

# Good Harvest Market Waukesha Shopping Guide

## GLUTEN FREE SHOPPING GUIDE

As of 2/27/09

\* denotes a New Product - added in the past 3 months!

### Eating Gluten Free at Good Harvest Market

It is estimated that over three million Americans currently suffer from gluten intolerance, although estimates also suggest that 97 percent of celiac sufferers remain undiagnosed and go untreated. An increased diagnosis of the disease in recent years has led to a consequent surge in demand for gluten-free foods. A gluten free diet means avoiding all foods that contain wheat, rye, barley and most oats. Despite these restrictions, people with celiac disease can eat a well-balanced diet with a variety of foods, including bread and pasta. Best of all, GLUTEN FREE foods are not only nutritious, but tasty as well!

Good Harvest Market offers hundreds of gluten free products, including fresh bakery goods. This guide list covers manufacturer labeled GLUTEN FREE foods and indicates where you will find them in the store. The number of Gluten Free products we carry is growing all the time!

Product Name	Description	Location
<u>Apple Sauce</u>		
Leroux Creek	Organic Berry Apple	aisle 3
	Organic Apricot Apple	aisle 3
	Organic Cherry Apple	aisle 3
	Organic Cinnamon Apple	aisle 3
	Organic Golden Apple	aisle 3
<u>Bars/Snacks</u>		
Bakery On Main	Peanut Butter Chocolate Chip	aisle 5
Bumble Bar	Organic Lushus Lemon	register 3
	Organic Chocolate Crisp	register 3
	Organic Almond	register 3
	Organic Original	register 3
	Organic Chai	register 3
	Organic Cherry	register 3
Enjoy Life	Very Berry	aisle 5
	Caramel Apple	aisle 5
	Cocoa Loco	aisle 5
	Sunbutter Crunch	aisle 5
EnviroKidz	Organic Crispy Rice - 5 varieties	aisle 5
Glenny's	Marshmallow Treats - 3 varieties	register 3
Glutino	Blueberry Breakfast Bar	aisle 5
	Apple Breakfast Bar	aisle 5
	Chocolate	aisle 5
	Chocolate Peanut	aisle 5
	Chocolate Banana	aisle 5
	Wildberry	aisle 5
Kind	Fruit & Nut Bar	register 3
Larabar	Lemon	register 3
	Cocoa Mole	register 3

		Apple Pie	register 3
		Cashew Cookie	register 3
		Cherry Pie	register 3
		Cinnamon Roll	register 3
		Chocolate Coconut Chew	register 3
		Organic Chocolate Coffee	register 3
		Organic Chocolate Orange	register 3
	*	Jam Frakas	register 3
Oskri		Date Syrup Sesame Bar	register 3
		Molasses Sesame Bar	register 3
		Date Syrup & Black Cumin Sesame	register 3
		Date Syrup & Fennel Sesame Bar	register 3
		Coconut Bar	register 3
Prana		Organic Cashew Almond	register 3
		Organic Cinnamon Apple	register 3
		Organic Coconut Acai	register 2
		Organic Apricot Pumpkin	register 3
		Organic Apricot Goji	register 3
Pure	*	Cherry Cashew	register 3
	*	Chocolate Chip Trail Mix	register 3
	*	Wild Blueberry	register 3
	*	Cranberry Orange	register 3
Raw Revolution		Spirulina & Cashew	register 3
		Chocolate & Cashew	register 3
		Chocolate & Coconut	register 3
		Hazelnut & Chocolate	register 3
Sharkies		Organic Citric Squeeze	register 3
		Organic Berry Blast	register 3
		Organic Fruit Splash	register 3
ThinkGreen		Blueberry Noni	register 3
Think Organic		Cherry Nut	register 3
		Apricot Coconut	register 3
		Chocolate Coconut	register 3
		Cashew Pecan	register 3
Tree Hugging Treats		Crispy Cat	register 3
		-Mint Coconut	register 3
		-Toasted Almond	register 3
		-Roasted Peanut	register 3

### Beverages

Blue Diamond		Almond Breeze Milks	aisle 5
Cell-nique	*	Tropical Fruit	Refrig. Juice
	*	Pomegranate	Refrig. Juice
	*	Kukicha Tea	Refrig. Juice
Dagoba		Hot Chocolate Mix	aisle 5
		Xocolatl	aisle 5
		Unsweetened Hot Chocolate	aisle 5
Eden		Unsweetened Soymilk	aisle 5
		Edenblend Rice & Soymilk	aisle 5
Good Karma		Organic Vanilla Rice Milk	aisle 5

