

# 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 seasonal berry coulis (sauce)!

#### OVERNIGHT OATS & CHIA

A fresh chilled breakfast of rolled oats and chia seeds, with oat milk, a spoonful of maple syrup and topped with seasonal fruit!

### LOVELY LUNCH!

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#### SPINACH CHICKEN SALAD WITH LIME BASIL DRESSING

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

#### ROCKET'S SOUP-OF-THE-DAY

Happily served with a side of our vegan \*no flour\* Cosmic Crackers.

#### ROCKET'S FAMOUS FISHCAKES

Over 425,000 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 NL BUDDY BOWL!

Crave a feed of veggies? Quinoa, spinach, black beans, edamame, tomatoes, zucchini noodles, grated carrot, cucumber topped with pumpkin seeds, crispy fried onions (served on the side) and Rocket's Sunny Vinaigrette! Add a serving of Rocket's home-roasted chicken breast or 2 baked eggs for an additional charge.

### 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!

#### WALNUT WONDER COOKIE

What makes our Walnut Wonder Cookies so wonderful? Well, they're dairy free, no flour added, not too sweet AND they're delicious! What could be better?!

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