

# Natural. No Refined Sugar. Nurturing.

smart  
cookie



Delicious baked goods and energy bars sensitively made with no refined sugar, no salt and packed full of nature's "superfoods" created by chef Rachel Sargent. We specialize in baking cakes, cookies and tarts with no refined sugars and healthier pastries and doughs. We don't use trans fats (margarine), synthetic flavourings, colourings, salt or synthetic conserving agents - just natural healthy ingredients. Many of our delicious creations are also gluten free, vegan and lactose free. As they are high in soluble fibre and have low glycemic indices they can help you maintain stable blood sugar levels because they release energy slowly - so no "sugar rush".

If you or your family have a food allergy or intolerance we will happily discuss it with you and help find food that is just right for you



(Prices in Lei)

**GF - Gluten Free, FF - Fat Free, VG - Vegan/ "Post",  
ZS- Zero Sugar, LF - Lactose FREE**

# CELEBRATION CAKES

*Our cakes are not only oozing with flavour and frosting and home made low sugar jams...they ooze goodness and nutrients too because they are made with super smart ingredients like dates, coconut, nuts, beetroot, carrots and zucchini in the mixes instead of so much sugar, flour and fat. We hope you find a special occasion to enjoy them...or maybe just order one to enjoy at home with friends and family!*

**Chocolate Orange Nut Cake** with chocolate orange glaze **GF LF** Dark chocolate, nuts, orange, cinnamon with an exotic glaze. **120/kg**

**Dark Chocolate & Red Wine Cake** with Cream Cheese Frosting **GF LF ZS** When you need an antioxidant hit with style – only this will do it. **130/kg**

**Whole Orange & Saffron Cake** with Dark chocolate ganache **GF LF** The most orangey cake ever made with whole oranges, lemon curd filling and dark chocolate ganache coating. **130/kg**

**Carrot Cake** with Cream Cheese Frosting **GF** A cake full of carrots, walnuts and sultanas. Delicately spiced with cinnamon, ginger and cardamom with our very special frosting. **120/kg**

**Chocolate Mousse and Raspberry** **GF** Dark chocolate mousse on a layer of chocolate Genoese, delicious raspberries inside, home made raspberry liqueur, coated with dark chocolate glaze. **140/kg**

**Chocolate Mousse and Cherry** **GF** Dark chocolate mousse on a layer of chocolate Genoese, delicious cherries inside, home made cherry liqueur, coated with dark chocolate glaze. **140/kg**

**Coffee & Walnut** with coffee cream cheese frosting **GF** Flavoursome Romanian walnuts, dark coffee and lots of frosting. **120/kg**

**Ginger Fruit Cake** **VG** Absolutely packed with fruit & flavour. What afternoon tea was made for. **120/kg**

**Lemon & Lavender** with lemon honey glaze **GF** A delicate, fragrant pairing. Lemon curd filling. What the dowager countess would have with a cup of tea. **120/kg**

**Skinny Black Forest Gateau** **GF** A very light chocolate gateau filled with flavour and our special mascarpone and cream cheese frosting with sour cherries and “visinata” sour cherry liqueur. **130/kg**

**minimum size cake 1.5 kg.**

# TARTS & CHEESECAKES

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*Crispy pastry, dreamy fillings, a dollop of cream or a scoop of ice cream...there is something civilised about a good tart.. Our tarts use lots of fruit, no sugar chocolate and pastry mixes that contain no sugar and come in gluten free versions. We use agave, low GI fruit syrup, date, grape juice, pomegranate & stevia to replace refined sugar – just natural things.*

**20cm serve 8 regular portions or 10 smaller portions - all tarts 75 Ron**

**Raspberry Amaretto Tart GF** Raspberries in an amaretto flavored almond filling with a thin layer of our high fruit low sugar raspberry jam in crisp pastry.

**Dark Chocolate , Plum & Brandy Tart GF** A dark chocolate crème, beautiful plums and a layer of “magiun de prune” in crisp pastry.

**Crostata de Limone GF** The most lemony tart ever! An original Italian recipe with more lemons than a Sicilian Lemon grove!

**Lemon Meringue Pie GF** A deep lemony tart topped with snowy meringue. A classic.

**Apple Tarte Tatin GF** Caramelised apple on a layer of buttery pastry. A French classic.

**Cardamom & Star Anise Tarte Tatin GF** Fragrant caramelised pear on a layer of buttery pastry.

**Pumpkin Pie GF** Smooth silky pumpkin puree delicately flavoured with lemon, cinnamon and coriander. Decorated with glazed walnuts.

