



LEVEN BAKERY & CAFE ALL INGREDIENT LIST



Hi!

We understand you want to feel safe, confident and knowledgeable that the food you purchase contains ingredients that you know and understand. This is your resource to help you make an informed decision every time.

Due to the nature of changing ingredients and supplies, we do always recommend speaking directly with the chef to get the most up to date information. We update this list as often as possible.

Best,

Everyone At Leven



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Key map: **(v)** vegan | **(vo)** vegan optional | **(n)** contains nuts | **(d)** contains dairy

Updated June 2023

BREADS:

SOURDOUGH white rice flour, miller flour, brown rice flour, oat flour, cornstarch, tapioca starch, powdered coconut milk, xanthan gum, egg whites, coconut milk, rice vinegar, cider vinegar, olive oil, honey, baking powder, yeast , salt, avocado oil

PAIN DE MIE (d) white rice flour, millet flour, brown rice flour, oat flour, cornstarch, tapioca starch, potato starch, coconut milk powder, xanthan gum, organic eggs, rice vinegar, coconut milk, honey, clarified butter, yeast, baking powder, salt, avocado oil

DINNER ROLLS white rice flour, millet flour, brown rice flour, oat flour, cornstarch, tapioca flour, potato starch, powdered organic coconut milk, organic eggs, rice vinegar, organic coconut milk, local honey, clarified butter, yeast, xanthan gum, aluminum-free baking powder, kosher salt, avocado oil.

BURGER BUNS (d) white rice flour, millet flour, brown rice flour, oat flour, cornstarch, tapioca flour, potato starch, powdered organic coconut milk, organic eggs, rice vinegar, organic coconut milk, local honey, clarified butter, yeast, xanthan gum, aluminum-free baking powder, kosher salt, avocado oil.

MULTIGRAIN sorghum flour, oat flour, white rice flour, millet flour, brown rice flour, corn starch, tapioca starch, honey, olive oil, ground flax seed, ground chia seeds, yeast, xanthan gum, salt, avocado oil

PUMPERNICKEL white rice flour, millet flour, brown rice flour, oat flour, cornstarch, tapioca flour, xanthan gum, eggs, olive oil, maple syrup, molasses, balsamic vinegar, yeast, aluminum free baking powder, cocoa powder, salt, caraway seeds, avocado oil

ALMOND FLAX QUINOA (n) almond meal, potato starch, tapioca starch, coconut flour, quinoa flour, organic eggs, olive oil, ground flax seeds, honey, baking soda, salt, sliced almond, avocado oil.

TRAIL MIX ADVENTURE (v) oats, organic sunflower seeds, organic pumpkin seeds, organic flax seeds, white sesame seeds, hemp seeds, chia seeds, psyllium husk, olive oil, maple syrup, kosher salt, avocado oil.

PASTRIES

COWBOY COOKIE (d) sweet rice flour, sorghum, oat flour, cornstarch, potato starch, xanthan gum, sugar, 72% organic dark chocolate chips, almond meal, organic eggs, clarified butter, organic oats, unsulfured molasses, local honey, organic coconut flakes, organic pecan pieces, vanilla extract, almond extract, organic ground nutmeg, baking soda, kosher salt.

SALTED CHOCOLATE CHIP COOKIE (d) sweet rice flour, sorghum flour, oat flour, cornstarch, potato starch, almond meal, xanthan gum, 72% organic dark chocolate, sugar, clarified butter, organic eggs, organic coconut oil, unsulfured molasses, local honey, vanilla extract, organic ground nutmeg, almond extract, baking soda, kosher salt.

GINGER DOODLE COOKIE (d) sweet rice flour, sorghum, oat flour, cornstarch, potato starch, xanthan gum, almond meal, clarified butter, organic coconut oil, organic fresh ginger, sugar, unsulfured molasses, organic eggs, organic ground cinnamon, organic ground ginger, organic garam masala, baking soda, kosher salt,.

OAT-Y PEANUT BUTTER CHOCOLATE CHIP COOKIE (n) oats, shredded coconut, brown sugar, ceylon cinnamon, agave, organic peanut butter, 72% dark chocolate chips, ground flax seed, vanilla extract, aluminum free baking powder, salt.

