



Gluten-Free Food Directory

DECEMBER 2010

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*

†Certified Gluten Free by GFCO

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

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MILL CREEK CENTRAL MARKET



BAKING SUPPLIES

1-2-3 Gluten Free † 5A

- Buckwheat Pancakes Mix
- Decadent Brownies Mix
- Gratifying Pound Cake Mix
- Marvelous Muffin Mix
- Southern Glory Biscuits Mix
- Delicious Devil's Food Cake Mix
- Lindsay's Roll-Out Sugar Cookie Mix
- Micah's Corn Bread Mix

Amazing Grains * ** † 5A

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

Arrowhead Mills 5A

- Brownie Mix
- Pancake & Waffle Mix

Bake with Me!

- Vanilla Cupcake Mix
- Chocolate Cupcake Mix

Flours

- Blue Corn Meal

Betty Crocker 5A

- Brownie Mix
- Devil's Food Cake Mix
- Chocolate Chip Cookie Mix
- Yellow Cake Mix

Bisquick 5A

- Gluten Free Pancake & Baking 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
- Cinnamon Raisin Bread Mix
- Chocolate Cake Mix
- Cornbread Mix
- Pizza Crust Mix
- Shortbread Cookie Mix
- Vanilla Cake Mix

Flours *

- Almond Meal
- Amaranth Flour
- Brown Rice Flour
- Coconut Flour
- Corn Flour

- Corn Starch
- Garbanzo Bean Flour
- Garfava Flour
- Guar Gum
- Hazelnut Meal/Flour
- Millet Flour
- Oat Flour
- Potato Flour
- Potato Starch
- Rice Bran
- Sorghum Flour
- Tapioca Flour
- Teff Flour
- TVP Textured Vegetable Protein
- White Rice Flour
- Xanthan Gum

Chêbê 5A

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

Coconut Secret 5A

- Raw Coconut Flour
- Raw Coconut Crystals

Cravings Place ** 5A

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

Edward & Sons Let's Do Organic! ** †

Cake Decorations 5A

- Carnival Sprinkelz
- Confetti Sprinkelz
- Chocolatey Sprinkelz

Ener-G Foods 5A

- Egg Replacer
- Bread Crumbs

Enjoy Life ** † 5A

- Dairy Free Chocolate Chips

Flavororganics 5A

Organic Extracts

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

Fleischmann's 5A

- Active Dry Yeast
- Rapid Rise Yeast

Flying Apron Bakery FROZEN FOODS

- Pie Shells

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

King Arthur Flour † 5A

- Multi Purpose Flour
- Bread Mix
- Brownie Mix
- Chocolate Cake Mix
- Cookie Mix
- Muffin Mix
- Pancake Mix
- Pizza Crust Mix

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

BAKING SUPPLIES

(cont'd)

- Chocolate Cake Mix
- Chocolate Chunk Cookie Mix
- Pancake Mix

Rapunzel 5A

- Active Dry Yeast

Red Star 5A

- Active Dry Yeast

Rumford 5A

- Baking Powder

Saf Yeast 5A

- Active Dry Yeast

Simply Organic 5A

- Banana Bread Mix
- Carrot Cake Mix
- Chai Spice Scone Mix
- Cocoa Biscotti Mix
- Cocoa Cayenne Cupcake Mix
- Cocoa Brownie Mix
- Pancake & Waffle 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

Amy's FROZEN FOODS

- Chocolate Cake

Chuckanut Bay Foods BAKERY

- NY Cheesecake
- Chocolate Cheesecake

Crave BAKERY FREEZER

- Chocolate Cupcakes
- Pumpkin Tart (Seasonal)

Chēbē 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

Enjoy Life ** † BAKERY FREEZER

- Cinnamon Raisin Bagel
- Classic Original Bagel

Fabe's Bakery † BAKERY

- Homestyle Carrot Cake
- Chocolate Fudge Cake

Fat Cat Fudge BAKERY

- Classic Chocolate
- Chocolate Walnut
- Rocky Road

Flax for Life † BAKERY

- Carrot Raisin
- Chunky Chocolate Chip
- Cranberry Orange
- Wild Blueberry

Food for Life BAKERY FREEZER

- 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 † BAKERY FREEZER

- Chocolate Brownie
- Chocolate Chip Cookie Dough
- Gluten-Free Tortillas

Glutino BAKERY FREEZER

- 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 **BAKERY FREEZER**

- Homestyle Waffles, Original
- Homestyle Waffles, Cinnamon & Brown Sugar
- Italian White Bread **BAKERY FREEZER**
- White Sandwich Bread **BAKERY FREEZER**
- 7" Pizza Crust
- Cinnamon Buns
- Cinnamon Sugar Donuts
- Vanilla Glazed Donuts
- Hot Dog Buns **BAKERY FREEZER**
- Hamburger Buns **BAKERY FREEZER**

