

# Gluten Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## San Rafael Store, Northern California 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-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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## Baby & Infant Food

### Stonyfield Farm

YoBaby Banana/Vanilla Yogurt  
YoBaby Blueberry/Apple Yogurt  
YoBaby Drinkable Yogurt, Banana  
YoBaby Drinkable Yogurt, Peach  
YoBaby Peach/Pear Yogurt  
YoBaby Simply Plain Yogurt

## Baked Goods

### Crave

Apple Frangipane Tart  
Brownie Favors  
Chocolate Cupcakes, 4-Pack  
Lemon Tart, 4"  
Mama Z's Chocolate Cake, 4"  
Vanilla Cupcakes

### Kinnikinnick

Cinnamon Sugar Donuts

### WFM Gluten Free Bakehouse

Almond Scones  
Apple Pie  
Banana Bread  
Carrot Cake  
Chocolate Chip Cookies  
Cinnamon Raisin Bread  
Cornbread  
Cranberry Orange Scones  
Molasses Ginger Cookies

## Baked Goods (Cont'd)

### WFM Gluten Free Bakehouse

Nutmeal Raisin Cookies  
Peanut Butter Cookies  
Pie Shells  
Prairie Bread  
Pumpkin Pie  
Sandwich Bread  
Southern Pecan Pie  
Stuffing Cubes

## Baking Needs

### 365 Everyday Value™

Gluten Free Chocolate Brownie Mix  
Gluten Free Chocolate Cake Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Muffin Mix  
Gluten Free Pancake & Waffle Mix  
Gluten Free Pizza Crust Mix  
Gluten Free Sandwich Bread Mix  
Gluten Free White Cake Mix

### Ancient Harvest

Organic Quinoa Flour 18 oz

### Arrowhead Mills

Gluten Free Brownie Mix  
Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
Yellow Corn Meal

### Bob's Red Mill

Active Dry Yeast  
Almond Flour  
Brown Rice Flour  
Cornstarch  
Flaxseed Meal  
Garbanzo Bean Flour  
Gluten Free All Purpose Baking Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Pancake Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hemp Protein Powder
- Millet Flour
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Starch
- Tapioca Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Vanilla Frosting

### Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix

### Gluten Free Pantry

- Favorite Sandwich Bread Mix

### Hain

- Baking Powder

### Let's Do...

- Carnival Sprinkelz
- Chocolatey Sprinkelz
- Confetti Sprinkelz

### Let's Do... Organic

- Organic Tapioca Granules
- Organic Tapioca Pearls

### Namaste

- Brownie Mix
- Chocolate Cake Mix
- Sugar-Free Muffin Mix

### Pamela's Products

- Baking & Pancake Mix
- Baking & Pancake Mix, 4 lb
- Chocolate Brownie Mix
- Chocolate Cake Mix
- Chocolate Chunk Cookie Mix
- Confetti Frosting Mix
- Dark Chocolate Frosting Mix

## Baking Needs (Cont'd)

### Pamela's Products

- Gluten-Free Bread Mix
- Vanilla Frosting Mix

### Spicely

- Organic Vanilla Extract

### WFM Gluten Free Bakehouse

- Pie Shells

## Beverages

### Celestial Seasonings

- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Chamomile Tea, 20 Ct
- Cinnamon Apple Spice Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Decaf Mint Green Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sugar Plum Spice, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- True Blueberry, 20 Ct

### Eden

- Organic EdenBlend, Rice & Soy Beverage, 32 oz
- Organic EdenBlend, Rice & Soy Beverage, 8.45 oz

### Rice Dream

- Horchata
- Supreme Rice Beverage, Vanilla Hazelnut

## Beverages (Cont'd)

### So Delicious

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

## Bread

### Food For Life

Brown Rice Bread, Wheat & Gluten Free  
Millet Bread, Wheat & Gluten Free  
Raisin Pecan Bread, Wheat & Gluten Free  
Rice Almond Bread, Wheat & Gluten Free  
Rice Pecan Bread, Wheat & Gluten Free  
White Rice Bread, Wheat & Gluten Free  
Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

### Food for Life

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

### Glutino

Bagels, Plain  
Bagels, Sesame Seed  
Premium Brown Rice Bread with Inulin  
Premium Brown Rice Bread, Homestyle  
Premium Cinnamon & Raisin Bread  
Premium Corn Bread  
Premium Flax Seed Bread

### Kinnikinnick

Italian White Tapioca Rice Bread  
Tapioca Rice English Muffin

### WFM Gluten Free Bakehouse

Cinnamon Raisin Bread  
Cornbread  
Hamburger Buns  
Prairie Bread  
Sandwich Bread

