

## Gluten-Free Foods

Here is a list of brand-name gluten-free products available in our stores. Keep in mind – manufacturers can change ingredients, so be sure to read the label **every time** you purchase a food. You may or may not find every item in every store, depending on the size of a store. And sometimes products are discontinued if they do not sell well or if the manufacturer discontinues them. Please check with your local store for availability of these items.

### **Baked Goods**

#### *Food for Life*

White Rice Bread  
Rice Almond Bread  
Millet Bread  
Rice Pecan Bread

### **Breakfast Foods**

#### *Amy's*

Tofu Scramble Breakfast  
Tofu Rancheros Breakfast

#### *Lifestream*

Buckwheat Wildberry Waffle

### **Baking Mixes/Flour**

#### *Arrowhead Mills*

Organic Buckwheat Flour  
Organic Brown Rice Flour  
Organic Soy Flour  
Organic Yellow Cornmeal  
Organic White Rice Flour  
Organic All-Purpose Baking Mix  
Organic Chocolate Chip Cookie Mix  
Organic Wild Rice Pancake & Waffle Mix

#### *Bob's Red Mill*

Baking Flour  
Bread Mix  
Baking Soda  
Potato Starch  
Almond Meal Flour  
Organic Golden Flaxseed Meal

Pancake Mix  
Brownie Mix  
Flax Seed Meal  
White Rice Flour  
Xanthan Gum  
Textured Vegetable Protein  
Chocolate Cake Mix  
Chocolate Chip Cookie Mix  
Brown Rice Flour

*ENER-G*

Brown Rice Loaf  
Tapioca Loaf  
Potato Starch Flour  
Vegan Egg Replacer

*Equal Exchange*

Organic Baking Cocoa

*Earth Balance*

Non Dairy Shortening

*Gluten Free Pantry*

Cake & Cookie Mix  
Chocolate Cake Mix  
Chocolate Truffle Brownie Mix  
Chocolate Chip Cookie Mix  
Country French Bread  
Favorite Sandwich Bread  
Muffin & Scone Mix  
Brown Rice Pancake Mix  
Perfect Pie Crust Mix  
Spice Cake & Gingerbread Mix

*Pamela's*

Pancake & Baking Mix  
Luscious Chocolate Cake Mix  
Incredible Chocolate Chunk Cookie Mix  
Chocolate Brownie Mix

**Cereal**

*Arrowhead Mills*

Puffed Corn  
Puffed Brown Rice

*Barbara's*

Honey Rice Puffins

*Bob's Red Mill*

Hot Cereal

*Enjoy Life*

Cinnamon Crunch Granola

Very Berry Granola

Cranapple Crunch Granola

*Enviro Kidz*

Organic Panda Puffs

Organic Amazon Frosted Flakes

Organic Gorilla Munch

Organic Koala Crisp

*Erewon*

Organic Crispy Brown Rice

Organic Corn Flakes

Organic Rice Twice

*Glutino*

Apple &amp; Cinnamon O's

*Health Valley*

Organic Blue Corn Flakes

Rice Crunch-Ems

*Nature's Path*

Organic Honey'd Corn Flakes

Organic Corn Flakes

**Nutritional Bars***Genisoy*

Chunky Peanut Butter Protein Bar

**Granola/Snack Bars***Enjoy Life*

Very Berry Snack Bar

Coco Loco Snack Bar

Caramel Apple Snack Bar

*Enviro Kidz*

Organic Koala Chocolate Crispy Bar  
Organic Panda Peanut Butter Crispy Bar  
Organic Cheetah Berry Crispy Bar

*Glutino*

Apple Breakfast Bar  
Blueberry Breakfast Bar  
Chocolate Breakfast Bar

**Beans/Rice/Grains***Amy's*

Organic Refried Beans  
Organic Refried Beans with Green Chiles  
Organic Refried Black Beans

*Arrowhead Mills*

Soybeans

*Casbah*

Hummus Mix  
Spanish Pilaf  
Nuttled Pilaf

*Eden*

Organic Rice & Beans with Lentils  
Organic Rice & Beans with Garbanzo Beans  
Organic Rice & Beans with Caribbean Black Beans  
Organic Rice & Beans with Cajun Red Beans  
Organic Rice & Beans with Pinto Beans

*Fantastic Foods*

Jasmine Rice  
Arborio Rice  
Elegant Grain Basmati Rice  
Instant Black Beans  
Hummus Garbanzo Beans  
Instant Refried Beans  
Spinach & Parmesan Hummus

