

Gluten free Shopping at the Davis Food Co-op

The following products were gluten free when this list was written. Please read the labels! Manufacturers make changes in ingredients without warning. We can't guarantee that these products will stay gluten free.

Products	Location
Breads	
Ener-G Rice, White Rice, and Tapioca loafs	8
Food for Life: White Rice, Brown Rice, Rice Almond and Rice Pecan Breads	4A - Freezer
Glutino Cinnamon French Toast	4A- Freezer
Glutino Gluten Free Breadsticks: Pizza Flavor	7A
Vans Wheat Free Waffles: Original, Apple Cinnamon, Blueberry	4A- Freezer
Kinnikinnick Donuts	4A- Freezer
Nature's Path Organic Home style Waffles	4A – Freezer
Chebe Breadsticks	4A – Freezer
Glutino Pizza crust	4B – Freezer
Kinnikinnick pizza crust	4B – Freezer
Chebe pizza crust	4B – Freezer
Mixes	
Ener-g: Egg Replacer, Rice Mix	3A
Arrowhead Mills: Wheat-Free All-purpose Baking Mix , Wild Rice Pancake Mix, Wheat-free Brownie Mix , Gluten-free Pancake and Waffle Mix , Brown Rice Flour , Pamela's Pancake and Baking Mix, Ultra Chocolate Brownie	3A
Bobs Red Mill: Flaxseed Meal , Buckwheat Flour , Rice Flour, Masa Harina , Textured Vegetable Protein, Potato Flour, Soy Flour, Wheat-free Biscuit and Baking Mix, GF Garbanzo and Fava Flour, GF Bread Mix, GF Sorghum Flour, GF Baking Flour, GF Cornstarch , GF Garbanzo Flour , GF Tapioca Flour , GF Textured Vegetable Protein , Pizza Crust	3B
Cereals Barley malt is a flavoring agent in processed cereals	
Lundberg Rice Cereal (Purely Organic , Cinnamon Raisin , Sweet Almond)	3B
Nabisco Cream of Rice	3B
Albers Quick Grits	3B
Nature's Path: Corn Puffs , Millet Puffs , Organic Mesa Sunrise cereal , Rice Puffs , Honey Corn Flakes	3B
Barbara Bakery : Brown Rice Crisps , Corn Flakes	3B
Health Valley Blue Corn Flakes	3B
Perky's Nutty Rice Crunch Cereal	3B
EnviroKids : Gorilla Munch , PB Panda Puffs , Amazon Frosted Flakes , Koala Krisps , Leapin Lemurs	3B
Arrowhead Mills : Maple Buckwheat Flakes	3B
Erewhon Cereals; all flavors	3B
Cheese Processed, 'flavored', or veined cheeses may contain oat stabilizers. If oats are a problem for you, try:	
Organic Valley, Tillamook, Cabot, Lisantti, Follow Your Heart Vegan Gourmet, Eat in the Raw and Soymage	Cheese case
Desserts Small amounts of malt containing gluten may be included and not indicated on the label of many candies.	
Hain Super Pudding Mix or Super Fruit Dessert Mix	3A
Dr. McDougal Instant Rice Pudding	3A
Natural Desserts Gelatin and Pudding	3A
French Meadow Bakery Fudge Brownie	4A – Freezer
French Meadow Bakery Chocolate Chip Cookies	4A – Freezer
A.G. Ferrari Torta al Cioccolato	Bakery Table
French Meadow Bakery Brownie Bites	Bakery table
French Meadow Bakery Coconutty Macaroons	Bakery table
Sauces and Gravies: Some sauces and breadings may contain wheat flour	
Mayacamas: Clams Pesto , Spicy Pasta Recipe , Alfredo	5B
Simply Organic : Garlic Pasta , Alfredo Mix	
Pasta Rice- and corn-based alternatives	
Mrs Leepers gluten free: Corn Elbows , Corn Rotelli, Corn Spagetti, Rice Vegetable Twists , Rice Spagetti.	5B
Lundberg Organic Brown Rice Pasta Penne	5B
Pastariso wheat free Rice Fettucine, Elbows and Spirals	5B
Annie Chun's Rice Noodles all flavors	5B
Il Riso Italian Rice Pasta	

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Pasta continued

Thai Kitchen Rice Noodles: Curry, Hot 'n' Sour, Stir Fry Noodles (all flavors, except Curry)	5A
Fantastic Fast Naturals: Thai Lemon Grass Rice Noodles, Three-bean Chili, Spanish Paella	5A
DeBoles Multigrain Spaghetti	5B
Soups Commercial broth/bouillon/ soups in a can usually contains hydrolyzed vegetable proteins which may contain gliadin	
Organic Gourmet Vegetable or Wild Mushroom Soup & Stock (dry)	6
Rapunzel Vegan Vegetable Bouillons (dry)	6
Imagine, Pacific, Health Valley, and Shelton's veg broth (liquid)	6
Meats/Frozen Foods Processed, canned meats may contain wheat or gluten products	
Sheltons Franks, Sausages Bolognas and Turkey Burgers	4B - Frozen
Glutino Pizza Crust	4B- Frozen
Glutino Brand frozen dinners: Chicken Pomodoro, Chicken Ranchero, Chicken Penne Alfredo, Chicken Pad Thai, Macaroni and Cheese, Spinach and Feta Frozen Pizza, Duo Cheese Pizza	4B-Frozen
Condiments Horse-radish, catsup, curry powder and soy sauce may contain malt or wheat derivatives	
San-J Tamari and Low-sodium Wheat-free soy sauces	5A
Nakano Rice Vinegars	7A
Spectrum: Cider Vinegar, Rice Vinegars, Wine Vinegars	7A
Bragg Cider Vinegar	7A
Star Wine and Balsamic Vinegars	7A
Western Family Cider Vinegar	7A
Snacks	
Koyo Organic Rice cakes: Plain, Nori, Mixed Grain, Dulce	6A
Lundberg Rice Cakes Brown Rice, Wild Rice, Toasted Sesame, Mochi Sweet, Tamari w/Seaweed, Sesame Tamari	6A
Mi-del: Mini Pecan cookies, Mini Chocolate Chip cookies, Mini Ginger cookies,	4A
Pamela's Butter Shortbread, Chunky Choc. Chip, Ginger Cookies, Pecan Shortbread	4A
Edward & Sons Rice Snaps	4
Nana No Gluten Lemon and Chocolate Chip cookie	4A
GeniSoy Soy Protein Bar.....Chunky Peanut Butter Fudge ONLY!	3B
Be Natural bars	3B
Boom Bar	3B
Scharffen Berger Chocolates	3B
Bumble Bar	3B
Chocolove Chocolate Bar.	5A
Glutino Gluten Free Pretzel Twists	6A
Hain Mini-Munchies rice cakes: Plain, Honey-Nut	6A
Joyva Sesame Crunch.	3B
Newman's Chocolate Bars (except Crispy Rice)	5A
Nutiva: Hempseed, Flax & Raisin	3B
Pure Source Chocolate Chip Trail Mix Bar	3B
Re-bar	3B
Ruth's Hemp Cranberry Trail Bar	3B
Glutino Lemon Wafers	4A
Glutino Chocolate Wafers	4A
Glutino Vanilla Dreams	4A
Tropical Source Chocolate Bar	5A