

GLUTEN-FREE SHOPPING COMPANION



A comprehensive guide to gluten-free shopping at Staff Of Life
We do our best to make this list accurate, however... Please ALWAYS CHECK LABELS !

BREAD

Bavarian Bread

Whole Grain Bread

Ener-G

Brn. Rice Bread
Tapioca Loaf

Food For Life

Brn. Rice Bread
Brn. Rice Tortilla
Millet Rice Bread
Red Rice Bread
Raisin/Pecan Bread
Rice/Almond Bread
Rice/Pecan Bread
Rice/Multiseed Bread
English Muffin

French Meadow

Cinnamon Raisin Bread
Multigrain Bread
Sandwich Bread

Glutino

Plain Bagels
Sesame Bagels
Cinnamon/Raisin Bread
Flax Seed Bread
Fiber Bread

Sonoma

Teff/Wheat Free Wraps

CRACKERS

Blue Diamond Nut Thins

All Flavors

Edward & Sons

Onion & Brown Rice Toasts
Black Sesame Rice Toasts
Salt and Vinegar Rice Snax

Onion and Garlic Rice Snax

Genuine Bavarian

Wholegrain Bread

Glutino

All Products

Ka-Me

Rice Cracker
Sesame Cracker
Black Sesame and Soy
Seaweed Cracker

Kitchen Table Bakers

Parmesan Crisps

Mary's Gone Crackers

All Products

Nairn's Biscuits

Oatcakes

Rustic Crust

Herb Pizza Crust

Sesmark

Rice Thins

CHIPS

Arico Cassava Chips

Original
BBQ
Ginger on Fire
Sea Salt

Barbara's Bakery

Cheese Puffs
Jalapeno Cheese Puffs
Lite Baked Puffs

Boulder Potato Chips

All Flavors Except
Malt Vinegar

Ener-G

All Products

Good Health

Veggie Stix
Veggie Chips
Avocado Oil Chips
Avocado Sea Salt
Avocado Oil BBQ
Avocado Chilean Lime

Glutino

All Products

Lundberg

Fiesta
Pico De Gallo
Honey Dijon
Barbecue
Sesame and Seaweed
Nacho Cheese
Wasabi

Maine Coast Sea Veggies

Sea Chips

Mary's Gone Cracker's

All products

Michael Seasons

MG Original Chips
MG Cheddar Chip

Miguels

Organic Tortilla Dippers

Mr. Krisper

Salt & Pepper Thins
Sour Cream & Onion
Multi-Seed Thins
Almond Thins

Real Foods

Organic Corn Thins
Soy & Flax Corn Thins
Sesame Corn Thins
Wholegrain Thins

Roberts

Pirate Booty
BBQ Booty
Potato Flyers Original
Potato Flyers BBQ
Potato Flyers Sea Salt
Sour Cream and Onion
Booty
Smart Puffs
Tings
Veggie Booty

Salba Chips

Blue Tortilla Chips
Yellow Tortilla Chips

Yaya's Popcorn

Cheddar
Herb
Lite
Low Salt

BAKING

Arrowhead Mills

All Purpose Baking mix
Brownie mix
Vanilla Cake mix
Pancake Mix

Bobs Red Mill

Biscuit and Baking mix
Baking Flour
Bread mix
Brown Rice Flower
Coconut Flour
Cornbread mix
Garbanzo Flour
Hemp Protein Powder
Pancake mix
Potato Flour
Potato Starch
Pizza Crust
Sweet White Rice Flour
Garbanzo and Fava Flour
Tapioca Flour
Sweet Whole Sorghum
Flour
Quinoa Flour

Sadaf

Sadaf Chickpea Flour

Cherrybrook Farms

Brownie mix
Chocolate frosting
Sugar Cookie Mix

Edward & Sons

Coconut Flour

Ener-G

All products

Gluten Free Pantry

Chocolate Brownie Mix

Namaste Baking

Brownie mix
Blondies mix
Chocolate Cake Mix

Pamela's

Baking/Pancake mix
Chocolate cake Mix
Chocolate Chip Cookie Mix
Dark Chocolate Frosting

