

# *Planet Organic Market Victoria*

## *Gluten Free Product Guide*



### *Sections:*

Breads, Muffins and Loaves

Rice and Pasta

Cereal and Granola

Baking Ingredients and Mixes

Sauces, Dressings, and Spreads

Soup

Dairy and Non-Dairy

Frozen

Chocolate Bars, Granola Bars, Energy Bars

Cookies

Bakery Desserts

Crackers and Rice Cakes

Chips

## *Breads, Muffins and Loaves*

<b>Bavarian Breads</b>	Flax seed rice bread, sunflower seed rice bread
<b>Canyon Bakery</b>	Hamburger buns, 7-grain bread, mountain white bread, cinnamon raisin bread, Colorado Caraway rye bread, rosemary & thyme focaccia
<b>Food for Life</b>	Brown rice tortilla wraps, assorted rice loaves
<b>Gluten Free Pantry</b>	Perfect pie crust
<b>Glutenui</b>	brown rice bread, buckwheat bread, amaranth bread, quinoa bread
<b>Que Pasa</b>	Corn tortilla wraps
<b>Portofino Bakery</b>	Seeded bread, white bread, white buns, assorted muffins, hamburger buns, cheese & onion bread, and other bakery products
<b>Silver Hills</b>	Chia chia bread, omega flax bread
<b>Sticklings Bakery</b>	Herb & garlic croutons, rice bread crumbs, rice pizza crust
<b>Udi's Bakery</b>	Dinner rolls, hot dog buns, hamburger buns, assorted bagels, white sandwich bread, whole grain bread

## *Rice and Pasta*

<b>Annie's</b>	Rice pasta and cheddar, rice pasta shells and white cheddar
<b>Felicetti</b>	Rice and corn pastas
<b>Glutino</b>	Rotini, penne, macaroni pasta
<b>Gogo Quinoa</b>	Macaroni, penne, spaghetti
<b>Jovial</b>	Brown Rice Pastas
<b>Lundberg</b>	Assorted rice mixes, pasta mixes, risotto mixes, couscous mixes
<b>Peacock</b>	Spaghetti and vermicelli
<b>Prairie Harvest</b>	Assorted corn pastas, assorted brown rice pastas
<b>Rizopia</b>	Assorted rice pastas
<b>Road's End Organic</b>	Cheddar style, alfredo style
<b>Sea Tangle</b>	Kelp noodles
<b>Seasnax</b>	Kelp noodles
<b>Tinkyada</b>	Assorted pastas

## *Cereal and Granola*

<b>Bakery on Main</b>	Assorted instant oatmeal and granola
<b>Bob's Red Mill</b>	Assorted hot cereal mixes
<b>Enjoy Life</b>	Assorted granolas
<b>Glutenfreeda</b>	Assorted instant oatmeal
<b>Glutino</b>	Assorted cereals
<b>Gogo Quinoa</b>	Quinoa flakes
<b>Hippie Foods</b>	Hippie granolas
<b>Holy Crap</b>	Skinny B, Holy Crap!
<b>JK Gourmet</b>	Assorted granolas
<b>Living Intentions</b>	Superfood cereals
<b>Nature's Path</b>	Assorted cereals and granolas, Envirokids cereals
<b>One Degree</b>	Assorted cereals
<b>Only Oats</b>	Rolled oats, steel cut oats, quick-cooking oats

## *Baking Ingredients and Mixes*

<b>Bob's Red Mill</b>	Assorted baking mixes, flours, oats
<b>Comensoli Foods</b>	Assorted mixes
<b>Cuisine Soleil</b>	All-purpose flour mix
<b>Ecoldeas</b>	Pancake, chocolate cake mix
<b>Enjoy Life</b>	Assorted chocolate chips
<b>Glutino</b>	Assorted baking mixes and flours, breadcrumbs
<b>Gogo Quinoa</b>	Quinoa flour
<b>Highwood Crossing</b>	Muffin mix
<b>JK Gourmet</b>	Almond flour
<b>Kinnikinnick</b>	Breadcrumbs, graham crumbs and crackers, assorted baking mixes
<b>Let's Do Organic</b>	Coconut flour
<b>Namaste</b>	Assorted baking mixes
<b>One Earth</b>	Bread mixes
<b>Only Oats</b>	Muffin mixes, cookie mix, pancake mix, oat flour
<b>Pamela's</b>	Assorted mixes
<b>Planet Organic</b>	Baking mixes
<b>Prana</b>	White and black chia seeds