		Organic Original Rice Milk	aisle 5
Lakefront Brewery		New Grist Beer	beer/wine/register 1
Lakewood		Fruit Juices – 20 varieties	aisle 4
	*	Organic Fruit Garden – 5 varieties	aisle 4
Manitoba Harvest	*	Hemp Bliss Chocolate Milk	aisle 5
	*	Hemp Bliss Original Unsweetened Milk	aisle 5
	*	Hemp Bliss Original	aisle 5
	*	Hemp Bliss Vanilla Milk	aisle 5
Morning Glory		Organic Pure Prune Juice	aisle 4
Pacific Natural Foods		Almond Milk, low fat and unsweetened	aisle 5
		Hazelnut Milk	aisle 5
Rice Dream		Horchata	aisle 5
Silk		Soy Milk	aisle 5
		Chocolate Soy Milk	aisle 5
		Vanilla Soy Milk	aisle 5
		Unsweetened Soy Milk	aisle 5
Teeccino		Herbal Coffee's – 4 varieties	frozen

### Breads/Biscuits/Buns/Muffins

Cybro's		Rice Bread	aisle 1
		Rolls	refrig. bread
Ener-G		Tapioca Hamburger Buns	aisle 1
		Light Tapioca Loaf	aisle 1
	*	Brown Rice Yeast-Free Loaf	aisle 1
Enjoy Life	*	Cinnamon Raisin Bagels	refrig bread
	*	Classic Bagels	refrig bread
Food For Life		Brown Rice Tortillas	refrig bread
		White Rice	refrig bread
		Raisin Pecan	refrig bread
		Brown Rice	refrig bread
		Millet	refrig bread
		Rice Pecan	refrig bread
Glutino		Cornbread	refrig bread
		Flaxseed	refrig bread
		Cinnamon Raisin	refrig bread
		Fiber Bread	refrig bread
		Cinnamon French Toast	frozen
Grandma Ferdon's		Bread Sticks	frozen
		Buttermilk Bread	frozen
		Egg Bread	frozen
		Pumpnickel Bread	frozen
		Bread Crumbs	frozen
		Cinnamon Raisin Biscuits	frozen
		Baking Powder Biscuits	frozen
		Corn Muffins	frozen
		English Muffins	frozen
		Plain Donuts	frozen
		Donut Holes	frozen
		Dinner Rolls	frozen
		Cinnamon Rolls	frozen

		Hamburger Buns	frozen
		Hot Dog Buns	frozen
	*	Lefse	frozen
Kinnickinick		Hamburger Buns	frozen
		Hot Dog Buns	frozen
		Raisin Tapioca Rice Bread	frozen
	*	Tapioca Rice Bread	frozen
		Many Wonder Multigrain	frozen
		White Sandwich	frozen
		Brown Sandwich	frozen
		Italian White Tapioca Rice	frozen
		Robin's Honey Brown Rice	frozen
		Sunflower Flax	frozen
		Cinnamon Raisin Bagels	frozen
		Plain Bagels	frozen
		Sesame Bagels	frozen
		Cinnamon Sugar Donuts	frozen
		Vanilla Glazed Donuts	frozen
		English Muffins	frozen
Sonoma	*	Yellow Corn Tortillas	refrig bread

### Candy

Candy Tree		Organic Cherry Vines	register 3
		Organic Strawberry Vines	register 3
		Organic Licorice Vines	register 3
		Organic Orange Lollipops	register 3
College Farm		Organic Hard Candy	
		-Strawberry Crème	register 3
		-Chocolate Mint	register 3
		-Luscious Lemon	register 3
		-Vanilla Caramel	register 3
		Nature Pops	
Dagoba		18 Varieties of Chocolate Candy Bars	register 2
Enjoy Life	*	Boom Choco Boom Rice Milk Bars - 3 flavors	aisle 4
Let's Do...Organic		Gummi Bears	register 3
PeelU		Dental Chewing Gum - Cinnamon	register 1
		Dental Chewing Gum - Spearmint	register 1
St Claire's Organics		Lemon Tarts	register 1
		Spearmints	register 1
		Peppermints	register 1
		Wintermints	register 1
		Licorice	register 1
Tropical Sources		Rich Dark Chocolate	register 2
		Mind Crunch Dark Chocolate	register 2
		Rice Crisp Dark Chocolate	register 2
Yummy Earth		Organic Vitamin C Pops	register 3
		Organic Super Sour Pops	register 3
		Road Side Root Beer Candy Drops	register 3

### Cereals

Ancient Harvest		Quinoa Flakes	aisle 5
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Arrowhead Mills	Organic Maple Buckwheat Flakes	aisle 5
Bakery On Main	Extreme Fruit & Nut Granola	aisle 5
	Apple Raisin Walnut Granola	aisle 5
	Nutty Maple Cranberry Granola	aisle 5
Bob's Red Mill	Oatmeal - Rolled Oats	aisle 5
	Steel Cut Oats	aisle 5
	Mighty Tasty Hot Cereal	aisle 5
	Creamy Rice Hot Cereal	aisle 5
Enjoy Life	Cranapple Crunchy Granola	aisle 5
	Very Berry Crunch	aisle 5
	Cinnamon Crunch	aisle 5
EnviroKidz	Peanut Butter Panda Puffs	aisle 5
	Gorilla Munch	aisle 5
	Leapin' Lemurs	aisle 5
	Koala Crisp	aisle 5
	Amazon Frosted Flakes	aisle 5
Erewhon	Organic Corn Flakes	aisle 5
	Crispy Brown Rice	aisle 5
	Crispy Brown Rice w/ Berries	aisle 5
	Rice Twice	aisle 5
Glutino	Apple & Cinnamon	aisle 5
	Honey Nut	aisle 5
Lundberg	Purely Organic Rice Cereal	aisle 5
Nature's Path	* Whole O's	aisle 5
	Crispy Rice	aisle 5
	Organic Corn Flakes	aisle 5
	Organic Mega Sunrise	aisle 5
	Organic Honey'd Corn Flakes	aisle 5
New England Natural	Organic Crunchy Fruity Cereal	Bulk
New Morning	Organic Cocoa Crispy Rice	aisle 5
Perky's	Nutty Flax	aisle 5
	Nutty Rice	aisle 5
	Perky O's Original	aisle 5
	Perky O's Apple Cinnamon	aisle 5
Pocono	Cream of Buckwheat Cereal	aisle 5