COOKIES & TREATS

A.G. Ferrari Foods

Flour-less Chocolate Torte

Arico Cookies

Lemon Ginger
Almond Cranberry
Peanut Butter
Double Chocolate

Barbara's Bakery

Snackimals

Edna's

Peanut Butter Chocolate
Chip Cookie
Chocolate Whoopie Pies
Macaroons

Enjoy Life

Gingerbread Cookies
Happy Apple Cookies

Frankly Natural Bakery

Walnut Brownies
Java Jive Brownies
Misty Mint Brownies
Cherry Berry Brownies

French Meadow Bakery

Blueberry Muffins

Glutino

All Products

Jennies

Macaroons

Kinnitoo

Vanilla Sandwich cookies

Lotus Bakery

Cocoa Loco
Ginger Snap
Lemon Poppy
Maple Rice

Laura's Wholesome Junk Foods

Better Brownie Bite-lettes
Cole's Cashew Chocolate
Chip Bite-lettes

Lucy's

Cinnamon Thins

Mariposa

Coconut Lemon Square
Fococcia
Triple Chocolate Truffle
Brownie

Michelle's

Chokolada Chip Cookies

Midel

(offers a line of Gluten Free Products... *LOOK FOR GLUTEN FREE ON THE PACKAGE*)
Arrowroot Animal Cracker
Cinnamon Snap
Chocolate Chip Cookie
Ginger Snap
Pecan Cookie

Mrs. Densons

Chocolate Chip Macaroon
Quinoa Macaroon

Nana's

Chocolate Cookie
Ginger Cookie
Lemon Cookie

Newman's Own

Organics

Fig Bars
Chocolate Alphabet
Cookies

Chocolate Chip Cookies

O's 9 oz.

O's 16 oz.

Pamela's

Most products (packaging labeled)

Pamela's Cheesecake

White Chocolate Raspberry
New York
New York (agave sweetened)
Flax Muffins
Tantalizing Cranberry
Orange

Wild Blueberry

Chunky Chocolate Chip

STAFF OF LIFE Bakery

Peanut Bar

Dark Chocolate Hazelnut
Brownie
Banana Nut Wheatless
Plus... Always a selection of
Gluten Free Fresh Pies and
Pastries in the Staff of Life
Deli Area

Sweet Treaty
Chocolate Covered Bites

CEREAL

Ancient Harvest

Quinoa Flakes

Bakery on Main

Cranberry Granola
Fruit and Nut Granola
Rainforest Granola

Barbara's Bakery

Brown Rice Cereal

Bob's Red Mill

Rolled Oats
Steel Cut Oats

Ener-G

Rice Bran

Erewhon

Brown Rice
Brown Rice w/Berry
Brown Rice Cream
Corn Flakes
Rice Twice

Glutino

Honey Nut O's

Lundberg

Hot Rice Cereal

Perky's

Nutty Flax
Nutty Rice
Enjoy Life

Pocono

Cream of Buckwheat

Nature's Path

Amazon Flakes
Corn Flakes
Corn Flakes Ecopack
Corn Flakes w/honey
Corn Flakes w/Honey
Ecopack
Crispy Rice
Gorilla Munch
Gorilla Munch Ecopack
Koala Krisp
Leapin Lemurs

Mesa Sunrise
Mesa Sunrise Ecopack
Millet Rice
Millet Rice Ecopack
Panda Puffs
Panda Puffs Ecopack
Whole O's

BARS

Bakery on Main

Cranberry Maple Nut
Peanut Butter Chocolate
Chip

BumbleBars

All Products

Envirokidz

Peanut Chocolate Drizzle
Fruity Burst
Berry Blast
Peanut Butter

Glutino

Blueberry

Bavarian Bread

Whole Grain Bread

Larabar

All Products

NuGo Free!

Dark Crunch
Vegan Carrot Cake
NuGo 10

Oskri

Black Sesame
Coconut
Coconut Mango
Date
Organic Date
Flax Seed
Molasses
Cashew
Quinoa
Mixed Nut
Granola
Coconut Pineapple
Sesame Molasses
Date Syrup Sesame

PranaBar

All Products

Think Thin

All Products

Wonderbar

Almond Apple Cranberry
Almond Protein

Almond Cashew Pineapple
Macadamia Pineapple

GROCERY

Annie's Homegrown

Rice Pasta and Cheese

Edwards & Sons

Chreesy Mashed Potatoes
Home Style Mashed Potatoes
Roasted Garlic Mashed
Potatoes

