

## **Gluten-Free Shopping List\*\***

*Ferraro's shopping lists are provided to aid our customers in finding a variety of speciality 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**

Hippie Snacks - Cauliflower Crisps  
Hippie Snacks - Avocado Crisps  
Seedz- Healthy and Delicious  
Fody Bars - chocolate&nuts GF  
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

### **Aisle #1 - Pasta**

Asian Family Rice Stick Noodles  
Jovial Gluten Free Pasta  
Le Veneziane Gluten-Free 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 GF Pastas- seven varieties  
Al Dente GF Pasta Spirals  
Castagno Chickpea Pasta  
Castagno Red lentil Pasta  
San Reno GF Gnocchi  
Bob's Red Mill Corn Grits Gluten-Free  
San Gennaro Polenta plain or Sundried tomato  
Nupasta Konjac GF Spaghetti  
Nupasta Konjac GF Angel Hair pasta  
GoGo Quinoa GF Penne/Macaroni/Fusilli/Spag

### **Aisle#2 - Cookies & Crackers**

Breton Gluten Free Black Bean Crackers- 4 flavours  
Mary's Crackers - Real Thin Crackers  
- Super Seed Crackers  
Glutino Gluten Free Crackers  
Blue Diamond Growers Nit-Thins Crackers- 4  
Hot Kid- GF Rice Crisps -5 flavours  
Hot Kids- Super slim GF Rice Crisps - 3 flavours  
Tates Bakeshop Cookies  
Glutino GF- lemon wafers/chocolate chip/vanilla  
Kinnikinnick Ginger Snap Cookies  
Kinnikinnick Kinnitoos Vanilla Sandwich Cookies  
Kinnikinnick Smoreables Cookies  
Kinnikinnick Kritter Cookies  
WOW Baking Company Cookies  
Graham's Gluten-Free Crackers Cinnamon  
Graham's Gluten-Free Crackers Honey  
Udi's Gluten Free Salted Caramel Cashew  
Field Day- organic smooth peanut butter  
Just Great Stuff Organic Powdered Peanut Butter

### **Aisle #2 - continued - Cereals**

Holy Crap Breakfast Cereal  
Qia Gluten-Free Creamy Coconut Oatmeal  
Manitoba Harvest Hemp Hearts Gluten-Free  
Natures Path Enviro Kids Corn Puffs Gluten-Free  
Natures Path Honey Corn Flakes Gluten-Free  
Natures Path Crispy Rice Gluten-Free  
Natures Path Whole O's Gluten-Free  
Natures Path Chocolate Koala Crisp Gluten-Free  
Natures Path Peanut Butter Panda Puffs Gluten-Free  
GoGo Quinoa Puffed Crisp Cereal Gluten-Free  
One Degree - Brown Crisps Gluten-Free  
- Ancient Maiden Flakes Gluten-Free

### **Aisle #3 - Bars & Packable snacks**

Kind Bars Gluten-Free  
Pressed by Kind Fruit Bars Gluten-Free  
Sun Ripe Fruit To Go  
Enercheez Dried Cheese Snacks  
McSweeney's Meat Jerky  
Chimes Ginger Chews Gluten-Free  
Chimes Toasted Coconut Gluten-Free  
Prana Chai Balance  
Prana Maca Powder  
Prana Matcha Magic  
Prana Chocolatey Bark

### **Freezer #1 - Chips**

Hard Bite Gluten-Free Chips  
Rice Works Rice Snacks  
Glutino Gluten-Free Pretzel Sticks  
NoochPop Popcorn Snack

### **Frozen Breakfast Items**

Natures Path Gluten-Free Homestyle Frozen Waffles  
Natures Path Gluten-Free Chai Plus  
Daiya Cheesecake Gluten-Free  
Chapman's Lollys  
Deebie's Superfruit Freezies  
So Delicious Frozen Bars

### **Freezer #2 - Drinks & Frozen meals**

Daiya Gluten-Free Pizzas  
Pizza Oggi Gluten-Free Pizzas  
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  
Glutino English Muffins Gluten-Free  
Western Family Gluten-Free Whole Grain Buns  
Western Family Gluten-Free Hotdog Buns  
Little Northern Bakehouse GF Breads Loaf  
Kinnikinnick GF Bread Loaf

### **Aisle #5 - Baking & Cake mixes**

Western Family Gluten-Free All Purpose Flour  
Bob's Red Mill Gluten-Free All Purpose Flour

