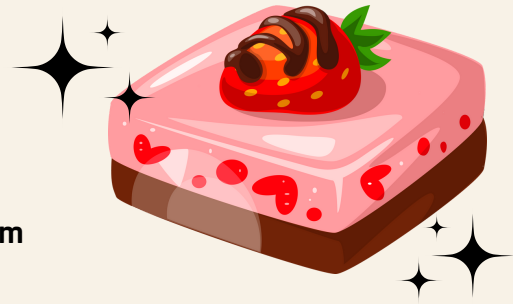




Warehouse: 519-737-0902
Dougal Store: 519-250-4272
London Store: 519-472-0111

www.healthy-creations.com
bakery@healthy-creations.com



BREADS

Quinoa
Total T
Multigrain
Sorghum (vegan available)
Honey Flax
Faux Rye*
Almond KETO*
Brown Rice (vegan available)
Cinnamon Raisin Tasty Tato
HC Breakfast Baguettes
Wraps
Pizza Shells (vegan available)
Bread Crumbs Stuffing**

BAGELS

Plain
Chocolate Chip
Cinnamon Raisin
Dressed Up
Herb & Garlic

Yeast and sugar free bread available upon request
*available Windsor and Warehouse locations only
**seasonal item

BUNS

Hamburger
Hot Dog
Cheezie
Ciabatta
HC Yummy
Dinner Rolls
Cinnamon
Rosemary & Onion Scones
(yeast and sugar free)*
Cranberry & White Chocolate
Scones (yeast free)*
Cinnamon & Raisin Scones
(yeast and sugar free)*
Flavoury Savoury Biscuits
(with and without cheese)*
Hot Crossed



CAKES

White
Chocolate
Spice
Marble
Carrot
Black Forest
Strawberry Romanoff
Red Velvet
Applesauce Coffee
Lemon Poppy Seed
Banana loaf
Pumpkin loaf
Double Chocolate loaf
Zucchini loaf
Corn Bread

MUFFINS

PBlueberry | Banana | Carrot | Cranberry Lemon | Apple Spice | Field Berry
| Chocolate Chip | Raisin Bran | Pumpkin Spice | Peach Spice | Black
Cherry | Harvest Fruit | Strawberry Rhubarb | Banana Chocolate Chip |
Cranberry Cinnamon | Cinnamon Raisin Bran

*all muffins can be made egg free, put in a request

COOKIES

Chocolate Chip (vegan available)
Snickerdoodle (KETO available) CPT
Kirk
Cranberry Lemon (vegan available)
Raisin Nut
Zing
Lemon Pixies
Festive
HC Supreme
Brownie Nut
Cinnamon Raisin (sugar free)
Almond Biscotti
Cranberry Lemon Biscotti
Chocolate Chip Biscotti Oatmeal
Raisin
Oatmeal Chocolate Chip*



TREATS

Date Squares (vegan) | Coconut Almond Toffee (CAT) Bars | Cranberry Apricot Pecan (CAP) Bars | Brownie Cookie Bars | Lemon Squares | Brownies (vegan) | Fruit Crumble Bars (vegan)| Cheesecake | Fudgy Almond (FAB) Bars | White Cupcakes (vegan available) | Chocolate Cupcakes (vegan available) | Lemon Cupcakes | Red Velvet Cupcakes | Marble Cupcakes | Cake Balls* | Apple Crumble Bars^^| Turtle Bars | Apricot Pecan (APB) Bars (vegan)| S'Mores Bars* | Butter Tarts | Pecan Tarts | Raisin Tarts

PIES

Apple | Basic Fruit | Pumpkin | Lemon Meringue | Pastry Shells | Dough Balls (vegan pastry available in shell form and dough balls)

*available WINDSOR and WAREHOUSE locations only

^^ available LONDON location only



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