

The quality of one's food affects the quality of one's life.  
We cook with love with your health in mind, using the highest  
quality, all natural, as organic as possible ingredients.

## Bread Day!

We sell our freshly baked, gluten and casein free bread by the loaf.

Place your order by Saturday at 2pm for pick up on Sunday between 10am and 2pm. A delicious whole grain blend of sorghum, millet, quinoa, flax seed and white rice flour.

## What the heck is gluten?

Gluten is the protein found in wheat, barley, rye, and cross-contaminated oats. It is the "glue" that holds conventional bread together. Statistics show that 1 in 133 people have a gluten allergy, the highest form being Celiac disease. The very best way I've found to avoid gluten and heal the damage is to stick to a whole foods diet, including LOTS of veggies, with very little to zero processed food. Some sneaky places gluten hides...soy sauce, "natural flavors", lunch meat (as a binder), toothpaste, stamps and envelopes (crazy, I know!)

## Serendipity...

An accidental and fortunate discovery.

## Everyone has a story, here's mine...

I enrolled in a health counseling program a very sick girl, symptoms included chronic joint and muscle pain, debilitating fatigue, dry eyes, digestive distress to the point that the pain would radiate down the front of my legs to mid thigh and double me over. During the fourth weekend of class, one of the speakers addressed food allergies, one of which was gluten. The symptoms matched what I was going through, so I eliminated gluten and watched with absolute joy as one by one, all of my symptoms went away. It's been a couple years, and I

haven't looked back. From my research, at the very least I am gluten intolerant, as I react to barley and rye (*makes me soooo sleepy and achy for a couple days afterward*).

*Welcome to my gluten free bubble,  
hope you enjoy your stay!*

Warmly,  
- Kim Mohr  
Owner/Cook

We use certified gluten and wheat free products in our facility. Although we take precautions, we assume no responsibility or liability for consequential damages. We do not make any guarantees or health claims.

## Help us save our planet

We use Eco Friendly containers. To Go Orders include a 25¢ surcharge per container

**Serendipity  
Café**  
WHERE  
**Healthy MEETS Delicious**