

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

Sorghum flour, tapioca starch, brown rice flour, white rice flour, potato starch, semi sweet chocolate (sugar, cocoa liquor, cocoa butter, soy lecithin), artificial vanilla extract (water, alcohol, vanillin, other artificial flavorings, citric acid), sugar, butter (milk), brown sugar (sugar, molasses), eggs, cocoa powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, non-GMO cornstarch, monocalcium phosphate), espresso, xanthan gum, salt.

Chocolate Chip Cookie

White rice flour, tapioca starch, baking soda, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), salt, xanthan gum, egg, butter (milk), brown sugar (sugar, molasses), artificial vanilla extract (water, alcohol, vanillin, other artificial flavorings, citric acid), chocolate (unsweetened chocolate, sugar, dextrose, soy lecithin, natural vanilla extract).

Chocolate Sandwich Cookie

Sorghum flour, tapioca starch, brown rice flour, white rice flour, potato starch, cocoa powder, baking powder (sodium acid pyrophosphate, sodium bicarbonate, non-GMO cornstarch, monocalcium phosphate), baking soda, salt, xanthan gum, butter (milk), sugar, brown sugar (sugar, molasses), eggs, artificial vanilla extract (water, alcohol, vanillin, other artificial flavorings, citric acid). **Filling:** Powdered sugar (sugar, tapioca starch), organic palm shortening, butter (milk), vanilla (vanilla bean extract, alcohol, water), vanilla bean paste (sugar, water, vanilla extract, vanilla beans, gum tragacanth), salt.

Blueberry Muffin

Sorghum flour, brown rice flour, white rice flour, potato starch, tapioca starch, baking soda, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), salt, xanthan gum, sour cream (Grade A pasteurized cultured cream (milk), whey, food starch-modified sodium phosphate, guar gum, carrageenan, carob bean gum), egg, lemon juice, safflower oil, artificial vanilla extract (water, alcohol, vanillin, other artificial flavorings, citric acid), blueberry, sugar.

Cinnamon Chip Coffee Cake

Cake: White rice flour, brown rice flour, tapioca starch, potato starch, baking soda, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), salt, xanthan gum, brown sugar (sugar, molasses), eggs, butter (milk), sour cream (Grade A pasteurized cultured cream (milk), whey, food starch-modified sodium phosphate, guar gum, carrageenan, carob bean gum), vanilla extract (water, alcohol, vanillin, other artificial flavorings, citric acid). **Cinnamon Chip:** Sugar, organic palm shortening, liquid glucose (glucose syrup, preservative sulphate E223), cinnamon. **Topping:** Brown sugar (sugar, molasses), white rice flour, brown rice flour, tapioca starch, potato starch, butter (milk), cinnamon, salt, powdered sugar (sugar, tapioca starch), whole milk (milk, vitamin D3), vanilla extract (water, alcohol, sugar, vanilla bean extractives).

Cinnamon Rolls

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

Lemon Poppy Seed Scone

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

Buttermilk Biscuit

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

Cheddar Chive Buttermilk Biscuit

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

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

Crust: Millet flour, brown rice flour, tapioca starch, water, butter (milk), sugar, xanthan gum, salt.

Brazilian Cheese Bread

Tapioca starch, parmesan cheese blend (pasteurized milk, cheese cultures, salt, enzymes), whole milk (milk, vitamin D3), water, eggs, safflower oil, 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 starch, unsweetened applesauce, salt, artificial vanilla (water, alcohol, vanillin, other artificial flavorings, citric acid), xanthan gum, baking soda, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate).

Peanut Butter Cookie (vegan)

Brown sugar (sugar, molasses), unsalted peanut butter, brown rice flour, butter substitute (palm fruit oil, canola oil, olive oil, salt, water, sunflower lecithin, lactic acid, annatto extract), unsweetened applesauce, artificial vanilla extract (water, alcohol, vanillin, other artificial flavorings, citric acid), xanthan gum, baking soda, salt.

Oat Muffin (vegan)

White rice flour, brown rice flour, tapioca starch, potato starch, oats, rice milk (filtered water, brown rice, expeller pressed canola oil, tricalcium phosphate, natural flavor (GF), sea salt, guar gum, xanthan gum, carob bean gum, carrageenan, vitamin A palmitate, vitamin D2), baking soda, baking powder (sodium acid pyrophosphate, sodium bicarbonate, non-GMO cornstarch, monocalcium phosphate), unsweetened applesauce, brown sugar (sugar, molasses), safflower oil, cinnamon, salt, xanthan gum.

Carrot Walnut Bread (vegan)

Sorghum flour, tapioca starch, brown rice flour, white rice flour, potato starch, xanthan gum, carrots, rice milk (filtered water, brown rice, expeller pressed canola oil, tricalcium phosphate, natural flavor (GF), sea salt, guar gum, xanthan gum, carob bean gum, carrageenan, vitamin A palmitate, Vitamin D2), apple cider vinegar, safflower oil, baking powder (sodium acid pyrophosphate, sodium bicarbonate, non-GMO cornstarch, monocalcium phosphate), baking soda, cranberries (cranberries, sugar, sunflower oil), walnuts, orange zest, organic sugar, molasses, artificial vanilla extract (water, alcohol, vanillin, other artificial flavorings, citric acid), xanthan gum, salt, cinnamon, nutmeg, cardamom.

SEASONAL ITEMS: SPRING 2019

Pear Cardamom Scone

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

Peanut Butter Chocolate Chip Loaf Cake

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

Vegan Coffee Cake Muffin

Muffin: Flour blend (white rice flour, potato starch, tapioca starch, brown rice flour), unsweetened applesauce, safflower oil, brown sugar (sugar, molasses), GF rolled oats, rice milk (water, brown rice, expeller pressed canola oil, tricalcium phosphate, natural flavor(GF), sea salt, guar gum, xanthan gum, carrageenan, carob bean gum, vitamin A palmitate, vitamin D2), cinnamon chip (sugar, organic palm oil shortening, liquid glucose (glucose syrup, preservative sulphateE223) cinnamon), cinnamon, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), baking soda, salt, xanthan gum. **Topping:**Flour blend (sorghum, tapioca starch, brown rice flour, white rice flour, potato starch), 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 starch), rice milk (water, brown rice, expeller pressed canola oil, tricalcium phosphate, natural flavor, sea salt, guar gum, xanthan gum, carrageenan, carob bean gum, vitamin A palmitate, vitamin D2), vanilla extract (water, alcohol, sugar, vanilla bean extractives).

Carrot Walnut Muffin with Cream Cheese Filling

Muffin: Flour blend (sorghum, tapioca starch, brown rice flour, white rice flour, potato starch), sugar, carrots, sour cream (grade A cultured cream (milk), whey, food-starch, sodium phosphate, guar gum, carrageenan, carob bean gum), safflower oil, egg, walnuts, baking powder (sodium acid pyrophosphate, bicarbonate of soda, non-GMO cornstarch, monocalcium phosphate), artificial vanilla extract (water, alcohol, vanillin, other artificial flavorings, citric acid), baking soda, salt, xanthan gum, cinnamon, clove, ginger, nutmeg. **Filling:** cream cheese (pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum), sugar, egg.