



## GLUTEN-FREE MUFFINS



**Mini-Loaves,**  
**Regular Muffins: \$3.00 ea.**  
**Mini-Muffins: \$1.50 ea.**

### Roasted Peach Ginger

(topped with flax & cinnamon or ground dates if desired; can add berries)

### Roasted Pineapple

(topped with toasted low-fat coconut)

### Cherry Dark Chocolate

(contains 72% cocoa dark chocolate; topped with dark chocolate shavings)

### Berry Muffin

(various berries available; topped with flax & cinnamon or ground dates if desired)

### Lemon Poppyseed

(glazed with lemon oil, agave, and cinnamon)

### Lemon Berry

(glazed with lemon oil, agave, and cinnamon)

### Apple Spice

(topped with flax & cinnamon, ground dates)

*\* all muffins can be made **vegan** on request.  
Ask us about **seasonal** muffin flavors.*

### Gluten-Free Scones

**\$3.25 ea.**

(filled with fresh fruit)



All products are free of gluten, dairy, soy, and corn.  
V - product is vegan (egg free)



## GLUTEN-FREE CUPCAKES



**\$1.50 to \$4.00 ea.**  
depending on size and variety

### Chocolate Cupcakes

(available filled with peanut butter or raspberry jam)

### Chocolate Citrus Cupcakes

### Chocolate Espresso Cupcakes

### Vanilla Cupcakes

(available filled with raspberry jam)



## GLUTEN-FREE CAKE



**9" One Layer Cake - \$32.00**

**9" Two Layer Cake: \$60.00**

**1/4 Sheet Cake: \$58.00**

**1/2 Sheet Cake: \$75.00**

**1/4 Layered Sheet Cake: \$75.00**

### Chocolate

(topped with dark chocolate shavings if desired)

### Vanilla

(topped with fresh fruit if desired)

*Available during the summer*

**Fruit Shortcakes** (topped with fresh fruit; vegan on request)

## Cake and Cupcake Icing Choices

### Dark Chocolate Ganache V

### Whipped Dark Chocolate Icing V

**Cocoa Cream Cheese Icing** (round cakes only)

**Citrus Cream Cheese Icing** (round cakes only)

### Tora's Sugar-Free Chocolate Sauce V



## GLUTEN-FREE COOKIES



**\$2.50 to \$3.00 ea.**  
depending on variety

### Almond Chocolate Chunk Roll-Ups V

(almond cookie with dark chocolate chunks in the center, rolled in cinnamon, date sugar, and toasted walnuts)

### Almond Butter Quinoa V

(plain or with dark chocolate chunks)

### Almond Tarts V

(filled with dark chocolate ganache or raspberry jam)

### Brownies V

(available plain or with peanut butter, nuts)

### Brownie Whoopie Pies V

(whipped dark chocolate icing sandwiched between two thin brownies)

### Chocolate Chunk V

(contains dark chocolate chunks)

### Oatmeal Raisin V

### Peanut Butter Quinoa V

(plain or with dark chocolate chunks, chocolate ganache, or jam)

### Pumpkin Dark Chocolate Mookies V

(muffin batter cookies)

### Pumpkin Spice Donut V

(plain, topped with dark chocolate icing, or agave glazed with cinnamon and date sugar)

### Snickerdoodle V

(topped with cinnamon and date sugar)





**Our products are *gluten-free, dairy-free, soy-free, and corn-free.* Many of our products are also *vegan.* We sweeten with *low-glycemic agave, date sugar, and coconut sugar.* Our products are low in saturated fat and are made with *organic ingredients.***

Planning a business meeting? Tired of the stale cheese danish and bland muffins usually served? Do you know coworkers who are watching their weight or avoiding gluten? Let us work with you to provide healthier, delicious treats.

Are you planning a birthday party, shower or brunch? Whatever event you can think of, we have a delicious option just waiting to wow your guests! They will never believe that what they are eating contains no white flour, white sugar or butter.

Finding it hard to keep up with everyone's food allergies while planning events? Give us a call in advance and if we don't have what you need, we'll work with you to see if we can create something just for you! We can accommodate most food allergies and lifestyle choices.



It's our mission to create delicious, healthy treats for all to enjoy and we would love to work with you on the next important event in your life. We are looking forward to your call!

## PRODUCT MENU

**Baked in our dedicated Gluten Free kitchen!  
Always Gluten, Dairy, Soy, and Corn Free**



**Cindy Sherman**  
503-349-4965  
8339 SE 13th Avenue  
Portland, OR 97202



**Retail Hours**  
Tues - Fri: 8 am - 5 pm  
Sat: 9 am - 3:30 pm  
CLOSED Sun - Mon  
(Catering/Wholesale Hours by Arrangement)

**Minimum order of 1/2 dozen per item.  
Please allow 2-5 days depending on the size of your order.**

**CATERING**  
503-349-4965  
[WWW.CRAVINRAVEN.COM](http://WWW.CRAVINRAVEN.COM)  
[CINDY@CRAVINRAVEN.COM](mailto:CINDY@CRAVINRAVEN.COM)

**CRAVINRAVEN**  
BAKERY

Call Us Today!

Making Healthy Delicious!