**New York Cheesecake GF** (baked) Wholesome local “smantana” and sweet cheese flavoured with lemon on a crunchy oat base.

**Raspberry Raw Cheesecake GF VG** Creamy dreamy cheesecake made with a coconut and cashew nut cream filling and date and nut base.

**All Star Apple Pie GF** Thick pieces of apple in a cinnamon and butter sauce topped with stars of our special pastry. Just add vanilla bean ice cream.

# ARTISANAL ICE CREAMS & SORBETS

*Made through the seasons with fresh fruit no pre-mixes, emulsifiers , pre-prepared purees, powdered milk and lots less sugar than regular ice creams. Its what tarts, apple pie and chocolate sauce were made for!*

**Mulled Wine (“Vin Fiert”) GF, Vanilla Bean GF, Lemongrass, chilli & coconut GF LF, Pomegranate & Rosewater Sorbet GF LF, Dark Chocolate & Lime GF, Coconut & Mango GF LF, Lemon & Grappa Sorbet GF LF, Prune & Armagnac GF, Salted Caramel GF, Saffron Whole Orange GF**

**All ice creams and sorbets 500ml - 40**

# CAKES, COOKIES, CRACKERS & BARS

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*They say that the best things come in small packages...well we think our small things prove it...Brownies with no flour, no fat and no sugar?? Raw Energy Bars packed with lots of nutrient rich ingredients that release energy s-l-o-w-l-y for you? These snacks and treats pack a mighty nutritional punch smoothing out blood sugar highs and lows to keep you performing at your best.*

**Cake Squares** - yes you can have your cake and eat it

**Brownie Zero GF, FF** Rich in antioxidants with prunes and barberries . Approximately half the calories of a classic Brownie. Pack of 10, each square 70g. **60/pack**

**Sticky Gingerbread Squares VG FF** This old favourite is given a makeover by using pomegranate molasses, date puree & wholegrain rye flour. Pack of 10, each square 70g. **60/pack**

**Date & Walnut Squares VG FF** Packed with dates, walnuts and delicately spiced with cinnamon and cardamom. Pack of 10, each square 70g. **60/pack**

**Granola Bars** - Full of cholesterol lowering oats, these are a tasty slow energy source and are the perfect breakfast on the run or a meal replacement if you have to. Only sweetened with plum, date and apricot puree and agave nectar to have a very low GI index.

**Granola Bar - Plum & Walnut GF, VG.** Pack of 10 x 2 bars of 40g each. **60/pack**

**Granola Bar - Peanut & Banana GF, VG** Pack of 10 x 2 bars of 40g each. **60/pack**

**Granola Bar - Apricot & Almond GF, VG** Pack of 10 x 2 bars of 40g each. **60/pack**

**Cookies** - be a smart cookie and opt for these ones

**Chocolate Digestive Biscuits GF, VG** No sugar chocolate is used for this classic treat. Pack of 10 bags of 80g. **60/pack**

**Honey Bears LF** Gingerbread bears made from bio wholemeal flour and wholemeal rye flour from Terra Natura mill and only sweetened with a little honey & fructose. Pack of 10 bags of 40g. **45/pack**

**Lemon Polenta Thins GF VG** Lovely lemon oil from Italy, cold pressed sunflower oil and polenta from Romania result in crispy light lemony discs. Pack of 10 bags of 80g. **60/pack**

**Crackers** - Our multiseed savoury crackers are made with rye flour and an enormous 30% seeds which are all rich in vital Omega 3s. OMG indeed!

**Going Cracker - Classic VG ZS** 4 bags of 200g. **60/pack**

**Going Cracker - Spicy VG, ZS** 4 bags of 200g. **60/pack**

**Going Cracker - Gluten Free VG ZS** 4 bags of 200g. **60/pack**

**Raw Energy Balls** - These look like candies and kids love them...except they are soooo healthy!

**"Catina" & Apricot GF,FF, VG** Pack of 10 bags of 60g. **80/pack**

**Date, Walnut & Cranberry GF,FF, VG** Pack of 10 bags of 60g. **80/pack**

**Chocolate Orange GF,FF, VGP** Pack of 10 bags of 60g. **80/pack**

# DESSERT POTS HOT & COLD

*Eat me hot or eat me cold...these little glass ramekins are sweet indulgence without the guilt and perfect for individual treats...*

