

# ROCKET BAKERY & FRESH FOOD

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## NO FLOUR MENU

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### BLAST OFF BREAKFAST

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#### OUT-OF-THIS-WORLD GRANOLA

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

### LOVELY LUNCH!

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#### 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\*

#### 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 side of our vegan \*no flour\* Cosmic Crackers.

#### SPINACH CHICKEN SALAD WITH LIME BASIL DRESSING

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

## SWEET TREATS

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#### 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!

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