

# **Dietary and Allergens**

Common allergens are underlined

**Flour Blend:** cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum

**Vegan Flour Blend:** Non GMO cornstarch, white rice flour, brown rice flour, tapioca flour, potato starch, xanthan gum

**Semisweet Chocolate:** bittersweet chocolate, potassium carbonate, sugar, cocoa butter, milk fat, sunflower lecithin, vanilla

**Chocolate Chips:** sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower lecithin

**Vegan Butter:** palm and kernel oil, water, sunflower oil, pea protein, sunflower lecithin, lactic acid, natural flavor, annatto (color), vitamin a palmitate

**Vegetable oil:** canola oil, sunflower oil, TBHQ (antioxidant)

**Mayonnaise:** soybean oil, whole eggs and egg yolks, distilled vinegar, salt, sugar, lemon juice concentrate, calcium disodium EDTA, natural flavors

**Pan Spray:** Coconut oil, soy lecithin

**Sprinkles:** sugar, palm and palm kernel oil, cornstarch, confectioners glaze, dextrin, artificial coloring, natural and artificial flavor, soy lecithin, carnauba wax

**Strawberry emulsion:** water, propylene glycol, natural and artificial flavors, triacetin, alcohol, beet juice extract, xanthan gum, red 40, blue 1

**Gluten Free Oreos:** sugar, white rice flour, tapioca starch, palm oil, soybean and canola oil, whole oat flour, cornstarch, cocoa, invert sugar, soy lecithin, baking soda, salt, xanthan gum, chocolate, artificial flavor

**Powdered Sugar:** Cane sugar, cornstarch

**Shredded Sweetened Coconut:** desiccated coconut, sodium metabisulfite, sugar, water, propylene glycol, cornstarch, salt

**Our salt is iodized**

**Muffins:** flour, sugar, baking powder, salt, eggs, butter, whole milk, vanilla  
(check with baker for daily variation additions)

**Cinnamon Rolls:** flour sugar, salt, yeast, butter, eggs, vegetable oil,  
vanilla, whole milk, brown sugar, cinnamon, cream cheese, powdered  
sugar, pan spray

**Danish:** flour, sugar, salt yeast, butter, eggs, vegetable oil, vanilla, whole  
milk, pan spray (check with baker for daily variation additions)

**Scones:** flour, sugar, baking powder, salt, butter, eggs, whole milk (check  
with baker for daily variation additions) (sweet scones traditionally have a  
powdered sugar and milk based icing)

**Brownie:** semisweet chocolate, butter, eggs, sugar, salt, vanilla, flour,  
baking powder, chocolate chips, pan spray

**All cakes that are not in cupcake liners use pan spray**

**Chocolate cake:** flour, cocoa powder, baking soda, baking powder, eggs,  
sugar, mayonnaise, vanilla, water

**Vanilla cake:** flour, sugar, butter, baking powder, baking soda, salt,  
vegetable oil, whole milk, eggs, vanilla

- Sprinkle: sprinkle mixture
- Strawberry: diced fresh strawberries, strawberry emulsion
- Banana: crushed bananas
- Spice: cinnamon, nutmeg, ginger, cloves, molasses
- Candy Cane: crushed candy canes, peppermint extract

**Pumpkin Cake:** flour, sugar, baking powder, baking soda, eggs, salt,  
vanilla, vegetable oil, buttermilk, pumpkin puree, cinnamon, ginger, nutmeg,  
cloves

**Red Velvet Cake:** flour, sugar, cocoa powder, salt, vegetable oil, eggs, red food color, vanilla, buttermilk, baking soda, vinegar

**Vanilla Buttercream:** egg whites, sugar, salt, butter, vanilla

- Chocolate: melted semisweet chocolate
- Cookies and cream: crushed gluten free oreos
- Raspberry: raspberry puree
- Lemon: lemon juice and zest
- Strawberry: diced fresh strawberries

