

WHOLESOME EATING LLC

13455 Blanco Rd, SA, TX 78216

A GLUTEN-FREE ZONE

Menu

Breakfast Items:

Organic Oat Muffins \$4.00:

- ❖ Nutty Banana
- ❖ Chocolate
- ❖ Sweet Potato
- ❖ Pumpkin Choc Chips
- ❖ Pumpkin

Yoghurt/granola bowl \$8.99

Lunch

Organic Chicken Salad

Small \$7.99, Large \$15.00

Chicken salad sandwich \$8.99

Lasagna 12.99

Organic Bone Broth-Based Soup

Cup \$9.75, Bowl \$14.00

Organic Chicken Noodle soup

\$8.99, Bowl \$14.00

Organic Asian Carrot Soup

Cup \$8.99, Bowl \$14.00

Pizza

Organic Chicken, Organic meat, Cheese, Pepperoni, Turkeyroni or Vegetables

8"-\$10.50, 10"-\$12.50, 14"-\$17.50 (dine in or to go)

Organic Beverages

Bullet proof coffee \$4.99

Organic Coffee \$2.99

Wholesome Chai (dairy or non-dairy)
\$3.99

Wholesome Ginger Drink (hot or cold)
\$3.99

Kombucha \$4.50

Bottled Drinks \$4.00

Organic mini juice #2.00

Bottled Water \$1.50

OAT Bread Loaf-\$19.00

- ❖ Nutty Banana
- ❖ Zucchini
- ❖ Sweet Potato
- ❖ Pumpkin/chocolate chip
- ❖ Chocolate

Wholesome Granola \$7.00/bag

Organic Bone Broth \$14/160z bottle

Organic Oat Cheese Cake

Slice \$7.99

Whole \$56.00

Organic Pumpkin Pie

Slice \$6.99

Whole \$50.00

Paleo Cookies (\$6.00/bag)

- ❖ Chocolate chip
- ❖ Coconut

Cupcakes \$4.50

Vegan Bread Loaf \$19.00

- ❖ Zucchini
- ❖ Sweet Potato
- ❖ Nutty Banana

Vegan Muffins \$4.00

SUGAR FREE BREAD n MUFFIN (pre-order)

Custom cakes and Catering available

We will host your small gathering-
birthday, shower, bible study group,
breakfast or lunch meetings etc

Cupcakes and birthday, shower, wedding
cakes available

Catering and party hosting available

- ❖ **Breakfast and Lunch**
- ❖ **(dine-in or take out)**
- ❖ **Catering**
- ❖ **Private Parties**
- ❖ **High Teas**
- ❖ **Meetings**

Oyin@wholesomepaleo.com

About US:

We at Wholesome Eating LLC are focused
on your health and our promise to you is;
we do not trade “healthy” for delicious
taste.

Our Mission is to offer you every food your
heart desires gluten free and to meet your
individual health needs.

We only use Natural and Organic
ingredients because it is our priority that
your food is safe to eat.

**We are open Monday – Friday 8:30 AM-
6:00Pm,**

Sat 9:00 AM-4:00PM

WHOLESOME EATING LLC

A GLUTEN-FREE BAKERY

13455 BLANCO RD,

SAN ANTONIO, TX 78216

(by the EL Mirasol restaurant)

www.wholespmeeatingllc.com

Phone: 210-267-8970

**M-F 8:30 AM-6:00 PM, Sat-9:00
AM-4PM**

