



Everything we supply is
Gluten Free

Nothing contains soy flour
except where noted

EF means Egg Free, DF means Dairy Free

EF	DF	Breads and Buns and Things	Price
	✓	White Loaf	\$6.00
	✓	Large White Loaf	\$7.50
	✓	Multigrain Loaf	\$6.70
	✓	Large Multigrain Loaf	\$7.80
		Cheese Loaf	\$7.50
	✓	Buckwheat Dark Plain Loaf	\$6.00
	✓	Buckwheat Dark Seed Loaf	\$6.20
	✓	Rice Bran & Chia Loaf	\$7.20
	✓	Garlic & Herb Loaf	\$6.00
		Bacon, Cheese & Cracked Pepper	\$7.00
		Cracked Pepper and Cheese Loaf	\$6.00
	✓	Hearty Dark Loaf	\$6.50
	✓	Megaseed Loaf	\$7.20
	✓	Spiced Fruit Loaf	\$7.00
	✓	Sultana Loaf (No Spice)	\$5.80
✓	✓	Egg Free White Loaf	\$6.00
	✓	Torpedo Rolls 2pk <i>contain soy flour</i>	\$4.50
✓	✓	Crumpet 4pk	\$3.00
	✓	Pumpkin Bread	\$6.50
	✓	Long Roll 2pk sd tom, garlic & herb, mult	\$3.00
	✓	Dukkah Flatbread	\$4.50
		Cheese & Pesto Flatbread	\$4.50
	✓	Burger Buns 4pk (9.5cm)	\$6.00
	✓	Burger Buns Lg Sesame 4pk (12cm)	\$8.00
	✓	Sliders 6pk (7cm)	\$4.00
	✓	Turkish Roll 3pk	
	✓	Bagels plain, poppy, pumpkin, sesame, herb 3pk	\$8.00
		Bagels Cheese 3pk	\$8.00
	✓	Bagels Herb 3pk	\$8.00
	✓	Panini Plain or Herb 3pk	\$8.00
		Panini Cheese 3pk	\$8.20
	✓	Rolls Buckwheat Dark Seed 6pk	\$5.00
		Rolls Cheese 6pk	\$5.50
	✓	Rolls Multigrain 6pk	\$5.00
	✓	Rolls Plain 6pk	\$5.00
	✓	Garlic Bread 2pk	\$3.50
		Garlic & Cheese Twist	\$4.00
	✓	Flat Wraps 2pk	\$4.50
✓	✓	Corn Tortilla 17cm Reg 6pk	\$6.50
✓	✓	Corn Tortilla 23cm Lg 6pk	\$11.00
	✓	Regular Pizza Base 22cm 2pk	\$6.00

Retail Price List 2017

Ordering Information

Goods are baked per order, for same day service in the CHCH area, orders must be received by 10pm the day prior.

Courier cost in ChCh City is \$8.50, Outer ChCh to Timaru is \$9.00. Lower S. Island & West Coast is \$12.00. N. Island delivery prices is \$26.50. Please enquire about Rural Delivery. Sorry, no weekend deliveries.

Place orders using phone, email or via the website.

Prices are inclusive of GST and are subject to change

Our Slices	Price
Single Piece	\$3.00
Handy 2 Pack	\$5.50
Flavours available:	
• Caramallow	• Blackforest
• Caramel Delight	• Citrus
• Cherry & White Chocolate	• Ginger Slice
• Chocolate Fudge	• Macaroon
• Coffee/Walnut	• Tan Slice
• Peppermint/Chocolate	• Tangy Lemon
• Raspberry Choc Crunch (DF/EF)	

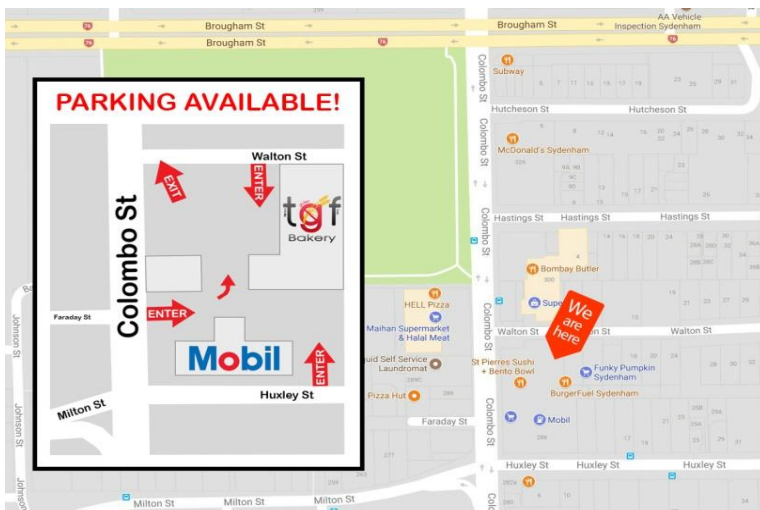
EF	DF	Savoury Bits	Price
	✓	Pie: Mince, Steak, Mexisteak, Steak/Mushroom, Bacon/Egg,	\$5.50
		Pie: Mince/Cheese, Steak/Cheese	\$5.50
	✓	Sausage Roll Single	\$4.00
	✓	Sausage Roll 4pk	\$6.00
		Quiche Bacon & Tomato	\$5.50
		Quiche Chicken/Mushroom	\$5.50
	✓	Quiche Lactose Free	\$5.50
		Quiche Vegetarian	\$5.50
		Mini Sausage Rolls 6pk	\$6.00
		Mini Tomato Pizza 3pk	\$6.20
		Mini Hawaiian Pizza 3pk	\$6.20
		Mini Sweet Chilli Pizza 3pk	\$6.20
		Egg & Cheese Savouries 6pk	\$8.50
	✓	Mince Savouries 6pk	\$8.50
	✓	Potato Top Savouries 6pk	\$8.50
		Mixed Savouries 6pk	\$8.50
✓	✓	Chicken Strips pkt	\$12.00
✓	✓	Fish Battered pkt	\$11.00
✓	✓	Hotdogs Large 5pk	\$11.00
✓	✓	Mini Hot Dogs 10pk	\$11.00
	✓	Empanadas 5pk: Pumpkin/Onion, Mexican Beef, Refried Beans, Chick/Mushroom	\$7.00