*Lundberg Farms*

Nutra-Farmed Brown Basmati Rice  
Nutra-Farmed White Basmati Rice  
Nutra-Farmed Short Brown Rice  
Nutra-Farmed Long Brown Rice  
Nutra-Farmed White Arborio Rice  
Nutra-Farmed White Jasmine Rice  
Gourmet Wild Rice Blend  
Organic Alfredo Risotto  
Organic Milano Risotto  
Organic Spinach Mushroom Risotto  
Organic Tuscan Risotto  
Organic Basmati Brown Rice  
Organic Basmati & Wild Rice  
Organic Wehani & Wild Rice  
Organic Quick Wild Rice  
Organic Wild Rice  
Black Japonica Rice Blend  
Creamy Parmesan Risotto  
Tomato Basil Risotto  
Organic Short White Sushi Rice  
Aromatic Wehani Brown Rice  
Organic Short Brown Rice  
Country Wild Brown Rice Blend  
Organic White Basmati Rice  
Organic Long Brown Rice  
Jubilee Gourmet Brown Rice Blend  
Organic White Jasmine Rice

*Quinoa*

Inca Red Quinoa

*Seeds of Change*

Organic Tomato Basil Quinoa Blend  
Organic Zesty Cilantro Quinoa Blend  
Organic French Herb Quinoa Blend

**Non-Dairy Beverages***Eden*

Organic Edenblend

*Imagine*

Organic Original Non Dairy Soy Beverage  
Organic Vanilla Non Dairy Soy Beverage  
Organic Enriched Chocolate Non Dairy Soy Beverage  
Organic Enriched Original Non Dairy Soy Beverage  
Organic Enriched Vanilla Non Dairy Soy Beverage

*Knudsen*

Organic Blueberry Pomegranate Juice

*Native Forest*

Organic Coconut Milk

**Coffee/Tea/Chocolate**

*Choice*

Organic Green Jasmine Tea

*Equal Exchange*

Organic Hot Cocoa

*Tecino*

Java Herbal Coffee  
Almond Amaretto Herbal Coffee  
Hazelnut Herbal Coffee  
Vanilla Nut Herbal Coffee  
Mocha Herbal Coffee

**Frozen Novelties**

*Rice Dream*

Coco Marble Fudge  
Vanilla

**Candy/Chips/Popcorn/Pretzels***Dagoba*

Organic Milk Chocolate Bar  
Organic Dark Chocolate Bar  
Organic Milk Latte Chocolate Bar  
Organic Milk Brassila Chocolate Bar  
Organic Dark Raspberry Chocolate Bar  
Organic Dark Cherry Chocolate Bar  
Organic Dark Lime Chocolate Bar  
Organic Dark Mint Chocolate Bar  
Organic Milk Hazelnut Chocolate Bar  
Organic Dark Lavendar Chocolate Bar  
Organic Dark New Moon Chocolate Bar

*ENER-G*

Wheat Free Crisp Pretzels  
Wheat Free Sesame Pretzels

*Genisoy*

Nacho Soy Crisps

*Glutino*

Pretzels  
Pizza Flavored Breadsticks  
Sesame Breadsticks

*Lundberg Farms*

Pico de Gallo Rice Chips  
Santa Fe BBQ Rice Chips  
Original Sea Salt Rice Chips  
Sesame Seaweed Rice Chips

*Michael's Seasons*

Soy Protein Chips

*Newman's Own*

Organic Sweet Dark Espresso Chocolate  
Organic Milk Chocolate  
Organic Sweet Dark Orange Chocolate  
Organic Sweet Dark Chocolate  
Organic Peanut Butter Dark Chocolate Cups  
Organic Peppermint Dark Chocolate Cups  
Organic Peanut Butter Milk Chocolate Cups

*Tropical Source*

Rice Crisp

Rich Dark Chocolate

Mint Crunch

Semi-Sweet Dairy Free Baking Chocolate

**Cookies/Crackers***Edward and Son*

Organic Cheddar Brown Rice Snaps

Organic Vegetable Brown Rice Snaps

Organic Onion Brown Rice Snaps

Fat Free Tamari Sesame Snaps

Fat Free Tamari Seaweed Snaps

Fat Free Onion Garlic Snaps

*ENER-G*

Gourmet Crackers

*Enjoy Life*

Snickerdoodle Cookie

No Oats Oatmeal Cookie

Chocolate Chip Cookie

*Glutino*

Shortcake Dreams Cookies

Zebra Dreams Cookies

Vanilla Dreams Cookies

Chocolate Dreams Cookies

*Health Valley*

Organic Original Brown Rice Crackers

*Midel*

Mini Chocolate Chip Cookies

Gingersnaps

Arrowroot Animal Cookies

Mini Pecan Cookies

*Pamela's*

Organic Espresso Chocolate Chunk Cookies

Organic Chocolate Chunk Pecan Cookies

Organic Dark Chocolate Chocolate Cookies

Organic Spicy Ginger Cookies



Ginger Almond Cookies  
Peanut Butter Cookies  
Butter Shortbread  
Chunky Chocolate Chip Cookies  
Pecan Shortbread