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
 - Cinnamon
 - Ginger
- Truffle Brownies
 - Triple Chocolate
 - Walnut
 - Mocha
- Crostini **DELI CRACKER WALL**

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

Udi's Gluten Free Foods † BAKERY FREEZER

- White Sandwich Bread
- Whole Grain Bread
- Blueberry Muffins
- Lemon Streusel Muffins
- Bagels
- Cinnamon Rolls
- Double Chocolate Muffins
- Pizza Crust **FROZEN FOODS**

WOW † BAKERY

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

BEANS, PREPARED

Amy's Kitchen 4B

- Chili, organic
 - Medium Black Bean, Low Fat
 - Medium with Vegetables
 - Southwestern Black Bean
- 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

BEVERAGES (cont'd)

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

- Mango Açai White
- Unsweetened Just Green
- Peach Oolong

• Honest Kids Juice Pouches 4A

- Goodness Grapeness
- Berry Berry Good Lemonade
- Tropical Tango Punch
- Appley Ever After

Living Harvest Hemp Milk 5B

- Original
- Vanilla
- Chocolate

Pacific Foods 5B

- Almond Drink
- Hazelnut Drink
- Rice Drink

Rice Dream Hemp Milk 5B

- Original
- Vanilla

Ryza Rice Milk DAIRY

- Original
- Vanilla

Turtle Mountain † DAIRY

So Delicious Coconut Milk Creamer

- Original
- Hazelnut
- French Vanilla

So Delicious Coconut Milk Beverage

- Original
- Unsweetened
- Vanilla

White Wave Silk Soy Milk 5B

- Plain
- Unsweetened
- Chocolate
- 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

Lakefront BEER

- New Grist

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
- Coconut Shower Gel
- Almond Shower Gel
- Vanilla Chai Shower Gel

Head Organics 6A

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

Nature's Path † 6A

- Kid's Body Care
- Tropical Twist*
- Foaming Hand Wash
- Shampoo
- Conditioner
- Bath Gel

Berry Blast

- Foaming Hand Wash
- Shampoo
- Conditioner
- Bath Gel

Kiss My Face

- Moisture Soap
- "Germs Aside" Tea Tree
- Fragrance Free

CANDY

Bulk Candies BULK FOODS

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

Chocolate Dream 4A

- Almond Dark Chocolate Bar
- Creamy Sweet Chocolate Bar
- Raspberry Dark Chocolate Bar
- Rice Crunch Dark Chocolate Bar

Crispy Cat

Organic Candy Bars 4A

- Mint Coconut
- Toasted Almond
- Chocolate Sunday Bar

Dagoba

Organic Chocolate Bars 4A

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

Endangered Species

Chocolate Bars † 4A

- Deep Chocolate w/ Deep Forest Mint 72%
- Deep Chocolate w/ Hazelnut Toffee 72%
- Extreme Dark Chocolate 88%
- Intense Dark Chocolate w/ Cocoa Nibs 72%
- Supreme Dark Chocolate 72%
- Dark Chocolate with Blueberries 72%
- Smooth Milk Chocolate 48%

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

Yummy Earth 4A

- Fruit Lollipops
- Gummy Worms

CANNED FOODS

Dinty Moore 4B

- Beef Stew (15 & 40 oz cans)

La Victoria 3A

- Diced Green Chiles, Mild
- Diced Jalapeños, Hot
- Thick & Chunky Salsa Verde, Mild
- Thick & Chunky Salsa Verde, Medium
- Salsa Ranchera, Hot

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
- Crunchy Rice (formerly Perky's)
- Crunchy Flax (formerly Perky's)

Erewhon 5B

- Crispy Brown Rice
- Rice Twice

General Mills 5B

- Cinnamon Chex
- Corn Chex
- Rice Chex

CEREAL (cont'd)

