

# GF

# Gluten Free

## YOUR GLUTEN FREE GUIDE:

### Eating Gluten Free at Metcalfe's Market Made Easy

METCALFE'S MARKETS OFFER HUNDREDS OF GLUTEN-FREE PRODUCTS. THIS GUIDE PROVIDES INSIGHT INTO OUR MANY GLUTEN-FREE OPTIONS AVAILABLE. THIS LIST IS NOT ALL-INCLUSIVE. THE GLUTEN-FREE PRODUCTS WE CARRY IS GROWING ALL THE TIME! ALSO, BE SURE TO STOP BY OUR CAFÉ, DELI AND BAKERY AND ASK FOR OUR GLUTEN-FRIENDLY OPTIONS.

*A gluten-free diet means avoiding all foods that contain wheat, rye, barley and most oats. A product labeled "gluten-free" must contain less than 20 ppm (parts per million) gluten. If you or someone in your family is gluten-intolerant or has been diagnosed with celiac disease, you should definitely check for this term on the package.*

## NATURALLY GLUTEN FREE FOODS



### CONDIMENTS AND SPICES

All fresh and dried herbs/spices • Honey • Ketchup • Mustard • Salsa • Vinegar (except malt vinegar) • \*Select gluten-free varieties of barbecue sauce, soy sauce, seasoning packets/mixes and condiments.



### DAIRY

Milk • Yogurt • Cheese • Eggs



### FATS & OILS

Butter • Mayonnaise • Oils • Gluten-free salad dressings



### FRUIT

Fresh • Canned • Frozen • Dried



### GLUTEN-FREE STARCHES

Amaranth • Arrowroot starch • Buckwheat groats • Corn • Cornstarch • Cornmeal • Millet • Potato • Potato flour and starch • Quinoa and quinoa flour • Rice, all varieties • Sorghum flour • Soy flour • Tapioca (cassava) • Teff • Yucca



### LEGUMES

Canned or dried beans • Gluten-free canned baked beans • Lentils • Split peas



### MEAT, FISH, POULTRY

Fresh or frozen (plain) • Gluten-free deli meats



### MISCELLANEOUS

Baking soda • Gluten-free baking powder • Gelatin • \*Select gluten-free health & wellness products such as supplements and protein powders



### NUTS AND SEEDS

Nut • Seeds • Nut flours e.g. almond flour • Nut butters



### VEGETABLES

Fresh • Canned • Frozen

*Metcalfe's*

# CERTIFIED GLUTEN-FREE PRODUCTS



## BARS

- THINKTHIN BARS
- LARA BARS
- KIND BARS
- OATMEGA BARS
- GLENNY'S SNACK BARS
- ENJOY LIFE CHEWY BARS
- NATURE'S BAKERY FIG BARS
- PURE ORGANIC BARS
- RAW REVOLUTION BARS
- BAKERY ON MAIN GLUTEN-FREE BARS



## BREADS

- UDI'S BREAD
  - Whole Grain
  - Chia Millet
  - Omega Flax and Fiber
- ENER-G BREAD
  - Seattle Brown Loaf
  - Brown or White Rice Loaf
  - Light Tapioca Loaf
- FOOD FOR LIFE
  - Whole Grain Brown Rice Bread
  - Rice Almond Bread
  - Raisin Pecan Bread
- CANYON BAKEHOUSE
  - 7-Grain
  - Cinnamon Raisin Bread
- BOB'S RED MILL
  - Hearty Whole Grain Bread Mix
- SCHÄR GLUTEN-FREE
  - Multigrain
  - Ciabatta
  - Baguette
- KINNIKINNICK GF MULTIGRAIN BREAD



## CEREALS

- NATURE'S PATH GLUTEN-FREE CEREALS
  - Whole O's
  - Mesa Sunrise

### ARROWHEAD MILLS

- Organic Maple Buckwheat Flakes

### EREWHON

- Gluten-Free Crispy Brown Rice Cereal

### BARBARA'S BAKERY GLUTEN-FREE

- Honey Rice Puffins
- Brown Rice Crisps

### CHEX GLUTEN-FREE

- Corn Chex

### VAN'S GLUTEN-FREE

- Blissfully Berry
- Cocoa Sensation

### BOB'S RED MILL

- Gluten-free Mighty Tasty Hot Cereal
- Certified Gluten-free Rolled Oats

### SIMPLI

- Gluten-free Oatmeal

### BAKERY ON MAIN

- Gluten-free Instant Oatmeal

### SPECIAL K GLUTEN-FREE

- Touch of Brown Sugar

### UDI'S

- Granola

### BACK TO NATURE

- Granola



## CHICKEN NUGGETS

- APPEGATE FARMS GLUTEN-FREE
- IAN'S NATURAL FOODS GLUTEN-FREE
- BELL & EVAN'S GLUTEN-FREE
- TYSON GLUTEN-FREE



## CRACKERS

- VAN'S GLUTEN-FREE CRACKERS
- MARY'S GONE GLUTEN-FREE CRACKERS
- CRUNCHMASTER GLUTEN-FREE CRACKERS
  - 7 Ancient Grain Crackers
  - Multi-seed Crackers
  - Multi-grain Crackers

