# ***Dairy-Free Shopping List*****

*Ferraro's shopping lists are provided to aid our customers in finding a variety of specialty foods for specific dietary requirements. At Ferraro's we strive to bring the greatest selection of grocery choices to support your dietary needs. Our Ferraro's promise is "Quality & Freshness Everyday".*

## Bread Department

Seedz- Healthy and Delicious
Natera Sport - Key to Life Bars
New Gem Foods Gem Wraps - Tomato
- Mango chipotle
La Tortilla Factory - Yellow corn tortilla
Grimm's - Rice tortillas
- Corn tortillas
- Organic tortillas
- Sprouted Wheat tortillas

## Aisle #1 - Pasta

Asian Family Rice Stick Noodles
Jovial Pastas - All
Le Veneziane Corn Pastas & Lasagna
Tinkyada Brown Rice Pastas
Explore Cuisine Edamame & Mung Bean Fettuccine
Explore Cuisine Green lentil lasagne
Explore Cuisine red lentil pasta&spaghetti
Rummo Pastas
Rummo Bio Organic Pastas
Rummo Gluten-Free Pastas
Al Dente Pasta Spirals
Castagno Chickpea Pasta
Castagno Red lentil Pasta
San Reno Gnocchi
Bob's Red Mill Corn Grits
San Gennaro Polenta plain or Sundried tomato
Nupasta Konjac GF Spaghetti
Nupasta Konjac GF Angel Hair pasta
GoGo Quinoa Penne/Macaroni/Fusilli/Spag

## Aisle#2 - Cookies & Crackers

Triscuit Crackers
Stoned Wheat Thins
Savor Crackers
Christie Good Thins Crackers
Sesmark Crackers
Ryvita Rye Crisps
Mary's Crackers
Hot Kid - GF Rice Crisps - 5 Flavours
Hot Kids - Super slim GF Rice Crisps - 3 flavours
Kinnikinnick Ginger Snap Cookies
Kinnikinnick Kinnitoos Vanilla Sandwich Cookies
Kinnikinnick Smoreables Cookies
Kinnikinnick Kritter Cookies
Field Day - organic smooth peanut butter
Just Great Stuff Organic Powdered Peanut Butter
Holy Crap Breakfast Cereal
GoGo Quinoa Puffed Crisp Cereal Gluten-Free
Kashi Cereals

## Aisle #3 - Bars & Packable Snacks

Kind Bars
Pressed by Kind Fruit Bars
Kashi Bars
Mott's Fruitsation snacks
SunRype - Fruit To Go
- Fruit Source Bites
McSweeney's Meat Jerky
Chimes Ginger Chews Gluten-Free
Chimes Toasted Coconut Gluten-Free
Western Peanuts
Grab and Go Nuts
Lundberg brown rice organic cakes

## Freezer #1

### Chips and snacks

Hard Bite Chips- Sweet Ghost Pepper
- Black Sea Salt
- Smoked Paprika
- Carrot/Beet/Parsnip/Sweet Potato
Rice Works Rice Snacks
Glutino Gluten-Free Pretzel Sticks
NoochPop Popcorn Snack

### Frozen Breakfast Items

Natures Path Homestyle Frozen Waffles
Natures Path Chai Plus
Daiya Cheesecake
Chapman's Lollys
Deebee's Superfruit Freezies
So Delicious Frozen Bars
Haagen Dazs non-dairy - Peanut butter chocolate
- coconut caramel bars
Luna&Larry's Coconut Bliss frozen desserts
Almond Dream Vanilla non-dairy dessert

## Freezer #2 - Drinks & Frozen meals

Daiya Gluten-Free Pizzas
Amy's California Burger
Amy's Gluten-Free Tofu Scramble Wrap
Amy's Indian Aloo Mattar Wrap
VG Vegan Artisan Burgers
Sol Cuisine Mushroom & Wild Rice Burgers
Dr Praeger's Mushroom & Risotto Burgers
Gardein Black Bean Patties
Gardein Beefless Ground
Gardein Veggie Burger
Udi's Gluten-Free Whole Grain Bagels
Udi's Gluten-Free Blueberry Muffins
Udi's Gluten-Free Dinner Rolls
Udi Pizza Crust
Western Family Gluten-Free Hotdog Buns
Little Northern Bakehouse GF Breads Loaf
Kinnikinnick GF Bread Loaf