## Candy and Chocolate

### Endangered Species Chocolate

Bite Size Dark Chocolate with Cranberries & Almonds

## Candy and Chocolate (Cont'd)

### Endangered Species Chocolate

Bite Size Dark Chocolate with Deep Forest Mint  
Bite Size Extreme Dark Chocolate  
Bite Size Smooth Milk Chocolate  
Bite Size Supreme Dark Chocolate  
Dark Chocolate with Blueberries - Sea Turtle  
Dark Chocolate with Cranberries & Almonds - Wolf  
Dark Chocolate with Deep Forest Mint  
Dark Chocolate with Espresso Beans - Tiger  
Dark Chocolate with Hazelnut Toffee - Rhino  
Dark Chocolate with Raspberries - Grizzly Bear  
Extreme Dark Chocolate - Panther  
Intense Dark Chocolate with Cacao Nibs - Bat  
Milk Chocolate with Cherries - Dolphin  
Organic Health Dark Chocolate with Goji Berry, Pecans & Maca  
Smooth Milk Chocolate - Sea Otter  
Smooth Organic Dark Chocolate - Butterfly  
Smooth Organic Dark Chocolate with Cherry - Koala  
Smooth Organic Dark Chocolate with Orange - Zebra

### Enjoy Life

Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar  
Boom Choco Boom Dark Chocolate Bar

### Glee Gum

Glee Bubblegum Flavor Gum  
Glee Peppermint Gum

### Let's Do...

Carnival Sprinkelz  
Chocolatey Sprinkelz  
Confetti Sprinkelz

### Scharffen Berger

Bittersweet Chocolate Bar, 70% Cacao  
Extra Dark Chocolate Bar, 82% Cacao  
Milk Chocolate Nibby Bar, 41% Cacao

## 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

### Native Forest

- Artichoke Hearts, Quartered
- Artichoke Hearts, Whole
- Organic Hearts of Palm
- Organic Mango Chunks
- Organic Papaya Chunks
- Organic Pineapple Chunks
- Organic Pineapple Slices

## Cereal

### Amy's

- Organic Cream of Rice Hot Cereal Bowl

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Organic Rice & Shine Hot Cereal

### Barbara's Bakery

- Honey Rice Puffins Cereal

### Bob's Red Mill

- GlutenFree Rolled Oats
- Organic Brown Rice Farina Creamy Rice Hot Cereal
- Whole Grain Teff

### EnviroKidz

- 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 Fruit Juice Sweetened Corn Flakes
- Organic Honey'd Cornflakes
- Organic Mesa Sunrise Cereal
- 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, Barbecue Bliss
- Cassava Chips, Ginger on Fire
- Cassava Chips, Original
- Cassava Chips, Sea Salt Mist

### Food Should Taste Good

- Sweet Potato Tortilla Chips 6 oz

### Food Should Taste Good

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

### Glutino

- Pretzel Sticks, Family Bag
- Pretzels, Family Bag
- Pretzels, Unsalted

### Hain Pure Food

- Mini Munch Rice Snacks, Lightly Salted

### Kettle Brand®

- Krinkle Cut Potato Chips, Lightly Salted 14 oz
- Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 14 oz
- Potato Chips, Honey Dijon 2 oz
- Potato Chips, Honey Dijon 5 oz
- Potato Chips, Lightly Salted 14 oz
- Potato Chips, Lightly Salted 2 oz
- Potato Chips, Lightly Salted 5 oz
- Potato Chips, New York Cheddar w/ Herbs 2 oz
- Potato Chips, New York Cheddar w/ Herbs 5 oz
- Potato Chips, Organic Chipotle Chili BBQ 5 oz
- Potato Chips, Organic Lightly Salted 5 oz

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

### **Kettle Brand®**

- Potato Chips, Sea Salt & Vinegar 2 oz
- Potato Chips, Sea Salt & Vinegar 5 oz
- Potato Chips, Unsalted 5 oz
- Potato Chips, Yogurt & Green Onion 5 oz

### **Kettle Brand®**

- Baked Potato Chips, Aged White Cheddar 4 oz
- Baked Potato Chips, Hickory Honey BBQ 4 oz
- Baked Potato Chips, Lightly Salted 4 oz
- Baked Potato Chips, Sea Salt & Vinegar 4 oz
- Krinkle Cut Potato Chips, Buffalo Bleu 5 oz
- Krinkle Cut Potato Chips, Classic BBQ 14 oz
- Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 5 oz
- Potato Chips, Backyard Barbeque 5 oz
- Potato Chips, Death Valley Chipotle 5 oz
- Potato Chips, Jalapeno 5 oz
- Potato Chips, Organic Sea Salt & Black Pepper 5 oz
- Potato Chips, Sour Cream, Onion & Chive 5 oz
- Potato Chips, Spicy Thai 5 oz
- Potato Chips, Sweet Onion 2 oz
- Potato Chips, Sweet Onion 5 oz

### **Lundberg Farms**

- 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

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

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

## **Condiments**

### **Follow Your Heart**

- Low Fat Ranch Dressing
- Vegenaise, Grapeseed Oil
- Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil

