



## **Bakeshop & Foodery**

4747 Nicollet Ave S, Minneapolis, MN 55407

(612) 825-6680 [www.madwomanfoods.com](http://www.madwomanfoods.com)

Hours M – Sat 10 am to 7 pm, Sun noon to 5pm

## **Product List**

03/13/2008

**All** products are **gluten-free**, made without wheat, rye, or barley (gluten-free). Many, as noted, are also free of casein, the main protein in dairy. Most are also low or reduced glycemic/low carb. Net carbs are listed in parenthesis (xxg). Glycemic Load is listed when known as [GL=x] Madwoman Foods is a gluten-free facility. Allergen Alert: We use almond meal in our products.

### Fresh Bakery Items:

The bakery is constantly changing fresh products so not all of these items may always be available. You can call in a special order to make sure you get what you want.

Bars and Brownies (casein-free) (16g to 18g)

Bread (casein-free) (18g per slice)

Cinnamon Raisin [GL=13], Sandwich [GL=12], Garlic Cheese, Crumpet/Burger Buns [GL=23]

Carrot Cake (casein-free) (18g per slice)

Cookies (casein-free) (3g to 6g per cookie)

Chocolate Chip, Oatmeal Raisin, Flourless Peanut, Cranberry Pistachio, Sugar

Cupcakes (8g to 12g)

Banana, Chocolate, Vanilla, Lemon (all casein-free)

Frostings:

Chocolate Cream, Lemon Cream, Mint Cream, Vanilla Cream

Chocolate (casein-free), Lemon (casein-free), Peanut Butter (casein-free), Vanilla (casein-free)

Dinner Rolls (20g per roll)

Cheese Rolls, Dinner Rolls

Layer Cakes (whole cakes available on special order) (12g to 14g per slice)

Banana, Chocolate, Orange, Lemon (all casein-free)

Frostings:

Chocolate Cream, Kinnikidoodle Mint Cream, Lemon Cream, Mint Cream, Vanilla Cream

Chocolate (casein-free), Lemon (casein-free), Peanut Butter (casein-free), Vanilla (casein-free)

Pies (16g to 19g per slice)

Apple (egg-free, casein-free), Chocolate Truffle (casein-free), Blueberry (egg-free, casein-free),

Key Lime (casein-free), Pumpkin (casein-free)

Quiche (10g per slice)  
Asparagus Parmesan (seasonal), Quiche Lorraine, Italian Double Cheese

Soup (2g to 10g per cup depending on flavor)

Sticky-Fingers Buns (casein free)

Tea Cakes (all are casein-free) (8g to 10g per tea cake) [GL=2 to 3]  
Banana Cinnamon, Banana Chocolate, Blueberry, Chocolate Cherry, Cocoa Mocha, Lemon Blueberry, Lemon Poppyseed, Orange Chocolate, Orange Cranberry, Pecan Cocoa Mocha

### Frozen Foods:

Flatbread (1g) [GL=0] (Vegan is casein/dairy free)

Mad Meals (casein-free) (20g) [GL=9]

Meatballs [GL= 1 to 2]  
Italian in Marinara, Swedish in Gravy, Sweet & Sour

Pie Crust (7g)

Pizza (4g to 6g) [GL=0]  
Cheese, Greek, Veggie, Vegan/Cheezie (casein/dairy free)

Tea Cakes in 2-paks (all are casein-free) (8g to 10g per tea cake) [GL=2 to 3]  
Banana Cinnamon, Banana Chocolate, Blueberry, Chocolate Cherry, Cocoa Mocha, Lemon Blueberry, Lemon Poppyseed, Orange Chocolate, Orange Cranberry, Pecan Cocoa Mocha

Ice Cream (3g to 13g) [GL = 1 to 4]  
Sold by the pint, scoop, or cone. We have gluten-free cake cones and home-made gluten-free waffle cones.  
List of flavors is growing... Our dairy-free "ice cream" is made with coconut milk in flavors coconut pineapple, chocolate almond, cookie dough, peppermint bon-bon, black forest & very vanilla.

### Dry Goods

Almond Meal  
Books & DVD (special books covering gluten-free, diabetes, glycemic index, autism)  
Crackers, Wafer Crisps, Ice Cream Cones  
Ghee (lactose and casein free)  
Madwoman Foods Granola (12g) [GL=7]  
Madwoman Foods GF Flour Mix  
Nomato (ketchup, salsa, barbeque sauce, tomato sauce all without tomatoes)  
Parma! (vegan parmesan)  
Pasta, Dairy-Free Mac & "Cheese"  
Peace Coffee Beans  
Rolled Oats (GF certified from Wyoming)  
Tamari (Wheat-free soy sauce), Teriyaki Sauce, Agave Ketchup  
WheyLow [GI = 12 to 20] (Granular, Granular Packets, Gold, Powder, Type D)



We serve fresh brewed Peace coffee and over 60 varieties of Republic of Tea teas along with a selection of cold bottled beverages.

***A Bakery without Flour... We Must Be Nuts!***