



# Gluten-Free Food Directory

APRIL 2009

This directory lists most of the products we offer that are designed gluten-free by the manufacturer. There are many other gluten-free foods in the store, many of which are inherently gluten-free - but this directory includes only those specific products that indicate "gluten-free" on the label.

Read labels carefully, using the **Ingredient List for Gluten-Free Shopping** in our **Guide to Gluten Free Foods**, to find other foods that do not contain gluten.

This is not a comprehensive list of foods labeled "gluten-free," as our selection is always evolving based on customer feedback and product availability.

Your suggestions and comments are appreciated!

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*\*ELISA Tested (The most precise lab test available to identify the presence of gluten in foods.)*

*\*\*Gluten-Free Facility*

*Aisle numbers are in **bold**, following product name.*

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**MILL CREEK CENTRAL MARKET**



## BAKING SUPPLIES

### **Amazing Grains \* \*\* 5A**

- Montina Pure Baking Supplement
- Montina All-Purpose Baking Mix

### **Arrowhead Mills 5A**

- Brownie Mix
- Pancake & Waffle Mix

### **Bob's Red Mill 5A**

#### **Baking Mixes \*\***

- All Purpose Gluten Free Baking Mix
- Chocolate Chip Cookie Mix
- Gluten Free Biscuit & Bake Mix
- Gluten Free Bread Mix
- Gluten Free Brownie Mix
- Gluten Free Pancake Mix
- Hearty Whole Grain Bread Mix

#### **Flours \***

- Almond Meal
- Amaranth Flour
- Brown Rice Flour
- Coconut Flour
- Corn Starch
- Garbanzo Bean Flour
- Garfava Flour
- Guar Gum
- Hazelnut Meal/Flour
- Millet Flour
- Potato Flour
- Potato Starch
- Rice Bran
- Sorghum Flour
- Tapioca Flour
- Teff Flour
- TVP Textured Vegetable Protein
- White Rice Flour
- Whole Grain Teff
- Xanthan Gum

### **Chêbê 5A**

- All Purpose Baking Mix
- Cinnamon Roll Mix
- Breadstick Mix
- Cheese Bread Mix
- Focaccia Mix
- Pizza Crust Mix

### **Cravings Place \*\* 5A**

- Double Chocolate Chunk Cookie Mix
- Quick Bread & Muffin Mix
- Unsweetened Corn Bread Mix

### **Ener-G Foods 5A**

- Egg Replacer

### **Enjoy Life 5A**

- Dairy Free Chocolate Chips

### **Flavorganics 5A**

#### **Organic Extracts**

- Anise
- Coconut
- Coffee
- Chocolate
- Hazelnut
- Vanilla

### **Fleischmann's 5A**

- Active Dry Yeast
- Rapid Rise Yeast

### **Gifts of Nature \*\* 5A**

- All Purpose Flour Blend in 24oz and 10lbs
- Sandwich White Bread & Roll Mix
- Vanilla Poppy Seed Muffin Mix
- Fancy Cookie Mix
- Biscuit & Baking Mix
- Buttermilk Biscuit & Baking Mix
- Expandex (modified tapioca starch)

### **The Gluten-Free Pantry \* 5A**

- French Bread & Pizza Mix
- Muffin & Scone Mix
- Perfect Pie Crust Mix
- Sandwich Bread Mix
- Yankee Cornbread Mix

### **Hain 5A**

- Featherweight Baking Powder

### **Kinnikinnick 5A**

- Pancake & Waffle Mix

### **Lundberg 5A**

- Brown Rice Syrup, organic

### **Namaste \*\* 5A**

- Blondie Mix
- Brownie Mix
- Chocolate Cake Mix
- Muffin Mix
- Pizza Crust Mix
- Spice Cake Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix
- Biscuits, Pie Crust & More!

### **Pamela's \*\* 5A**

- Wheat-Free Bread Mix
- Brownie Mix
- Chocolate Cake Mix
- Chocolate Chunk Cookie Mix
- Pancake Mix

### **Rapunzel 5A**

- Active Dry Yeast

### **Red Star 5A**

- Active Dry Yeast

### **Rumford 5A**

- Baking Soda

### **Saf Yeast 5A**

- Active Dry Yeast

### **Simply Organic 5A**

- Banana Bread Mix
- Carrot Cake Mix
- Chai Spice Scone Mix
- Cocoa Biscotti Mix

### **Tropical Source 5A**

- Dairy Free Semi-Sweet Chocolate Chips

## **WOW DAIRY**

- Chocolate Chip Cookie Dough
- Peanut Butter Cookie Dough
- Ginger Molasses Cookie Dough

## BAKED GOODS

### **AG Ferrari BAKERY**

- Carrot Cake
- Torta al Cioccolato

### **Crave BAKERY FREEZER**

- Artisan Bread

### **Chêbê FROZEN FOODS**

(Ready-to-Bake)

- Rolls
- Pizza Crust
- Bread Sticks
- Sandwich Buns

### **Ener-G Foods BAKERY**

- Brown Rice Loaf
- Br Rice Yeast Free Loaf
- Tapioca Loaf
- White Rice Loaf
- White Rice Yeast Free Loaf
- Tapioca Hot Dog Buns
- Tapioca Hamburger Buns

## BAKED GOODS (cont'd)

### Enjoy Life FROZEN FOODS

- Cinnamon Raisin Bagel
- Classic Original Bagel

### Fat Cat Fudge BAKERY

- Classic Chocolate
- Chocolate Walnut
- Rocky Road

### Food for Life FROZEN FOODS

- Fruit & Seed Bread
- Millet Bread
- Multi-Seed Bread
- Rice Almond Bread
- Rice Bread
- Raisin Pecan Bread
- Bhutanese Red Rice Bread
- China Black Rice Bread

