



GLUTEN FREE PRODUCTS AT THE MARKET ON MILLSTREAM

The Market offers this list as a guide only, and as such, assumes no responsibility for the purchase and consumption of food that may not conform to your dietary requirements. The onus is on the individual consumer to determine if a product is suitable for them. Please check the labels as manufacturers may change allergen warnings without notice.

At time of printing, ingredient labels on products found on this list clearly indicate that they are gluten free. Through Health Canada, "Gluten-free" claims must not contain levels of gluten over 20 ppm as a result of cross-contamination. For more info: <http://www.hc-sc.gc.ca/fn-an/securit/allerg/cel-coe/gluten-position-eng.php>

The Market endeavors to keep this guide, as well as product identification, as up to date as possible. We welcome any suggestions you may have.

*This list is produced in co-operation with The Canadian Celiac Association.

Front of Store Freezer near washrooms

Kinnikinnick Pie Crust

Nature's Path Waffles –*Buckwheat, Homestyle, Chia Plus, Pumpkin Spice*

Sweet's from the Earth Caramel Pecan Bar, Chocolate Chewy Nut Bar, Walnut Brownie

Udi's Muffins –*Double Chocolate, Blueberry, Lemon Streusel, Double Vanilla, Harvest Crunch*

Dark Chocolate Brownie Bites

U-Be-Livin-Smart Muffins –*Smoothie berry, apple cinnamon, orange cinnamon, chocolate banana, mighty, plain, whole grain*

Van's Waffles-*Blueberry, Apple Cinnamon, Original*

Note: Van's Organic Original is NOT GF
WOW Baking Company-*Cookies- White Chocolate cranberry, pumpkin spice, peppermint brownie*

Aisle 1 Frozen, Fresh Bread and Baked Goods

Abuelos Blue Corn Tortillas

Amy's Rice Mac and Cheese, Indian Paneer Tikka, Gluten Free Cheese Pizza, Gluten Free Indian Aloo Mattar Wrap
Burrito-Beans & Rice Non-Dairy, Beans & Rice Cheddar Cheese

Enchilada-Spanish rice & bean, cheese

Caesar's Pastas-*Stuffed Shells w/ cheese in Marinara Sauce, Manicotti, Vegetable Lasagna, Cheese Lasagna*

Chapmans Ice Cream 2L box -all

Ice Cream 4L box- Vanilla, Neapolitan, Strawberry Banana

Sorbet 2L tub –Orange, Rainbow

Lollys,

Super Frosty Ice Cream Bar- Super Fudge Ice Milk

Daiya Pizza -*Fire Roasted Vegetable, Mushroom + Roasted Garlic, Cheese lovers*

DeeBee's Organic Teapops –All flavours

ENER-G Brownies

Bread Loaf –Enriched, High Fiber, Yeast Free Brown Rice

Floating Leaf –*Wild Rice + Quinoa Stuffing*

Food For Life Brown Rice Bread, Rice and Peca Bread, Brown Rice Tortillas

Muffins –Brown Rice, English Muffins

Gardein –Gluten Free Chick 'n Scallopini

Glutenfreeda Burrito, Pizza wraps

Glutino Bagels, Bread Crumbs, English Muffins, Pizzas, Mac & Cheese, Corn Bread Stuffing
Loaf –Cheese, Seeded, Cinnamon Raisin, White Sandwich

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Hot Kid Baby Mum-Mums- all flavours
Kan's Gourmet Foods –Chana dal, Lentil Falafel
 Mini Lentil Falafel, Spinach and Kale
 Pakora
Kinnikinnick Bread Crumbs, Pizza Crust
Kinnikinnick Bread –*Sunflower Flax,*
Multigrain, White
 Donuts –*chocolate, cinnamon*
 Buns –Hot Dog, Hamburger
Luna & Larry's Coconut Bliss, Ice Cream, Coconut
 Bliss Bars
Mama Mary's Gluten Free Pizza Crust
Namaste Coating mix -3 flavours
Perogy Factory –Gluten Free Handmade Perogies
Portofino Gluten free Cookies
 Gluten Free Bread –*Brown, Cheese and*
Onion, Seeded
Silver Hills Gluten Free Chia Bread, Omega Flax
Sol Cuisine Burgers –**excluding almond + grain**
Sophie's Kitchen Breaded vegan fish fillets,
 calamari, prawns, fishless sticks, crab cakes
Toppits –Pop Herbs -assorted
Udi's Pizza-*margherita, pepperoni, 3 cheese*
 Pasta –*penne + cheese, broccoli + kale*
lasagna, Italian style sausage lasagna
 Bagels- *plain, whole grain, cinnamon raisin,*
mighty
 Bread –*Whole Grain, Cinnamon Raisin,*
Omega 3 flax + fibre, Millet-Chia, White
Sandwich
 Dinner rolls-*French, whole grain, seeded*
 Hamburger Buns –*Classic, Whole Grain*
 Hotdog Buns, Pizza Crust, Plain Tortilla
Valoroso “00” Gluten Free Pizza Crusts

