy your cravings. Our goodies are made by hand and heart, and baked to perfect imperfection. The same premium ingredients, passion and patience go into every batch because we know real baking is where the goodness is. So enjoy digging into something sweet and sharing the goodies (or not).



Mixed Macarons



Orange and Almond
Mini Baby Cake



Chocolate Muffin



Raspberry and White
Chocolate Muffin



Savoury Scone



Booty Bar



Sticky Caramel Slice



Oaty Ginger Slice



Dubai Chocolate Slice



Product
Code


Macarons

Blueberry 24 pack 

Chocolate 24 pack 

Lemon 24 pack 

Raspberry 24 pack 

Salted Caramel 24 pack 

Vanilla 24 pack 

Mixed 24 pack - 4 of each flavour 

MABL
MACO
MALE
MARA
MASC
MAVA
MAMIX

Mini Baby Cakes

Mocha Mud 115g - 16 pack

Carrot 115g - 16 pack

Orange and Almond 115g - 16 pack 

CAMOB
CACABB
CAOABB

Sweet Treats

Booty Bar 100g - 12 pack  

Lemon and Blueberry Friand 85g - 15 pack 

Raspberry Friand 75g - 15 pack 

BARBT12
FRLB15
FRRA15

Muffins

Blueberry and Apple Crumble 160g

Carrot Cake 160g

Chocolate 130g

Raspberry and White Chocolate 150g

MFBA
MFCA
MFVG
MFRW

Scones

Date 120g

Savoury 120g

SCDA
SCSV



Product
Code

Slices

Sticky Caramel Slice - 15 pack

Oaty Ginger Slice - 15 pack

Dubai Chocolate Slice - 15 pack

Lolly Cake Slice - 15 pack

SICA

SIOG

SIDC

SILC



Good to know



* Our Gluten Free items are made using Gluten Free ingredients, but are baked in the same premises as gluten so may contain traces of wheat/gluten.

Deliveries

We deliver 6 days a week (Public Holidays may affect this).
Minimum order amount per day before GST is \$20.00.
Freight fee of \$3.00 charged per order.

Ordering

Cut off time for delivery the following day is strictly 2.30pm.
Orders must be placed on-line through Fresho.

Products

All product weights are baked weights.
Our products are predominantly hand shaped and made from natural starters.
Whilst all effort is made to be consistent in shape and size, there may be occasional variances due to the organic nature of the dough.

Product list is effective from March 2026 - we reserve the right to change any of the products within this product guide.