Food Merchants

Traditional Polenta
Basil & Garlic Polenta
Green Chili Polenta
Mushroom and Onion
Quinoa Polenta
Sun-Dried Polenta

Premier Japan

Hoisin Sauce
Teriyaki Sauce

Mayacama

Alfredo Sauce
Brown Gravy
Chicken Gravy
Demiglace
Herb Gravy
Pesto Pasta

Nasoya

Dijon Nayonaise
Nayonaise
Fat Free Nayonaise

Roads End Organic

Penne and Chreese

PASTA / SAUCES / CANNED FOODS

*(Be sure to see our Gluten
Free Pasta SECTION)*

Ancient Harvest

Quinoa Rotelle
Quinoa Spaghetti

Angelilli's

Gnocchi

Bionature

Elbows
Fusilli
Penne
Spaghetti
Rigatoni

Culinary Twists

Bora Bora Baja Sauce

Deboles

Rice Angel Hair
Rice Spaghetti
Multi-Grain Penne
Multi-Grain Spaghetti
Rice/Flax Angel Hair
Rice/Flax Spirals

Lundberg

Brown Rice Rotini
Brown Rice Spaghetti

Mrs. Leeper's

Corn Spaghetti
Corn Rotelli
Rice Spaghetti

Namaste

Say Cheeze!

Roads End Organics

Alfredo Mix
Vegan Chreese

Tinkyada

All Products

FROZEN PRODUCTS

Amy's Frozen

Brown Rice Veggie Bowl
Tortilla Casserole
Baked Ziti
Black Bean Enchilada
Teriyaki Bowl
Mexican Casserole
Enchilada w/ Spanish Rice
Cheese Enchilada
Indian Mattar Tofu
Matta Paneer
Vegetable Korma
Paneer Tika
Tofu Scramble
Indian Palak Paneer
Santa Fe Bowl
Brown Rice Bowl w/Veggie
Low Sodium
Thai Stir Fry
Asian Noodle Stir Fry
Corn and Tomato Enchilada
Rice Mac and Cheese
Mexican Casserole Bowl
Tamale Verde Cheese
Black Bean Tamale Verde
Baked Ziti Kids Meal
Cheese Pizza w/ Rice Crust

Blakes

Shepards Pie

Dr.Praegers

Sweet Potato Pancakes

Glutino

All Products

Gluten Free Café

All products

Grainissance

(refrigerated)

Org. Mochi
Cashew/Date Mochi
Chocolate/Walnut Mochi
Raisin/Cinnamon Mochi
Sesame/Garlic Mochi
Super Seed

Iamori

Pizza Crust
Cheese Ravioli
Focaccia Bread

Kettle Cuisine

Grilled Chicken Corn
Chowder
Grilled Chicken Chili w/
White Beans
Angus Beef Steak Chili w/
Beans
Tomato Soup
Roasted Veggie Soup
Carrot Coriander Soup
Mushroom Potato Soup
New Engalnd Clam
Chowder

Natures Highlights

Brown Rice Pizza Crust

Natures Path

Homestyle Waffle
Mesa Sunrise Waffle

Organic Bistro

Chicken Citron
Ginger Chicken
Wild Salmon
Wild Salmon Cake
Savory Turkey

Sheltons

Turkey Franks
Chicken Franks
Turkey Sausage Patties

Starlite

Black Bean &Chicken
Taqitos
Chicken Taqitos
Garlic Chicken Taqitos
Beef Style Taqitos

Sunshine

Org. Burgers
Org. Breakfast Patty

Org. BBQ Burger
Org. Falafel Patty
Org. Southwest Burger
Garden Herb Burger

Tandoor Chef

Palak Paneer
Channa Masala
Chicken Tiki Masala

Vans

Mini Waffles
BlueBerry Waffles
Flax Waffles

BEER

Red bridge Beer

New Grist Lakefront

RAW FOODS

Amazing Grass

All Products

Cafe Gratitude

All Products

Chic Goodness

All Products

Earth Cafe

All Products

Easy Living Foods

All Products

Foods Alive!

All Products

Go Raw

All Products

Gopals

All Products

Kaia Foods

All Products

Living Intentions

All Products

Livin' Spoonful

Crackers

All Products

Love Force

All Products

Lydia's Organic

All Products

Mauk Family Farms

All Products

Parma

All Products

Pure Bar

All Products

Rejuvenative Foods

All Products