

Gluten Free Products

CONTINUED

Frozen Foods

Against The Grain Baguette, Pizza Crusts, Bagels, Rolls, Pita
Alexia Oven Fries, Waffle Fries, Potato Puffs
Amy's 3 Cheese Pasta & Kale Bowl, G/F Burrito
Applegate Breakfast Sausages
Applegate Gluten Free Chicken Nuggets, Chicken Tenders
Base Culture Keto Bread
Bonafide Provisions Bone Broth **NEW!**
Caulipower Pizza, Pasta, Chicken Tenders **NEW!**
Feel Good Foods G/F Egg Rolls, Pockets, Bites, Potstickers, Deep
Dish Pizza **NEW!**
Food For Life English Muffins
Glutino English Muffins
Henry & Lisa Salmon Burgers **NEW!**
Katz Heavenly Crème Cakes **NEW!**
Kinnikinnick Donuts, English Muffins, Pie Shells (Seasonal)
Natures Path Waffles
O'Dough Breads and Bagel Thins **NEW!**
Pasta Goddess G/F Raviolis
Wholly Wholesome Pizza Dough Ball

Ice Cream / Frozen Yogurt

Arctic Zero Frozen Dessert **NEW!**
Ben & Jerry's: Phish Food, Cherry Garcia, Peanut Butter Cup
Bubbie's Mochi: All
Enlightened Ice Cream Bars
GoodPop Pops: Starwberry
Jolly Llama Sorbet Pops
Luigi's Italian Ice
Rebel Ice Cream
Stonyfield Whole Milk Frozen Yogurt

Refrigerated Foods

Cabot Cheeses & Butter
Caulipower Chicken Tenders, Pizza, Pappardelle **NEW!**
Chobani Yogurt: All
Egg Beaters Liquid Egg
Heluva Good Cheeses: All
Hood Cream & Simply Smart Cream
I Can't Believe It's Not Butter Spray & Tubs (Note: Some allergic
reactions have been reported so please read the label.)
Kraft: Read Labels (will state on label)
Laird Superfood Creamer **NEW!**
Land-o-Lakes Butter & Margarine
Laughing Cow French Onion Light, Regular Original
Lifeway Plain Unsweetened Kefir
Miyokos Creamers Butter, Cream Cheese
Noosa Yoghurt: All
Organic Valley Liquid Eggs
Ripple Milk
Ripe Bar Juice: Margarita & Lemon Sour **NEW!**
Silk Soy Milk: All
Smart Balance Spread
Stonyfield Yogurt & Drinkable Yogurt: All
Toby's Dressing & Dips
Violife Vegan Cheddar Slices and Shreds **NEW!**
Yoplait Yogurt: Original & Light

Beer / Wine / Liquor

Redbridge Sorghum Beer
Omission Brewing Co. Beer (Gluten Removed)

WHAT IS CELIAC DISEASE?

Celiac disease (CD) is a genetic disorder. In people with CD, eating certain types of protein, called gluten, sets off an autoimmune response that causes damage to the small intestine. This, in turn, causes the small intestine to lose its ability to absorb the nutrients found in food, leading to malnutrition and a variety of other complications. Eventually, decreased absorption of nutrients can cause vitamin deficiencies that deprive your brain, peripheral nervous system, bones, liver and other organs of vital nourishment, which can lead to other illnesses. This is especially serious in children, who need proper nutrition to develop and grow. The offending protein, gluten, is found in wheat, barley, rye, and to a lesser extent, oats. No treatment can cure celiac disease. However, you can effectively manage celiac disease through changing your diet.

WHAT CAN I DO? Read food labels

Food labels are your lifeline to better health. Always read the food label before you purchase any product. Some foods that may appear acceptable, such as rice or corn cereals, may contain gluten. What's more, a manufacturer may change a product's ingredients at any time. In July 2004, the U.S. Congress passed a bill requiring products containing wheat, milk, soy, peanuts, tree nuts, fish, shellfish or eggs to say so in plain English on the product's label. The bill also requires the FDA to develop a standard definition of "gluten-free" to make it easier for shoppers with celiac disease to identify products.

