



| SWEET BAKERY ITEMS | PRICE |
|---|--------------|
| TREAT PACK of 9 Assorted Sweet Items | 25.00 |
| Brownie Bite (1.5" sq) | 2.25 |
| Butter Tart (4 Pack) | 15.00 |
| Cake Slice – Chocolate with Cream Cheese Frosting | 6.00 |
| Cake Slice – Vanilla with Cream Cheese Frosting | 6.00 |
| Cake – 8" Chocolate with Cream Cheese Frosting ** | 60.00 |
| Cake – 8" Vanilla with Cream Cheese Frosting ** | 60.00 |
| Cake – 6" Pumpkin with Cream Cheese Frosting ** | 55.00 |
| Cake – 6" 2-Layered Pumpkin with Cream Cheese Frosting ** | 100.00 |
| Cheesecake-Brownie Bite or Strawberry Cheesecake-Brownie Bite (1.5" sq) | 2.75 |
| Cheesecake – Original, Chocolate and Strawberry, crust-less, single serving (asst 6 pack) | 18.00 |
| Cinnamon Buns with Cream Cheese Frosting (6 pack) | 15.00 |
| Coconut Cluster Fat Bomb with Sunflower Seed Butter | 2.25 |
| Coconut Macaroons (5 pack) | 10.00 |
| Cookie – Chocolate Chip | 2.75 |
| Cookie – Shortbread (2.5") | 2.50 |
| Cookie – Lemon (3") | 2.50 |
| Cupcake – Chocolate and Vanilla with Cream Cheese Frosting (asst 4 Pack) | 18.00 |
| Haystack | 2.75 |
| Mini Donuts – 12 Pack of 6 Chocolate Glazed and 6 Sweet Cinnamon | 12.00 |
| Mousse – Chocolate | 5.00 |
| Pancakes (4 pack) | 12.00 |
| Sugar-Free House-Made Strawberry Jam (4 oz) | 5.00 |
| Sugar-Free Pancake Syrup (2 oz) | 2.00 |
| Sugar-Free Chocolate Syrup (2 oz) | 2.00 |
| Pumpkin Squares with Cream Cheese Frosting (1.5" sq) 5 Pack) | 12.00 |
| SAVOURY BAKERY ITEMS | PRICE |
| BREAD SAMPLER PACK of 6 Assorted Bread Items | 19.00 |
| Bagels (assorted 6 pack) | 21.00 |
| Bread Loaf | 10.00 |
| Breadsticks (2 pack) | 5.00 |
| Cheese Buns (6 Pack) | 21.00 |
| Cloud Bread (6 pack) | 10.00 |
| Flatbread (3 Pack) | 12.00 |
| Pizza Base 10" (no toppings) | 10.25 |
| Pizza Base 12" (no toppings) | 14.50 |

Items marked ** must be pre-ordered. Nutritional Information available, Just Ask! in-store!
We use coconut flour and erythritol in our recipes.

Frantastic Café 105 Consumers Drive, Whitby
Phone 905-493-2387 ext 2 to place orders.



| SAVOURY MEAL ITEMS (Heat & Eat) | PRICE |
|--|--------------|
| Braised Cabbage | 6.50 |
| Broccoli and Cheddar Soup | 4.50 |
| Cabbage Rolls (2) | 12.00 |
| Cauliflower Rice | 7.50 |
| Cauliflower Risotto | 8.50 |
| Cauliflower Sheppard's Pie | 12.00 |
| Creamy Mushroom and Chicken with Leafy Green Vegetables | 12.00 |
| Flatbread with Sweet Peppers, Fried Onion and Cheddar Cheese | 7.50 |
| Jalapeno Poppers (3 pcs) | 10.00 |
| Pizza – Cheese | 20.00 |
| Pizza – Pepperoni | 25.00 |
| Pizza – Bacon & Mushroom | 25.00 |
| Pulled Pork with Leafy Green Vegetables | 12.00 |
| Quiche with Vegetables and Goat Cheese | 8.50 |
| Roasted Cauliflower and Caramelized Onion Soup | 4.50 |
| Roasted Cauliflower "Mac" and Cheese | 12.00 |
| Roasted Cauliflower "Mac" and Cheese with Bacon | 13.00 |
| Tex-Mex Meatballs with Peppers | 12.00 |
| Tuna Cup with Leafy Green Vegetables | 12.00 |
| Zucchini Lasagna | 12.00 |
| Zucchini Wedges | 10.00 |

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