



Wheat Free and Gluten Free

HEALTH CAUTION: Always read labels for facts regarding whether products contain traces of wheat.

Subject to change and discontinuation; lists are updated annually.

Cereals (Aisle 1B)

- Arrowhead Mills Rice & Shine
- Arrowhead Mills Steel Cut Oats
- Pocono Cream of Buckwheat
- Ancient Harvest Quinoa Flakes
- Bob's Red Mill Farnia
- Bob's Red Mill Oats
- EnviroKidz Koala Crisp Cereal
- EnviroKidz Amazon Flakes Cereal
- EnviroKidz Peanut Butter Panda Cereal
- EnviroKidz Gorilla Munch Cereal
- EnviroKidz Leapin Lemurs Cereal
- Barbara's Brown Rice Crisps
- Erewhon Crispy Brown Rice
- Erewhon Rice Twice
- Nature's Path Cereals, assorted
- Envirokidz Crispy Rice Bars
- Glutenfreeda Instant Oatmeals
- Giddy Up and Go Granolas
- Barbara's Puffins, Honey Rice

Pastas (Aisle 2A)

- Tinkyada Brown Rice Pastas
- DeBoles Multigrain Pastas
- Ancient Harvest Quinoa Pasta
- Ready Made Polenta Mixes
- Shirataki Miracle Noodles
- Sea Tangle Kelp Noodles
- Explore Asian Noodles
- Andean Dream Quinoa Pasta
- Tolerant Pasta

Ready Meals, Soups, etc. (Aisle 2B)

- Lundberg Risottos
- Lundberg Brown Rice
- Couscous

- Road's End Organics Quick Gravy
- Tasty Bite Recipes of India Meals
- Passage to India Shimmer Sauces
- Annie Chun's Rice Noodles
- Thai Kitchen Instant Noodle Soups
- Thai Kitchen Noodle Kit
- Bearitos Taco Shells
- Garden of Eatin' Taco Shells
- Soups and Soup Mixes, various

Ethnic Sauces (Aisle 2B)

- San-J Soy Sauces
- San-J Cooking Sauces
- Annie Chun's Cooking Sauces

Boxed Mac and Cheese (Aisle 2B)

- Annie's Homegrown Rice Pasta & Cheese
- Ancient Harvest Mac & Cheese
- Road's End Organics Penne & Cheese

Crackers (Aisle 3A)

- Mary's Gone Crackers
- Mary's Crackers Pretzels
- Mary's Stix and Twigs
- San-J Rice Crackers
- San-J Brown Rice Snaps
- Edward & Sons Rice Crackers
- Sesmark Rice Thins
- Blue Diamond Nut Thins
- Lundberg Rice Chips, selected
- Lundberg Rice Cakes
- Mediterranean Baked Lentil Crackers
- Late July Chips (selected var.)
- Famous Falafel Chips
- Kinnikinnik Smorables
- Crackers

Cookies (Aisle 3A)

- Home Free Cookies
- Kinnikinnik Chocolate Sandwich Cookies
- Ginny Bakes
- Jennies Macarons
- Newman's Wheat Free Fig Bars
- Newman's Wheat Free O's
- Pamela's Cookies, assorted
- Enjoy Life Cookies, assorted
- Jovial Cookies
- Amy's Shortbread Cookies
- Lucy's Cookies & Cakes

Snack Bars (Aisle 3B)

- Primal Spirit Foods (selected var.)
- Stonewall's Jerquee
- Organic Food Bars
- LaraBars
- Kind Bars
- Raw Revolution
- Bumble Bars
- GoMacro Bars
- That's it Bars
- Kit's Organic Bars
- Inbalance Bars
- Pro Bar Base Bars

Deli

Look for this symbol on deli signs to identify wheat free items.



Store

Look for this symbol on our shelves to identify wheat free and gluten free items.





Wheat Free and Gluten Free

HEALTH CAUTION: Always read labels for facts regarding whether products contain traces of wheat.

Subject to change and discontinuation; lists are updated annually.

Baking Mixes, Tapioca (Aisle 3B)

Arrowhead Mills All Purpose Mix
Arrowhead Mills Pancake Mix
Bob's Red Mill Potato Flour
Bob's Red Mill Garbanzo Bean Flour
Bob's Red Mill Coconut Flour
Bob's Red Mill Almond Meal Flour
Bob's Red Mill Baking Mixes, various
Pamela's Baking Mixes
Let's Do Organic Tapioca
Namaste Foods Baking Mixes
Ener-g-egg Replacer
Wholesome Chow Mixes
Chebe Cheese Bread Mix
Let's Do Organic Coconut Flour
Kinnikinnick Graham Style Crumbs

Raw Snacks (Aisle 3B)

Living Spoonful Raw Crackers
Living Intentions Gone Nuts
Lydia's Organics Raw Crackers
Lydia's Organics Granola
Sunflower Bread
Lydia's Organics Cereals
Oskri Sesame Bars
Alive & Radiant Krunches

Supplements (Aisle 4)

Country Life
Rainbow Light
Herb Farm
Nature's Plus
and many more, ask a wellness associate

Treats (Aisle 6 cooler)

Sugar Plum Cookies, Pies, Cupcakes

Tortillas, Noodles, etc. (Aisle 7A)

R.P.'s Gluten Free Linguini
Rudi's Gluten Free Tortillas
Food for Life Brown Rice Tortillas
Grainaissance Mochis
Sonoma Wheat Free Wraps
Manini's Pasta

Bread (Aisle 7 freezer)

Canyon Bakehouse Breads
Rudi's Gluten-Free Bakery
Silver Hills Breads
Food for Life Brown Rice English Muffins
Food for Life Gluten-Free Bread
Food for Life Millet Bread
Food for Life Rice Almond Bread
Food for Life Raisin Pecan Bread
Julian Bakery Breads

Bread (Aisle 8)

Essential Baking Company

Treats (Aisle 10 end)

Flax 4 Life Muffins
Natural Decadence Cookies

Natural Decadence Short Bread
Natural Decadence Graham Crackers
Jilz Crackerz

Frozen Breads & Waffles (Aisle 11B)

Van's Wheat Free Waffles
Nature's Path Buckwheat Waffles

Frozen Entrees & Pizzas (Aisle 11B)

Amy's Selected Entrées
CedarLane Enchilada Pie
Ethnic Gourmet Selected Entrées
Ian's Fish Sticks
Henry & Lisa's Salmon & Burgers
Organic Sunshine Burgers
Buenatural Veggie Tamales
Tandoor Chef Selected Entrées
Artisan Bistro Selected Entrées
GlutiNo Pizzas
Against the Grain Pizza Shells

Raw Foods Refrigerables (Case in Produce Dept.)

Cultured Cashew
Hail Merry Tarts and Macaroons

Meat Counter

House-made Sausage (except beer Braut)
Salmon Burgers

Beer (Case in Produce Dept.)

Brunehaut Blonde & Amber
Nectar Creek Mead
Omission Lager, IPA, Pale Ale
Angry Orchard Hard Cider
Lake Front NewGrist



Deli

Look for this symbol on deli signs to identify wheat free items.



Store

Look for this symbol on our shelves to identify wheat free and gluten free items.