Please note that all sizes are approximate
as all our baked goods are made by hand each time.

EF	DF	Sweets for My Sweet	Price
		Croissant or Pan Au Chocolate	\$4.50
		Cheesecake Choc, Berry or Lemon	\$5.00
		Savoury Scroll	\$3.00
		Cinnamon Swirl	\$3.00
		Jam Roll Plain or Chocolate contains soy flour	\$7.50
✓		Boston Bun 12cm	\$4.00
✓		Donuts Mini 6pk (Cinn or Choc)	\$5.00
		Eclairs 4pk	\$5.00
✓		Lamingtons 3pk Chocolate or Raspberry	\$4.50
		<i>lamingtons contain soy flour</i>	
✓	✓	TGF Toasted Muesli	\$8.00
		Lolly Cake Sm	\$4.50
		Lolly Cake Lg	\$6.50
✓		Mudcake Mini	\$3.00
		Caramel Tarts 6pk	\$8.50
		Neenish Tarts 6pk	\$8.50
		Lemon Meringue Pie 3pk	\$4.50
		Cinnamon Oysters <i>contain soy flour</i>	\$4.00
N/A		Muffin Lg: Apple/Cinn, Banana, Choc/Caramel, Jaffa, Lemon, Mixed Berry, Savoury, Choc/Berry	\$4.50
N/A		Muffin Lg: Apple/Cinn, Banana, Choc/Caramel, Jaffa, Lemon, Mixed Berry, Choc/Berry	\$3.00

EF	DF	Cakes	Price
	✓	Banana Cake	\$15.00
		Banana Cake Iced (<i>pick up only</i>)	\$25.00
	✓	Mudcake	\$15.00
		Mudcake Iced (<i>pickup only</i>)	\$25.00
	✓	Sponge <i>contains soy flour</i>	\$5.50
	✓	Sponge Chocolate <i>contains soy flour</i>	\$5.50

Cake size is 7" or 17cm, round in shape. Larger sizes are available on



Our shop hours are Mon through Fri 8:30am till 4:00pm, Saturdays 9am till 3pm. We are closed all public holidays.

For best results keep in freezer, not in the fridge, defrost in microwave, toaster or oven, not on the bench.

We love to hear your feedback. Please share your ideas and comments with us. We want to continue to create new things for you to try.

EF	DF	Biscuits and Yummies	Price
✓	✓	Afghans 4pk	\$5.50
	✓	Belgium 3pk	\$4.50
✓		Choc Chip 4pk	\$5.50
✓	✓	Choc Swirls 4pk	\$5.00
✓		Cookie Monsters 4pk	\$5.00
✓	✓	Melting Moments 4pk	\$5.00
✓		Shortbread 4pk	\$5.50
	✓	Angel Biscuits 3pk	\$4.50
	✓	Mallow Pops 3pk	\$4.50
✓		Anzac Biscuits 4pk	\$5.00
		Mixed Biscuits 4pk	\$5.00
	✓	Gingerbread People 4pk	\$4.50
	✓	Gingerbread Stars 4pk	\$4.50
		Gingerbread Man single Lg	\$4.00
✓		Cheese Straws 12pk	\$8.50
✓		Cheese Straws 24pk	\$16.00
✓	✓	Jumbo Afghan	\$4.50
✓		Jumbo Choc Chip	\$4.50
✓		Muesli Bar (choc)	\$2.60
✓		Muesli Bar (plain)	\$2.40
		Scones Cheese 5pk	\$6.70
		Scones Date 5pk	\$6.70
		Scones Sultana 5pk	\$6.70
		Scones Plain 5pk	\$6.50
		Scones Savoury 5pk	\$7.00

EF	DF	Ingredients	Price
✓	✓	Baking Powder 100g	\$1.50
✓	✓	Cocoa 300g	\$4.00
✓	✓	Icing Sugar 500g	\$5.50

✓	✓	TGF Gum Mix 100g	\$5.50
✓	✓	TGF Flour Mix 1kg	\$6.00
✓	✓	TGF Flour Mix 2kg	\$11.00

	✓	Pastry 350g	\$6.00
	✓	Dairy free Chocolate 300g	\$6.50
	✓	Pancake Mix 500g	\$6.00
		Gravy Mix 100g	\$3.00
	✓	TGF Batter Mix 225g	\$6.00
	✓	Breadcrumbs 250g	\$3.50
	✓	Breadcrumbs 500g	\$6.80
	✓	Mixed Herb Breadcrumbs 250g	\$3.60

Thanks so much from the team here at Totally Gluten Free bakery: Wendy, Lori, Lisa, Bridget, Dwayne, and Heather