

GLUTEN FREE List

<i>Fresh Breads</i>		
Description	Size	Brand
Quinoa Raisin Bread 1/2 Loaf	450 g	Earth's Oven
Quinoa Raisin Bread Full Loaf	900 g	Earth's Oven
Rice Bread 1/2 Loaf	500 g	Earth's Oven
Rice Bread Full Loaf	1000 g	Earth's Oven
Brown Rice Bread	550 g	Lakeview
Rice Cheese Bread	575 g	Lakeview
Rice Cinnamon Raisin Bread	575 g	Lakeview
Brown Rice Bread	655 g	Maggie's Gluten Free Kitchen
Homestyle Cinnamon Raisin Bread	700 g	Maggie's Gluten Free Kitchen
Homestyle Multiseed Bread	715 g	Maggie's Gluten Free Kitchen
Kootenay Harvest Sourdough Bread	655 g	Maggie's Gluten Free Kitchen
Pizza Shells 2/pkg	330 g	Maggie's Gluten Free Kitchen
6" Taco Corn Tortilla	10 pcs	Tres Marias
Banana Choc Chip Muffin	450 g	Maggie's Gluten Free Kitchen
Cornmeal Muffin	460 g	Maggie's Gluten Free Kitchen
Fruit & Fiber Muffin	455 g	Maggie's Gluten Free Kitchen
Pumpkin Cranberry Muffin	450 g	Maggie's Gluten Free Kitchen
Rice Bran Muffin	450 g	Maggie's Gluten Free Kitchen
Cacao Halos Organic	200 g	Divine Dining Bars
Chocolate Cheese Cake	215g	Divine Dining Bars
Raw Brownies Organic	180 g	Divine Dining Bars
Raw Carrot Cake Organic	160 g	Divine Dining Bars
Raw Cheesecake Organic	170 g	Divine Dining Bars
Raw Gingerbread Pumpkin Pie Organic	165 g	Divine Dining Bars
Rawnaimo Organic	190 g	Divine Dining Bars
Tirawmisu Organic	175 g	Divine Dining Bars
Kootenay Granola Bar	45 g	Maggie's Gluten Free Kitchen
Kootenay Granola Cereal Bar	45 g	Maggie's Gluten Free Kitchen
Triple Threat Mocha Cookies	110 g	Maggie's Gluten Free Kitchen
Two Bite Brownies Cookies	120 g	Maggie's Gluten Free Kitchen
Brown Rice	6/655g	Maggie's Gluten Free Kitchen
Multi Seed	6/715g	Maggie's Gluten Free Kitchen
Cinnamon Raisin	6/700g	Maggie's Gluten Free Kitchen
Brown Rice Dinner Buns	6/72g	Maggie's Gluten Free Kitchen
Multi Seed Dinner Buns	6/75g	Maggie's Gluten Free Kitchen
<i>Fresh Cookies & Desserts</i>		
Cocoa Overdose Cookies	12 pcs	Pure Indulgent
Trail Fix Cookies	12 pcs	Pure Indulgent
Chocolate Trip. GF	6/12pcs	Pure Indulgent
Banana Bread	300 g	Wheat - Free Planet
Banana Chocolate Chip Bread	300 g	Wheat - Free Planet
Carrot Loaf	300 g	Wheat - Free Planet
Chocolate Brownie	100 g or 50 g	Wheat - Free Planet
Chocolate Capuccino Cookie	50 g	Wheat - Free Planet
Chocolate Chip Cookie	50 g	Wheat - Free Planet
Carrot Loaf	300g	Wheat - Free Planet
Harvest Pumpkin Loaf	300 g	Wheat - Free Planet
Spicy Gingersnap Cookie	50 g	Wheat - Free Planet
Olive&sundried tomato loaf	4/130g	Anahata
Veggie nut loaf	4/120g	Anahata
<i>Baby Foods</i>		
Mum Mum's Rice Rusks	50 g	Hot - Kid
Mum Mum's Vegetable Rice Rusks	50 g	Hot - Kid
Arrowroot Animal Cookies	227 g	Mi Del
<i>Baking</i>		
Teff	680 g	Bob's Red Mill
Teff Flour	680 g	Bob's Red Mill
Xanthan Gum	226 g	Bob's Red Mill
Tapioca Flour (Tapioca Starch)	569 g	Bob's Red Mill
Wholegrain Brown Rice Flour	680 g	Bob's Red Mill
Wholegrain Brown Rice Flour	1.36 g	Bob's Red Mill

Stoneground Quinoa Flour	623 g	Bob's Red Mill
All Natural Potato Starch	680 g	Bob's Red Mill
Garbanzo & Fava Flour	623 g	Bob's Red Mill
All Purpose Baking Flour	1.24 kg	Bob's Red Mill
Biscuit & Baking Mix	680 g	Bob's Red Mill
Hearty Bread Mix	567 g	Bob's Red Mill
Flour White Rice	1.36kg	Bob's Red Mill
Flour White Rice	680g	Bob's Red Mill
Pancake Mix	500 g	El Peto
Muffin Mix, Plain	500 g	El Peto
Chocolate Chips, Semi-Sweet	283 g	Enjoy Life
Brown Rice Baking Mix	454 g	Fearn
Rice Baking Mix	454 g	Fearn
Chocolate Cake Mix	375 g	Glutino
Muffin Mix	500 g	Glutino
Pancake Mix	575 g	Glutino
White Cake Mix	500 g	Glutino
Hempseed Flour	454 g	Hempola
Chocolate Brownie Mix	340 g	Holgrain
Pancake Waffle Mix	454 g	Holgrain
Coconut Flour Org.	1 kg	Inari
Almond Flour	600g	JK Gourmet
All Purpose Celiac Flour	1 kg	Kinnikinnik
All Purpose Mix	650 g	Kinnikinnik
Candida Yeast Free Rice Bread Mix	650 g	Kinnikinnik
Chocolate Cake Mix	500 g	Kinnikinnik
Cookie Mix	650 g	Kinnikinnik
Cornbread & Muffin Mix	650 g	Kinnikinnik
Graham Style Cracker Crumbs	200 g	Kinnikinnik
Muffin Mix	650 g	Kinnikinnik
Pancake and Waffle Mix	650 g	Kinnikinnik
Pastry & Pie Crust Mix	650 g	Kinnikinnik
Pizza Crust Mix	650 g	Kinnikinnik
Xanthan Gum	250 g	Kinnikinnik
Yeast Free Brown Rice Bread Mix	650 g	Kinnikinnik
Bread Crumbs	250 g	Maggies Gluten Free Kitchen
Pancake and Waffle Mix	487 g	Maggies Gluten Free Kitchen
Baking & Pancake Mix	680 g	Pamela's Products
Chocolate Brownie Mix	454 g	Pamela's Products
Chocolate Cake Mix	340 g	Pamela's Products
Chocolate Chunk Cookie Mix	386 g	Pamela's Products
Classic Vanilla Cake Mix	595 g	Pamela's Products
Dark Chocolate Frosting Mix	340 g	Pamela's Products
Vanilla Frosting Mix	340 g	Pamela's Products
Wheat Free Bread Mix	539 g	Pamela's Products
Mix Cake Choc Luscious	595g	Pamela's Products
Pakora Mix	12/454g	Bridgets Pakora Mix
<i>Beverage Cold</i>		
100% Natural Coconut Water GF	12/1L	O.N.E.