**Cream Cheese Buttercream:** cream cheese, butter, powdered sugar

- Cinnamon Cream Cheese Buttercream: cinnamon

**Cookie Dough Buttercream:** butter, sugar, brown sugar, flour, salt, vanilla, whole milk, vanilla buttercream, chocolate chips

**Peppermint Fudge Buttercream:** butter, powdered sugar, whole milk, peppermint extract, salt, vanilla

**Mocha Buttercream:** butter, cocoa powder, powdered sugar, espresso

**Vegan Vanilla Cake:** vegan flour, baking powder, baking soda, sugar, apple sauce, vegetable oil, coconut milk, vanilla, salt

**Vegan Chocolate Cake:** vegan flour, cocoa powder, baking powder, baking soda, sugar, apple sauce, vegetable oil, coconut milk, vanilla, salt

**Vegan Lemon Cake:** vegan flour, baking powder, baking soda, sugar, apple sauce, vegetable oil, coconut milk, vanilla, salt, lemon juice concentrate and zest

**Vegan Red Velvet Cake:**vegan flour, cocoa powder, baking powder, baking soda, sugar, apple sauce, vegetable oil, coconut milk, vinegar, red food color, salt

**Vegan Pumpkin Cake:** vegan flour, baking powder, baking soda, sugar, vegetable oil, coconut milk, vanilla, salt, cinnamon, ginger, nutmeg, cloves, pumpkin puree

**Vegan Cookies and Cream Cake:**vegan flour, baking powder, baking soda, sugar, apple sauce, vegetable oil, coconut milk, vanilla, salt, crushed gluten free oreos

**Vegan Buttercream:** vegan butter, powdered sugar, coconut milk, vanilla, salt

- Raspberry: raspberry puree
- Cinnamon: cinnamon
- Chocolate: cocoa powder
- Lemon: lemon juice and zest
- Cookies and Cream: crushed gluten free oreos
- Cream Cheese: Cream cheese extract

**Chocolate Chip Cookies:** flour, butter, sugar, brown sugar, eggs, vanilla, salt, baking soda, chocolate chips, vanilla

**Double Chocolate Chip Cookies:** butter, sugar, brown sugar, flour, cocoa powder, eggs, salt, cinnamon, baking soda, salt, chocolate chips, vanilla

**Brown Butter Pecan Cookies:** butter, sugar, brown sugar, flour, salt, eggs, pecans, baking soda, vanilla

**Sugar Cookies:** butter, sugar, salt, eggs, whole milk, vanilla, flour, baking powder

**Snickerdoodle Cookies:** butter, sugar, salt, eggs, whole milk, vanilla, flour, baking powder, cinnamon

**Oatmeal Cookies:** butter, brown sugar, salt, cinnamon, eggs, vanilla, flour, baking soda, baking powder, whole milk, oats

- Oatmeal raisin: raisins
- Oatmeal Chocolate chip: Chocolate chips

**Pumpkin Chocolate Chip Cookies:** flour, baking soda, cinnamon, ginger, nutmeg, cloves, butter, sugar, brown sugar, salt, eggs, vanilla, pumpkin puree, chocolate chips, pan spray

**Peanut Butter Cookies:** butter, sugar, brown sugar, peanut butter, salt, eggs, vanilla, flour, baking soda

**Poptart:** flour, sugar, salt, eggs, buttermilk, butter, powdered sugar (check with baker for daily variation additions)

**Vegan Cookies and Cream Cookies:** vegan butter, sugar, brown sugar, vegan flour, salt, applesauce, vanilla, baking soda, gluten free oreos, powdered sugar, coconut milk

**Vegan Seasonal Cookie:** vegan butter, sugar, salt, vanilla, baking powder, vegan flour, cornstarch, powdered sugar

- Frosted Sugar: applesauce, almond extract, almond milk
- Frosted Strawberry Lemon: strawberry emulsion, strawberry puree, lemon juice and zest, applesauce
- Frosted Pumpkin: cinnamon, ginger, nutmeg, cloves, pumpkin puree
- Frosted Chocolate Peppermint: applesauce, cocoa powder, peppermint extract, coconut milk, candy canes

