

BREAD

Classic Baguettes (12 oz) **\$5.00 | \$6.00** (specialty)

Classic French Loaves (30 oz) **\$10.00 | 1/2 \$6.00**

Classic Rolls (5.5 oz) **\$1.75 each | 4; for \$6.00**

Classic Pizza (14 oz) **\$6.50 | 12" par baked**
(10.5 oz) **\$5.00 | 8" par baked**

Bagels Everything + Plain (5.5 oz)

\$2.50 | 4 for \$9 | \$3.50 (cinnamon raisin)

Ingredients: gf flour base*, water, egg whites, butter, honey, yeast, olive oil, salt, apple cider vinegar.

Allergy Note: Contains Dairy (butter, eggs)

Classic Cinnamon Raisin Loaf (33 oz)

\$12.00 | 1/2 loaf \$7.00

Ingredients: gf flour base*, water, egg whites, butter, honey, yeast, olive oil, raisins, salt, apple cider vinegar, sugar, cinnamon.

Allergy Note: Contains Dairy (butter, eggs)

Gold Baguettes (v) (12 oz) **\$5.00**

Gold Loaves (v) (32 oz) **\$10.00 | 1/2 loaf \$5.50**

Gold Rolls (v) (5.5 oz) **\$2.50**

Gold Pizza Crust (v) (14 oz) **\$6.50 | 12" par baked**
(10.5 oz) **\$5.00 | 8" par baked**

Ingredients: gf flour base*, water, Organic golden flaxseed, Natural oil blend [palm fruit, canola, and olive oils (water, salt, contains less than 2% of natural flavor, sunflower lecithin, lactic acid (to preserve freshness), annatto extract (color))], Organic blue Agave, yeast, olive oil, salt, apple cider vinegar

Gold Bagels Everything + Plain (5.5 oz)

\$2.50 | 4 for \$9 | \$3.50 (cinnamon raisin)

Ingredients: gf flour base*, water, Organic golden flaxseed, Natural oil blend [palm fruit, canola, and olive oils (water, salt, contains less than 2% of natural flavor, sunflower lecithin, lactic acid (to preserve freshness), annatto extract (color))], Organic blue Agave, yeast, olive oil, salt, apple cider vinegar, molasses

MUFFINS \$3.75

Lemon Poppy

Ingredients: gf flour base*, white sugar, eggs, butter, yogurt, poppy seeds, lemon juice, lemon extract, orange extract.

Lemon Glaze: powdered sugar, lemon juice, orange extract
Allergy Note: Contains Dairy (butter, eggs, yogurt)

Morning Glory

Ingredients: gf flour base*, carrots, granny smith apple, Walnuts, raisins, shredded coconut, brown sugar, eggs, butter, orange juice, cinnamon, nutmeg, ground ginger. Allergy Note: Contains Dairy (eggs), Tree nuts (walnuts)

Chocolate Chip

Ingredients: gf flour base*, sugar, chocolate chips, eggs, butter, sour cream, butter extract, vanilla extract. Allergy Note: Contains Dairy (eggs, butter)

Mr. Blueberry

Ingredients: gf flour base*, sugar, eggs, butter, yogurt, blueberries, lemon juice, lemon zest, butter extract. Allergy Note: Contains Dairy (eggs, butter)

Pumpkin Spice

Ingredients: Pumpkin puree, pecans, gf flour base*, shredded coconut, brown sugar, eggs, coconut oil, pumpkin spice, cinnamon, nutmeg, ground ginger. **Cream cheese filling:** Cream cheese, confectioners sugar, egg yolk, vanilla extract, pumpkin spice. **Struessel Topping:** brown sugar, flour, butter, cinnamon Allergy Note: Contains Dairy (eggs), Tree nuts (pecans, coconut)

QUICK BREADS \$3.75

Zucchini | Ingredients: gf flour base*, Zucchini, Walnuts, Cranberries, brown sugar, white sugar, eggs, yogurt, lemon juice, cinnamon, vanilla extract, coconut oil, lemon zest, nutmeg, ginger, sea salt. Allergy Note: Contains Dairy (eggs, milk)

Cheryl's Banana Nut | Ingredients: gf flour base*, bananas, walnuts, white sugar, eggs, butter, sour cream, cinnamon **Cream cheese filling:** Cream cheese, confectioners sugar, egg yolk, vanilla extract

COOKIES 1/2 Doz (4.2 oz) **\$4.00 | 1 doz (8.4 oz) \$7.00***
(*cookies must be same flavor for dozen discount)

Classic Chocolate Chip | Tastes like home-made

Ingredients: chocolate chips (sugar, chocolate, cocoa butter, milk fat, soy lecithin, natural flavors), brown sugar, white sugar, eggs, butter, coconut oil, gf flour base*, vanilla extract. Allergy Note: Contains Dairy (butter, eggs, milk), Tree nuts (coconut)

