



# Healthy Body Bakery

We are a 100% Ancient Grains Bakery with Gluten Free and Keto Friendly options, and food that tastes good AND is good for you.

## CAKES AND CUPCAKES

\*\*Flavor not available as cupcakes.

- Apple Spice**  
Pure Dark Rye Flour, Unsweetened Applesauce, Raw Cane Demerara Sugar, Olive Oil, Almond Milk, Cage Free Eggs, Baking Powder, Apple Pie Spice, Baking Soda. **FROSTING:** Organic Butter, Cream Cheese, Powdered Sugar\*
- Banana**  
Bananas\*, Pure Dark Rye Flour, Raw Cane Demerara Sugar, Olive Oil, Cage Free Eggs, Baking Soda. **FROSTING:** Organic Butter, Cream Cheese, Powdered Sugar\*
- Black Cocoa**  
Pure Dark Rye Flour, Raw Cane Demerara Sugar, Water, Olive Oil, Black Cocoa, Natural Cocoa, Cage Free Eggs, Baking Soda, Baking Powder, Sea Salt. **FROSTING:** Organic Butter, Cream Cheese, Powdered Sugar\*, Black Cocoa
- Carrot**  
Carrots\*, Pure Dark Rye Flour, Raw Cane Demerara Sugar, Olive Oil, Cage Free Eggs, Baking Soda, Baking Powder, Cinnamon, Sea Salt. **FROSTING:** Organic Butter, Cream Cheese, Powdered Sugar\*
- Coconut\*\***  
Pure Dark Rye Flour, Raw Cane Demerara Sugar, Coconut Flour, Olive Oil, Cage Free Eggs, Water, Unsweetened Coconut, Coconut Flavor, Baking Soda, Baking Powder, Sea Salt. **FROSTING:** Organic Butter, Cream Cheese, Powdered Sugar\*, Coconut Flavor
- Double Chocolate**  
Pure Dark Rye Flour, Raw Cane Demerara Sugar, Water, Olive Oil, Natural Cocoa, Cage Free Eggs, Baking Soda, Baking Powder, Sea Salt. **FROSTING:** Organic Butter, Cream Cheese, Powdered Sugar\*, Black Cocoa, Natural Cocoa
- Lemon Citrus (GF)**  
Bob's Red Mill Gluten Free All Purpose Baking Flour, Bob's Red Mill Gluten Free 1-to-1 Baking Flour, Raw Cane Demerara Sugar, Olive Oil, Lemon Juice\*, Water, Lime Juice\*, Cage Free Eggs, Unsweetened Applesauce, Pure Lemon Extract, Baking Soda, Baking Powder. **FROSTING:** Organic Butter, Cream Cheese, Powdered Sugar\*, Pure Lemon Extract.
- Raisin War (V)\*\***  
Raisins, Pure Dark Rye Flour, Water, Raw Cane Demerara Sugar, Olive Oil, Baking Soda, Pumpkin Pie Spice, Cinnamon, Sea Salt. **FROSTING:** Dairy Free Spread, Powdered Sugar\*, Cinnamon
- Red Velvet**  
Pure Dark Rye Flour, Raw Cane Demerara Sugar, Water, Olive Oil, Natural Cocoa, Cage Free Eggs, Apple Cider Vinegar, Baking Soda, Organic Beet Juice, Baking Powder, Sea Salt. **FROSTING:** Organic Butter, Cream Cheese, Powdered Sugar\*
- Strawberry (GF)**  
Bob's Red Mill Gluten Free All Purpose Baking Flour, Bob's Red Mill Gluten Free 1-to-1 Baking Flour, Raw Cane Demerara Sugar, Strawberry Preserves, Organic Strawberries, Olive Oil, Cage Free Eggs, Baking Soda. **FROSTING:** Organic Butter, Cream Cheese, Powdered Sugar\*
- Vanilla (V, GF)**  
Bob's Red Mill Gluten Free All Purpose Baking Flour, Bob's Red Mill Gluten Free 1-to-1 Baking Flour, Water, Raw Cane Demerara Sugar, Olive Oil, Pure Maple Syrup, Unsweetened Applesauce, Pure Vanilla, Baking Soda, Baking Powder, Sea Salt. **FROSTING:** Dairy Free Spread, Powdered Sugar\*, Pure Vanilla Extract.