<i>Canned Meat and Seafood</i>		
Anchovies in sunflower oil	56 g	Krinos
<i>Rice and Grains</i>		
Quinoa, Red Org	340 g	Ancient Harvest Cereals
Whole Grain Hulled Millet Org	793 g	Bob's Red Mill
Quinoa Org	737 g	Bob's Red Mill
Hulled Millet Org	793 g	Bob's Red Mill
Grain Teff	680g	Bob's Red Mill
Quinoa Wh Grain Org	454 g	Eden Foods
Black Quinoa Org	500 g	Gogo Quinoa Organic
Brown Basmati Rice	907 g	Lundberg
Brown Long Grain Rice Nutrafarm	907 g	Lundberg
Brown Long Grain Rice Org	907 g	Lundberg
Brown Short Grain Rice Nutrafarm	907 g	Lundberg
Brown Short Grain Rice Org.	907 g	Lundberg
California Brown Basmati Rice	907 g	Lundberg
California White Basmati Rice	907 g	Lundberg
Lundberg Country Rice Blend	454 g	Lundberg
Lundberg Wild Rice Blend	454 g	Lundberg
Sushi Rice	907 g	Lundberg
White Basmati Rice	907 g	Lundberg
White Jasmine Rice, Org	907 g	Lundberg
Brown Long Grain	12/908g	Lundberg

Cereals		
Organic Buckwheat Porridge	400 g	Aliments Trigone
Quinoa Flakes	340 g	Ancient Harvest Cereals
Brown Rice Farina	737 g	Bob's Red Mill
Mighty Tasty Hot Cereal	680 g	Bob's Red Mill
Apple Almond Cinn. Chia Cereal	340 g	Chia Goodness
Cranberry Ginger Chia Cereal	340 g	Chia Goodness
Original Chia Cereal	340 g	Chia Goodness
Coco Balls	250 g	El Peto
Corn Balls	250 g	El Peto
Corn Flakes	250 g	El Peto
Cream of Brown Rice	500 g	El Peto
Cream of Rice Apple / Cinnamon	500 g	El Peto
Cream of White Rice	500 g	El Peto
Porridge Flakes	500 g	El Peto
Cinnamon Crunch Granola	413 g	Enjoy Life
Cranapple Granola	362 g	Enjoy Life
Very Berry Granola	413 g	Enjoy Life
Gorilla Munch Org Cereal	375 g	Envirokidz
Gorilla Munch Org Cereal	750 g	Envirokidz
Koala Crisp Org Cereal	325 g	Envirokidz
Koala Crisp Org Cereal	750 g	Envirokidz
Lemur Org Cereal	284 g	Envirokidz
Panda Puffs Org Cereal	750 g	Envirokidz
Panda Puffs Org Cereal	375 g	Envirokidz
Rice Twice Cereal	284 g	Erewhon
Honey Nut Cereal	285 g	Glutino
Amaranth Puffs	180 g	Gogo Quinoa Organic
Quinoa Flakes (Pre-cooked)	500 g	Gogo Quinoa Organic
Apple, Spice & Raisin Granola	350 g	JK Gourmet
Cranberry Cashew Granola	350 g	JK Gourmet
Hazelnut & Date Granola	350 g	JK Gourmet
Mission Fig & Apricot Granola	350 g	JK Gourmet
Nuts & Raisin Original Granola	350 g	JK Gourmet
Corn Flakes Fruit Juice Sweetened Org	750 g	Nature's Path
Corn Flakes Fruit Juice Sweetened Org	300 g	Nature's Path
Crispy Rice Org Cereal	750 g	Nature's Path
Crispy Rice Org Cereal	284 g	Nature's Path
Crispy Rice Org Cereal	284 g	Nature's Path
Honey'd Corn Flakes Org Cereal	750 g	Nature's Path
Mesa Sunrise Org Cereal	750 g	Nature's Path
Mesa Sunrise Org Cereal	300 g	Nature's Path
Whole O's Org Cereal	325 g	Nature's Path
Nutty Rice Crunchy Cereal	340 g	Pacific Grain
Perky's Nutty Flax Cereal	340 g	Pacific Grain
Koku Seaweed Rice Cakes	273 g	Lundberg
Condiments		
Bhindi Masala - Okra Spice	14 g	Arora Creations Spice Blend
Bhindi Masala - Okra Spice Org.	14 g	Arora Creations Spice Blend
Chicken Tikka Masala Org. Spice	26 g	Arora Creations Spice Blend
Goan Fish Curry Org.	26 g	Arora Creations Spice Blend
Gobi - Cauliflower Spice	26 g	Arora Creations Spice Blend
Punjabi Chhole - Chick Pea Spice Org.	26 g	Arora Creations Spice Blend
Rajmah - Kidney Bean Spice	26 g	Arora Creations Spice Blend
Rajmah - Kidney Bean Spice Org.	26 g	Arora Creations Spice Blend
Tandoori - Chicken Tandoori Spice	26 g	Arora Creations Spice Blend
Tandoori - Chicken Tandoori Spice Org.	26 g	Arora Creations Spice Blend
Mayonnaise Style Dressing	455 ml	Canoline
Stoneground Prepared Mustard	250 ml	Lifesource
Organic Yellow Mustard	250 ml	Lifesource
Organic Dijon Style Mustard	250 ml	Lifesource
Nayonaise	414 ml	Nasoya
Nayonaise	710 ml	Nasoya
Natural Foods Mayonnaise	455 ml	Nutrimax
Hot & Spicy Organic BBQ Sauce	383 g	Organicville
Organic BBQ Sauce	383 g	Organicville
Ketchup no added sugar	575 ml	Organicville
Herb de Provance Salad Dressing	236 ml	Organicville
Olive Oil & Balsamic Salad Dressing	236 ml	Organicville
Ranch Non Dairy Salad Dressing	236 ml	Organicville
