

GLUTEN FREE MENU (RICE FLOUR BASED) -- ALL THE CARBS WITHOUT THE GLUTEN

ALL KETO ITEMS ARE ALSO GLUTEN FREE – THE DIFFERENCE IS THEY ARE ALMOND FLOUR BASED AND USE SUGAR SUBSTITUTES

Gluten Free Chocolate Chip Cookies

Ingredients: Gluten free flour blend (whole grain brown rice flour, white rice flour, tapioca, corn starch, and xanthan gum), brown sugar, sugar, butter, dark choc chips (unsweetened chocolate, cane sugar, cocoa butter, milkfat, soy lecithin, vanilla extract), milk choc chips (cane sugar, unsweetened chocolate, whole milk powder, cocoa butter, soy lecithin, vanilla extract), eggs, milk, vanilla extract, baking soda, baking powder, salt. Allergens: milk, eggs, soy.

Gluten Free Chocolate Cake/Cupcake

Ingredients: Gluten free flour blend (whole grain brown rice flour, white rice flour, tapioca, corn starch, and xanthan gum), sugar, coffee, vegetable oil, butter, vegetable shortening, eggs, semisweet chocolate chips (unsweetened chocolate, cane sugar, cocoa butter, milkfat, soy lecithin, vanilla extract), cocoa powder, vanilla extract, baking soda, baking powder, salt. Allergens: milk, eggs, soy.

Gluten Free Honey Bourbon Pecan Bar

Ingredients: Gluten free flour blend (whole grain brown rice flour, white rice flour, tapioca, corn starch, and xanthan gum), brown sugar, butter, pecans, honey, bourbon, heavy cream, real vanilla extract, salt.

Gluten Free Lemon Bar

Ingredients: Gluten free flour blend (whole grain brown rice flour, white rice flour, tapioca, corn starch, and xanthan gum), sugar, butter, lemon juice, lemon zest, eggs, baking powder, salt. Allergens: milk, eggs.

Gluten Free Raspberry Muffin

Ingredients: Gluten free flour blend (whole grain brown rice flour, white rice flour, tapioca, corn starch, and xanthan gum), sugar, raspberries, vegetable oil, sour cream, eggs, butter, sliced almonds, baking powder, vanilla, salt. Allergens: milk, eggs, tree nuts, soy.

Gluten Free Banana Nut Muffin (DF)

Ingredients: Gluten free flour blend (whole grain brown rice flour, white rice flour, tapioca, corn starch, and xanthan gum)bananas, vegetable oil, almond milk, sugar, eggs, brown sugar,

pecans, gluten free oats, vanilla, baking soda, baking powder, cinnamon, salt. Allergens: eggs, tree nuts, soy.

Gluten Free Dairy Free Cinnamon Rolls

Ingredients: Brown rice flour, tapioca flour, potato starch, almond flour, almond milk, margarine, brown sugar, vegetable oil, sugar, eggs, cinnamon, cider vinegar, powdered sugar, baking powder, baking soda, vanilla extract, salt. Allergens: Tree nuts, soy, eggs.

Gluten Free Caramel Pecan Sticky Buns

Ingredients: Brown rice flour, tapioca flour, potato starch, almond flour, milk, butter, brown sugar, vegetable oil, sugar, eggs, pecans, cinnamon, cider vinegar, powdered sugar, baking powder, baking soda, vanilla extract, salt.

Gluten Free Bread Mix (Dairy Free)

Ingredients: Gluten free flour blend (whole grain brown rice flour, white rice flour, tapioca, corn starch, and xanthan gum), sugar, yeast, salt.

Gluten Free All Purpose Flour Blend (Auntie's Foods)

This is the gluten free flour blend we use most often in our own recipes. It's from Auntie's Foods (located in New Braunfels) so when you buy it you are supporting another local business. Exchanges cup for cup in most recipes.

Ingredients: Whole grain brown rice flour, white rice flour, tapioca, corn starch, and xanthan gum.

Gluten Free Bread Flour (Dream Bakery blend)

Our own bread flour blend. Use with our gluten free sourdough starter or for your own bread recipes.

Ingredients: Brown rice flour, sorghum flour, tapioca starch, potato starch, millet flour, xanthan gum.

Gluten Free Sourdough Starter

Ingredients: Gluten free bread flour (brown rice flour, sorghum flour, tapioca starch, potato starch, millet flour, xanthan gum).

Gluten Free Sourdough Bread Kit

Interested in trying your hand at making gluten free sourdough bread but not sure where to start? This kit includes starter, our own specially blended gluten free bread flour, and recipes for sandwich bread, artisan bread, rolls and pizza crust! For best results, you will need a 9" x 5" bread pan for the Sandwich Bread and a Dutch oven or pizza stone and a broiler pan for the Artisan Bread. A stand mixer is helpful but not required.

All of our gluten free items are prepared in a dedicated gluten free prep space within a shared kitchen. Our owner is celiac and we take special care with our gluten free items, but as we are not a dedicated gluten free facility and cross contamination may occur.