### French Meadow FROZEN FOODS

- Chocolate Brownie
- Chocolate Chip Cookie Dough

### Glutino FROZEN FOODS

- Cinnamon French Toast
- Flaxseed Bread
- Cinnamon Raisin Bread
- Corn Bread Loaf
- Sesame Bagels
- Plain Bagels
- Fiber Bread

### Guerrero 8B ENDCAP

- Tostada Shells
- Fresh Corn Tortillas, 50 and 90 count

### Kinnikinnick\*\* FROZEN FOODS

- Blueberry Muffins
- Chocolate Muffins
- Bagels, Cinnamon Raisin & Plain
- Homestyle Waffles, Original
- Homestyle Waffles, Cinnamon & Brown Sugar
- Italian White Bread
- White Sandwich Bread
- English Muffins
- 7" Pizza Crust
- Cinnamon Buns
- Cinnamon Sugar Donuts
- Vanilla Glazed Donuts

### Laura's Wholesome Junkfood BAKERY

- Charlotte's Chocolate Chip Cookies
- Sally's Raisin Cookies
- Better Brownie Cookies
- Cole's Cashew Chocolate Chip Cookies

### Mariposa \*\* BAKERY

- Sour Cream Coffeecake
- Coconut Lemon Squares
- Biscotti
  - Almond
  - Orange Walnut
  - Cinnamon
  - Anise
- Truffle Brownies
  - Triple Chocolate
  - Walnut
  - Mocha

### Mission 8B ENDCAP

- Taco Shells
- Yellow Corn Tortillas
  - Extra Thin
  - Super Size
- White Corn Tortillas
  - Super Size
  - Thick

### Nana's No's Cookies BAKERY

- Ginger
- Lemon
- Chocolate

### WOW BAKERY

- Chocolate Chip Cookie
- Peanut Butter Cookie
- Ginger Molasses Cookie

## BEANS, PREPARED

### Amy's 3A

- Chili, organic
  - Medium Black Bean, Low Fat
  - Medium with Vegetables
- Refried Beans, organic
  - Black Beans
- Salsa, organic
  - Mild
  - Medium
  - Black Beans & Corn

### Fantastic Foods 3A

- Refried Black Beans Mix
- Refried Beans

### Stagg Chili 4B

- Classic (15 oz only)
- Ranch House Chicken
- Silverado Beef
- Dynamite Hot
- Vegetable Garden
- Steak House, no beans

## BEVERAGES

### Blue Diamond Almond Breeze 5B

- Unsweetened Original
- Vanilla
- Chocolate

### Eden Foods 5B

- Rice & Soy Drinks

### Good Karma Rice Milk 5B

- Original
- Vanilla
- Chocolate

### High Country Organic Kombucha COLD DRINK AISLE

- Aloe
- Goji Berry
- Wild Root

### Honest Tea

#### Organic Tea COLD DRINK AISLE

- Citrus Energy Green
- Honey Green
- Lemon Black
- Peach White
- Pomegranate White

#### Honest Ade COLD DRINK AISLE

- Cranberry Lemonade
- Orange Mango
- Half Gallons 4A
  - Moroccan Mint Green
  - Mango Açai White
  - Unsweetened Just Black
  - Unsweetened Just Green

#### Honest Kids Juice Pouches 4A

- Goodness Grapeness
- Berry Berry Good Lemonade
- Tropical Tango Punch

### Living Harvest Hemp Milk 5B

- Original
- Vanilla
- Chocolate

### Pacific Foods 5B

- Almond Drink
- Hazelnut Drink
- Rice Drink

### Rice Dream Hemp Milk 5B

- Original
- Vanilla

### White Wave Silk Soy Milk 5B

- Plain
- Unsweetened
- Vanilla

### Anheuser-Busch BEER

- Redbridge

### Bard's Tale Beer BEER

- Dragon's Gold

### Green's Belgian Style BEER

- Discovery Amber
- Endeavour Dubbel Dark
- Quest Tripel Blonde

*Note: Due to European Union labeling laws these beers are not labeled "Gluten Free". They are specifically brewed with non-gluten-containing grains and do meet the accepted U.S. standard of <20 ppm.*

### Virgil's 9A

- Root Beer
- Cream Soda

## BODY CARE

### Desert Essence Organics

- Italian Red Grape Shampoo
- Italian Red Grape Conditioner
- Green Apple & Ginger Shampoo
- Green Apple & Ginger Conditioner
- Hand & Body Lotion, Almond
- Hand & Body Lotion, Coconut
- Lemon Tea Tree Shampoo
- Lemon Tea Tree Conditioner
- Pumpkin Hand Crème

### Head Organics

- Shampoo
- Conditioner
- Leave-In Conditioning Spray
- Hair Serum
- Styling Wax
- Styling Gel-Extra Hold
- Styling Spray-Extra Hold

## CANDY

### **Bulk Candies** BULK FOODS

- Gimbals Candies
- Black Licorice Scotties

### **Bulk Candies** BULK FOODS

- Wild Cherry Scotties
- S/F Black Licorice Scotties
- S/F Red Licorice Scotties
- Cinnamon Chews
- Black Licorice Bites

### **Crispy Cat** **Organic Candy Bars** 4A

- Mint Coconut
- Toasted Almond
- Roasted Peanut

### **Dagoba** **Organic Chocolate Bars** 4A

- Mint
- Chai
- Dark 59%
- New Moon 74%
- Milk
- Latté

### **Hot Tamale** 4A

### **Terra Nostra Organic Candy Bars** 4A

- Rice Milk Chocolate
- Rice Milk Chocolate with Almonds
- Rice Milk Chocolate with Dark Truffle Center