OATMEAL RAISIN COOKIE (d) sweet rice flour, sorghum flour, oat flour, cornstarch, potato starch, xanthan gum, clarified butter, organic coconut oil, sugar, unsulfured molasses, local honey, vanilla extract, organic eggs, almond meal, organic oats, organic raisins, organic ground cinnamon, baking soda, kosher salt

TART CHERRY CHOCOLATE HEMP OAT BAR (n) almond butter, maple syrup, vanilla extract, kosher salt, oats, almonds, dried tart cherries, hemp seeds, cacao nibs, coconut oil, bittersweet chocolate

PUMPKIN TART W/ BUCKWHEAT CRUST (seasonal)

sweet rice flour, gf oat flour, millet flour, cornstarch, tapioca flour, chia seed, cane sugar, kosher salt, butter, organic eggs, apple cider vinegar, cinnamon, nutmeg, allspice, organic pumpkin puree, maple syrup, fresh ginger, whole milk, sour cream, vanilla extract

APPLE SPICED TEA CAKE (seasonal)

organic apple sauce, sugar, brown sugar, organic eggs, vanilla extract, olive oil, white rice flour, brown rice flour, oat flour, millet flour, sorghum flour, potato starch, xanthan gum, baking soda, aluminum free baking powder, kosher salt, ceylon cinnamon, nutmeg, apples (seasonal)

LEMON CRANBERRY PISTACHIO TEA CAKE(n) (seasonal) white rice flour, potato starch, sorghum, millet, xanthan gum, farm raised eggs, baker's sugar, clarified butter, organic coconut milk, vanilla extract, aluminum-free baking powder, almond extract, kosher salt. Organic powdered sugar, organic coconut milk, organic lemon juice, organic lemon zest, kosher salt, organic cranberries flowers, avocado oil.

BANANA WALNUT MUFFIN (n) brown rice flour, potato starch, tapioca starch, cane sugar, aluminum free baking powder, baking soda, xanthan gum, kosher salt, ceylon cinnamon, bananas, walnuts, almond milk, olive oil.

SEASONAL FRUIT MUFFIN (d) brown rice flour, potato starch, tapioca starch, xanthan gum, cane sugar, cinnamon, rice flour, almond flour, gluten free oat flour, millet flour, aluminum free baking powder, baking soda, kosher salt, yogurt, lemon, eggs, olive oil, fruit (seasonal)

STREUSEL COFFEE CAKE (d) brown rice, potato starch, tapioca starch, aluminum free baking powder, baking soda, xanthan gum, kosher salt, organic eggs, cane sugar, brown sugar, yogurt (whole milk), olive oil, cinnamon, clarified butter, vanilla extract

PECAN PRALINE SCONE (d)(n) pecans, butter, cinnamon, brown sugar, confectioners sugar, kosher salt, sorghum flour, tapioca starch, potato starch, baking soda, baking powder, xanthan gum, orange, eggs, sour cream, vanilla extract, maple syrup

LEMON-LAVENDER TEA CAKE (d) white rice flour, potato starch, sorghum flour, millet flour, xanthan gum, organic eggs, sugar, olive oil, organic coconut milk, vanilla extract, aluminum-free baking powder, kosher salt. Lemon icing (organic powdered sugar, organic lemon juice, organic lemon zest), organic whole dried lavender flowers, avocado oil

LEMONY TURMERIC TEA CAKE (d) brown rice, potato starch, tapioca starch, turmeric, cane sugar, aluminum free baking powder, xanthan gum, kosher salt, whole milk, olive oil, lemon, avocado oil.

CHOCOLATE ESPRESSO TEA CAKE (d) white rice flour, potato starch, sorghum flour, millet flour, cane sugar, molasses, balsamic vinegar, coconut milk, cocoa powder, olive oil, chocolate extract, organic eggs, xanthan gum, aluminum free baking powder, baking soda, salt, espresso icing (powdered sugar, espresso extract) avocado oil.

MAPLE CARROT TEA CAKE (d) white rice flour, potato starch, sorghum flour, millet flour, xanthan gum, sugar, unsulfured molasses, organic eggs, organic carrots, organic pecans, olive oil, almond meal, organic cinnamon, organic ginger, organic nutmeg, vanilla extract, baking soda, aluminum-free baking powder, kosher salt. Maple Icing (organic powdered sugar, maple extract, kosher salt) avocado oil.

