

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Naples Store, Florida Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten and casein-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at [WFMSpecialDiets@wholefoods.com](mailto:WFMSpecialDiets@wholefoods.com).

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### Baked Goods

#### WFM Gluten Free Bakehouse

- Almond Cookies
- Carrot Cake
- Molasses Ginger Cookies
- Morning Glory Muffins

### Baking Needs

#### Ancient Harvest

- Organic Quinoa Flour 18 oz

### Baking Needs (Cont'd)

#### Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free Pancake & Baking Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

#### Bob's Red Mill

- Almond Flour
- Arrowroot Starch Flour
- Baking Powder
- Baking Soda
- Cornstarch
- Flaxseed Meal
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cornbread Mix
- Gluten Free Cornmeal
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- Millet Flour
- Organic Amaranth Flour
- Organic Brown Flaxseeds
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Flour
- Potato Starch
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Sugar Cookie Mix

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Chocolate Truffle Brownie Mix
- French Bread & Pizza Mix
- Muffins & Scone Mix
- Old Fashioned Cake & Cookie Mix
- Perfect Pie Crust Mix
- Spice Cake & Gingerbread Mix

### Hain

- Baking Powder

## Baking Needs (Cont'd)

### Namaste

- Blondie Mix
- Brownie Mix
- Muffin Mix
- Pizza Crust Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Confetti Frosting Mix
- Cornbread & Muffin Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix & Flour Blend

## Beverages

### Celestial Seasonings

- Bengal Spice Tea, 20 Ct
- Black Cherry Berry Tea
- Caffeine Free Celestial Tea, 40 Ct
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Country Peach Passion
- Cranberry Apple Zinger Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mandarin Orange Spice Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sugar Plum Spice, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tropical Acai Berry Green Tea, 20 Ct
- True Blueberry, 20 Ct
- Wild Berry Tea, 20 Ct

### So Delicious

- Original (Plain) Coconut Milk Beverage
- Unsweetened Coconut Milk Beverage

## **Beverages (Cont'd)**

### **So Delicious**

Vanilla Coconut Milk Beverage

## **Bread**

### **Glutino**

Premium Pizza Crusts

## **Candy and Chocolate**

### **Enjoy Life**

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar

Boom Choco Boom Dark Chocolate Bar

## **Canned Goods**

### **Amy's**

Organic Refried Beans with Green Chiles

Organic Refried Black Beans

Organic Refried Black Beans, Low in Sodium

Organic Traditional Refried Beans

Organic Traditional Refried Beans, Light in Sodium

Organic Vegetarian Baked Beans

## **Cereal**

### **Amy's**

Organic Cream of Rice Hot Cereal Bowl

### **Ancient Harvest**

Organic Quinoa Flakes 12 oz

### **Arrowhead Mills**

Maple Buckwheat Organic Flakes

Organic Rice & Shine Hot Cereal

Organic Yellow Corn Grits

### **Bakery On Main**

Apple Raisin Walnut Gluten Free Granola

Cranberry Orange Cashew Gluten Free Granola

Extreme Fruit & Nut Gluten Free Granola

Nutty Cranberry Gluten Free Granola

## **Cereal (Cont'd)**

### **Bakery On Main**

Rainforest Gluten Free Granola

### **Bob's Red Mill**

Gluten Free Mighty Tasty Hot Cereal

GlutenFree Rolled Oats

Organic Brown Rice Farina Creamy Rice Hot Cereal

### **Enjoy Life**

Cinnamon Crunch Granola

Cranapple Crunch Granola

Very Berry Crunch Granola

### **EnviroKidz**

Amazon Frosted Flakes Organic Cereal

Gorilla Munch Organic Cereal

Koala Crisp Organic Cereal

Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal

Peanut Butter Panda Puffs Organic Cereal

### **Nature's Path**

Organic Crispy Rice Cereal

Organic Fruit Juice Sweetened Corn Flakes

Organic Honey'd Cornflakes

Organic Mesa Sunrise Cereal

Organic Mesa Sunrise Cereal, 26.4 oz

Organic Whole O's Cereal

## **Cheese**

### **Follow Your Heart**

Vegan Gourmet Cheddar

Vegan Gourmet Cream Cheese

Vegan Gourmet Monterey Jack

Vegan Gourmet Mozzarella Cheese

Vegan Gourmet Nacho Cheese

Vegan Gourmet Sour Cream

## **Chips, Pretzels and Snacks**

### **Arico**

Cassava Chips, Original

Cassava Chips, Sea Salt Mist

## **Chips, Pretzels and Snacks (Cont'd)**

### **Food Should Taste Good**

Buffalo Tortilla Chips 6 oz  
Cinnamon Tortilla Chips 5.5 oz  
Potato & Chive Tortilla Chips 5.5 oz  
Sweet Potato Tortilla Chips 6 oz  
The Works! Tortilla Chips 6 oz

