

# FRICKIN' GLUTEN FREE



## NO MORE COMPROMISING



ALL OF OUR PRODUCTS ARE GLUTEN FREE, WHEAT FREE, PEANUT FREE, TREE NUT FREE, DAIRY FREE, SOY FREE AND EGG FREE.  
THE BEST THING IS YOU WON'T KNOW THE DIFFERENCE.



### *pizza dough* *pâte à pizza*



Missing pizza? Well the wait is over. Our super yummy pizza dough saves the day. Simply smooth or roll out into a 10-12" pizza, top with sauce and your fave toppings and in 15 minutes you have the best pizza you've had since going gluten free. Promise. Comes in pack of 2.

**INGREDIENTS:** brown rice flour, tapioca flour, potato starch, olive oil, flax meal, yeast, salt, psyllium husk.

**INGRÉDIENTS:** farine de riz brun, farine de tapioca, l'amidon de pomme de terre, huile d'olive, farine de lin, levure de boulanger, sel, écorce de psyllium.



### *burger buns* *pains à burger*



Are you ready for a burger bun that is local, vegan, gluten free and totally amazing? This bun blows all others out of the water and, just like all of our products, conveniently straddles multiple markets. Unlike other gluten free buns, this one hits all the marks on texture and taste - and never falls apart. Comes in a pack of 4.

**INGREDIENTS:** Soda water (carbonated water, potassium bicarbonate), flour mix (brown rice flour, potato starch, white rice flour, tapioca flour), water, cornstarch, sugar, canola oil, salt, psyllium powder, yeast, xanthan gum.

**INGRÉDIENTS:** Eau gazifiée (eau gazeuse, bicarbonate de potassium), mélange de farine (farine de riz brun, fécule de pomme de terre, farine de riz blanc, farine de tapioca), eau, fécule de maïs, sucre, huile de canola, sel, poudre de psyllium, levure, gomme de xanthane.



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# vanilla cupcakes

*petits gâteaux à la vanille*



The best cupcakes you've ever tried, gluten free or otherwise. Light and fluffy vanilla cupcake, rich frosting with real vanilla bean. Thaw, eat, repeat. Comes in a pack of 4.

**INGREDIENTS:** [CAKE] Flour mix (brown rice flour, potato starch, tapioca flour), sugar, coconut milk (coconut milk, water, guar gum, polysorbate 60), cultured coconut (organic coconut base {filtered water, organic coconut cream}, rice starch, pectin, live cultures, calcium citrate), canola oil, baking powder, vanilla extract, salt, baking soda, xanthan gum [FROSTING] Earth Balance Soy Free (oil blend {palm, canola, safflower, flax, olive}), water, salt, flavour, pea protein, sunflower lecithin, lactic acid {non-dairy}, annatto extract for colour, icing sugar, vanilla bean.

**INGRÉDIENTS:** [GATEAU] Mélange de farine (farine de riz brun, fécule de pomme de terre, farine de tapioca, sucre, lait de coco (lait de coco, eau, gomme de guar, polysorbate 60), Noix de coco de culture (base de noix de coco biologique {eau filtrée, crème de coco biologique}), amidon de riz, pectine, cultures vivantes, citrate de calcium), huile de canola, poudre à pâte, extrait de vanille, sel, bicarbonate de soude, gomme de xanthane. [GLACAGE] - Earth Balance sans soja (mélange d'huiles {huiles de palme, canola, carthame, lin et olive} eau, sel, arôme, protéine de pois, lécithine de tournesol, acide lactique (non-laitier), rocou pour la couleur}, sucre glace, vanille en gousse.

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# chocolate cupcakes

*petits gâteaux au chocolat*



Rich and luscious chocolate cupcakes topped with decadent chocolate frosting. Thaw, eat, repeat. Comes in a convenient 4 pack, because let's face it, one just won't be enough.

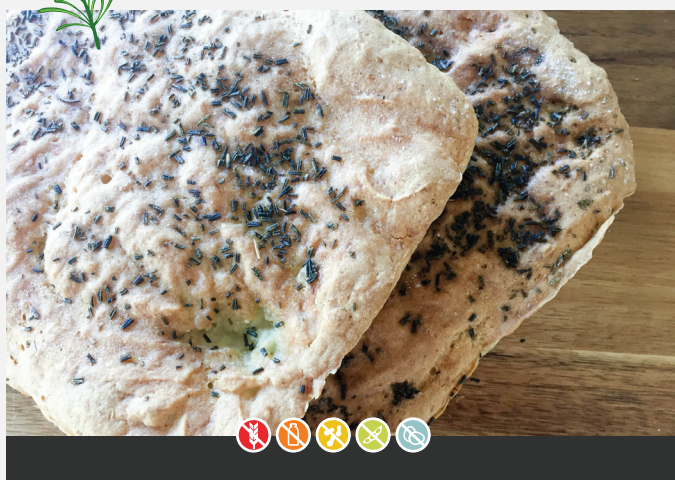
**INGREDIENTS:** [CAKE] Sugar, flour mix (teff flour, sweet rice flour, potato starch), cultured coconut (organic coconut base {filtered water, organic coconut cream}, rice starch, pectin, live cultures, calcium citrate), canola oil, coffee, apple sauce, cocoa powder, water, baking soda, salt. [FROSTING] Icing sugar, Earth Balance Soy Free (oil blend {palm, canola, safflower, flax, olive}), water, salt, flavour, pea protein, sunflower lecithin, lactic acid {non-dairy}, annatto extract for colour), cocoa powder, coconut milk (coconut milk, water, guar gum, polysorbate 60), salt.

**INGRÉDIENTS:** [GATEAU] Sucre, mélange de farine (farine de teff, douce farine de riz, fécule de pomme de terre) noix de coco de culture (base de noix de coco biologique {eau filtrée, crème de coco biologique}), amidon de riz, pectine, cultures vivantes, citrate de calcium), huile de canola, café, compote de pommes, poudre de cacao, eau, bicarbonate de soude, sel. [GLACAGE] sucre glace, Earth Balance sans soja (mélange d'huiles {huiles de palme, canola, carthame, lin et olive} eau, sel, arôme, protéine de pois, lécithine de tournesol, acide lactique (not-laitier), rocou pour la couleur}, poudre de cacao, lait de coco (lait de coco, eau, gomme de guar, polysorbate 60), sel.

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# focaccia



A huge favourite, even for those that can eat gluten! Artisan focaccia drizzled with garlic oil and topped with fresh rosemary. Baked 90% of the way, frozen, and you finish baking when you want it. Fresh bread on demand.

**INGREDIENTS:** Flour mix (brown rice flour, sweet rice flour, tapioca flour, potato starch, cornstarch), soda water (carbonated water, potassium bicarbonate), olive oil, yeast, sugar, baking powder, salt, xanthan gum, psyllium powder, rosemary, garlic oil (roasted garlic, canola oil), sea salt (sea salts, yellow prussiate of soda).

**INGRÉDIENTS:** Mélange de farine (farine de riz brun, douce farine de riz, farine de tapioca, fécule de pomme de terre) eau gazifiée (eau gazeuse, bicarbonate de potassium), huile d'olive, levure, sucre, poudre à pâte, sel, gomme de xanthane, poudre de psyllium, herbe de rosmarin, huile d'ail (ail rôti, huile de canola), sel de mer (sel de mer, prussiate jaune de soda)

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