### **VerMints** 4A

- Peppermint

## CANNED FOODS

### **Dinty Moore** 4B

Beef Stew (15 & 40 oz cans)

### **La Victoria** 3A

Sliced Nacho Jalapeno, Hot  
Diced Green Chiles, Mild

### **Napoleon**

- Grilled Garlic Cloves in Oil 3A
- Grilled Eggplant in Oil 3A
- Grilled Zucchini in Oil 3A
- Grilled Artichoke in Oil 3A
- Grilled Sun-dried Tomatoes 3B

### **Tillen Farms** 3A

Pickled Crispy Beans, Hot & Spicy  
Pickled Crispy Asparagus, Hot & Spicy

### **Valley Fresh** 4B

White Chicken in Water (10 oz only)

## CEREAL

### **Ancient Harvest** 5B

- Quinoa Flakes Hot Cereal

### **Arrowhead Mills** 5B

- Rice & Shine Hot Cereal

### **Bob's Red Mill** 5B

- Creamy Rice Hot Cereal \*
- Mighty Tasty Gluten Free Hot Cereal \*
- Gluten Free Rolled Oats \* \*\*
- Gluten Free Steel Cut Oats \* \*\*

### **Enjoy Life** \*\* 5B

- Very Berry Crunch Granola
- Cinnamon Crunch Granola

### **Erewhon** 5B

- Crispy Brown Rice
- Rice Twice

### **Gifts of Nature** \*\*\* 5B

- Certified Gluten Free Rolled Oats

### **Glutino** \*\* 5B

- Cereal Bars
  - Apple
  - Blueberry
- Cereals
  - Apple & Cinnamon
  - Honey Nut

### **Lundberg** 5B

- Purely Organic Rice Cereal

### **Nature's Path** 5B

- Maple Buckwheat Flakes Cereal, organic
- Whole O's, organic
- Envirokids Cereals
  - Amazon Frosted Flakes
  - Gorilla Munch
  - Koala Crisps
  - Panda Puffs
- Breakfast Bars
  - Cheetah Berry, organic
  - Koala Chocolate, organic
  - Panda Peanut Butter, organic

### **Perky's** 5B

- Nutty Rice Cereal
- Nutty Flax

### **Pocono** 5B

- Cream of Buckwheat Hot Cereal

### **Ruth's Hemp Foods** 5B

- Chia Goodness

## CONDIMENTS

### **Amy's Salsa** 3A

- Mild
- Medium
- Fire Roasted Vegetable, medium
- Black Bean and Corn
- Spicy Chipotle

### **Annie's Naturals** 8A

#### Salad Dressings

- Artichoke Parmesan Dressing
- Balsamic Vinaigrette
- Basil & Garlic Vinaigrette
- Caesar Dressing
- Cilantro & Lime Vinaigrette
- Cowgirl Ranch Dressing
- French Dressing
- Honey Mustard Vinaigrette
- Lemon & Chive Dressing
- Buttermilk Dressing, organic
- Green Garlic Dressing, organic
- Green Goddess Dressing, organic
- No Fat Yogurt Dressing with Dill, organic
- Papaya Poppy Seed Dressing, organic
- Red Wine & Olive Oil Vinaigrette, organic
- Sesame Ginger Vinaigrette, organic
- Tuscan Italian Dressing, organic
- Raspberry Vinaigrette
- Red Pepper Vinaigrette
- Oil & Vinegar, organic

#### Condiments

- Mustards- All
- Ketchup
- Original BBQ
- Smoky Maple BBQ
- Hot Chipotle BBQ

### **Artisana Organic Nut Butters**\*\* 6B

- Raw Cashew Butter
- Raw Coconut Butter
- Raw Pecan Butter
- Raw Walnut Butter
- Raw Tahini

### **Best Foods** 8A

- Real Mayo
- Light Mayo
- Low Fat Mayo
- Canola Mayo
- Olive Oil Mayo
- Omega-3 Mayo

### **Bone Suckin' Sauce** 8A

- Original
- Hot
- Thicker Style

### **Braggs** 8A

- Liquid Aminos

### **Busha Browne's** 8A

- Hot Pepper Sauce

### **Cindy's Kitchen** PRODUCE

- Fat Free Sun-dried Tomato Salad Dressing
- Wild Maine Blueberry Salad Dressing
- Raspberry Nectar Vinaigrette

### **Cold Mountain Miso** 1A Cooler

- Red
- Mellow Red
- Kyoto White
- Mellow White
- Light Yellow

### **Drew's** 3A

- Organic Chipotle Lime Salsa

### **Salad Dressing & Marinade** 8A

- Honey Dijon
- Kalamata Olive and Caper
- Roasted Garlic
- Romano Caesar
- Rosemary Balsamic

### **Edwards& Sons** 1B

- Premier Japan Hoisin Sauce

### **I. M. Healthy Soy Nut Butters** 6B

- Unsweetened Creamy
- Original Chunky

### **LaVictoria** 3A **Salsa**

- Cilantro, Medium
- Thick n' Chunky, Mild
- Thick n' Chunky, Medium
- Salsa Suprema, Mild
- Salsa Suprema, Medium
- Salsa Suprema, Hot
- Salsa Brava, Hot

## CONDIMENTS (cont'd)

### Taco Sauces

- Red Mild
- Red Medium
- Green Mild

### Lea & Perrins 8A

- The Original Worcestershire Sauce (10 oz ONLY)
- Thick Classic Worcestershire Sauce