### **Organicville**

- Organic Dressing, French
- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Sesame Goddess
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Ketchup
- Organic Tangy BBQ Sauce

### **Spectrum**

- Canola Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 16 oz
- Light Canola Eggless Mayonnaise 32 oz
- Light Canola Eggless Mayonnaise, Squeeze Bottle
- Organic Olive Oil Mayonnaise
- Organic Omega-3 Mayonnaise with Flax 16 oz
- Organic Soy Mayonnaise 16 oz
- Organic Soy Mayonnaise, Squeeze Bottle

## **Cookies and Snack Bars**

### **Arico**

- Almond Cranberry Cookies
- Chocolate Chunk Cookies
- Peanut Butter Cookies

### **Enjoy Life**

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Soft Baked Chewy Chocolate Chip Cookies
- Soft Baked Snickerdoodle Cookies

### **EnviroKidz**

- Cheetah Organic Crispy Rice Bars, Berry
- Koala Organic Crispy Rice Bars, Chocolate
- Panda Organic Crispy Rice Bars, Peanut Butter

## Cookies and Snack Bars (Cont'd)

### Glutino

- Breakfast Bars, Apple
- Breakfast Bars, Blueberry
- Chocolate Coated Wafers
- Lemon Wafers
- Organic Bar, Chocolate-Banana
- Organic Bar, Wildberry

### Kookie Karma

- Holistic Chocolate Chip
- Raw Carob Truffle
- Raw Cherry Cashew
- Raw Lemon Fig

### Let's Do...

- Gluten Free Ice Cream Cones

### Mi-Del

- Arrowroot Animal Cookies
- Chocolate Chip Cookies
- Ginger Snaps

### Pamela's Products

- Butter Shortbread Cookies
- Chocolate Chip Walnut Cookies
- Chunky Chocolate Chip Cookies
- Ginger Cookies with Sliced Almonds
- Organic Dark Chocolate Chunk Cookies
- Organic Spicy Ginger Cookies
- Simplebites Chocolate Chip Mini Cookies
- Simplebites Extreme Chocolate Mini Cookies
- Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

- Chocolate Chip Cookies
- Molasses Ginger Cookies
- Nutmeal Raisin Cookies
- Peanut Butter Cookies

## Crackers

### Blue Diamond

- Almond Nut-Thins
- Cheddar Cheese Nut-Thins
- Hazelnut Nut-Thins
- Pecan Nut-Thins

## Crackers (Cont'd)

### Edward & Sons

- Brown Rice Snaps, Tamari Sesame
- Organic Brown Rice Snaps, Unsalted Plain
- Organic Brown Rice Snaps, Vegetable

### Glutino

- Crackers, Cheddar
- Crackers, Original
- Crackers, Vegetable

### Mary's Gone Crackers

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

## Dairy

### Brown Cow

- Apricot-Mango Whole Milk Yogurt, 6 oz
- Blueberry Whole Milk Yogurt, 6 oz
- Cherry-Vanilla Whole Milk Yogurt, 6 oz
- Chocolate Whole Milk Yogurt, 6 oz
- Coffee Whole Milk Yogurt, 6 oz
- Low Fat Black Cherry Yogurt, 6 oz
- Low Fat Blueberry Yogurt, 6 oz
- Low Fat Boysenberry Yogurt, 6 oz
- Low Fat Lemon Twist Yogurt, 6 oz
- Low Fat Peach Yogurt, 6 oz
- Low Fat Strawberry Yogurt, 6 oz
- Low Fat Vanilla Bean Yogurt, 6 oz
- Low Fat Vanilla Yogurt, 32 oz
- Maple Whole Milk Yogurt, 6 oz
- Non Fat Blueberry Yogurt, 6 oz
- Non Fat Plain Yogurt, 32 oz
- Non Fat Strawberry Yogurt, 6 oz
- Non Fat Vanilla Yogurt, 6 oz
- Peach Whole Milk Yogurt, 6 oz
- Plain Whole Milk Yogurt, 32 oz
- Plain Whole Milk Yogurt, 6 oz
- Raspberry Whole Milk Yogurt, 6 oz
- Strawberry Whole Milk Yogurt, 6 oz
- Vanilla Whole Milk Yogurt, 32 oz
- Vanilla Whole Milk Yogurt, 6 oz

## Dairy (Cont'd)

### Earth Balance

Buttery Sticks  
Organic Whipped Buttery Spread  
Original Buttery Spread  
Soy Free Buttery Spread