Sesame Tamari Salad Dressing	236 ml	Organicville
Sundried Tomato & Garlic Salad Dressing	236 ml	Organicville
Tarragon Dijon Salad Dressing	236 ml	Organicville

<i>Confections</i>		
Dagoba Chocolate Drops	224 g	Dagoba
Dark Chocolate Bar	41 g	Divine Dining
Dark Chocolate-Hazelnut Bar	41 g	Divine Dining
Light Chocolate Bar	41 g	Divine Dining
Light Chocolate-Almond Bar	41 g	Divine Dining
Dark Chocolate Bar w/ Cranberries Almonds	85 g	Endangered Species
Dark Chocolate with Raspberries	85 g	Endangered Species
Extreme Dark Chocolate	85 g	Endangered Species
Intense Dark Chocolate with Cacao Nibs	85 g	Endangered Species
Milk Chocolate with Almonds	85 g	Endangered Species
Supreme Dark Chocolate Bar	85 g	Endangered Species
Classic Gummi Bears	100 g	Let's Do ... Organic
Super Sour Gummi Bears	100 g	Let's Do ... Organic
Cheese Twists Org.	113 g	Neal Brothers
Cheese Pops Org.	113 g	Neal Brothers
Cheese Puffs Org.	113 g	Neal Brothers
Citrus Slices	100 g	Pure Fun Org Hard Candy
Fruit Pinwheels	100 g	Pure Fun Org Hard Candy
Mint Pinwheels	100 g	Pure Fun Org Hard Candy
Pure Pops	170 g	Pure Fun Org Hard Candy
Berryblast Mints	144 g	Spry
Spearmint Gum	10.8 g	Spry
Peppermint Gum	10.8 g	Spry
Cinnamon Gum	10.8 g	Spry
Fresh Fruit Gum	10.8 g	Spry
Green Tea Gum	10.8 g	Spry
Lemonburst Mints	144 g	Spry
Power Peppermints	144 g	Spry
Peppermints	43 g	St. Claire's Organics
Spearmints	43 g	St. Claire's Organics
Cafe Pastilles	40 g	Vermint
Chai Pastilles	40 g	Vermint
Cinnamint	40 g	Vermint
Gingermint	40 g	Vermint
Peppermint	40 g	Vermint
Wintermint	40 g	Vermint
Amaranth Grain GF	4/680g	Bobs Red Mill
Amaranth Flour GF	4/623g	Bobs Red Mill
Arrowroot Starch/Flour GF	4/567g	Bobs Red Mill
Baking Soda GF	4/453g	Bobs Red Mill
Non Alum Baking Powder GF	4/453g	Bobs Red Mill
<i>Cheese Substitutes</i>		
Cheddar	284 g	Earth Island
Monterey Jack	284 g	Earth Island
Mozzarella	284 g	Earth Island
Nacho	284 g	Earth Island
American Flavor Soy Slices	168 g	Galaxy Nutritional Foods
American Flavour Rice Slices	168 g	Galaxy Nutritional Foods
Cheddar Flavor Rice Block	224 g	Galaxy Nutritional Foods
Cheddar Soy Block	224 g	Galaxy Nutritional Foods
Mozzarella Flavour Rice Slices	168 g	Galaxy Nutritional Foods
Mozzarella Rice Block	224 g	Galaxy Nutritional Foods
Mozzarella Soy Block	224 g	Galaxy Nutritional Foods
Rice Parmesan Cheese Grated	112 g	Galaxy Nutritional Foods
Curry	190 g	Kootenay
Herb	190 g	Kootenay
Jalapeno	190 g	Kootenay
Cheddar Chunk	12/227g	SOYCO Vegan Block Organic
Mozzarella Chunk	12/227g	SOYCO Vegan Block Organic
Bread & Butter Pickles	12/1L	Bubbie's Condiments
Pure Kosher Dills	12/1L	Bubbie's Condiments
<i>Cookies</i>		
Almond Cranberry Cookies	135 g	Arico
Chocolate Chunk Cookies	135 g	Arico
Double Chocolate Cookies	135 g	Arico
Lemon Ginger Cookies	135 g	Arico
Peanut Butter Cookies	135 g	Arico
Chewy Chocolate Chip Cookies	170 g	Enjoy Life
Gingerberad Spice Cookies	170 g	Enjoy Life
Snickerdoodle Cookies	170 g	Enjoy Life
Chocolate Cream Wafers	125 g	Glutino

Lemon Cream Wafers	125 g	Glutino
Chocolate Peanut Butter Candy Bars	5 x 25 g	Glutino
Chocolate Wafers	130 g	Glutino
Dark Chocolate Candy Bars	5 x 25 g	Glutino
Lemon Wafers	200 g	Glutino
Milk Chocolate Candy Bars	5 x 25 g	Glutino
Strawberry Wafers	130 g	Glutino
Vanilla Wafers	130 g	Glutino
S'moreables Graham Wafers	220 g	Kinnikinnick
Choc. Sandwich Crème Cookies	220 g	Kinnitoos
Vanilla Sandwich Crème Cookies	220 g	Kinnitoos
Arrowroot Cookies	227 g	Mi-Del Cookies
Chocolate Chip Cookies	227 g	Mi-Del Cookies
Ginger Snaps	227 g	Mi-Del Cookies
Chocolate Chip Mini Cookies	170 g	Pamela's Gourmet
Extreme Chocolate Flavored Cookies	170 g	Pamela's Gourmet
Ginger Snapz Mini Cookies	170 g	Pamela's Gourmet
Rice Choc Chip Cookies	150 g	Pamela's Gourmet
Rice Ginger Cookies	150 g	Pamela's Gourmet
Rice Lemon Shortbread	150 g	Pamela's Gourmet
Rice Pecan Shortbread	150 g	Pamela's Gourmet
Chocolate Chip Cookies	275 g	Patsy Pie
Peanut Butter Cookies	275 g	Patsy Pie
Snappy Ginger Cookies	275 g	Patsy Pie