### Melinda's Original Habañero Pepper Sauce 8A

- XXtra Hot Sauce

### Nasoya Vegi Salad Dressing 8A

- Sesame Garlic
- Thousand Island
- Garden Herb
- Creamy Italian
- Creamy Dill
- Original Nayoanaise
- Dijon Style Nayoanaise

### Spectrum Naturals 8A

- Light Mayo, Eggless, Vegan, organic
- Canola Mayonnaise
- Lt Canola Mayo, Eggless
- Omega-3 Mayonnaise, organic
- Mayonnaise, organic
- Roasted Garlic Mayonnaise, organic

### SunButter\*\* 6B

- Smooth Sunflower Seed Butter
- Crunchy Sunflower Seed Butter

### Wholemato 9A

- Agave Ketchup, organic

### Wholly Guacamole DELI

- Organic
- Classic
- Guaca Salsa

### Wild Thymes 3A

- Original Cranberry Sauce
- Cranberry-Fig Sauce

## COOKIES

### Enjoy Life \* 8A

- Double Chocolate Brownie Cookies
- Gingerbread Spice Cookies
- No Oats "Oatmeal" Cookies

### Glutino 8A

- Cream Sandwich Cookies
- Vanilla Dreams
- Chocolate Dreams
- Zebra Dreams
- Wafer Cookies

### Jennies 8A

- Macaroons
- Chocolate Macaroons

### Midel 7A

- Arrowroot Cookies (Baby Biscuits)

### Mi-Del 8A

- Gluten Free Arrowroot Cookies
- Gluten Free Chocolate Chip Cookies
- Gluten Free Ginger Snaps
- Gluten Free Pecan Cookies

### Nature's Path EnviroKidz 8A

- Animal Cookies - Vanilla, organic

### Pamela's 8A

- Chocolate Chunk Pecan Short Bread
- Chunky Chocolate Chip
- Spicy Ginger Cookies

### WOW BAKERY

- Ginger Molasses Cookie
- Peanut Butter Cookie
- Chocolate Chip Cookie
- Chocolate Brownie

## CRACKERS

### EnerG Foods 8A

- Crackers

### Glutino 8A

- Crackers
- Bread Sticks
- Rusks

### Health Valley 8A

- Rice Bran Crackers

### Mary's Gone Crackers DELI

- Original, organic
- Caraway, organic
- Black Pepper, organic
- Sticks and Twigs
  - Curry
  - Sea Salt
  - Tomato Chipotle

### Real Foods 8A

- Original Corn Thins

## DAIRY

### Brown Cow Yogurts

(Certified GF)

- All Flavors **EXCEPT** "with Fruit and Whole Grains"

### Darigold

- Mexican Style Sour Cream

### Earth Balance

- Buttery Spread
- Buttery Sticks
- Whipped Buttery Spread, organic

### Follow Your Heart

- Vegan Sour Cream Alternative

### Galaxy

- Rice Butter Alternative

### Helios Kefir

- Plain
- Strawberry
- Raspberry
- Vanilla
- Peach

### I Can't Believe It's Not Butter

- Original
- Light
- Sweet Cream & Calcium
- Mediterranean Blend
- Mediterranean Blend, Light

### Imperial

- Vegetable Oil Spread

### Kozy Shack

- Chocolate Pudding
- Flan
- Rice Pudding

### Redwood Hill Farm

#### Goat Milk Yogurt

- Plain
- Vanilla
- Strawberry
- Blueberry
- Cranberry Orange
- Apricot

### Ricera Rice Milk Yogurt

- Vanilla
- Strawberry

### Shedd's

- Country Crock, 45 oz. tub

### Smart Balance

- Buttery Spread Light with Flax
- Omega Plus Spread

### Stoneyfield Farms Yogurt

(Certified GF)

- All Flavors

### White Wave

#### Silk Soy Milk

- Plain
- Vanilla
- Unsweetened
- Chocolate
- Plus
- Light Vanilla
- Light Plain
- Kid's Very Vanilla
- Organic Plain
- Organic Vanilla
- Organic Unsweetened

## DELI Meats & Cheeses

### Applegate Farms SERVICE DELI

- Roast Beef (no nitrites)
- Oven Roasted Turkey Breast (no nitrites)
- Smoked Turkey Breast (no nitrites)
- Uncured Black Forest Ham (no nitrites)

### Applegate Slices SELF-SERVE DELI

- Casein Free Roast Turkey Breast
- Casein Free Roast Beef

### Columbus SELF-SERVE DELI

- Sliced Prosciutto
- Sliced Pancetta
- Spirel Prosciutto and Mozzarella

### Food for Life SELF-SERVE DELI

- Rice Tortillas

### Freybe SERVICE DELI

- Honey Cured Ham (lactose free, no MSG)
- Black Forest Brand Ham (lactose free, no MSG)
- Old Fashioned Ham (lactose free, no MSG)
- Bauernschinken Ham (lactose free)

## DELI Meats & Cheeses (cont'd)

### Freybe SELF-SERVE DELI

#### Slices

- Pepper Salami
- French Brand Herb Salami
- Pepper Salami
- Parmesano Salami
- Garlic Salami
- Hungarian Salami
- Gypsy Salami
- Black Forest Ham
- Honey Cured Ham
- Sausage/Pate, Herb Liver

## ENERGY BARS

### Bumble Bars 4A

- Original
- Almond
- Chocolate
- Luscious Lemon

### Kind Bars 4A

- Five Flavors of Fruit & Nut Bars

### Lara Bars 4A

- Apple Pie
- Banana Cookie
- Cashew Cookie
- Cherry Pie
- Chocolate Coconut Chew
- Cocoa Mole
- Ginger Snap
- Pecan Pie
- Pistachio
- Cinnamon Roll
- Lemon Bar
- Jocolat
- Maya-Chocolate Orange
- Maya-Chocolate