### Stonyfield Farm

Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 6 oz  
Organic Fat Free Chocolate Underground Yogurt, 6 oz  
Organic Fat Free French Vanilla Yogurt, 6 oz  
Organic Fat Free Pomegranate Berry Yogurt, 6 oz  
Organic Fat Free Strawberry, 6 oz  
Organic Low Fat Blueberry Yogurt, 6 oz  
Organic Low Fat Cherry Vanilla Yogurt, 6 oz  
Organic Low Fat Plain Yogurt, 32 oz  
Organic Low Fat Strawberry Pomegranate Yogurt, 6 oz  
Organic Low Fat Vanilla Yogurt  
Organic Low Fat Vanilla, 32 oz  
Organic O'Soy Strawberry/Peach Yogurt, 6-pack  
Organic Peach Yogurt Smoothie, 10 oz  
Organic Raspberry Yogurt Smoothie, 10 oz  
Organic Strawberry Yogurt Smoothie, 10 oz  
Organic Strawberry Yogurt Smoothies, 4 pack  
Organic Vanilla Yogurt Smoothie, 10 oz  
Organic Wild Berry Yogurt Smoothie, 10 oz  
Organic Wild Berry Yogurt Smoothies, 4 pack  
YoBaby Banana/Vanilla Yogurt  
YoBaby Blueberry/Apple Yogurt  
YoBaby Drinkable Yogurt, Banana  
YoBaby Drinkable Yogurt, Peach  
YoBaby Peach/Pear Yogurt  
YoBaby Simply Plain Yogurt  
YoKids Squeezers Cherry/Berry Blitz  
YoKids Squeezers Screamin' Strawberry  
YoKids Strawberry BaNilla Blast Yogurt

## Dairy Alternatives

### 365 Everyday Value™

Organic Ricemilk - Original  
Organic Ricemilk - Unsweetened  
Organic Ricemilk - Vanilla  
Organic Soymilk - Chocolate, 32 oz  
Organic Soymilk - Chocolate, 64 oz  
Organic Soymilk - Original, 32 oz  
Organic Soymilk - Original, 64 oz  
Organic Soymilk - Unsweetened, 32 oz  
Organic Soymilk - Unsweetened, 64 oz  
Organic Soymilk - Vanilla, 32 oz  
Organic Soymilk - Vanilla, 64 oz

### Almond Dream

Almond Drink, Original 64 oz  
Almond Drink, Unsweetened Original 64 oz

### Blue Diamond

Almond Breeze, Chocolate  
Almond Breeze, Chocolate Unsweetened  
Almond Breeze, Original  
Almond Breeze, Original Unsweetened  
Almond Breeze, Unsweetened Vanilla  
Almond Breeze, Vanilla  
Almond Breeze, Vanilla Unsweetened

### Eden

Organic EdenBlend, Rice & Soy Beverage, 32 oz  
Organic EdenBlend, Rice & Soy Beverage, 8.45 oz

### 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

### Hemp Dream

Hemp Dream, Original 12/32 oz  
Hemp Dream, Vanilla 12/32 oz

### Rice Dream

Enriched Rice Milk Beverage, Chocolate 32 oz  
Enriched Rice Milk Beverage, Original 8 oz  
Enriched Rice Milk Beverage, Vanilla 32 oz

## Dairy Alternatives (Cont'd)

### Rice Dream

Organic Enriched Rice Milk Beverage, Original 32 oz  
Organic Enriched Rice Milk Beverage, Original 64 oz  
Organic Enriched Rice Milk Beverage, Vanilla 64 oz  
Refrigerated Ricemilk, Original 64 oz  
Refrigerated Ricemilk, Vanilla 64 oz  
Rice Milk Beverage, Carob 32 oz  
Rice Milk Beverage, Original 32 oz  
Rice Milk Beverage, Original 8 oz  
Rice Milk Beverage, Vanilla 32 oz  
Rice Milk Beverage, Vanilla 8 oz

### So Delicious

Blueberry Cultured Coconut Milk Yogurt  
Blueberry Dairy Free Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
Cinnamon Bun Dairy Free Yogurt  
Hazelnut Coconut Milk Creamer  
Key Lime Dairy Free Yogurt  
Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Creamer  
Passionate Mango Cultured Coconut Milk Yogurt  
Peach Dairy Free Yogurt  
Pina Colada Cultured Coconut Milk Yogurt  
Plain Cultured Coconut Milk Yogurt  
Raspberry Cultured Coconut Milk Yogurt  
Raspberry Dairy Free Yogurt  
Strawberry Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage  
Vanilla Cultured Coconut Milk Yogurt  
Vanilla Dairy Free Yogurt

### WestSoy

Longevity Soy Beverage, Plain 32 oz  
Organic Soy Beverage, Unsweetened Original 64 oz  
Plus Soy Beverage, Plain 64 oz  
Soy Beverage, Unsweetened Chocolate 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

Organic Sliced Oven Roasted Chicken Salametti  
Sliced Authentic Prosciutto  
Sliced Organic Genoa Salami  
Sliced Organic Herb Turkey  
Sliced Organic Oven Roasted Turkey  
Sliced Organic Smoked Turkey  
Sliced Organic Uncured Ham

