**WHOLESOME EATING LLC**

**13455 Blanco Rd, SA, TX 78216**

**A GLUTEN-FREE ZONE**

# MENU

**KETO ITEMS**

* + Muffins $5.00

 (blueberry, pumpkin spice, almond nut, chocolate chips)

* + Sandwich bread $16.99
	+ Sweet breads $16.99

(pumpkin spice, almond nut, chocolate chips)

* + Brownies $4.50
	+ Cupcakes/2 $9.00
	+ Donuts/2 $7.00
	+ Cheese cake/slice $8.99
	+ Hamburger buns
	+ Ginger Cooler $4.99
	+ Pizza 10” $16.50
	+ Pizza 12” $18.50
	+ Lasagna $10.50

**Breakfast Items:**

Muffins (Vegan available) $4.00:

* Keto Muffins
* 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 (GF, Keto, Vegan) $10.50

Keto Hamburger $12.50

Fat head pizza 10”-$16.50

 Fat head pizza 12”-$18.50

Organic Bone Broth Soup

Cup $12.75

Organic Chicken Noodle soup

$8.99, Bowl $14.00

Asian Carrot Soup- GF, Vegan

Cup $8.99, Bowl $14.00

## Pizza (GF or Vegan)

Organic Chicken, Sausage, Cheese,

Pepperoni, Turkeyroni or Vegetables

10”-$12.50, 14”-$17.50 (dine in or take out) Deluxe add $3.50 each

## Organic Beverages

Bullet proof coffee $4.99

Organic Coffee $2.99, iced coffee $3.99

 Chai (dairy or non-dairy) $3.99

Ginger Cooler (hot or cold)

$4.99

Kambucha $4.50

Bottled Drinks $4.00

Organic mini juice #2.00

Bottled Water $2.00

**Doughnuts**/2$6.00

 **Sweet Breads (Vegan available)** **-$19.00**

* Nutty Banana
* Zucchini
* Sweet Potato
* Pumpkin/chocolate chip
* Chocolate

**Vegan Muffins $4.00**

Wholesome Granola $7.00/bag

Organic Bone Broth $14/160z bottle

## Organic Oat Cheese Cake

Slice $8.99

Whole available

## Paleo Cookies ($5.00/bag)

 Chocolate chip

  Coconut

##   Cupcakes $4.50

**About US:**

We at Wholesome Eating LLC are focused on your health on a mission to provide Gluten Free, Vegan, Paleo and Keto food items to people with different health challenges and food preferences. We are the only bakery and restaurant that cater to your individual needs: we try hard to custom make your food to your specific health need with your unique ingredients. 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 mostly use Natural and Organic ingredients because it is our priority that your food is safe to eat.

**WHOLESOME EATING LLC**

 **A GLUTEN-FREE BAKERY n Cafe**

**13455 BLANCO RD,**

**SAN ANTONIO, TX 78216**

**(Use 13489 Blanco for GPS)**

[**www.wholespmeeatingllc.com**](http://www.wholespmeeatingllc.com/) **Phone:**

 **913 522 3098**

**HOURS:**

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

**Sat-9:30** AM**-5PM**

Email: **Atolulope3@aol.com**