



~ Menu for Curb-side Pickup or Delivery ~

## PASTRY

### **Cookies**

\$13.50 for 6 (1 flavour)

- Salted Chocolate Chip
- Milk Chocolate Chunk
- Double Chocolate
- Coconut Oat (DF, EF)
- Almond Butter (N, Gr.F, DF, EF)
- Peanut Butter (N, DF, EF)

### **Classic Brownie**

\$21.60 for 6 (DF option)

### **Almond Flour Brownie** (N, Gr.F)

\$21.60 for 6 (DF option)

### **Peanut Butter Oat Square** (N, DF, EF)

\$21.60 for 6 (with chocolate)

### **Sunflower Seed Blondie** (DF, EF)

\$21.60 for 6

### **Coconut Crunch Granola Bar** (DF, EF, LS)

\$21.60 for 6

### **Maple Three Seed Granola** (DF, EF, LS)

\$7.50/small jar, \$14.00/large jar

### **Buckwheat & Oat Apple Muffins** (N, DF, LS)

\$24.30 for 6 (choose 1 flavour)

- Carrot Walnut
- Apple Cardamom
- Blueberry - summer
- Raspberry - summer
- Strawberry - summer

### **Protein Muffins** (N, LS, Gr.F)

\$27.00 for 5 (choose 1 flav., add crumble \$1.00)

- Carrot Walnut
- Apple Cinnamon
- Blueberry - summer
- Raspberry - summer
- Mixed Berry - summer
- Strawberry - summer

### **Fruit Scones** (N, DF, LS, Gr.F)

\$17.10 for 4 (choose 1 flavour)

- Lemon Earl Grey
- Orange Saffron
- Apple Cardamom
- Blood Orange
- Chai Pear
- Cherry - summer
- Strawberry - summer
- Lavender Peach - summer
- Blueberry - summer
- Ginger Squash - fall/winter

### **Sunflower Seed Cinnamon Buns** (Gr.F)

\$27.00 for 6 (DF option)

### **Brown Rice & Chia Crostata** (LS)

\$27.00 for 6 (choose 1 flavour, DF & EF option)

- Spiced Apple
- Pear Cardamom
- Apple-Berry - summer
- Lavender Peach - summer
- Blueberry - summer
- Raspberry - summer
- Strawberry - summer
- Mixed Berry - summer
- Cherry - summer

## Sweet Breads

Pumpkin Bread (DF, LS)  
\$14.00/small loaf

Banana Bread (DF, LS)  
\$14.00/small loaf (choc. chip option)

Lemon Poppy Seed Loaf  
\$15.00/small loaf (no poppy seed option)

## Salted Nut-Butter Cups

\$18.90 for 6 (choose 1 flavour)  
- Peanut Butter Milk Choc. (N, Gr.F, EF)  
- Almond Butter Dark Choc. (N, LS, Gr.F, EF, DF)  
- Sunflower Seed Butter (+\$1, choice of choc, Gr.F, EF; can be DF & LS)

## Nut-Butter Cup Protein Bars

\$26.00/10 squares (choose 1, milk choc option)  
- Peanut Butter Dark Chocolate (N, LS, Gr.F, EF)  
- Almond Butter Dark Chocolate (N, LS, Gr.F, EF)  
- Sunflower Seed Butter Dark Choc. (+ \$1, LS, Gr.F, EF)

## BREAD

**French Baguettes** (DF, LS)  
\$6.50 each (best enjoyed day of and then sliced horizontally and frozen)

**Flourless Three Seed Baguette**  
(LC, DF, LS, Gr.F)  
\$8.50 each (store in fridge up to 4 days or freeze)

**Country Oat Loaf** (DF, LS)  
\$8.50/small round (store in paper bag at room temp 1-2 days, then slice & freeze)

**Classic Sandwich Bread** (DF, LS)  
\$8.50/small loaf (best sliced day of and frozen)

**Linseed Sandwich Bread** (DF, LS)  
\$8.50/small loaf (best sliced day of and frozen)

*Vegan bread coming soon, please inquire!*

## LEGEND

DF — dairy-free  
EF — egg-free  
LS — low-sugar  
LC — low-carb  
Gr.F — grain-free  
N — **contains** nuts

## How it Works

All-natural, freshly baked, nutrition focused gluten-free baking for Kits Beach pickup or delivered within Vancouver & the North Shore. Email [virtuegourmet@gmail.com](mailto:virtuegourmet@gmail.com) with your selections, including your name, phone number, and if you would like pickup or delivery. Within about 24 hrs you will receive an invoice with date and time options. Payment can be made via e-transfer and must be secured before orders are fulfilled.

Prices noted here include a bulk discount. Minimum orders = \$50.00.

## Storage

All items may be stored in the fridge up to 4 days, and are freezable if sealed airtight. Scones, muffins, cinnamon buns and seed baguettes are best served warm; reheat in 325F oven for a few minutes.

## Delivery Fees

\$1.25 per km starting from Kits Beach  
Special free local delivery in Kitsilano: Burrard to Alma, up to 16th.

## RE Allergens

We try to avoid cross contamination, however nut and seed flours are used extensively, along with buckwheat flour and gluten-free oat flour, so **traces of nuts, seeds or these grains could occur** in any of our products. We do not use gluten-containing flours, but trace amounts of wheat or dairy could be in an ingredient from a supplier. Please inquire if you have concerns about specific ingredients or allergies.