## *Sauces, Dressings, and Spreads*

Amano Foods	Wheat free tamari sauce
Bella's	Assorted fruit salad dressings
Braggs	Soy sauce
Crofter's	Premium fruit spreads, Just Fruit fruit spreads
Earth Balance	Creamy and crunchy coconut peanut butter spreads
Golda's	basil pesto, vegan pesto, cilantro pesto, olive tapenade
Habibi's	Lebanese-style hummus, basil & garlic hummus, baba ganoush
Honey Bunny	Assorted barbeque sauce and ketchup
Imagine Foods	Beef and chicken gravy
Monte Bene	Assorted pasta sauces
Mr. Spice	Assorted sauces, curry, peanut, sweet and sour, ginger, honey barbeque
Nasoya	Nayonaise
Organic Harvest	Assorted hot sauces and barbeque sauces
Organicville	Assorted dressings, ketchup, pasta sauce, Asian salads
Prairie Harvest	Assorted pasta sauces
Premier Japan	Hoisin sauce, teriyaki sauce
Road's End Organic	Assorted gravy mixes
San-J	Soy sauces, assorted Asian sauces, assorted salad dressings
Simply Natural	Assorted salad dressings, assorted barbeque sauces
Sunbutter	Original, natural sunflower seed spreads
Wizard's	Worcestershire sauce
Wowbutter	Crunchy, creamy toasted soy spreads
Xyla	Ketchup, teriyaki sauce, barbeque sauces

## *Soup*

Gogo Quinoa	Quinoa soup
Harvest Sun	Assorted bouillon cubes and powder
Imagine	Assorted soups
Pacific	Organic chicken broth, organic mushroom broth, organic vegetable broth, assorted soups
Planet Organic	Assorted dried soup mixes
Taste Adventure	Assorted dried soups
Wolfgang Puck	Tomato basil, signature tortilla

## *Dairy and Non-Dairy*

Almond Breeze	Almond beverages: original, chocolate, vanilla, almond coconut
Bio K Plus	Assorted flavours
Daiya	Assorted alternative cheeses, cream cheese, shreds
Earth Balance	Assorted buttery spreads
Earth Island	Assorted vegenaive flavors and alternative cheese shreds
So Delicious	Original and vanilla coconut milk coffee creamer, assorted beverages and yogurts
So Nice	Soy beverages: unsweetened, natural, vanilla, original, chocolate
Soyco	Vegan parmesan topping
Tofutti	Assorted alternative dairy products
Yoso	Chocolate, unsweetened, vanilla coconut yogurts

## *Frozen*

Almond Dream	Assorted ice cream desserts
Amy's	Microwave dinner bowls, burritos, Indian dinners
Caesar's	Lasagna, manicotti
Coconut Bliss	Assorted coconut ice creams
Daiya	Assorted vegan pizzas
DeeBee's Tea Pops	Southern Iced Tea, toasted coconut, berries 'n' cherries popsicles
Glutino	Assorted breads
Ian's	Chicken nuggets, chicken outlets
Kinnikinnick	Assorted breads, donuts, pizza crust, English muffins, hamburger and hotdog buns
Molly B's	Pie shells
Natures Path	Buckwheat waffles, homestyle waffles
Sol Cuisine	<b>Vegetarian burger patties:</b> sprouted veggie, quinoa, almond grain, mushroom rice, Indian masala <b>Meatless chicken:</b> tangy Korean BBQ, ginger lime teriyaki, smoky chipotle tigna
Starlite	Taquitos, tacos
Van's	Assorted waffles

## Chocolate Bars, Granola Bars, Energy Bars

Alter Eco	Assorted chocolate bars
Bakery on Main	Trail mix granola bar, cranberry maple nut
Camino	Assorted chocolate bars
Cocomira Crunch Bars	Mocha latte, maple, hazelnut, pistachio, dark chocolate, peppermint
Denman Island	Assorted chocolate bars
Elevate Mel	Energy bars
Endangered Species	Assorted chocolate bars
Enjoy Life	<b>Granola Bars:</b> Cocoa loco, mixed berries, caramel apple, sunbutter <b>Chocolate Bars:</b> Dark chocolate, chocolate riz crunch, rice milk chocolate
Giddy Yoyo	Assorted chocolate bars
Kind	Fruit & Nut Bars
Larabars	Fruit & Nut energy bars
Pamela's	<b>Granola Bars:</b> Oat raisin, cranberry almond, blueberry lemon, chocolate chip coconut
Taste of Nature	Assorted flavours of bars
Zazubean	Lunatic, hottie, nutbar, cheeky, flirt, squeeze, nakid