## Desserts

### Crave

Apple Frangipane Tart  
Brownie Favors  
Chocolate Cupcakes, 4-Pack  
Lemon Tart, 4"  
Mama Z's Chocolate Cake, 4"  
Vanilla Cupcakes

### WFM Gluten Free Bakehouse

Apple Pie  
Carrot Cake  
Pumpkin Pie  
Southern Pecan Pie

## Energy and Nutrition Bars/Drinks

### Bumble Bar

Chocolate Crisp  
Chunky Cherry  
Original with Peanut

## Entrees and Mixes

### 365 Everyday Value™

Gluten Free Chocolate Brownie Mix  
Gluten Free Chocolate Cake Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Muffin Mix  
Gluten Free Pancake & Waffle Mix  
Gluten Free Pizza Crust Mix  
Gluten Free Sandwich Bread Mix  
Gluten Free White Cake Mix

## Entrees and Mixes (Cont'd)

### Arrowhead Mills

Gluten Free Brownie Mix

### Cherrybrook Kitchen Gluten Free Dreams

Pancake & Waffle Mix

### DeBoles Foods

Rice Elbows & Cheese Pasta Dinner

### Glutino

Macaroni & Cheese

### Lundberg Farms

Organic Alfredo Risotto

### Namaste

Brownie Mix

Chocolate Cake Mix

Sugar-Free Muffin Mix

### Pamela's Products

Confetti Frosting Mix

Dark Chocolate Frosting Mix

Vanilla Frosting Mix

### Road's End Organics

Dairy Free Cheddar Style Penne & Chreese

Organic Golden Gravy Mix

### Tasty Bite

Agra Peas

Bengal Lentils

Bombay Potatoes

Channa Masala

Jodhpur Lentils

Kashmir Spinach

Madras Lentils

Massaman Vegetables

Paneer Makhani

Peas Paneer

Punjab Eggplant

Spinach Dal

Vegetable Korma

## Ethnic Foods

### Amy's

Organic Asian Noodle Stir-Fry

Organic Black Bean Tamale Verde Whole Meal

## Ethnic Foods (Cont'd)

### Amy's

Organic Black Bean Vegetable Enchilada

Organic Black Bean Vegetable Enchilada, Light in Sodium

Organic Cheese Enchilada

Organic Cheese Enchilada Whole Meal

Organic Indian Mattar Paneer

Organic Indian Mattar Paneer, Light in Sodium

Organic Indian Mattar Tofu

Organic Indian Palak Paneer

Organic Indian Paneer Tikka

Organic Indian Vegetable Korma

Organic Mexican Casserole Bowl

Organic Mexican Casserole Bowl, Light in Sodium

Organic Mexican Tamale Pie

Organic Mexican Tofu Scramble

Organic Roasted Vegetable Tamale Whole Meal

Organic Santa Fe Enchilada Bowl

Organic Teriyaki Bowl

Organic Thai Stir-Fry

Organic Tortilla Casserole & Black Beans Bowl

### Edward & Sons

Brown Rice Snaps, Tamari Sesame

Miso-Cup, Organic Traditional with Tofu

Miso-Cup, Savory Seaweed

### Food For Life

Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

### Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

Organic Quinoa Polenta, Heirloom Red & Black

### Native Forest

Organic Coconut Milk

### Organicville

Organic Sesame Teriyaki

## Ethnic Foods (Cont'd)

### Spicely

- Adobo Seasoning
- Chili Con Carne Seasoning, Salt Free
- Chinese Five Spice Seasoning
- Curry Powder, Salt Free
- Epazote
- Fajita Seasoning, Salt Free
- Greek Seasoning, Salt Free
- Harissa, Salt Free
- Jerk Seasoning, Salt Free
- Organic Chinese Five Spice
- Organic Curry, Thai Herb Blend
- Organic Garam Masala
- Organic Mexican Seasoning
- Panch Phoron, Salt Free
- Shawarma Seasoning
- Taco Seasoning, Salt Free
- Tandoori Masala, Salt Free
- Thai Spice, Salt Free
- Wasabi Powder

### Tasty Bite

- Agra Peas
- Bengal Lentils
- Bombay Potatoes
- Channa Masala
- Jodhpur Lentils
- Kashmir Spinach
- Madras Lentils
- Massaman Vegetables
- Paneer Makhani
- Peas Paneer
- Punjab Eggplant
- Spinach Dal
- Vegetable Korma

### World Foods

- Malaysian Rendang Curry Ready to Pour Sauce
- Tahi Creamy Chili Kaffir Lime Stir Fry Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Galangal Lemon Grass Stir Fry Sauce
- Thai Ginger Lemon Grass Stir Fry Sauce
- Thai Masaman Curry Ready To Pour Sauce
- Thai Yellow Curry Ready to Pour Sauce

