

# **Vegan Plant-Based 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**

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 tortilla  
- sprouted wheat

Le Saveur Cooked Chestnuts

Spagnia Valencia Almonds

## **Aisle #1 - Pasta, International, Oils**

Wismettac Dried Shiitake Mushrooms  
Classic dried seaweed snacks  
Roasted sesame seeds  
Braggs liquid sauce seasoning  
Stonewall kitchen roasted apple grill sauce  
Humble & frank Hawaiian sesame soy marinade  
Six fortune rice paper  
Asian Family Rice Stick Noodles  
Jovial Pastas- WW Fusilli/WW Spaghetti  
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 GF Pasta  
Rummo BIO organic Pasta  
Rummo Pasta  
Al Dente Pasta Spirals  
Castagno Chickpea Pasta  
Castagno Red lentil Pasta  
San Reno GF 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/Spaghetti

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

Triscuit  
Stoned Wheat Thins  
Savor original crackers  
Mary's Crackers  
Wheat thins crackers  
Christie good thins sweet potato crackers  
Sesmark savory thin rice snack crackers  
Hot Kid- GF Rice Crisps -5 flavours  
Hot Kids- Super slim GF Rice Crisps - 3 flavours

Ryvita rye crisp bread  
Kinnikinnick Ginger Snap Cookies  
Kinnikinnick Kinnitoos Vanilla Sandwich Cookies  
Kinnikinnick Smoreables Cookies  
Kinnikinnick Kritter Cookies  
Field Day- organic smooth peanut butter  
Craft only peanuts crunchy all natural peanut butter  
Just Great Stuff Organic Powdered Peanut Butter  
Holy Crap Breakfast Cereal  
The granola King Gourmet classic granola  
Manitoba Harvest Hemp Hearts Gluten-Free  
GoGo Quinoa Puffed Crisp Cereal Gluten-Free  
Kashi Cereals

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

Kind Bars  
Pressed by Kind Fruit Bars  
Kashi Bars  
Motts fruitsations  
SunRype fruit source bites  
Sun Ripe Fruit To Go  
Grab and go organic cashews  
Western family peanuts  
Chimes Ginger Chews Gluten-Free  
Chimes Toasted Coconut Gluten-Free  
Lundberg brown rice organic rice cakes

## **Freezer #1 - Chips**

Hard Bite Chips - sweet ghost pepper  
- Black sea salt  
- smoked paprika and garlic  
- Carrot/beets/parsnips/sweet potato  
Rice Works Rice Snacks  
Glutino Gluten-Free Pretzel Sticks  
NoochPop Popcorn Snacks - 4 varieties

## **Frozen Breakfast Items**

Natures Path Gluten-Free Homestyle Frozen Waffles  
Chai plus  
Natures Path Gluten-Free Chai Plus  
Daiya Cheesecake Gluten-Free  
Chapman's Lollys  
Deebee's Superfruit Freezies  
So Delicious Frozen Bars  
Haagen Dazs non-dairy - peanut butter dark  
- chocolate bars  
- coconut caramel bars

Luna and Larry's coconut bliss frozen dessert  
So delicious dairy free frozen desserts  
Almond dream vanilla non-dairy dessert

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

Daiya Gluten-Free Pizzas  
Amy's Gluten-Free Tofu Scramble Wrap  
Amy's Indian Aloo Mattar Wrap  
Amy's California Burger  
VG Vegan Artisan Burgers  
Sol Cuisine Mushroom & Wild Rice Burgers  
Dr Praeger's Mushroom & Risotto Burgers

## **Freezer #2 - continued**

Gardein Black Bean Patties  
Gardein Beefless Ground

Gardein Veggie Burger  
Western Family Gluten-Free Hotdog Buns  
Little Northern Bakehouse GF Breads Loaf  
Kinnikinnick GF Bread Loaf

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

Western Foods Almond Flour  
Western Food Quinoa Flour  
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 cornbread 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  
JK gourmet almond flour  
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 flavours  
San Remo Baked Beans Gluten-Free  
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 bitter sweet chocolate chips  
Cuisine Camino organic semi sweet chocolate chips  
Amy's Organic GF Baked Beans  
Eden Organic GF Refried Beans  
Bobs red mill veggie soup mix  
Bobs red mill 13 bean soup mix  
Pacific organic vegetable broth  
Imagine Butternut Squash Soup  
Imagine Tomato Soup  
Imagine Creamy Broccoli Soup  
Imagine Veggie Broth  
Imagine Mushroom 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  
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**

Rufus Teague Steak Sauce  
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 dressing  
Spectrum vegan eggless mayo

#### **Back Meat & Dairy Case**

Earth island vegenaïse dipping sauce & spread  
Earth island Vegenaïse eggless mayo  
Light life plant-based meatballs  
Light life plant-based tenders  
Big mountain foods superfood breakfast bite  
Big mountain food veggie grounds cauli crumble  
Tofruki Plant-based Thai basil chicken  
Tofruki plant-based sausages  
Sunrise tofu  
Soyganic tofu  
Yves veggie cuisine  
Sunrise tofu dessert almond flavor  
Silver king Soya foods tofu  
Soybean paste Dash-iri  
Amano Genmai miso  
Califia farms almond beverages  
Silk oat yeah chocolate or vanilla beverage  
Silk coconut beverage  
Earth's Own Oat Beverage  
Silk creamy cashew beverage  
Silk almond beverage  
Daiya Cheeses  
Okanagan's soya cheeses  
Pulse Kitchen Cheeses- 4 flavors  
Daiya Creamy Spread  
Daiya Shredded Cheese  
Daiya Yogurts  
Yoso Dairy-Free Yogurt  
Silk Dairy-Free GF Yogurt - Vanilla  
- Berry & Acai

Silk Coconut Cultured Yogurt

Tofutti Sour cream

Earths balance vegan vegetable baking sticks

*\*\*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!*