

THE FREE FROM BAKEHOUSE



Carefree indulgence

**WHOLE CAKES • TRAY BAKES
GRAB 'N' GO BAGS & LOAFS**

All made in a dedicated gluten & wheat free premises, our wholesale award-winning range also consists of many dairy free and vegan options, including some with no cane sugar - making them a treat for everyone to enjoy.

THE FREE FROM BAKEHOUSE



Do you have a café, deli, health food store, food outlet or hotel and need some eye-catching yet delicious tasting free-from bakes? Talk to us. With many years experience of supplying a variety of businesses, you can be guaranteed a reliable and friendly service and freshly baked cakes. We take a keen interest in your cake requirements and work with you to supply a range that fits your business needs, your customer base, concept and margins.



The Free From Bakehouse is an independent artisan producer specialising in gluten & wheat free baked goods. With many years experience of supplying a variety of businesses, you are guaranteed a fast and reliable friendly service and freshly baked cakes that your customers will enjoy.

Everything is handmade and freshly made to order. If they don't taste good and look good, then it's back to the mixing bowl! Having won over 19 awards since creating the business, we think you'll find them pretty great tasting too.



GET IN TOUCH AT HELLO@THEFREEFROMBAKEHOUSE.COM – OR CALL 020 3601 6199

OUR RANGE

We provide artisan whole cakes, individual slices, loaf cakes and sharing bags. Hand baked daily for coffee shops, independent delis and retail outlets throughout London and beyond.

Scroll down to be tempted. To place an order or for more information, contact our friendly sales team.



COOKIES N 'CREAM' CAKE

Serves 12

Experience the 'Free from' treatment on this modern classic. Our Cookies & 'Cream' cake is a double-layered chocolate sandwich filled with a cookie 'cream' filling. Decorated with a dark chocolate glaze and cookie pieces..... you'll be in for a treat.
Silver Winner - Free From Food Awards 2023.



SPICED CARROT CAKE

Serves 12-14 (round), serves 10-12 (log)

Sweet warm spices and zesty carrot combined with toasted walnuts contribute to this celebrated favourite, sandwiched with a fresh orange frosting, extra walnuts and glazed with a fresh orange icing and toasted coconut. Plus, it's raisin free!



BANANA & CHOCOLATE CHIP LOG

Serves 10-12

A combo loved by many. Packed together, ripe bananas and 72% unsweetened dark chocolate chips make an appealing bread, deliciously moist and fabulous lightly toasted. Decorated with fresh banana. No allergens.

A double winner - Great Taste & Free From Food Awards.



COFFEE & WALNUT CAKE

Serves 12

Coffee with coffee? Yes please! A light coffee flavoured triple-layered sponge. Each layer is sandwiched with a coffee flavoured frosting and toasted walnuts. Decorated 'naked' style and finished with whole walnuts and coffee beans.





PASSION FRUIT BAKED CHEESECAKE

Serves 8-10

A smooth creamy texture of passion fruit puree combined with coconut cream and a vegan 'cream' cheese baked on a soft biscuit base. This dessert comes topped with aromatic fresh passion fruit pulp.

Bronze Winner - Free From Food Awards 2023.



RED VELVET CAKE

Serves 12

A hugely popular light chocolate sponge flavoured with cocoa undertones, triple sandwiched with a mild tangy 'cream' cheese frosting and decorated with red velvet sponge crumbs.



CHOCOLATE POLKA DOT CAKE

Serves 12

Our triple-layered chocolate sponge with a light cocoa frosting all over, decorated with colourful crunchy chocolate 'buttons' - appeals to both small and large adults.



“We have worked with the team at The Free From Bakehouse for many years. They have always been flexible in providing the best service, and deliver some of the tastiest sweet treats around. As we hope to expand, we will always look to TFFB for a continuing partnership.”

OWNER, COFFEE SHOP - SOHO & SOUTHWARK



TRADITIONAL VICTORIA SPONGE

GF DF

Serves 10

A traditional, British afternoon tea cake, with double-layered light sponge and a vanilla flavoured frosting. Sandwiched with our home-made unsweetened chia seed fruit berry compote. Decorated with freeze-dried raspberries and castor sugar.



LEMON & GINGER CAKE

GF DF

Serves 12

A double-layered light ginger sponge with a homemade tangy lemon curd and stem ginger frosting. Decorated semi-naked with a ginger biscuit crumb and delightful mini ginger boys.

Great Taste Awards winner.



PISTACHIO, RASPBERRY & ROSEWATER CAKE

GF DF

Serves 8-10 (round), serves 10-12 (log)

Levant flavours on a plate! A pistachio based cake with raspberries studded throughout. Decorated with a rosewater syrup, crushed pistachios, freeze-dried raspberries & rose petals. Fragrant and moist.

Great Taste Awards winner.



BATTENBERG (Only available April-October)

GF DF

Serves 10-12

A British afternoon tea classic. Battenberg is a traditional chequered sponge cake flavoured with ground almonds, sandwiched with apricot jam, and enrobed in almond marzipan. An impressive summer cake for any occasion.

Great Taste Awards winner.



