



CREATED
FOR HEALTH.
PERFECTED
FOR TASTE.

G.F

Choices GLUTEN FREE

Breads, Buns And Rolls



SLICED CLASSIC WHITE
3 X 675G

A soft loaf perfect for sandwiches and toast. Gluten, dairy, egg & nut free. Suitable for Vegans.



SLICED WHOLEMEAL
3 X 675G

A soft wholemeal loaf made with rice bran and psyllium to increase fibre. Gluten, dairy, egg & nut free. Suitable for Vegans.



HAMBURGER BUNS
20 X 115G

Traditional hamburger bun. Gluten, dairy, egg & nut free. Suitable for Vegans.



BREAD PANINI
20 X 105G

Traditional panini. Gluten, dairy, egg & nut free. Suitable for Vegans.



COCKTAIL SLIDERS
50 X 37G

Mini slider hamburger buns. Gluten, dairy, egg & nut free. Suitable for Vegans.



DINNER ROLL WHITE
50 X 60G

Mini dinner rolls. Gluten, dairy, egg & nut free. Suitable for Vegans.



MINI ROLL WHOLEMEAL
80 X 50G

Mini wholemeal dinner rolls. Gluten, dairy, egg & nut free. Suitable for Vegans.



PIZZA BASE 10'
14 X 232G

Traditional 10' pizza base. Gluten, dairy, egg & nut free. Suitable for Vegans.



SLICED FRUIT LOAF
3 X 675G

A moist loaf full of plump fruit and spices. Ideal toasted for breakfast. Gluten, dairy, egg & nut free. Suitable for Vegans.



2 SLICE WHITE
2 SLICE

Our classic white loaf, in a convenient 2 slice pack. Gluten, dairy, egg & nut free. Suitable for Vegans.



BREADCRUMBS
4KG

The perfect crumbing companion. Our bread crumbs are gluten, dairy, egg & nut free. Suitable for Vegans.



ENGLISH MUFFINS
30 X 80G

Traditional English muffins. Gluten, dairy and nut free. Suitable for vegans.



FRIAND RASPBERRY
30 X 65G

Packed with berries and coconut. These friands are gluten free, nut and dairy free.



FRIAND BLUEBERRY
30 X 65G

Packed with berries and coconut. These friands are gluten free, nut and dairy free.



Sweet Treats

TART CHOCOLATE
50 X 35G

Our dairy free chocolate tarts are the perfect sweet treat. Gluten, dairy, egg & nut free. Suitable for Vegans.



MUFFIN BLUEBERRY
30 X 60G

Our Blueberry muffins are light in texture and packed with flavour. Gluten, dairy & nut free.



MUFFIN CHOCOLATE
30 X 60G

Our Chocolate Muffins are perfect for the school box lunches. Gluten, Dairy and Nut free.



DANISH APPLE
30 X 70G

A flaky Danish filled with apple. Gluten, dairy, egg & nut free. Suitable for Vegans.

Sweet Treats



DANISH APRICOT
30 X 70G

A flaky Danish filled with apricot. Gluten, dairy, egg & nut free. Suitable for Vegans.



INDIVIDUAL STICKY DATE PUDDING
12 X 110G

A traditional sticky date filled flavour and spice served with a caramel sauce that caters for multiple allergies. Gluten, dairy and nut free.



BANANA MINI LOAF
50 X 40G

A delicious moist mini banana loaf. Gluten, dairy and nut free.



CUPCAKE CHOCOLATE EGGLESS
16 X 75G

A moist and rich chocolate cupcake that's gluten, dairy, egg and nut free.



CUPCAKE VANILLA
16 X 75G

A moist and rich cupcake that's gluten, dairy and nut free.



BROWNIE
20 X 70G

A moist chocolate brownie that gluten, dairy and nut free.



CROISSANT
20 X 100G

A flakey plain croissant. Gluten, dairy, egg and nut free. Suitable for vegans.



BANANA LOAF
3 X 830G

A delicious moist banana loaf. Gluten, dairy and nut free.



CHOCOLATE RASPBERRY TARTS
50 X 35G

Chocolate Raspberry tarts. Gluten, egg, dairy and nut free. Suitable for vegans.



**COCKTAIL QUICHE
SPINACH**
50 X 30G

Cocktail size quiche with a creamy cheese, spinach filling. Gluten and nut free.



BEEF PIE
12 X 170G

Premium quality beef pies. Gluten, dairy, egg and nut free.



LENTIL PIE
12 X 170G

Our popular lentil pie, filled with a mild potato and lentil curry. Gluten, dairy, egg and nut free. Suitable for vegans.



COCKTAIL PIE LENTIL
40 X 50G

Cocktail size pie, filled with a mild potato and lentil curry. Gluten, dairy, egg and nut free. Suitable for vegans.



**SPINACH RICOTTA
ROLL**
30 X 100G

English spinach and local ricotta in a golden flaky pastry.



**COCKTAIL QUICHE
& SPINACH**
50 X 30G

Cocktail size quiche with a creamy cheese, bacon and spinach filling. Gluten and nut free.



COCKTAIL PIE BEEF
40 X 50G

Our ever-popular cocktail beef pies. Gluten, dairy, nut and egg free.



**COCKTAIL ROLL
PUMPKIN**
30 X 40G

Pumpkin and chickpea rolls with a flaky gluten free pastry that caters for all allergies. Gluten, dairy, egg, soy and nut free. Suitable for vegans.



**MINI CHORIZO,
RICOTTA, SPINACH
INVOLTINI**
30 X 20G

Spinach, ricotta and chorizo wrapped in a flaky pastry. Gluten, soy and nut free.

Savoury & Finger Food



**COCKTAIL SAUSAGE
ROLL BEEF**
50 X 40G

Our premium quality
cocktail sausage rolls
are gluten, dairy,
egg and nut free.



PIZZA HAWAIIAN 3"
30 X 30G

The ever-popular ham
and pineapple mini pizza.
Gluten, egg and nut free.



**PIZZA
MEDITERRANEAN 3"**
30 X 30G

The ever-popular
Mediterranean mini pizza.
Gluten, egg and nut free.



SAMOSA
30 X 30G

Our samosas make the
perfect party canape.
Gluten, egg, dairy and nut
free. Suitable for vegans



G.F

**WE'RE GLUTEN FREE
BREAD AND PASTRY
OBSESSIVES. THIS
OBSESSION FUELS
OUR PURSUIT OF
BAKED-GOODS THAT
ARE BOTH STRICTLY
GLUTEN FREE AND
IRRESISTIBLY
DELICIOUS.**