

Coffee, Tea & Hot Cocoa

AhLaska Hot Cocoa Mix
 Bigelow Tea
 Celestial Seasonings Tea
 Eco Teas Tea
 Equal Exchange Hot Cocoa Mix

Aisle 1
 Mount Hagen Freeze Dried Coffee
 NUMI Tea
 Organic India Tea
 Teeccino Herbal Coffee
 Twinings Chai

Dairy & Non-Dairy Alternatives

Amande Yogurt Almondmilk
 Brown Cow Yogurt
 Butterworks Farm Buttermilk
 Chobani Greek Yogurt
 Daiya Dairy Free Cheese
 Earth Balance Soy Milk,
 Soy Egg Nog
 Fage Greek Yogurt
 Follow Your Heart Dairy Free
 Cheese
 Galaxy Cheese Substitute
 Greek Gods Greek Yogurt
 Lifeway Kefir

Coolers
 Nancy's Cottage Cheese, Yogurt
 Oak Knoll Goat Yogurt
 Old Chatham Shepherding
 Sheeps Milk Yogurt
 Organic Valley Soy Beverage
 Redwood Kefir
 Redwood Hill Farm Goat
 Yogurt
 So Delicious Coconut
 Creamer
 Stonyfield Yogurt
 Wallaby Yogurt Co Yogurt
 Wildwood Soy Yogurt

Ethnic Foods

Annie Chun Rice Noodles
 Eden Japanese Foods
 Jyoti Indian Meals
 Morinu Tofu
 Native Forest Coconut Milk

Aisle 2
 Seeds of Change Indian Curries
 Tasty Bites Indian Meals
 Thai Kitchen Chili Paste,
 Coconut Milk, Fish Sauce,
 Rice Noodles, Sauces

Frozen Desserts

Ciao Bella Gelato, Sorbet
 Luna & Larry's Coconut Bliss
 Ice Cream
 Purely Decadent Coconut and
 Soy Ice Creams

Freezer
 So Delicious Dairy Free Desserts
 Soy Dream Soy Ice Cream
 Talenti Gelatos
 Tru Whip Whipped Topping

Frozen Entrees, Fruits & Vegetables

Against the Grain Pizzas
 Amy's Enchiladas, Paneer,
 Pastas, Pizzas, Pot Pies,
 Stir Fries, Tamales
 Gluten Free Cafe Pasta

Freezer
 Gluten Freeda's Burritos
 Ian's French Fries
 Tandoor Chef Indian Meals
 Wyman Frozen Fruit

Meat & Meat Substitutes

Amy's Veggie Burgers
 Applegate Farms Turkey
 Bacon, Chicken Nuggets,
 Sausage
 Dr. Praeger's Broccoli Patties
 Ian's Chicken Nuggets

Freezer
 Nasoya Tofu
 Sheltons Sausage
 Sunergia Tofu
 Sunshine Burger Veggie Burgers
 Vermont Soy Tofu

Pasta

Ancient Harvest Quinoa
 Quinoa Pastas
 Bionaturae Pastas
 Hodgson Mill Pastas

Soups & Boxed Goods

Amy's Soups
 Anni's Homegrown
 Mac & Cheese
 Better Than Bouillon Soup Stock
 Dr McDougall Soups
 Edward Miso Soups
 Health Valley Soups, Broths
 Imagine Soups, Broths
 Kitchen Basics Soup Stock

Spreads, Sauces & Dressings

Aisles 2,4,6,7
 Amy's Pasta Sauce
 Anni's Naturals Barbecue
 Sauces, Salad Dressings,
 Horseradish Mustard
 Arrowhead Mills Peanut Butter
 Bella Famiglia Balsamic Vinegar
 Bionaturae Balsamic Vinegar
 Boves Pasta Sauce
 Bragg Cider Vinegars, Vinaigrette
 Briannas Salad Dressings
 Crofters Jelly
 Dell Amore Pasta Sauces
 Dr Bronners Coconut Oil
 Drews Salad Dressings, Salsa
 Dwight Miller Cider Vinegars
 Eden Mustards, Sesame Oils,
 Vinegars
 Field Day Salsas
 FINI Balsamic Vinegar
 Follow Your Heart Egg-free
 Mayonnaise
 Frontera Salsas
 Gingerbrook Farm Cider Vinegar
 Hatch Chile Sauces
 Hot Mamas Hummus
 Justins Nut Butters
 Lucini Vinaigrettes
 M Federzoni Balsamic Vinegar
 Maranatha Peanut Butters
 Martial Picat Vinegar

