

INGREDIENTS IN OUR BAKED GOODS

WHOLE GRAIN (NON GLUTEN FREE) – VEGAN / NON VEGAN

Oat flour, Spelt flour, whole wheat flour, pea protein powder pumpkin seed, sunflower seed, chia seed, flaxseed, applesauce, date powder, cinnamon and nut meg.

NOTE: if its non vegan, it contains eggs and will be indicated on the menu

GLUTEN FREE – VEGAN / NON VEGAN

Rice flour, tapioca starch, potato starch, buckwheat flour, pea protein, date powder, flaxseed, chia seed, pumpkin seed, sunflower seed, coconut milk, applesauce

NOTE: if its non vegan, it contains eggs and will be indicated on the menu

GLUTEN FREE KETO

Almond flour, coconut flour, gluten free xanthan gum, vegan butter, erythritol, eggs and vanilla extract.

Some items contains vital wheat gluten, it will be indicated on the item on the menu.

PLEASE READ CAREFULLY

Powered by *healthnhealthy*



SNACKS MENU

KETO OR PALEO- PREORDER ONLY

ALMOND CHOCOLATE CHIP COOKIES (AA)-3	N2000
ALMOND BAKED MINI DONUT	N3500
ALMOND CAKE SLICE	N3000
ALMOND BROWNIE (8 BARS)	N5000
(*both gluten free*)	

WHOLE GRAIN - VEGAN

OAT CINNAMON COOKIES (AA)- 3	N2000
BROWNIE MINI BOX	N5000
CHICKEN PIE (NON VEGAN) (5)	N5500
MUSHROOM PIE (5)	N5500
VEGAN MEAT PIE (6)	N5500
VEGAN SAUSAGE ROLL (5)	N5500

GLUTEN FREE -PREORDER ONLY

ALMOND CHOCOLATE CHIP COOKIES (AA)- 3	N2000
BROWNIE (8 BARS) -	N5000
CHICKEN PIE (NON VEGAN)(5)	N6500
MUSHROOM PIE (5)	N6500
VEGAN MEAT PIE (6)	N6500
VEGAN SAUSAGE ROLL (5)	N6500
CHINCHIN (100G) (AA)	N1500
BISCOTTI (5) (AA)	N2500
NIGERIAN BUNS (20)	N3500

PO- PRE ORDER ONLY

AA- ALWAYS AVAILABLE

MUFFIN MENU - PREORDER ONLY

KETO OR PALEO

ALMOND CHOCOLATE CHIPS

N8,000

ALMOND COCONUT

N7,500

ALMOND CHOCOLATE

N7,500

(*both gluten free*)

WHOLE GRAIN - VEGAN

BANANA

N6000

COCONUT BANANA

N6500

CHOCOLATE CHIP BANANA

N7000

CARROT

N6000

CHOCOLATE BANANA

N6500

GLUTEN FREE

BANANA

N7000

COCONUT BANANA

N7500

CHOCOLATE CHIP BANANA

N8000

CARROT

N7000

CHOCOLATE BANANA

N7500

6 MUFFINS PER BOX

BREAD MENU

KETO OR PALEO- PREORDER ONLY

ALMOND FLAX BREAD
COCONUT FLAX BREAD

N6,000

N5,000

(*both gluten free*)

WHOLE GRAIN - VEGAN

BANANA BREAD (AA)
COCONUT BANANA BREAD (PO)
CHOCOLATE CHIP BANANA BREAD(PO)
NAAN BREAD (10) (PO)
PROTEIN BANANA BREAD (PO)

