



Meet the Grower

Aspasia Carmel, IN

Aspasia Coffee and Bake Shop is a dedicated gluten free bake shop offering various baked goods and beverages that are completely free from gluten and any potential for gluten-cross-contamination, making it easier for you to incorporate a gluten free lifestyle into your daily activities. The baked goods offering includes sweet and savory finished goods as well as delightful nut-free and vegan offerings and raw doughs that can be self-baked.

