

The Green Door Bakery Allergens List

The information below details which of the most common allergens are present in each menu item. Although we try our very best to minimize cross contamination, we are not a nut or gluten free facility. There is the possibility that our desserts may contain traces of nuts and/or gluten. If you have a serious allergy, please inform us when you place your order!

Spelt Cakes	Gluten	Dairy	Egg	Nut	Soy	Sugar	Grain
Banana Chocolate	X	*				Maple Syrup	Spelt Flour
Black Forest Cake	X	X	X			Cane Sugar	Spelt Flour
Carrot		X	X			Cane Sugar, Maple Syrup	Brown Rice, Tapioca, Potato
Coconut Raspberry			X			Maple Syrup, Cane Sugar	Coconut Flour
Lemon Almond		X	X	Almond		Cane Sugar	Almond Flour
Lemon Raspberry	X	*				Maple Syrup	Spelt Flour
Orange Blueberry	X	*				Maple Syrup	Spelt Flour
Queen Elizabeth	X	X	X	Walnut		Cane Sugar, Maple	Spelt Flour
Chocolate Cashew Cake	X			Cashew, Sesame	X	Maple Syrup	Spelt Flour

**Please note, if you choose to order your cake with whipped cream icing, this contains dairy. Our vegan option uses coconut icing instead.*

Pies	Gluten	Dairy	Egg	Nut	Soy	Sugar	Grain
Apple	X					Unsweetened	Spelt Flour
Apple Berry	X			Almond		Rice Syrup	Spelt Flour
Beet Raspberry				Almond		Maple Syrup	GF Oat & Almond Crust
Blueberry				Almond		Maple Syrup	GF Oat & Almond Crust
Cocoa Banana				Almond	X	Maple Syrup	GF Oat & Almond Crust
Lemon				Almond	X	Maple Syrup	GF Oat & Almond Crust
Lime Coconut				Almond		Maple Syrup	GF Oat & Almond Crust
Mocha Silk				Almond	X	Cane Sugar	GF Oat & Almond Crust
Peanut Butter Chocolate				Almond, Peanut	X	Maple Syrup	GF Oat & Almond Crust
Raspberry Blueberry				Almond		Maple Syrup	GF Oat & Almond Crust
Saskatoon Berry				Almond		Maple Syrup	GF Oat & Almond Crust

Cheesecakes	Gluten	Dairy	Egg	Nut	Soy	Sugar	Grain
Traditional Vanilla		X	X	Almond		Cane Sugar	GF Oat & Almond Crust
Traditional Chocolate Swirl		X	X	Almond		Cane Sugar	GF Oat & Almond Crust
Chocolate Mint				Almond		Maple Syrup	Chia Seed & Almond Crust
Chocolate Peanut Butter				Peanut, Almond		Maple Syrup	Chia Seed & Almond Crust
Lemon Raspberry				Almond		Maple Syrup	Chia Seed & Almond Crust
Lime Coconut				Almond		Maple Syrup	Chia Seed & Almond Crust

Squares & Brownies	Gluten	Dairy	Egg	Nut	Soy	Sugar	Grain
Banana Bread Brownie						Cane Sugar	GF Oat & Almond Crust
Chocolate Pecan Brownie	X			Pecan		Cane Sugar	Spelt Flour
Cashew Lime Blondie		X	X	Cashew		Cane Sugar	Rice & Coconut Flour
Coconut Raisin				Walnut	X	Maple Syrup, Rice Syrup	Rice Flour
Date				Walnut		Maple Syrup	GF Oat & Rice Flour
Lemon Cranberry					X	Maple Syrup	GF Oat & Rice Flour
Peanut Butter Blondie				Peanut, Cashew		Cane Sugar	GF Oat & Rice Flour

Sweet Loaves	Gluten	Dairy	Egg	Nut	Soy	Sugar	Grain
Banana Berry	X					Maple Syrup	Spelt Flour
Chocolate Banana	X					Maple Syrup	Spelt Flour
Chocolate Orange	X					Maple Syrup	Spelt Flour
Chocolate Zucchini	X			Walnut		Maple Syrup, Rice Syrup	Spelt Flour
Ginger Pear	X				X	Maple Syrup	Spelt Flour
Lemon Blueberry	X					Maple Syrup	Spelt Flour
Lemon Ginger	X					Maple Syrup	Spelt Flour
Orange Cranberry	X					Maple Syrup	Spelt Flour

Cookies	Gluten	Dairy	Egg	Nut	Soy	Sugar	Grain
Almond (Frozen Batter)		X	X	Almond		Cane Sugar	Rice Flour
Almond Butter	X			Almond		Maple Syrup	Spelt Flour
Banana Nut	X			Walnut		Maple Syrup	Spelt Flour
Chocolate Chip (Frozen Batter)	X	X	X			Cane Sugar	Spelt Flour
Chocolate Mint	X					Cane Sugar	Spelt Flour
Chocolate Pecan Crunch				Pecan		Maple Syrup	Rice Flour
Cinnamon Walnut Crunch				Walnut		Maple Syrup	Rice Flour
Oatmeal Raisin						Maple Syrup	Oat Flour
Peanut Butter	X			Peanut		Maple Syrup	Spelt Flour
Pecan Crisp				Pecan		Maple Syrup	Rice Flour
Pumpkin Seed						Maple Syrup	Rice Flour
Seed						Maple Syrup	Rice Flour
Tahini Chocolate Chip	X			Sesame		Maple Syrup	Spelt Flour
Thumbelina	X			Walnut		Maple Syrup	Spelt Flour, GF Oat