## Cookies

Enjoy Life	Brown sugar shortbread, vanilla honey graham, chocolate chip, double chocolate, snickerdoodle, gingerbread
Glutino	<b>Wafers:</b> Lemon, vanilla, milk chocolate <b>Cookies:</b> Chocolate chip, vanilla crème, dark chocolate, milk chocolate
Gogo Quinoa Cookies	Orange and mango, chocolate chip
Hippie Cookies	Vanilla, lemon, chocolate
Jovial	Cookies
Kinnikinnick	Fudge sandwich, vanilla sandwich, chocolate sandwich, ginger snap, Kinnikritters animal cookies
Lucy's	Assorted cookies
Mary's Gourmet	Ginger snaps, n' oatmeal, chocolate chip
Pamela's	Peanut butter, shortbread, ginger, chocolate chip, lemon, pecan, extreme chocolate
Patsy Pie	Peanut butter cookies, cranberry orange biscotti
Udi's Cookies	Salted caramel cashew, peanut butter coconut, maple pecan

## *Bakery Desserts*

Inpanema Valley	Banana brownies, pineapple brownies, guava brownies
Mountain Top Bakery	Apple pie, pecan pie, butter tarts, rock road, macadamia fudge brownies, chocolate biscotti, almond biscotti, Dad's cookies, chocolate macaroons, bird's nest shortbread, multi-grain granola
New World	Chocolate coconut macaroons, goji omega cookies, apricot live bars, just fruit live bars, chocolate brownies, assorted Bliss Balls
Panne Rizo	Ginger hearts, raspberry swirls, cinnamon swirls, pecan shortbread, brownies, cherry dream bar
Sweets from the Earth	Caramel almond shortbread, peppermint Nanaimo bar, caramel pecan bar, chocolate chewy nut bar, flourless cashew cookies
Trumps Bakery	Party pants cookie, vegan lemon cupcakes, vegan chocolate cupcakes, and more
Udi's	Snickerdoodle cookies, dark chocolate brownies bites
Wendel's	Almond butter cookies, carrot cake, coconut Nanaimo bars, chocolate brownies

## *Crackers and Rice Cakes*

Annie Chun's	Sesame and wasabi sea snacks
Blue Diamond Almond Thins:	Multiseed, flaxseed, cheddar, chia seed, almond, pecan, sea salt
Crunchmaster	Original, rosemary and olive oil, roasted garlic
Edward & Sons	Unsalted rice crisps, black sesame, vegetable
Gimme	Organic seaweed snacks, assorted flavors
Glutino	Sea salt, vegetable, cheddar, original, multigrain, rosemary and olive oil, cinnamon sugar, parmesan and garlic
Hot Kid	All flavours of rice crisps
Lundberg	<b>Rice cakes:</b> Brown rice, wild rice, caramel corn, tamari + seaweed, koku seaweed, sesame tamari
Mary's Gourmet	Original, herb, jalapeno, super seed, caraway, onion, black pepper
Mediterranean Snacks	Lentil crackers assorted flavours
Natural Nectar Crackers	Original, sundried tomato and oregano
Okanagan Rawsome	carrot crisps, apple-cran-raisin crisps, apple-flax-sesame crisps, apple-chocolate-ginger crisps
Plum M Good	<b>Rice cakes:</b> brown rice salted, unsalted, millet unsalted, regular unsalted, multigrain salted, regular salted, buckwheat unsalted, organic multigrain salted, unsalted, organic sesame salted, unsalted
Real Foods	<b>Corn Thins:</b> Flax and soy, multigrain, sesame, original

## *Chips*

<b>Beanfield's Bean &amp; Rice Chips:</b>	Sea salt, BBQ, pico de gallo, salt n' pepper, nacho, ranch, unsalted
<b>Boulder Chips</b>	Parmesan and garlic, BBQ, salt and pepper, red wine vinegar, salt and vinegar, original
<b>Food Should Taste Good</b>	Sweet potato, multigrain
<b>Garden of Eatin'</b>	Blue, black bean, sweet potato, sesame blues
<b>Hippie Chips</b>	Ancient grains, three bean
<b>Kettle Chips</b>	Salt and vinegar, sea salt, cheddar, salt and pepper, BBQ, honey Dijon
<b>Late July</b>	Sub-lime, mild green mojo, sea salt, sweet potato
<b>Lundberg Rice chips</b>	Sea salt, lime, seaweed, honey Dijon, BBQ, black pepper, spicy black bean
<b>Mediterranean Snacks</b>	<b>Lentil chips:</b> sea salt, fiery tomato, cracked pepper, cucumber dill
<b>Neal Bros</b>	Cheese pops, cheese twists
<b>Que Pasa Tortilla chips</b>	Unsalted, salted, red, blue
<b>Skinny Pop</b>	White cheddar, salted popcorn

**We have many more Gluten-Free items than what is on this list. If there is a product you don't see here, just ask an associate and we can help find what you are looking for!**

*Updated January 2015*