



~ Menu for Curb-side Pickup or Delivery ~

## PASTRY

### **Cookies**

\$15.00 for 6 (1 flavour)

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

### **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 ganache)

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

\$21.60 for 6 (with coconut)

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

\$21.60 for 6

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

\$25.65 for 6 (choose 1 flavour)

- Carrot Walnut (with or without raisins)
- Apple Cardamom
- Blueberry
- Raspberry
- Mixed Berry

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

\$27.00 for 5 (choose 1 flavour, DF option)

- Carrot Walnut (with or without raisins)
- Apple Cinnamon
- Blueberry
- Raspberry
- Mixed Berry

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

\$34.20 for 8 (choose 1 flavour)

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

### **Raspberry Oat Bar** (EF)

\$25.65 for 6 (blueberry option)

### **Apple Crostata** (N, EF)

\$27.00 for 6 (choose 1 flavour)

- Spiced Apple
- Apple Blueberry
- Apple Raspberry

### **Sweet Breads**

Banana Bread (DF, LS without chocolate)

\$16.00/small loaf (choc. chip option)

Lemon Poppy Seed Loaf

\$16.00/small loaf (no poppy seed option)

Pumpkin Bread (DF, LS)

\$16.00/small loaf - seasonal

### **Salted Dark Chocolate Nut-Butter Cups**

\$18.90 for 6 (choose 1 flavour)

- Peanut Butter (N, LS, Gr.F, EF, DF)
- Almond Butter (N, LS, Gr.F, EF, DF)
- Sunflower Seed Butter (+\$1, LS, Gr.F, EF, DF)

## BREAD

### **Pizza Crust** (DF, EF, LS, Gr.F)

\$30 for 6 (personal size, store frozen)

### **French Baguettes** (DF, LS)

\$26 for 4 (best enjoyed day of and then sliced horizontally and frozen)

### **Flourless Three Seed Baguette**

(LC, DF, LS, Gr.F)

\$34 for 4 (store in fridge up to 4 days or freeze)

### **Country Oat Loaf** (DF, LS)

\$34 for 4 (store in paper bag at room temp 1-2 days, then slice & freeze)

### **Classic Sandwich Bread** (DF, LS)

\$34 for 4 (best sliced day of and frozen)

### **Linseed Sandwich Bread** (DF, LS)

\$34 for 4 (best sliced day of and frozen)

## LEGEND

DF — dairy-free

EF — egg-free

LS — low-sugar

LC — low-carb

Gr.F — grain-free

N — **contains** nuts

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.

## How it Works

All-natural, freshly baked, nutrition focused gluten-free baking for Kits Beach pickup or delivered within Vancouver & the North Shore.

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