

LOAVES OF BREAD \$8 or 2/\$15

sunflower honey

our own flour blend (brown rice flour, millet flour, gluten free oat flour, tapioca starch, coconut flour, arrowroot), eggs, egg whites, sunflower oil, honey, flax meal, sunflower seeds, apple cider vinegar, yeast, xanthan gum, salt

four seed

our own flour blend (brown rice flour, millet flour, gluten free oat flour, tapioca starch, coconut flour, arrowroot), eggs, egg whites, sunflower oil, honey, flax meal, flax seeds, sesame seeds, pumpkin seeds, poppy seeds, apple cider vinegar, yeast, xanthan gum, salt

cinnamon raisin

our own flour blend (brown rice flour, millet flour, gluten free oat flour, tapioca starch, coconut flour, arrowroot), eggs, egg whites, sunflower oil, honey, raisins, flax meal, apple cider vinegar, yeast, cinnamon, xanthan gum, salt

SPECIALTY LOAVES

maple oat

our own flour blend (brown rice flour, millet flour, gluten free oat flour, tapioca starch, coconut flour, arrowroot), eggs, egg whites, sunflower oil, maple syrup, flax meal, gluten free rolled oats, apple cider vinegar, yeast, xanthan gum, salt

caraway

our own flour blend (brown rice flour, millet flour, gluten free oat flour, tapioca starch, coconut flour, arrowroot), eggs, egg whites, sunflower oil, honey, molasses, flax meal, apple cider vinegar, yeast, caraway seeds, xanthan gum, salt

sandwich rolls \$5/4pk

onion poppy, sesame or plain

dinner rolls \$4/6pk

rosemary sea salt or plain

flatbreads (8" round) \$7/4pk

pizza crusts (10" oval) \$7/2pk

BREAKFAST SWEETS

. banana chia chocolate chip bread \$5 ea

ing: our own flour blend (brown rice flour, white rice flour, potato starch, tapioca starch, xanthan gum), bananas, rice/almond/coconut milk, EGGS, evaporated cane juice, flaxmeal, coconut oil, chia seeds, baking powder, salt - DAIRY FREE!

. baked oatmeal \$4 ea

ing: certified gluten free oats, rice/almond/coconut milk, coconut oil, brown sugar, maple syrup, seasonal fruits

. granola bars \$3 ea. or 3/\$8

ing: our own Maple Almond Granola, GF oats, chocolate chips, orange marmalade, BUTTER, sunflower oil, maple syrup, brown sugar, pumpkin seeds, ALMONDS, salt

. maple almond granola \$7/12 oz

ing: certified gluten free oats, coconut, pumpkin seeds, ALMONDS, flaxmeal, maple syrup, brown sugar, sunflower oil, salt - VEGAN

. cinnamon coffee cake \$5/pc or \$17/whole

ing: our own flour blend (brown rice flour, white rice flour, potato starch, tapioca starch, xanthan gum), sugar, BUTTER, MILK, vanilla, baking powder, baking soda, cinnamon, salt

COOKIES

. thumbprint cookies \$7 (10)

ing: AGFB flour blend (brown rice flour, white rice flour, potato starch, tapioca flour, xanthan gum), BUTTER, ALMOND meal, EGGS, sugar, CREAM CHEESE, coconut flour ... filled with assorted jams & jellies

. hot chocolate cookies \$5 (6)

ing: gluten free flour blend (brown rice flour, white rice flour, tapioca starch, potato starch, xanthan gum), butter, eggs, brown sugar, sugar, dark chocolate chips (contain soy lecithin), cinnamon, chili powder, cayenne, vanilla, baking soda, salt

. trail mix cookies \$4 (4)

ing: our own flour blend (brown rice flour, white rice flour, potato starch, tapioca flour, xanthan gum), sucanat, BUTTER, honey, sunflower oil, EGGS, baking soda, salt, vanilla, pecan meal, raisins, cherries, pumpkin seeds, sesame seeds, WALNUTS, ALMONDS, chocolate chips

.pumpkin cranberry oat cookies \$2 (2)

ingredients: flour blend (brown rice flour, white rice flour, tapioca starch, potato starch, xanthan gum), certified gluten free oats, pumpkin, brown sugar, sugar, molasses, white chocolate chips , cranberries, butter, eggs, cinnamon, vanilla, nutmeg, cloves, salt

. peanut butter blossoms \$7 (6)

ing: our own flour blend (brown rice flour, white rice flour, potato starch, tapioca flour, xanthan gum), sugar, PEANUT BUTTER, EGGS, baking soda, salt, Hershey Kiss

OTHER SWEETS

. angelfood cake \$5/pc or \$17/full ring

ing: EGG WHITES, our own flour blend (brown rice flour, white rice flour, potato starch, tapioca starch, xanthan gum), sugar, cream of tartar, vanilla, salt - DAIRY FREE!

. whoopie pies \$3 ea.

ing: our own flour blend (brown rice flour, white rice flour, potato starch, tapioca starch, xanthan gum), brewed coffee, MILK, EGGS, cocoa, BUTTER, baking soda, baking powder, vanilla extract, salt

icing: 10x sugar, BUTTER, crisco, vanilla, salt (may contain: Peanut Butter)

. Chocolate/Vanilla or Chocolate/Peanut Butter

NEW!

VEGAN breads

ing: our own flour blend (brown rice flour, millet flour, local oat flour, tapioca starch, coconut flour, white rice flour, potato starch, arrowroot, xanthan gum, salt), chickpea brine, sunflower oil, maple syrup, flaxmeal, AC vinegar, yeast, baking powder, cream of tartar

available in:

loaves (\$9), sandwich rolls (\$6 4/pk), and dinner rolls (\$5 6/pk)

grain free bread ... \$9

ingredients: almond flour, arrowroot, flaxmeal, coconut flour, eggs, egg whites, cranberries, pumpkin seeds, hemp seeds, chia seeds, coconut oil, maple syrup, apple cider vinegar, baking soda, sea salt

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