Aisle 2 Cookies and Crackers

Annie's Cocoa & Vanilla Bunny Cookies
Be Coconut water
Betty Crocker Fruit Snacks –*Dora, Scooby Doo,*
Spiderman, Disney Princess, Cars
 Fruit Roll-Ups, Fruit by the Foot, Fruit
 Gushers
Breton Crackers-*Herb & Garlic, Original with*
Flax
Christie Rice Thins

CocoLibre Organic Coconut Water (2 Flavours)
Crunch Master Crackers
Edward + Sons –Exotic Rice Toast
Enjoy Life-Snack Bars
 Dessert Bars
Envirokidz Rice Cereal Bars
Everland –Coconut Water
Florida's Natural Au'some Organic Nuggets
 Fruit Grove –all 3 flavours
Gaga for Gluten Free Cookies -*Simply Shortbread,*
Double Chocolate, Chippity Chocolate Chip
Glutino Wafers, Chocolate Chip Cookies, Vanilla
 Crème, Chocolate Crème, Granola Bars,
 Crackers, Waferettes
GoGo Quinoa Cookies- *Choc Chip, Orange Mango*
Hidden Garden Chocolate Chip Cookies, Red
 Velvet Bites, Ginger Snaps
Hippie Foods Hippie Cookies
Hot Kid Rice Crisps
Lundberg Rice Cakes – all flavours
 Rice Chips – all flavours
Mary's Gourmet Crackers – all flavours
 Love Cookies-all flavours
Mi-Del Cookies -*Chocolate Chip, Ginger Snaps*
Arrowroot, Chocolate, Vanilla
O.N.E Coconut Water
Pamela's Cookies
 Figgies + Jammies
PatsyPie cookies –all flavours
Plum-M-Good Rice Cakes, Rice Thins
Real Foods Corn Thins- all flavours
Sakata Rice Crackers Cheddar Cheese, Tomato &
 Balsamic, Plain, Sesame
Sesmark Ancient Grains -*Parmesan Herb, Sea Salt*
 Sesame Savoury Thins –*Toasted Onion +*
Garlic, Teriyaki, Original
Smart Bite Fit Figure Rice Cakes
Snapdragon -Baked Rice Crisps
Taste of Nature –all except Niagara Apple Country
Town Square Crackers
Udi's Cookies
Want-Want SuperSlim Brown Rice Crisps
 Crinkles-Gourmet Rice Crisps
WOW Baking Company –Cookies
Zico Coconut Water (2 types)

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Aisle 3 Pasta, Soups

Antico Tradition –Roasted Garlic, Marinara, Tomato Basil

A Taste of Thai Peanut Noodles, Coconut Ginger Noodles, Pad Thai

A Taste of China Sweet & Sour rice, Szechuan Noodles

Amy's Soups Black Bean, Chunky Vegetable, Cream of Tomato, Fire Roasted Southwestern Veg., French Country Veg., Golden Lentil Dal Lentil, Lentil Vegetable, Low Sodium Split Pea, Tomato Bisque, Tuscan Bean + Rice

Anna's Country Kitchen Potato Gnocchi

Annie's Rice Pasta & Cheddar, Rice Pasta & White Cheddar

Bob's Red Mill Pizza Crust Mix

Bove's All Natural Pasta Sauces

Campbell's Soups- *check labels*
Excludes To-Go Cups
Campbell's Healthy Request New England Clam Chowder
Campbell's Condensed Soup Tomato with Basil & Oregano
Campbell's Everyday Gourmet Fire Roasted Sweet Pepper + Tomato
Campbell's Gardennay-Red Pepper Black Bean, Harvest Mushroom w/ Real Cream
Campbell's Chunky -Chicken & Sausage Gumbo, Split Pea with Ham

