

Delicious & Nutritious Baked Goods You Can Serve With Confidence



- 18 Improved Diabetic Varieties
- Consistent Nutrition and taste
- Multi and single serve options
- Thaw and serve convenience

Simply **GOOD**TM Bakeshop

Handcrafted goodness - made with the highest quality standards

Simply **GOOD**™ Bakeshop

Handcrafted, wholesome and delicious desserts and snacks designed to satisfy. We mix them from scratch using all-natural ingredients and then bake them in small batches just like you would at home. You'll take great pride in serving this flavourful assortment of products produced in our nut-free facility. Consider us your in-house bakery!

Muffins & Loaves

SimplyGOOD™ Muffins & Loaves are perfect for breakfast, dessert or as a snack. The delicious taste, consistent texture and popular varieties provide optimum performance and versatility.

- Our muffin size provides optimal portion control and flexibility
- Our multi-serve loaves are pre-sliced for your convenience
- We offer many single-serve options



Banana Loaf, Sliced 2800
Packed 4 x 1.0 kg Portions 80 x 50 g
Banana Loaf, Wrapped 2017
Packed 50 x 50 g Portions 50 x 50 g



Apple & Spice Loaf, Sliced 2803
Packed 4 x 1.0 kg Portions 80 x 50 g



Cherry Loaf, Sliced 2801
Packed 4 x 1.0 kg Portions 80 x 50 g



Raisin Bran Loaf, Sliced 2802
Packed 4 x 1.0 kg Portions 80 x 50 g
Raisin Bran Loaf, Wrapped 2018
Packed 50 x 50 g Portions 50 x 50 g



Pineapple Zucchini Loaf, Sliced 2804
Packed 4 x 1.0 kg Portions 80 x 50 g
Pineapple Zucchini Loaf, Wrapped 2019
Packed 50 x 50 g Portions 50 x 50 g



Carrot Loaf, Sliced 2805
Packed 4 x 1.0 kg Portions 80 x 50 g
Carrot Loaf, Wrapped 2020
Packed 50 x 50 g Portions 50 x 50 g



Pumpkin Orange Muffins, Wrapped 2890
Packed 72 x 50 g Portions 72 x 50 g



Raspberry Lemon Muffins 2919
Packed 1 x 3.6 kg Portions 72 x 50 g



Bran Muffins, Wrapped 2892
Packed 72 x 50 g Portions 72 x 50 g



Blueberry Muffins, Small 2928
Packed 1 x 3.6 kg Portions 72 x 50 g



Carrot Muffins, Small 2925
Packed 72 x 45 g Portions 72 x 45 g



Pineapple Muffins, Wrapped 0889
Packed 72 x 50 g Portions 72 x 50 g

Diabetic Delights

We are very proud of our newly formulated diabetic products now made with no artificial sweeteners! Our diverse mix of products and flavours allow you to offer an expansive menu and delight any palate.

No more artificial sweeteners!

- Diabetic muffin liners are white and the wrapping is marked diabetic for easy identification
- Our cello-wrapping is specially notched for ease of opening
- Nobody offers a greater selection



Blueberry Crisp, Diabetic 0815
Packed 3 x 1.22 kg Portions 60 x 61 g



Mixed Fruit Cobbler, Diabetic 0863
Packed 3 x 1.5 kg Portions 60 x 75 g



Pineapple Bavarian, Diabetic 0953
Packed 3 x 1.22 kg Portions 45 x 80 g



Chocolate Cupcake, Diabetic 0993
Packed 1 x 1.44 kg Portions 36 x 40 g



Banana Loaf, Diabetic, Sliced 2810
Packed 4 x 900 g Portions 80 x 45 g
Banana Loaf, Diabetic, Wrapped 2022
Packed 50 x 45 g Portions 50 x 45 g



Strawberry Rhubarb Crisp, Diabetic 2816
Packed 3 x 1.22 kg Portions 60 x 61 g



Apple Crisp, Diabetic 2817
Packed 3 x 1.22 kg Portions 60 x 61 g



Mixed Berry Muffins, D., Wrapped 2894
Packed 36 x 40 g Portions 36 x 40 g



Bran Muffins, Diabetic 2906
Packed 1 x 1.44 kg Portions 36 x 40 g
Bran Muffins, Diabetic, Wrapped 2897
Packed 36 x 40 g Portions 36 x 40 g



Banana Muffins, Diabetic 2907
Packed 1 x 1.44 kg Portions 36 x 40 g
Banana Muffins, Diabetic, Wrapped 2898
Packed 36 x 40 g Portions 36 x 40 g



Carrot Muffins, Diabetic 2911
Packed 1 x 1.44 kg Portions 36 x 40 g
Carrot Muffins, Diabetic, Wrapped 2895
Packed 36 x 40 g Portions 36 x 40 g



Cranberry Orange Loaf, Diabetic 2994
Packed 4 x 900 g Portions 80 x 45 g
Cranberry Loaf, Diabetic, Wrapped 2023
Packed 50 x 45 g Portions 50 x 45 g

"The variety of choices HFS offers includes the best easy-to-serve desserts."