Aisle 6

Hol Grain Brown Rice Bread
 Crumbs
 Jovial Rice Pastas
 Lundberg Brown Rice Pastas
 Tinkyada Brown Rice Pastas

Aisle 4

Pacific Soups, Broths
 Progresso Classics Lentil Soups
 Roads End Organics Gravy Mix
 Sheltons Chicken Broths
 South River Miso Soups
 Taste Adventure Soup Mix
 Thai Kitchen Rice Noodle Bowl
 Vogue Soup Stock

Wellness

Alacer Citrus Immune Shot
 Amazing Grass Green
 Superfood
 Blue Bonnet Astaxanthin
 Canus Goat Milk Lotion
 City Market Protein Powders
 Desert Essence Bodywash,
 Concealer
 Garden of Life Meal
 Replacement
 Giovanni Tea Tree Shampoo
 & Conditioner, Hair Infusion
 Green Foods Nutritional
 Supplement
 Jarrow Protein Supplement
 Kiss My Face Shower Gel,
 Deodorant, Lip Balm,
 Moisturizer, Creme, Shave
 Moisturizer, Soap, Toothpaste
 Kyolic Nutritional Supplement
 Living Harvest Protein
 Supplement
 Manitoba Harvest Protein
 Supplement
 Mommys Bliss Morning
 Sickness Magic

Wellness Department

Natralia Eczema & Psoriasis
 Cream, Heel Balm
 Natrol Acai
 Natures Life Protein
 Supplement
 Natures Plus Protein
 Supplement
 Nutiva Chia Seed, Hemp
 Protein Powder
 NutriBiotic Protein
 Supplement
 Nutrition Now Adult Multi
 Vitamin
 Orgain Meal Replacement
 Quigley Cold-Eeze
 Rainbow Colloidal Oatmeal
 Bath
 Rainbow Light Cleansers,
 Vitamins, Rice Protein
 Powder
 Sambazon Acai Powder
 Solgar Protein Supplement
 Soothing Touch Massage Oil
 Spectrum Ground Flaxseed
 Teras Whey Whey Protein



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 82 South Winooski Avenue
 Burlington, VT 05401
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Where
 do I find...?

Gluten-Free Items



Look for this
 symbol throughout
 our store.

This guide is intended as a City Market shopping resource for those following a gluten-free diet. Please check each item's list of ingredients to ensure that a product is gluten-free. Our staff is happy to answer any questions or help locate products.

glu-ten (gloot-n): The name given to certain proteins found in cereal grains such as wheat, barley, rye, and other derivatives. Oats are not recommended on a gluten-free diet because they can often contain trace amounts of gluten from cross contamination.



Foods Often Containing Gluten

Breads, Breaded Food, Broth, Coating Mix, Chicken Nuggets, Croutons, Flour Tortillas, Fried Food, Imitation Bacon, Imitation Seafood, Marinades, Pasta (including Couscous), Pitas, Processed Meat, Roux, Sauces, Soy Sauce, Self-Basting Poultry, Soup Bases, Stuffings, Sweets (Doughnuts, Pies, Cookies, Cakes, Pastries), Thickeners

Grains Not Allowed in Any Form

Barley, Bulgur, Cereal Flours, Einkorn, Emmer, Farro, Oat Bran, Rye, Triticale, and Wheat (varieties including but not limited to Durum, Graham, Kamut, Semolina, and Spelt)

Grains & Beans Allowed

Amaranth, Arrowroot, Bean Flours, Buckwheat, Corn, Millet, Nut Flours, Potato, Quinoa, Rice, Sorghum, Soy, Tapioca, and Teff

Wheat-Free Does Not Mean Gluten-Free

Wheat-free products may contain Rye, Barley, Spelt, or other ingredients that are not gluten-free.

Always Read the Label & Research

Some ingredients are questionable and may or may not contain gluten. Be sure to confirm that the following ingredients are not derived from prohibited grains:

- Blue Cheese - may be made with bread
- Brown Rice Syrup - often from barley
- Caramel Color - sometimes from barley
- Dextrin - mainly from corn, but can be from wheat
- Flour or Cereal Products
- Hydrolyzed Plant or Vegetable Protein (HPP/HVP)
- Malt, Malt Flavoring, or Malt Vinegar - usually from barley
- Miso - may contain barley
- Modified Food Starch
- Seasoning & Spice Mixes
- Soy Sauce - often contains wheat

Be a Food Detective

Contact the manufacturer to verify a food in question. If you are in doubt, it is better to avoid that food until you can be sure it is gluten-free.

