

# Gluten-Free Bakery Menu

Yes...you can have your cake, and eat it too!

Kindfood creates high quality dairy-free, refined sugar-free, egg-free, butter-free, preservative-free, organic and gluten-free baked goods. You can take comfort in the fact that we will never use refined sugar in our baking. Our baked goods are sweetened with agave nectar, a low-glycemic syrup from cactus, raw coconut sugar or dates.

(Please be advised that we do bake with nuts, nut butters and coconut, and therefore cannot claim to be nut free. Also, some of our purveyors are not 100% nut free. Although we carry and make Gluten-free products, we do not claim to be a 100% Gluten-free facility).

## Cookies

Made without refined sugars, dairy, casein, preservatives, eggs or gluten

Chocolate Chip Toll House  
Double Chocolate Chip Indulgence  
Goldilocks' Oatmeal & Raisin

## Treats

Made without refined sugars, dairy, casein, preservatives, eggs or gluten

Brown Rice Squares Crispy Chewies with peanut butter  
Banana Chocolate Mini Loaves  
Banana Chocolate Muffins  
Chocolate Brownies  
Sweet and Sara Marshmallow Squares  
Chocolate Volcano Macaroons  
Daily surprises!

## Breads

Organic Works Buckwheat Chia (GF-Vegan)  
Organic Works Quinoa & Honey (GF-Vegan)  
Organic Buckwheat Oatmeal & Flax (GF-Vegan)  
De La Terre Multi-seed Baguette (Vegan, not GF)  
De La Terre Multigrain (Vegan, not GF)  
De La Terre Multi-seed Loaf (Vegan, not GF)

## Groceries

We sell fresh all natural local Organic produce and goods. Please see our website for a list of grocery products we carry.



## A fresh idea

Kindfood is part of *the* "food revolution". There is a shift in consciousness sweeping our relationship to our food and our world. People are becoming very aware about the food they are eating, where it comes from, how it is made, what it is made of and how it directly reflects who we are. We are all learning that, "you are what you eat!"

Our food choices are also a very important part of our environmental challenges. Eating *whole* organic plant-based foods is not only the healthiest choice you can make for you and your family, it is also good for the planet, and it tastes better!

At Kindfood, we are committed to the belief that food is an essential source of our energy, health, longevity and happiness. Our food choices are an indication of our respect for ourselves and for all living things. We prepare fresh plant-based foods without any animal products, dairy, eggs, refined sugars, additives or preservatives.

We use biodegradable food containers made from vegetable and post-consumer recycled paper, and we use filtered water for our drinks, and vegetable and fruit washing.

Because we love our farmers who toil some of the finest land on the continent, we buy locally grown, organic produce and ingredients whenever we can. All our products are humanly harvested and fair-trade compliant.

In the same way that a seed provides the beginnings for a vibrant plant, the food we eat provides the beginnings for vibrancy, vitality and flourishing health.

Your choice to eat and shop here today is a contribution toward the planet, your community and your health. Enjoy, and chew well.

We thank you for making Kind choices.

*Let thy food be thy medicine...and thy  
medicine be thy food.*

Hippocrates, the father of Western medicine, 460-377 BC

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## Café Menu

All Natural & Fresh Organic Ingredients

### Caesar Salad \$8

creamy vegan caesar dressing with homemade croutons and Brazil Nut Parmesan

*romaine: rich in micro nutrients and antioxidants, vitamin C  
dressing: great source of protein (tahini), without saturated fat*

### Roasted Mushroom, Beet & Walnut Salad \$8

roasted mushrooms, beets and walnuts on top of baby spinach with diced tomatoes, sprinkled brazil-nut parmesan and balsamic dressing.

*spinach: high in iron, calcium, protein, fibre, the B vitamins  
mushrooms: omega 3's & 6's*

### Beauty Salad \$7

massaged in olive oil, raisins, umeboshi vinegar, grated carrots

*kale: rich in calcium, protein, fibre, great for digestion and skin  
dressing: great for constipation*

### KIND Salad \$7

baby spinach, dulse, hemp seeds, limejuice, sea salt, avocado oil, tomatoes

*spinach: high in iron, calcium, protein, fibre, the B vitamins*

### Kind Sandwich \$7.50

avocado, tomato, Veganaise, on toasted bread

### Grilled Cheeze \$7.50

melted Daiya cheeze with Chipotle mayo and organic ketchup

### B.L.A.T \$7.50

meat-free Bacon, Lettuce, Avocado, Tomato, carrots, Veganaise

### Zen Wrap \$7.50

curry Tofu scrambled with onions and mushroom, fresh baby spinach

### Buddha Bowl \$10.50

steamed brown rice, olive oil, tamari, almond, sunflower seeds, chopped onions & tomato, cilantro, basil, topped with avocado and roasted sweet potato, sprinkled with sunflower sprouts

### Tempeh Chili and Toast \$7.50

roasted tempeh, red peppers, onions, kidney beans and chipotle

### Scrambled Tofu Rice Bowl \$10.50

scrambled tofu with sautéed onions and mushrooms on top of fresh baby spinach, steamed brown rice with tamari

GF bread option with sandwiches \$.50

## Juice Bar Menu \$7

All natural & Fresh Organic Ingredients

### Beets Me

Carrot, beet, apple, lemon, ginger

### Kelly's Bikini Season Tonic

Grapefruit, apple, kale, lemon, mint, agave

### Pretty in Pink

Apple, pear, beet, ginger, lemon

### Skin Trip

Carrot, spinach, cucumber, parsley, apple

### Grasshopper Energy

Apple, pear, pineapple, kale, mint

## Smoothie Bar Menu \$7

### Bunny Smoothie

Carrot, ginger juice, almond milk, banana, cinnamon

### Speedo Power Pina Colada

Banana, pineapple, orange, coconut milk

### Heavy Metals Be Gone

apple juice, apple, cilantro, kale, parsley, lemon agave

### Green Gorilla

romaine, spinach, banana, vanilla, orange, mango

### Chocolate Blast

Cacao powder, peanut butter, banana, almond milk, agave

Add Maca or Spirulina or Raw Protein Powder \$1.50

### Groceries

We sell GF Breads and grocery item, fresh all natural organic and local produce, homemade soups, sauces, condiments, and meals "to-go"

### Cooking Classes & Wellness Seminars

Please see our website for dates.

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