Canton Chicken & Rice Soup

Catelli Gluten Free Pasta

Classico Pasta Sauces *Fire Roasted Tomato and Garlic, Red wine and Herb, Roasted Garlic and Onion, Spicy Red Pepper, Sundried Tomato, Sweet Basil Marinara, Tomato and Basil, Tomato and Pesto, Tuscan Olive and Garlic, Vodka Sauce*
 Alfredo di Sorrento –All except 4 cheese

Cucina Antica Garlic Marinara, La Vodka, Spicy Arrabbiata, Tomato Basil

Emma Gluten Free Potato Gnocchi

Explore Asian Noodle Soup Bowls-Veggie
Chicken, Veggie Beef, Veggie Flavour
 Assorted Pasta

Garofalo Pasta

Gogo Quinoa Pastas

Imagine Organic –all **except** chicken broth and hearty chicken noodle

Kitchen Basics Cooking Stocks –*Beef, Chicken, Turkey, Vegetable*

Mrs. Leeper's Corn Pastas, Rice Pastas

Mayacama Pasta Sauce Mixes
 Skillet Toss Mixes

Mezzetta Pesto, Artichoke Parmesan Marinara, Tomato Basil, Homestyle Marinara, Roasted Garlic, Fire Roasted Marinara

My Favorite Gourmet Zesty Vegetable Medley

Namaste Gluten Free Pasta, Pizza crust mix

OrganicVille Pasta sauce -Italian Herb, Marinara Tomato & Basil Pasta Sauce, Mushroom

Pacific Soups Creamy Butternut Squash Organic, Organic Roasted Red Pepper & Tomato, Organic Creamy Tomato, Organic Mushroom Broth, Cashew Carrot Ginger, Organic Chicken Brother, Organic Vegetable Broth

Pamela's Pizza crust mix

Pastifico La Rosa Gluten Free Pasta

Roads End Organics Penne & Cheese, Mac & Cheese

Sam Mills Corn Pasta

San Zenone Pasta –Fusilli, Spaghetti

Taste Adventure Soup Mixes –all flavours

Tinkyada Assorted Rice Pastas

TruRoots –Ancient Grain Pasta

Wolfgang Puck Soups Butternut Squash, Hearty Lentil Vegetable, Organic Classic Tomato w Basil, Signature Tortilla

Aisle 4 Cereals and Milks

Amandin –Almond Drink
 Tigernut Drink

Bakery on Main Gluten Free Granolas *Apple-Raisin-Walnut, Nutty Cranberry Maple, Cranberry-Orange, Extreme Nut + Fruit, Rainforest*

Blue Diamond Almond Breeze –all

Bob's Mighty Tasty Hot Cereal, Creamy Rice

Coconut Secret Raw Coconut Nectar

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Cocovie Coconut Jam -assorted
 Coconut Nectar
Crofter's All Fruit Spreads
Dragon's Den Holy Crap, Mary Jane, Skinny B,
 Wild Chia
Earth Balance Nut Spreads -assorted
General Mills Rice Chex, Honey Nut Chex
Glutino Cereal Bars, Toaster Pastry
Gogo Quinoa Cocoa Puffs, Flakes, Puffs, Crunchies
Good Karma Flax Delight Beverage (all 3 flavours)
Hippie Granola Brown Rice & Quinoa
Isola Bio Rice Cream, Millet Cream
Just Great Stuff Peanut Butter Powder
KIND –Peanut butter Whole Grain Clusters
Madhava Agave Nectar -Original
Marantha Almond butter, Peanut butter
Naked Coconut Coconut Nectar
Nature's Path Cereals -*Mesa Sunrise, Honey'd*
Corn Flakes, Corn Flakes- Fruit juice
sweetened, Crispy Rice, Whole O's Cereal,
Crunchy Maple Sunrise, Sunrise Crunchy
Vanilla
EnviroKidz -Gorilla Munch Cereal, Koala
Crisp Cereal, Peanut Butter Panda Puffs,
Leapin' Lemurs Cereal, Cinnamon Jungle
Munch, Chocolate Cocoa
Natura Rice Milk -*Original, Vanilla*
Nestle Nutrition Boost Nutritious Energy Drinks
One Degree Veganic Sprouted Brown Rice Crisps
Pacific Organic Almond Milk -*Original, Vanilla*
PB2 –Powdered Peanut Butter
Rumble Drinks –*Dutch Cocoa, Vanilla Maple*
Ruth's Chia Goodness
Ryza Rice Milk -*Original, Vanilla*
So Nice Soy Beverage –all except “for coffee”
Sunbutter Spread –*Original, Crunchy*
Yu Basmati Rice Milk- *Original, Vanilla*
Xyla Fruit Spreads

