

ROCKET BAKERY & FRESH FOOD

NO FLOUR MENU

BLAST OFF BREAKFAST

OUT-OF-THIS-WORLD GRANOLA

Rocket's popular granola paired with Greek yoghurt and topped with our own partridgeberry apple coulis (sauce)!

LOVELY LUNCH!

ROCKET'S FAMOUS FISHCAKES

Over 350,000 sold!

Served with Rocket's Tartar Sauce.

HEAVENLY HUMMUS & CRACKERS

Rocket's famous Cosmic Crackers paired with creamy Heavenly Hummus!

Vegan & no flour added

SPINACH CHICKEN SALAD WITH LIME BASIL DRESSING

Home roasted chicken, spinach, tomatoes, carrots, Rocket's nutty topper and dried cranberries.

VEGGIE DELIGHT SALAD

Colourful veggies (edamame, spinach, corn, black beans, red peppers and green onions!), tossed in a tasty vinaigrette!

ROCKET'S SOUP-OF-THE-DAY

Happily served with a choice of multigrain bread, or our vegan *no flour* Cosmic Crackers.

SWEET TREATS

GRANOLA BAR

The perfect NO-FLOUR pick-me-up! Made with oatmeal, chocolate chips, seeds, and cranberries!

CASABLANCA BAR

A delicious combination of ground peanuts, honey, caramel and chocolate!