Gifts of Nature * † 5B**

- Certified Gluten Free Rolled Oats

Guten Freeda ** 5B

Instant Oatmeal Packets

- Apple Cinnamon
- Maple Raisin
- Banana Maple
- Variety Pack

Glutino ** 5B

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

Kaia Foods 5B

- Buckwheat Granola
 - Raisin Cinnamon
 - Dates and Spices

Lundberg 5B

- Purely Organic Rice Cereal

Nabisco 5B

- Cream of Rice

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

26 oz. Bags

- Corn Flakes
- Honey Corn Flakes
- Mesa Sunrise

Pocono 5B

- Cream of Buckwheat Hot Cereal

Ruth's Hemp Foods 5B

- Chia Goodness

Udi's Gluten-Free Foods † 5B

- Au Natural Granola

- Cranberry Granola
- Original Granola

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
- Tuscany 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 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

Coconut Secret 8A

- Coconut Aminos
- Coconut Vinegar
- Raw Coconut Nectar (Syrup)

Cold Mountain Miso 1A Cooler

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

Drew's 8A

Salad Dressing & Marinade

- Honey Dijon
- Kalamata Olive and Caper
- Romano Caesar
- Rosemary Balsamic
- Greek Olive

Dulcet 8A

- Raspberry Moroccan Ketchup
- Sweet Orange Chili Ketchup
- Mild Indian Curry Ketchup

Edwards & Sons 1B

- Premier Japan Hoisin Sauce

Emerald Valley Kitchen Organics SELF-SERVE DELI

Dips

- Black Bean

Hummus

- Traditional
- Spinach & Feta
- Smoked Jalapeño & Garlic

Salsa

- Mild
- Medium

- Hot
- Green

Follow Your Heart DAIRY

Dressings

- Low-Fat Ranch
- Organic Creamy Ranch

Vegenaise

- High Omega-3

Imagine Foods 3A

- Organic Roasted Turkey Gravy
- Organic Savory Beef Gravy

I. M. Healthy Soy Nut Butters 6B

- Unsweetened Creamy
- Original Chunky

Justin's 6B

- Classic Almond Butter
- Honey Almond Butter
- Cinnamon Peanut Butter

LaVictoria 3A

Salsa

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

Taco Sauces

- Red Mild
- Red Medium
- Green Mild

Lea & Perrins 8A

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

Melinda's 8A

- Original Habañero Pepper Sauce
- Extra Hot Sauce

Robert Rothschild Farm

Dips 3A

- Buffalo Bleu Cheese Dip
- Emerald Isle Onion Dill Horseradish Dip
- Raspberry Honey Mustard Pretzel Dip
- Toasted Garlic Horseradish Dip

Mustards 8A

- Anna Mae's Smoky Mustard
- Raspberry Honey Mustard

CONDIMENTS (cont'd)

Salsas 3A

- Mango Salsa
- Cilantro Lime Salsa
- Raspberry Salsa

Sauces 8A

- Ginger Wasabi Sauce
- Lemon Wasabi Sauce
- Raspberry Wasabi Sauce
- Lemon & Dill Capers Sauce

Seeds of Change 8A

Salad Dressings

- Balsamic
- French Tomato
- Greek Feta
- Italian Herb
- Roasted Red Pepper

Smart Balance 6B

- Creamy Peanut Butter
- Crunchy Peanut Butter

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
- Organic Sunflower Seed Butter

Wholly Guacamole DELI

- Organic
- Classic
- Guaca Salsa

Wild Thymes 3A

- Original Cranberry Sauce
- Cranberry-Fig Sauce

COOKIES

Andean Dream 8A

- Orange Essence Quinoa Cookies
- Chocolate Chip Quinoa Cookies

Annie's Naturals 8A

- Cocoa Vanilla Bunny Cookies

Enjoy Life * ** † 8A

- Double Chocolate Brownie Cookies

- Gingerbread Spice Cookies
- No Oats "Oatmeal" Cookies
- Chewy Chocolate Chip Cookies
- Snickerdoodles

Glutino 8A

- Wafer Cookies

Italian Brand 8A

- Amaretti Morbidi 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

Blue Diamond Nut Thins DELI

- Almond
- Original
- Hint of Sea Salt
- BBQ
- Cheddar
- Country Ranch
- Smokehouse
- Hazelnut
- Pecan

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
- Onion Snack Bag
- Sticks and Twigs
- Curry
- Sea Salt
- Tomato Chipotle

Real Foods 8A

- Original Corn Thins

Sesmark DELI

- Rice Thins
- Brown Rice
- Sesame
- Savory Rice Thins
- Original

Two Moms in the Raw DELI

- Pesto Sea Crackers
- Tomato Basil Sea Crackers

DAIRY

Brown Cow Yogurts †

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

Darigold

- Milks
- Half & Half
- Whipping Cream
- Sour Cream
- Mexican Style Sour Cream
- Cottage Cheese
- Yogurt
- Butter