### Condiments

Amy's	Organic Mild Salsa	chips
	Organic Medium Salsa	chips
	Organic Black Bean & Corn Salsa	chips
Annie's Naturals	Organic Ketchup	aisle 1
	Organic Horseradish Mustard	aisle 1
	Organic Yellow Mustard	aisle 1
	Organic Honey Mustard	aisle 1
	Organic Dijon Mustard	aisle 1
Arrowhead Mills	Organic Sesame Tahini	aisle 3
Bragg's	Liquid Aminos	aisle 1
Bubbies	Sauerkraut	dairy cooler
	Bread & Butter Chips	dairy cooler
	Pure Kosher Dills	dairy cooler
Follow Your Heart	Organic Veganaise	dairy cooler

		Original Veganise	dairy cooler
		Grapeseed Oil Veganise	dairy cooler
Nasoya		Original Veggie Sandwich Spread	aisle 1
		Dijon Style Sandwich Spread	aisle 1
NatureNaise	*	Organic Spread	dairy cooler
	*	Organic Spread with Omega 3	dairy cooler
OrganicVille		Organic Ketchup	aisle 1
San-J		Organic Tamari	aisle 1
Spectrum		Light Canola Mayonnaise	aisle 1
		Regular Mayonnaise	aisle 1
		Omega 3 Mayonnaise	aisle 1
		Canola Mayonnaise	aisle 1
		Mayonnaise with Olive Oil	aisle 1
Sun Gold Foods		Organic Sunbutter	aisle 3

## Cookies

Enjoy Life		Happy Apples	aisle 4
		Snickerdoodle	aisle 4
		No Oats Oatmeal	aisle 4
		Gingerbread Spice	aisle 4
		Double Chocolate Brownie	aisle 4
		Chewy Chocolate Chip	aisle 4
Enviro-Kidz		Animal Cookies	aisle 4
Go-Raw	*	Original Supercookies	aisle 4
	*	Chocolate Supercookies	aisle 4
Glutino	*	Vanilla Dreams	aisle 4
	*	Chocolate Dreams	aisle 4
	*	Vanilla Dream Bites	aisle 4
	*	Chocolate Dream Bites	aisle 4
		Chocolate Wafer Cookies	aisle 4
		Lemon Wafer Cookies	aisle 4
		Strawberry Wafer Cookies	aisle 4
Grandma Ferdon's		Gingersnap Cookies	frozen
		Chocolate Grande Cookies	frozen
		Cut-Out Cookie Dough	frozen
I an's		Cookie Buttons - Crunchy Cinnamon	aisle 4
		Cookie Buttons - Chocolate Chip	aisle 4
Jennie's		Coconut Macaroons	aisle 4
	*	Chocolate Macaroons	aisle 4
Jo-sef	*	Double Chocolate O's	aisle 4
	*	Cinnamon O's	aisle 4
	*	Chocolate Sandwich O's	aisle 4
Kinnickinick		Lemon Cranberry	aisle 4
		Montana's Chocolate Chip	aisle 4
		Animal Cookies	aisle 4
		K-Too's Vanilla Sandwich Crème	aisle 4
		K-Too's Chocolate Sandwich Crème	aisle 4
Mi-Del		Gingersnaps	aisle 4
		Chocolate Chips	aisle 4
		Arrowroot Cookies	aisle 4
Nana's	*	Chocolate Munch Cookie Bars	aisle 4

	*	Berry Vanilla Cookie Bars	aisle 4
	*	Cookie Bites – Fudge	aisle 4
	*	Cookie Bites – Lemon Dreams	aisle 4
	*	Cookie Bites – Ginger Spice	aisle 4
		Chocolate	register 3
		Lemon	register 3
		Chocolate Crunch	register 3
		Chocolate Chip	register 3
Pamela's		Espresso Chocolate Chunk Cookies	aisle 4
		Dark Chocolate Chunk Cookies	aisle 4
		Chocolate Chunk Pecan Shortbread	aisle 4
		Spicy Ginger Cookies	aisle 4
		Peanut Butter Cookies	aisle 4
	*	Butter Shortbread Cookies	aisle 4
	*	Simplebites Ginger Mini-Snapz	aisle 4
	*	Simplebites - Extreme Chocolate Mini Cookies	aisle 4
	*	Simplebites – Chocolate Chip Mini Cookies	aisle 4