**Coconut Macaroon:** egg whites, shredded sweetened coconut, cream of tartar, sugar, vanilla

**Coconut Macaroon with chocolate chips:** egg whites, shredded sweetened coconut, cream of tartar, sugar, vanilla, chocolate chips

**Lemon Bar:** coconut oil, shredded coconut, maple syrup, lemon juice and zest, almond flour, eggs, salt, pan spray

**Coffee Cake loaf:** flour, butter, sugar, brown sugar, sour cream, cinnamon, baking powder, baking soda, salt, buttermilk, eggs, vanilla, pan spray

**Pumpkin Cream Cheese Loaf:** pumpkin puree, sugar, vegetable oil, eggs, salt, baking soda, cinnamon, nutmeg, flour, cream cheese, pan spray

**Lemon Blueberry Cream Cheese Loaf:** butter, sour cream, sugar, eggs, lemon zest and juice, baking powder, flour, fresh blueberries, salt, cream cheese, powdered sugar, pan spray

**Red Velvet Cream Cheese Loaf:** butter, sugar, cocoa powder, red food coloring, eggs, vanilla, flour, salt, buttermilk, baking soda, vinegar, cream cheese, pan spray

**Vegan Chocolate Dream Pudding:** sugar, modified food starch, tetrasodium pyrophosphate, natural and artificial flavor, salt, artificial colors, mono- and diglycerides, red 40, yellow 5, blue 1, oatmilk condensed milk, vegan heavy whipping cream, vegan flour, vegan butter, cocoa powder, applesauce

**Banana Cream Pudding:** sugar, modified cornstarch, sodium phosphate, tetrasodium pyrophosphate, salt, mono- and diglycerides, artificial color, natural and artificial flavor, yellow 5, yellow 6, flour, butter, eggs, whole milk, vanilla, heavy whipping cream, sweetened condensed milk, fresh bananas

**Pumpkin Pie Pudding:** sugar, modified cornstarch, sodium phosphate, tetrasodium pyrophosphate, salt, mono- and diglycerides, artificial color, natural and artificial flavor, yellow 5, yellow 6, flour, butter, eggs, cinnamon, ginger, nutmeg, cloves, buttermilk, heavy whipping cream, sweetened condensed milk

**Gingerbread Pudding:** sugar, modified cornstarch, sodium phosphate, tetrasodium pyrophosphate, salt, mono- and diglycerides, artificial color, natural and artificial flavor, yellow 5, yellow 6, flour, butter, eggs, cinnamon, ginger, honey, molasses, sweetened condensed milk, heavy whipping cream, baking soda, brown sugar

**Apple Pie Cheesecake Bars:** butter, brown sugar, flour, cinnamon, salt, cream cheese, sour cream, sugar, cornstarch, eggs, vanilla, green apples, lemon juice, nutmeg

**Red Velvet Cheesecake Bars:** butter, sugar, salt, flour, cocoa powder, red food coloring, buttermilk, vanilla, vinegar, cream cheese, sour cream, cornstarch, eggs

**Macarons:** almond flour, egg whites, sugar, powdered sugar (check with baker for daily variation additions)

## **Holiday**

**Pie Crust:** flour, butter, sugar, salt, buttermilk, eggs

**Pumpkin Pie Filling:** brown sugar, sugar, pumpkin puree, cinnamon, ginger, nutmeg, cloves, salt, evaporated milk, eggs

**Pecan Pie Filling:** brown sugar, butter, salt, eggs, corn syrup, vanilla, pecans

**Apple Pie Filling:** green apples, sugar, brown sugar, cornstarch, salt, cinnamon, nutmeg, flour, butter

**Chocolate Cream Pie:** semisweet chocolate, sugar, modified food starch, tetrasodium pyrophosphate, natural and artificial flavor, salt, artificial colors, mono- and diglycerides, red 40, yellow 5, blue 1, sweetened condensed milk, heavy whipping cream