### Think 4A

- Chunky Peanut Butter
- Brownie Crunch

### Zing 4A

- Chocolate Peanut Butter
- Blueberry Almond

## FROZEN FOODS

### Amy's

- Black Bean & Vegetarian Enchilada
- Black Bean Tamale Verde
- Cheese Tamale Verde
- Family Size Cheese Enchilada
- Family Size Black Bean & Vegetable Enchilada
- Garden Vegetable Lasagna
- Mexican Tamale Pie
- Non-Dairy Rice Crust Single Serve Pizza
- Rice Crust Cheese Pizza
- Rice Mac & Cheese
- Shepherd's Pie
- Stir Fry Bowl
- Thai-Stir Fry
- Indian-Mattar Paneer
- Indian-Palak Paneer
- Asian Noodle Stir Fry
- Tofu Rancheros
- Tofu Scramble
- Santa Fe Enchilada Bowl
- Brown Rice & Vegetable Bowl
- Pizza, Rice Crust, Spinach, Non-Dairy
- Organic Cream of Rice Bowl
- Mattar Tofu
- Paneer Tikka
- Vegetable Korma

### Coconut Bliss, DF Dessert

- Cherry Amaretto
- Cappuccino
- Dark Chocolate
- Mint Galactica
- Naked Coconut

### Dr. Praeger's

- Fish Sticks
- Fish Fillets

### Flying Apron Bakery

- Pie Shells

### Gluten Free Café\*

- Pasta Primavera
- Fettuccini Alfredo
- Lemon Basil Chicken
- Asian Noodles

### Gluten Freeda

#### Ready-to-bake cookies

- Peanut Envy
- Chip Chip Hooray!

- Chocolate Minty Python
- Peanut, Paul & Mary

### Good Karma Organic Rice Cream

#### Bars

- Very Vanilla
- Chocolate Chocolate

#### Pints

- Very Vanilla
- Chocolate Peanut Butter Fudge
- Carrot Cake
- Mudd Pie
- Coconut Mango
- Banana Fudge
- Mint Chocolate Swirl

### lan's

- Gluten Free Fish Sticks
- Gluten Free Chicken Nuggets

### Nature's Highlights

- Rice Crust Pizza-Soy Cheese Style
- Brown Rice Crust Only

### La Tortilla Factory

- Sonoma Wraps (tortillas)  
Dark Teff  
Ivory Teff

### Lifestream

- Buckwheat Waffles
- Mesa Sunrise Waffles

### Rice Expressions

- Long Grain Rice, organic
- Brown Rice, organic
- Rice Pilaf, organic
- Tex Mex Rice, organic

### Starfish SEAFOOD

- Crispy Battered Cod
- Crispy Battered Haddock
- Crispy Battered Halibut

### StarLite Cuisine

- Beef Style Vegan Taquitos
- Chicken Style Vegan Taquitos
- Chorizo & Black Bean Style Vegan Taquitos

### Sunshine

- Barbecue Burger
- Garden Herb Burger
- South West Burger

### Tandoor Chef

- Palak Paneer

## GRAINS

### Ancient Harvest 4B

- Quinoa grain, organic
- Quinoa, red organic

### Annie Chun 3B

- Rice Express Sprouted Brown Rice

### Bob's Red Mill 4B

- Quinoa grain, organic

### Food Merchant 4B

- Polentas, four flavors

### Lundberg 4B

#### Rice

- Black Japonica
- Country Wild
- Jubilee
- Wehani
- Eco-Farmed White Basmati
- Eco-Farmed Brown Basmati

#### Risottos

- Garlic Primavera
- Creamy Parmesan
- Italian Herb
- Florentine, organic
- Alfredo, organic
- Tuscan, organic

#### Rice Expressions

- Chicken Herb
- Santa Fe Grill
- Classic Beef

#### Rice Sensations

- Thai Coconut Ginger, organic
- Moroccan Pilaf, organic

### Minute Rice 4B

- White, 5 minute

### Seeds of Change 4B

- Quinoa Pilaf Blends  
Tomato Basil, organic  
French Herb, organic

### Uncle Ben's 4B

- Boil-in-a-Bag Long Grain Rice
- Original Converted Rice

## INTERNATIONAL FOODS

### **Devya Indian Gourmet 2B**

- Pappadums  
Mild  
Spiced

### **Orgran 3B**

- Rice Crisp Bread (crackers)  
Original  
Cracked Black Pepper  
Garden Herb

### **Tasty Bite Cuisine of India 2B**

- Bengal Lentils
- Jodhpur Lentils
- Madras Lentils
- Agra Peas & Greens
- Jaipur Vegetables
- Kashmir Spinach
- Bombay Potatoes
- Punjab Eggplant
- Sprouts, Curry & Basmati Rice

### **Thai Kitchen 2B**

#### **Noodle Bowls**

- Lemongrass & Chili
- Mushroom
- Thai Ginger
- Roasted Garlic
- Spring Onion

#### **Noodle Cart Entrées**

- Phad Thai
- Roasted Garlic

#### **Stir Fry Noodles**

- Thai Peanut
- Pad Thai with Chili
- Original Pad Thai
- Lemongrass & Chili

## MEATS

### **Aidell's Sausages MEAT MARKET**

- Smoked Chicken & Turkey  
Roasted Red Pepper & Corn  
Portobello Mushroom  
Spinach Feta  
Habañero & Green Chile  
Artichoke & Garlic  
Pesto  
Sun-Dried Tomato with Mozzarella
- Smoked Chicken  
Apple