Almond Biscotti	275 g	Patsy Pie
Cranberry Orange Biscotti	275 g	Patsy Pie
Lemon Shortbread	275 g	Patsy Pie
Pecan Biscotti	250 g	Patsy Pie
Raisin Cookies	275 g	Patsy Pie
Chocolate & Orange Cookies	12x198 g	Sunstart Quality Bakers
Chocolate Chips Cookies	12x198 g	Sunstart Quality Bakers
Coconut Cookies	12x198 g	Sunstart Quality Bakers
Raspberry Cookies	12x198 g	Sunstart Quality Bakers
Stem Ginger Cookies	12x198 g	Sunstart Quality Bakers
Carob Macaroons	57 g	Jennie's Macaroon
Coconut Macaroons	57 g	Jennie's Macaroon
Dutch Chocolate Macaroons	57 g	Jennie's Macaroon
Macaroons in a Tin	226 g	Jennie's Macaroon
<i>Crackers, Rice Cakes, Corn Thins</i>		
Cheese Crackers, Raw	120 g	Divine Dining
Ginger Currie Crackers, Raw	120 g	Divine Dining
Mesquite bbq Crackers, Raw	120 g	Divine Dining
Original Crackers, Raw	120 g	Divine Dining
Crackers	200 g	Ener-g
Brown Rice Crackers, No Salt	127 g	Holgrain
Lightly Salted Brown Rice Crackers	127 g	Holgrain
Onion & Garlic Brown Rice Crackers	127 g	Holgrain
Sesame Brown Rice Crackers	127 g	Holgrain
Barbeque Rice Crisps	100 g	Hot - Kid
Cheese Rice Crisps	100 g	Hot - Kid
Natural Rice Crisps	100 g	Hot - Kid
Seaweed Rice Crisps	100 g	Hot - Kid
Sesame Rice Crisps	100 g	Hot - Kid
Sweet Chili Rice Crisps	100 g	Hot - Kid
Unsalted Rice Crisps	100 g	Hot - Kid
Wasabi Rice Crisps	100 g	Hot - Kid
Brown Rice Cakes Org	255 g	Lundberg
Brown Rice Cakes Org No Salt	255 g	Lundberg
Sesame Tamari Rice Cakes	255 g	Lundberg
Tamari Seaweed Rice Cakes	255 g	Lundberg
Wild Rice Rice Cakes Salted	241 g	Lundberg
Caraway Crackers Org	184 g	Mary's Gourmet
Herb Crackers Org	184 g	Mary's Gourmet
Original Crackers Org	184 g	Mary's Gourmet
Onion Crackers Org	184 g	Mary's Gourmet
Black Pepper Crackers Org	184 g	Mary's Gourmet
Onion	184g	Mary's Gourmet
Black Pepper GF	184g	Mary's Gourmet
Flax & Soy Corn Thins	150 g	Real Foods
Multigrain Corn Thins	150 g	Real Foods
Organic Sesame Corn Thins	150 g	Real Foods
Original Corn Thins	150 g	Real Foods
Salted	12/185g	Earths Choice

Unsalted	12/185g	Earths Choice
Sesame	12/185g	Earths Choice
Multigrain	12/185g	Earths Choice
Buckwheat Added Unsalted (Orange)	12/185g	Plum-M-Good
Millet Added Unsalted (Yellow)	12/185g	Plum-M-Good
Multigrain Salted (Blue)	12/185g	Plum-M-Good
Regular Salted (Turquoise)	12/185g	Plum-M-Good
Regular Unsalted (Flesh Pink)	12/185g	Plum-M-Good
Sesame Added Salted (green)	12/185g	Plum-M-Good
<i>Dried Fruits & Vegetables</i>		
Pineapple, Dried & Unsulfured	85 g	Made in Nature
Tree Ripened Plums	170 g	Made in Nature
Picked for Sweetness Raisins	6 x 42 g	Made in Nature
Tree Ripened Apricots	170 g	Made in Nature
Black Mission Figs	227 g	Made in Nature
Apple Harvest	21 g	Sensible Foods
Cherry Berry	21 g	Sensible Foods
Orchard Blend	21 g	Sensible Foods
Tropical Blend	21 g	Sensible Foods
<i>Ethnic Foods</i>		
Chili Coconut Marinade	300 ml	WorldFoods Marinade
Sweet Tamarind Marinade	300 ml	WorldFoods Marinade
Tandoori Ind Marinade	300 ml	WorldFoods Marinade
Thai Turmeric Marinade	300 ml	WorldFoods Marinade
Chili Stir Fry Sauce	220 g	WorldFoods Sauces
Five Spice Bo Kho Sauce	220 g	WorldFoods Sauces
Nasi Goreng Paste	220 g	WorldFoods Sauces
Tamarind Stir Fry Sauce	220 g	WorldFoods Sauces
Tikka Masala Stir Sauce	220 g	WorldFoods Sauces
Dal Makhani (Lentils & Beans)	425 g	Jyoti
Delhi Saag (Spinach & Mustard Greens)	425 g	Jyoti
Jaipur Karhi (Potato Dumplings)	425 g	Jyoti
Madras Sambar (Lentils w/ Vegetables)	425 g	Jyoti
Matar Paneer (Peas and Indian Cheese)	425 g	Jyoti
Pujabi Chhole (Chickpeas)	425 g	Jyoti
Aloo Mutter Potato & Green Pea Curry	265 mL	Patel's
Channa Masala Chickpea Curry	265 mL	Patel's
Dal Tadka Lentil Curry	265 mL	Patel's
Peas Pulav Basmati Rice w/ Green Peas	265 mL	Patel's
Calcutta's Baby Chickpea Curry	10/265ml	Patel's
Korma Potatoes	10/265ml	Patel's
Kasmir Spinach	10/265ml	Patel's
Jalfreszi Pilaf	10/250g	Patel's
Madras Curry Pilaf	10/250g	Patel's
Vindaloo Pilaf	10/250g	Patel's
<i>Frozen Breads and Waffles</i>		
Red Tortilla Wrap	600 g	Earth's Oven
