

# HEALTHY TREATS

KETO = K | PALEO = P | VEGAN = V



## GLUTEN-FREE DESSERTS

*Menu items may be subject to change based on seasonality availability*

- Lemon Blueberry Muffin **K. P.** \$4.00  
*almond flour, eggs, coconut oil, blueberries, almond milk, pink salt, lemon, vanilla, monk fruit, baking powder*
- Carrot Muffin **K. P.** \$4.00  
*carrot, almond flour, coconut flour, eggs, coconut oil, apple cider vinegar, psyllium husk, baking soda, ginger, cinnamon, nutmeg, sea salt, vanilla*
- Apple Cinnamon Muffin **K. P.** \$4.00  
*apples, almond flour, coconut flour, psyllium husk, eggs, monk fruit, coconut oil, cinnamon, almond milk, vanilla, nutmeg, ginger, pink salt, baking powder*
- Chocolate Zucchini Muffin **P.** \$4.00  
*zucchini, almond flour, cocoa, egg, coconut oil, maple syrup, lily's chocolate chips, baking soda, vanilla*
- Chocolate Chip Cookie Dough Protein Cups **K.P.V.** - *vegan aura protein powder, almond butter, coconut flour, flax, monk fruit, almond milk, Lily's chocolate chips, coconut oil, vanilla, pink salt* \$3.50
- Pumpkin Cake **K. P. V.** \$3.75  
*pumpkin, coconut cream cheese, avocado, stevia, monk fruit, coconut milk, agar, baking powder, inulin*
- Nanaimo Bar **K.P.V.** \$3.50  
*cocoa, coconut, chia seeds, almond flour, coconut butter, coconut oil, coconut milk, monk fruit, cinnamon, turmeric, pink salt, vanilla*
- Coconut Square **K. P. V.** \$3.50  
*unsweetened coconut, coconut butter, coconut oil, vanilla, cacao butter, monk fruit*
- Walnut Brownie **K.P.V.** \$3.75  
*cocoa, coconut butter, chocolate, walnuts, coconut sour cream, almond milk, stevia, baking soda*
- Bliss Bar **P.V.** \$3.50  
*almond flour, coconut oil, coconut flour, maple syrup, vanilla, cocoa, almond butter, pink salt, baking soda*
- Cinna-bombs **K. P.** \$2.25  
*almond flour, coconut flour, monk fruit, coconut oil, almond milk, eggs, vanilla, allspice, cinnamon, nutmeg, pink salt, baking powder*
- Chocolate Chip Cookie **K.P.** \$3.25  
*almond flour, coconut flour, egg, almond butter, coconut oil, lily's chocolate chips, monk fruit, vanilla, pink salt, baking soda*
- Almond Butter Cookie **K.P.** \$3.25  
*almond butter, egg, monk fruit*
- Berry Thumbprint Cookies **K. P. V.** \$2.75  
*almond flour, coconut oil, monk fruit, cinnamon, nutmeg, blueberries, strawberries, vanilla, lemon, tapioca starch, pink salt, baking powder*
- Oatmeal Cookie **V.** \$3.00  
*Almond butter, coconut oil, gluten-free oats, flax, maple syrup, cinnamon, nutmeg, cloves, pink salt, vanilla*

*Stop by to check out what we have on our seasonal menu!*

47 King Street West | Bowmanville | Ontario

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