## Cold Desserts

**Dark Chocolate Mousse GF LF** A wickedly good rich mousse but with no added fat and only sweetened with agave. Magic. **4 pots; 35**

**Tiramisu Classic GF** Just luscious mascarpone, real eggs and dark very dark coffee sweetened only with a little agave and because we use our own special sponges! **4 pots; 35**

**Tiramisu with Orange & Amaretto GF** In case you thought Tiramisu couldn't get better. Try it. **4 pots; 35**

**Coconut Panna Cotta with Raspberry Salsa GF LF** Just as gloopily delightful as the dairy cream version. **4 pots; 35**

## Hot Desserts

**Cinnamon Apple crumble GF LF** A classic with a twist...Gluten free crumble mix and lactose free too. We have been making it this way for ages and you never noticed! **4 pots; 35**

**Whole Orange Mousse Au Chocolat GF** Its so orangey! Because it really does contain whole oranges. This gooey centered creation is an original by Rachel and is seriously indulgent. **4 pots; 35**

**Sticky Toffee Pudding & Fruit Toffee Sauce GF** Its so sticky! Lots of dates go into this to create natural sweetness and stickiness. The sauce is delish! **4 pots; 35**

**Love your environment - bring back the glass ramekins and we will give you 10 ron for every one brought back**

# CUPCAKES & MUFFINS

*We've always loved making cupcakes and now you can enjoy our healthier muffins too and Gluten Free alternatives plus our vegan frosting made with coconut milk and coconut butter!*

## Mini cup cakes

**Green Tea GF** Box of 12 for 36

**Whole Orange & Almond GF** Box of 12 for 36

**Vanilla with vanilla frosting GF LF** Box of 12 for 36

**Chocolate with Chocolate Frosting GF LF** Box of 12 for 36

## Mini Muffins

**Bran and apple** Box of 12 for 36

**Carrot cake with cream cheese frosting** Box of 12 for 36

**Banana & Chocolate** Box of 12 for 36

# QUICHES & SAVOURY TARTS

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A quiche or savoury tart is a perfect meal accompanied by a crisp crunch salad. Our quiches are traditional big deep French bistro style and serve 8 main course portions and 12 starter size portions. But of course here the tradition ends and we've mixed it up a bit because our pastry is Gluten Free, its made with lovely unsaturated olive and sunflower oils that are full of vitamin E and we add poppy seeds and polenta too for added crunch.

**Classic Quiche Lorraine** - bacon, gruyere cheese, caramelised onions and thyme 50

**Mushroom, leek and sheep's cheese** 50

**Cherry Tomato, basil, and mozzarella** 50

**Smoked Salmon and fresh herbs** 55

**Leek, Broccoli, Potato & Cheddar** 50

**Blue Cheese, Walnut & Pear** 50

## JAMS & SAUCES made with grape juice

Our jams are hand made in small batches when the fruits are in season. They are made to traditional recipes but we use natural grape juice concentrate in place of refined sugar to give you a product that has a fresher taste, a lower glycemic index and contains less sugar. We do not use any colourings, synthetic flavours, chemicals or conserving agents. We eat them with yoghurt in place of flavoured commercial ones for a beautiful breakfast.

### **Sweet Jams & Preserves**

**Rhubarb & Strawberry** – a very low sugar high fruit preserve

**Raspberry & lemon** - a classic combination where the lemon accentuates the Raspberry

**Blueberry & Mint** – beautiful blueberries come to life with a nuance of mint

**Sour Cherry & Orange** – a classical combination

**Redcurrant** – a noble berry and a useful ingredient in the kitchen for sauces

**Blackcurrant** - dark and full of flavour and goodness

**Blackberry & Apple** - beautiful classic combination

**Whisky Marmalade** - sneaky breakfast tippie?

**No Refined Sugar Mincemeat** - don't use it only for mince pies but crumble and apple pies too!

### **Savoury Sauces & Chutneys**

**Chilli Jam**

**Mango Chutney**

**Vineyard Jam**

**Cranberry Sauce**

**Red Onion & Port Confit**

**Plum & Cinnamon Chutney**

**All jars are 220g net at 20 Lei**

## HOW TO ORDER

**If you would like to place an order or  
would like products delivered please  
email us**

**[enquiries@thelondonstreetatelier.com](mailto:enquiries@thelondonstreetatelier.com)**

**Or telephone**

**0736 933 531**

**We are a Social Enterprise. By being a  
customer you are giving vulnerable people a  
chance and for this we thank you warmly.**