White Tortilla Wrap	600 g	Earth's Oven
Italian Style Bread	650 g	El Peto
Multigrain Bread	650 g	El Peto
Brown Rice Bread	680 g	Food For Life
Brown Rice Loaf	680 g	Food For Life
Brown Rice Tortillas	340 g	Food For Life
Candida Yeast Free Multigrain Bread	600 g	Kinnikinnick
Cheese Tapioca Rice Bread	650g	Kinnikinnick
Cinnamon & Brown Sugar Waffles	210 g	Kinnikinnick
Hamburger Buns	400 g	Kinnikinnick
Hot Dog Buns	350 g	Kinnikinnick
Original Homestyle Waffles	210 g	Kinnikinnick
Raisin Tapioca Bread	750 g	Kinnikinnick
Robins Honey Brown Bread	650 g	Kinnikinnick
Sesame Rice Bagels	375 g	Kinnikinnick
Sunflower Flax Bread	750 g	Kinnikinnick
True Fibre Bread	750 g	Kinnikinnick
Cinnamon Raisin Rice Bread	575 g	Lakeview
Buckwheat Waffles Org	210 g	Nature's Path
Home Waffles Org	210 g	Nature's Path
Mesa Waffles Org	210 g	Nature's Path
Apple Cinnamon Waffless	225 g	Van's Gourmet Foods
Blueberry Waffles	225 g	Van's Gourmet Foods
Original Waffles	225 g	Van's Gourmet Foods
<i>Frozen Products</i>		

Rice Crust Cheese Pizza	340 g	Amy's
Cheese Lasagna	326 g	Caesar's Pasta entrees
Manicotti	312 g	Caesar's Pasta entrees
Stuffed Shells	312 g	Caesar's Pasta entrees
Vegetable Lasagna	326 g	Caesar's Pasta entrees
Tostada Chicken Tinga	460 g	Earth's Oven
Taco Vegetable Cheese	460 g	Earth's Oven
Taco Vegetable Cilantro	460 g	Earth's Oven
Chip Chip Hooray Cookie Dough	454 g	Glutenfreeda
Chocolate Minty Python Cookie Dough	454 g	Glutenfreeda
Peanut Envy Cookie Dough	454 g	Glutenfreeda
Peanut Paul & Mary Cookie Dough	454 g	Glutenfreeda
SnickerPoodle Cookie Dough	434 g	Glutenfreeda
Sugar Cookie Dough	434 g	Glutenfreeda
Chicken Penne Alfredo	260 g	Glutino
Chicken Pomodoro	260 g	Glutino
Chicken Ranchero	260 g	Glutino
Cinnamon French Toast	6 x 56 g	Glutino
Pad Thai with Chicken	200 g	Glutino
Coconut Mango Frozen Dessert	473 ml	Good Karma Org. Rice Divine
Mudd Pie Frozen Dessert	473 ml	Good Karma Org. Rice Divine
Mint Chocolate Swirl Frozen Dessert	473 ml	Good Karma Org. Rice Divine
Very Vanilla Frozen Dessert	473 ml	Good Karma Org. Rice Divine
Chicken Cutlettes	224 g	Ian's
Crunchy Breaded Fish Sticks	226 g	Ian's
Alphatots French Fries	336 g	Ian's
Gluten Free Pizza Crust	460 g	Judy G Foods
Ham & Pineapple Pizza	555 g	Judy G Foods
Lactose Free Cheese Pizza	400 g	Judy G Foods
Mediterranean Artichoke Pizza	500 g	Judy G Foods
Pepperoni & Mushroom Pizza	515 g	Judy G Foods
Black Bean & Corn Chili	298 g	Mimi's Gourmet
Three Bean Chili with Rice	326 g	Mimi's Gourmet
White Bean & Jalapeno Chili	298 g	Mimi's Gourmet
Chipotle Black Bean Chili with Rice	326 g	Mimi's Gourmet
Organic Falafel w/ Sauce	210 g	Sol Cuisine
Original Burger	210 g	Sol Cuisine
Spicy Bean Burger Tex-Mex	210 g	Sol Cuisine
Vegetable Burger	210 g	Sol Cuisine
Lasagne Vegetable	1/400g	Celicious Frozen Dinner
Instant Meals		
Rice Sprouted Brown	180 g	Annie Chun's Rice Express
Rice Sticky White	210 g	Annie Chun's Rice Express
Chick Pea's Channa Masala	280 g	Recipes of India
Lentil Soup Dal Tadka	280 g	Recipes of India
Vegetarian Rice Bombay Pilaf	280 g	Recipes of India
Nut & Seed Butters		
Cocoa Bliss Spread, Raw Org	227 g	Artisana
Goji Bliss Spread, Raw Org	227 g	Artisana
Pecan Butter, Raw Org.	227 g	Artisana
Tahini Raw Organic	554 g	Artisana
Walnut Butter, Raw Org.	227 g	Artisana
Choc ooh lala Seed Spread	285 g	Health Nut
Hemp Butter	285 g	Health Nut
Nut Butter	285 g	Health Nut
Superseeds Seed Spread	285 g	Health Nut
Hemp Seed Butter	283 g	Manitoba Harvest
100% Peanuts, Creamy	500 g	Natur
100% Peanuts, Crunchy	500 g	Natur
Nutritional Bars		
Apricot GF	45 g	Bumble Bars
Chai with Almonds	45 g	Bumble Bars
Cherry Chocolate	45 g	Bumble Bars
Chocolate Crisp	45 g	Bumble Bars
Chunky Cherry	45 g	Bumble Bars
Lushus Lemon	45 g	Bumble Bars
Original	45 g	Bumble Bars
Original with Almonds	45 g	Bumble Bars
Original with Cashews	45 g	Bumble Bars
Original with Hazelnuts	45 g	Bumble Bars
Original with Mixed Nuts	45 g	Bumble Bars
Tasty Tropical	45 g	Bumble Bars

All-Fruit Original	66 g	ELEV 8 ME!
