

PASTRIES

At New Cascadia Traditional, we take your health and wellness very seriously and understand that people can be sensitive to a multitude of ingredients. We will always gladly answer your questions regarding any of our products. Below you will find a list of ingredients for our current pastry menu. If you have questions, please don't hesitate to call, email, or ask one of our helpful cafe staff.

INGREDIENTS

Decadent Brownie

Semi-sweet chocolate (unsweetened chocolate, sugar, dextrose, soy lecithin, natural vanilla extract), sugar, flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), butter, egg, brown sugar (sugar, molasses), cocoa powder, imitation vanilla (water alcohol (13%) vanillin and other natural flavors, citric acid), baking powder (sodium acid pyrophosphate, sodium bicarbonate, non-GMO cornstarch, monocalcium phosphate), sea salt, xanthan gum. .

Chocolate Chunk Cookie

Flour blend (white rice flour, potato starch, tapioca starch, brown rice flour), chocolate chunk (sugar, unsweetened chocolate, cocoa butter, unsweetened chocolate processed with alkali, soy lecithin, salt), brown sugar (sugar, molasses), sugar, egg, butter, organic palm shortening, artificial vanilla extract (water, alcohol(13%), vanillin and other artificial flavors, citric acid), baking soda, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non GMO cornstarch, monocalcium phosphate), xanthan gum, sea salt.

Chocolate Sandwich Cookie

Cookie: Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), brown sugar (sugar, molasses), butter, sugar, egg, cocoa powder, imitation vanilla (water alcohol (13%) vanillin and other natural flavors, citric acid), baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, non-GMO cornstarch, monocalcium phosphate), xanthan gum, sea salt. **Filling:** Powdered sugar (sugar, tapioca flour), organic palm shortening, butter, vanilla bean paste (sugar, water, vanilla extract, vanilla beans, gum tragacanth), vanilla (water, alcohol, sugar, vanilla bean extractives), sea salt.

Blueberry Muffin

Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), sugar, sour cream (Grade A pasteurized cultured cream (milk), whey, food starch-modified sodium phosphate, guar gum, carrageenan, carob bean gum), blueberry, safflower oil, egg, lemon juice, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), imitation vanilla (water alcohol (13%) vanillin and other natural flavors, citric acid), baking soda, lemon zest, sea salt, xanthan gum.

Cinnamon Chip Coffee Cake

Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), brown sugar (sugar, molasses), sour cream (Grade A pasteurized cultured cream (milk), whey, food starch-modified sodium phosphate, guar gum, carrageenan, carob bean gum), butter, egg, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), xanthan gum, baking soda, sea salt, imitation vanilla (water alcohol (13%) vanillin and other natural flavors, citric acid). **Cinnamon Chip:** Sugar, organic palm shortening, liquid glucose (glucose syrup, preservative sulphate E223), cinnamon. **Topping:** Brown sugar (sugar, molasses), flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), butter substitute (palm fruit oil, canola oil, olive oil, salt, water, sunflower lecithin, lactic acid, annatto extract) cinnamon, sea salt, powdered sugar (sugar, tapioca flour), whole milk (milk, vitamin D3), vanilla extract (water, alcohol, sugar, vanilla bean extractives).

Cinnamon Rolls

Egg, butter, brown rice flour, millet flour, tapioca flour, whole milk (milk, vitamin D3), sugar, yeast, brown sugar (sugar, molasses), cinnamon, xanthan gum, sea salt. **Icing:** Powdered sugar (sugar, tapioca starch), whole milk (milk, vitamin D3), vanilla extract (water, alcohol, sugar, vanilla bean extractives).

Lemon Poppy Seed Scone

Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), cream, sugar, butter, lemon zest, poppy seeds, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), sea salt, xanthan gum. **Glaze:** Powdered sugar (sugar, tapioca flour), lemon juice.

Buttermilk Biscuit

Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), buttermilk (cultured reduced fat milk, salt), butter, organic palm shortening, millet flour, baking powder (sodium acid pyrophosphate, sodium bicarbonate, non-GMO cornstarch, monocalcium phosphate), sea salt, sugar, baking soda, xanthan gum.

Cheddar Chive Buttermilk Biscuit

Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), buttermilk (cultured reduced fat milk, salt), cheddar (cultured milk, salt, enzymes), butter, organic palm shortening, millet flour, baking powder (sodium acid pyrophosphate, sodium bicarbonate, non-GMO cornstarch, monocalcium phosphate), chives, sea salt, sugar, baking soda, xanthan gum, onion powder, garlic powder.

Quiche (Filling rotates daily. Please see specials board in our cafe)

Crust: Brown rice flour, millet flour, tapioca flour, butter, sugar, sea salt, xanthan gum.

Brazilian Cheese Bread

Tapioca flour, whole milk (milk, vitamin D3), parmesan cheese blend (pasteurized milk, cheese cultures, salt, enzymes), safflower oil, egg, sea salt.
Herbed version contains oregano.

Chocolate Chip Cookie (vegan)

Chocolate (organic cane sugar, organic cocoa liquor, organic cocoa butter), brown sugar (sugar, molasses), white rice flour, butter substitute (palm fruit oil, canola oil, olive oil, salt, water, sunflower lecithin, lactic acid, annatto extract), tapioca flour, unsweetened applesauce, sea salt, imitation vanilla (water alcohol (13%) vanillin and other natural flavors, citric acid), xanthan gum, baking soda, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate).

