

Flying Apron

3510 Fremont Ave N 98103-8814 · +12064421115 · Updated: Jan 14, 2026

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BREAKFAST 3

Granola	\$4.25
Oatmeal	\$3.95
Tofu Scramble	\$8.50

FRESH BAKED 4

Muffins	
Pastries	
Donuts	
Coffee Cake	

LUNCH & DINNER 6

Soup	\$6.50
We offer soup daily, made from scratch featuring seasonal ingredients	
Pizza	AVAILABLE OPTIONS
We have two varieties on hand most days	\$8.50
	Whole: \$56.00
Salad	\$7.25
Two varieties daily!	
Entrée	\$9.00
It's a surprise! Our Chefs are trying out new things all the time	
Savory Pie	\$7.00
All sorts of good veggies stuffed into the most delicious savory crust	
Mac & Chez	\$8.50
Seasonal selection varies! Find out what we're serving today	

DESSERT 2

Pies & Cake	
Cupcakes & Cookies	

CAKE SIZES AND PRICING: BASE COSTS 2

Round Cakes	AVAILABLE OPTIONS
2-Layers, 4" High	4" (Servings 4-8): \$30.00
	6" (Servings 6-12): \$45.00
	9" (Servings 12-24): \$75.00
	12" (Servings 20-40): \$125.00
	14" (Servings 30-60): \$150.00
	16" (Servings 60-80): \$175.00

Rectangle Cakes	\$125.00
2-Layers, 4" High	

CUPCAKES 1

Cupcakes	\$56.00
Looking for variety? Try cupcakes! Our cupcakes are delicious and offer an opportunity to really explore a variety of flavor combinations and designs. Minimum order: 1 Dozen – Minimum 6 per cake/frosting combination. Additional charges may apply for designs on cupcakes. Check with our bakers!	

CAKE FLAVORS 10

Almond
Flax, evaporated cane juice, safflower oil, almond milk, almond extract, vanilla extract, arrowroot, almond meal, brown rice flour, potato starch, sorghum flour, salt, baking powder, xanthan gum. Allergens: Almond, Corn, Oats. Available: all year
Banana
Safflower oil, maple syrup, vanilla extract, tapioca starch, brown rice flour, oat flour, salt, baking soda, banana, nutmeg, clove, cinnamon. Allergens: Oat, Tapioca, Cinnamon. Available: all year
Cardamom Spice
Flax, evaporated cane juice, safflower oil, almond milk, vanilla extract, oat flour, brown rice flour, potato starch, sorghum flour, salt, baking powder, cinnamon, cardamom, xanthan gum. Allergens: Almond, Corn, Cinnamon, Oats. Available: Feb-Jul
Carrot
Safflower oil, agave, vanilla extract, garbanzo bean, brown rice flour, salt, baking soda, cinnamon, carrot, coconut, oats, walnuts. Allergens: Garbanzo, Cinnamon, Oats, Walnuts. Available: all year
Chocolate
Flax, evaporated cane juice, safflower oil, almond milk, vanilla extract, coffee (decaffeinated), oat flour, potato starch, sorghum flour, brown rice flour, arrowroot, salt, baking powder, xanthan gum, cocoa powder. Allergens: Almond, Coffee, Oat, Corn. Available: all year
Coconut
Evaporated cane juice, safflower oil, flax, coconut milk, coconut extract, vanilla extract, sorghum flour, oat flour, brown rice flour, potato starch, arrowroot, coconut, baking powder, xanthan gum, salt. Allergens: Coconut, Oat, Corn. Available: all year
Lemon (Poppy)
Evaporated cane juice, safflower oil, almond milk, lemon juice, lemon extract, lemon zest, brown rice flour, potato starch, sorghum flour, salt, baking powder, xanthan gum (poppy seeds – if added). Allergens: Almond, Corn, Poppy. Available: all year
Maple
Safflower oil, maple syrup, vanilla extract, tapioca starch, brown rice flour, oat flour, salt, baking soda. Allergens: Oat, Tapioca. Available: all year

Pumpkin

Safflower oil, maple syrup, vanilla extract, tapioca starch, brown rice flour, oat flour, salt, baking soda, pumpkin, nutmeg, clove, cinnamon.