Need More Information?

Find out more about gluten-free foods and celiac disease from the Celiac Disease Foundation at www.celiac.org and GFCF Diet Support at www.gfcfdiet.com. Living Without, a lifestyle magazine for people with allergies and food sensitivities can be found at www.livingwithout.com.

BULK Items

NOTE: Many items in our bulk department do contain gluten which may potentially cross contaminate gluten-free items.

Amaranth Seed
Balsamic Vinegar
Black Chia Seeds
Corn Cornmeal, Grits, Polenta
Flour Brown Rice Flour, Buckwheat Flour, Soy Flour, Chickpea Flour

Baking Supplies

AhLaska Baking Cocoa
Aleias Stuffing Mix (seasonal)
Arrowhead Mills Baking Mix, Cornmeal, Pancake Mix, White Rice Flour
Bob's Red Mill Almond Flour, Flaxseed Meal, GF Flour, Sorghum Flour
Cherrybrook Cake Mix, Vanilla & Chocolate Frosting
Chocolate Dream Baking Chips
Ener-G Potato Starch Flour, Vegan Egg Replacer
From the Ground Up Pancake Mix
Ghirardelli Unsweetened Cocoa, Milk Chocolate Chips

Beans & Grains

Alter Eco Rice (Black Jasmine, Coral Red, Ruby Red Jasmine, Thai White Jasmine, White Jasmine), Quinoa
Amy's Beans
De La Estancia Polenta
Earthly Delights Quinoa
Eden Beans (Baked Beans, Black, Butter, Cannelini, Garbanzo, Great Northern, Kidney, Navy, Pinto, Refried), Quinoa
Fantastic Foods Hummus Mix, Refried Bean Mix
Field Day Beans (Black, Garbanzo)

BULK Department

Grain Rice, Millet, Quinoa
Pasta Brown Rice Spaghetti & Penne, Quinoa Spaghetti & Elbows
Starch Potato Starch, Arrowroot Powder, Tapioca Flour

Aisle 1

Gluten Free Pantry Baking Mixes
King Arthur Multi-purpose Flour, Baking Mixes
Lets Do Organic Ice Cream Cones, Shredded Coconut, Coconut Flour, Sprinkles
Lundberg Brown Rice Syrup
Namaste Foods Baking Mixes
Native Sugar Packets
Nielsen Vanilla Extract
Pamelas Baking Mixes
Rumford Baking Powder
Spectrum Shortening
Wholesome Brown Sugar, Stevia

Aisle 2

Food Merchants Polenta
Lotus Foods Rice (Mekong Flower, Bhutanese Red, Forbidden Black, Indonesian Volcano Blend, Kalifira)
Lundberg Rice, Risotto
Natural Directions Beans (Black, Garbanzo, Great Northern, Kidney)
Nature's Earthly Choice Quinoa
Westbrae Naturals Beans (Black, Chili, Garbanzo, Great Northern, Kidney, Lentil, Pinto, Red, Soy)

Beer & Wine

NOTE: Wines made from 100% grapes are typically gluten-free, but you should check the labels of other wine-based beverages. Feel free to ask us if you have questions.

Artisano Meads
Bard's Gold Gluten-Free Beer
Flag Hill Farm Hard Cyders
JK Scrumpy Hard Ciders
Magners Irish Hard Cider

Redbridge Sorghum Beer
Samuel Smith Organic Cider
St. Peter's Sorghum Beer
Woodchuck Hard Ciders

Beverages

Alo Aloe Juice
Blue Diamond Almond Beverage
Bragg Cider Vinegar Beverage
Cheribundi Cherry Juice
Edensoy Unsweetened Soy milk
Field Day Apple Juice, Sparkling Mineral Water
FIJI Water
Flavrz Juice Concentrates
Good Karma Ricemilk
GT's Kombucha Kombucha
Honest Tea, Juice Drinks
Kedem Sparkling Juice
Knudsen Juices, Spritzers
Kombucha Wonder Kombucha
Lakewood Juices
Living Harvest Hempmilk
Maine Root Rootbeer
Manitoba Harvest Hempmilk

Mountain Valley Spring Sparkling Water
Natural Brew Sodas
Pacific Almond & Rice Beverages
Q Tonic Tonic Water
Rice Dream Rice Beverages
Sambazon Juices
Santa Cruz Juices, Sparkling Juices
Smart Juice Juices
Source Juices
Soy Dream Beverages
Steaz Iced Tea
Stonyfield Smoothies
Vita Coco Coconut Water
WestSoy Beverages
Wildwood Smoothies
Wyman Juices
Zevia Sodas

Aisles 4,6,7

Breads & Baked Goods

Bakery Department

NOTE: Our Deli Sandwich Counter can make your sandwich to order with Rudi's gluten-free bread.

