



BAKED GOODS LIST OF INGREDIENTS

YEAST BREADS	Tapioca Starch	Millet	Sorghum	Brown Rice	Buckwheat	Psyllium	Yeast	Salt	Sugar	Xanthan gum	Apple cider vinegar	Canola oil	Butter	Milk	Additional ingredients
Crusty Artisan Bread (GF, DF, VG, EF, NF)	x	x	x	x		x	x	x	x	x	x	x			
White Sandwich Bread (GF, DF, NF)	x	x	x			x	x	x	x	x					Vegan butter, egg, baking powder
Seeded/wholegrain Sandwich Bread (GF, DF, NF)	x	x			x	x	x	x	x	x	x				Vegan butter, egg, baking powder, (sunflower, flax, pumpkin, poppyseeds)
Cinnamon Swirl Bread (GF, DF, NF)	x	x	x			x	x	x	x	x					Cinnamon, egg, vegan butter, baking powder
Marble Bread (GF, DF, NF)	x	x			x	x	x	x	x		x	x			Black cocoa powder, egg
Hamburger/hotdog Buns (GF, DF, NF)	x	x	x			x	x	x	x	x					Sesame seeds, egg, vegan butter, baking powder
Dinner Rolls (GF, DF, VG, EF, NF)	x	x	x	x		x	x	x	x	x	x	x			
Pita Bread (GF, DF, VG, EF, NF)	x	x		x		x	x	x	x			x			
Baguettes (GF, DF, VG, EF, NF)	x	x	x			x	x	x	x		x	x			
English Muffins (GF, DF, VG, EF, NF)	x	x	x			x	x	x	x		x	x			
Bagels (GF, DF, NF) – plain	x	x		x		x	x	x	x	x					Molasses, egg
Bagels (GF, DF, NF) – sesame	x	x		x		x	x	x	x	x					Molasses, egg, sesame seeds
Bagels (GF, DF, NF) – cinnamon	x	x		x		x	x	x	x	x					Molasses, egg, cinnamon
Bagels (GF, DF, NF) – flax & chia	x	x		x		x	x	x	x	x					Molasses, egg, flax seeds, chia seeds
Bagels (GF, DF, NF) – everything	x	x		x		x	x	x	x	x					Molasses, egg, Garlic, onion, sesame seeds, poppyseeds

Bagels (GF, NF) – cheddar jalapeno	x	x		x		x	x	x	x	x					Cheddar, jalapenos, molasses, egg
Italian Loaf (GF, VG, DF, EF, NF)	x	x	x			x	x	x	x		x	x			Garlic, olive oil
Naan bread (GF, EF, NF)	x	x				x		X	x				x		Yoghurt

SNACK FOODS	Tapioca Starch	Millet	Sorghum	Rice flour	Buckwheat	Potato Starch	Corn flour	Salt	Sugar	Xanthan gum	Baking powder	Baking soda	Butter	Vegan butter sub	Additional ingredients
	Snack Rolls (GF, NF)	x	x	x					x	x	x	x			
Two-Bite Brownies (GF, NF)	x		x	x		x		x	x	x	x			x	Cocoa, egg, canola oil, vanilla, espresso powder, chocolate chips
Mini Cheesecakes (GF) – fruit pie fillings								x	x				x		Almond flour, cornstarch, cream cheese, sour cream, vanilla, egg, vanilla pudding powder, pie fillings
Mini Turtle Cheesecakes (GF)								x	x				x		Almond flour, cornstarch, cream cheese, sour cream, vanilla, egg, vanilla pudding powder, chocolate, pecans, caramel
Mini Banana Muffins (GF, DF, NF)	x		x	x		x		x	x	x	x	x			Egg, banana, chocolate chips, molasses, cinnamon, oil
Mini Chocolate Chip Cookies (GF, NF)	x		x	x		x		x	x	x	x	x		x	Honey, vanilla extract, apple cider vinegar, egg, chocolate chips
Peanut Butter Oatmeal Chocolate Chip (GF)	x		x	x		x		x	x	x	x	x		x	Honey, vanilla, apple cider vinegar, egg, oats, chocolate chips, peanut butter
Mini Cinnamon Rolls (GF, NF)	x	x	x			x	x	x	x	x	x		x		Egg, yeast, cinnamon, vanilla, milk
Mini Pizza Bagels (GF, NF)	x	x		x		x	x	x	x	x					Molasses, egg, cheese, pasta sauce, pepperoni



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NON-YEAST BAKED GOODS, COOKIES, SQUARES & SCONES	Tapioca Starch	Millet	Sorghum	Rice flour	Buckwheat	Potato Starch	Corn flour	Salt	Sugar	Xanthan gum	Baking powder	Baking soda	Butter	Vegan butter sub	Additional ingredients
Chocolate Chip Zucchini Bread (GF, DF)	x	x		x	x	x	x	x	x	x	x	x			Almond flour, zucchini, cinnamon, canola oil, egg, vanilla extract, chocolate chips
Walnut Banana Bread (GF, DF)	x	x		x	x	x	x	x	x	x	x	x		x	Almond flour, walnuts, banana, lemon juice, cinnamon, nutmeg, vanilla, egg
Plain Biscuits (GF, EF, NF)				x		x	x	x	x	x	x	x	x		Buttermilk, psyllium
Garlic & Parmesan Biscuits (GF, EF, NF)				x		x	x	x	x	x	x	x	x		Buttermilk, garlic, parmesan, herbs, psyllium
Cheddar Biscuits (GF, EF, NF)				x		x	x	x	x	x	x	x	x		Buttermilk, psyllium, cheddar
Chocolate Chip Cookies (GF, DF, NF)	x		x	x		x		x	x	x	x	x		x	Honey, vanilla extract, apple cider vinegar, egg, chocolate chips
Peanut Butter Oat Choc Chip Cookies (GF, DF)	x		x	x		x			x	x		x		x	Peanut butter, egg, vanilla extract, rolled oats, chocolate chips
White Chocolate Macadamia Cookies (GF)	x		x	x		x		x	x	x	x	x	x		Macadamias, vinegar, egg, vanilla, milk, white chocolate chips
Chocolate Chip Muffins (GF)	x		x	x		x		x	x	x	x	x			Almond flour, canola oil, egg, milk, yoghurt, vanilla, chocolate chips, lemon juice
Banana-Nut Chocolate Chunk Muffins (GF, DF)	x		x	x		x		x	x	x	x	x			Egg, banana, walnut, chocolate chunk, molasses, cinnamon, oil, almond flour
Carrot Muffins (GF, DF)	x		x	x		x		x	x	x	x	x			Egg, oil, almond flour, spices, carrots, apple, coconut, walnuts, orange juice
Very Berry Muffins (GF)	x		x	x		x		x	x	x	x	x			Egg, oil, buttermilk, vanilla, lemon juice, almond flour, blueberries, raspberries