### BACK TO NATURE GLUTEN-FREE

- Multi-seed
  - Sea Salt & Cracked Black Pepper
- GLUTINO CRACKERS & SESAME RINGS  
DOCTOR'S IN THE KITCHEN CRACKERS  
BRETOM BEAN AND FLAX CRACKERS  
GENISOY SOY CRISPS  
EDWARD AND SON'S SESAME SNAPS



## PANCAKES & WAFFLES

### VAN'S GLUTEN-FREE

- Ancient Grains Original Waffles
- Flax Waffles
- Buckwheat with Berries Waffles
- Pancakes

### NATURE'S PATH GLUTEN-FREE

- Homestyle Waffles
- Pumpkin Spice Waffles

### PAMELA'S BAKING & PANCAKE MIX

- KING ARTHUR FLOUR PANCAKE MIX
- KRUSTEAZ GLUTEN-FREE BUTTERMILK PANCAKE MIX



## PASTAS

- WILD HARVEST CORN AND RICE PASTAS
- MRS LEEPER'S CORN & VEGETABLE PASTA
- SAM MILLS CORN PASTAS
- EXPLORE ASIA BEAN PASTAS
- LUNDBERG FAMILY BROWN RICE PASTAS
- JOVIAL BROWN RICE PASTAS
- ANCIENT HARVEST QUINOA PASTAS
- BANZA CHICKPEA PASTA
- BONAVITA CORN AND RICE PASTAS
- DELALLO WHOLE GRAIN RICE PASTAS
- NATURE'S EARTHLY CHOICE GF PASTAS
- NOTTA PASTA RICE PASTAS
- GLUTINO BROWN RICE PASTAS
- RP'S PASTA COMPANY GF PASTAS



## PIZZA

- AMY'S GLUTEN-FREE PIZZAS
- UDI'S GLUTEN-FREE PIZZAS & CRUSTS
- CONTE'S GLUTEN-FREE PIZZAS
- DAIYA GLUTEN-FREE PIZZAS
- WILD HARVEST GLUTEN-FREE PIZZAS



## SAUCES

### ORGANICVILLE ORGANIC

- Pasta Sauce
- Ketchup
- BBQ sauce

### LA CHOY GLUTEN-FREE

- Soy Sauce
- Teriyaki Sauce

### FRENCH'S

- Spicy Brown Mustard
- Dijon Mustard

### HELLMAN'S

- Tartar Sauce

### KITCHEN BASICS SOUP STOCKS

### WILD HARVEST

- Salad dressings • BBQ sauce
- Mustards
- Chili sauce

### MAPLE GROVES FARMS OF VERMONT SALAD DRESSINGS

- Old Cape Cod Salad Dressings
- MCCORMICK GLUTEN-FREE GRAVY MIX



## SOUPS

### AMY'S SOUPS, LOW IN SODIUM

- Cream of Tomato
- Lentil Vegetable

### HEALTHY VALLEY ORGANIC

- Potato Leek, No Added Salt
- FRONTIER GLUTEN-FREE SOUPS
- Eleven Bean Soup • Sausage & Lentil
  - Corn Chowder
  - White Bean Chili

# gluten friendly

## Metcalfe's Deli Salads

5 A DAY SALAD  
7 LAYER SALAD  
APRICOT CHICKEN SALAD  
ASPARAGUS GREEN BEAN SALAD  
AVOCADO SALSA  
BROCCOLI APPLE SALAD  
BROCCOLI BACON SALAD  
BROCCOLI CAULIFLOWER SALAD  
CALIFORNIA QUINOA SALAD  
CHICKEN SALAD  
COWBOY CAVIAR  
CRANBERRY ORANGE RELISH  
CRANBERRY SANGRIA COLESLAW  
CRANBERRY WALNUT COLESLAW  
CREAMY COLESLAW  
CREAMY CUCUMBER SALAD  
CURRIED CHICKEN SALAD  
CURRY TOFU SALAD  
DEVEILED EGG POTATO SALAD  
DIXIE COLESLAW  
EGG SALAD  
FRESH FRUIT SALAD  
GRANDMA'S POTATO SALAD  
GREEK GREEN BEAN SALAD  
GREEK QUINOA  
HERBED RED POTATO SALAD  
ITALIAN OLIVE SALAD  
KALE & APPLE SALAD  
KRUNCHY DETOX SALAD  
LOADED BAKED POTATO SALAD  
MARINATED TOMATO & CUCUMBER SALAD

