

GFC Bakery was founded in 2003 by Lynn Rae and Vern, well known volunteers and supporters of the gluten-free, food allergy and food lifestyles community. Lynn Rae, a published author, baker and chef along with her partner, Vern owned and operated the Gluten-Free Cooking Club for three years. In 2009, at their customer's requests they opened the GFCafette providing delicious special foods for locals and travelers alike with the help of their treasured staff. Enjoy your visit, and thank you for dining at Gluten Free Creations Cafette

Cafette Hours *

Tuesday - Friday 9 A.M. – 4 P.M.

Saturday 10 A.M. – 2 P.M.

Sunday and Monday Closed

Retail Hours

One (1) hour longer than café hours

We accept all major credit cards.

No personal checks, please.

GF Cafette

Where 'special' foodie dreams
come true

*Natural • Delicious • Gluten-free
Carnivore • Vegetarian • Vegan friendly*



GF Cafette

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<http://www.gfcbakery.com>

Visit us on **Facebook:**
Gluten Free Creations Bakery & Cafe
Follow us on **Twitter:** @GfreeBakeryCafe

Menu

*Most ingredients locally sourced
Member of Local First AZ*

Sandwiches

All sandwiches served with potato chips

<p>❖ Reuben, Corned Beef or Turkey (soy free) Our most popular sandwich. Lean, hearty corned beef, zesty Sauerkraut, sweet and tangy Thousand Island Dressing (has corn, egg) and melted Swiss Cheese (dairy) Panini pressed on our famous Mock Rye bread (caraway seeds & egg) Served w/dill pickle spear</p>	\$8
<p>❖ Philly Cheese Steak (egg, corn & soy-free) The beloved classic. A generous helping of garlic and herb seasoned steak, with pickled peppers, sweet grilled onions, and house made whiz of a cheese sauce, on White Baguette</p>	\$8
<p>❖ French Dip Lean, savory roast beef w/kick of horseradish mayo on a soft hamburger bun, & plenty of au jus for dipping (dairy & soy-free) Add locally made Grate Roots Beet Horseradish-yum</p>	\$8
<p>❖ Italian Hoagie Pepperoni, salami, sweet peppers, smoky ham, spicy pepperocinis and mozzarella cheese melted inside on our Herb Baguette. (egg free) (substitute Daiya dairy-free mozzarella + \$1)</p>	\$8
<p>❖ BLT & T Oh, baby! Crisp, hot bacon, fresh green lettuce, juicy red tomato, and all-natural sliced turkey piled high on toasted Sandwich Bread</p>	\$8
<p>❖ Tuscan Vegetable Savory grilled zucchini and eggplant, sweet caramelized onions, crisp red bell peppers and roasted red pepper hummus panini pressed on our Chef's favorite Seeded Multigrain Bread (dairy & soy-free)</p>	\$8
<p>❖ Monte Cristo (soy free) Thin sliced ham, all natural turkey, and juicy red tomato melted together with swiss cheese on sweet french toast batter bread, dusted with powdered sugar & served with raspberry jam.</p>	\$8
<p>❖ Tuna & Pineapple Seeded Multigrain Bread with Mayonnaise, tuna, pineapple and melted Cheddar Cheese Served Open or closed Faced</p>	\$8
<p>❖ Fried Egg Sandwich (dairy, corn, nut free) Fried egg on plain bagel with mayo. Lettuce and tomato added if desired</p>	\$5
<p>❖ Grilled Cheese Sandwich, PB&J Sandwich, Hot Dog</p>	\$5
<p>❖ Spam Sandwich, Fried Bologna Sandwich – Why not?</p>	\$5

Burgers

All burgers served on bun (made with egg) with potato chips

<p>❖ Grilled Chicken Breast Sandwich (dairy-free) Hot, juicy white chicken breast with crisp green lettuce, tomato, and mayo on our famously soft hamburger bun.</p>	\$8
<p>❖ All American Burger (dairy & soy-free) A thick Angus beef patty, grilled well-done, piled with lettuce, tomato, and sliced red onion on our delicious bun.</p>	\$8

Beverages

Sodas, Bottled Water, Milk, Hot Tea, Coffee *Proudly Brewing "What's Your Grind" locally roasted coffee

◆ Menu is always subject to change. 1.23.12

Rice Bowls

Whole Grain Brown Rice (also available in freezer section)

<p>❖ Chicken Teriyaki (Has soy) (dairy, egg, corn, nut-free) Gilled Chicken and fresh broccoli tossed in sweet house-made gluten-free teriyaki sauce</p>	\$7
<p>❖ Orange Chicken (dairy, egg & soy-free) Our classic house-made orange sauce served over all natural chicken breast slices.</p>	\$7
<p>❖ Curry Vegetable House made coconut curry sauce, bell peppers, green onions, chick peas, beans, crunchy sweet potato, plump raisins (Vegan - egg, dairy, soy-free)</p>	\$7
<h2>Brunch</h2>	
<p>❖ Walnut Raisin Belgium Waffle – Vegan egg, dairy, soy-free A hearty waffle made with walnuts, sweet raisins, carrots, nutty flax seeds, coconut flour, cinnamon, nutmeg. No sugar added</p>	\$7
<p>❖ Maple Belgium Waffle (soy & nut-free) A thick, fluffy, flavorful maple waffle with plenty of divots to fill with butter or syrup.</p>	\$7
<p>❖ French Toast (dairy, soy & nut-free) Delicious egg-battered Wonderful bread grilled golden brown, with a hint of sweetness and cinnamon dusted with powdered sugar. Topped with DF chocolate chips +\$1</p>	\$7
<p>❖ Strawberry Chocolate Chip Pancakes (Vegan - dairy, egg, - soy-free) with syrup (available in frozen section, too)</p>	\$7
<p>❖ Yogurt & Organic Granola Parfait (egg, soy, corn, sugar free)</p>	\$5

Wraps

made in house. (Eggs are in batter-coconut milk sweet, no granulated sugar)

<p>❖ Greek Veggie Wrap - served cold Artichoke hearts, crisp cucumber and cabbage, juicy tomatoes, sweet onions, black olives, and tangy house made yogurt tiziki sauce (soy, corn, nut free)</p>	\$8
<p>❖ Asian Turkey Wrap – served cold All natural sliced turkey, crunchy cabbage, red bell peppers, cilantro, sesame ginger vinaigrette. Served with house made peanut sauce, if desired</p>	\$8
<p>❖ Ham and Swiss Wrap – served warm Ham, pepperoni, caramelized onions, and broccoli floret, melted together with swiss cheese (substitute Daiya dairy-free mozzarella + \$1)</p>	\$8

- ◆ **Add on to any item:** cheese, sour cream, bacon, ham, pineapple, whipped cream, potato chips, etc for \$1 each (locally made Grate Roots Beet Horseradish .50)
- ◆ **No wheat, rye, barley or their derivatives are in facility.**
- ◆ **Allergens:** Soy, dairy, eggs, corn, nuts, peanuts are present and used in facility. Cross contact may occur. If you need us to protect your grilled food, please advise.
- ◆ **Substitutes:** Egg & dairy free bread substitutes available
- ◆ **To our Diners:** We are not a fast food restaurant. Each item is made to order with the greatest of care depending on each person's unique needs and desires. Please allow 10 – 15 minutes to receive your order. Thank you

Mark your Calendars – Special meals - Special prices

Valentine Saturday February 11 • St. Pat's Day March 17 • Tax Saturday April 14 • Mother's Saturday May 12 • Father's Saturday June 16 • July 4th red, white & blue Other Blue Plate Specials announced via newsletter, Tweets and Facebook. Sign up.