



OM NOHM BAKERY & CAFE

Nutritional Information

Cookies/Bars

PB chocolate oat bars (v, soy-free)

GF Oats, natural peanut butter, raw sugar, organic Equal Exchange Chocolate, organic coconut oil, organic agave nectar, salt

Raspberry oat bars (v, soy-free)

GF Oats, Organic Raspberry jam, coconut, organic coconut oil, raw sugar, pink sea salt

Annie Oakley Cookies (v, soy-free)

Flours (garbanzo bean flour, GF oat, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour, flax meal, xanthan gum), organic cane sugar, extra virgin organic coconut oil, Equal Exchange allergy-free organic chocolate), coconut, almonds, (special release with pistachios or walnuts, when noted) agave nectar, vanilla, baking powder, spices

Hot Toddlies Cookies (v, soy-free)

Flours (garbanzo bean flour, GF oat, potato starch, tapioca flour, whole grain sweet white sorghum flour, fava bean flour, xanthan/guar gum), fresh bananas, organic cane sugar, extra virgin organic coconut oil, gluten-free gold rum, confectioners sugar, pure maple syrup, baking powder, pure vanilla, spices

Pink Lemonade Kiss Cookies (v, soy-free)

Flours (garbanzo bean flour, GF oat, potato starch, coconut flour, tapioca flour, whole grain sweet white sorghum flour, fava bean flour, flax meal, xanthan gum), raw cane sugar, organic coconut oil, confectioner sugar, pure lemon juice, freeze-dried strawberries, agave nectar, vanilla, lemon zest, baking powder, pink sea salt

PB Molasses Ginger Chews (v)

Raw sugar, Organic Coconut Oil, Homemade Peanut Butter, flour (proprietary blends of whole grain sorghum flour, GF oat, garbanzo bean flour, potato starch, fava bean flour, cornstarch, pea protein powder, Tapioca Flour, Sugar, Xanthan Gum and/or Guar Gum), GF Oats, flax meal, fresh grated ginger, Bob's Red Mill baking powder, turbinado sugar, vanilla, Xanthan Gum, Glycerin

Cakes

Pure Maple Coffee Cake

Flour blend (Brown Rice Flour, White Rice Flour, Cultured Buttermilk, Almond Meal (may appear as brown flecks), Tapioca Starch, Sweet Rice Flour, Potato Starch, Grainless & Aluminum-Free Baking Powder, Baking Soda, Sea Salt, Xanthan Gum,) butter, walnuts, raw sugar, sour cream, eggs, Maple Glaze (Pure local Maple Syrup, powdered cane sugar, vanilla extract, cornstarch,) organic medjool dates, vanilla extract, spices



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PB Truffle Cake (v, soy-free)

GF non-GMO (proprietary blend of whole grain sorghum flour, garbanzo bean flour, potato starch, fava bean flour, Cornstarch, Pea Protein Powder, Tapioca Flour, Sugar, Xanthan Gum and/or Guar Gum) organic coconut oil, raw sugar, organic agave nectar, filling/truffles/ganache (natural peanut butter, organic coconut oil, organic powdered sugar with tapioca starch, Equal Exchange allergy-free organic fair trade bittersweet chocolate, coffee) cocoa powder, olive oil, decaf coffee, ground flax seed, palm glycerin, pure vanilla, Bob's Red Mill baking powder, kosher salt

Hot Chocolate Cake (v)

GF non-GMO (proprietary blend of whole grain sorghum flour, garbanzo bean flour, potato starch, fava bean flour, Cornstarch, Pea Protein Powder, Tapioca Flour, Sugar, Xanthan Gum and/or Guar Gum) organic coconut oil, raw sugar, organic agave nectar, Filling/frosting (organic coconut oil, nonGMO confectioner sugar, Dandies Brand vegan marshmallows {contains soy}, cocoa powder, pink salt) Equal Exchange allergy-free organic fair trade bittersweet chocolate, coffee, cocoa powder, olive oil, decaf coffee, ground flax seed, palm glycerin, pure vanilla, Bob's Red Mill baking powder, kosher salt

Raspberry Bliss Cake (v, soy-free)

GF non-GMO (proprietary blend of whole grain sorghum flour, garbanzo bean flour, potato starch, fava bean flour, Cornstarch, Pea Protein Powder, Tapioca Flour, Sugar, Xanthan Gum and/or Guar Gum) organic coconut oil, raw sugar, organic agave nectar, frosting (organic coconut oil, fresh raspberries, non-GMO confectioners sugar, organic bittersweet chocolate), cocoa powder, Equal Exchange allergy-free organic fair trade bittersweet chocolate, olive oil, decaf coffee, ground flax seed, palm glycerin, pure vanilla, Bob's Red Mill baking powder, kosher salt

Mayan Moon Cake (v, soy-free)

proprietary blends of whole grain sorghum flour, garbanzo bean flour, potato starch, fava bean flour, Cornstarch, Pea Protein Powder, Tapioca Flour, Sugar, Xanthan Gum and/or Guar Gum, organic coconut oil, raw sugar, black and dutch cocoa, olive oil, coconut milk, Equal Exchange organic chocolate (soy-free), coconut oil, organic cacao nibs, flax meal, coffee, orange zest, vanilla extract, baking powder, organic glycerin, spices