Creamer

- French Vanilla
- Hazelnut

Daiya Cheese Shreds

- Vegan Mozzarella Style Shreds
- Vegan Cheddar Style Shreds

Earth Balance

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

Emmi Swiss Yogurt

- Blueberry
- Grapefruit

Follow Your Heart

- Vegan Sour Cream Alternative
- Vegetaian Cream Cheese
- Vegetarian Sour Cream

Galaxy

Slices

- Vegan American
- Vegan Pepper Jack
- Vegan Mozzarella

Grated

- Rice Parmesan Flavor

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
- Tapioca Pudding
- Honey Lemon Tapioca Pudding
- No Sugar Added Chocolate Pudding
- European Style Rice Pudding

Lisanatti

- Soy-Sation Shredded Cheddar/Jack/Mozz

Nestle

CoffeeMate Dry 8B

- Original
- French Vanilla
- Hazelnut
- Hazelnut Biscotti
- Italian Sweet Creme

CoffeeMate Liquid

- Original

DAIRY (cont'd)

- Chocolate Raspberry
- Cinnamon Bun
- Coconut Creme
- Creme Brulee
- French Vanilla
- Hazelnut
- Irish Cream
- Vanilla Caramel
- Fat Free Original
- Fat Free French Vanilla
- Fat Free Hazelnut
- Sugar Free French Vanilla
- Sugar Free Hazelnut

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 †

Yogurt

- Cream Top French Vanilla
- Low Fat French Vanilla
- Blueberry
- Raspberry

Probiotic

- Strawberry

Yo Baby Drinkable Yogurt

- Banana

O'Soy

- Peach and Strawberry Soy Yogurt 6-pack

Super Smoothie

- Peach
- Raspberry
- Strawberry
- Strawberry-Banana
- Vanilla

- Wild Berry

Oikos Greek-Style Yogurt

- Blueberry
- Honey
- Plain
- Strawberry
- Vanilla

Turtle Mountain

So Delicious Coconut Milk Yogurts †

- Plain
- Raspberry
- Blueberry
- Chocolate
- Passionate Mango
- Strawberry
- Strawberry-Banana
- Vanilla

White Wave

Silk Soy Milk

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

Wildwood Soyogurt

- Unsweetened, Plain

Yami †

Lil Yogurt 6-packs

- Kool Key Lime and Outrageous Orange Crème
- Peaches & Cream and Strawberry& Cream

6 oz. Singles

- Low Fat Blueberry Bonanza
- Low Fat Strawberry Crush
- Low Fat Vanilla

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)
- Genoa Salame

Columbus SELF-SERVE DELI

- Sliced Prosciutto
- Sliced Pancetta
- Spirel Prosciutto and Mozzarella
- Diced Pancetta
- Pastrami Slices
- Seasoned Roast Beef Slices
- Herbed Turkey Breast Slices
- Reduced Sodium Turkey Breast Slices
- Italian Dry Salame Slices
- Cajun Brand Salame, whole 10 oz.
- Herb Salame, whole 10 oz.
- Italian Dry Salame, whole 10 oz.
- Peppered Salame, whole 10 oz.
- Salame Toscano, whole 10 oz.
- Sopressata, whole 10 oz.

Columbus SERVICE DELI

- Cacciatore Dry Salame
- Calabrese Salame
- Italian Dry Salame
- Finocchiona
- Hot Coppa
- Salame Toscano
- Sopressata
- Fire Roasted Cured Pork Loin

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)

Freybe SELF-SERVE DELI

Slices

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

Principe SERVICE DELI

- Rosemary Jambon Ham

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

Perfect Food Bars DAIRY

- Peanut Butter
- Lite Cranberry Crunch
- Fruit & Nut
- Carob Chip

Think 4A

- Chunky Peanut Butter
- Brownie Crunch

Zing 4A

- Chocolate Peanut Butter
- Blueberry Almond

FROZEN FOODS

Alexia

- Hashed Brown Potatoes

Amy's

- Black Bean & Vegetarian Enchilada
- Black Bean Tamale Verde
- Cheese Tamale Verde
- Garden Vegetable Lasagna
- Mexican Tamale Pie
- Non-Dairy Rice Crust Single Serve Pizza
- Rice Crust Cheese Pizza
- Rice Mac & Cheese
- Shepherd's Pie

FROZEN FOODS (cont'd)