Allergens: Oat, Tapioca, Cinnamon. Available: Oct-Jan

Vanilla

Flax, evaporated cane juice, safflower oil, almond milk, vanilla extract, oat flour, potato starch, sorghum flour, brown rice flour, arrowroot, salt, baking powder, xanthan gum. Allergens: Almond, Oat, Corn. Available: all year

FROSTING FLAVORS 5

Agave

Sugar Free: palm oil, vanilla extract, agave, salt

Chai

palm, powder sugar, salt, cardamom, cloves, spicy chai tea, vanilla extract

Chocolate

palm, salt, powder sugar, cocoa powder, vanilla extract

Cream Cheese

soy free earth's balance, powder sugar, lemon juice, vanilla extract, white vinegar, salt

Vanilla

palm, salt, powder sugar, vanilla extract

BASE FROSTING 2

Vanilla

Vanilla, Almond, Coconut, Orange w/ Extract, Lemon w/ Extract, Orange w/ Zest, Lemon w/ Zest, German Maple w/ Pecans and Coconut, Mint, Strawberry, Raspberry, Maple, Espresso, Rose, Matcha Tea, Peanut Butter

Chocolate

Chocolate, Orange w/ Extract, Almond, Orange w/ Zest, Mint, Coconut

EXTRAS & FILLINGS 12

Ganache

Bananas

Strawberry Jam

Chocolate Chips

Raspberries (s)

Raspberry Jam

Apricot Puree

Blueberries (s)

Walnuts

Coconut

Strawberries (s)

Pecans

COMPLEX DESIGN 1

Complex Design \$30.00

Additional design fees may apply for complex requests. These costs will be assessed by our cake designers directly and quoted to order. Photos must be sent to specialorders@flyinapron.com to support any specific design elements and to finalize pricing. nclude your First & Last Name, Pickup Date & Location in the Subject line

PICKUP & DELIVERY 1

Retail Location Pickup Only - or - Coordinate Pickup on your Behalf

Cakes are available for pickup at our retail locations. We do not offer delivery service. If you'd like to arrange for pickup – that's cool too! Just let us know who to expect and when. All cakes are available after we open based on store hours posted, the day your cake is due

STORING & SERVING 1

Store all cakes refrigerated until you are ready to serve

Bring cakes to Room Temperature (no more than 75 degrees) prior to serving. Our cakes are best when served at room temperature. For cakes up to 9" in diameter, remove cake 1-hour prior to serving. For cakes larger than 12" in diameter, allow for 2 hours. If your room temperature is in excess of 75 degrees, we cannot guarantee the stability of your cake for longer than one hour on counter

ORDERING DEADLINES 1

We require 72 hours - notice for all orders

Please see the schedule below to clarify when you must place your order versus when you can pickup your order at one of our retail locations

REPORT ISSUES WIHTIN 24 HOURS 1

Cake sales are final

All issues must be reported within 24 hours of pickup; all remaining cake must be returned for inspection and any refund if applicable will be issued in the form of Store Credit only

ALLERGEN STATEMENT 1

Our Facility Produces Items That Contain Nuts, Corn, Soy, Coconut, Peanuts, Tree Nuts and Other Known Allergens

Our products are certified gluten-free and 100% vegan. We do our best to reduce the risk of cross-contamination of these items. If you have concerns or severe allergic reactions to any of the known allergens listed, we do not recommend that you consume our products

MISSION 5

The Flying Apron

bakery is Seattle's best, and only, gluten free and vegan bakery. For us, this means finding the freshest natural ingredients that are free of harmful, unnecessary chemicals, animal products, gluten, and wheat. We are committed to creating food that is not only good for you, but that tastes great too. The healthy aspects of our products can be seen in our highly visible and transparent listing of ingredients. The quality is backed by our "complete satisfaction guarantee" that allows for a return of any product for any reason, with no questions asked.

We are located in a warm and bright retail location in the heart of the Fremont neighborhood of Seattle.