### CAKE SIZES

- 6" round 1 layer - serves 4
- 6" round 3 layer - serves 10
- 8" round 3 layer - serves 24
- 10" round 3 layer - serves 42
- 12" round 3 layer - serves 56
- 14" round 3 layer - serves 82
- Quarter sheet (9x13) 1 layer - serves 24
- Half sheet (11x19) 1 layer - serves 48

We bake fresh and rotate our flavors every day. Want to know if your favorite is available? Give us a call or come see us!

### Location

913 Conference Drive, Suite 106  
Goodlettsville, TN 37072  
(615) 210-2655

### Bakery Slang

\* Organic  
(DF) Dairy Free  
(CF) Gluten Free  
(KF) Keto Friendly - Low Carb  
(V) Vegan



Monday-Saturday, 10am - 7pm  
healthbodybakery.net

Advance notice of 72 hours is needed for special orders.

## MUFFINS

- Apple Spice (DF)**  
Pure Dark Rye Flour, Unsweetened Applesauce, Raw Cane Demerara Sugar, Olive Oil, Almond Milk, Cage Free Eggs, Baking Powder, Apple Pie Spice, Baking Soda
- Banana (DF)**  
Bananas\*, Pure Dark Rye Flour, Raw Cane Demerara Sugar, Olive Oil, Cage Free Eggs, Baking Soda
- Black Cocoa (DF)**  
Pure Dark Rye Flour, Raw Cane Demerara Sugar, Water, Olive Oil, Black Cocoa, Natural Cocoa, Cage Free Eggs, Baking Soda, Baking Powder, Sea Salt
- Blueberry (DF)**  
Pure Dark Rye Flour, Raw Cane Demerara Sugar, Blueberries\*, Unsweetened Applesauce, Cage Free Eggs, Olive Oil, Baking Soda
- Carrot (DF)**  
Carrots\*, Pure Dark Rye Flour, Raw Cane Demerara Sugar, Olive Oil, Cage Free Eggs, Baking Soda, Baking Powder, Cinnamon, Sea Salt
- Lemon Citrus (DF, GF)**  
Bob's Red Mill Gluten Free All Purpose Baking Flour, Bob's Red Mill Gluten Free 1-to-1 Baking Flour, Raw Cane Demerara Sugar, Olive Oil, Lemon Juice\*, Water, Lime Juice\*, Cage Free Eggs, Unsweetened Applesauce, Pure Lemon Extract, Baking Soda, Baking Powder
- Natural Cocoa (DF)**  
Pure Dark Rye Flour, Raw Cane Demerara Sugar, Water, Olive Oil, Natural Cocoa, Cage Free Eggs, Baking Soda, Baking Powder, Sea Salt
- Red Velvet (DF)**  
Pure Dark Rye Flour, Raw Cane Demerara Sugar, Water, Olive Oil, Natural Cocoa, Cage Free Eggs, Apple Cider Vinegar, Baking Soda, Organic Beet Juice, Baking Powder, Sea Salt
- Strawberry (DF)**  
Bob's Red Mill Gluten Free All Purpose Baking Flour, Bob's Red Mill Gluten Free 1-to-1 Baking Flour, Raw Cane Demerara Sugar, Strawberry Preserves, Organic Strawberries, Olive Oil, Cage Free Eggs, Baking Soda
- Vanilla (DF, GF)**  
Bob's Red Mill Gluten Free All Purpose Baking Flour, Bob's Red Mill Gluten Free 1-to-1 Baking Flour, Water, Raw Cane Demerara Sugar, Olive Oil, Pure Maple Syrup, Unsweetened Applesauce, Pure Vanilla, Baking Soda, Baking Powder, Sea Salt

## FROST YOUR SPECIALTY CAKE OR CUPCAKES

Our frosting style is simple and rustic, displaying all layers of the cake. Choose one base + one flavor (optional):

### BASE

- Cream Cheese** Butter, Cream Cheese, Powdered Sugar\*
- Dairy Free (V)** Dairy Free Spread, Powdered Sugar\*

