

Breads:

Whole Wheat	\$3.39
Oat Wheat	\$3.79
Whole Wheat Raisin	\$3.89
Sunny Whole Wheat	\$3.79
Multi-grain	\$3.79
Olive Basil Veggie Loaf	\$4.19
Whole Wheat NoSalt	\$3.39
Full O’Nuts & Fruit	\$4.19
Whole Wheat Sub, Hotdog, Dinner Burger Buns, or French Bread	\$3.39
Sprouted Whole Wheat	\$4.19
Sprouted Multigrain	\$3.99
100% Sprouted Whole Wheat	\$3.99
Fruit Cake 20oz	\$8.00
Fruit Cake 2.5 lbs	\$16.00
Fourseed Whole Wheat	\$4.19

Granola:

Sunny Maple	\$4.59
Banana Date Nut	\$4.59
Hawaiian	\$4.59
Strawberry Apple	\$4.59
Harvest Blend	\$4.59
Blueberry	\$4.89

Desserts:

Carob Pudding	\$3.50
Soy Vanilla Pudding	\$3.50
Carob Clusters	\$6.00/lb
Carob Balls	\$7.00/lb
Apple Pie	\$2.29
Fruity Oat Delight Cookies	\$6.00/lb
Carob Chip Cookies	\$6.00/lb
Whole Wheat Date Nut Danish	\$3.39

Miscellaneous:

Maple Oat Waffles	\$1.49
Coco-n-Oat Waffles	\$1.79
Oat Burgers	\$4.39
Earth Balance Margarine	\$3.99
WW Pizza Crust 9”	\$2.99
Cashew Cheese 8oz	\$2.89
Pimento Cashew Cheese 8oz	\$2.95
Heike’s Chicken Style Season 6oz	\$2.95
Wheat Sticks - Flax Seed	\$4.39
Wheat Sticks - Nuts & Seeds	\$4.59
Wheat Sticks - Zesty	\$4.49

Prices subject to change without notice.



Clark’s Retreat Foods
207A Stone Cave Loop
Dunlap TN 37327-4709
Phone: (423) 949-4333

Email: info@clarksretreat.com

Hours: Sun - Wed 7:00am - 5:00pm CST
Thur 8:00am - 5:00pm CST
Fri 8:00am - 12:00pm CST
Closed Sat

**Specializing in healthy,
homemade, alternatives that taste
good! Bon Appétit!**

CAUTION: Products manufactured in a facility
that processes nut, wheat, corn, and seed
ingredients. Items containing dates may have pit
fragments.



100% Whole Grain/
Total Vegetarian

Beloved, I wish above all things that thou
mayest prosper and be in health, even as
thy soul prospereth. 3 John 2

Now you can enjoy delicious 100% whole grain bread! Made from freshly ground Montana Wheat berries, our breads are made without white flour, additives, preservatives, stabilizers, vinegar, whey, eggs, or other health affecting products.

Bread

Whole Wheat: Freshly stone ground 100% whole wheat flour (Certified Chemical Free), water, flax seed, vital gluten, honey, blackstrap molasses, yeast, and sea salt.

Whole Wheat Nosalt: Freshly stone ground 100% whole wheat flour (Certified Chemical Free), water, vital gluten, honey, flax seed, blackstrap molasses, yeast, onion powder, and ascorbic acid.

Oat Wheat: Freshly stone ground 100% whole wheat flour (Certified Chemical Free), water, oats, flax seed, vital gluten, honey, yeast, and sea salt.

Whole Wheat Raisin: Freshly stone ground 100% whole wheat flour (Certified Chemical Free), water, raisins, vital gluten, flax seed, honey, blackstrap molasses, yeast, sea salt, orange flavoring, coriander, and cardamon.

Sunny Whole Wheat: Freshly stone ground 100% whole wheat flour (Certified Chemical Free), water, sunflower seeds, vital gluten, flax seed, honey, blackstrap molasses, yeast, and sea salt.

Multi-Grain: Freshly stone ground 100% whole wheat flour (Certified Chemical Free), water, vital gluten, millet flour, corn meal, barley flour, bulgur wheat, flax seed, honey, blackstrap molasses, yeast, and sea salt.

Olive Basil Veggie Loaf: Freshly stone ground 100% whole wheat flour (Certified Chemical Free), water, vital gluten, black olives, blackstrap molasses, flax seed, honey, Braggs (liquid aminos), dried onion chips, dried red peppers, dried green peppers, yeast, sea salt, granulated garlic, nutritional yeast, and sweet basil.

Full O'Nuts & Fruit: Freshly stone ground 100% whole wheat flour (Certified Chemical Free), water, date pieces, raisins, papaya pieces, walnuts, sunflower seeds, cashews, vital gluten, flax seed, honey, blackstrap molasses, yeast, sea salt.