Aisle 5 Pop & Chips

Beanfields Chips
Beanitos Chips
China Cola Original
Deep River Snacks –all flavours

“Dry” Soda –all flavours
Famous Falafel chips (2 flavours)
Food Should Taste Good (4 flavours)
Glutino Pretzels, Pretzel Sticks
Hardbite Chips
Hippie Chips –all flavours
Joia Sodas -all
Kettle Chips- Potato Chips ONLY
La Cocina Tortilla chips
Late July Snack Chips
Lay's Chips (all **BUT** wavy ketchup, BBQ)
Lundberg Rice Chips – all flavours
Mediterranean Snacks- all 4 flavours
Neal Brothers Snacks
Old Dutch Chips
Pirates Booty- all 3 flavours
Popchips All flavours
Popcorn Indiana –all flavours
Que Pasa Corn Chips- all flavours
Qia Superfood -all
Riceworks- all flavours
Simply Sprouted Way Better Snacks -3 flavours
Smart Puffs
Terra Chips -Mediterranean
Tyrrels –Snacks
Virgil's Sodas- all flavours

Aisle 6 Baking Ingredients

Arayama Assorted Spices
Baker's Supply House Baking Powder
XO Baking Company, Pound Cake Mix, Chocolate
 Chip Mix, Banana Bread Mix
Belsoy Pudding -*Creamy Caramel, Dark Chocolate*
Betty Crocker Frosting
 Gluten Free Cake Mix –*Golden, Chocolate*
Bob's Red Mill
 Baking Mixes –*Biscuit, Brownie, Chocolate*
Cake, Chocolate Chip Cookie, Cornbread,
Cinnamon Raisin Bread, Homemade
Wonderful Bread, Hearty Whole Grain
Bread, Pancake
 Flour –*Almond, All-Purpose, Amaranth,*
Arrowroot, Brown Rice, Garbanzo + Fava,
Garbanzo, Millet, Quinoa, Potato, “Sweet”

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White Sorghum, Stone Ground White Rice, Tapioca
 Baking Soda, Baking Powder
 Almond Meal
 Arrowroot Starch, Potato Starch
 Flaxseed, Ground Flaxseed Meal
 TVP
 Whole Grain Amaranth, Whole Grain Teff,
 Whole Grain Sorghum
 Xanthan Gum
Bragg's Nutritional Yeast Seasoning, Organic
 Sprinkle Seasoning, Organic Sea Kelp
Club House Potato Starch, Rice Flour, Minute
 Tapioca
 Gravies –Brown, Turkey
Cocovie Coconut Flour
Crosby's Molasses
Cuisine Camino Cocoa Powder, Chocolate Chips
Cuisine Soleil Flour -*Brown Rice, Chickpea, All
 Purpose Mix, Buckwheat,*
 Tapioca Starch
Cup4Cup Gluten Free Flour Mix
Daksha's Gourmet Spices Cumin Seeds, Thana
 Jeeroo, Red Chillie Powder, Tumeric
 Powder
Duinkerken Mixes - *Moist Chocolate Cake, Moist
 Vanilla Cake, Pizza Crust*
 Tapioca Flour, Pure Xanthan Gum, Potato
 Starch
ENER-G Egg Replacer
Enjoy Life Chocolate Mini Chips
Everland Quinoa Flour, Natural Carob Powder,
 Natural Arrowroot Powder
Floating Leaf Pancake, Waffle & Muffin Mix
Glutino Mixes -*Muffin, Chocolate Cake, Pancake*
GoBio Pudding -3 flavours
 Organic Jelly Powder
Harvest Sun Organic Bouillon Cubes
JK Gourmet Almond Flour
 Pie + Tart Crust Mix, Cookie Mix
Kinnikinnick Graham Style Crumbs, All Purpose
 Flour Blend, Pancake Mix
Let's Do Organic Coconut Flour
Living Intentions Sprouted Almonds
Made in Nature Dried Fruits (*pineapple, apples,
 plums*)