### Crackers/Chips/Snacks

Amy's		Spicy Chipotle Chips	chips
Edward & Sons		Brown Rice Snaps – Unsalted, Plain	aisle 4
		Brown Rice Snaps – Cheddar	aisle 4
		Brown Rice Snaps – Vegetable	aisle 4
		Brown Rice Snaps – Toasted Onion	aisle 4
EnerG		Wheat-Free Pretzels	chips
		Sesame Pretzel Rings	chips
Enjoy Life		Mountain Mambo Trail Mix	snack rack
		Beach Bash - No Nuts Mix	snack rack
Glutino		Sesame Breadsticks Regular	aisle 4
		Original Crackers	aisle 4
		Multi-Grain Crackers	aisle 4
		Vegetable Crackers	aisle 4
		Cheddar Crackers	aisle 4
		Sesame Pretzel Rings	chips
		Unsalted Pretzel Twists	chips
		Pretzel Sticks	chips
		Pretzel Twists	chips
Grandma Ferdon's		Tortilla Chips	aisle 2
Green Mountain Gringo		Tortilla Strips	chips
Hol-Grain Crackers	*	Brown Rice with Sesame Seeds	aisle 4
	*	Brown Rice with Onion & Garlic	aisle 4
	*	Brown Rice with Light Salt	aisle 4
Jo-sef	*	Coffee Graham Crackers	aisle 4
	*	Cinnamon Graham Crackers	aisle 4
	*	Vanilla Graham Crackers	aisle 4
	*	Chocolate Graham Crackers	aisle 4
Kettle		Baked Potato Chips – Hickory Honey BBQ	chips
		Baked Potato Chips – Lightly Salted	chips
		Baked Potato Chips – Sea Salt & Vinegar	chips
Lundberg		Rice Cakes - Popcorn	aisle 4
		Rice Cakes – Koku Seaweed	aisle 4

		Rice Cakes – Sesame Tamari	aisle 4
		Rice Cakes – Brown Rice, Salt Free	aisle 4
		Rice Cakes – Mochi Sweet	aisle 4
		Rice Cakes – Tamari w/Seaweed	aisle 4
		Rice Cakes – Brown Rice, Light Salt	aisle 4
		Rice Chips – Santa Fe BBQ	chips
		Riche Chips – Sesame & Seaweed	chips
		Rice Chips – Fiesta Lime	chips
		Rice Chips – Honey Dijon	chips
		Rice Chips – Sea Salt	chips
Mary's Gone Crackers		Original	aisle 4
		Caraway	aisle 4
		Herb	aisle 4
		Black Pepper	aisle 4
		Onion	aisle 4
	*	Sticks & Twigs – Chipotle Tomato	chips
	*	Sticks & Twigs – Curry	chips
	*	Sticks & Twigs – Sea Salt	chips
Michael Season's		Baked Cheese Puffs	chips
		Baked Cheese Curls	chips
		Lite Cheese Curls	chips
		Baked Potato Crisps – Original	chips
		Baked Potato Crisps – Sweet BBQ	chips
Miguel's	*	Organic 3 Pepper Tortilla Dippers	chips
	*	Organic Everything Tortilla Dippers	chips
Natural Nectar		Cracklebread – Original	aisle 4
		Cracklebread – Sun-dried Tomato & Oregano	aisle 4
Newman's		Cinnamon Sugar Soy Crisps	chips
		White Cheddar Soy Crisps	chips
Snikiddy		Pizza Pie Puffs	chips
		Rockin' Ranch Puffs	chips
		Grilled Cheese Puffs	chips
		Man N Cheese Puffs	chips
Xochitl		White Corn Chips	chips

### Crusts/Tortillas

Arrowhead Mills		Pizza Crust Mix	aisle 2
Bob's Red Mill		Pizza Crust Mix	aisle 2
Grandma Ferdon's		Pie Crust	frozen
		Pizza Crust	frozen
		Tortillas	frozen

### Dairy/Cheese

Brown Cow		Yogurt – All varieties	dairy
Cascade Fresh		Yogurt – 2 varieties	dairy
Earth Balance		Natural Buttery Spread	dairy
Follow Your Heart		Cheddar	cheeses
		Monterey Jack	cheeses
		Mozzarella	cheeses
Galaxy		Rice Cheese – Mozzarella	cheeses
		Rice Cheese – Cheddar Flavor	cheeses
		Vegan Topping – Parmesan Flavor	cheeses