Peanut Butter Cookie (vegan)

Unsalted peanut butter, brown sugar (sugar, molasses), brown rice flour, butter substitute (palm fruit oil, canola oil, olive oil, salt, water, sunflower lecithin, lactic acid, annatto extract), unsweetened applesauce, imitation vanilla (water alcohol (13%) vanillin and other natural flavors, citric acid), xanthan gum, baking soda, sea salt.

Snickerdoodle Cookie (vegan)

White rice flour, sugar, butter substitute (palm fruit oil, canola oil, olive oil, salt, water, sunflower lecithin, lactic acid, annatto extract), tapioca flour, unsweetened applesauce, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), lemon zest, imitation vanilla extract (water, alcohol, vanillin, other artificial flavorings, citric acid), xanthan gum, sea salt, cinnamon.

Frosted Sugar Cookie (vegan)

Cookie: White rice flour, butter substitute (palm fruit oil, canola oil, olive oil, salt, water, sunflower lecithin, lactic acid, annatto extract), tapioca flour, unsweetened applesauce, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), lemon zest, xanthan gum, sea salt. **Frosting:** Powdered sugar (sugar, tapioca flour), butter substitute (palm fruit oil, canola oil, olive oil, salt, water, sunflower lecithin, lactic acid, annatto extract), organic palm shortening, vanilla extract (water, alcohol, sugar, vanilla bean extractives), natural food coloring (red food dye (glycerin, deionized water, colored with vegetable juice, beta carotene, and turmeric), yellow food dye (glycerin, turmeric and deionized water), blue food dye (glycerin, deionized water, vegetable juice and spirulina), colored sprinkles (sugar, corn starch, palm oil & palm kernel oil, dextrin, soy lecithin, colored with turmeric, annatto, beet juice, vegetable juices & beta carotene, maltodextrin, sodium bicarbonate, confectioner's glaze, carnauba wax).

Oat Muffin (vegan)

Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), unsweetened applesauce, brown sugar (sugar, molasses), safflower oil, GF rolled oats, rice milk (water, rice, contains less than 1% of: disodium phosphate, gellan gum, locust bean gum, natural flavor, potassium citrate, rice bran, sea salt, sodium citrate, sunflower lecithin, sunflower oil, xanthan gum), baking powder (sodium acid pyrophosphate, sodium bicarbonate, non-GMO cornstarch, monocalcium phosphate), baking soda, sea salt, cinnamon, xanthan gum.

Carrot Walnut Bread (vegan)

Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), carrots, rice milk (water, rice, contains less than 1% of: disodium phosphate, gellan gum, locust bean gum, natural flavor, potassium citrate, rice bran, sea salt, sodium citrate, sunflower lecithin, sunflower oil, xanthan gum), sugar, safflower oil, cranberries (cranberries, sugar, sunflower oil), walnuts, molasses, orange zest, imitation vanilla (water, alcohol (13%) vanillin and other natural flavors, citric acid), apple cider vinegar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, non-GMO cornstarch, monocalcium phosphate), baking soda, xanthan gum, salt, cinnamon, nutmeg, cardamom.

SEASONAL ITEMS: SPRING 2019

Pear Cardamom Scone

Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), cream, pear, sugar, butter, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), sea salt, xanthan gum. **Glaze:** Powdered sugar (sugar, tapioca flour), whole milk (milk, vitamin D3), cardamom.

Peanut Butter Chocolate Chip Loaf Cake

Butter, sugar, flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), sour cream (Grade A pasteurized cultured cream(milk), whey, food starch-modified sodium phosphate, guar gum, carrageenan, carob bean gum), egg, semi-sweet chocolate (unsweetened chocolate, sugar, dextrose, soy lecithin, natural vanilla extract), unsalted peanut butter, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), xanthan gum, baking soda, sea salt, imitation vanilla (water, alcohol (13%) vanillin and other natural flavors, citric acid).

Coffee Cake Muffin (vegan)

Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), unsweetened applesauce, brown sugar (sugar, molasses), safflower oil, GF rolled oats, rice milk (water, rice, contains less than 1% of: disodium phosphate, gellan gum, locust bean gum, natural flavor, potassium citrate, rice bran, sea salt, sodium citrate, sunflower lecithin, sunflower oil, xanthan gum), cinnamon chip (sugar, organic palm oil shortening, liquid glucose (glucose syrup, preservative sulphateE223) cinnamon), baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), baking soda, sea salt, xanthan gum. **Topping:** Flour (white rice flour, potato starch, tapioca flour, brown rice flour), GF rolled oats, brown sugar (sugar, molasses), butter substitute (palm fruit oil, canola oil, olive oil, salt, water, sunflower lecithin, lactic acid, annatto extract), cinnamon. **Icing:** Powdered sugar (sugar, tapioca flour), rice milk (water, rice, contains less than 1% of: disodium phosphate, gellan gum, locust bean gum, natural flavor, potassium citrate, rice bran, sea salt, sodium citrate, sunflower lecithin, sunflower oil, xanthan gum), vanilla extract (water, alcohol, sugar, vanilla bean extractives).

Carrot Walnut Muffin with Cream Cheese Filling

Flour blend (white rice flour, potato starch, tapioca flour, brown rice flour), sugar, sour cream (Grade A pasteurized cultured cream (milk), whey, food starch-modified sodium phosphate, guar gum, carrageenan, carob bean gum), carrot, egg, safflower oil, walnut, lemon juice, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), imitation vanilla (water alcohol (13%) vanillin and other natural flavors, citric acid), baking soda, lemon zest, sea salt, xanthan gum, clove, ginger, nutmeg, cinnamon. **Filling:** Cream cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), sugar, egg, vanilla extract (water, alcohol, sugar, vanilla bean extractives).