Banana Nut Bread	66 g	ELEV 8 ME!
BlueCranGoji Berry	66 g	ELEV 8 ME!
Chocolate Acai Berry Brownie	66 g	ELEV 8 ME!
Cocoa Coconut Cluster	66 g	ELEV 8 ME!
Coffee Bean	66 g	ELEV 8 ME!
Green Tea	66 g	ELEV 8 ME!
Chocolate Chip Bar GF	420 g	Ener - G
Caramel Apple Snack Bars	170 g	Enjoy Life
Cocoa Loco Snack Bars	141 g	Enjoy Life
Very Berry Snack Bars	141 g	Enjoy Life
Berry Crispy Rice Bars	6x28 g	Envirokidz
Chocolate Crispy Rice Bars	6x28 g	Envirokidz
Fruity Burst Crispy Rice Bars	6x28 g	Envirokidz
Peanut Butter Crispy Rice Bars	6x28 g	Envirokidz
Apple Breakfast Bars	200 g	Glutino
Blueberry Breakfast Bars	200 g	Glutino
Choc Banana Bars	142 g	Glutino
Choc Peanut Butter Bars	142 g	Glutino
Chocolate Breakfast Bars	200 g	Glutino
Chocolate Peanut Butter Candy Bars	125 g	Glutino
Cranberry Breakfast Bars	200 g	Glutino
Dark Chocolate Candy Bars	125 g	Glutino
Milk Chocolate Candy Bars	125 g	Glutino
Wild Berry Bars	142 g	Glutino
Apple Pie	45 g	Lara Bar
Banana Cookie	51 g	Lara Bar
Cashew Cookie	48 g	Lara Bar
Cherry Pie	48 g	Lara Bar
Cocoa Coconut Chew	51 g	Lara Bar
Cocoa Mole	51 g	Lara Bar
Coconut Cream Pie	48 g	Lara Bar
Ginger Snap	51 g	Lara Bar
Key Lime Pie	51 g	Lara Bar
Lemon	51 g	Lara Bar
Pecan Pie	45 g	Lara Bar
Pistachio	51 g	Lara Bar
Chocolate	48 g	Lara Bar Jocalat
Chocolate Coffee	48 g	Lara Bar Jocalat
Chocolate Mint	48 g	Lara Bar Jocalat
Chocolate Orange	48 g	Lara Bar Jocalat
Cashew Butter Energy Bar	57 g	Macrobars
Peanut Protein Energy Bar	65 g	Macrobars
Tahini Energy Bar	68 g	Macrobars
Active Greens	68 g	Organic Food Bar
Active Greens w/ Chocolate	68 g	Organic Food Bar
Blueberry	68 g	Organic Food Bar
Choc Choc Chip	50 g	Organic Food Bar
Choc Coconut	50 g	Organic Food Bar
Chocolate Chip	68 g	Organic Food Bar
Cinnamon Raisin Bar	50 g	Organic Food Bar
Fiber Choc Delight	50 g	Organic Food Bar
Omega 3	68 g	Organic Food Bar
Original	68 g	Organic Food Bar
Vegan	68 g	Organic Food Bar
Banana Walnut Rebar	50 g	Rebar
Blueberry Rebar	50 g	Rebar
Chocolate Caramel Rebar	50 g	Rebar
Original Rebar, Org	50 g	Rebar
Seeds N Greens Rebar	50 g	Rebar
Krispy Rice Bars - Apple Cinnamon	150 g	Salba
Krispy Rice Bars - Natural	160 g	Salba
Sports Go	45g/12	Dr. Vie bars
Sports recharge	45g/12	Dr. Vie bars
Sports Nutritif Jr	45g/12	Dr. Vie bars
Dessert Berry	26g/15	Dr. Vie bars
Dessert LuCoco	26g/15	Dr. Vie bars
Pasta		
Rice Pasta w/ Cheddar	170 g	Annie's Organics
Black Rice Noodles Org.	250 g	King Soba
Brown Rice & Wakame Noodles Org	250 g	King Soba
Brown Rice Noodles Org	250 g	King Soba
Buckwheat Noodles Org	250 g	King Soba

Corn & Brown Rice Noodles Org	250 g	King Soba
Millet & Brown Rice Noodles Org	250 g	King Soba
Pumpkin, Ginger & Rice Noodles Org	250 g	King Soba
Sweet Potato & Buckwheat Noodles Org	250 g	King Soba
Thai Rice Noodles Org	250 g	King Soba
Elbow Potato Pasta	227 g	Pastariso
Elbow Potato Pasta	170 g	Pastariso
Elbows	284 g	Pastariso
Mac & Cheese Potato Pasta	168 g	Pastariso
Shells	198 g	Pastariso
Brown Rice Elbows	454 g	Rizopia
Brown Rice Fettuccini	454 g	Rizopia
Brown Rice Fusilli	454 g	Rizopia
Brown Rice Lasagne	340 g	Rizopia
Brown Rice Penne	454 g	Rizopia
Brown Rice Shells	454 g	Rizopia
Brown Rice Spaghetti	454 g	Rizopia
Brown Rice Spirals	454 g	Rizopia
Org Brown Rice Fantasia	454 g	Rizopia
Org Brown Rice Fusilli	454 g	Rizopia
Org Brown Rice Penne	454 g	Rizopia
Org Brown Rice Spaghetti	454 g	Rizopia
Org Wild Rice Fusilli	454 g	Rizopia
Org Wild Rice Penne	454 g	Rizopia
Org Wild Rice Radiatore	454 g	Rizopia
Org Wild Rice Spaghetti	454 g	Rizopia
Spinach Rice Spaghetti	454 g	Rizopia