### FLAVOR

- Butter Rum** - Ingredients: Rum Flavor, Butter
- Black Cocoa** - Ingredients: Black Cocoa
- Black Cocoa & Natural Cocoa** - Ingredients: Black Cocoa, Natural Cocoa
- Cinnamon** - Ingredients: Cinnamon
- Coconut** - Ingredients: Coconut Flavor
- Honey & Blackstrap Molasses** - Ingredients: Honey, Blackstrap Molasses
- Lemon** - Ingredients: Pure Lemon Extract
- Peanut Butter** - Ingredients: Peanut Butter
- Strawberry** - Ingredients: Strawberry Preserves
- Vanilla** - Ingredients: Pure Vanilla

| KETO FRIENDLY CHEESECAKES  | COOKIES   |
|--|---|
| <p>Whole 10" round - serves 16<br/>Crustless + Low Carb</p> <p><b>Birthday Cake (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Birthday Cake Protein Powder, Organic Stevia/Erythritol Blend*, Vanilla Extract, Sour Cream, Sugar-Free Sprinkles</p> <p><b>Strawberry (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Vanilla Cake Protein Powder, Organic Stevia/Erythritol Blend*, Organic Strawberries, Vanilla Extract, Sour Cream</p> <p><b>Blueberry (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Vanilla Cake Protein Powder, Organic Stevia/Erythritol Blend*, Vanilla Extract, Sour Cream, Organic Blueberries</p> <p><b>Lemon Citrus (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Vanilla Cake Protein Powder, Organic Stevia/Erythritol Blend*, Lemon Extract, Sour Cream</p> <p><b>Key Lime (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Vanilla Cake Protein Powder, Organic Stevia/Erythritol Blend*, Organic Lime Juice, Lemon Extract, Sour Cream</p> <p><b>Peanut Butter (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Organic Stevia/Erythritol Blend*, Peanut Butter Protein Powder, Sour Cream, Natural Peanut Butter</p> <p><b>Coconut (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Organic Stevia/Erythritol Blend*, Coconut Extract, Sour Cream, Unsweetened Shredded Coconut</p> <p><b>Pumpkin (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Organic Stevia/Erythritol Blend*, Pumpkin Puree, Pumpkin Pie Spice, Cinnamon, Sour Cream</p> <p><b>Orange Creamsicle (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Stevia/Erythritol Blend*, Vanilla Whey Protein, Sour Cream, Lemon Juice*, Orange Oil</p> <p><b>Double Chocolate (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Stevia/Erythritol Blend*, Natural Cocoa, Sour Cream</p> <p><b>Peanut Butter Chocolate (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Stevia/Erythritol Blend*, Peanut Butter, Natural Cocoa, Sour Cream</p> <p><b>Vanilla (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Stevia/Erythritol Blend*, Vanilla Whey Protein, Sour Cream</p> <p><b>Vanilla Latte (KF, GF)</b><br/>Cream Cheese, Cage Free Eggs, Stevia/Erythritol Blend*, Vanilla Whey Protein, Sour Cream, Instant Coffee</p> | <p><b>Almond Butter (KF)</b><br/>Pure Dark Rye Flour, Organic Almond Butter, Organic Butter, Stevia/Erythritol Blend*, Cage Free Eggs, Vanilla Whey Protein, Baking Soda, Baking Powder</p> <p><b>Black Cocoa Peanut Butter (KF)</b><br/>Pure Dark Rye Flour, Peanut Butter, Organic Butter, Stevia/Erythritol Blend*, Cage Free Eggs, Black Cocoa, Baking Soda, Baking Powder</p> <p><b>Chewy Ginger Molasses</b><br/>Pure Dark Rye Flour, Raw Cane