

DRESSINGS

San-J Thai Peanut Dressing
International

CONDIMENTS

Annie's Organic Mustard
(Raspberry & Horseradish)
Dijon Mustard
Sun Dried Tomatoes in oil
Thai Kitchen Green Curry Paste
Westbrae Fruit Sweetened Catsup

DRIED FRUIT • NUTS • TRAIL MIXES

All Dried Fruit
All Fruit Leathers (organic & regular)
All Raw and Roasted Nuts
Roasted & Salted Soy Nuts
Sunflower Seeds

BEVERAGES

Apple Juice
Blue Diamond Almond Drink
Carrot Juice
Concord Grape Juice
First Crush Apple Juice
Natural Soda
Orange Juice
Organic Sodas
Pear Juice
Pink Grapefruit Juice
Reed's Ginger Brew
Tomato Juice
Fruit

SOY & RICE MILKS

Soy Dream (all flavors)
Soy Dream Enriched

DESSERTS & CANDIES

Hain Fruitti Gummi Chewies
Super Fruits Dessert Mix:
Orange, Cherry, Raspberry
Island Tapioca (all varieties)
Mori-Nu Chocolate Pudding Mix
Lemon Crème Pudding Mix
Pamela's (all except Oatmeal
Raisin Walnut)

SUPPLEMENTS & PROTEIN POWDERS

Soy Protein Powder


MISCELLANEOUS

Barbara's Bakery Instant Mashed Potatoes
Casbah Hummus
Tasty Bite Edibles Lentils, Jaipur Vegetable

A CONSUMER'S GUIDE TO



GLUTEN-FREE PRODUCTS

 **Sacramento Natural Foods Co-op** carries a large selection of gluten- and wheat-free foods. This brochure provides a partial listing of the many fine products we have available. Ingredients do change so please check the labels for the most recent ingredient information.

OPEN DAILY TO EVERYONE

7am to 10pm

www.sacfoodcoop.com



Sacramento (916) 455.2667

1900 Alhambra Blvd.

Elk Grove (916) 714.7100

Elk Grove Marketplace

8517 Bond Road

REV 6/05

FLOUR

| | |
|------------------------|-------------------|
| <i>Arrowhead Mills</i> | Brown Rice* |
| | Blue Cornmeal* |
| | Soy |
| | Buckwheat* |
| <i>Bobs Redmill</i> | Pure Potato Flour |
| | Tapioca Flour |

BAKING MIXES

| | |
|-----------------------|--------------------------------------|
| <i>Arrowhead Mill</i> | Pancake & Baking Mix |
| | Wild Rice Pancake & Waffle Mix |
| | Wheat Free Chocolate Chip Cookie Mix |
| <i>Pamela's</i> | Pancake & Baking Mix |
| | Ultra Chocolate Brownie Mix |

BAKING AIDS

| | |
|------------------------------|---|
| <i>Authentic Foods</i> | Xanthan Gum* |
| | Guar Gum* |
| <i>Deb El Foods</i> | Just Whites |
| <i>Lundberg Family Farms</i> | Organic & Nutra-Farmed Brown Rice Syrup |
| | Maple Syrups |
| <i>Rumford</i> | Baking Powder* |

SPICES & SEASONINGS

| | |
|-----------------|-----------|
| <i>New Menu</i> | Tofu Mate |
|-----------------|-----------|

FATS & OILS

| |
|-------------------------------------|
| Canola Oils & Sprays |
| Olive Oils |
| <i>Spectrum Naturals</i> (all oils) |

PASTA

| | |
|------------------------------|-----------------------|
| <i>Ancient Harvest</i> | Quinoa |
| | Corn Pastas |
| <i>Annie Chun's</i> | Rice Noodles |
| <i>Thai Kitchen</i> | Thin Rice Noodles |
| | Stir-Fry Rice Noodles |
| <i>Lundberg Family Farms</i> | Rice Pasta |
| <i>Mrs. Leepers</i> | Rice Pasta |
| <i>Pastariso</i> | Rice Pasta |

RICE MIXES & GRAINS

| | |
|------------------------|-------------------------|
| <i>Ancient Harvest</i> | Quinoa |
| <i>Casbah Nutted</i> | Pilaf |
| | Spanish Pilaf |
| | Lentil Pilaf |
| <i>Fantastic Foods</i> | All Rice |
| | Couscous |
| <i>Lundberg Farms</i> | Creamy Parmesan Risotto |
| | Tomato Basil Risotto |

CEREAL

| | |
|-------------------------------|--------------------|
| <i>Pacific Grain Products</i> | Nutty Rice Cereal |
| <i>Nature's Path Foods</i> | Mesa Sunrise |
| | Hony'D Corn Flakes |

CRACKERS & CHIPS

| | |
|-------------------------------|-------------------------------|
| <i>Barbara's Bakery</i> | Natural Cheese Puffs |
| | Jalapeño Cheese Puffs |
| <i>Bearitos</i> | Organic Popcorn Lite |
| | Popcorn-White |
| | Cheddar Crunchitos |
| | Lite Cheddar Puffs |
| <i>Boulder Potato Company</i> | Potato Chips |
| <i>Edward & Son</i> | Brown Rice Snaps |
| <i>Garden of Eatin'</i> | Black Bean Chili |
| | Sesame Blues |
| | Corn Chips |
| <i>Hain</i> | Mini Rice Cakes: |
| | Plain, Ranch, |
| | Apple Cinnamon, |
| | Popcorn |
| <i>Sesmark</i> | Brown Rice Crackers |
| <i>Lundberg Family Farms</i> | Rice Cakes: Brown Rice, |
| | Wild Rice, Mochi Rice (sweet) |
| <i>Newman's Own</i> | Popcorn: Butter Flavor, |
| | Natural Light, All Natural |
| <i>Kettle</i> | Natural Organic |
| | Potato Chips |

BEANS & CANNED ITEMS

| | |
|------------------------|---------------------|
| <i>Eden</i> | Baked Beans |
| | Adzuki |
| | Black |
| | Black Soy |
| | Kidney |
| | Garbanzo |
| | Navy |
| <i>Fantastic Foods</i> | Refried Black Beans |

SOUPS

| | |
|-------------------------|-------------------------|
| <i>Eden Foods</i> | Hacho Miso |
| | Shiro Miso |
| <i>Edward & Son</i> | Miso Cup with Seaweed |
| <i>Healthy Valley</i> | Black Bean & Vegetable |
| | Organic Black Bean |
| | Chicken Broth |
| | Beef Broth |
| <i>Imagine Foods</i> | Creamy Potato Leek |
| | Creamy Butternut Squash |
| | Creamy Broccoli |
| | Mushroom |
| | Creamy Sweet Corn |
| <i>Pacific Organic</i> | Cream of Tomato |
| <i>Shelton's</i> | Chicken Broth |

FROZEN FOODS

| | |
|----------------------|---------------------------|
| <i>Amy's</i> | Mexican Tamale Pie |
| | Cheese Enchiladas |
| <i>Shelton's</i> | Chicken & Turkey Franks |
| <i>Van's</i> | Foods Gluten-Free Waffles |
| <i>International</i> | |
| <i>Waffle Heaven</i> | Gluten-Free Waffles |

BREAD

| | |
|----------------------|---------------------------|
| <i>Food for Life</i> | Rice & Pecan Bread |
| | Rice & Almond Bread |
| | White & Brown Rice Breads |

* This item is available in the Bulk Department