- Apple Minis  
Mango

- Smoked Pork  
Cajun Style Andouille

### **Freybe MEAT MARKET**

- European Brand Pork Wieners

### **Garrett County MEAT MARKET**

#### **Sliced Luncheon Meats**

- Turkey Ham
- Roast Beef
- Virginia Ham
- Chicken Bites
- Pork Sage Patty
- Uncured Black Forest Ham Nugget

### **Hempler's MEAT MARKET**

- Natural Uncured Boneless Half Ham
- Natural Uncured Bacon

### **Shelton's FROZEN FOODS**

#### **Uncured Franks**

- Smoked Turkey
- Cooked Turkey
- Smoked Chicken
- Cooked Chicken

#### **Sausages**

- Turkey Patties
- Italian Turkey Links
- Turkey Breakfast Links

### **Niman Ranch**

#### **Bacon**

- Uncured Maple
- Uncured Apple Wood

#### **Sausage**

- Thai Style Uncured
- Apple Gouda Uncured
- Spicy Italian Uncured

### **Old Wisconsin**

- Original Summer Sausage

## PASTA

### **Ancient Harvest Quinoa Pasta 3B**

- Linguine
- Shells
- Garden Pagodas
- Rotelle
- Elbows
- Spaghetti

### **Annie's Homegrown 4B**

- Rice Macaroni & Cheddar

### **Namasté Foods\*\* 4B**

- Pasta Primavera
- Pasta Pisavera Mix
- Say Cheese (non-dairy mac & cheese) Mix

### **Ng Fung 2B**

- Rice Shell Pasta

### **Tinkyada Pasta \* 3B**

- Brown Rice Elbow Pasta w/ Bran
- Brown Rice Fettuccini
- Brown Rice Penne, organic
- Brown Rice Spaghetti

### **Tinkyada Pasta \* 3B**

- Brown Rice Spirals
- Fusilli
- Lasagna, organic
- Shells
- Brown Rice Penne with Rice Bran

### **Nutrition Kitchen \* 3A**

- Whole Black Soy Bean Angel Hair
- Whole Golden Soy Bean Angel Hair
- Whole Green Soy Bean Angel Hair

## SAUCES

### **Amy's Pasta Sauces, Organic 3B**

- Family Marinara
- Puttanesca
- LS Marinara
- Roasted Garlic
- Tomato Basil
- Garlic Mushroom

### **Arora Creations 2B**

- Bhindi Masala Sauce Mix
- Gobi Mix
- Goan Fish Curry Mix
- Chicken Tikka Masala Mix
- Punjabi Mix
- Chhole Mix
- Tandoori Chicken Mix
- Rajmah Mix

### **Ghetto Gourmet 8A**

- BBQ Moppin' Sauce

### **Mayacamas 3A**

- Savory Herb Gravy Mix
- Chicken Gravy mix
- Alfredo Sauce Mix

- Hollandaise Sauce Mix

### **Mezzetta Pasta Sauces 3B**

- Arrabbiata
- Tomato Basil

### **Patsy's Pasta Sauces 3B**

- Puttanesca
- Diavolo

### **Sharwood's**

- Puppodum-Plain 2B
- Puppodum-Spicy 2B
- Tikka Masala Sauce 1B

### **Thai Kitchen**

- Cooking Pastes 2B  
Roasted Red Chili  
Green Curry  
Red Curry
- Spicy Thai Chili Sauce 2B
- Sweet Thai Chili Sauce 2B
- Original Phad Thai Sauce 3B
- Peanut Satay Sauce 3B
- Premium Fish Sauce 3B

### **World Foods 1B**

#### **Dipping/Stir Fry Sauces**

- Chinese Ginger Garlic Chili
- Malaysian Sweet Chili Coconut
- Thai Sweet Chili
- Thai Hot Green Chili
- Thai Sweet Chili with Kaffir Lime
- Vietnamese Hot Chili Garlic

#### **Salad Dressings**

- Cambodian Chili Lime
- Thai Basil Vinaigrette
- Thai Coconut and Lime

### **World Foods 2B**

#### **Noodle Sauces**

- Malaysian "Char Kway Teow"
- Malaysian "Mel Marmak"
- Singaporean "Xin Zhou"
- Thai "Pad Thai"

#### **Marinades**

- Chinese Chili Tomato BBQ
- Indian Tandoori
- Thai Turmeric Lemon Grass

#### **Stir Fry Sauces**

- Indochina Cambodian  
Pineapple Lemon Grass
- Oriental Spicy Sweet and Sour
- Thai Basil Curry

## SAUCES (cont'd)

- Thai Coconut Galangal
- Thai Creamy Chili Kaffir Lime
- Thai Galangal Lemon Grass
- Thai Ginger Lemon Grass

### Pastes

- Indonesian Fried Rice “Nasi Goreng”
- Thai Green Curry
- Thai Red Curry

### Ready to Pour Sauces

- Malaysian Rendang Curry
- Thai Masaman Curry
- Thai Yellow Curry
- Thai Red Curry
- Thai Green Curry

## SNACKS

### **Bhuja Snack Mixes 4A**

- Original Mix
- Cracker Mix
- Nut Mix
- Fruit Mix

### **Edward & Sons Near Ice Cream**

- “Let’s Do” Ice Cream Cones

### **EnerG Foods 9A**

- Crisp Pretzels
- Sesame Pretzel Rings

### **Fantastic Foods 4B**

- Original Hummus

### **Glutino 9A**

- Pretzels

### **Hot Kid Rice Crisps 3B**

- Natural
- Hot Wasabi
- Cheese
- Teriyaki
- Onion
- Sesame

### **Lundberg**

- Rice Cakes **8A**

Wild Rice- Lightly Salted, organic  
Brown Rice, organic  
Brown Rice No Salt, organic  
Toasted Sesame Seeds, organic  
Mochi Sweet Lightly Salted, organic  
Brown Rice No Salt, eco-farmed  
Toasted Sesame, eco-farmed

