



## Taste Testings: Gluten Free Gourmet-

### Saturday 4th April

Come and try a range of gorgeous brand new products from GFF. Chocolate/ Orange/ Banana/ Carrot slab cakes, Raspberry Lamington, Baby muffin packs in vanilla & chocolate.

### Pate on the Ridge/ Peckish Thins Saturday 2nd May

Homemade pate made fresh from quality ingredients, just like Grandma used to make! No preservatives, no additives- available in Port & Sherry. Special offer in conjunction with Peckish Thins on the day!

### Screaming Seeds Spice Co.- Saturday 23rd May

Fresh, whole spices made into imaginative spice blends- some classical some original. All are amazing! Come and try for free & invigorate your cooking!

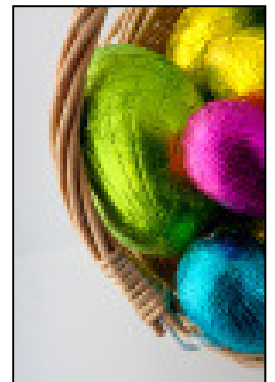
# Club Newsletter

AUTUMN 2009

Welcome to our first 2009 edition of our Customer Club newsletter. With Easter nearly upon us, we have been working hard to find you the yummiest gluten free treats to share with your families and friends. We have also continued to expand our regular range by adding Zehnder bread, imported Schnitzer Brau beer, new cakes, pastas and fresh home made pate as well as seeing the return of the hugely popular Livwell range! Please be sure to check the back page for a look at our exciting new products. We now also update our online Product List daily- which can be accessed and printed out from our website [www.glutenfreefoods.com.au](http://www.glutenfreefoods.com.au)

With the change of season we also thought we'd bring you some in-store taste testings and product launches! These have always proven to be a big success and with some new products on show, so be sure to mark these dates in your diaries so you don't miss out!

- **Gluten Free Gourmet- Saturday 4th April, 11am—1pm**
- **Pate on the Ridge- Saturday 2nd May, 12pm—2pm**
- **Screaming Seeds Spice Co.— Saturday 23rd May, T.B.A**



Before we go, there's room for one more exciting announcement- we have discovered a delicious new dining experience in Mornington. God's Kitchen, just behind GFF, caters for coeliacs, with over 80% of their menu being gluten free. Now there will be no more meal envy next time you eat out, because you can have it all too! (and the gourmet pizzas taste so good, you'll be amazed that they are totally gluten free). So next time you visit GFF, leave some time to visit God's Kitchen for lunch or dinner. Don't forget to check the back page for an exclusive offer for GFF members! -jill & the girls @ GFF Mornington

## Gluten Free Chocolate Spiders

Here's an all time favourite kids recipe, a yummy chocolatey treat just in time for Easter! They really do resemble a spider & won't last long for sure!



### Ingredients:

Ingredients are available at GFF

- 1 pkt Chang's Original Fried Noodles (100g)
- 2 Tbspns Crunchy Peanut Butter *\*can substitute for Eskal FreeNut Butter for a nut-free alternative*
- 200g Sweet William White or Dark dairy free cooking buttons/melts

### Method

1. Microwave chocolate and peanut butter in microwave safe mixing bowl for about 30 seconds on high. If not melted, then microwave again in 5 second intervals. Do

not over cook.

2. Mix well until it is a smooth paste. Add noodles and coat them well.
3. Spoon the mixture onto grease-proof paper, or into individual paper patty pans. Using heaped teaspoons, this mixture will yield 15-20 pieces.
4. Place in refrigerator until set. Please note this recipe contains peanuts, but can be adapted to suit individual allergy requirements.

### Tip

The spiders can be kept in a sealed container in refrigerator for up to 2 weeks.

## What's New? (all gluten free)

### EASTER PRODUCTS

- Simply Better Hot Cross Buns 6pk (wheat & yeast free) Fruit or Choc Chip \$10
- Silly Yak's Hot Cross Buns (dairy & egg free) 6pk- \$10.95
- GFG Iced Easter Gingerbreads 70g- \$3.95
- GFG Easter Egg Chocolate Cupcakes 4pk- \$6.95
- Pink Lady Dark Chocolate Mini Eggs pack, Dairy Free- \$3.50
- Pink Lady Foil Wrapped Milk Chocolate & Dairy Free Dark Chocolate Eggs— assorted sizes/prices
- Willow Easter Bunny Foil Wrapped 60g (3 cute designs)- \$1.50; 18x Foil Egg pack \$4.50
- Sweet William Large Easter Bunny (dairy, nut free) 100g \$3.65; Easter Bunny 3pk 135g \$5.95
- Tart and Round (wheat, dairy, egg free)— Gingerbread Bunny face 50g \$2.95; Easter truffles 3pk 90g \$6.30; Easter explosions (assorted wrapped & filled chocolates) 160g \$6.30
- Sweet William Dairy Free Chocolate/White buttons 500g \$6.95 or Choc chips/ White chips 500g \$6.95



### LIVWELL RANGE— Gluten, Wheat and Milk free

- 4 White Pitta Breads \$11.95, 2 Garlic & Naan Bread \$9.95, 4 Bramley Apple Pies \$10.50, 4 Cherry Bakewell Tarts \$10.50, 6 Assorted Jam Tarts \$9.75

### ZEHNDER BREAD— All varieties \$6.75

- Farmer's, Multi Seed, Potato, Pumpkin, Rice, Soy & Linseed, Whole meal loaves all 700g; Turkish Flat Bread 600g.

### ASSORTED GROCERY ITEMS:

- Health Magic: Tomato Relish 270g, Green Tomato Pickles 270g & Raspberry Supreme 270g spreads- \$7.70 ea
- Bare Foods Organic Baked Beans 400g- \$3.10 or Chick Pea Soup 400g- \$4.00
- Springhill Bread Mix (wheat, dairy, egg, nut & soy free) 450g- \$4.25
- Silly Yak's— Small Turkish Bread \$6.90 or Large Baguettes 2pk \$6.75
- Orgran Pasta Ready Meals 380g- Tomato & Basil or Vegetable Bolognaise \$6.75/ Orgran Essential Fibre pasta \$3.50
- Artini's Gingerbread men tub 170g \$7.70
- Chang's Gluten Free pasta shells or macaroni 454g \$3.95 ea
- Schnitzer Brau Imported German Beer— single \$5.25; 6 pack \$30.00
- SoyaToo! Soya Topping cream (dairy free, whipped cream replacement) 300ml \$5.65

## Eating out gluten free— God's Kitchen

Located conveniently behind Gluten Free Foods, Gods Kitchen is Mornington's newest dining experience, proudly promoting gluten-free cuisine. Blending a menu of tapas, pizza, a la carte & balancing world flavours, we offer a wide selection of gluten-free options. We understand that dining should be an enjoyable, relaxing experience & must contain menu variety to accommodate the whole community.

### More than 80% of our menu is GF!

Options may include szechuan kangaroo fillet, house cured ocean trout or 1 of 12 deliciously gourmet pizzas, all are available gluten-free, at no extra cost. Specially crafted dough comprising of rice, chickpea & corn flours, assures the constant, high level of quality pizza we are quietly becoming renowned for.

Available exclusively to Gluten Free Foods customers, receive 15% off your total bill for the season of Autumn upon presentation of this voucher.



### Gods Kitchen

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