Hunk of Burnin Love (dairy, egg, and nuts)

Flour blend (Brown Rice Flour, White Rice Flour, Cultured Buttermilk, Almond Meal (may appear as brown flecks), Tapioca Starch, Sweet Rice Flour, Potato Starch, Grainless & Aluminum-Free Baking Powder, Baking Soda, Sea Salt, Xanthan Gum,) butter, raw sugar, banana, peanut butter frosting (powdered sugar, peanut butter, butter, vanilla, kosher salt), salted roasted peanuts, eggs, spices, organic glycerin, vanilla



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Staples

Pie crust

(Used for both sweet and savory pies and quiches)

Proprietary blends of whole grain sorghum flour, GF oat, garbanzo bean flour, potato starch, fava bean flour, Cornstarch, Pea Protein Powder, Tapioca Flour, Sugar, Xanthan Gum and/or Guar Gum,) Extra virgin organic coconut oil, water, rice vinegar, kosher salt

Pizza/Pizzette Dough

Flour (proprietary blends of whole grain sorghum flour, garbanzo bean flour, potato starch, fava bean flour, Cornstarch, Pea Protein Powder, Tapioca Flour, Sugar, Xanthan Gum and/or Guar Gum), filtered water, olive oil, organic dried egg whites, yeast, honey, organic glycerin, salt

Vegan Pizza/Pizzette Dough

Flour (proprietary blends of whole grain sorghum flour, garbanzo bean flour, potato starch, fava bean flour, Cornstarch, Pea Protein Powder, Tapioca Flour, Sugar, Xanthan Gum and/or Guar Gum), filtered water, olive oil, millet flour, yeast, organic agave nectar, organic glycerin, salt

Breads

Parmesan Everything Bagels

Flour blends (Whole Grain Sorghum Flour, GF Oat, GF Oat Bran, Potato Starch, Cornstarch, Pea Protein Powder, Tapioca Flour, Amaranth, Sugar, Xanthan Gum, Sea Salt, Guar Gum, psyllium husk fiber), dried egg whites, eggs, honey, yeast, organic cider vinegar, parmesan, seeds (chia, sunflower, sesame, poppy), onion, garlic, pink salt

Honey Potato Oat bread

Flour blends (Whole Grain Sorghum Flour, GF Oat, GF Oat Bran, Potato Starch, Cornstarch, Pea Protein Powder, Tapioca Flour, Amaranth, Sugar, Xanthan Gum, Sea Salt, Guar Gum, psyllium husk fiber), dried egg whites, eggs, honey, yeast, organic cider vinegar

3-seed Ancient Grain Rolls

Proprietary flour blend (Whole Grain Sorghum Flour, Millet Flour, GF Oat, GF Oat Bran, Teff Flour, Potato Starch, Cornstarch, Pea Protein Powder, Tapioca Flour, Xanthan Gum/Guar Gum, psyllium husk fiber,) ground flax seed, ground sunflower seed, chia seed, organic agave or pure maple syrup, yeast, baking powder, organic cider or maple vinegar, kosher salt

Dad's Dilly Bread

Flour blends (Whole Grain Sorghum Flour, GF Oat, GF Oat Bran, Potato Starch, Cornstarch, Pea Protein Powder, Tapioca Flour, Amaranth, Sugar, Xanthan Gum, Sea Salt, Guar Gum, psyllium husk fiber), cottage cheese, dried egg whites, eggs, onions, dill weed, dill seed, honey, yeast, organic cider vinegar



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Rainbow Bread

Flour blends (Whole Grain Sorghum Flour, GF Oat, GF Oat Bran, Potato Starch, Cornstarch, Pea Protein Powder, Tapioca Flour, Amaranth, Sugar, Xanthan Gum, Sea Salt, Guar Gum, psyllium husk fiber), dried egg whites, eggs, molasses, maple syrup, honey, yeast, organic cider vinegar

Multigrain Chia Sourdough Bread

Slow fermented flour blend (Whole Grain Sorghum Flour, Millet, Teff flour, GF Oat, GF Oat Bran, Potato Starch, Cornstarch, Pea Protein Powder, Tapioca Flour, Amaranth, Sugar, Xanthan Gum, Sea Salt, Guar Gum, psyllium husk fiber), dried egg whites, eggs, honey, yeast, organic cider vinegar

Baguette

Flour blend (Whole Grain Sorghum Flour, GF Oat, GF Oat Bran, Potato Starch, Cornstarch, Pea Protein Powder, Tapioca Flour, Amaranth, Sugar, Xanthan Gum, Sea Salt, Guar Gum, psyllium husk fiber), dried egg whites, eggs, honey, yeast, organic cider vinegar

Spread/Sauces

Nooch

Organic raw cashews, onion, nutritional yeast, kosher salt (occasionally red bell pepper, tomato, smoked paprika, white miso, dry mustard, spices--all make various flavors of Nooch)