METCALFE'S SIGNATURE POTATO SALAD  
MOROCCAN CARROT QUINOA SALAD  
MOZZARELLA CAPRESE SALAD  
MUSTARD AMERICAN POTATO SALAD  
PECAN CHICKEN SALAD  
PINEAPPLE JICAMA SALAD  
ROASTED BEET, KALE & ORANGE SALAD  
ROTISSERIE CHICKEN SALAD WITH CASHEWS  
SALAD EXPRESSIONS  
SESAME PEA POD SALAD  
SUMMER COLESLAW  
SWEET & SOUR COLESLAW  
SWEET & SOUR CUCUMBER SALAD  
SWEET POTATO COLESLAW  
TEXAS CAVIAR  
THREE BEAN SALAD  
TOASTED ALMOND & POMEGRANATE CHICKEN SALAD  
TRI-COLOR CHICKPEA SALAD  
TUNA SALAD  
WHITE CHEDDAR STEAKHOUSE POTATO SALAD  
WILD RICE & BUTTERNUT SQUASH  
WISCONSIN CHEDDAR & PEA SALAD

## Dinner Tonight

BBQ MEATBALLS  
BBQ PULLED PORK  
BRAISED SALMON  
CAJUN GRILLED CHICKEN BREAST  
CHILI-LIME GRILLED CHICKEN BREAST  
FIRE BRAISED BBQ RIBS  
FIRE ROASTED CORN

GARLIC PARMESAN GRILLED CHICKEN BREAST  
GRILLED PORK CHOPS  
GRILLED SALMON WITH PINEAPPLE SALSA  
HADDOCK ALMONDINE  
ITALIAN HERB GRILLED CHICKEN BREAST  
KALE & SWISS FRITTATA  
LEMON-PEPPER GRILLED CHICKEN BREAST  
MASHED POTATOES  
PICKLED BEETS & ONIONS  
RHUBARB CUSTARD  
ROASTED ROSEMARY RED POTATOES  
ROSEMARY APRICOT CHICKEN BREAST  
ROTISSERIE TURKEY  
SLOPPY JOES  
SUMMER ROASTED VEGETABLES  
SWEET POTATO & CRANBERRY SALAD  
TEXAS BAKED BEANS  
TURKEY SAUSAGE & EGG WHITE FRITTATA  
TWICE BAKED POTATOES  
WINTER ROASTED VEGETABLES

## 2 for \$6

ALL BOAR'S HEAD MEAT & CHEESE SNACKERS  
BROCCOLI BACON SALAD  
CHICKEN SALAD  
CRANBERRY WALNUT COLESLAW  
CREAMY COLESLAW  
DEILED EGGS  
FRESH FRUIT  
GRAPES & CHEESE  
GREEK QUINOA  
HERBED RED POTATO SALAD  
ITALIAN OLIVES  
KALE & APPLE SALAD  
MOZZARELLA CAPRESE SALAD  
PEACHES & MINT SALAD

RHUBARB CUSTARD  
ROASTED BEET, KALE & ORANGE SALAD  
SESAME GINGER 3 GRAIN SALAD  
METCALFE'S SIGNATURE POTATO SALAD  
TEXAS CAVIAR  
VEGETABLE EXPRESSIONS SALAD  
WHOLE HARD-BOILED EGGS WITH FRESH VEGGIES  
WILD RICE ROSA MARINA SALAD

## Grab N Go Items

BLACK BEAN CHIPOTLE DIP  
BOAR'S HEAD CHEESE & SAUSAGE TRAY  
FRESH-MADE SALSA  
FRUIT TRAYS  
GUACAMOLE  
ROTISSERIE CHICKEN  
TZATZIKI SAUCE

## Grab N Go Salads

BEET & WALNUT SALAD  
GREEK SALAD  
ITALIAN SALAD  
KALE & APPLE SALAD  
STRAWBERRY SPINACH SALAD  
TUNA NICOISE SALAD

## Grab N Go Salad Dressings

PAUL NEWMAN'S POPPY SEED  
(STRAWBERRY SPINACH SALAD)  
GOLDEN ITALIAN DRESSING  
(TUNA NICOISE SALAD)  
RED WINE VINAIGRETTE  
(GREEK SALAD SALAD)  
BALSAMIC VINAIGRETTE  
(BEET & WALNUT SALAD)  
CAESAR DRESSING  
(CAESAR SALAD)