

Desired Dish

Vegan Delights Healthy Dessert Menu



*100% Vegan Owned and Operated
Asbury Park, NJ*

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Plant-Based vs. Vegan vs. WFPB

To put it simply “veganism” is a lifestyle while “plant-based” is a diet. Vegans omit any and all animal products and bi-products. This includes food, personal care/bath products, clothing, shoes, furniture, instruments, etc. Veganism goes beyond diet, it is a way of life that promotes love and kindness and rejects cruelty, exploitation, torture and animal agriculture.

A plant-based diet can vary greatly and people who follow this diet might not be “vegan” in all aspects of their life. As long as a food does not contain animal products or bi-products it can be considered acceptable on a plant-based diet.

A “whole-food plant-based” diet (WFPB) is a plant-based diet which includes unrefined plant foods; whole grains, legumes, nuts, fruits and vegetables and omits animal products, oils, processed foods, refined flours and refined sugars. This diet is typically lower in fat, salt and sugar, contains no cholesterol and has been shown to reduce, improve or eliminate cardiovascular disease, diabetes and dementia while also improving cholesterol levels, healthy blood glucose levels, healthy vascular dilation, weight loss, post-workout muscle recovery and more.

WFPB Cakes and Cupcakes

(GF) Almond/Oat base

*Sweetened with all-natural fruit purees and a touch of real maple syrup.
No refined flours, added oils, refined sugars, artificial colors, flavors or
preservatives.*

Signature Cakes:

Strawberry Fields

Strawberry Cake, Homemade Strawberry Jam, garnished w/fresh Strawberries

Lemon Berry

Lemon Cake, Homemade Mixed Berry Jam, topped with assorted berries (seasonal)

Piña Colada

Coconut Cake, Pineapple Glaze, Flaked Coconut

Chocolate Raspberry

Chocolate Cake, Raspberry Glaze, Fresh Raspberries

Date Night

Spice Cake, Date Frosting, Chopped Walnuts

Create Your Own

Cake Flavors:

*Chocolate Vanilla Lemon Lime Strawberry Blueberry
Banana Pineapple Coconut Mocha Cappuccino Spice
Cake Pumpkin Peanut Butter Carrot Cake Almond*

*Available “naked” or “frosted” with fresh fruit jam (seasonal),
coconut whip, maple date cashew cream, or date frosting*

Frosting Flavors:

*Chocolate Vanilla Strawberry Blueberry Raspberry
Cappuccino Mocha Cinnamon Coconut Peanut Butter
Pumpkin Orange Lemon Lime*

Pricing:

6" (6-8 servings) \$40

8" (8-12 servings) \$50

9" (12-18 servings) \$60

¼ Sheet (12-18 servings) \$70

½ Sheet (24-36 servings) \$90

Bundt (12-16 servings) \$55

Cupcakes: Dozen(12) \$36

Additions +\$5

Fresh Fruit Walnuts Almonds Shredded Coconut (unsweetened)

*Orders must be placed a minimum of 3 days in advance but the earlier the
better!*

50% deposit required or pay-in-full upon ordering

Cash, PayPal or Venmo

Bakery Items

Berry Oat Crumble

*(mixed berries baked in an almond and oat crust, sweetened with a touch
of maple syrup)*

\$10/ 6"

\$35/ 9"

Banana Bread or Muffins

\$20

Choice of: Standard Loaf, 12 Regular Muffins or 6 Jumbo Muffins

Optional Add-ins \$5/ea:

sugar-free chocolate chips, walnuts

Baked Oatmeal Bars

\$25 (9 servings)

Choice of: Cranberry Almond or Walnut Raisin

Peanut Butter Oatmeal Cookies

\$24/doz.

Choice of: Plain or sugar-free chocolate chip (regular chocolate chips available upon request)

Date Balls

\$24/doz.

Choice of: Coconut, Almond Joy, Chocolate Chip, Pecan Pie, Oatmeal Walnut Raisin, Peanut Butter, or P.B. Choc. Chip