	American Cheese Slices	cheeses
	Cheddar Cheese Slices	cheeses
	Veggy Singles - 3 varieties	cheeses
	Vegan Slices - 2 varieties	cheeses
Good Karma	Rice Divine - Very Vanilla Ice Cream	frozen
	Rice Divine - Carrot Cake Ice Cream	frozen
	Rice Divine - Mudd Pie Ice Cream	frozen
Kozy Shack	Chocolate Pudding	dairy
Lisantti	Soy-Sation Shredded Cheddar	cheeses
	Soy-Sation Shredded Mozzarella	cheeses
	Almond Cheese - Mozzarella	cheeses
	Almond Cheese - Cheddar	cheeses
Nasoya	Tofu	dairy
Ricera	Yogurt - vanilla, strawberry, blueberry	dairy
Silk	Original Creamer	dairy
Stoneyfield Farm	Yogurt - All Varieties	dairy
Whole Soy Company	Plain Yogurt	dairy
Wildwood	Yogurt - All Varieties	dairy
Zen Soy	Chocolate Soy Pudding	dairy
	Vanilla Soy Pudding	dairy

## Desserts

French Meadow Bakery	Chocolate Chip Cookie Dough	frozen
	Fudge Brownies	frozen
Grandma Ferdon's	Carrot Cake	frozen
	Brownies	frozen
	Apple Pie	frozen
	Pumpkin Pie	frozen
	Lemon Bars	frozen
	Pumpkin Bars	frozen
Let's Do...	Ice Cream Cones	aisle 3
Natural Desserts	Raspberry Jello	aisle 3
	Strawberry Jello	aisle 3
	Cherry Jello	aisle 3
ZenSoy	Chocolate Soy Pudding	dairy
	Vanilla Soy Pudding	dairy

## Ethnic Food

Annie Chun's	Original Mai Fun Rice Noodles	aisle 1
	Pad Thai Rice Noodles	aisle 1
Thai Kitchen	Most varieties of Rice Noodle	
	Bowls; Read Individual Packages	aisle 1
	Most Varieties of Instant Noodle	
	Bowls; Read Individual Packages	aisle 1
	Stir Fry Rice Noodles;	
	Read Individual Packages	aisle 1

## Flour/Baking/Mixes

Ancient Harvest	Quinoa Flour	aisle 3
Arrowhead Mills	Gluten Free Pancake & Baking Mix	aisle 3
	Organic Buckwheat Flour	aisle 3

		Organic Millet Flour	aisle 3
		Organic Yellow Corn Meal	aisle 3
		Chocolate Chip Cookie Mix	aisle 3
		Brownie Mix	aisle 3
		Brown Rice Flour	aisle 3
		Organic White Rice Flour	aisle 3
		All Purpose Baking Mix	aisle 3
		Vanilla Cake Mix	aisle 3
Authentic Foods		Vanilla Powder	aisle 3
		Guar Gum	aisle 3
		Dough Enhancer	aisle 3
		Sweet Rice Flour	aisle 3
		Chocolate Cake Mix	aisle 3
		Blueberry Muffin Mix	aisle 3
		Maple Sugar	aisle 3
		Falafel Mix	aisle 3
	*	Classical Blend	aisle 3
	*	All Purpose Flour	aisle 3
	*	Brown Rice Flour	aisle 3
Bob's Red Mill		Almond Meal Flour	aisle 3
		Golden Flaxseed Meal	aisle 3
		Flaxseed Meal	aisle 3
		Baking Soda	aisle 3
		Baking Powder	aisle 3
		Arrowroot Flour	aisle 3
		Garbanzo & Fava Bean Flour	aisle 3
		Xanthan Gum	aisle 3
		Teff Flour	aisle 3
		All Purpose Flour	aisle 3
		Brownie Mix	aisle 3
		Pancake Mix	aisle 3
		Semolina Flour	aisle 3
		Sweet White Sorghum Flour	aisle 3
		Coconut Flour	aisle 3
		Biscuit & Baking Mix	aisle 3
		Cornbread Mix	aisle 3
		Hearty Whole Grain Bread Mix	aisle 3
		Homemade Wonderful Bread Mix	aisle 3
		Textured Vegetable Protein	aisle 3
Breads from Anna		Bread Machine Mixes	aisle 3
Chebe		Cinnamon Roll Mix	aisle 3
		Pizza Crust Mix	aisle 3
		Cheesebread Mix	aisle 3
		Bread Sticks	aisle 3
EnerG		Pure Rice Bran	aisle 3
		Potato Starch Flour	aisle 3
		Egg Replacer	aisle 3
		Tapioca Flour	aisle 3
Enjoy Life		Semi-Sweet Chocolate Chips	aisle 3
Fearn		Brown Rice Baking Mix	aisle 3
Gluten-Free Pantry	*	Brown Rice Pancake & Waffle Mix	aisle 3