Coconut Chocolate Chip | A chocolaty, coconut delight

Ingredients: chocolate chips (sugar, chocolate, cocoa butter, milk fat, soy lecithin, natural flavors), shredded coconut, brown sugar, white sugar, eggs, coconut oil, gf flour base*, vanilla extract. Allergy Note: Contains Dairy (eggs, milk), Tree nuts (coconut)

Rocky Road | The popular ice cream, re-transformed

Ingredients: gf flour base*, cocoa, chocolate chips (sugar, chocolate, cocoa butter, milk fat, soy lecithin, natural flavors), walnuts, marshmallow, (corn syrup, sugar, modified corn starch, dextrose, water, gelatin, contains less than 2% of Tetrasodium, pyrophosphate (whipping aid), natural and artificial flavor, artificial color (includes blue 1)), white sugar, eggs, butter, vanilla extract. Allergy Note: Contains Dairy (butter, eggs, milk)

Double Chocolate Espresso | For the coffee lover in you

Ingredients: Cocoa, chocolate chips (sugar, chocolate, cocoa butter, milk fat, soy lecithin, natural flavors), brown sugar, white sugar, eggs, butter, gf flour base*, espresso, vanilla extract. Allergy Note: Contains Dairy (butter, eggs, milk)

Snicker Doodle | Cinnamon spice and everything nice

Ingredients: gf flour base*, brown sugar, white sugar, eggs, butter, cinnamon, vanilla extract, salt. Allergy Note: Contains Dairy (butter, eggs, milk)

Peanut Butter | A hometown favorite

Ingredients: Peanut butter (peanuts, evaporated cane juice, natural oil blend [palm fruit and flaxseed oils] salt, molasses), brown sugar, white sugar, eggs, butter, gf flour base*. Allergy Note: Contains Dairy (eggs, milk), peanuts

TOASTER PIES aka "Pop Tarts" \$4.00

Strawberry Lane

Ingredients: gf flour base*, icing sugar, butter, sour cream, egg yolks, water, salt **Filling:** Strawberries, sugar, wheat syrup***, citric acid, pectin **Glaze:** sugar, vanilla extract, almond milk

Very Blackberry

Ingredients: gf flour base*, icing sugar, butter, sour cream, egg yolks, water, salt **Filling:** Sugar, Blackberries, Toaster Pie puree, wheat syrup, pectin, citric (acidifier) **Glaze:** icing sugar, lemon juice, orange extract

Brown Sugar Bae

Ingredients: gf flour base*, icing sugar, butter, sour cream, egg yolks, water, salt **Filling:** butter, cinnamon, sugar **Glaze:** sugar, almond milk, vanilla extract, cinnamon

Waffle Up! (v) **1 for \$4.00/2 for \$6**

Ingredients: gf flour base*, sugar, almond milk, water, safflower oil, organic vanilla extract, lemon juice, cinnamon, nutmeg, salt



Ask us to cater your next event

Shelf Life of Bread

If product is refrigerated, or frozen, it is recommended you microwave for 15–30 seconds to resuscitate the bread's golden crust and chewy center characteristics, then toast, or grill.

- Our classic line is up to 3-4 days without refrigeration (in bread box), or toasted. The Golden line is up to 6-7 days without refrigeration (in bread box), or toasted.
- 30+ days frozen

Shelf Life of Pastries

If item is refrigerated, or frozen, it is recommended you microwave for 15–30 seconds to restore the food to its delicious, "fresh-baked" quality.

- 5 days without refrigeration (in cellophane wrapper)
- 6–12 days refrigerated
- 30+ days frozen

Brief History

We are baked in Austin and our products are all made from our proprietary gluten-free (gf), nut-free, rice flour blend. Our cookies and brownies have sold locally in stores like Whole Foods, In.redients, Summer Moon and Royal Blue. We have appeared on Good Day Austin (2X), in the Statesman and Austin Monthly magazine, appeared on Univision, placed 5th in Anderson Cooper's cookie competition and were hand selected to participate in Martha Stewart's American Made Summit in New York City. In 2017 we were selected Top 25 in HEB's 2017 Quest for the Best competition.

GFY Kitchen

What does the GFY in **GFY KITCHEN** stand for? GFY is shorthand for *Good For You, Gluten Free Your*, and *Gluten Free Yourself* which playfully ties into our social media hobby.

Learn More About Us

Online: www.GFYKitchen.com

Instagram: [gfyourselfk](https://www.instagram.com/gfyourselfk)

Facebook: [gfyourselfk](https://www.facebook.com/gfyourselfk)

For market requests, pick up times, or special orders

Contact: Tim@GFYKitchen.com

***gluten free flour base:** white rice flour, tapioca flour, potato starch, brown rice flour, xanthan gum, baking soda, baking powder, sea salt

*** **wheat syrup** is a gluten-free sweetener made most frequently from corn, but also from tapioca, potato, and sorghum or wheat starch.

See article online: <https://bit.ly/2jGyed5>

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drop spots

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