

Poco Loco Products cont...

Seasonal Veggies

Sweet & Sour Sauce

Dessert - Additional

Chocolate Pecan Family Pie Cake

Pumpkin Square

Shakers

Dill Pickle, Ketchup &

Salt & Vinegar

Other

Bacon Cheddar Biscuits

Icing (Vanilla, Spiced, Chocolate, Lemon, Strawberry)

Seasonal

Eggnog (Christmas)

Chocolate Mint Cookies (Christmas)

Heart Mini Cakes (Valentines)

Custom Cakes

3 layer 4"

2 layer 6"

2 layer 8"

Refer to Online Cake order form

**Nothing we make
tastes healthy.**

Contact Us:

Website: www.pocoloco.ca

Phone: (780) 935 0834

Kitchen Address:

4503 Gateway Blvd.

Edmonton, Alberta

Join us online:

Facebook: PocoLocoCocina

Instagram: pocolocoab

- In our 5-year journey, we have learned that food for us is no longer a social event. Yes, we can still enjoy dining out with friends, but food should be used to fuel your body.
- Eating is like Golf. When you cheat, only you know and only you will live with the guilt. Make wise choices and live a healthy life.
- When your children come to you and ask for advice, you will ALWAYS give them the best answers... correct?

“LIVE BY YOUR OWN ADVICE”



Poco Loco Product Information Guide

- **Gluten Free**
- **Sugar Free**
- **Low Carb**
- **Nut Free** (applies to a select group of products upon request)
- Our kitchen contains: Nuts, Eggs & Dairy. We do our very best to keep all ingredients separate, but there is always a chance of cross contamination.
- Ingredients purchased are organic when possible.

Tortillas – 6.5” Soft & Flexible

A very versatile food alternative that tastes great. Made with Coconut and Almond Flour Wraps, tacos etc.

Original, Savory, Spicy

Tortilla Chips – Small

Original, Savory, Spicy

All our chips are dehydrated, not oil fried

Tortilla Chips - Large

Original, Savory, Spicy

All our chips are dehydrated, not oil fried

Dough Products

Hamburger Buns

Hotdog Buns

Pizza Base

Pillowtas – Cream filled, Chocolate Dipped

Soup

Hamburger Cabbage

Mushroom (or the perfect gravy)

Bone Broth

Beef

Chicken

Parfaits

At only 3net Carbs, they make the perfect meal replacement.

Blueberry

Caramel

Chocolate

Cookie Dough

Peanut Butter

Strawberry

Tiramisu – coffee

Cupcakes with Cream Cheese Icing

(4 pack, 6 pack or bulk)

Blueberry

Carrot

Coconut

Dbl. Chocolate Zucchini (Nut Free)

Lemon Poppyseed

Red Velvet

Strawberry

Vanilla

Muffins

(4 pack, 6 pack or bulk)

Blueberry

Lemon Poppyseed

Strawberry

Cookies

Chocolate Chip

Chocolate Macadamia

Dbl. Chocolate Mint

Dbl. Chocolate

Gingerbread (Seasonal)

Hazelnut Chocolate Chip

Peanut Butter

Roasted Pecan

Shortbread

Shortbread (Chocolate Dipped)

Cookie Sandwiches

Our kitchen made icing sandwiched between two cookies.

Chocolate Chip/Vanilla icing

Chocolate Macadamia/Vanilla icing

Dbl. Chocolate/Vanilla icing

Peanut Butter/Vanilla

Roasted Pecan/Spiced icing

Meal Prep – Portioned (Heat & Eat)

Beef, Chicken or Pork Meatballs

Beef Meatloaf

Butter Chicken

Cannelloni

Chicken - Bacon Wrapped Stuffed

Chicken - stuffed oven roasted.

Chicken Nuggets

Family Size Meal Prep

Proteins: (Meatballs): Beef, Pork & Chicken.
Chicken Nuggets, Beef Meatloaf

Veggies: Cauli-rice, Cauli-Mash & Seasonal roasted vegetables.

Sauces: Rose, Sweet & Sour & Butter Chicken