N4000

N5000

N5000

N4000

N5000

GLUTEN FREE -PREORDER ONLY

BANANA BREAD
COCONUT BANANA BREAD
CHOCOLATE CHIP BANANA BREAD
YEAST BREAD
ALMOND FLAX BREAD
COCONUT FLAX BREAD

N5000

N6000

N6000

N5000

N6000

N5000

PO- PRE ORDER ONLY

AA- ALWAYS AVAILABLE

PLAIN CAKES

	6 INCH	8 INCH	10 INCH
KETO OR PALEO			
RED VELVET CAKE	N9,000	N12,000	N17,000
CHOCOLATE CHIP CAKE	N11,000	N15,000	N20,000
ALMOND COCONUT CAKE	N11,000	N15,000	N20,000
SPONGE CAKE	N11,000	N15,000	N20,000
WHOLE GRAIN - VEGAN			
HAPPY CARROT CAKE	N8,000	N12,000	N17,000
BANANA CAKE	N8,000	N12,000	N17,000
RED VELVET CAKE	N8,000	N12,000	N17,000
CHOCOLATE CHIP CAKE	N10,000	N15,000	N20,000
VANILLA CAKE	N8,000	N12,000	N17,000
GLUTEN FREE			
HAPPY CARROT CAKE	N9,000	N13,000	N18,000
BANANA CAKE	N9,000	N13,000	N18,000
RED VELVET CAKE	N9,000	N13,000	N18,000
CHOCOLATE CHIP CAKE	N11,000	N15,000	N20,000
VANILLA CAKE	N9,000	N15,000	N20,000

PREORDER ONLY

CELEBRATION CAKE MENU



LET'S
CELEBRATE

CELEBRATION CAKES

	6 INCH	8 INCH	10 INCH
2 LAYER CAKES	N25,000	N35,000	N45,000
3 LAYER CAKES	N35,000	N45,000	N55,000
CAKE FLAVOUR (YOU CAN MIX FLAVOUR			
CHOCOLATE	-	-	-
VANILLA	-	-	-
RED VELVET	-	-	-
VANILLA + BLUEBERRY	+N3000	+N3000	+N4000
CAKE FILLING			
CHOCOLATE BUTTER CREAM	-	-	-
VANILLA BUTTER CREAM	-	-	-
PEANUT BUTTER CREAM	+N1000	+N1500	+N2500
NATURAL CHIA SEED JAM	+N2000	+N3000	+N4000
CAKE FROSTING			
CHOCOLATE BUTTER CREAM	-	-	-
VANILLA BUTTER CREAM	-	-	-
PEANUT BUTTER CREAM	+N2000	+N3000	+N4000
TOPPINGS: 6: +N3000 12 +N5000 (CHOCOLATE CHIP COOKIES, CHOCOLATE, OR BROWNIES)			

**PLEASE READ FULL BIRTHDAY CAKE
POLICY BEFORE ORDERING**

**DELIVERY IS STRICTLY VIA
UBER OR PICK UP**



CUPCAKES

	6	12
CAKE FLAVOUR		
CHOCOLATE	N8000	N15,000
VANILLA		
RED VELVET		
COCONUT		
CAKE FROSTING		
CHOCOLATE BUTTER CREAM	-	-
VANILLA BUTTER CREAM	-	-
PEANUT BUTTER CREAM	+N2000	+N3000
TOPPINGS: 6: +N3000 12 +N5000 (CHOCOLATE CHIP COOKIES, CHOCOLATE, OR BROWNIES)		

AVAILABLE IN KETO, GLUTEN FREE AND VEGAN

MIXING CAKE FLAVOURS FEES

- FOR 6 CUPCAKE FLAVOR ATTRACTS EXTRA **N1000 FEE.**
- **EXAMPLE** - 3 VANILLA + 3 CHOCOLATE

- FOR 12 CUPCAKES, MIXING TWO FLAVORS IS FREE.
- **EXAMPLE:** 6 RED VELVET + 6 CHOCOLATE

- FOR 12 CUPCAKES, MIXING THREE FLAVORS ATTRACTS EXTRA **N1500 FEE.**
- **EXAMPLE:** 4 VANILLA + 4 RED VELVET + 4 COCONUT

48 HOUR PREORDER TIME

**DELIVERY IS STRICTLY VIA
UBER OR PICK UP**