We have indoor seating with large tables that encourage our guests to relax and enjoy, and outdoor seating to take advantage of Seattle's mild, and sometimes even sunny, climate. Our wholesale operation is designed to allow our business partners to profitably carry Flying Apron products, thus requires no minimum order sizes, has no hidden fees such as fuel surcharges, and addresses the issues of allergens and cross contamination. The Flying Apron offers food for those with dietary restrictions due to medical, health, ethical, religious, or moral reasons, including: Veganism/Vegetarianism, Gluten restrictions (Gout, Autism, Celiac disease, etc.), Wheat restrictions, Sugar restrictions (Diabetes, etc.), Dairy restrictions (Lactose intolerance, etc.), Egg allergies.

In January of 2010, the Flying Apron came under new ownership.

The new owners are committed to continuing service to the gluten free, and vegan communities, as well as the residents and workers of Fremont that want a great environment to eat, drink, and relax.

Jeff Silva and his wife previously owned a bakery and café in Seattle, and his ongoing management of Crohn's disease has given him a very real perspective on food and nutrition.

Ethan Hernandez is from a family of Seattle-based entrepreneurs, and having a daughter with severe dietary restrictions is committed to helping others that need to be extremely mindful of their eating requirements. Erik Chelstad, like Ethan, has had a hand in many Seattle-based startup companies, and is absolutely thrilled to be working on a link of the ever strengthening chain of sustainable food production.

We are committed to fair, honest, and transparent business practices that delight our customers and guarantee a long, healthy relationship

WEDDING POLICY 1

Wedding Policy

Following your tasting appointment, we'll generate a final invoice. We require 50% down to reserve your date; the residual 50% is due within 30-days of your date. Deposits received within 90-days of the event date are non-refundable. If your order is cancelled within 30-days of the event date, payment is due in full for the original invoice. All design modifications and amendments are due within 2-weeks of the event date; no modifications can be made to design after this two-week period

DELIVERY & SETUP 2

In-City Delivery

based on 1-2 hours round trip including setup time

Out-of-City Delivery

boundaries are Everett to the North, Tacoma to the South, North Bend to the East and Gig Harbor/Bremerton/Bainbridge/Kingston to the West. Based on 3-4 hours round trip, including setup time

YEARLY HOLIDAY HOURS 9

9/5/16 7:30 am-8:00 pm

11/23/16 7:30 am-6:00 pm

11/24/16 Closed

11/25/16 9:30 am-8:00 pm

12/24/16 7:30 am-5:00 pm

12/25/16 Closed

12/26/16 9:30 am-8:00 pm

12/31/16 7:30 am-6:00 pm

1/1/17 9:30 am-8:00 pm

MAIN DISHES 2

Lasagna	AVAILABLE OPTIONS
Hearty and delicious, just like your Italian grandmother used to make, our lasagna can serve 16-32 people. Pre-cooked, you can re-heat lasagna at 375 degrees for 30-45 minutes covered. Aluminum pan (please recycle!) and lid included with purchase. Ingredients: brown rice pasta, marinara: tomato, red onion, garlic, basil, thyme, oregano, rosemary, balsamic vinegar, red wine, black pepper, kosher salt – zucchini, tofu, garlic, basil, lemon juice, cashews, spinach, salt, black pepper, red bell pepper, mushrooms, red pepper, oregano, parsley, olive oil. Serving Size: 16oz. Min Order: 24 (1 Pan)	\$6.00 Price to Order: \$144.00

Mac + Chez	AVAILABLE OPTIONS
Ingredients: brown rice pasta, spinach, olive oil, tahini, nutritional yeast, mustard powder, turmeric, garlic, sea salt, black pepper. Serving Size: 4oz. Min Order: 12	\$2.85 Price to Order: \$34.00

SALADS 4

Potato Salad	AVAILABLE OPTIONS
Ingredients: potatoes, green onion, celery, dill, parsley, apple cider vinegar, soy milk, Dijon mustard, garlic, safflower oil, cayenne, black pepper, sea salt. Serving Size: 5oz. Min Order: 12	\$2.50 Price to Order: \$30.00