Maple Leaf Spices –Mediterranean Medley,
 Seafood, Curious Curry
Maxwell's Kitchen Gravy Mixes
Mayacama's Mixes
Namaste Perfect Flour Blend
Nielsen Massey Vanilla
Pamela's Baking Mixes -*Baking and Pancake,
 Classic Vanilla Cake, Chocolate Brownie,
 Vanilla Frosting, Dark Chocolate Frosting,
 Chocolate Cake Chocolate Chunk Cookie,
 Sugar Cookie*
PatsyPie Old Fashioned Crumble Crust
Robin Hood Nutriflour Gluten Free
Road End Organics Gluten Free Quick Gravy Mix
Sweet Tree Coconut Palm Sugar
Xyla All Natural Sweetener
Yellow Superfood Nutritional Yeast
Zocalo Flours -*Purple Corn, Kaniwa, Sweet Potato*

Aisle 7 Chocolate, Candy and Bars

Alive & Radiant Kale Crunch, Veggie Crunch
Black Ace Black Licorice, Red Licorice
Brockmann's Almonds and Flakes
Cocoa Camino Chocolate Bars
Dandies Vegan Air Puffed Marshmallows
Dare Real Fruit Gummies, Real Juicee -*jubes,
 jumbo gums, fruit slices, real jubes*
Denman Island Chocolate –all except holy mole
Endangered Species Chocolate Bars
Enjoy Life Seed and Fruit mix
Just Pure Foods Assorted Snacks
Mott's All Natural Fruit Snacks
Ojio Raw Organic Shredded Coconut, Mesquite
 Powder, Goji Berries, Goji Powder, Cocoa
 Nibs, Camu Camu Powder, Coconut Palm
 Sugar, Sundried Banana Spears
Organic Lives Sprouted Hunzer Valley Granola
Paneriso Ice Cream Cones
Sahale snacks –all except Soledad Almonds,
 Almonds, Valdosta pecans
Santa Cruz Organic Chocolate Syrup
Skittles -assorted
Solar Raw Foods Kale Chips
St. Dalfour Sauces -Blueberry, Caramel, Raspberry
 Chocolate, Coffee Chocolate

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SweetSeeds Seed Bars
Surfsweets Spooky Spiders, Holiday Gummy Mix
The Ginger People Gin Gins
Xyla Lollipops
Yum Earth Organic Lollipops
Zazu Bean Organic Chocolate Bars

Centre of the Store Produce Section

ALL FRUITS AND VEGETABLES ARE
 NATURALLY GLUTEN FREE

Renée's Dressings and Dips Spring Herb Italian,
 Honey Dijon, Mediterranean Greek,
 Parmesan Caesar, Sweet Onion, Ravin
 Raspberry, Pear + Blue Cheese, Creamy
 Asiago, Balsamic, Tangerine + Lime **Note:**
 Asian Sesame is **NOT** gluten free
 Greek Yogurt-*Cucumber + Dill*
 Yogurt -*Peppercorn Ranch, Roasted Garlic*

Bolthouse Yogurt Salad Dressings Classic Ranch,
 Honey Mustard, Salsa Ranch, Chunky Blue
 Cheese, Thousand Island, Caesar
 Parmigianino

Prana Nuts -All but Sesame Squares

**Aisle 8 Nutritional Supplements and Books/
 Aisle 9 Natural Body Care**

Please check labels of individual products or ask
 self-care staff

Aisle 11 Juice, Coffee and Tea

Camino Hot Chocolate mix
Dagoba Hot Chocolate
Daksha's Gourmet Spices Chai Spice, Chai Latte
Dynamic Health Tart Cherry juice, Beetroot
River Road Dark Hot Chocolate Mix
TrueCitrus Co. True Lemon, True Lime, True
 Orange
Two Leaves Tea Company -assorted teas
V8 Fusion Acai Mixed Berry, Peach Mango,
 Pomegranate Blueberry