### **Entrees/Main Dishes**

*Barbara's*  
Mashed Potatoes

*Ethnic Gourmet*  
Bean Masala  
Chicken Korma

*Gluten Free Pantry*  
Singapore Sweet & Sour Noodles  
Szechwan Noodles  
Stroganoff Skillet Meal  
Tex Mex Skillet Meal  
Pasta Fagioli

*Lundberg Farms*  
Organic Classic Beef Rice Xpress  
Organic Chicken Herb Rice Xpress  
Organic Santa Fe Rice Xpress

*Mrs Leepers*  
Beef Stroganoff Dinner  
Cheeseburger Dinner  
Lasagna Dinner  
Alfredo Dinner  
Creamy Tuna

*Roads End*  
Organic Alfredo Macaroni & Cheese  
Organic Penne & Cheese

*Tamarind Tree*  
Spinach & Cheese Palak Paneer  
Garbanzo & Potato Alu Chole  
Lentil Channa Dal Masala

**Frozen Foods***Amy's*

Organic Rice Macaroni & Cheese  
Organic Brown Rice & Black-Eyed Pea Bowl  
Organic Thai Stir-Fry

*Ian's*

Chicken Nuggets  
Fish Sticks

*Shelton*

Turkey Franks  
Turkey Breakfast Sausage  
Chicken Franks  
Turkey Sausage Patties

**Pasta/Pasta Sauces***Amy's*

Organic Tomato Basil Sauce  
Organic Marinara Sauce  
Organic Garlic Mushroom Sauce  
Organic Puttanesca Sauce  
Organic Low Sodium Marinara Sauce

*Annie*

Cheddar Rice Pasta

*Bio Nature*

Organic Elbow Pasta  
Organic Penne Rigate Pasta  
Organic Spaghetti  
Organic Fusilli Pasta

*DeBoles*

Rice Spirals

*Eden*

Organic Crushed Tomatoes

*Muir Glen*

Organic Chunky Style Pasta Sauce

*Nutrition Kitchen*

Organic Black Soybean Pasta  
Organic Golden Soybean Pasta  
Organic Green Soybean Pasta

*Seeds of Change*

Organic Garden Vegetable Pasta Sauce  
Organic Traditional Herb Pasta Sauce  
Organic Tomato Basil Pasta Sauce  
Organic Mushroom & Onion Pasta Sauce  
Organic Garlic & Onion Pasta Sauce  
Organic 3 Cheese Pasta Sauce

*Tinkyada*

Brown Rice Elbow Pasta  
Brown Rice Fettuccine  
Brown Rice Fusilli Pasta  
Brown Rice Lasagna  
Brown Rice Penne Pasta  
Organic Brown Rice Penne Pasta  
Brown Rice Shell Pasta  
Organic Brown Rice Spaghetti  
Brown Rice Spaghetti  
Spinach & Rice Spaghetti  
Organic Brown Rice Spiral Pasta  
Brown Rice Spiral Pasta  
Vegetable Brown Rice Spiral Pasta

**Soups/Broth/Chili***Amy's*

Organic Lentil Vegetable Soup  
Organic Chunky Tomato Bisque  
Organic Low Sodium Cream of Tomato Soup  
Organic Low Sodium Lentil Vegetable Soup  
Organic Potato Leek Soup  
Organic Corn Chowder  
Organic Low Sodium Chunky Tomato Soup  
Organic Cream of Tomato Soup  
Organic Lentil Soup  
Organic Medium Chili  
Organic Medium Chili with Veggies  
Organic Spicy Chili  
Organic Fat Free Split Pea Soup  
Organic Low Fat Black Bean Soup

