



~ Menu for Curb-side Pickup or Delivery ~

PASTRY

Cookies

\$16.00 for 6 (1 flavour)

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

Almond Flour Brownie (N, Gr.F)

\$24 for 6

Lavender Brownie (N, Gr.F, DF)

\$24 for 6

Peanut Butter Oat Square (N, DF, EF)

\$24 for 6 (with chocolate ganache)

Coconut Crunch Granola Bar (DF, EF, LS)

\$24 for 6

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

\$28.50 for 6 (choose 1 flavour)

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

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

\$28.50 for 6 (choose 1 flavour)

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

Raspberry Oat Bar (EF)

\$28.50 for 6

Sweet Breads

Banana Bread (DF, LS without the chocolate)
\$18.75/small loaf (choc. chip option)

Lemon Poppy Seed Loaf
\$18.75/small loaf (no poppy seed option)

Pumpkin Bread (DF, LS)
\$18.75/small loaf - seasonal

Salted Dark Chocolate Almond Butter Cups (N, LS, Gr.F, EF, DF)

\$21.00 for 6

- Almond Butter (N, LS, Gr.F, EF, DF)

LEGEND

DF — dairy-free

EF — egg-free

LS — low-sugar

LC — low-carb

Gr.F — grain-free

N — **contains** nuts

[@virtuenaturalbakery](https://www.instagram.com/virtuenaturalbakery)

BREAD

Flourless Three Seed Baguette

(LC, DF, LS, Gr.F)

\$36 for 4 (store in fridge up to 4 days or freeze)

Country Oat Loaf *(DF, LS)*

\$36 for 4 (store in paper bag at room temp 1-2 days, then slice & freeze)

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

\$33 for 6 (personal size, store frozen)

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 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 = \$48.00.

Storage

All items may be stored in the fridge up to 4 days, and are freezable. Scones, muffins and seed baguettes best served warm; reheat in 300-325F oven for a few minutes.

Delivery Fees

\$1.25 per km starting from Kits Beach

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.