	*	Coffee Cake Mix	aisle 3
	*	Chocolate Truffle Brownie Mix	aisle 3
	*	Favorite Sandwich Bread	aisle 3
	*	Old Fashioned Cake & Cookie Mix	aisle 3
Grandma Ferdon's		Potato Flour	aisle 2
		White Rice Flour	aisle 2
		Pancake/Waffle Mix	aisle 2
		Baking Powder Mix	aisle 2
		Cornbread Mix	aisle 2
		Potato Starch	aisle 2
		Flour Mix	aisle 2
		Pumpkin Bar Mix	aisle 2
		Banana Muffin/Bread Mix	aisle 2
		Tapioca Starch	aisle 2
		Corn Starch	aisle 2
		Bread Crumbs	frozen
Kinnikinnick		Pancake & Waffle Mix	aisle 3
Let's Do...Organic		Tapioca - Granulated	aisle 3
		Tapioca - Small Pearl	aisle 3
Namaste		Muffin Mix	aisle 3
		Blondies	aisle 3
		Spice Cake	aisle 3
		Vanilla Cake	aisle 3
		Brownies	aisle 3
		Cookie Mix	aisle 3
		Chocolate Cake	aisle 3
		Taco Pasta	aisle 3
		Pasta Pisavera	aisle 3
		Pizza Crust	aisle 3
		Say Cheez	aisle 3
		Waffle & Pancake Mix	aisle 3
		No Sugar Added Muffin Mix	aisle 3
Pamela's		Chocolate Brownies	aisle 3
		All Purpose Baking & Pancake Mix	aisle 3
		Dark Chocolate Frosting	aisle 3
		Vanilla Cake	aisle 3
		Vanilla Frosting	aisle 3
		Confetti Frosting Mix	aisle 3
		Bread Mix	aisle 3
		Chocolate Chunk Cookie Mix	aisle 3
		Chocolate Cake Mix	aisle 3
Rumford		Baking Powder	aisle 3
Spectrum	*	Organic Shortening	aisle 3
Tropical Source	*	Semi-Sweet Chocolate Chips	aisle 3

## Frozen Foods

Amy's		Indian Mattar Paneer	frozen
		Palak Paneer	frozen
		Whole Meal Cheese Enchilada	frozen
		Enchilada with Spanish Rice & Beans	frozen
		Black Bean Veggie and Cheese Enchilada	frozen

	Mexican Tamale Pie	frozen
	Shepherd's Pie	frozen
	Thai Stir Fry	frozen
	Asian Noodle Stir Fry	frozen
	Garden Vegetable Lasagna	frozen
	Teriyaki Brown Rice and Veggie	frozen
	Mexican Casserole	frozen
	Santa Fe Enchilada Bowl	frozen
	Rice Mac & Cheese	frozen
	Teriyaki Bowl	frozen
	Baked Ziti Bowl	frozen
	Spinach Pizza - Rice Crust	frozen
	Cheese Pizza - Rice Crust	frozen
Gluten-Free Café	Asian Noodles	frozen
	Fettuccini Alfredo	frozen
	Pasta Primavera	frozen
	Lemon Basil Chicken	frozen
Glutino	Pizza Crusts	frozen
Good Karma	Rice Divine - Very Vanilla Ice Cream	frozen
	Rice Divine - Carrot Cake Ice Cream	frozen
	Rice Divine - Mudd Pie Ice Cream	frozen
Grandma Ferdon's	Cheese Pizza	frozen
	Waffles	frozen
Ian's	Alpha-Tots Potato Fries	frozen
	Popcorn Turkey Corn Dogs	frozen
	Chicken Nuggets	frozen
	Chicken Patties	frozen
	Fish Sticks	frozen
Kinnickinick	Pizza Crusts	frozen
Life's Dream	Buckwheat Flax Pomegran Waffles	frozen
	Wildberry Waffles	frozen
Nature's HiLights	Soy Style Cheese Pizza	frozen
	Brown Rice Crust Pizza	frozen
Nature's Path	Buckwheat Wildberry Waffles	frozen
PJ's	Organic Chicken Tamale Pie	frozen
	Organic Chicken Tamale Meal	frozen
	Organic Chicken Enchilada Meal	frozen
	Organic Beef Enchilada Meal	frozen
Van's	Buckwheat Waffles	frozen
	Wheat Free Original Waffles	frozen

### Grains/Rice/Packaged Dinners

Ancient Harvest	Traditional Quinoa	aisle 2
	Inca Red Quinoa	aisle 2
Annie's	Rice Pasta & Cheddar	aisle 2
Arrowhead Mills	Organic Yellow Corn Grits	aisle 2
Edward & Sons	* Organic Mashed Potatoes	aisle 2
	* Dairy-Free Chressy Mashed Potatoes	aisle 2
Food Merchants	Polenta	aisle 2
Lundberg	White Jasmine Rice	aisle 2
	White Basmati	aisle 2

		Brown Basmati	aisle 2
		Golden Rose Brown Rice	aisle 2
		Brown Jasmine Rice	aisle 2
		Long Grain Brown Rice	aisle 2
		Long Grain White Rice	aisle 2
		Short Grain Brown Rice	aisle 2
Lundberg Organic		Risotto – Florentine	aisle 2
		Risotto – Tuscan	aisle 2
		Risotto – Alfredo	aisle 2
		Risotto – Porcini	aisle 2
		Risotto – Creamy Parmesan	aisle 2
		Risotto – Italian Herb	aisle 2
		Risotto – Garlic Primavera	aisle 2
Mrs. Leeper's	*	Beef Stroganoff	aisle 2
	*	Creamy Tuna	aisle 2
	*	Cheeseburger Mac	aisle 2
	*	Beef Lasagna	aisle 2
	*	Chicken Alfredo	aisle 2
Rice Expressions		Microwaveable Brown Rice	frozen
Seeds of Change	*	Velleron Whole Grain Blend	aisle 2
Shelton's		Mild Chicken Chili	aisle 2