### **Food Should Taste Good**

Jalapeno Tortilla Chips 6 oz  
Multigrain Tortilla Chips 6 oz  
Olive Tortilla Chips 6 oz

### **Glutino**

Pretzels, Sesame Rings  
Pretzels, Unsalted

### **Lundberg Farms**

Brown Rice Cakes  
Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Koku Seaweed Rice Cakes  
Organic Mochi Sweet Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Sesame Tamari Rice Cakes  
Organic Tamari Seaweed Rice Cakes  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes  
Pico de Gallo Rice Chips  
Sante Fe BBQ Rice Chips  
Unsalted Brown Rice Cakes

### **Mary's Gone Crackers**

Sticks & Twigs, Curry  
Sticks & Twigs, Sea Salt  
Sticks & Twigs, Tomato Chipotle

### **Mr. Krispers**

Baked Rice Krisps, Barbecue  
Baked Rice Krisps, Sea Salt & Pepper

## **Condiments**

### **Follow Your Heart**

Vegenaise, Grapeseed Oil  
Vegenaise, High Omega-3 w/ Expeller-Pressed  
Canola Oil  
Vegenaise, Original

## **Condiments (Cont'd)**

### **Organicville**

Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic  
Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce

### **Spectrum**

Canola Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise, Squeeze Bottle  
Organic Olive Oil Mayonnaise  
Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Roasted Garlic Mayonnaise 12 oz  
Organic Soy Mayonnaise 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## **Cookies and Snack Bars**

### **Arico**

Lemon Ginger Cookies  
Peanut Butter Cookies

### **Cherrybrook Kitchen Gluten Free Dreams**

Chocolate Chip Mini Cookies  
Vanilla Graham Mini Cookies

### **Enjoy Life**

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Happy Apple Cookies  
Soft Baked Lively Lemon Cookies  
Soft Baked Snickerdoodle Cookies  
Sunbutter Crunch Snack Bars  
Very Berry Snack Bars

## Cookies and Snack Bars (Cont'd)

### EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- Koala Organic Crispy Rice Bars, Chocolate
- Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle
- Organic Vanilla Animal Cookies
- Panda Organic Crispy Rice Bars, Peanut Butter
- Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry
- Breakfast Bars, Chocolate

### Jennie's

- Coconut Macaroons

### Pamela's Products

- Ginger Cookies with Sliced Almonds
- Peanut Butter Cookies

### WFM Gluten Free Bakehouse

- Almond Cookies
- Molasses Ginger Cookies

## Crackers

### Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion
- Crackers, Original

## Dairy

### Earth Balance

- Buttery Spread with Olive Oil
- Buttery Sticks
- Organic Whipped Buttery Spread
- Original Buttery Spread
- Soy Free Buttery Spread
- Soy Garden Buttery Spread

## Dairy Alternatives

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Cream Cheese
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese
- Vegan Gourmet Sour Cream

### So Delicious

- Blueberry Agave Sweetened Soy Yogurt
- Blueberry Cultured Coconut Milk Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Key Lime Dairy Free Yogurt
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Passionate Mango Cultured Coconut Milk Yogurt
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry Cultured Coconut Milk Yogurt
- Raspberry Dairy Free Yogurt
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Strawberry Cultured Coconut Milk Yogurt
- Unsweetened Coconut Milk Beverage
- Vanilla Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- Vanilla Cultured Coconut Milk Yogurt

### WestSoy

- Organic Soy Beverage, Unsweetened Original 64 oz
- Plus Soy Beverage, Vanilla 32 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Coppa
- Sliced Genoa Salami

## **Deli Style Meats and Cheeses (Cont'd)**

### **Applegate Farms**

- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Hot Genoa Salami
- Sliced Hot Soppressata
- Sliced Organic Genoa Salami
- Sliced Organic Herb Turkey
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- Sliced Organic Smoked Turkey
- Sliced Oven Roasted Sliced Turkey
- Sliced Pancetta
- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Soppressata
- Sliced Turkey Bologna
- Sliced Turkey Salami