- 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
- Mexican Casserole
- Non-Dairy Rice Crust Single Serve Pizza w/ Roasted Vegetable
- Dairy-Free Rice Mac & Cheese

Burritos

- Breakfast
- Vegetarian Dairy Free
- Vegetarian Bean & Cheese
- Chicken & Cheese

Applegate Farms **MEAT MARKET**

- Chicken Nuggets

Coconut Bliss Frozen Dessert

- Cherry Amaretto
- Cappuccino
- Dark Chocolate
- Naked Coconut

Cedar Lane

- Five Layer Mexican Dip

Conte's Pasta Co. Inc. †

- Cheese Ravioli
- Spinach & Cheese Ravioli
- Gnocchi

Dr. Praeger's

- Fish Sticks
- Fish Fillets

Gluten Free Café * †

- Pasta Primavera
- Fettuccini Alfredo
- Lemon Basil Chicken
- Asian Noodles
- Homestyle Chicken & Vegetables
- Savory Chicken Pilaf

Gluten Freeda **

Ready-to-bake cookies

- Peanut Envy
- Chip Chip Hooray!
- Chocolate Minty Python
- Peanut, Paul & Mary

Good Karma Organic Rice Cream

Pints

- Very Vanilla
- Chocolate Peanut Butter Fudge
- Carrot Cake
- Mudd Pie

Handy **SEAFOOD FREEZER**

- Handmade Maryland-Style Crab Cakes

Helen's Kitchen

- Tofu Steaks
- The Original Garden Steak
- Hearty Bean Chili
- Cheese Enchilada
- Indian Curry
- Thai Red Curry
- Thai Yellow Curry

Kettle Cuisine †

- Grilled Chicken & Corn Chowder
- Chicken Soup w/ Rice Noodles
- Chicken w/ White Bean Chili
- Angus Beef Steak Chili w/ Beans

Ian's

- Gluten Free Fish Sticks
- Gluten Free Chicken Nuggets

Nature's Highlights

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

Julie's Organic

- Ice Cream Sandwiches (Cookies made by *Gluten Freeda*)

La Tortilla Factory

- Sonoma Wraps (tortillas)
 - Dark Teff
 - Ivory Teff

Lifestream

- Buckwheat Waffles
- Mesa Sunrise Waffles

Living Harvest

Hemp Milk Dessert

- Chocolate Fudge

- Mint Chip
- Vanilla Bean

Rice Expressions

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

Starfish **SEAFOOD**

- Crispy Battered Cod
- Crispy Battered Halibut

StarLite Cuisine

- Beef Style Vegan Taquitos
- Chicken Style Vegan Taquitos

Sunshine

- Barbecue Burger
- Garden Herb Burger
- South West Burger

Talenti

- Gelato
 - Black Cherry
 - Caribbean Coconut
 - Double Dark Chocolate
 - Tahitian Vanilla Bean
- Sorbetto
 - Blood Orange
 - Lisbon Lemon

Tempt Hempmilk Frozen Dessert

- Chocolate Fudge
- Mint Chip
- Vanilla Bean

Turtle Mountain

Purely Decadent Frozen Dessert

with Coconut Milk

- Cookie Dough
- Turtle Trails †
- Cherry Amaretto †

Tandoor Chef

- Palak Paneer

Udi's Bakery †

- Pizza Crust

Van's

- Original Waffles
- Blueberry Waffles
- Flax Waffles
- Mini Original Waffles

GRAINS

Alter Eco **4B**

- Pearl Quinoa
- Red Quinoa

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
- Corn Grits
- Organic Kasha
- Whole Grain Teff

Food Merchant **4B**

- Polentas, four flavors

Lundberg **4B**

Rice

- Black Japonica
- Country Wild
- Jubilee
- Eco-Farmed White Basmati
- Eco-Farmed Brown Basmati
- Eco-Farmed White Arborio
- Eco-Farmed White Jasmine
- Eco-Farmed Short Grain Brown

90 Second Rice

- Rice Country Wild
- Short Grain Brown
- Long Grain Brown

Risottos

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

Minute Rice **4B**

- White, 5 minute

Uncle Ben's **4B**

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

INTERNATIONAL FOODS

***A Taste of Thai* 2B**

- Peanut Sauce Mix
- Red Curry Paste (pouch)