## Frozen Foods

### Amy's

- Organic Asian Noodle Stir-Fry
- Organic Baked Ziti Bowl
- Organic Bistro Veggie Burger
- Organic Black Bean Tamale Verde Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Black Bean Vegetable Enchilada, Light in Sodium
- Organic Brown Rice & Vegetables Bowl
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Cheese Enchilada
- Organic Cheese Enchilada Whole Meal
- Organic Cream of Rice Hot Cereal Bowl
- Organic Garden Vegetable Lasagna
- Organic Indian Mattar Paneer
- Organic Indian Mattar Paneer, Light in Sodium
- Organic Indian Mattar Tofu
- Organic Indian Palak Paneer
- Organic Indian Paneer Tikka
- Organic Indian Vegetable Korma
- Organic Mexican Casserole Bowl
- Organic Mexican Casserole Bowl, Light in Sodium
- Organic Mexican Tamale Pie
- Organic Mexican Tofu Scramble
- Organic Rice Crust Cheese Pizza
- Organic Rice Crust Spinach Pizza
- Organic Rice Mac & Cheese
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Santa Fe Enchilada Bowl
- Organic Shepherd's Pie
- Organic Shepherd's Pie, Light in Sodium
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble
- Organic Tortilla Casserole & Black Beans Bowl

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

## Frozen Foods (Cont'd)

### Gluten Free Cafe

Lemon Basil Chicken  
Pasta Primavera

### Glutino

Chicken Alfredo  
Chicken Pad Thai  
Chicken Pomodoro  
Chicken Ranchero  
Pizza, 3 Cheese with Brown Rice Crust  
Pizza, Duo Cheese

### Ian's Natural Foods

Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free  
Wafflewich, Egg & Maple Cheese, Wheat Free  
Gluten Free

### It's Soy Delicious

Awesome Chocolate Non-Dairy Frozen Dessert  
Green Tea Non-Dairy Frozen Dessert

### Kettle Cuisine

Angus Beef Steak Chili with Beans  
Chicken Soup with Rice Noodles

### Kinnikinnick

Cinnamon Sugar Donuts  
Italian White Tapioca Rice Bread  
Tapioca Rice English Muffin

### Nature's Path

Organic Buckwheat Wildberry Waffles  
Organic Homestyle Waffles  
Organic Mesa Sunrise Waffles

### Organic So Delicious

Chocolate Peanut Butter Non-Dairy Frozen Dessert  
Chocolate Velvet Non-Dairy Frozen Dessert  
Creamy Vanilla Non-Dairy Frozen Dessert  
Mint Marble Fudge Non-Dairy Frozen Dessert  
Mocha Fudge Non-Dairy Frozen Dessert

### Purely Decadent

Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Chocolate Obsession Non-Dairy Frozen Dessert

## Frozen Foods (Cont'd)

### Purely Decadent

Coconut Non-Dairy Frozen Coconut Milk Dessert  
Cookie Dough (Gluten Free) Non-Dairy Frozen  
Dessert  
Cookie Dough Non-Dairy Frozen Coconut Milk  
Dessert  
Dulce De Leche Non-Dairy Frozen Dessert  
Mint Chocolate Chip Non-Dairy Frozen Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Pomegranate Chip Non-Dairy Frozen Dessert  
Turtle Trails Non-Dairy Frozen Dessert  
Vanilla Bean Non-Dairy Frozen Coconut Milk  
Dessert

### Rice Dream

Cocoa Marble Fudge Frozen Dessert, Pint  
Vanilla Frozen Dessert, Pint  
Vanilla Frozen Dessert, Quart

### So Delicious

Coconut Almond Bar, Made with Coconut Milk  
Kidz Assorted Fruit Pops  
Vanilla Bar, Made with Coconut Milk

### Starfish

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

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free Homestyle Pancakes  
Wheat Free Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Traditional Organic Quinoa 12 oz

## Grains and Rice (Cont'd)

### Annie Chun's

- Rice Express Black Pearl Rice
- Rice Express Sprouted Brown Rice
- Rice Express Sticky White Rice

### Eden

- Organic Red Quinoa, Whole Grain

### Lundberg Farms

- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic Alfredo Risotto
- Organic California Brown Basmati Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Basmati Rice
- Organic California White Jasmine Rice
- Organic Long Grain Brown Rice
- Organic Short Grain Brown Rice

### Tasty Bite

- Brown Rice

## Jams and Nut Butters

### Arrowhead Mills

- Organic Crunchy Peanut Butter, 26 oz

### Blue Diamond

- Homestyle Almond Butter, Creamy
- Homestyle Almond Butter, Crunchy

### Earth Balance

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

## Meat and Poultry

### Applegate Farms

- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Hot Dogs
- Organic Spinach & Feta Sausage
- Organic Sweet Italian Sausage