## **Desserts**

### **French Meadow Bakery**

- Gluten Free Fudge Brownie

### **WFM Gluten Free Bakehouse**

- Carrot Cake

## **Energy and Nutrition Bars/Drinks**

### **Bumble Bar**

- Chai with Almonds
- Chocolate Crisp
- Original with Almond
- Original with Cashew
- Original with Mixed Nuts
- Original with Peanut

## **Entrees and Mixes**

### **Bob's Red Mill**

- Gluten Free Chocolate Chip Cookie Mix

## **Entrees and Mixes (Cont'd)**

### **Cherrybrook Kitchen**

- Chocolate Frosting Mix

### **Cherrybrook Kitchen Gluten Free Dreams**

- Chocolate Chip Cookie Mix
- Sugar Cookie Mix

### **Lundberg Farms**

- Organic Florentine Risotto
- Organic Tuscan Risotto

### **Namaste**

- Blondie Mix
- Brownie Mix
- Muffin Mix
- Pizza Crust Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

### **Pamela's Products**

- Confetti Frosting Mix
- Dark Chocolate Frosting Mix

## **Ethnic Foods**

### **Amy's**

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### **Food Merchants**

- Organic Polenta, Traditional

### **Organicville**

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## Frozen Foods

### Amy's

- Organic Asian Noodle Stir-Fry
- Organic Baked Ziti Bowl
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Brown Rice & Vegetables Bowl
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Cream of Rice Hot Cereal Bowl
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Rice Crust Spinach Pizza
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

### Applegate Farms

- Organic Turkey Burgers

### French Meadow Bakery

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

### Ian's Natural Foods

- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Lightly Battered Fish, Wheat Free Gluten Free
- Popcorn Turkey Corn Dogs
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

### It's Soy Delicious

- Almond Pecan Non-Dairy Frozen Dessert
- Awesome Chocolate Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Raspberry Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### It's Soy Delicious

- Vanilla Non-Dairy Frozen Dessert

### Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles
- Organic Mesa Sunrise Waffles

### Organic So Delicious

- Chocolate Velvet Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert
- Non-Dairy Creamy Fudge Bar

### Purely Decadent

- Cherry Nirvana Non-Dairy Frozen Dessert
- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert
- Cookie Dough Non-Dairy Frozen Coconut Milk Dessert
- Mint Chip Non-Dairy Frozen Coconut Milk Dessert
- Mint Chocolate Chip Non-Dairy Frozen Dessert
- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert
- Passionate Mango Non-Dairy Frozen Coconut Milk Dessert
- Pomegranate Chip Non-Dairy Frozen Dessert
- Praline Pecan Non-Dairy Frozen Dessert
- Purely Vanilla Non-Dairy Frozen Dessert
- Turtle Trails Non-Dairy Frozen Dessert
- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

- Coconut Almond Bar, Made with Coconut Milk
- Creamy Raspberry Bar
- Fudge Bar, Sugar Free
- Kidz Assorted Fruit Pops
- Raspberry Agave Sweetened Fruit Bar

## Frozen Foods (Cont'd)

### So Delicious

Strawberry Agave Sweetened Fruit Bar  
Vanilla Bar, Made with Coconut Milk

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock  
Crispy Battered Gluten Free Halibut

### Sweet Nothings

Non-Dairy Fudge Bar

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free French Toast Sticks Cinnamon  
Wheat Free Homestyle Pancakes  
Wheat Free Homestyle Waffles  
Wheat Free Mini Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Inca Red Organic Quinoa 12 oz  
Traditional Organic Quinoa 12 oz

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice  
Eco-Farmed California White Arborio Rice  
Eco-Farmed Countrywild Gourmet Blend Rice  
Eco-Farmed Jubilee Gourmet Blend Rice  
Eco-Farmed Long Grain Brown Rice  
Eco-Farmed Short Grain Brown Rice  
Eco-Farmed Wild Blend Gourmet Blend Rice  
Organic California Brown Basmati Rice  
Organic California Brown Jasmine Rice, 25 lb  
Organic California White Basmati Rice  
Organic California White Jasmine Rice  
Organic Golden Rose Medium Grain Brown Rice  
Organic Long Grain Brown Rice  
Organic Quick Wild Rice  
Organic Short Grain Brown Rice  
Organic Wild & White Basmati Rice  
Organic Wild Rice