## Meats

Applegate Farms		Luncheon Meats	meat
		-Herb Turkey Breast	
		-Roasted Turkey Breast	
		-Smoked Turkey Breast	
		-Honey Ham	
		-Honey & Maple Turkey Breast	
		-Uncured Black Forest Brand Ham	
		-Organic Roasted Chicken Breast	
		-Organic Smoked Chicken Breast	
		-Uncured Turkey Bologna	
		-Slow Cooked Ham	
		Uncured Chicken Hot Dogs	meat
		Uncured Turkey Hot Dogs	meat
		Uncured Beef Hot Dogs	meat
		Chicken & Apple Breakfast Sausage	frozen
The Buffalo Guys		Buffalo Polish Sausage	frozen
Thumann's		Black Angus Pastrami Round	meat
		Capless Roast Beef	meat
		Golden Roasted Gourmet Turkey	meat
		Oven Roasted Chicken Breast	meat
		Black Forest Brand Ham	meat
		Oven Roasted Hickory Smoked Turkey Breast	meat
		Black Angus Corned Beef	meat
		Buffalo Style Oven Roasted Chicken Breast	meat
		Oven Roasted Black Angus Top Round	meat

## Pasta

Ancient Harvest		Quinoa Garden Pagoda Pasta	aisle 2
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		Quinoa Spaghetti	aisle 2
		Elbows	aisle 2
Annie Chun's		Original Pad Thai	aisle 1
		Original Rice Noodles	aisle 1
DeBole's	*	Multi-Grain Spaghetti	aisle 2
	*	Rice Spaghetti Style	aisle 2
Gillian's	*	Wheat Free, Egg Free Fusilli	aisle 2
	*	Fettuccini	aisle 2
Grandma Ferdon's		Brown Rice Elbow	aisle 2
		Brown Rice Spaghetti	aisle 2
		Brown Rice Lasagna	aisle 2
		Brown Rice Fettuccini	aisle 2
		Chow Mien Noodles	aisle 2
Lundberg		Brown Rice Spaghetti	aisle 2
		Rotini	aisle 2
Mrs. Leeper's	*	Corn Spaghetti	aisle 2
	*	Corn Elbows	aisle 2
		Penne Pasta	aisle 2
Road's End		Mac & Cheese - Alfredo Style	aisle 2
		Mac & Cheese - Cheddar Style, Dairy Free	aisle 2
Schar	*	Spaghetti	aisle 2
Shirataki	*	Tofu Angel Hair Pasta	dairy
Tinkyada		Organic Brown Rice Spaghetti Style	aisle 2
		Brown Rice Spaghetti Style	aisle 2
		Spinach Spaghetti Style	aisle 2
		Fettuccini Style w/ Rice Bran	aisle 2
		Organic Brown Rice Spirals	aisle 2
		Brown Rice Shells	aisle 2
		Brown Rice Spirals	aisle 2
		Brown Rice Elbows	aisle 2
		Organic Brown Rice Penne	aisle 2
		Brown Rice Penne	aisle 2
		Brown Rice Fusilli	aisle 2
		Vegetable Spirals	aisle 2
		Brown Rice Lasagna	aisle 2

### Salad Dressings

Annie's Naturals		Lemon & Chive	aisle 1
		Goddess	aisle 1
		Raspberry Vinaigrette	aisle 1
		Organic Caesar	aisle 1
		Balsamic Vinegar	aisle 1
		Organic Red Wine & Olive Oil	aisle 1
		Organic Thousand Island	aisle 1
		Cowgirl Ranch	aisle 1
		Organic Asian Sesame	aisle 1
		Organic Green Garlic	aisle 1
		Organic Papaya Poppyseed	aisle 1
		Organic Green Goddess	aisle 1
		Organic French	aisle 1
		Lite Honey Mustard Vinaigrette	aisle 1

	Roasted Red Pepper Vinaigrette	aisle 1
	Maple Ginger	aisle 1
	Buttermilk Dressing	aisle 1
	Cucumber Yogurt Dressing	aisle 1
	Pomegranate Vinaigrette	aisle 1
	Creamy Asagio Cheese	aisle 1
Cindy's Kitchen	Sun-Dried Tomato & Balsamic Vinaigrette	produce
	Raspberry Nectar Vinaigrette	produce
Drew's	Poppy Seed	aisle 1
	Garlic Italian	aisle 1
	Buttermilk Ranch	aisle 1
Living Harvest	Hemp Oil	aisle 1
Organicville	Herbs De Provence	aisle 1
	Sundried Tomato & Garlic	aisle 1
	Orange Cranberry	aisle 1
	Tarragon Dijon	aisle 1
	Miso Ginger	aisle 1
	Non-Dairy Ranch	aisle 1
	Pomegranate	aisle 1
	Olive Oil & Balsamic	aisle 1
Seeds of Change	Organic Greek Feta	aisle 1
	Roasted Red Pepper Vinaigrette	aisle 1
	Italian Herb	aisle 1
	French Vinaigrette	aisle 1
	Olive Oil & Balsamic	aisle 1

