

BREAD

Classic Baguettes (12 oz) **\$4.00**

Classic French Loaves (30 oz) **\$10.00 | 1/2 \$5.50**

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

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)

\$10.00 | 1/2 loaf \$5.50

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)

Golden Baguettes (v) (12 oz) **\$4.00**

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

Golden Rolls (5.5 oz) **\$2.50**

Golden Pizza Crust (14 oz) par baked 12" (v) **\$6.50**

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

Golden Bagels (5.5 oz) **\$2.50 | 4 for \$9**

Everything, Plain

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

Lemon Poppy **\$3.75**

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 **\$3.75**

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)

Pumpkin Spice **\$3.75**

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)

Doughnuts; Powdered Sugar and The Homer Junior

Ingredients: gf flour base*, granulated sugar, salt, lemon zest, coconut milk, safflower oil, sour cream, eggs, vanilla extract, lemon juice

Topping: icing sugar

Topping: icing sugar, vanilla extract, almond milk, sprinkles

QUICK BREADS **\$3.50**

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

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)

COOKIES 1/2 Doz (4.2 oz) **\$3.50 | 1 doz (8.4 oz) \$6.50***
(*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, retransformed

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 PASTRIES AKA POPTARTS **\$3.75**

Strawberry

Ingredients: gf flour base*, butter, sour cream, egg yolks

Filling: Strawberries, sugar, wheat syrup**, citric acid, pectin

Glaze: sugar, vanilla extract, almond milk

Nutella

Ingredients: gf flour base*, butter, sour cream, egg yolks

Filling: Nutella (sugar, palm oil, hazelnuts, cocoa, skim milk, whey (milk), lecithin as emulsifier (soy), vanillin: an artificial flavor

Glaze: sugar, almond milk, vanilla extract, cinnamon

Brown Sugar Bae

Ingredients: gf flour base*, butter, sour cream, egg yolks

Filling: butter, cinnamon, sugar

Glaze: sugar, almond milk, vanilla extract, cinnamon

Waffle Up! 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 and 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 Cookies & Brownies

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

Please note; our brownies are also delicious frozen.

- 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.gredients, Summer Moon and Royal Blue. We have appeared on Good Day Austin (2X), in the Statesman and Austin Monthly magazine, 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.

GFY Kitchen

What does the *GFY* in **GFY KITCHEN** stand for? *GFY* is shorthand for *Gluten Free Yourself* and 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)

Twitter: [glutenfreetim](https://twitter.com/glutenfreetim)

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

****gluten free buckwheat flour base:** buckwheat 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 Gluten Free Living article online:** <http://bit.ly/2eeNel6>



now serving

SFC Farmers' Market

422 Guadalupe Street

Texas Farmers' Market

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Apis

23526 HWY 71 West (Spicewood Springs)

Forthright

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2700 West Anderson Lane

Grove Wine Bar & Kitchen

Bee Cave, Cedar Park, 800 West Sixth Street, Lakeway

Haymaker

2310 Manor Road

High 5

Lakeway

HUTS

807 W 6th Street

Mr. Natural

2414 South Lamar Blvd

People's RX— 3 Locations

3801 S Lamar Blvd, 4201 Westbank Drive, 4018 N Lamar Blvd

Skull & Cakebones

3991 East Highway 290