V8 *Smooth and Seasoned, Vegetable Cocktail,
 Low Sodium*
 V-GO Vegetable Cocktail -*Smooth +
 Seasoned ONLY*
 V-Plus

Aisle 12 Sauces and Dressings

Amy's Baked Beans, Chili
Bella's Dressings
Bone Sucking Sauces
Bragg's Apple Cider Vinegar
Braswell's All Natural Dressings
Caramoomel Hot garlic pepper wine jelly, Garlic +
 Eggplant Spread, Veggie Caviar
Coconut Secret Raw Coconut Vinegar
Cocovie Coconut Vinegar
Eat It Up Cranberry Sauce
Eden Organic Baked Beans, Caribbean Rice &
 Beans, Brown Rice & Green Lentils, Brown
 Rice & Pinto Beans, Cajun Rice & Beans,
 Moroccan Rice & Beans
Edible Gardens Balsamic Reduction
Honey Bunny -Amazing Dad's BBQ sauce -
 Organic and Honey Garlic
 Organic Bodacious Ketchup
House of Q -House Rub, BBQ sauces-excluding
 Slow Smoke Gold
NaGo All Natural Dressings
Nasoya Noyonnaise
Native Forest Artichoke Hearts, Crushed Pineapple,
 Pineapple Slices, Heart of Palm
Nonna Pia's Balsamic reductions -assorted
Organicville Salad Dressing -Sesame Tamari
 Ketchup
Original Soakin' Sauce
Rising Sun Farms Balsamic Dressings
Rufus Teague BBQ sauces *Touch O'Heat, Blazin*
Hot, Honey Sweet
 Meat sauce -*Original, spicy*
Safie's Pickled asparagus, hot and zesty pickled
 garden mix, dill pickle beans, homestyle
 sweet pickled beets
San-J Tamari ginger, Tamari Sesame, Tamari
 Peanut
Simply Natural Organic Dressing-excluding

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Goddess Dressing
 Organic Barbeque Sauces
Spectrum Naturals Mayonnaise
Stubb's Marinade-all
Xyla Chipotle sauce, Original sauce, Ketchup

Aisle 13 Imported Foods

Ace Curries to go -375 ml jars
 Spice Mixes –Vindaloo, Butter Chicken,
 Chickpea Curry
Annie Chun's Roasted Seaweed Snacks -3 flavours
 Rice Noodles -assorted
Arizona Pepper's Organic Harvest Foods
 Pepper Sauces
Asian Family Rice Vermicelli
Asian Home Gourmet Thai Yellow Curry Spice
 Paste, Pad Thai Noodles, Szechuan Stir Fry,
 Peanut Sauce Powder Mix, Indian Butter
 Chicken, Indian Meat Curry, Indian Chicken
 Curry
A Taste of Thai Rice Noodles, Garlic Basil Rice,
 Coconut Ginger Rice, Pad Thai Noodles,
 Peanut Sauce Mix, Pad Thai Sauce, Spicy
 Peanut Bake, Tom Ka Soup Base, Red Curry
 Paste, Garlic Chili Pepper Sauce, Sweet
 Chili Sauce, Satay Sauce, Green Curry Paste,
 Panang Curry Paste, Steak Sauce
Bob's Red Mill Quinoa
Bragg's Liquid Soy Seasoning
Coconut Secret Soy Free Seasoning Sauce
Daksha's Gourmet Spices –all flavours
Dave's Hotsauce Ghost Pepper, Temporary
 Insanity, Insanity Sauce, Roasted Garlic Hot
 Sauce, Hurtin Jalapeno, Crazy Caribbean
Eastern Gourmet -410 mL jar sauces
 Vindaloo, Tandoori, Classic curry, Butter
 Chicken
Eden Organic Quinoa (Regular, red)
Everland Organic Sweet & Sour Sauce, Honey
 Garlic
Floating Leaf Wild Rice, Wild Rice + Quinoa,
 Brown + Wild Rice
Gia Gold Basmati Rice
GimME Roasted Seaweed Snacks
Gogo Quinoa Burgers, Granissimo 5 grain,

