



Gluten free

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

- Annie's Naturals (some varieties)
- Braggs Dressings
- David's Unforgettables
- Hendrickson's Dressings
- The Alder Market
- Walden Farms
- San J Dressings (2 varieties)
- Ian's Gluten Free Croutons

Condiments

- Annie's Natural's Organic Mustards & Ketchup
- Cadia mustards
- Organicville Ketchup, Yellow & Dijon Mustard
- Spectrum Canola Mayonnaise
- Walden Farms Ranch & Chipotle Mayo
- Sir Kensington's Mustard, mayo & sauces

Aisle Two

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.



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Aisle Three

Granola Bars

- Nature's Path Granola Bars & Trail Mix
- Bobo's Oat Bars
- Envirokidz Rice Bars
- Kind
- Annie's (3 varieties)

Granola

- Bakery on Main Granola
- Purely Elizabeth (3 varieties)
- Thoughtful Food Granola
- Van's Granola Clusters
- Kind (3 varieties)

Cereals

- Barbara's Organic Brown Rice Crisp
- One Degree Brown Rice Cacao
- Envirokidz Cereals – 4 varieties
- Erewhon Organic (2 varieties)
- Nature's Path Mega corn flakes, cinnamon crunch & crunchy vanilla
- Rice Chex, Corn Chex, Honey Nut Chex

Hot Cereals

- Arrowhead Mills Quinoa rice & Shine
- Bob's Red Mill Oat Bran, rolled oats, 8 grain muesli
- Cream of Rice
- Glutenfreeda Instant Oatmeal
- Pocono: cream of buckwheat
- Country Choice Steel Cut Oats

Aisle Four

Cakes, Cookies, Baking, Flours, Seasonings

- Bob's Red Mill Coconut Flour, pancake mix, bread mix, brownie mix, cookie
- Anna's Choice Pancake & waffle mix
- Adrenne Farm – pancake mix, 2 muffin, brownies, 4 cookie mix, 2 cake
- Arrowhead Mills – all-purpose baking mix, Coconut flour, corn meal, tapioca
- Bake More Brown Rice Flour, Buckwheat flour
- Betty Crocker GF cookie mix, cake mix
- Bisquick G.F. pancake & baking mix
- Bloomfield Farms – loaf bread mix
- Cup 4 Cup GF Flour
- Nutiva Coconut Flour
- Hi Proteen Pancake & Baking Mix
- Hodgson Mill - brownie mix, yellow/white cake mix, xanthan gum, corn bread
- King Arthur brownie mix, muffin mix, cake mix, banana bread
- Let's Do Organic coconut flour
- Namaste brownie, spice cake mix, flour blend, pancake mix
- Pamela's bread mix, cookie mix, pancake mix, flour blend,
- Sticky Fingers G.F. Scones
- Wholesome Chow – pancake mix, scones, cake mixes, muffin mix, 2 frostings
- XO Bakers - pie crust mix, 2 cake mixes
- Egg Replacer
- Rub with Love – All Flavors
- Teeny Tiny Spice Co. of Vermont
- Molasses
- Tapioca
- Hol Grain Taco Mix
- Bragg Seakelp Seasoning
- All organic or 100% pure maple syrups are gluten free.

Aisle Five

Rices, Pasta, Beans, Ethnic, Pasta Sauces

- Corn tortillas
- Southern Homestyle tortilla crumbs & corn flake crumbs
- Hodgson Mill G.F. Seasoned Coating Mix
- Namaste Coating Mix

Pastas

- Annie G.F. Rice Pasta & cheddar
- Banza Chick Pea Pasta (3 varieties)
- BeGreen Pasta (4 varieties)
- Cadia brown rice pasta (5 varieties)
- De Boles Rice Pastas (10 varieties)
- Tinkyada pastas (6 varieties)

Rice

- Tru Roots Pilafs
- Lundberg boxed rice mixes
- Konriko Rice Blends (3 varieties)
- Keen One Quinoa (4 varieties)
- Ancient Harvest Quinoa

Pasta Sauce

- Amy's Pasta Sauce
- Classico (white sauce varieties)
- Oolovia Organic
- Depalo & Sons Sauces
- Francesco Rinaldi (4 varieties)
- Maggiano's Sauces
- Mezzetta Pasta Sauces
- Muir Glen Organic Pasta Sauces
- Newman's Own Tomato Sauce
- Oganicville Pasta Sauces
- Prego Italian Sauce, 100% natural
- Rao's Homemade Tomato Sauce
- Scapetta Pasta Sauces
- Stonewall Kitchen Sauces
- Pamela's GF Pizza Crust
- Bob Red Mill's GF Pizza Crust
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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
- Dessert Pepper
- Amy's Salsa
- Frontera Salsa, taco & enchilada sauce
- Winking Girl
- Barcelona Sauces (4 varieties)