FIG, ORANGE & CARDAMOM CAKE

GF DF

Serves 8-10

Plump Turkish figs, zesty orange and the aromatic warmth of crushed cardamom pods infuse this delicately flavoured, syrup soaked cake with a touch of Middle Eastern magic.



CHOCOLATE ORANGE 'JAFFA' LOG

GF DF

Serves 10-12

A dark chocolate & fresh orange sponge with a rich Muscovado marmalade throughout, glazed with more chocolate, fresh orange frosting and glaze orange strips. Our twist on the popular Jaffa Cake!



SALTED CARAMEL CHOCOLATE CAKE

Serves 12

Rich, sophisticated and decadent. A triple-layered chocolate sponge with a moist dark chocolate brownie centre.

Each layer contains our home-made salted caramel sauce and a rich salted caramel buttercream. Drizzled with even more caramel and crunchy Criolla cacao nibs.

GF



ZESTY LEMON POLENTA CAKE

Serves 8-10 (round), serves 10-12 (log)

A moist, slightly grainy textured ground almond cake, balanced by the refreshing flavour of tangy Mediterranean lemons, candied lemon peel and toasted almond flakes.

Highly commended - Free From Food Awards 2011.

GF



BLUEBERRY & LEMON POLENTA LOG

(Only available May-September)

Serves 10-12

A summer twist on our Lemon Polenta cake. This version contains blueberries and is decorated with crushed freeze-dried blueberries, nibbed almonds and a home-made lemon syrup.

GF



HAZELNUT PRALINE LOG

Serves 14

A light hazelnut sponge, triple-layered log filled with a hazelnut praline buttercream and decorated with roasted hazelnut nibs.

No chocolate - only hazelnuts.

GF



CHOCOLATE STOUT CAKE WITH BAILEYS FROSTING

Serves 12

A double-layered moist chocolate cake with the malty flavour of stout - using a gluten-free 'Guinness'. This cake is decorated 'naked' style and has a thick centre of Bailey's cream frosting.

Not just for St Patrick's Day!

GF



SOUR CHERRY / CHESTNUT RUM TORTE*

Serves 10

Both these rich dark chocolate tortes are indulgent and sophisticated with a truffle like texture. Either flavoured with soured cherries and a touch of cherry brandy or speckled with chestnut pieces and rum, both are dusted with cocoa powder.

Whilst the tortes have no cane sugar, there is a small amount in the alcohol. *Rum Torte only available November & December.

GF NCS

INDIVIDUAL CAKES / TRAY BAKE SLICES

Either pile those slices sky high or just place a line of bags or loafs on display – you'll find various options to suit your customer needs. The following flavours are available as slices (traybakes) or grab 'n' go sharing or mini bags and loafs.



POPPING ROCKY ROAD

Box of 10

Irresistible crunchy crumbly chunks of dark chocolate blended with home-made 'honeycomb', coconut biscuit, raisins and salted popcorn (in place of marshmallows) to add texture and reduce sweetness.



SEA SALT BROWNIES

Box of 10

A dense slightly chewy, fudgy dark chocolate (70%) brownie, made with unrefined Muscovado sugar, and sprinkled with sea-salt flakes. A very popular brownie with many customers. Uses locally sourced flaxseed from West Sussex and sea-salt flakes from Essex shores.



BANANA & DATE FLAPJACK

Box of 7

Fruity wholesome oat snacks. No sugar or sweeteners apart from the fruit - fresh banana and dried dates and a touch of cinnamon. High in fibre and filling! An energizing pick me up when time is short or for an energy boost mid-afternoon.



APRICOT TAHINI GRANOLA BAR

Box of 8

With Levant ingredients of naturally sun-dried apricots, nibbed almonds & smooth tahini paste creating naturally sweet chewy bars that are not only high in protein but also rather moreish.

Free From Awards Winner 2012.





BAKEWELL TARTS

Box of 10

A winning combination of a crunchy shortbread style base, a home-made no sugar chia berry compote, topped with a traditional moist almond frangipane. Decorated with a sprinkling of flaked almonds, freeze-dried raspberries and a dusting of icing sugar.

Great Taste Awards Winner.



PEANUT BUTTER DATE CARAMEL CUPS

Box of 10

A sweet treat without the guilt. These individual cups have a crunchy baked peanut butter biscuit (digestive-type) base, which is topped with a smooth soft date caramel combined with peanut butter & maple syrup, then covered with a sugar-free 72% dark chocolate & roasted salted peanuts.



CACAO NIB DARK CHOCOLATE BROWNIES

Box of 10

Sprinkled with crunchy Criolla cacao nibs and containing coffee, these fudgy rich dark chocolate brownies are a great pick me up without being too heavy.



PEANUT BUTTER & WHITE CHOCOLATE BLONDIES

Box of 10

A moreish fudgy sweet treat containing crunchy peanut butter and chunks of Belgian white chocolate. Baked with unrefined Muscovado sugar for extra depth of flavour which is enhanced with the addition of protein-rich whole salted peanuts. For peanut butter lovers.