**Chocolate Peppermint Cream Pie:** semisweet chocolate, sugar, modified food starch, tetrasodium pyrophosphate, natural and artificial flavor, salt, artificial colors, mono- and diglycerides, red 40, yellow 5, blue 1, sweetened condensed milk, heavy whipping cream, candy canes, peppermint extract

**Banana Cream Pie:** sugar, modified cornstarch, sodium phosphate, tetrasodium pyrophosphate, salt, mono- and diglycerides, artificial color, natural and artificial flavor, yellow 5, yellow 6, sweetened condensed milk, heavy whipping cream, fresh bananas

**Peach Blackberry Cobbler:** Sliced canned peaches, fresh blackberries, brown sugar, vegan flour, vegan butter, cinnamon, coconut milk, vanilla baking powder, salt

**Decorated Sugar Cookies:** butter, flour sugar, baking powder, eggs, vanilla, pasteurized egg whites, powdered sugar, cream of tartar, corn syrup

**Gingerbread men:** flour, baking soda, cinnamon, ginger, salt, brown sugar, butter, molasses, honey, eggs, vanilla, pasteurized egg whites, powdered sugar, cream of tartar, corn syrup

**Dinner Rolls:** flour, sugar, salt, butter, yeast, eggs, vegetable oil, rum, whole milk, buttermilk

**Seven Grain Bread:** brown rice flour, tapioca starch, whole grain sorghum flour, tapioca syrup, xanthan gum, millet seeds, CONTAINS 2% OR LESS OF THE FOLLOWING dried whole eggs, millet flour, amaranth seeds, teff seeds, red quinoa seeds, high oleic safflower oil, molasses, salt, vinegar, yeast, enzymes

**White Bread:** brown rice flour, tapioca starch, tapioca syrup, whole grain sorghum flour, xanthan gum, CONTAINS 2% OR LESS OF THE FOLLOWING dried whole eggs, high oleic safflower oil, salt, vinegar, yeast, enzymes

**Sourdough:** brown rice flour, tapioca starch, tapioca syrup, high oleic safflower oil, potato starch, corn starch, xanthan gum, CONTAINS 2% OR LESS OF THE FOLLOWING sunflower lecithin, salt, cultured rice flour, yeast, enzymes

**Cinnamon Bread:** brown rice flour, tapioca starch, tapioca syrup, cinnamon nuggets (sugar, palm oil, cinnamon) high oleic safflower oil, potato starch, corn starch, CONTAINS 2% OR LESS OF THE FOLLOWING sunflower lecithin, salt, xanthan gum, cultured rice flour, yeast, enzymes

**English Muffin:** corn starch, tapioca starch, nonfat dried milk, corn flour, egg whites, sugar, CONTAINS 2% OR LESS OF THE FOLLOWING canola oil, salt, cellulose gum, glucono-delta-lactone, baking powder, yeast, baking soda, pectin, sodium alginate, modified cellulose, degermed yellow corn meal, vitamin and mineral enrichment blend

**Hamburger and Hot Dog Bun ( Sandwich Roll):** tapioca starch, org. brown rice flour, potato starch, org. amaranth flour, org. palm oil, org. cane sugar, xanthan gum, apple cider vinegar, yeast, sea salt, non-GMO potato fibre, ascorbic acid

**Flour Tortilla:** rice flour, tapioca starch, sprouted oat flour, xanthan gum, palm oil, sorghum flour, CONTAINS 2% OR LESS OF THE FOLLOWING organic cane sugar, cultured brown rice, brown rice, mono-and diglycerides, citric acid, baking powder, calcium carbonate, salt

**Pancakes:** Flour blend: whole grain brown rice flour, potato starch, tapioca starch rice flour, cane sugar, baking powder, natural flavors, salt, vitamin and mineral blend, ( calcium carbonate, niacinamide(vitamin B3), reduced iron, thiamin hydrochloride (vitaminB1) riboflavin (vitamin B2)) xanthan gum  
Eggs, oat milk **Pumpkin Pancakes:** pumpkin, pumpkin spice

**Almond flour waffle:** milk, eggs, butter, cream cheese, sugar, vanilla, almond flour, baking powder