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Aisle Six

Chips and Snacks

- Beanitos (2 varieties)
- Barbara's Cheese Puffs
- Boulder Canyon
- The Better Chip (2 varieties)
- Cadia Organic Blue Corn Chips & Yellow Corn Chips

- Casa Sanchez
- Calidad Tortilla Chips
- Eat Smart Snacks
- Garden of Eatin' (4 varieties)
- Gimme Brown Rice Chips (3 varieties)
- Kettle Brand – all varieties
- Late July Organic
- Lundberg Rice Chips
- Pirate Booty Rice & Corn puffs
- Paqui tortilla chips (4 varieties)
- Terra Vegetable Chips

Aisle Seven – Frozen Foods

Frozen Foods & Entrees

- Against The Grain Pizza
- Amy's Bowls (4 varieties)
- Amy's Indian Dinners (3 varieties)
- Amy's Rice Macaroni & Garden Veg Lasagna, Bistro Burger, marghirita pizza
- Applegate Farms Chicken Nuggets
- Artisan Bistro wild salmon and ginger chicken
- Carla Lee's Nut Balls
- CedarLane enchilada pie, chili relleno, eggplant parmesan
- Contes raviolis
- Feel Good Foods Egg Rolls
- Garden Lites Souffle (3 varieties)
- Gluten Freeda Burritos (3 varieties)
- Starlight Taquitos
- Sunshine Burgers (4 varieties)
- Tres Pupusas (2 varieties)
- Udi's Pepperoni Pizza
- Amy's Pizza (3 varieties)
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Bakery, Breads, Cookies

- Aisle 7 – 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, Van's Glutino, Food for Life, WOW, Ezekiel, Canyon Bale House, and French Meadow.**

Aisle Eight

Ice Cream

- Arctic Zero
- Coconut Bliss Ice Cream
- Talenti Gelato
- Halo Top Creamery
- Figo Organic gelatos
- Almond Dream



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Aisle 11

Candy & Energy/Snack Bars

- Kind Fruit & Nut Bars
- Bounce Bars
- Cliff Bar
- Endangered Species Chocolate Bars
- Kates Bars
- Lola Granola Bar
- Luna Bar
- Pro Bar
- Pure Fit Bars
- Paleo Protein Bars
- Rise Protein Bar
- That's It
- Thrive Protein Bar
- Quest Protein Bar
- 3 musketeers, Snickers, Hershey's Kisses, Starburst chews, Tootsie Rolls

Crackers/Cookies

- Blue Diamond Nut Thins
- Blue Diamond Artisan Nut Thins
- Edward & Son's Brown Rice Snaps
- Glutino Crackers
- Crunchmaster Crackers (3 varieties)
- Mary's Gone Crackers
- Sesmark Rice Thins
- Annie's Cocoa & Vanilla
- Pamela's graham crackers, simple bites, figgies & jammies
- Glutino wafers
- Ktoos sandwich cookies
- Lundberg rice cakes

Aisle 12

Soups, Canned Meats, Condiments

- Pacific broths in carton
- Imagine Soups in carton

- Miso-cup soups
- Amy's Soups (some varieties)
- Annie's Organic BBQ Sauce
- Pickapeppa Hot Sauce
- David's Unforgettables Sauce & Marinade
- Rufus Teague BBQ Sauces & Rubs
- Stub's BBQ
- Tobasco Sauce
- Wright's Liquid Smoke
- Ian's Panko Style Bread Crumbs

Other

- San-J Brand: Organic Tamari Sauce, Soy Sauce, Thai Peanut Sauce, Asian BBQ Sauce, Soy Sauce
- World Foods Thai Red Curry, Thai green curry & Sweet Chili Sauces
- Bragg Soy Sauce
- Nakano Rice Vinegar

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 - Columbus deli meats are gluten free.

Meat - Beelers bacon, sausages & ham steaks, Mulay's sausages & chorizo, Saags sausages, Al Fresco sausages, Aidells sausages, Evergood polish & hot link sausages, and Smart Chicken Sausages, Miller's Angus Beef Franks

Dairy – Coffeemate creamers, Kozy Shack rice tapioca pudding, Soy Kass mozzarella & mild cheddar.

Bakery – Flax 4 Life Muffins, Wow Cookies, select flavors Chuckanut Cheesecake

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.