Brn Rice Mac Chreese	170 g	Road's End Organics
Brn Rice Penne Chreese	170 g	Road's End Organics
Mac & Chreese Alfredo Style	170 g	Road's End Organics
Corn Pasta Fusilli Org	340 g	San Zenone Pasta
Corn Pasta Spaghetti Org.	340 g	San Zenone Pasta
White Rice Pasta Spag Org	340 g	San Zenone Pasta
Elbows, Brn Rice (Purple)	12/454g	Tinkada Rice Pasta Conv
Fettucini, Brn Rice (Red)	12/397g	Tinkada Rice Pasta Conv
Lasagne, Brn Rice	12/280g	Tinkada Rice Pasta Conv
Little Dreams, Brn Rice (Kids)	12/397g	Tinkada Rice Pasta Conv
Penne, Brn Rice (Brown)	12/454g	Tinkada Rice Pasta Conv
Spaghetti, Brn Rice (Dark Purple)	12/454g	Tinkada Rice Pasta Conv
Spaghetti, White Rice (Magenta)	12/454g	Tinkada Rice Pasta Conv
Spirals Brn Rice (Hot Pink)	12/454g	Tinkada Rice Pasta Conv
Org Elbows, Brn Rice	12/340g	Tinkada Rice Pasta Org
Org Penne, Brn Rice (Light Blue)	12/340g	Tinkada Rice Pasta Org
Org Spaghetti, Brn Rice (Lavender)	12/340g	Tinkada Rice Pasta Org
Org Spirals, Brn Rice (Lilac)	12/340g	Tinkada Rice Pasta Org
Rice Vermicelli	12/250g	China Sun
Rice Vermicelli	12/400g	China Sun
Salt & Seasonings		
Liquid Soy Aminos with spray	180 ml	Bragg's
Liquid Soy Aminos	473 ml	Bragg's
Liquid Soy Aminos	946 ml	Bragg's
Beef Bouillon Cubes	60 g	Celifibr
Chicken Bouillon Cubes	60 g	Celifibr
Vegetable Medley Bouillon Cubes	60 g	Celifibr
Vegetable Paste	200 g	Morga
Alfredo Style Sauce Mix Org.	32 g	Road's End Organics
Chreese Sauce Mix	31 g	Road's End Organics
Golden Gravy Mix Org.	28 g	Road's End Organics
Savory Herb Gravy Mix Org.	28 g	Road's End Organics
Shiitake Mushroom Gravy Mix Org.	28 g	Road's End Organics
Sauces		
Mild Butter Chicken Simmer Sauce	350 ml	Devya
Mild Channa Masala Simmer Sauce	350 ml	Devya
Mild Tandoori Chicken Marinade	350 ml	Devya
Mild Vegetable Curry Simmer Sauce	350 ml	Devya
Tikka Masala Curry Medium	283 g	Minara's
Vindaloo Curry Hot Spicy	283 g	Minara's
Hot Tomato Salsa	500 ml	Salsa Chip and Ale
Medium Guacamole Salsa	500 ml	Salsa Chip and Ale
Medium Tomato Salsa	500 ml	Salsa Chip and Ale
Red Pepper Jelly	250 ml	Salsa Chip and Ale
Savory Snacks		

Cassava Chips Sea Salt Mist	142 g	Arico
Cassava Original Chips	142 g	Arico
Pretzel	75 g	Barkat
Luscious Lime	70 g	Cheechea Krackles
Original Potato Flavor	70 g	Cheechea Krackles
Original Potato Flavor	70 g	Cheechea Krackles
Sea Salt & Pepper	70 g	Cheechea Krackles
Sea Salt & Vinegar	70 g	Cheechea Krackles
Beach Bash Trail Mix	170 g	Enjoy Life Not Nuts
Mountain Mambo Trail Mix	170 g	Enjoy Life Not Nuts
Buffalo Tortilla Chips	170 g	Food Should Taste Good
Jalapeno Tortilla Chips	170 g	Food Should Taste Good
Lime Tortilla Chips	155 g	Food Should Taste Good
Olive Tortilla Chips	170 g	Food Should Taste Good
Potato & Chive Tortilla Chips	155 g	Food Should Taste Good
Sweet Potato Tortilla Chips	170 g	Food Should Taste Good
The Works Tortilla Chips	170 g	Food Should Taste Good
Oregano Snack with Quinoa	84 g	Good Quinoa
Baked Potato Chips Hickory Honey BBQ	113 g	Kettle Bakes Chips
Baked Potato Chips Salted	113 g	Kettle Bakes Chips
Aged White Cheddar	15/113g	Kettle Bakes Chips
Baked Potato Chips Sea Salt & Vinegar	113 g	Kettle Bakes Chips
Buffalo Bleu Krinkle Chips	142 g	Kettle Krinkle cut Chips
Buffalo Krinkle Cut Potato Chips	397 g	Kettle Krinkle cut Chips
Salt & Pepper Krinkle Cut Potato Chips	397 g	Kettle Krinkle cut Chips
Salted Krinkle Cut Potato Chips	397 g	Kettle Krinkle cut Chips
Krinkle Cut Lightly Salted	15/142g	Kettle Krinkle cut Chips
Krinkle Cut Salt & Pepper	15/142g	Kettle Krinkle cut Chips
Sea Salt & Vinegar (Blue)	15/142g	Kettle Natural Gourmet Chips
