

BREAD

CLASSIC

- French Loaf** (30 oz) **\$11.00**
- PULLMAN** (42 oz) **\$15.00**
- Baguettes** (12 oz) **\$5.50 / \$7.50** (specialty)
- Rolls** (5.5 oz) **4 for \$7.50**
- Pizza Crust** (14 oz) **\$6.50 / 12"** par baked

Ingredients: gf flour base*, water, egg whites, butter, honey, yeast, olive oil, salt, apple cider vinegar.
Allergy Note: Contains Dairy (butter, eggs)

Cinnamon Raisin Loaf (33 oz) **\$13.00**

Ingredients: gf flour base*, water, egg whites, butter, honey, yeast, olive oil, raisins, eggs, salt, apple cider vinegar, sugar, cinnamon. Allergy Note: Contains Dairy (butter, eggs)

Bagels Everything + Plain (5.5 oz) **4 for \$11**

Cinnamon Raisin **4 for \$12 / \$3.50 ea.**

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

GOLD (Vegan)

- French Loaf** (32 oz) **\$11.00**
- PULLMAN** (42 oz) **\$15.00**
- Baguettes** (12 oz) **\$5.50 / \$7.50** (specialty)
- Rolls** (5.5 oz) **4 for \$7.50**
- Pizza Crust** (14 oz) **\$6.50 / 12"** par baked

Ingredients: gf flour base*, water, Organic golden flaxseed, Avocado oil, Organic olive oil, Organic blue Agave, yeast, salt, apple cider vinegar

Gold Bagels Everything + Plain (5.5 oz) **4 for \$11**

Gold Pretzel (5.5 oz) **\$4.00**

Ingredients: gf flour base*, water, Organic golden flaxseed, Avocado oil, Organic olive oil, Organic blue Agave, yeast, salt, apple cider vinegar, molasses

DABO (Vegan)

- Pullman** (30 oz) **\$15.00**
- Baguettes** (12 oz) **\$7.00**

Ingredients: Sorghum, Teff, Arrowroot, Tapioca, Water, Avocado Oil, Olive Oil, Psyllium Husk, salt, Yeast, Xanthan Gum, Baking Powder, Baking Soda, Vinegar

TREATS

MUFFINS . . . \$5.00

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)

Mr. Blueberry

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

Butter Rum

gf flour base*, sugar, butterscotch chips (Sugar, Fractionated Palm Kernel Oil, Milk, Nonfat, Milk, Natural Flavors (contains Milk), Hydrogenated Palm Oil, Soy Lecithin, Color (color Added, Paprika Oleoresin, Glucose Syrup Solids, Tocopherol)), eggs, butter [cream (milk) natural flavor], sour cream, butter extract, rum extract.

Chocolate Chip

Ingredients: gf flour base*, sugar, chocolate chips, eggs, butter, sour cream, butter extract, vanilla 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)

Lemon bars . . . \$5.00 (4 oz.)

Ingredients: gf flour base*, butter, sugar, sour cream, egg yolks, water, salt lemon juice, lemon zest, lemon extract

COOKIES 1/2 Doz (4.2 oz) \$5.00

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, 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)

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, milk)

Oatmeal Raisin | Rich & chewy with a hint of spice

Ingredients: gluten free oats, raisins, gf flour base*, brown sugar, white sugar, eggs, butter, cinnamon, vanilla extract. Allergy Note: Contains Dairy (butter), raisins

Organic 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

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, 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)

TOASTER PIES aka "Pop Tarts" \$5.00

Strawberry Lane

Ingredients: gf flour base*, icing sugar, butter, sour cream, egg yolks, water, salt **Filling:** Strawberries, sugar, cane sugar, concentrated lemon juice fruit pectin, concentrated, elderberry juice. **Glaze:** sugar, vanilla extract, almond milk

Very Blackberry

gf flour base*, icing sugar, butter [cream (milk) natural flavor], sour cream, egg yolks, water, salt **Filling:** Blackberries, sugar, cane sugar, concentrated lemon juice, fruit pectin **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, cinnamon

Cherry Bomb

Ingredients: gf flour base*, icing sugar, butter [cream (milk) natural flavor], sour cream, egg yolks, water, salt **Filling:** tart cherries, sugar, cane sugar, concentrated lemon juice **Glaze:** icing sugar, lemon juice, lime

Apple Cinnamon

Ingredients: gf flour base*, icing sugar, butter [cream (milk) natural flavor], sour cream, egg yolks, water, salt **Filling:** Apples, sugar, cane sugar, concentrated lemon juice **Glaze:** sugar, almond milk, cinnamon

"Best Gluten-Free Pizza @ 40 North"
2020 @KEEPAUSTINEATIN (Instagram)

"Best Bread You'll Never Guess Is Gluten-Free"
2019 AUSTIN CHRONICLE CRITICS CHOICE WINNER

TOP 25 HEB's 2017 Quest for the Best COMPETITION

We are baked in Austin and our products are all made from our proprietary gluten-free (gf), nut-free, rice flour blend. We sell locally to stores like Peoples' Rx, Grove Wine Bar and Wheatsville. We have appeared on **Good Day Austin, the Statesman** and **Austin Monthly** magazine, appeared on **Univision**, placed in an **Anderson Cooper** cookie competition and hand selected to participate in **Martha Stewart's American Made Summit** in New York City.

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 fresh up to 4 days without refrigeration (in bread box). The Golden line is fresh 5–7 days without refrigeration (in bread box).
- All breads are fresh 10 days refrigerated; 3 months 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.

- 3–5 days without refrigeration (in cellophane wrapper)
- 6–10 days refrigerated
- 30+ days frozen

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

Learn More About Us: www.GFYKitchen.com
Instagram + Facebook: [gfyourselfk](https://www.instagram.com/gfyourselfk)



WWW.GFYKITCHEN.COM

CURBSIDE SERVICE

Order Sunday through Friday by noon & pick up the next day from our North Austin kitchen.

WEDNESDAY DROP SPOTS

Select and order by Monday at noon for delivery to one of two drop spot locations:

NORTH AUSTIN
Con Olio Oils & Vinegar
10000 Research Blvd

SOUTH AUSTIN
Radio Coffe & Beer
4204 Manchaca Rd

RETAIL, TAKE-OUT, DINE IN & DELIVERY OPTIONS

The WELL

440 W 2nd St
6317 Bee Caves Rd

BULLY BAGEL at THE BUZZ MILL

1505 Town Creek Dr

Tiny Grocer

1718 S Congress

Wheatsville

3101 Guadalupe St

Apis Restaurant Pizzeria Sorellina

23526 TX-71,
Spicewood, TX

FrontYard Brewing

4514 Bob Wire Rd
Spicewood, TX

COMING SOON

TONY C's
ALL LOCATIONS

People's RX

3801 South Lamar
4201 Westbank Dr
4018 N Lamar Blvd

Grove Wine Bar

6317 Bee Cave Rd
800 W 6th
3001 Ranch Rd 620 S
1310 E Whitestone Blvd
(Cedar Park)

Juliet Italian Kitchen

1500 Barton Springs Rd
10000 Research Blvd

Farmhouse Delivery
farmHouseDelivery.com

Humpty's Wall of Breakfast

8820 Burnet Rd

AISD

Austin Independent
School District

TEXAS FARMERS' MARKET Mueller Farmers' Market

2006 Philomena St Sunday: 10am–2pm



Scan for menu