RASPBERRY & WHITE CHOCOLATE BROWNIES

Box of 10

A soft luscious brownie treat, baked using 64% Peruvian single origin chocolate. Chunks of Belgian white chocolate compliment the texture and balance the sharpness of the tart raspberries.

Highly Commended - Free From Food Awards 2011.



GRAB 'N' GO SHARING & MINI BAGS

Our wide range of Sharing and Mini Bags will appeal to shoppers in a hurry or those looking for a food gift.



SEA SALT BROWNIE BITES

GF V

A dense slightly chewy, fudgy dark chocolate (70%) brownie, made with unrefined Muscovado sugar, and sprinkled with sea-salt flakes. A very popular brownie with many customers. Uses locally sourced flaxseed from West Sussex and sea-salt flakes from Essex shores.



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"We've had a long relationship with TFFB for many years - many customers love the creative range of award-winning free-from bakes they offer."

MANAGER, DELI - WATERLOO

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PECAN & PEAR COOKIES

A bag of soft eating cookies, containing pecan nut pieces, sweetened with dried pears and a hint of cardamom.



CACAO NIB CHOCOLATE BROWNIE BITES

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PEANUT BUTTER & WHITE CHOCOLATE BLONDIE BITES

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OUR SHARING / GIFT LOAF SELECTION

Each serves 3-4. Mini loafs of these flavours are also available.



BANANA & CHOCOLATE CHIP LOAF



A combo loved by many. Packed together, ripe bananas and 72% unsweetened dark chocolate chips make an appealing bread, deliciously moist and fabulous lightly toasted. Decorated with fresh banana. No allergens.

A double winner - Great Taste & Free From Food Awards.



SPICED CARROT CAKE



Sweet warm spices and zesty carrot combined with toasted walnuts contribute to this celebrated favourite. Glazed with a fresh orange icing and toasted coconut. Plus, it's raisin free!



FIG, ORANGE & CARDAMOM CAKE



Plump Turkish figs, zesty orange and the aromatic warmth of crushed cardamom pods infuse this delicately flavoured, syrup soaked cake with a touch of Middle Eastern magic.



PISTACHIO, RASPBERRY & ROSEWATER CAKE



Levant flavours on a plate! A pistachio based cake with raspberries studded throughout. Decorated with a rosewater syrup, crushed pistachios, freeze dried raspberries & rose petals. Fragrant and moist.

Great Taste Award winner.



ZESTY LEMON POLENTA CAKE



A moist, slightly grainy textured ground almond cake, balanced by the refreshing flavour of tangy Mediterranean lemons, diced lemon peel and a sweet homemade fresh lemon syrup.

Highly commended - Free From Food Awards 2011.

SEASONAL & CHRISTMAS TREATS

Only available in November and December.



PUMPKIN PIE

Serves 8

A smooth custard type filling combining maple syrup, nutmeg, cloves, Muscovado and pumpkin on a crisp pastry base. Delicious slightly warm or cold with soya or coconut cream.



PECAN PIE

Serves 8

A classic American style pie traditionally eaten at Thanksgiving – ours has a crisp pastry base, crammed with pecan nuts in a butterscotch / maple syrup sauce. Excellent hot or cold.



FRUITY MINCE PIES

Box of 8

Our deliciously fruity mince pies are filled to brim with brandy & port soaked dried fruit, Bramleys, dates, stem ginger, fresh cranberries and citrus-zest. Topped with a Demarara sugar pastry star.



BOOZY FRUIT & NUT CHRISTMAS CAKE

Available as a log (serves 12), a gift/sharing loaf or mini loaf (think stocking fillers & hampers)*

A rum soaked rich fruit & nut Christmas cake, fed with Appleton Rum. Decorated with candied fruit, whole nuts and toasted marzipan stars.



LEBKUCHEN COOKIES

A soft eating cookie containing ground hazelnuts, maple syrup and warming sweet spices, brushed with a fresh lemon glaze. A German speciality at Christmas, often given as a gift. Great in a hamper.



STOLLEN

Available as a log (serves 12), a gift/sharing loaf or mini loaf (think stocking fillers & hampers)*

Our Stollen is for those who love marzipan, nuts & Amaretto. With plump dried fruit, pistachios, pecans and a touch of cardamom, finished with an Amaretto icing and toasted marzipan Christmas figures. *Available with or without edible gold glitter.



THE FREE FROM BAKEHOUSE



A BIT ABOUT...

Having come from an Irish family that always had cake at home, baking with Mum on a Saturday afternoon was an enjoyable past-time. Many years later, Caroline found herself with a life choice when the recession hit having spent time in the corporate world. Needing a distraction from relentless job-hunting and a different life, she started creating confectionary and cakes for sale on market stalls. Positive feedback gave her inspiration to try something new and The Free From Bakehouse was born. She contributes the success of her business to 'being at the right place, at the right time' developing creative flavours, along with heaps of tenacity to build a baking business that now has a number of award-winning baked goods being supplied to a wide range of wholesale customers - from top end food halls and health food outlets to delis, coffee houses and independent shops. As well as supplying wholesale, the business has a stall at London's Borough Market every week selling an extensive range of 'free-from' bakes.



Caroline Aherne - FOUNDER & MANAGING DIRECTOR

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