PUMPKIN TEA CAKE (seasonal) brown rice flour, sorghum flour, gluten free oat flour, potato starch, tapioca starch, baking powder, xanthan gum, organic pumpkin puree, cane sugar, unsulfured molasses, organic eggs, organic coconut oil, aluminum free baking powder, cinnamon, ginger, clove, kosher salt, allspice, avocado oil.

DARK CHOCOLATE BROWNIE (d) brown rice flour, sorghum flour, oat flour, potato starch, tapioca starch, 72% organic dark chocolate, clarified butter, cane sugar, organic eggs, almond meal, espresso extract, vanilla extract, ceylon cinnamon, baking soda, kosher salt, avocado oil.

CARROT CUPCAKE (n) white rice flour, potato starch, sorghum flour, millet flour, xanthan gum, sugar, unsulfured molasses, organic eggs, organic carrots, organic pecans, olive oil, almond meal, organic cinnamon, organic ginger, organic nutmeg, vanilla extract, baking soda, aluminum-free baking powder, kosher salt, avocado oil. Tahini-cream cheese frosting (butter, sesame paste, powdered sugar, kosher salt)

LARDER

LEVEN'S GRANOLA gluten free oats, unsweetened coconut, almonds, pecans, pumpkin seeds, sunflower seeds, sesame seeds, chia seeds, maple syrup, golden syrup, olive oil, cinnamon, vanilla extract, kosher salt

SUPER SEED CRACKER (v) organic sunflower seeds, organic flax seeds, organic pumpkin seeds, organic white sesame seeds, organic black sesame seeds, almond meal, organic chia seeds, organic psyllium husk, maple syrup, organic coconut oil, organic pectin, kosher salt.

OLIVE OIL CROSTINI (d) sourdough or pain de mie (see above in the bread section) bread, clarified butter, extra virgin olive oil, organic garlic powder, kosher salt

CROUTONS (d) sourdough or pain de mie bread (see above in the bread section) , clarified butter, extra virgin olive oil, organic garlic powder, kosher salt

BREAKFAST

YOGURT & HOUSEMADE GRANOLA (d) market fruit, whole milk yogurt, gluten free oats, unsweetened coconut, almonds, pecans, pumpkin seeds, sunflower seeds, sesame seeds, chia seeds, maple syrup, golden syrup, cinnamon, vanilla extract, kosher salt

COCONUT QUINOA PUDDING (v) quinoa, chia seed coconut milk, orange juice, beets, goji berries, bee pollen, maple syrup, cacao nibs, kosher salt

EGG SANDWICH eggs, olive oil, garlic, lemon juice, aged cheddar, arugula, pain de mie (see pain de mie ingredients above)

CHEESY EGGS ON TOAST eggs, aged gouda, chives, sourdough (see SOURDOUGH ingredients above)

FRENCH TOAST (n) white rice flour, millet flour, brown rice flour, oat flour, cornstarch, tapioca starch, potato starch, coconut milk powder, xanthan gum, organic eggs, rice vinegar, coconut milk, honey, clarified butter, yeast, baking powder, salt, avocado oil, milk, heavy cream, brown sugar, maple syrup (on the side).

AVOCADO TOAST (v) cucumber, olive oil, red onions, apple cider vinegar, maple syrup, black peppercorns, fennel seed, coriander seed, poppy seed, black/white sesame seed, dehydrated garlic granules, dehydrated onion granules, multigrain bread (see MUTLIGRAIN ingredients above).

BREAKFAST SALAD (v) (n) Swiss chard, quinoa, egg, almond, red onions, apple cider vinegar, maple syrup, black peppercorns, fennel seed, coriander seed, sweet potato, arugula, avocado, ancho chile, guajillo chile, garlic, sesame, pecans, sherry vinegar, olive oil

TURKEY SAUSAGE turkey, fennel seed, black peppercorn, coriander seed, smoked paprika, garlic, kosher salt, maple syrup.

LUNCH

LABNEH DIP (d) yogurt, onion powder, urfa chili, lemon juice, Leven's seed crackers (see LEVEN SEED CRACKERS above).