Sprouted Whole Wheat: Sprouted wheat, 100% whole wheat flour (Certified Chemical Free), water, vital gluten, honey, flax seed, blackstrap molasses, yeast, and sea salt.

100% Sprouted Whole Wheat: Sprouted wheat, honey, flax seed, vital gluten, blackstrap molasses, yeast, and sea salt.

Sprouted Multigrain: Sprouted wheat, 100% whole wheat flour, water, vital gluten, honey, flax seed, sprouted rye, sprouted millet, sprouted barley, sprouted corn, blackstrap molasses, yeast, and sea salt.

Fruit Cake: 100% whole wheat flour, orange juice, date pieces, dried cranberries, raisins, papaya and pineapple pieces, pecans, walnuts, honey, sucanat, water, olive oil, Ener-G baking powder, coriander, sea salt, anise, and orange flavor.

INGREDIENTS

Fourseed Whole Wheat: Freshly stone ground 100% whole wheat flour (Certified Chemical Free), water, honey, vital gluten, flax seed, sunflower seeds, pumpkin seeds, sesame seeds, blackstrap molasses, yeast, and sea salt.

Granola

Sunny Maple: oats, barley flakes, sucanat, sunflower seeds, sesame seeds, unsweetened coconut, water, almonds, olive oil, maple flavoring, and sea salt.

Banana Date Nut: oats, barley flakes, cashews, dates, bananas, water, vanilla, and sea salt.

Hawaiian: oats, barley flakes, pineapple and papaya bits, coconut, water, honey, olive oil, orange flavor, vanilla, and sea salt.

Strawberry Apple: oats, juice concentrate (white grape/peach), dried strawberries and apples, organic cane juice crystals, strawberry flavor, and sea salt.

Harvest Blend: Whole oat flakes, barley flakes, rye flakes, pumpkin seeds, walnuts, golden raisins, juice sweetened cranberries, dried apples, golden flax seed, honey, water, olive oil, orange peel granules, and sea salt.

Desserts

Honey Date Nut Danish: Freshly stone ground 100% whole wheat flour, water, date pieces, walnuts, flax seed, vital gluten, honey, date paste, blackstrap molasses, yeast, and sea salt.

Carob Pudding: soymilk powder, sucanat, carob powder, cornstarch, roasted grain, vanilla powder, and sea salt.

Soy Vanilla Pudding: soymilk powder, sucanat, cornstarch, vanilla powder, and sea salt.

Carob Cluster: melted carob chips (vegan, non-hydrogenated oils, malt sweetened), roasted unsalted peanuts or almonds.

Carob Balls: almond butter, walnuts, coconut, honey, carob powder, soy milk powder, roasted grain, and sea salt.

Apple Pie: crust - whole spelt flour, water, flaxseed, date sugar, olive oil, and sea salt; filling - apples, apple juice concentrate, arrowroot, water, vanilla, coriander, and sea salt.

Pecan Cookie: Oat flour, organic cane juice crystals, Earth Balance Margarine, pecan meal, water, pecan pieces, Ener-G-Replacer, vanilla, almond flavor, and sea salt.

Carob Chip Cookie: Whole oat flour, 100% whole wheat flour (Certified Chemical Free), walnuts, carob chips, organic cane juice crystals, sucanat, Earth Balance Margarine, water, Ener-G egg replacer, maple flavoring, vanilla, and sea salt.

Fruity Oat Delight Cookie: Whole Oats, 100% whole wheat flour, sucanat, raisins, papaya, Earth Balance Margarine, (non hydrogenated) Ener-G egg-replacer, (vegan) vanilla, coriander, and sea salt.

Miscellaneous

Maple Oat Waffles: oats, water, apple juice concentrate, maple flavor, vanilla, and sea salt.

Coco-n-Oat Waffles: water, oats, flax seed, coconut (unsulfured, unsweetened), concentrated juice (apple and/or grape), maple flavoring, vanilla, and sea salt.

Oat Burgers: oats, water, Heike's chicken-style seasoning, walnuts, sunflower seeds, bell peppers, onion, garlic powder, basil, oregano, and sea salt.

Pizza Crust: 100% Whole wheat flour, water, whole spelt flour, vital gluten, honey, flax seed, olive oil, garlic powder, onion powder, yeast, sea salt, and Italian herbs.

Cashew cheese: water, cashews, sesame seeds, pimento, nutritional yeast flakes, lemon juice, onion powder, sea salt, and garlic powder.

Wheat Sticks - Flax Seed: 100% whole stone ground wheat flour, water, olive oil, cane juice crystals, flax seeds, and sea salt.

Wheat Sticks - Nuts & Seeds: 100% whole stone ground wheat flour, water, olive oil, cane juice crystals, walnuts, sesame seeds, coconut, and sea salt.

We also carry several **Gluten-Free** items, i.e. Bread, rolls, pasta, etc.