***Devya Indian Gourmet* 2B**

- Pappadums
Mild
Spiced

***Koyo* 2B**

- Organic Brown Rice Crackers
Original
Tamari
Chili
Garlic

***Recipes of India* 2B**

- Orgainic Lentil Soup

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

- Bengal Lentils
- Jodhpur Lentils
- Madras Lentils
- Agra Peas & Greens
- Jaipur Vegetables
- Kashmir Spinach
- Bombay Potatoes
- Punjab Eggplant
- Peas Paneer

***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

Rice Noodles & Sauce

- Ginger & Sweet Chili
- Original Pad Thai
- Thai Basil & Chili

MEATS

***Applegate Farms* FROZEN FOODS**

- Chicken Nuggets

Breakfast Sausages

- Chicken & Apple
- Chicken & Maple
- Chicken & Sage

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

- Smoked Chicken & Turkey
Portobello Mushroom
Spinach Feta
Habañero & Green Chile
Artichoke & Garlic
- Smoked Chicken
Apple
Apple Minis
Mango
- Smoked Pork
Cajun Style Andouille

***Freybe* MEAT MARKET**

- European Brand Pork Wieners

***Garrett County* FROZEN FOODS**

Sausage Links

- Original Pork
- Pork Maple
- Turkey Maple
- Chicken Apple

***Hempler's* MEAT MARKET**

- Natural Uncured Boneless Half Ham
- Natural Uncured Bacon
- Pepperoni Sticks

***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* MEAT MARKET**

Bacon

- Uncured Apple Wood
- Uncured Pepper

Ham

- Uncured Applewood Smoked Steak

Sausage

- Thai Style Uncured
- Apple Gouda Uncured
- Spicy Italian Uncured
- Bratwurst
- Chorizo
- Sweet Italian

PASTA

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

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

***Bacchini* 4B**

- Mais (Corn) Cous Cous
- Mais e Riso (Corn & Rice) Cous Cous

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

PREPARED FOODS

***Annie's Naturals* 4B**

- Deluxe Pasta & Cheddar
- Rice Macaroni & Cheddar

***Mrs. Leeper's* 4B**

- Beef Lasagna Mix
- Beef Stroganoff Mix

Namasté Foods 4B**

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

***Road's End Organics* 4B**

- Mac & Cheese Alfredo Style
- Penne & Cheese Cheddar Style

SAUCES

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

- Family Marinara
- LS Marinara
- Tomato Basil
- Low-Sodium Tomato Basil

***Arora Creations* 2B**

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

***Fantastic Foods* 4B**

- Original Hummus

***Ghetto Gourmet* 8A**

- BBQ Moppin' Sauce

***Mayacamás* * 3A**

- Savory Herb Gravy Mix
- Chicken Gravy mix
- Alfredo Sauce Mix
- Hollandaise Sauce Mix
- Turkey Gravy Mix
- Brown Gravy Mix

***Mezzetta Pasta Sauces* 3B**

- Arrabbiata
- Tomato Basil

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

- Puttanesca
- Diavolo

***Savory Choice* 4B**

- Beef Demi Glace 2.6 oz. packet

***San-J†* 1B**

- Teriyaki Sauce
- Organic Tamari
- Organic Reduced Sodium Tamari

Sharwood's

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

Thai Kitchen

- Cooking Pastes **2B**

- Roasted Red Chili
- Green Curry
- Red Curry

SAUCES (cont'd)

- 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
- 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

Annie's Homegrown **5B**

- Berry Patch
- Summer Strawberry
- Sunny Citrus
- Tropical Treat

Bhuja Snack Mixes **4A**

- Original Mix
- Cracker Mix
- Nut Mix

Boulder Canyon **8A**

Rice & Adzuki Bean Snack Chips

- Natural Salt
- Chipotle
- Sweet Lemon & Cracked Pepper
- Sun Dried Tomato with Basil

Chibo SELF SERVE DELI

- Cheese Spreads
Basil Roasted Walnut
Smoked Jalapeño
Garlic Sun-Dried Tomatoes
White Cheddar & Chives

Edward & Sons † ICE CREAM AISLE

- "Let's Do" Ice Cream Cones

EnerG Foods **9A**

- Crisp Pretzels
- Sesame Pretzel Rings

Food Should Taste Good † **9A**

Tortilla Chips

- Multi-Grain
- Jalapeño
- Olive
- Cheddar

Glutino

- Pretzels **9A**
- Chocolate Covered Pretzels **4A**
- Yogurt Covered Pretzels **4A**
- Twists **9A**
- No-Salt Twists **9A**