MARINATED OLIVES (v) castelvetrano olives, orange/lemon zest, thyme/rosemary, extra virgin olive oil, garlic

MUSHROOM TOAST (v) carrots, garbanzo beans, garlic, sesame, olive oil, lemon juice, mushrooms (varietals subject to change) urfa chile, garlic, cilantro, pain de mie (see PAIN DE MIE ingredients above)

GOLDEN BEET AND KALE (vo) fennel, garbanzo beans, garlic, sesame, olive oil, lemon juice, parsley, mint, dill, white wine vinegar, anchovies, arugula, pain de mie (see PAIN DE MIE ingredients above)

ROTISSERIE CHICKEN (sandwich) organic chicken, eggs garlic, avocado/or olive oil, red onions, balsamic vinegar, celery root, Dijon mustard, watermelon radish, green apple, dill, parsley, chive, basil, cilantro, arugula, red onions, apple cider vinegar, maple syrup, black peppercorns, fennel seed, coriander seed, sourdough (see SOURDOUGH ingredients above)

PATTY MELT (d) Texas angus beef, eggs, olive/or avocado oil, white wine vinegar, smoked paprika, yellow mustard, onion, tomato, garlic, lemon juice, onions, Swiss cheese, sourdough (see SOURDOUGH ingredients above)

GRILLED CHEESE (d) aged cheddar cheese, butter, avocado oil, pain de mie (see above)

SALADS & BOWLS

LEVEN SALAD (d) kale, aged gouda, breadcrumbs (see PAIN DE MIE ingredients above) , anchovies, lemon, olive oil, red pepper flakes, garlic

GREEN GODDESS SALAD (d) little gems, arugula, pumpkin seed crunch, croutons (see PAIN DE MIE ingredients above), watermelon radish,

avocado, jalapeno, cilantro, basil, garlic, whole milk, lime juice, distilled white wine vinegar, black pepper, kosher salt.

CRUNCHY FRENCH LENTIL BOWL (d)(vo) garbanzo beans, apple cider vinegar cucumber, garlic, almonds, castelvetrano olives, shallots, white wine vinegar, extra virgin olive oil, feta, parsley, chives, dill.

GRAIN BOWL (d) forbidden rice, cucumbers, tamari, ginger, cane sugar, purple cabbage, eggs, sesame, garlic, lemon juice, olive oil, nori seaweed, black/white sesame, bonito, dried anchovies

ROTISSERIE CHICKEN organic chicken, smoked paprika, cumin, coriander, black peppercorn, garlic, sherry vinegar, olive oil, kosher salt.

CHICKEN SOUP chicken, carrots, celery, lemon juice, dill

TOMATO SOUP onions, garlic, extra virgin olive oil, kosher salt, tomato

VEGETABLES

TURMERIC ROASTED CAULIFLOWER (v)(n) cauliflower, turmeric, smoked paprika, urfa chili, coriander, honey, tamari, olive oil, pistachios, dates, lemon, parsley

CHARRED BROCCOLI (v)(n) broccoli, parsley, cilantro, mint, garlic, capers, extra virgin olive oil, black pepper, kosher salt

SWEET POTATO (d) yogurt, lemon juice, olive oil, red onions, red wine vinegar, fennel seed, coriander, maple syrup, pumpkin seeds, sesame seeds, garlic

SMASHED CUCUMBERS (d) yogurt, lemon juice, sumac, watermelon radish, dill, kosher salt, extra virgin olive oil

CHICKEN FAT RICE black rice, anchovy, sesame, bonito, nori, chicken schmaltz

BRUSSELS SPROUTS tahini (sesame paste), sunflower seeds, poppy seeds, yogurt, garlic, lemon juice, fresh herbs

TOAST

BUTTER & JAM cultured butter, sea salt, fruit, sugar

ALMOND BUTTER (v) sea salt, extra virgin olive oil on sourdough (see SOURDOUGH ingredients above)

CARROT HUMMUS (v) carrots, garbanzo beans, garlic, lemon juice, urfa chile, extra virgin olive oil, sea salt, on sourdough (see SOURDOUGH ingredients above)

AVOCADO (v) cucumber, extra virgin olive oil, red onion, cider vinegar, maple syrup, black peppercorn, fennel seed, black pepper

TUNA tuna, capers, shallot, parsley, harissa (red chiles, citrus zest, black pepper), sesame, parsley, garlic, cilantro, lemon juice

DRINKS (more to come)

HOT CHOCOLATE (n) almond milk, 72% chocolate, dates