Demerara Sugar, Blackstrap Molasses, Butter, Cage Free Eggs, Cinnamon, Ginger, Pure Vanilla, Baking Soda, Sea Salt</p> <p><b>Oat Chocolate Chip (GF)</b><br/>Oats*, Bob's Red Mill Gluten Free All Purpose Baking Flour, Bittersweet Chocolate Chips, Raw Cane Demerara Sugar, Organic Butter, Cage Free Eggs, Bob's Red Mill Gluten Free 1-to-1 Baking Flour, Pure Vanilla, Sea Salt</p> <p><b>Oat Raisin (GF)</b><br/>Oats*, Bob's Red Mill Gluten Free All Purpose Baking Flour, Raisins, Raw Cane Demerara Sugar, Organic Butter, Cage Free Eggs, Bob's Red Mill Gluten Free 1-to-1 Baking Flour, Pure Vanilla, Cinnamon, Sea Salt</p> <p><b>Peanut Butter (KF)</b><br/>Pure Dark Rye Flour, Peanut Butter, Organic Butter, Stevia/Erythritol Blend*, Cage Free Eggs, Peanut Butter Whey, Baking Soda, Baking Powder</p> <p><b>Vegan Sugar Cookies (V)</b><br/>Dark Rye Flour, Organic Virgin Coconut Oil, Demerara Cane Sugar, Unsweetened Applesauce, Pure Vanilla Extract, Baking Soda, Baking Powder, Sea Salt</p> <p><b>Sugar Cookies (GF)</b><br/>Bob's Red Mill Gluten Free All Purpose Baking Flour, Bob's Red Mill Gluten Free 1-to-1 Baking Flour, Organic Butter, Demerara Cane Sugar, Cage Free Eggs, Sea Salt, Pure Vanilla Extract</p> <p><b>Double Chocolate Chip Cookies (GF)</b><br/>Bob's Red Mill Gluten Free All Purpose Baking Flour, Bob's Red Mill Gluten Free 1-to-1 Baking Flour, Organic Butter, Demerara Cane Sugar, Cage Free Eggs, Sea Salt, Baking Soda, Ghirardelli Chocolate Chips</p> |
| <p><b>MEALS &amp; SIDES</b></p> <p><b>Grab-n-Go Meals (KF Options)</b><br/>Protein, Rice, Vegetables</p> <p><b>Homemade Chicken Salad (variety)</b></p>  | <p><b>PUFFS</b></p>   |
| <p><b>ANCIENT GRAINS</b></p> <p>Want to bring ancient grains into your kitchen? We sell them by the pound!</p> <p><b>Buckwheat Groats</b></p> <p><b>Dark Rye Berries</b></p> <p><b>Oat Groats</b></p> <p><b>Spelt Berries</b></p>  | <p><b>BARS</b></p> <p><b>Brownie (DF)</b><br/>Raw Cane Demerara Sugar, Pure Dark Rye Flour, Olive Oil, Cage Free Eggs, Natural Cocoa, Black Cocoa, Sea Salt, Baking Powder</p> <p><b>Oat Bar with Cranberries &amp; Chocolate Chips</b><br/>Oats*, Pure Dark Rye Flour, Raw Cane Demerara Sugar, Cranberries, Bittersweet Chocolate Chips, Butter, Cage Free Eggs, Baking Soda, Baking Powder, Cinnamon</p> <p><b>Oat Bar with Raisins</b><br/>Oats*, Pure Dark Rye Flour, Raw Cane Demerara Sugar, Raisins, Butter, Cage Free Eggs, Baking Soda, Baking Powder, Cinnamon</p>   |
|  | <p><b>BEVERAGES</b></p> <p><b>Reaching360 Coffee*</b><br/>Organic</p> <p><b>Half Hill Farm Kefir and Kombucha</b><br/>Organically grown ingredients</p> <p><b>njujo Roasted Root Beverage</b><br/>Coffeine free &amp; Prebiotic</p> <p><b>*Zevia Products</b><br/>Energy (variety), Cola (variety), Tea (variety), Kola (variety)</p> <p><b>Bottled Water</b></p> <p><b>Flavored Seltzer Water (variety)</b></p> <p><b>Perrier</b></p> <p><b>Super Coffee</b></p> <p><b>Keto Coffee</b></p>   |

Beloved, I pray that all may go well with you and that you may be in good HEALTH, as it goes well with your soul.  
3 John 1:2

We offer products with peanuts, tree nuts, gluten, dairy and eggs. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, gluten, dairy, or egg allergies.