Call the manufacturer

If you can't tell by the label if a food contains gluten, don't eat it until you check with the product's manufacturer.

FOR MORE INFORMATION:

www.medlineplus.gov/celiacdisease.html

IF YOU HAVE SUGGESTIONS OR REQUESTS PLEASE CALL:

508-394-2244

To our knowledge these products are all gluten free. We are not responsible for a listing which is not gluten free. Manufacturers may change a product's ingredients at any time. This list does not include information regarding cross contamination.

As such please use this list at your own risk.



Ring Bros. Marketplace

For those that are gluten intolerant this is a **partial** list of gluten free items that we carry. Some items do not state "gluten free" on the label but are appropriate for individuals on gluten free diets. Although there are many more gluten free items in our store, they are not all listed here. Items change frequently so we apologize if an item on this list has been discontinued. Please look out for new items which are being added weekly.



Gluten Free Products

Baby / Kids

GoGo Squeez Applesauces
Happy Baby Yogis, Puffs
Hot Kid Baby Mum Mum Rice Rusks

Baked Goods / Bread

All Free Brownie Bites: All **NEW!**
Better Bites Do Bites & Cupcakes **NEW!**
Little Northern G/F Bagels: All **NEW!**
Schar Ciabatta Rolls, Deli Style Bread
Schar Hamburger Rolls, Hotdog Buns

Baking Mixes / Fillings

Bascom Tapioca
Birch Benders Keto Pancake & Waffle Mix **NEW!**
Bob's Red Mill G/F 1 to 1 Flour **NEW!**
Bob's Red Mill G/F Pancake Mix
Cherrybrook G/F Pancake & Waffle Mix
Cherrybrook Kitchen Frosting, Cake & Cookie Mix
Comstock Fruit Fillings: All
Gluten Free Pantry Pie Crust Mix
Jello Brand Pudding and Gelatins: All
Libby's Pumpkin Pie Filling
Lily's Chocolate Baking Chips and Bars
None Such Mince Meat
One Pie Squash
Oregon Cherry Fruit Fillings: All
Stonewall Kitchen G/F Baking Mixes, Pnk & Wfl

Baking Supplies / Flour

Amore Tomato, Pesto, Garlic, Hot Pepper Paste
Argo Pure Corn Starch
Arm & Hammer Baking Soda
Bob's Red Mill G/F 1 to 1 Flour **NEW!**
Bob's Red Mill G/F Pizza Crust, Cornbread, Pancake
Mix, Potato Starch, Quinoa Flour
Bragg Liquid Aminos
Colavita Instant Polenta
Cup4Cup Gluten Free Flour
Durkee Food Coloring
Equal Exchange Organic Baking Cocoa
Florida Crystals Natural Milled Cane Sugar
Ghiradelli Gr.Baking Chocolate & Bars (ex white)
Hershey's Cocoa
Holiday Blackstrap Molasses
Ian's Gluten Free Panko Breadcrumbs
India Tree Decorating Candies: All
Karo Syrups (Dark & Light)
Let's Do Organic Coconut Flakes
Madhava Agave Nectar: Amber
Morton & Bassett Spices: All
Namaste Perfect Flour Blend
Nutiva Coconut Flour
Odense Marzipan, Almond Paste
Olive Oil / Corn Oil / Vegetable Oil
Pam Cooking Spray (except baking spray)
Pamela's Gluten Free Baking Mix
Rumford Baking Powder
Saco Cultured Buttermilk for Baking
Salts & Peppers: All
Simply Organic Spices: All
Spectrum Coconut, Sunflower, Canola Oils
Splenda Sweetener
Vinegars: All except for malt vinegar
Watkins Food Coloring

Breakfast Foods

Bakery On Main G/F Oatmeal
Bob's Red Mill Gluten Free Hot Cereal, G/F Sc Oats

Catalina Crunch Cereal: All **NEW!**
Enjoy Life Breakfast Ovals: All
Glutino Cereals, Breakfast Bars
Kelly's Family Foods Granola: Four Plus **NEW!**
Natures Path Q'a Oatmeal, G/F Cereals
Paleonola Granola
The GFB Power Breakfast Hot Cereal **NEW!**