Against the Grain Bagels, Baguettes, Pizza Shells, Rolls
Chef Papi Cakes, Cookies, Tarts
Comfort Cookies Cookies
Food For Life Breads (Millet, Rice, Sprouted Grain), Rice Tortillas
Genoise Cheesecake
Gillian's Food Pie Shell, Pizza Dough
Grainaissance Mochi

It's Gluten Free Breads, Brownies, Cookies, Cupcakes, Pies
Maria and Ricardos Tortillas
Rudi's Bread, Buns
Sonoma Teff Wraps
Udi's Bagels, Bread, Buns
West Meadow Bakery Bagels, Breads, Cakes, Cookies, Muffins

Canned Fruits & Vegetables

Aisles 4,5,6

Bella Terra Tomatoes
Betty Crocker Potato Buds
Earths Best Pears
Eden Sauerkraut
Edward & Sons Mashed Potatoes
Muir Glen Tomatoes

Native Forest Artichokes, Fruit Salad, Mangos, Mushrooms, Papaya, Peaches, Pears, Pineapple
Santa Barbara Olive Co Olives
Westbrae Naturals Green Beans
Woodstock Farms Relish

Cereal & Bars

Aisles 4,5

Arrowhead Mills Cereals, Corn Grits
Bakery on Main Granola
Bob's Red Mill Hot Cereal, Oats
EnerG Rice Bran
Envirokidz Cereals, Bars
Erewhon Cereal
Glutino Bars

Kind Bars
Larabar Bars
Natures Path Cereal
Oskri Bars
Pocono Cereal
PranaBar Bars
Pulsin Bars
Raw Revolution Bars
True North Granola

Chips, Cookies, Crackers & Snacks Aisles 4,5,7

Amy's Shortbread
Annie's Homegrown Cookies
Back To Nature Crackers
Blue Diamond Crackers
Calbee Snack Salad
Deep River Chips
Eden Dried Cherries
Edward Rice Crackers
Enjoy Cookies
Food Should Taste Good Chips
Garden of Eatin' Chips
Glutino Cookies
Green Mtn Gringo Tortilla Chips
Guiltless Gourmet Tortilla Chips
Hain Rice Snacks
Jennies Coconut Macaroons
Jovial Cookies
Rhythm Superfoods Kale Chips

Kettle Chips Chips
KOYO Rice Cakes (Dulse, Millet, Mixed Grains, Nori)
Lundberg Chips, Rice Cakes
Madhouse Munchies Chips
Mary's Gone Crackers Chocolate Chip Cookies, Pretzels (Curry, Sea Salt)
Midel Cookies
Miguels Tortilla Chips
Mrs Crimbles Macaroons
Pamelas Cookies
Pirate Brands Snacks
Popcorn Indiana Chips, Kettlecorn
Real Foods Corncakes
Sahale Mixed Nuts
SAN-J Rice Crackers
Snyders Pretzels
Suzies Puffed Rice Cakes
Tanka Buffalo Bites

Chocolate & Candy

Aisles 6,7

Bumble Bar Energy Bars
Chocolove Chocolate Bars
Crispy Cat Candy Bar
Dagoba Chocolate Bars
Endangered Species Bars
Equal Exchange Chocolate Bars
GLEE Chewing Gum
Go Naturally Hard Candy
Joyva Halvah Bar
Lets Do Organic Candy
Liz Lovely Cookies
Newmans Own Candy
PEELU Chewing Gum

Reed's Ginger Candy
Ritter Sport Chocolate Bars
Sun Cups Candy
Surf Sweets Candy
Terra Nostra Chocolate Bars
Theo Chocolate Bars
Tropical Source Chocolate Bars
Vermint Breathmints
Yummy Earth Candy
Yummy Earth Lollipops