## Jams and Nut Butters

### Arrowhead Mills

Organic Creamy Peanut Butter, 16 oz  
Organic Crunchy Peanut Butter, 16 oz

### Earth Balance

Creamy Natural Almond Butter  
Creamy Natural Peanut Butter  
Crunchy Natural Peanut Butter

## Meat Alternatives

### WestSoy

Extra Firm Tofu, Vacuum-Pack 12 oz

## Meat and Poultry

### Applegate Farms

Big Apple Hot Dogs  
Chicken Apple Breakfast Sausage  
Organic Beef Hot Dogs  
Organic Chicken & Apple Sausage  
Organic Chicken Hot Dogs  
Organic Hot Dogs  
Organic Sliced Sunday Bacon  
Organic Turkey Burgers  
Organic Turkey Hot Dogs  
Sliced Organic Turkey Bacon  
Sliced Sunday Bacon  
Sliced Turkey Bacon

## Nutritional Supplements

### Bob's Red Mill

Hemp Protein Powder

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

Hemp Protein Powder  
Hulled Hemp Seeds  
Organic Brown Flaxseeds  
Organic Golden Flaxseeds

### Enjoy Life

Not Nuts! Beach Bash Trail Mix

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Garden Pagodas 8 oz
- Quinoa Supergrain Pasta, Linguine 8 oz
- Quinoa Supergrain Pasta, Rotelle 8 oz
- Quinoa Supergrain Pasta, Shells 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz
- Quinoa Supergrain Pasta, Veggie Curls 8 oz

### Bionaturae

- Organic Gluten Free Penne Rigate
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Corn Elbow Pasta
- Corn Spaghetti
- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Angel Hair Pasta
- Rice Fettuccine
- Rice Lasagna
- Rice Penne
- Rice Spaghetti
- Rice Spirals

### Lundberg Farms

- Organic Brown Rice Penne Pasta
- Organic Brown Rice Rotini Pasta
- Organic Brown Rice Spaghetti Pasta

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta Sauce
- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce

## Prepared Foods

### Food Merchants

- Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa

## Sauces, Salsas and Dips (Cont'd)

### Amy's

- Organic Mild Salsa

### Organicville

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Sesame Teriyaki

## Seafood

### Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock
- Crispy Battered Gluten Free Halibut

## Soups

### Amy's

- Organic Black Bean Chili
- Organic Black Bean Vegetable Soup
- Organic Chunky Vegetable Soup
- Organic Curried Lentil Soup
- Organic Fire Roasted Southwestern Vegetable Soup
- Organic Lentil Soup
- Organic Lentil Soup, Light in Sodium
- Organic Lentil Vegetable Soup
- Organic Lentil Vegetable Soup, Light in Sodium
- Organic Medium Chili
- Organic Medium Chili with Vegetables
- Organic Spicy Chili
- Organic Spicy Chili, Light in Sodium
- Organic Split Pea Soup
- Organic Split Pea Soup, Light in Sodium
- Organic Thai Coconut Soup (Tom Kha Phak)
- Organic Tuscan Bean & Rice Soup

### Imagine Foods

- Broccoli Soup 16 oz
- Broccoli Soup 32 oz
- Butternut Squash Soup 16 oz
- Butternut Squash Soup 32 oz
- Chicken Broth 16 oz
- Corn & Lemongrass Soup 16 oz
- Corn & Lemongrass Soup 32 oz

## **Soups (Cont'd)**

### **Imagine Foods**

- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 32 oz
- Organic Acorn Squash & Mango Soup 32 oz
- Organic Chicken Broth, Low Sodium 32 oz
- Organic Corn Soup, Low Sodium 32 oz
- Organic Portabello Mushroom Soup 32 oz
- Organic Potato Soup, Low Sodium 32 oz
- Organic Tomato Soup 32 oz
- Organic Tomato Soup, Low Sodium 32 oz
- Organic Vegetable Broth, Low Sodium 32 oz
- Portabello Mushroom Soup 16 oz
- Potato Leek Soup 16 oz
- Potato Leek Soup 32 oz
- Sweet Potato Soup 32 oz
- Tomato Basil Soup 32 oz
- Vegetable Broth 16 oz
- Vegetable Broth 32 oz

## **Spices and Seasonings**

### **Bob's Red Mill**

- Cornstarch

### **Sweeteners**

#### **Lundberg Farms**

- Brown Rice Syrup
- Organic Brown Rice Syrup