## Aisle #5 - Baking & Cake Mixes

JK Gourmet Almond Flour Gluten-Free
Western Foods Almond Flour
Western Food Quinoa Flour

## Aisle #5 - continued

Western Foods Arrowroot Starch
Western Foods Tapioca Flour
Kinnikinnick All Purpose Flour

Bobs Red Mill Potato Starch
Bobs Red Mill Coconut Flour
Nutiva Coconut Flour
Let's Do Organic Coconut Flour
Bob Red Mill Chocolate Cake Mix
Bob Red Mill Gluten-Free Pie Crust
Bob Red Mill corn bread mix
Bob Red Mill Biscuit Mix
Cloud 9 Gluten-Free Brownie Mix
Betty Crocker Devil's Food Cake Mix Gluten-Free
Betty Crocker Golden Cake Mix Gluten-Free
Natura Rice Organic Beverage
Pacific Hazelnut Beverage
So Delicious Dairy-free Coconut Beverage
Silk Almond Beverage
I Love Italy Almond Milk
Blue Diamond Almond Breeze
Camino Simply Dark Hot Chocolate

## Aisle #6 - Soups, Spices, Sauces

Rao's Tomato Basil Sauce
Rao's Pizza Sauce
Rao's Arrabbiata Sauce
Mezzetta Wild Mushroom Tomato Sauce GF
Mezzetta Tomato Sauces- 4 flavors
San Remo Baked Beans
San Remo Black Eyed Peas
San Remo Romano Beans
San Remo- mixed/cannelloni/lentils/butter beans
San Remo- Black beans/Chick peas/Kidney beans
Bob Red Mill Toasted Carob Powder
Cuisine Camino Organic Chocolate- Bitter sweet
Cuisine Camino Organic Chocolate-Semi sweet
Amy's Organic GF Baked Beans
Eden Organic GF Refried Beans
Bob Red Mill Veggie Soup Mix
Bob Red Mill 13 Bean Soup Mix
Imagine Butternut Squash Soup
Imagine Tomato Soup
Imagine Creamy Broccoli Soup
Imagine Beef Chicken Veggie or Bone Broth
Bob's Red Mill Gluten-Free Pizza Mix
Daiya Cheesy Mac Alfredo Style Pasta
Bobs Red Mill Pancake Mix Gluten-Free
Kinnikinnick Pancake Mix Gluten-Free
Pamela's Baking Pancake Mix Gluten-Free
Betty Crocker Gluten-Free Bisquick
Bobs Red Mill Paleo Pancake Mix
Kinnikinnick Panko Style Breadcrumbs Gluten-Free

## Aisle #7 - Rice,Olives, Pickled Items, Sauces & Dressings

Stonewall Kitchen Gluten-Free Chipotle Aïoli
Stonewall Kitchen Sriracha Aïoli
Rufus Teague Steak Sauce

## Aisle #7 - continued

Rufus Teague Barbecue Sauce
Bow Valley Barbecue Sauces
G Hughes Gluten-Free Barbecue Sauce
Vegan Hoggs Salad Dressing
Daiya Brand Salad Dressings
Rao's Homemade Lemon Cooking Sauce
Rao's Homemade Italian Herb Sauce

## Back Meat & Dairy Case (Left to Right)

Casa Italia Pancetta Gluten-Free
Earth's Balance Vegan Vegetable Baking Sticks
Daiya Cheeses
Okanagan's Soya Cheeses
Pulse Kitchen Cheeses- 4 flavors
Daiya Creamy Spread
Daiya Shredded Cheese
Daiya Yogurts
Silk Dairy-Free GF Yogurt- Vanilla
-Berry & Acai
Silk Coconut Cultured Yogurt
Yoso Diary-free yogurt
Tofutti Sour cream
Silk Almond Beverage
Silk Creamy Cashew Beverage
Earth's Own Earth Beverage
Silk Coconut Beverage
Silk Creamy Cashew Beverage
Silk Oat Yeah Chocolate or Vanilla Beverage
Califia Farms Almond Beverage
Califia Farms Coffee Creamer
Big Mountain Foods- Veggie GR Cauli-crumble

- Breakfast Bites
- Original Veggie Patty

***These shopping lists are intended for mapping speciality foods within the Ferraro's Store in Trail. They are not intended for medical nutritional purposes, or to replace customer label reading. Please forward any comments, questions or concerns to: tara@ferrarofoods.ca*

*Happy shopping & delicious eating!*

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