Broccoli Crunch Salad	AVAILABLE OPTIONS
Ingredients: broccoli, red cabbage, carrot, red onion, cashews, raisins, soy milk, Dijon mustard, garlic, apple cider vinegar, safflower oil, olive oil, black pepper, cayenne, sea salt. Serving Size: 5oz. Min Order: 8	\$4.00 Price to Order: \$32.00

Sesame Kale Salad	AVAILABLE OPTIONS
Ingredients: kale, red cabbage, red bell peppers, carrots, ginger, garlic, tamari, sesame oil, rice vinegar, olive oil, pumpkin seeds, sesame seeds. Serving Size: 2.5oz. Min Order: 16	\$3.00 Price to Order: \$48.00

Thai Peanut Slaw Salad	AVAILABLE OPTIONS
Ingredients: red and green cabbage, carrots, cilantro, green onion, agave, rice vinegar, olive oil, garlic, tamari, ginger, tofu, peanuts, peanut butter. Serving Size: 5oz. Min Order: 8	\$4.00 Price to Order: \$32.00

PIZZA 6

Green Monster
broccoli, cauliflower, zucchini, cilantro – pesto: garlic, olive oil, lemon juice, salt, fresh basil, cashews

Spinach Tomato

red bell peppers, red onion, carrots, black olives, tomatoes, parsley, cashews, nutritional yeast, salt, black pepper, agave, water, yellow onion, olive oil, garlic, fennel, oregano, basil, crushed red pepper, spinach, thyme, rosemary, red wine, balsamic vinegar

Aioli

spinach, red bell peppers, cauliflower, carrots, parsley, cashews, garlic, salt, black pepper, cayenne, lemon juice, safflower oil

Hawaiian

red onion, garlic, tomato, salt, black pepper, oregano, basil, thyme, rosemary, balsamic vinegar, red wine, olive oil, rice milk, nutritional yeast, brown rice flour, tahini, arrowroot, lemon juice, onion powder, tofu, red bell pepper, pineapple, maple syrup, tamari, paprika

Potato Avocado

cashew garlic aioli, avocado, potato, sweet potato red pepper, green onion, red onion

House Crust

evaporated cane juice, active dry yeast, brown rice flour, potato starch, arrowroot, millet flour, xanthan gum, salt, olive oil

POCKETS 3

Pizza

red onion, garlic, olive oil, salt, black pepper, basil, oregano, rosemary, thyme, red wine, balsamic vinegar, tomato, rice milk, nutritional yeast, brown rice flour, tahini, arrowroot, lemon juice, onion powder, garlic, powder, zucchini, mushrooms, spinach, red bell pepper

BBQ Tofu

tomato, yellow onion, olive oil, garlic, salt, black pepper, chili powder, evaporated cane juice, molasses, cayenne, paprika, tofu, red bell pepper, cauliflower, red onion, balsamic vinegar

Tikka

ginger, garlic, cumin, coriander, turmeric, cayenne, paprika, garam masala, cinnamon, olive oil, yellow onion, tomato, salt, black pepper, russet potato, peas, coconut milk, garbanzo beans

SAVORY PIES & QUICHE 2

Curry Lentil Pie

AVAILABLE OPTIONS

Perfect for individual serving main course option. Delicious, rich in flavor, hearty and fulfilling. Ingredients: red lentils, \$5.75
yellow onion, carrot, peas, red bell pepper, ginger, curry powder, garlic, garam masala, turmeric, salt, black pepper, Price to Order:
sweet potato, earth balance (butter replacement for sweet potato). Serving Size: 4" Round. Min Order: 6 \$35.00

Individual Quiche

AVAILABLE OPTIONS

A delightful single serving quiche size, perfect for breakfast buffets. Ingredients: broccoli, red onion, spinach, green & red \$5.75
bell peppers, mushrooms, parsley, organic tofu, soy milk, garlic, turmeric, olive oil, black pepper nutmeg, salt Savory Price to Order:
Crust: brown rice flour, potato starch, arrowroot, xanthan gum, salt, white pepper, organic palm oil, water. Serving Size: \$35.00
4" Round. Min Order: 6