

Meat & Meat Substitutes Freezer, Meat & Seafood

Al Fresco Fully Cooked and Fresh Chicken Sausages, Chicken Meatballs and Chicken Franks

Applegate Farms Andouille Sausage, Chicken, Pork, and Turkey Breakfast Sausages, Chicken Nuggets and Tenders, Natural & Organic Deli Meat, Turkey Bacon and Hot Dogs

Bell and Evans Chicken Breast Nuggets

Beyond Meat Beefy Crumbles, Chicken Free Strips

Black River Uncured Bacon and Hot Dogs

Blinski's Organic Chicken Sausage

Feel Good Food Dumplings and Egg Rolls

Hillary's Eat Well Veggie Burgers

Niman Ranch Bratwurst, Bacon, Corned Beef, Ham, Italian Sausage, and Pastrami
Plainville Farms Ground Turkey

Saffron Road Entrees

Sunshine Burger Veggie Burgers

Vermont Salumi Fresh Sausage

Vermont Smoke and Cure Bacon & Ham

Pasta

Aisle 6

Ancient Harvest Quinoa Pastas

Jovial Brown Rice Pastas

Tinkyada Brown Rice Pastas

Explore Cuisine Organic Bean Pastas

Tolerant Organic Legume Pastas

Soups & Boxed Goods

Aisle 4

Ancient Harvest Lentil Mac and Cheese, Supergrain Quinoa

Kitchen Basics Stocks

Miso Master Miso (Refrigerated)

Back to Nature Chicken Tortilla and Kale and Millet Soups

Roads End Organics Dairy Free Shells and "Chreese" Pasta Dinner, Quick Gravy

Dr McDougall's Soup Cups

Health Valley Gluten Free Café Soups

Spreads, Sauces & Dressings

Aisles 2,4,7

Coconut Secret Coconut Vinegar

Hampton Creek Just Mayo (Refrigerated)

Barney Butter Almond Butters

Just Great Stuff Powdered Peanut Butter

Bionaturae Strained Tomatoes, Tomato Paste

Lucini Pasta Sauces

Bove's Pasta Sauces

Once Again Nut and Seed Butters

Drew's Balsamic, Caesar, Greek Olive, Roasted Garlic Peppercorn, Ranch, Smoked Tomato Dressings

Organicville Ketchup

Scarpetta Pasta Sauces

Sir Kensington's Ketchup, Mayonnaise

Stubb's BBQ Sauce

Hope Hummus Organic Hummus (Refrigerated)

Wellness

Wellness Department

Andalou Naturals All Products

Garden of Life myKind Organics All Supplements

City Market All Supplements

Nutiva Chia Seeds

Country Life All Supplements

Megafood All Supplements

EO Products All Products

Essentail Living Foods Smoothie Mixers

Gluten-Free Labels

Look for these labels on products to ensure they are certified gluten-free:



The U.S. Food and Drug Administration (FDA) has defined the term "gluten-free" for voluntary use in the labeling of foods. Any food product bearing a gluten-free claim labeled on or after August 5, 2014 legally must contain less than 20ppm of gluten. More specifically, the final rule defines "gluten-free" as meaning that the food either is inherently gluten-free, or does not contain an ingredient that is:

1. A gluten-containing grain (e.g. spelt wheat)
2. Derived from a gluten-containing grain that has not been processed to remove gluten (e.g. wheat flour)
3. Derived from a gluten-containing grain that has been processed to remove gluten (e.g. wheat starch), if the use of that ingredient results in the presence of 20 ppm or more gluten in the food.

Any unavoidable presence of gluten in the food must be less than 20 ppm.

One important thing to note is that the FDA's rule does not mandate testing and manufacturers are responsible for ensuring that foods bearing a gluten-free claim meet the requirements of the final rule.

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,600 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.



Your Community-Owned Grocery Store
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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.

