



Gluten Free Guide

The goal of this publication is to make it easier for our customers with Gluten dietary restrictions. As a reference point, gluten is a protein found in rye, barley and wheat (including atta, bulgur, couscous, durum, einkorn, emmer, farina, kamut, seitan, semolina, spelt, and triticale). Some products on our list do not state that they are gluten free, even though they appear to be appropriate for gluten free diets.

As a general rule of thumb the following products DO NOT contain gluten: dairy (including aged cheeses, eggs, ice cream), all fruit juices, meat, poultry, seafood, pork, dried fruit, raw nuts, produce, frozen or fresh fruits and vegetables, vegetable oil, olive oils, peanut butter, dried beans and rices, brown and white sugar, gelatin, jelly/jam, honey, molasses, pure cocoa, condiments, vinegar (EXCEPTION MALT VINEGAR), coffee, chocolate, and spices .

We encourage you to **always read the label as ingredients in products change.** The information below is provided to our valued customers as a helpful guide. Please note, if you are allergic to other foods other than gluten, they may be represented on this list.

Aisle One

Salad Dressings

- Organicville Dressings
- Spectrum Dressings
- Hendrickson's Dressings
- Braggs Dressings
- Annie's Naturals
- Walden Farms
- Drews – most varieties

On the end of Aisle One by the produce, there is a whole rack of Gluten free products, including several varieties of cereals, crackers, and cookies.

Aisle Two

Granola Bars

- Bakery on Main Granola Bars
- Envirokidz Granola Bars

Teas

- Republic of Teas
- Celestial Seasons Teas

Other

- There is no gluten in honey, jams and jellies. All organic jams are safe. Some are made with cane sugar which is also ok.

Aisle Three

Cereals

- Nature's Path Mega Sunrise & corn flakes
- Barbara's Organic Brown Rice Crisp
- Erewhon Organic
- Envirokidz Cereals – 4 varieties
- Puffins
- Arrowhead Mills Organic Maple Buckwheat Flakes
- Nature's Path Corn Flakes

Hot Cereals

- Pozono: Kasha, cream of buckwheat, buckwheat groats
- Gluten Freeda Instant Oatmeal

Aisle Four

Cakes, Cookies, Baking, Flours, Seasonings

- Gluten Free Pantry chocolate cake mix
- Hodgson Mill cookie mix, brownie mix, yellow & white cake mix
- Arrowhead Mills chocolate chip cookie mix & cake mix
- 1-2-3 Cookie Mix
- Betty Crocker GF cookie and brownie mix
- Cherrybrook Vanilla Frosting Mix
- Namaste brownie
- Bob's Red Mill Flours – a wide variety of flours including pancake mix, cornbread mix, bread mix, Brownie and chocolate chip cookie mix
- Bisquick G.F. pancake & baking mix
- Egg Replacer
- Everyday Rub by Fire & Flavor
- Organic G.F. custard powder
- Molasses
- Tapioca
- Royal puddings & gelatins
- All organic or 100% pure maple syrups are gluten free.

Aisle Five

Rices, Pasta, Beans, Ethnic, Pasta Sauces

- Corn tortillas
- Schar Bread Crumbs
- Kinnikinnick Panko Style Bread Crumbs

Pastas

- De Boles Rice Pastas (10 varieties)
- Quinoa pasta
- Hodgson Mill pastas (6 varieties)
- Tinkyada pastas (8 varieties)
- Bionature Pastas (4 varieties)
- Annie G.F. Rice Pasta & cheddar
- Roads Ends Organic mac & cheese
- Cadia brown rice pasta (5 varieties)

Pasta Sauce

- Oganicville Pasta Sauces
- Mezzetta Pasta Sauces
- Newman's Own Tomato Sauce
- Muir Glen Organic Pasta Sauces
- Walnut Acres Tomato Sauce
- Classico (several varieties)
- Amy's Pasta Sauce
- Rao's Homemade Tomato Sauce
- Robert Rothschild (Vodka Sauce & Portabella Pasta Sauce)
- Prego Italian Sauce, 100% natural
- Most red pasta sauces do not contain Glutens but please read the label.