Brown Rice, eco-farmed

Honey Nut, eco-farmed

- Rice Chips **9A**

Sea Salt  
Pico de Gallo  
Santa Fe Barbecue  
Honey Dijon  
Sesame & Seaweed

### **Mr. Krispies Baked Rice Krisps 8A**

- Sea Salt & Pepper
- Sour Cream & Onion
- Nacho
- Barbecue

### **Mrs. Mays Dry Roast Nut Snacks 4A**

- Black Sesame

### **RiceWorks 9A**

- Sesame Soy Rice Crisps

### **Robert’s American Gourmet 9A**

- Wheat Free Chaos Snacks

### **Stonewall’s Jerquee 4A**

- Original Mild
- Original Wild
- BBQ “Beef”
- Hot “Pastrami”

## SOUPS

### **Amy’s 4B**

- Chunky Tomato Bisque, organic
- Low Sodium Cream of Tomato
- Low Fat Cream of Tomato, organic
- Thai Coconut Soup
- Lentil Soup, organic
- Lentil Vegetable Soup, organic
- Split Pea, organic
- Tuscan Beans & Rice
- Low Fat Black Bean Vegetable

### **Celifibr 4B**

- Beef Bouillon
- Chicken Bouillon
- Vegetable Medley Bouillon
- Edward’s & Sons 4B
- Miso Soup, organic

### **G Washington’s Seasonings & Broth 4B**

- Golden
- Rich Brown

### **Imagine Foods 4B**

#### Organic Soups

- Creamy Butternut Squash
- Creamy Portobello Mushroom
- Creamy Sweet Corn
- Creamy Potato Leek
- Creamy Broccoli
- Creamy Tomato

#### Broths

- No-Chicken Broth, organic
- Vegetable, organic
- Free Range Chicken, organic

#### Kitchen Basics 4B

- Natural Vegetable Stock
- Natural Beef Stock

#### Pacific Foods 4B

#### Soups

- French Onion Soup, organic
- Creamy Tomato Soup, organic
- Roasted Red Pepper Soup
- Butternut Squash Soup, organic
- Cashew Ginger Carrot
- Low Sodium Roasted Red Pepper, organic
- Low Sodium Butternut Squash, organic
- Curried Red Lentil
- Buttery Sweet Corn, organic
- Creamy Roasted Carrot, organic
- Low Sodium Creamy Tomato, organic

#### Broths

- Free Range Chicken Broth, organic
- Free Range Chicken, Low Sodium, organic
- Free Range Chicken Broth
- Vegetable Broth, Low Sodium, organic
- Beef Broth
- Beef Broth, Low Sodium, organic
- Mushroom, organic

#### Seitanbacher 4B

- Vegetarian Vegetable Broth & Seasoning

#### Shelton’s 4B

#### Soups

- Chicken Rice Soup
- Chicken Tortilla Soup

#### Broth

- Fat Free Low Sodium Chicken
- With Salt & Spices

#### Thai Kitchen 4B

- Instant Rice Noodle Soup  
Garlic & vegetable

Thai Ginger  
Lemongrass & Chili  
Bangkok Curry  
Spring Onion

## SUPPLEMENTS

### **American Health**

- Ester-C  
Powder  
Chewable  
Tablets
- Super Acerola Chewable Vitamin C

### **Barleen’s**

- Greens

### **Bio-K+ Acidophilus**

- Dairy Culture
- Dairy Culture-Fruity
- Soy Culture (Dairy Free)-Mango

### **Carlson**

- Norwegian Fish Oil Softgels, Orange
- Cod Liver Oil Lemon Softgels
- Co-Q 10, 50 mg

### **Core Naturals**

- Salba Seeds  
Whole Seeds  
Ground Seeds  
Salba Seed Oil

### **Coromega Omega-3 Supplements**

- Lemon Lime
- Orange
- Orange & Chocolate
- Child’s Brain & Body

### **Ensure 7A**

- Original Vanilla  
Chocolate  
Strawberry
- Plus Vanilla  
Chocolate  
Strawberry

### **Futurebiotics**

- Stress Assist
- Detox Daily Liver Support
- Glucoactive

# SUPPLEMENTS (cont'd)

## ***Hero Nutritionals***

- Slice of Life Gummy Vitamins for Adults
  - Vitamin B12
  - Vitamin C+ Pomegranate
  - Vitamin D3
  - Multi + Lycopene
  - Omega 3-6-9
  - CoQ-10

## ***Life Solutions Liquid Supplements***

- B-Complex
- Vitamin C
- Calcium-Magnesium
- Children's Multi
- Dynamic Energy
- Super Multi

## ***Living Harvest Hemp Protein***

- Vanilla Spice

## ***Michael's Naturopathic Programs***

- Blood Pressure Factors
- Enhanced Memory Factors
- Water Balance Factors
- Teen Girls Multivitamin
- Teen Boys Multivitamin
- Teen & Adult Skin Factors
- Children's Chewable Multivitamin
- Chia Omega 3-6-9

## ***Natrol***

- DHEA
- SAME
- Melatonin

## ***Natural Health International***

- Femmenessence
  - MacaPause
  - MacaLife
  - MacaHarmony
- Hebatonin
- Herbatonin Sleep
- pH Quintessence
- Revolution
- MacaLibrium
- St. John's Wort
- Vitamin A & D Softgels
- Source of Life
  - Immune Booster
  - Red Multi
- Animal Parade
  - Assorted Chewable Multivitamin
  - Calcium

