



Bakeshop & Foodery

4747 Nicollet Ave S, Minneapolis, MN 55407

(612) 825-6680 www.madwomanfoods.com

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

Product List

01/29/2009

All products are **gluten-free**, made without wheat, rye, or barley. 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, dairy-free, egg-free, Vegan (except Cheese Breads)): Cinnamon Raisin [GL=13], Sandwich [GL=12], Garlic, Garlic Cheese, Pumpnickel, Chocolate, Onion/Dill, Challah, Crumpet/Burger Buns [GL=23], Cheddar Cheese

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

Cookies (casein-free) (3g to 6g per cookie) : Chocolate Chip, Oatmeal Raisin, Flourless Peanut, Cranberry Pistachio, Sugar, Coconut, Mexican Chocolate

Cupcakes ((casein-free) 8g to 12g): Banana, Chocolate, Orange, Vanilla, Lemon
Frostings: Chocolate, Lemon, Mint, Peanut Butter, Vanilla

Dinner Rolls (20g per roll): Cheese Rolls, Dinner Rolls (All bread flavors available as rolls)

Layer Cakes (whole cakes available on special order) (12g to 14g per slice): Banana, Chocolate, Orange, Lemon, Vanilla (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)

Special Cakes: Lime-in-da-Coconut (coconut cake & lime frosting), Orange Blossom (orange cake & orange or chocolate frosting), Double Lemon (lemon cake with lemon curd), Kahlua Torte (chocolate & Kahlua cream), Elvis (banana cake & peanut butter frosting), Cherries Jubilee (chocolate cake, chocolate with cherries frosting and cherry filling), Death by Chocolate, Turtle Cake

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, Spinach, Cheeze Nacho (Dairy-Free)

Soup & Chili (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 (casein-free) [GL= 1 to 2]: Italian in Marinara, Swedish in Gravy, Sweet & Sour

Pie Crust (casein-free) (7g)

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

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 apple pie, coconut pineapple, chocolate almond, cookie dough, cookies n’ creme, peppermint bon-bon, black forest, rum raisin & very vanilla.

Dry Goods

Almond Meal

Books & DVD (special books covering gluten-free, diabetes, glycemic index, autism)

Crackers, Pretzels, Wafer Crisps, Ice Cream Cones

Dairy-Free, Soy-Free Cheeze (cheddar, nacho, cream cheese, sour cream)

Ghee (lactose and casein free)

Madwoman Foods Granola (12g) [GL=7]

Madwoman Foods GF Flour Mix, Pancake Mix

Nomato (tomato sauce without tomatoes)

Parma! (vegan parmesan)

Pasta, Mac & Cheese, Dairy-Free Mac & “Chreese”, Conte’s frozen Ravioli & Lasagna

Corn Dogs, Chicken Nuggets, Chicken Tenders

Pizza Crusts, Bread Mixes

Rolled Oats (GF certified from Wyoming)

Tamari (Wheat-free soy sauce), Sauces, Agave Ketchup

WheyLow [GI = 12 to 20] (Granular, Granular Packets, Gold, Powder, Type D), SweetFiber (Lo Han) 0 carbs

Miracle Noodles

Aroma Dough (gluten-free, casein-free “Playdough”)



D.A.R.E. To Keep FOOD OFF DRUGS!

*Find gluten-free, casein-free, soy-free, corn-free, organic food at Madwoman Foods.
Call (612) 825-6680 to order your special gluten-free birthday, wedding, or special cake.*