## Nutritional Supplements

### Bob's Red Mill

- Hemp Protein Powder

### Country Life

- Cal-Snack Milk-Free Chewables, 120 ct
- Chromium Picolinate Capsules, 50 ct
- Cran-Complete U.T. Formula Softgels, 50 ct
- DHEA 10mg Capsules, 50 ct
- DHEA 25mg Capsules, 30 ct
- DL Phenylalanine 1000mg Capsules, 30 ct
- DMAE 350mg Capsules, 50 ct
- Melatonin 1mg Tablets, 60 ct
- NAC N-Acetyl Cysteine 750mg Capsules, 30 ct
- R-Lipoic Acid
- Superior B-12, 50 ct
- Target-Mins Calcium-Magnesium Capsules, 90 ct
- Target-Mins Calcium-Magnesium Complex Tablets, 180 ct
- Target-Mins Calcium-Magnesium-Potassium Tablets, 180 ct
- Target-Mins Calcium-Magnesium-Potassium Tablets, 90 ct
- Target-Mins Calcium-Magnesium-Veg Capsules, 120 ct
- Target-Mins Calcium-Magnesium-Veg Capsules, 240 ct
- Target-Mins Magnesium Capsules, 60 ct
- Taurine 500mg Capsules with B-6, 50 ct

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

- Hemp Protein Powder
- Organic Golden Flaxseeds

### Spicely

- Organic Sesame Seeds, White

## Pasta

### Ancient Harvest

- Quinoa Supergrain Pasta, Elbows 8 oz
- Quinoa Supergrain Pasta, Garden Pagodas 8 oz
- Quinoa Supergrain Pasta, Linguine 8 oz

## Pasta (Cont'd)

### Ancient Harvest

- Quinoa Supergrain Pasta, Shells 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz

### Bionaturae

- Organic Gluten Free Elbows Pasta
- Organic Gluten Free Fusilli
- Organic Gluten Free Penne Rigate
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Multi-Grain Penne
- Multi-Grain Spaghetti
- Rice Elbows & Cheese Pasta Dinner

### Lundberg Farms

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

### Mrs. Leeper's

- Corn Spaghetti

### Tinkyada

- Brown Rice Fettucini
- Brown Rice Fusilli
- Brown Rice Lasagne
- Brown Rice Little Dreams
- Brown Rice Penne
- Brown Rice Shells
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic Brown Rice Elbow
- Organic Brown Rice Penne
- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals
- Vegetable Brown Rice Spirals

## Pasta Sauce

### Amy's

- Organic Family Marinara Pasta Sauce
- Organic Low Sodium Marinara Sauce
- Organic Tomato Basil Pasta Sauce
- Organic Tomato Basil Pasta Sauce, Light in Sodium

## Personal Care

### Tom's of Maine

- Apricot Long Lasting Stick Deodorant
- Bay Lime Sensitive Stick Deodorant
- Calendula Stick Deodorant
- Cinnamint Antiplaque with Propolis & Myrrh Toothpaste
- Cinnamon Clove Whole Care Toothpaste
- Fennel Anticavity SLS-Free Toothpaste
- Fennel Antiplaque Propolis & Myrrh Toothpaste
- Fragrance-Free Sensitive Stick Deodorant
- Honeysuckle Rose Stick Deodorant
- Lemongrass Long Lasting Stick Deodorant
- Orange-Mango Whole Care Gel Toothpaste
- Outrageous Orange-Mango Anticavity Toothpaste
- Peppermint Anti-Plaque Tartar Control Plus Whitening Toothpaste
- Peppermint Anticavity SLS-Free Toothpaste
- Peppermint Anticavity Toothpaste
- Peppermint Baking Soda Mouthwash
- Peppermint Whole Care Toothpaste
- Silly Strawberry Anticavity Toothpaste
- Silly Strawberry Non-Fluoride Toothpaste
- Spearmint Antiplaque SLS-Free Toothpaste
- Spearmint Anti-Plaque Plus Whitening Gel Toothpaste
- Spearmint Anti-Plaque Tartar Control Plus Whitening Toothpaste
- Spearmint Anticavity ADA Mouthwash
- Spearmint Anticavity Toothpaste
- Spearmint Antiplaque with Propolis & Myrrh Toothpaste
- Spearmint Cleansing Mouthwash
- Spearmint Flat Floss
- Spearmint Whole Care Gel Toothpaste
- Spearmint Whole Care Toothpaste
- Unflavored Round Floss
- Unscented Long Lasting Roll-on Deodorant
- Unscented Long Lasting Stick Deodorant
- Unscented Stick Deodorant
- Wintermint Sensitive Toothpaste
- Wintermint Whole Care Toothpaste
- Woodspice Stick Deodorant

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

## Sauces, Salsas and Dips

### Amy's

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa
- Organic Mild Salsa
- Organic Spicy Chipotle Salsa

### Organicville

- Organic Medium Salsa
- Organic Mild Salsa
- Organic Pineapple Salsa
- Organic Sesame Teriyaki