New York Cheddar with Herbs Chips	142 g	Kettle Natural Gourmet Chips
Honey Dijon (Orange)	15/142g	Kettle Natural Gourmet Chips
Salted Potato Chips	142 g	Kettle Natural Gourmet Chips
Yogurt & Green Onion Potato Chips	142 g	Kettle Natural Gourmet Chips
Backyard BBQ	15/142g	Kettle Natural Gourmet Chips
Chipotle Chili	15/142g	Kettle Chips
Salted	15/142g	Kettle Chips
Pico De Gallo Rice Chips	170 g	Lundberg
Santa Fe Barbecue Rice Chips	170 g	Lundberg
Sea Salt Rice Chips	170 g	Lundberg
Sesame & Seaweed Rice Chips	170 g	Lundberg
Wasabi Rice Chips	170 g	Lundberg
Sticks & Twigs Chipotle	227 g	Mary's Organic
Sticks & Twigs Curry Flavor	227 g	Mary's Organic
Sticks & Twigs Sea Salt	227 g	Mary's Organic
Organic Cheese Pops	113 g	Neal Brothers
Organic Cheese Puffs	113 g	Neal Brothers
Organic Cheese Twists	113 g	Neal Brothers
Movie Lover's Popcorn	141 g	Oogies
Spicy Chipotle & Lime Popcorn	141 g	Oogies
Sun Dried Tomato & Parmesean Popcorn	141 g	Oogies
White Cheddar Popcorn	141 g	Oogies
Potato Original Lightly Salted	52 g	Sierra Valley Baked Chips
Organic Blue Corn Tortillas	400 g	Tres Marias
Berry Blast Energy Fruit Chews	52 g	Sharkies
Citrus Squeeze Energy Fruit Chews	52 g	Sharkies
Fruit Splash Energy Fruit Chews	52 g	Sharkies
Chips Sea Salt Mist	142g	Cassava
Chip Original	12/227g	Falafelchip Organic
Chip Spicy	12/227g	Falafelchip Organic
Soups		
Delicious Golden Vegetable Miso Soup	71 g	Edward & Son
Reduced Sodium Miso Soup	28 g	Edward & Son
Traditional Miso Soup with Tofu	30 g	Edward & Son
Seaweed Sava Miso Soup	70 g	Edward & Son
Quinoa & Vegetable Soup Org	130 g	Gogo Quinoa Organic
Quinoa Creamy Soup Org	130 g	Gogo Quinoa Organic
Roman Tomato Cream Soup	556 g	Lucini
Tuscan Tomato & Basil Soup	556 g	Lucini
Umbrian Lentil Soup	556 g	Lucini
Cashew Carrot Ginger	12/1L	Pacific Foods
Spicy Black Bean	12/1L	Pacific Foods
Tuscan White Bean	12/1L	Pacific Foods
Light Sod, Creamy Tomato	12/1L	Pacific Foods Org

Light Sod, Rsted Red Pepper & Tomato	12/1L	Pacific Foods Org
Berkeley Butternut Squash	6/650ml	Happy Planet Org
Louisiana Corn Chowder	6/650ml	Happy Planet Org
Thai Coconut	6/650ml	Happy Planet Org
Sweeteners		
Nutra Farmed Brown Rice Syrup	596 g	Lundberg
Organic Brown Rice Syrup	596 g	Lundberg
Dairy Alternatives		
Chocolate Almond Milk	946 ml	Almond Breeze
Original Almond Milk	946 ml	Almond Breeze
Vanilla Almond Milk	946 ml	Almond Breeze
Original Beverage	12 oz	English Bay
Original Hemp Milk	946 mL	Living Harvest
Vanilla Hemp Milk	946 mL	Living Harvest
Hemp Bliss UHT Chocolate	946 ml	Manitoba Harvest
Hemp Bliss UHT Original	946 ml	Manitoba Harvest
Hemp Bliss UHT Vanilla	946 ml	Manitoba Harvest
Cultured Soy, Organic Blackberry	907 ml	Nancy's
Cultured Soy, Organic Blueberry	170 g	Nancy's
Cultured Soy, Organic Kiwi Lime	170 g	Nancy's
Cultured Soy, Organic Mango	170 g	Nancy's
Cultured Soy, Organic Raspberry	170 g	Nancy's
Cultured Soy, Organic Strawberry	170 g	Nancy's
Enriched Rice Beverage Original	946 ml	Natura
Enriched Rice Beverage Vanilla	946 ml	Natura
Thai / Quinoa Rice Beverage	1L	Rice Universe
Fresh Brown Rice Milk Original	1.89 L	Ryza
Fresh Brown Rice Milk Vanilla	1.89 L	Ryza
Chocolate Rice Milk	946 ml	So Nice Ryza
Original Rice Milk	946 ml	So Nice Ryza
Vanilla Rice Milk	946 ml	So Nice Ryza
Almond Original Org.	12/946ml	Pacific Foods
Almond Unsweetened Org.	12/946ml	Pacific Foods
Almond Vanilla Org.	12/946ml	Pacific Foods
Beverages		
100 % Coconut Water	330 ml	O.N.E
Cashew Fruit Drink	330 ml	O.N.E
Coffee Fruit Drink	330 ml	O.N.E
Cream Soda	335 ml	Virgil's
Rootbeer	335 ml	Virgil's
Rootbeer	336 ml	Virgil's