Happy Melts (Baby) Yogurt Snacks **7A**

- Banana Mango
- Mixed Berry
- Strawberry

Hot Kid Rice Crisps **3B**

- Natural
- Hot Wasabi

- Cheese
- Teriyaki
- Onion
- Sesame

Kaia Foods **5B**

- Fruit Leathers
Lime Ginger
Goji Orange
Spiced Pear
Vanilla Pear

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. Krispers Baked Rice Krisps † **8A**

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

Real Foods

- Corn Thins
- Rice Thins

Robert's American Gourmet **9A**

Pirate's Booty

- Sour Cream & Onion

Potato Flyers

- Original
- Salt & Vinegar
- Homestyle BBQ

Snyder's of Hanover **9A**

- Pretzel Sticks †

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

Gluten-Free Café † **4B**

- Chicken Noodle
- Veggie Noodle
- Cream of Mushroom
- Black Bean

G Washington's Seasonings & Broth **4B**

- Golden
- Rich Brown

Imagine Foods **4B**

Organic Soups

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

Broths

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

Kitchen Basics **4B**

- Natural Vegetable Stock
- Natural Beef Stock
- Turkey Stock
- Chicken Stock
- Unsalted Chicken Stock

SOUPS (cont'd)

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
- 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

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
 - Capsules
- Super Acerola Chewable Vitamin C
- Papaya Enzymes

Barleen's

- Greens

Bio-K+ Acidophilus

- Dairy Culture
- Dairy Culture-Fruity

- Soy Culture (Dairy Free)-Mango
- Dairy Culture-Strawberry for Kids
- Rice Culture-Vanilla

Carlson's

- Norwegian Fish Oil Softgels, Orange
- Cod Liver Oil Lemon Softgels
- Co-Q 10, 50 mg
- Co-Q 10, 30 mg
- Vitamin D 4000IU
- Fish Oil Lemon Softgels
- Vitamin D3 2000IU Softgels

ChildLife Essentials

- Liquid Multi Vitamin & Mineral
- Aller-Care
- Liquid Calcium with Magnesium

Core Naturals †

- Salba Seeds
 - Whole Seeds
 - Ground Seeds
 - Salba Seed Oil

Coromega Omega-3 Supplements

- Lemon Lime
- Orange & Chocolate
- Omega3 Squeeze, Orange
- Omega3 Squeeze, Lemon-Lime
- Omega3 Squeeze 7-Day Pack, Orange

Ensure 7A

- Original
 - Vanilla
 - Chocolate
 - Strawberry
- Plus
 - Vanilla
 - Chocolate
 - Strawberry
- High Protein
 - Vanilla
 - Chocolate
 - Strawberry
- Rich Dark Chocolate

EuroPharma/Terry Naturally

- Arthocin
- Curamin
- Dyflaminol

Futurebiotics

- Detox Daily Liver Support

Hero Nutritionals

- Slice of Life Gummy Vitamins for Adults

- Vitamin C+ Pomegranate
- Vitamin D3

- Yummi Bears Organics Multi-Min
- Yummi Bears Organics Immunity Shield

Ionic Fizz

- Calcium Plus
- Magnesium Plus
- Super D-K Calcium Plus

Life Solutions Liquid Supplements

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

Living Harvest Hemp Protein

- Vanilla Spice

Manitoba Harvest

- Hemp Pro Fiber
- Hemp Pro 70

Michael's Naturopathic Programs

- Blood Pressure Factors
- Water Balance Factors
- Teen Girls Multivitamin
- Teen Boys Multivitamin
- Teen & Adult Skin Factors
- Children's Chewable Multivitamin
- Reishi & Elderberry Immune Support
- Vitamin D3
- Açai & Resveratrol

Natrol

- DHEA
- SAME
- Melatonin

Natural Health International

- Femmenessence
 - MacaPause
 - MacaLife
 - MacaHarmony

Natural Vitality

- Natural Calm Plus Calcium Raspberry-Lemon

Nature's Plus

- Açai Whole Fruit Extract
- Source of Life
 - Red Multi Liquid
 - Gold Multi Vit Tabs
 - Gold Multi Liquid