Cupcakes (GF, DF, NF) – vanilla	x		x	x		x		x	x	x	x	x		x	Egg, canola oil, vanilla, lemon juice, shortening
Cupcakes (GF, DF, NF) – chocolate	x		x	x		x		x	x	x	x	x		x	Egg, canola oil, vanilla, espresso powder, cocoa, shortening
Brownies (GF, NF)	x		x	x		x		x	x	x	x			x	Cocoa, egg, canola oil, vanilla, espresso powder, chocolate chips
Lemon Squares (GF, DF, NF)	x	x		x	x	x	x	x	x	x				x	Egg, lemon juice, cornstarch, lemon zest
Maple-Walnut Squares (GF, DF)	x	x		x	x	x	x	x	x	x				x	Egg, maple syrup, vanilla, walnuts, maple extract
Raspberry Coconut Squares (GF, DF, NF)	x		x	x		x		x	x	x				x	Coconut, egg, vanilla, raspberry jam
Fruit Danish (GF, NF)				x		x	x	x	x	x				x	Egg, pie filling, milk or lemon juice, cinnamon, vanilla
Raspberry Scones (GF, NF)	x		x	x		x		x	x	x	x			x	Raspberries, egg, vanilla, milk
Blueberry-Lemon Scones (GF, NF)	x		x	x		x		x	x	x	x			x	Blueberries, egg, vanilla, milk, lemon zest, lemon juice
Ready-to-Bake Chocolate Chip Cookie (GF, NF)	x		x	x		x		x	x	x	x	x		x	Honey, vanilla extract, apple cider vinegar, egg, chocolate chips
Ready-to-Bake Scones (GF, NF) – raspberry or blueberry	x		x	x		x		x	x	x	x			x	Raspberries (blueberries), egg, vanilla, milk (lemon zest, lemon juice)
Ready-to-Bake Danish (GF, NF)				x		x	x	x	x	x				x	Egg, pie filling, milk or lemon juice, cinnamon, vanilla
Ready-to-Bake Biscuits (GF, EF, NF) – plain, cheddar, or garlic parm				x		x	x	x	x	x	x	x			Buttermilk, psyllium (garlic, parmesan, herbs, or cheddar)
Ready-to-Bake Pizza Dough (GF, VG, DF, EF, NF)	x	x	x					x	x						Psyllium husk, yeast, canola oil, apple cider vinegar
Ready-to-Bake Garlic Bread Baguettes (GF, EF, NF)	x	x	x					x	x					x	Garlic, onion, parsley, lemon juice, yeast, oil, vinegar, psyllium, vinegar



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CAKES & PIES	Tapioca Starch	Millet	Sorghum	Rice flour	Buckwheat	Potato Starch	Corn flour	Salt	Sugar	Xanthan gum	Baking powder	Baking soda	Butter	Vegan butter sub	Additional ingredients
Angel Food Cake (GF, DF, NF upon request)				x		x	x	x	x						Cornstarch, egg white, cream of tartar, vanilla, almond extract
Cinnamon Roll Coffee Cake (GF, DF, NF)	x	x		x	x	x	x	x	x	x	x			x	Cinnamon, egg, vanilla, vegan milk
Chocolate Layer Cake (GF, DF, NF)	x		x	x		x		x	x	x	x	x		x	Egg, canola oil, vanilla, espresso powder, cocoa, coconut milk, instant vanilla pudding
Vanilla Layer Cake (GF, DF, NF) – optional strawberry filling	x		x	x		x		x	x	x	x	x		x	Egg, oil, vanilla, lemon juice, shortening, (strawberries, cornstarch)
Black Forest Cake (GF, NF)	x		x	x		x		x	x	x	x	x			Egg, oil, cocoa, espresso, vanilla, whipping cream, instant vanilla pudding, sour cherries, corn starch, Kirsch, chocolate
Turtle Cheesecake (GF)								x	x				x		Almond flour, cornstarch, cream cheese, sour cream, vanilla, egg, vanilla pudding powder, chocolate, pecans, caramel
Dutch Apple Pie (GF)	x	x		x	x	x	x	x	x	x			x		Apples, cinnamon, nutmeg, ginger, cornstarch, lemon juice, egg, pecans
Lemon Meringue Pie (GF, NF)	x	x		x	x	x	x	x	x	x			x		Lemon juice, lemon zest, cornstarch, egg, cream of tartar
Pecan Pie (GF)	x	x		x	x	x	x	x	x	x			x		Pecans, egg, corn syrup, vanilla, rum
Pumpkin pie (GF, NF)	x	x		x	x	x	x	x	x	x			x		Pumpkin, cream, spices, eggs