### Road's End Organics

- Non-Dairy Nacho Chreese Dip, Mild
- Organic Golden Gravy Mix

### World Foods

- Malaysian Rendang Curry Ready to Pour Sauce
- Tahi Creamy Chili Kaffir Lime Stir Fry Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Galangal Lemon Grass Stir Fry Sauce
- Thai Ginger Lemon Grass Stir Fry Sauce
- Thai Masaman Curry Ready To Pour Sauce
- Thai Yellow Curry Ready to Pour Sauce

## 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 Tomato Bisque

## Soups (Cont'd)

### Amy's

- Organic Chunky Tomato Bisque, Light in Sodium
- Organic Chunky Vegetable Soup
- Organic Cream of Tomato Soup
- Organic Cream of Tomato Soup, Light in Sodium
- 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, Light in Sodium
- Organic Southwestern Black Bean Chili
- Organic Spicy Chili
- Organic Spicy Chili, Light in Sodium
- Organic Split Pea Soup
- Organic Split Pea Soup, Light in Sodium
- Organic Summer Corn & Vegetable Soup
- Organic Thai Coconut Soup (Tom Kha Phak)
- Organic Tuscan Bean & Rice Soup

### Edward & Sons

- Miso-Cup, Organic Traditional with Tofu
- Miso-Cup, Savory Seaweed

### 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
- Creamy Tomato Soup 16 oz
- Free Range Chicken Broth 32 oz
- No Chicken Broth 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 Sweet Pea Soup 32 oz
- Organic Tomato Soup 32 oz

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

### **Imagine Foods**

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

### **Kettle Cuisine**

Angus Beef Steak Chili with Beans  
Chicken Soup with Rice Noodles

## **Specialty Foods**

### **WFM Gluten Free Bakehouse**

Stuffing Cubes

## **Spices and Seasonings**

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

Cornstarch

### **Spicely**

Adobo Seasoning  
Allspice, Ground  
Apple Pie Spice  
Arrowroot  
Bay Leaves, Whole  
Bouquet Garni  
Chili Con Carne Seasoning, Salt Free  
Chili New Mexico, Ground  
Chili Pepper, Crushed  
Chili Powder  
Chinese Five Spice Seasoning  
Cloves, Whole  
Coriander, Ground  
Cumin, Ground  
Curry Powder, Salt Free  
Epazote  
Fajita Seasoning, Salt Free  
Fennel, Ground  
Fish Grill & Broil, Salt Free  
Greek Seasoning, Salt Free

## **Spices and Seasonings (Cont'd)**

### **Spicely**

Harissa, Salt Free  
Jerk Seasoning, Salt Free  
Mace, Ground  
Mulling Spice Blend  
Oregano, Mexican  
Organic Allspice, Ground  
Organic Allspice, Whole  
Organic Anise, Star Whole  
Organic Anise, Whole  
Organic Bay Leaves  
Organic Cajun Seasoning  
Organic Caraway Seeds  
Organic Cardamom, Decorticated  
Organic Cardamom, Green  
Organic Cayenne Pepper  
Organic Celery Seed  
Organic Chili Pepper, Crushed  
Organic Chili Powder, Salt Free  
Organic Chili, Ancho, Ground  
Organic Chinese Five Spice  
Organic Cinnamon Sticks  
Organic Cinnamon, Ground  
Organic Cloves, Ground  
Organic Cloves, Whole  
Organic Coriander Seeds  
Organic Coriander, Ground  
Organic Cumin Seeds, Whole  
Organic Cumin, Ground  
Organic Curry Powder  
Organic Curry, Thai Herb Blend  
Organic Dill Weed  
Organic Fennel Seeds  
Organic Garam Masala  
Organic Garlic Granulates  
Organic Ginger, Ground  
Organic Mexican Seasoning  
Organic Mustard Seeds, Brown  
Organic Mustard Seeds, Yellow  
Organic Mustard, Ground  
Organic Nutmeg, Ground  
Organic Nutmeg, Whole  
Organic Onion Granulates  
Organic Oregano, Mediterranean

## **Spices and Seasonings (Cont'd)**

### **Spicely**

- Organic Paprika
- Organic Peppercorns, Black
- Organic Poppy Seed
- Organic Saffron
- Organic Sage, Rubbed
- Organic Sesame Seeds, White
- Organic Tarragon
- Organic Thyme
- Organic Turmeric
- Organic Vanilla Bean
- Organic Vanilla Extract
- Panch Phoron, Salt Free
- Paprika
- Pickling Spice
- Pork Chop Seasoning, Salt Free
- Shawarma Seasoning
- Sichuan (Szechuan) Peppercorn
- Spearmint
- Taco Seasoning, Salt Free
- Tandoori Masala, Salt Free
- Thai Spice, Salt Free
- Wasabi Powder

### **Sweeteners**

#### **Lundberg Farms**

- Brown Rice Syrup
- Organic Brown Rice Syrup