- Kid's Immune Booster
- Warm Milk (kid's sleep aid)

- Fruitein
- Spuru-Tein
  - Chai Latte
  - Cherries Jubilee
  - Chocolate
  - Strawberry Banana
  - Blueberries & Cream
- Warm Milk (adult's sleep aid)

## ***Nature's Plus***

- Açai Whole Fruit Extract
- Source of Life
  - Red Multi Liquid

## ***Nordic Naturals***

- Arctic Cod Liver Oil 8 oz
- Arctic-D Cod Liver Oil w/ Vitamin D 8 oz
- Omega-3 gels
- Complete Omega 3-6-9 gels
- Nordic Berries
- Ultimate Omega gels
- Children's DHA
- Omega 3-6-9 Junior
- Omega-3 D liquid
- Omega Cube travel size
  - "Arctic D" cod liver oil
- Omega LDL softgels
- Ultimate Omega 500 softgels

## ***Now***

- All Supplements, EXCEPT:
- Arnica Warming Relief Massage Oil
- BerryDophilus
- Liquid B12
- Super Antioxidant
- Ionic Trace Minerals
- St John's Mood Plus
- Silymarin Caps
- Detox Support
- Wheat Grass Tabs
- XyliWhite Toothpastes
- XyliWhite Mouthwashes
- Vitamin E Cream

## ***Nutiva***

- Hemp Protein Shakes
  - Amazon Açai
  - Berry Pomegranate
  - Original Hemp Protein Powder

## ***NutriBiotics***

- Rice Protein Powders

## ***Nutrition Now***

- B-Complex Gummies
- B-12 Gummies
- Vitamin C Gummies
- PB8 Probiotic

## ***Oregon's Wild Harvest***

- Aller-Aid
- Ashwaghandha
- Astragalus
- Cascara Sagrada
- Cinnamon
- Dandelion Root
- Echinacea
- Echinacea/Goldenseal/Vitamin C
- Fenugreek
- Ginger Root
- Milk Thistle
- Milk Thistle/Dandelion
- Nettles
- Olive Leaf
- Saw Palmetto
- St. John's Wort
- Turmeric
- Valerian Root

## ***Rainbow Light***

- Complete Nutritional System Multi
- Just Once Multi w/ Iron
- Men's One Multi
- Women's One Multi
- Complete Prenatal System Multi
- Prenatal One Multi
- Gummy Bear Essentials Multi
- Gummy Power Sours Multi
- Sunny Gummies Vitamin D
- Kid's One Multi
- Pedia Vites
- Probio Active 10B

## ***Salus***

- FloraVital Iron & Herbs

## ***Sound Nutrition***

- Ultra Pure Multiple with Antioxidants
- Ultra Pure Women's Multi+40
- Ultra Pure Men's Multi+40

## ***Source Naturals***

- Beta Sitosterol
- Activated Quercetin
- Life Minerals
- Chromium Picolinate
- Melatonin
- Wellness Elderberry

- Wellness Colloidal Silver
- Ultra Colloidal Silver
- Essential Enzymes
- Cimi-Fem

## ***Super Nutrition***

- Anti-Oxidant Power
- Energy Caps
- Glucosamine & MSM
- Glucosamine Sulfate 1000
- Menopause Multiple No Iron
- Perfect Blend
- Perfect Blend No Iron
- Perfect Kids
- Prenatal Blend
- Super Blend No Iron
- Simply One
- Simply One Women
- Simply One Women No Iron
- Simply One Women 50+ iron free
- Simply One Men 50+ iron free
- Men's Blend
- Men's Blend No Iron
- Simply One Men No Iron
- Think Clearly
- Women's Blend
- Women's Blend No Iron

## ***Town & Country Supplements***

- Vitamin A
- Vitamin D
- B12 1000mcg
- Alpha Lipoic Acid
- Selected Vitamin E
- CoQ10
- Vitamin C (except Chewable)
- Glucosamine/Chondroitin/MSM
- Chewable Calcium
- Chromium Piccolinate
- Basic Multi
- Ultimate Capsule
- High Potency Multi-Pack
- Women's Multi
- Men's Multi
- Zinc Lozenges
- CLA
- Enzyme Complex
- Inflatrol
- Natural Cleanse Complex
- Oil of Oregano
- All Herbal Tinctures
- Green Tea Capsules
- Greens N' Things, organic
- Probiotic Quattro

## SUPPLEMENTS (cont'd)

### *Town & Country Supplements (cont'd)*

- Calcium Citrate with Vitamin D
- Methyl B-12

### *Ultima Health Replenisher*

#### *Electrolyte Drinks*

- Wild Raspberry
- Orange
- Lemonade

### *Vitanica*

- Colon Motility Blend
- Laxa Blend

## TOFU

### *House Tofu* 1A

- Silken Tofu
- Medium Firm Tofu
- Firm Tofu
- Broiled Tofu
- Soft Tofu, organic
- Medium Firm Tofu, organic
- Firm Tofu, organic
- Extra Firm Tofu, organic
- Grilled Tofu Steak
- Garlic & pepper Tofu Steak
- Cajun Tofu Steak
- Canmodoki Fritter
- Tofu Cutlet

### *Mori Nu Tofu* 1A

- Silken Tofu
- Firm Tofu
- Extra Firm Tofu

### *Nasoya Organic Tofu* 1A

- Silken Tofu, organic
- Soft Tofu, organic
- Firm Tofu, organic
- Extra Firm Tofu, organic
- Cubed Super Firm Tofu, organic

### *Shirataki Tofu Noodles* 1A

- Fettuccine
- Spaghetti