*Health Valley*

Organic Tomato Soup  
Organic Potato Leek Soup  
Organic No Salt Added Tomato Soup  
Organic No Salt Added Vegetable Soup  
Organic No Salt Added Green Split Pea Soup  
Organic No Salt Added Lentil Soup  
Organic No Salt Added Black Bean Soup  
Organic Fat Free Corn & Veggie Soup  
Fat Free 5 Bean Veggie Soup  
Fat Free 14 Garden Vegetable Soup  
Organic Fat Free Tomato Veggie Soup  
Organic Fat Free Lentil & Carrot Soup  
Organic Fat Free Black Bean & Vegetable Soup  
Organic Fat Free Pea & Carrot Soup  
Fat Free No Salt Added Beef Broth  
Fat Free Chicken Broth  
Fat Free Beef Flavored Broth  
Fat Free Vegetable Broth  
No Salt Added Chicken Broth  
Mild Vegetarian Chili  
Fat Free Burrito Flavored Chili  
No Salt Added Mild Vegetarian Chili  
Spicy Vegetarian Chili  
Fat Free Mild Black Bean Chili  
Fat Free Spicy Black Bean Chili  
Vegetable Lentil Chili  
No Salt Added Spicy Vegetarian Chili  
Fat Free Mild 3 Bean Chili

*Imagine*

Organic Creamy Broccoli Soup  
Organic Creamy Butternut Squash Soup  
Organic Creamy Sweet Corn Soup  
Organic Creamy Portobello Mushroom Soup  
Organic No Chicken Broth  
Organic Creamy Potato Leek Soup  
Organic Creamy Tomato Soup  
Organic Vegetable Broth  
Organic Free Range Chicken Broth

*Pacific Foods*

Organic Creamy Tomato Soup  
Organic Mushroom Broth

*Shelton*

Salt & Spices Chicken Broth  
Low Sodium Fat Free Chicken Broth

*Walnut Acres*

Organic Savory Lentil Soup

**Soups/Dry Mixes/Bouillon***Edward and Son*

Golden Light Miso Cup  
Miso Cup with Seaweed  
Organic Reduced Sodium Miso Cup  
Organic Traditional Miso Cup with Tofu

*Fantastic Foods*

Creamy Potato Soup Mix  
Organic Onion Soup & Dip Mix  
Vegetable Soup & Dip Mix  
Broccoli & Cheddar Soup  
Cha Cha Chili  
Five Bean Soup  
Jumpin' Black Beans Soup  
Split Pea Soup

**Salad Dressings***Annie's*

Organic Red Wine & Olive Oil Vinaigrette  
Organic Horseradish Mustard Dressing  
Organic Honey Mustard Dressing  
Organic Green Goddess Dressing  
Low Fat Raspberry Vinaigrette  
Organic Papaya Poppy Dressing  
Balsamic Vinaigrette  
Roasted Red Pepper Vinaigrette  
Low Fat Honey Mustard Vinaigrette  
Cowgirl Ranch Dressing  
Caesar Dressing  
Tuscany Italian Vinaigrette

*Drew's*

Romano Caesar Dressing  
Garlic Italian Dressing

Honey Dijon Dressing  
Buttermilk Ranch Dressing  
Raspberry Dressing

*Seeds of Change*

Organic French Tomato Dressing  
Organic Italian Herb Vinaigrette  
Organic Greek Feta Vinaigrette  
Organic Roasted Red Pepper Dressing

**Salsa/Dips/Condiments**

*Annie's*

Organic Smoky Campfire Marinade

*Follow Your Heart*

Grapeseed Oil Vegenaise

*Spectrum*

Canola Mayonnaise  
Organic Omega-3 Soy Mayonnaise  
Organic Unfiltered Apple Cider Vinegar  
Organic Red Wine Vinegar  
Organic Balsamic Vinegar  
Lite Canola Eggless Mayonnaise  
Organic White Wine Vinegar  
Balsamic Vinegar  
Organic Soy Mayonnaise

**Nut Butters/Spreads/Tahini/Syrup**

*Lundberg Farms*

Premium Rice Syrup

**Food & Sports Supplements**

*Genisoy*

Natural Protein Shake  
Vanilla Protein Shake  
Chocolate Protein Shake  
Strawberry Banana Protein Shake  
Chocolate Ultra XT Soy Powder  
Natural Ultra XT Soy Powder

Vanilla Ultra XT Soy Powder

**Nuts/Seeds/Dried Fruit**

*Arrowhead Mills*

Organic Flax Seed

*Eden*

All Mixed Up

Dried Montmorency Cherries

Organic Pumpkin Seeds

Organic Spicy Pumpkin Seeds

Tamari Almonds

All Mixed Up Too

*Genisoy*

Chocolate Drench Soy Nuts

Deep Sea Salted Soy Nuts

Unsalted Soy Nuts

Zesty BBQ Soy Nuts

Hickory Smoked Soy Nuts

Tropical Paradise Trail Mix