Granissimo Basmati Wild Quinoa Pilaf
Gold Phoenix Vietnamese Sweet + Spicy Sauce
Grimm's Gluten Free Rice Tortillas
Haiku Rice Vermicelli, Coconut Milk
Itallisima Italian Rice
KFI Butter Chicken Sauce
Kikkoman Gluten Free Soysauce
Kinnikinnick Bread Crumbs –Panko Style
King Soba Black rice noodles, Brown rice and
 Wakame noodles, Millet and Brown rice
 noodles, Mighty Miso Soup, Miso Ramen,
 Sweet Potato + Buckwheat Noodles,
 Pumpkin + Ginger Rice Noodles
La Tortilla Factory Ivory Teff Tortillas
Lee Kum Kee Sriracha Chili Sauce
Let's Do Organic Tapioca, Creamed coconut
Lotus Foods Rice –**excluding forbidden rice**
Lundberg Rice – all types
 Risotto –all types
 Roasted Couscous- assorted
Manischewitz Gluten Free Matzo squares
Mrs. Renfro's Salsa
Native Forest Organic Cut Baby Corn
Pace Chunky Salsa Mild, Chunky Salsa Medium
Passage Foods Simmer Sauces
San-J Sauces Soy, Tamari, Tamari Lite, Orange,
 Szechuan-style, Teriyaki, Asian BBQ sauce,
 Sweet + Tangy, Mongolian Style, Thai-Style
 Peanut
Seasnax Oodles, Seaweed Snacks
Seaweed Love Roasted seaweed snacks
Spiceworks Marinade Mixes –all 5 flavours
Texana Long Grain Rice – all rices
TruRoots Quinoa, Sprouted Quinoa, Sprouted Rice
 Trio, Sprouted Lentil Trio, Medium Haiga
 rice, Germinated Brown Rice
Uncle Ben's Rice Quick Cook (700g), Whole Grain
 Brown (900 g, 1.6 kg) Converted Long
 Grain (900g)
Xyla Buffalo Sauce, Teriyaki Sauce

Dairy & Alternatives Section

Abuelo's Corn Tortillas
Bari Ricotta Cheese
Becel Vegan Margarine only

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Big Mountain Foods Veggie Burger, Cheesy
Burger
Daiya Shredded Cheese, Cheese Wedges, Cheese
Slices
David's Dynamite Caesar Paste, Vegan Caesar Paste
Earth Balance All
Earth Island Vegenaïse
Go Veggie! Cheese Flavoured Slices
Isola Bio Cream –*Rice, Millet*
Drinks- *Millet, Hazelnut rice, Rice Almond*
Kozy Shack Pudding
Los Taquitos Corn Tortillas
Que Pasa Ground Corn Tortilla
Silk Almond Milks
So Delicious Cultured Yogurt –*Almond, Coconut*
Coconut Milk for Coffee
So Nice Soy Milk –except chocolate
Soyganic Smoked Tofu
Sunrise Tofu Desserts (All)
Superior Organic Tofu
Tofutti Mozzarella Flavoured Slices
Wildbrine Kimchi

Meat Dept.

Grimm's Meat Products
Harvest Bacon, Assorted Wieners
Helmuts Kitchen Assorted
Johnsonville Cheddar Smoked Sausage, Smoked
Bratwurst, Smoked Hot Sausage
Maple Leaf Natural Selections –Wieners
Schneiders Country Naturals -Wieners, Ham

Deli

Freybe Meats and Sausages (in sealed packages
only)
Nanak –Paneer
RP's Pasta –Fettuccine, Fusilli
Summer Fresh Dips –assorted flavours

Floral Dept.

We can make Custom Gluten Free gift baskets. Just
place your order in the Floral Department.

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Bars Near Customer Service/ Till 1

Amazing Grass Green Superfood Bars
Coco Hydro Electrolyte drink Mix
Coconut Secret Coconut Bars
Core Probars
Elevate Me Bars
Go Macro Cashew Caramel, Peanut Butter,
Cashew Butter, Peanut Butter + Chocolate
Chip, Sunflower Butter + Chocolate,
Almond Butter + Carob, Sesame Butter +
Dates
Just Great Stuff Powdered Peanut Butter
Kind Bars
Larabar all including ALT bars
NuGo Slim bars, Dark bars
Oh Yeah! Victory Bars
Oskri Coconut bar
Solo GI Energy Bars
Spry Xylitol Mints, Gum
Simply Protein Chips both
Taste of Nature All flavours
The Simply Bar All
Ultima Replenisher Electrolyte Powder
Vega Assorted Bars, Sport Products