

Good For You Gourmet Dessert Menu

Dessert	Dietary Status
Apricot Lime Hemp Jacks (squares)	Vegan
Chocolate Zucchini Brownies (spelt flour or GF)	Vegan
Rolled Kamut & Brown Rice Date Squares	Vegan, GF
Walnut & Apple Baclava , spelt or organic wheat filo	
Vegan Brownies with Almond Carob Icing	Vegan, Wheat free, NOT GF
Chocolate Zucchini Bread or Muffins	With Eggs, wheat or spelt flour
Spelt Cinnamon Buns with lime cream cheese icing	W/eggs, dairy and spelt flour, NOT GF
Tollhouse Chocolate Chip	W/eggs and kamut flour, NOT GF
Orange & Almond Thumbprint Cookies with organic jam	Vegan, GF
Applesauce Chocolate Chip Cookies , minimal refined sugar	GF, low sugar
Pumpkinseed Cardamom Cookies	GF, low sugar
Pumpkin Pie with spelt or gluten free crust	Wheat-free OR GF
Fresh Strawberry Pie with grapefruit and mint glaze, spelt or gluten free crust, seasonal availability	Wheat-free OR GF
Chocolate-dipped Local Strawberries , seasonal availability	Vegan and GF
Apple OR Pear Pie with spelt or gluten free crust	Wheat-free OR GF
Drunken Organic Trifle with seasonal fruit compote, organic whip cream & tequila reduction	With Eggs, Dairy & Wheat, avail. GF
Organic Tapioca with free range eggs	W/eggs and dairy, GF
Chocolate Trifles with Goji Berry Sauce	Vegan and GF
Poached Pears with a Port OR Ginger & Pear Juice Reduction & Creme Fraiche OR organic Coconut Ice Cream	GF, vegan with the coconut ice cream