Candy, Chocolate & Protein Bars

Fuel For Fire Protein Pouches
Kashi Granola Bars: Grain Free Only
Kind Bars: Read Labels
Larabar Nutritional Bars: All
Made Good Granola Bars, Minis: All
Nibmor Dark Chocolate Bites
Nugo Protein Cookies
One Protein Bars: All
Raaka Chocolate Bars: All
RX Bars: All
The Ginger People Original Ginger Chews
Think! Bars: Select Varieties

Coffee / Hot Chocolate / Tea

Blue Lotus Chai: All **NEW!**
Coffee: Hogan Bros, Starbucks, NE, Peet's, Kicking
Horse, Ring, Beanstock (Check Flavored), Cape Cod
Hot Chocolate: Nestle, Silly Cow
Pacific Hemp Beverage: Vanilla
Tea: Salada, Lipton, Tazo, Stash, Twinings,, Celestial, Republic of Tea: All Ex Holiday Varieties

Condiments / Sauces / Salsas

Avonaise: All
BBQ Sauces: Bone Suckin, Dinosaur, Stubbs, Rufus
Teague, Lillie's
Bremners Salsa: All **NEW!**
Cain's Hamburger & Hotdog Relish
Cape Cod Cranberry Harvest Jams & Jellies
Casa Fiesta Guacamole Seasoning, Taco Mix
Casa Fiesta Mild Enchilada Sauce
Frontera Salpica Salsa: All
Gold's Wasabi Sauce
Green Mountain Gringo Salsa: All
Hokan Wasabi Powder, Chili Sauce, Plum Sauce
Joyva Sesame Tahini
Justin's Almond Butter & Peanut Butter
Ketchup: Woodstock Farms, Heinz (Except Organic)
Magic Seasoning
Mayonnaise: Cains, Hellmann's, Spectrum
Meditalia Olive Tapanade: Black & Green
Mustard: French's, Guldens, Grey Poupon
Newman's Salsas: All
Ojai Lemonaise: All
Primal Kitchen Salad Dressings & Mayo
Sambal Olek Chili Paste
San J Soy, Teriyaki, Peanut, Shoyu, Tamari Sauces
San-J Wheat Free Soy Sauce
Siete Taco Seasonings
Slotterbeck Sauces: Lemon Pepper, Mango
Stonewall Kitchen Sauces: All (except Gngr Teriyk)
Stubb's Marinades
Taste of Thai Coconut Milk
Taste of Thai Sweet Red Chili Sauce
Thai Kitchen Green, Red Curry Paste, Fish Sauce
True Made Ketchup: Low Sugar & No Sugar
Truff Hot Sauce & Pasta Sauce **NEW!**
Urban Accents BBQ Rubs & Glazes
Woodstock Tomato Ketchup

Cookies/Crackers

Aleia's Cookies and Macaroons
Bob's Red Mill Oat Crackers: All **NEW!**
Breton Gluten Free Crackers
Crunchmaster Crackers: All
Dr. Lucy's Cookies
Edwards Brown Rice Crackers G/F
Free For All Kitchen Crackers
From The Ground Up Crackers **NEW!**
Goodie Girl Cookies: All **NEW!**
Kame Rice Crackers: All
Klara's Coconut Macaroons
Lucy's Cookies
Lundberg Rice Cakes
Mary's Gone Crackers Flax Seed Crackers
Mary's Gone Kookies Graham Snacks **NEW!**
Pamela's Chunky Chocolate Chip Cookies
Poppies Coconut Macaroons
Quaker Rice Cakes: White Cheddar
Schar Table Crackers, Cookies, Graham
Sesmark Ancient Grains Crackers
Sesmark: Original, Savory, Brown Rice Thins
Siete Cookies: All **NEW!**
Skinny Pop Rice Cakes
Tate's Gluten Free Cookies