- Gold Nutritional Shake
- Immune Booster
- Red Multi

- Source of Life Garden
 - Calcium
 - Vitamin K2
 - Vitamin D3
 - Vitamin C
 - Bone Support
- Animal Parade
 - Inner Ear Support
 - TummyZyme
 - Tooth Fairy
 - KidZinc
 - Vitamin D3
 - SuperFruits
 - Fruits & Veggies
 - Assorted Gummies Multi
- Liquid Sunshine Vitamin D 5000IU Liquid
- Nutra Sec
- Vitamin D3/K2 Caps
- Betaine HCL
- Cal/Mag/D3 with K2
- Cal/Mag with D
- Vitamin A & D Softgels
- Animal Parade
 - Assorted Chewable Multivitamin
 - Calcium
 - Kid's Immune Booster
 - Warm Milk (kid's sleep aid)
- Fruitein
- Spiru-Tein
 - Chai Latte
 - Cherries Jubilee
 - Chocolate
 - Strawberry Banana
 - Blueberries & Cream
- Warm Milk (adult's sleep aid)

New Chapter

- All-Flora Probiotic
- Bone Strength
- Every Man's One Daily
- Every Man Multi
- Every Man II Multi
- Every Woman Multi
- Every Woman Multi II
- Holy Basil
- Perfect Prenatal
- Prostate LX
- Turmeric Force
- Wholemega
- Zyflamend

SUPPLEMENTS (cont'd)

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
- Omega-3 Fishies
- Adult DHA Softgels
- Ultimate Omega D3
- Omega-3 Effervescent Orange

NOW

The vast majority of NOW products are wheat and gluten free. Please refer to the label or ask for assistance.

Nutiva

- Hemp Protein Shakes
 - Amazon Açai
 - Berry Pomegranate
 - Original Hemp Protein Powder
 - Chocolate
- Hemp Protein + Fiber
- Hemp Protein 50%

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
- Valerian/Hops

Pure Essence Labs

- ProFema Menopause Multiple
- Candex

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

Salus

- FloraVital Iron & Herbs

Source Naturals

- Life Minerals
- Chromium Picolinate
- Melatonin
- Wellness Colloidal Silver
- Ultra Colloidal Silver
- Essential Enzymes
- Cimi-Fem

Sunsweet

- Supra Fiber †

Super Nutrition

- Energy Caps
- Glucosamine & MSM
- Glucosamine Sulfate 1000
- Perfect Blend
- Perfect Blend No Iron
- Prenatal Blend
- Simply One Women
- Simply One Women No Iron
- Simply One Women 50+ iron free
- Simply One Men 50+ iron free
- Simply One Family
- Super Immune

- Men's Blend
- Men's Blend No Iron
- Simply One Men No Iron
- Think Clearly
- Women's Blend
- Women's Blend No Iron
- Simply One Men
- Super Immune

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
- Women's Multi
- Men's Multi
- Zinc Lozenges
- CLA
- Enzyme Complex
- Natural Cleanse Complex
- Oil of Oregano
- Green Tea Capsules
- Greens N' Things, organic
- Probiotic Quattro
- Calcium Citrate with Vitamin D
- Methyl B-12
- Vitamin A & D
- MSM
- Chelated Magnesium
- Potassium
- Zinc
- Total Food Multi
- Softgel Multi
- Iron-Free Multi
- Ultimate One
- Ultimate One Iron Free
- Life Multi Complete
- Prenatal Once daily
- Women's 45+ Multi
- Melatonin
- L-Carnitine
- Acetyl-L-Carnitine
- L-Lysine
- L-Glutamine
- Black Cohosh
- Organic Cranberry

- Echinacea
- Ginko Biloba
- Milk Thistle
- Saw Palmetto
- Valerian Root
- Garlic
- Quercetin
- Kelp
- Spirulina
- Reds n' Things
- Reveratrol
- Ultimate Eye
- Lecithin
- Lutein
- Grape Seed Extract
- Pycnogenol
- Flax Seed Oil Softgels
- Acidophilus 7 Bibidus
- Cod Liver Oil Softgels
- Concentrated Omegan-3
- Ultimate Omega Complex
- Borage Oil Softgels
- Evening Primrose Oil Softgels
- Soy Protein Powder
- Whey Protein Powder
- Liver Detox Complex
- Calorie Quencher
- Peppermint Enzyme
- Whole Psyllium Husk
- Bengal Bites Kid's Vitamin
- Kid's DHA

Ultima Health Replenisher Electrolyte Drinks

- Orange
- Lemonade

Wish Garden

- Deep Lung
- Kick-Ass Allergy
- Kung-Fu Fighter

OVER THE COUNTER MEDICINES

Western Family

- Acetaminophen PM Caplets
- Aspirin Tablets 81mg Orange
- Ibuprofen Caplets & Tablets
- Infant's Liquid Ibuprofen Berry

TOFU

***House Tofu* 1A COOLER**

- 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
- Angel Hair