- Bassam Mahmoud - Food Service Manager
Iqaluit Nunavut

Cakes, Crisps & Squares

Our Cakes, Crisps and Squares offer the ultimate in variety and versatility. From the simple to the sophisticated, you can depend on the consistent taste and texture.

- Packaged in trays and pans for easy portioning and plating
- We use high quality ingredients such as brand-name marshmallows and rice crispies in our Rice Krispie Squares



Bread Pudding 0841
Packed 2 x 1.8 kg Portions 36 x 100 g



Raspberry Streusel Cake 0828
Packed 2 x 1.55 kg Portions 40 x 75 g



Lemon Jelly Roll 0830
Packed 4 x 450 g Portions 36 x 50 g



Ginger Cake 0833
Packed 2 x 1.2 kg Portions 48 x 50 g



Pineapple Upside Down Cake 0835
Packed 3 x 1.4 kg Portions 48 x 85 g



Carrot Pineapple Cake, Iced 0836
Packed 2 x 1.8 kg Portions 48 x 75 g



Rice Krispie Squares 0865
Packed 2 x 1.10 kg Portions 64 x 33 g



Date Squares 0866
Packed 2 x 2.4 kg Portions 60 x 80 g



Date Pudding Cake 0868
Packed 2 x 1.5 kg Portions 60 x 50 g



Plum Pudding With Sauce 0938
Packed 1 x 2.43 kg Portions 24 x 100 g

Making the most of your SimplyGOOD™ Bakeshop!

- Many Bakeshop items can be warmed for maximum enjoyment
- Our loaves are absolutely exceptional when served toasted
- Why not consider these items for staff catering and/or staff recognition and motivation?
- Our Diabetic-Friendly products taste so good you can serve them to all guests, simplifying your inventory
- Make cakes and squares extra special by topping them with a garnish of whipping cream and/or fresh fruit
- For nutritional information visit gohfs.org

Cookies & Biscuits

Our Cookies and Biscuits are the perfect way to round out a meal or as a morning or afternoon snack with milk, coffee or tea.

- Home-style taste, texture and appearance
- Multi and single serve options available
- Our Tea Biscuits are truly delightful when served warm



Molasses Cookies, Wrapped 0880
Packed 60 x 35 g Portions 60 x 35 g



Oatmeal Cookies 0879
Packed 1 x 1.88 kg Portions 125 x 15 g



Chocolate Chip Cookies, Wrapped 0882
Packed 75 x 40 g Portions 75 x 40 g



Tea Biscuits 0905
Packed 1 x 2.34 kg Portions 36 x 65 g

Breads & Rolls

The perfect accompaniment to breakfast, soups, stews and chili. Our frozen breads and rolls mean they're 'always fresh'!

"Customers just love our Toast!"

- Individually-wrapped options for optimal safety and convenience
- Save major time, labour and energy with our pre-made toasts - available with or without margarine



Toast White, Plain 0010
Packed 1 x 3.12 kg Portions 80 x 39 g



Toast White, With Margarine 0011
Packed 1 x 3.36 kg Portions 80 x 42 g



Toast Brown, Plain 0012
Packed 1 x 3.12 kg Portions 80 x 39 g



Toast Brown, With Margarine 0013
Packed 1 x 3.36 kg Portions 80 x 42 g



Bread White, Wrapped 0015
Packed 1 x 2.88 kg Portions 96 x 30 g



Bread Brown, Wrapped 0016
Packed 1 x 2.88 kg Portions 96 x 30 g



Dinner Rolls, White, Wrapped 0024
Packed 48 x 30 g Portions 48 x 30 g



Dinner Rolls, Brown, Wrapped 0025
Packed 48 x 30 g Portions 48 x 30 g



our bakers take the greatest care
to ensure the delicious taste
and consistent texture
that you depend on.

What matters most...

You can take great comfort in knowing that we will always be focused on what matters most to you and your operation:

- *Great tasting, nutritious food*
- *Expert support to help you succeed*
- *Innovation that drives performance*

HFS | Healthcare
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