Pasta/Pasta Sauces

Al Dente G/F Spinach Spirals
Ancient Harvest Polenta, Quinoa
Andean Dream Quinoa Pasta
Annie Chuns: Rice Noodles, Pad Thai Noodles
Annie's Homegrown G/F Mac & Cheese
Annie's One Pot Pasta, Broccoli **NEW!**
Bionature G/F Pastas
Field Day Brown Rice Pasta: All
Garafalo Gluten Free Pastas
Pasta Sauces: Muir Glen, Classico, Boves, Stonewall
Kitchen, Rao's, Ooma
Tinkiyada Penne, Spaghetti, Lasagna Noodles

Rice / Beans / Grains / Vegetables

Ancient Harvest Quinoa
Annie Chun's Sticky Rice
Annie's Rice Pasta & Cheddar
Bob's Red Mill G/F Flax Seeds, G/F Flax Meal
Casa Fiesta Mexican Style Rice
Cucina & Amore Quinoa Meals
Edward Powdered Mashed Potatoes
Jovial Beans: All
Lundberg Risotto & Rice
Minute Rice: White, Brown Rice
Rice Select: All Varieties Except Royal Blend
Right Rice
Uncle Bens: White, Brown, Wild Rice

Salad Dressings

Annie's Salad Dressings: See Labels
Brianna's Dressing: Ginger, American, Poppy,
French, Dijon Honey, Blush Wine, Santa Fe, Lemon
Tarragon, Champagne, Ranch
Hidden Valley Ranch, Coleslaw Dressing
Kraft Salad Dressing: All
Newman's Salad Dressings: All
Ring Bros. Dressings: All except Caesar & Ranch
Riverway Cape Cod Dressing
Stonewall Kitchen Salad Dressing: All
Wishbone Salad Dressing: All

Snacks / Chips

Angie's Boom Chicka Pop Popcorn

Arcade Snacks Vegetable Chips
Barbara's Cheese Puffs: All
Bear Fruit & Veg Rolls: All **NEW!**
Calbee Snapea Crisps
Cape Cod Potato Chips: Read labels
Cello Cheese Whisps: All
Country Archer Turkey Jerky
Deep River Snacks Chips: All
Epic Pork Rinds: Select Varieties
Food Should Taste Good Tortilla Chips: All
Garden Of Eatin Blue Tortilla Chips: Blue Corn
Green Mountain Gringo Tortilla Strips: All
Harvest Snaps Green Pea Crisps
Karma Cashews: All **NEW!**
Kind G/F Dark Choc Chunk Granola Bars
Late July Thin Tortilla Chips
Lesser Evil Popcorn **NEW!**
Love Corn Roasted Corn: All
Lundberg Rice Chips
Mi Nina Tortilla Chips
Moon Cheese Bites: All **NEW!**
Natures Path Granola Bars
Newman's Popcorn: Butter, Lt Butter, Natural
Pipcorn Cheese Balls & Corn Dippers: All
Pirate's Smart Puffs, Cheddar Booty
Rhythm Kale & Beet Chips, Cauliflower Bites
Sahale Snacks: Nut Blends
Seapoint Edamame Snacks
Siete Kettle Cooked Chips: All **NEW!**
Simply 7 Chips and Quinoa Chips
Skinny Pop Popcorn, Microwave Popcorn
Terra Vegetable Chips, Sweet Potato Chips
The Daily Crave Veggie Chips
Xochitl Salted Tortilla Chips

Soups / Broth / Chili / Etc.

Amy's LS Cream of Tomato Soup, Lentil Veg Soup, Org
Cream of Tomato Soup, Org Lentil Soup, Org LF Black
Bean Soup, FF Split Pea, Chunky Tomato
Amy's Medium Chili, Spicy Chili
Better Than Boullion Bases: Chicken, Vegetable
Frontier Dry Soup Mixes
Gluten Free Café Chicken Vegetable Soup
Kitchen Basics Broth: All
Pacific Broth: All
Pacific Soups: Creamy Tomato, French Onion
Sierra Dry Soups: All
Zoup Bone Broth: All
Zuppa Rustico Soups: All **NEW!**

Note: When the word "ALL" is used it refers to only the varieties we carry at our store.