Salsas

- Green Mountain Gringo
- Pace Salsas
- Mrs. Renfro's Salsa
- Drew's Organic Salsa
- O'Gomez All Natural Salsa
- Amy's Salsa
- Frontera Salsa

Other

- San-J Brand: Organic Tamari Sauce, Soy Sauce, Thai Peanut Sauce, Asian BBQ Sauce, Soy Sauce
- Thai Kitchen dipping sauces (5 varieties)
- World Foods Thai Red Curry & Sweet Chili Sauces
- Bragg Soy Sauce

Aisle Six

Chips and Snacks

- Food That Tastes Good Multigrain Chips (4 varieties)
- Tortilla corn chips
- Pop Chips
- Late July Organic
- Lundberg Rice Chips
- Whole Earth Organic Kettle Corn
- Terra Vegetable Chips
- Casa Sanchez Totpos

Aisle Seven – Frozen Foods

Bakery, Breads, Cookies, & Frozen Entrees

- Ian's Fish Sticks
 - Applegate Farms Chicken Nuggets
 - Dr. Praegus Fish Sticks & Fish Fillets
 - Contes: Cheese Lasagna, gnocchi, raviolis
 - Gluten Freeda Burritos (3 varieties)
 - Glutino Frozen Pizza (2 varieties)
 - Amy's Rice Macaroni
 - Amy's Frozen Rice Crust Pizza
 - **Other**
 - o Stock Options frozen stock & demi glace
- At the end of Aisle 7, by the dairy back wall in the freezer, there is a complete section of gluten free breads, muffins, coffee cake, , cinnamon rolls, breakfast burritos, donuts, cupcakes, coffee cake, cookie dough, bagels, English muffins, tortilla, brownies, ciabatta rolls, pizza crust, hot dog buns & focaccia bread. Brands include Kinikinnick, Rudis, Chebe, Udi's, Glutino, Food for Life, WOW, Ezekiel, Canyon Bale House, and French Meadow.

Aisle 11

Candy & Energy/Snack Bars

- Kind Fruit & Nut Bars
- Boomi Bars
- Prano Bar
- Oskri Sesame Bars
- Harvest Roost Pumpkin Seeds
- 3 musketeers, Snickers, Hershey's Kisses, Starburst chews, Tootsie Rolls

Crackers/Cookies

- Blue Diamond Nut Thins
- Edward & Son's Brown Rice Snaps
- Gluten Free Graham crackers
- Glutino Crackers

Aisle 12

Soups, Canned Meats, Condiments

- Pacific broths in carton
- Imagine Soups in carton
- Miso-cup soups
- Café Soups (4 varieties)
- Amy's Soups
- Roland Soup Bases
- Annie's Organic BBQ Sauce
- Organicville BBQ Sauce & island teriyaki sauce
- Rufus Teague BBQ Sauces
- Kozlowski Farm Grilling & Dipping Sauce (2 varieties)
- Allegro Hickory Sauce & Marinade (2 varieties)
- Wright's Liquid Smoke
- The Natural Taste Dijon
- Full Circle Organic Mustard
- Annie's Natural's Organic Mustard
- Spectrum Mayonnaise
- Smart Balance Mayonnaise
- Noyo Reserve Mustards

Aisle 13/Other

Wine - Generally, all wine is gluten free. Wine Coolers are NOT Gluten Free, because they contain barely malt. Redbridge beer is gluten free.

Deli - Dietz & Watson deli meats are gluten free.

Meat - Beelers bacon, sausages & ham steaks, Mulay's sausages & chorizo, Saags sausages, Al Fresco sausages, Aidells sausages, & Smart Chicken Sausages

Dairy - Wayfare Sour Cream & cheese Dips, Lakeview Farms tapioca, and puddings. Almond shredded cheese, mozzarella, & cheddar.

Demo Booth – Robert Rothchild's Farm Dips & sauces

Front Deli Wall – RP's Pasta Company: fettuccine, spinach fettuccine, linguini, fusilli

If there is an inadvertent error or items we have missed, please let us know so we can keep our list updated. While we have made every effort to minimize any inaccuracies, the customer is ultimately responsible for checking labels and ingredients.