### Sauces/Seasoning Mixes

Amy's	Low Sodium Marinara Sauce	aisle 2
	Organic Family Marinara Sauce	aisle 2
	Tomato Basil Pasta Sauce	aisle 2
Annie's Naturals	BBQ Sauce Original Recipe	aisle 1
	BBQ Sweet & Spicy Recipe	aisle 1
Arora Creations Seasonings	Chicken Tikka Masala	aisle 1
	Gobi	aisle 1
	Tandoori Chicken	aisle 1
	Bhindi Masala	aisle 1
	Punjabi Chhole	aisle 1
Bove's	Marinara Sauce	aisle 2
Daddy Sam's	BBQ Sauce	aisle 1
Organicville	Original BBQ Sauce	aisle 1
Premier Japan	Wheat-Free Hoisin Sauce	aisle 1
Road's End Organics	Savory Herb Gravy Sauce	aisle 2
	Shiitake Mushroom Gravy Sauce	aisle 2
	Golden Gravy Mix	aisle 2
Thai Kitchen	Red Sweet Chili	aisle 1
	Red Curry Paste	aisle 1
	Original Pad Thai Sauce	aisle 1
	Peanut Satay Sauce	aisle 1
	Green Curry Paste	aisle 1
	Premium Fish Sauce	aisle 1

## Soups

Amy's		Cream of Tomato	aisle 2
		Lentil Vegetable	aisle 2
		Black Bean Vegetable	aisle 2
		Lentil	aisle 2
		Low Fat Split Pea	aisle 2
Edward & Sons		Miso Cup Reduced Sodium	aisle 2
		Low Sodium Veggie Bullion	aisle 2
		Not Beef Vegan Bullion	aisle 2
Fungus Among Us		Smoked Mushroom & Oyster Chowder	aisle 2
Grandma Ferdon's	*	Cream Soup Mix	aisle 2
I magine		Organic Vegetable Broth	aisle 2
		Free Range Chicken Broth	aisle 2
		Organic No Chicken Broth	aisle 2
		Organic Low Sodium Free Range Chicken	aisle 2
		Organic Low Sodium Vegetable Broth	aisle 2
		Organic Creamy Tomato	aisle 2
		Creamy Portobello Mushroom Soup	aisle 2
		Creamy Sweet Corn Soup	aisle 2
		Creamy Broccoli Soup	aisle 2
		Creamy Portobello Leek	aisle 2
Organic Gourmet		Vegetable Bullion	aisle 2
Pacific		Organic Beef Broth	aisle 2
		Organic Vegetable Broth	aisle 2
		Organic Free Range Chicken Broth	aisle 2
		Curried Red Lentil Soup	aisle 2
		Organic Creamy Tomato	aisle 2
		Organic Mushroom Broth	aisle 2
		Organic Roasted Red Pepper & Tomato	aisle 2
		Low Sodium Chicken Broth	aisle 2
		Creamy Tomato, Low Sodium	aisle 2
		French Onion	aisle 2
Shelton's		Chicken Tortilla	aisle 2
		Chicken Rice	aisle 2
		Chicken Broth	aisle 2
		Low Sodium, Fat Free Chicken Broth	aisle 2
		Chili Chicken	aisle 2
		Turkey Chicken	aisle 2
Thai Kitchen		Lemon Grass & Chili	aisle 2
		Thai Ginger	aisle 2
		Bangkok Chili	aisle 2
		Hot & Sour	aisle 1
		Coconut Ginger	aisle 1
Vogue		Instant Chicken Flavored Base	aisle 2
		Instant VegeBase	aisle 2
Wolfgang Puck		Organic Free Range Chicken Broth	aisle 2
		Organic Vegetable Broth	aisle 2

## Sugars/Sweeteners

Ah!Laska		Chocolate Syrup	aisle 3
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Lundberg	Brown Rice Syrup	aisle 3
Sweet Cactus Farms	Premium Agave Nectar - Dark & Light	aisle 3
Wholesome Sweeteners	Organic Turbinado Raw Cane Sugar	aisle 3

Seasonings Grandma Ferdon's - aisle 2

- Alum Powder
- Caraway Seed
- Garlic Minced
- Ground Allspice
- Ground Cinnamon
- Ground Cloves
- Ground Coriander
- Ground Ginger
- Ground Mace
- Ground Marjoram
- Ground Nutmeg
- Ground Oregano
- Ground Thyme
- Hungarian Paprika
- Lemon Peel
- Marjoram
- Onion Flakes
- Orange Peel
- Restaurant Pepper
- Tarragon
- White Peppercorns
- Whole Basil
- Whole Nutmeg
- Whole Savory
- Whole Thyme