

# Gluten Free Products

CONTINUED

## Frozen Foods\*

Against The Grain Baguette, Pizza Crusts, Sesame Bagels  
Against The Grain Dinner Rolls, (Original, Pumpnickel **NEW!**)  
Alexia Oven Reds, Oven Fries, Hash Browns, Oven Blends Fries  
Birds Eye Frozen Vegetables: All Except With Sauce  
Cascadian Farms Fruits, Vegetables  
Amy's Enchiladas, Teriyaki Bowl, Rice Mac & Cheese,  
Amy's Shepards Pot Pie, Cheese Enchilada  
Foods By George Cheese Pizza  
Foods By George English Muffins (Original, Wheat **NEW!**)  
Foods By George Brownies, Blueberry Muffins **NEW!**  
Food For Life Brown Rice Tortillas  
French Meadow Bakery Choc Chip Cookie Dough **NEW!**  
Glutino Bread with Flax Seed  
Glutino Mac & Cheese, Penne Alfredo  
Glutino Spinach & Feta Pizza  
Glutino Whole Grain French Toast  
Rice Expressions Whole Grain Brown Rice Pilaf  
Conte's Cheese Raviolis **NEW!**

## Ice Cream / Frozen Yogurt\*

Gaga's Sherbetter Pints  
Soy Delicious Creamy Vanilla & Chocolate Dessert  
Stonyfield Vanilla, Dulce De Leche, After Dark Chocolate, Vanilla  
Fudge Swirl Frozen Yogurt  
Ben & Jerry's: Chunky Monkey, Phish Food, Cherry Garcia, Peanut Butter Cup, Pistachio Ice Cream  
Edy's Ice Cream: Except Cookie Dough  
Edy's Fruit Bars: All  
Skinny Cow Fudge Bars

## Refrigerated Foods

Cabot Cheeses & Butter  
Laughing Cow French Onion Light, Regular Original  
Athenos Feta  
Heluva Good Cheeses: All  
Kraft: Read Labels (will state on label)  
I Can't Believe It's Not Butter Sticks, Spray & Tubs  
Smart Balance Spread  
Land-o-Lakes Butter & Margarine  
Jell-O Gelatin Snacks 100 Calorie FF Pudding  
Yoplait Yogurt: Original & Light  
Stonyfield Drinkable Yogurt: All  
Stonyfield Yogurt: All  
Egg Beaters Liquid Egg  
Nestle Coffeemate Creamers: All  
Simply Smart Cream: All  
Hood Cream: All  
Silk Soy Milk: All  
Kozy Shack Pudding Varieties **NEW!**  
Cape Cod Original Seafood Chowder (*Chatham F&L*) **NEW!**

## Beer / Wine / Liquor

Bard's Tale Beer: Dragons Gold  
Redbridge Sorghum Beer

\*Found In Our Frozen Dept.

## WHAT IS CELIAC DISEASE?

Celiac disease (CD) is a genetic disorder. In people with CD, eating certain types of protein, called gluten, sets off an autoimmune response that causes damage to the small intestine. This, in turn, causes the small intestine to lose its ability to absorb the nutrients found in food, leading to malnutrition and a variety of other complications. Eventually, decreased absorption of nutrients can cause vitamin deficiencies that deprive your brain, peripheral nervous system, bones, liver and other organs of vital nourishment, which can lead to other illnesses. This is especially serious in children, who need proper nutrition to develop and grow. The offending protein, gluten, is found in wheat, barley, rye, and to a lesser extent, oats. No treatment can cure celiac disease. However, you can effectively manage celiac disease through changing your diet.

## WHAT CAN I DO?

### Read food labels

Food labels are your lifeline to better health. Always read the food label before you purchase any product. Some foods that may appear acceptable, such as rice or corn cereals, may contain gluten. What's more, a manufacturer may change a product's ingredients at any time. In July 2004, the U.S. Congress passed a bill requiring products containing wheat, milk, soy, peanuts, tree nuts, fish, shellfish or eggs to say so in plain English on the product's label. The bill also requires the FDA to develop a standard definition of "gluten-free" to make it easier for shoppers with celiac disease to identify products.

### Call the manufacturer

If you can't tell by the label if a food contains gluten, don't eat it until you check with the product's manufacturer.

## FOR MORE INFORMATION:

[www.celiacsolution.com](http://www.celiacsolution.com)

## IF YOU HAVE SUGGESTIONS OR REQUESTS PLEASE EMAIL:

[glutenfree@ringbrosmarketplace.com](mailto:glutenfree@ringbrosmarketplace.com)

OR CALL: [508-394-2244](tel:508-394-2244)

To our knowledge these products are all gluten free. We are not responsible for a listing which is not gluten free. Manufacturers may change a product's ingredients at any time. This list does not include information regarding cross contamination.

As such please use this list at your own risk.

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# Gluten Free Guide

  
**Ring Bros.**  
**Marketplace**

*All the best under one roof.*

For those that are gluten intolerant this is a **partial** list of gluten free items that we carry. Some items do not state "gluten free" on the label but are appropriate for individuals on gluten free diets. Although there are many more gluten free items in our store, they are not all listed here. Items change frequently so we apologize if an item on this list has been discontinued. Please look out for new items which are being added weekly.



# Gluten Free Products

## Baked Goods

Do Goodie Cookies\*  
Ener-G White Rice Loaf, Brown Rice Loaf, Rolls  
Rustic Crust G/F Napoli Herb Pizza Crust  
Aleia's Cinnamon Raisin Bread\* **NEW!**  
Aleia's Farmhouse White Bread\* **NEW!**

## Baking Mixes / Fillings

Bascom Tapioca  
Cherrybrook Kitchen Frosting  
Cherrybrook Kitchen Cake / Cookie / Pancake Mix  
Comstock Fruit Fillings: All  
Oregon Cherry Fruit Fillings: All  
Solo Apricot Cake and Pastry Filling  
Namaste Muffin Mix  
Namaste Pancake & Waffle Mix  
None Such Mince Meat  
Grandma's Fig Pastry Filling  
Pamela's Gluten Free Baking Mix  
Libby's Pumpkin Pie Filling  
One Pie Squash  
Bar Harbor Indian Pudding  
Jello Brand Pudding and Gelatins: All  
Gluten Free Pantry Brownie Mix / Pie Crust Mix  
Simply Organic Baking Mixes: All

## Baking Supplies / Flour

Amore Tomato, Pesto, Garlic, Hot Pepper Paste  
Argo Pure Corn Starch  
Arm & Hammer Baking Soda  
Rumford Baking Powder  
Ghiradelli Ground Baking Chocolate: All  
Ghiradelli Baking Bars: All (except white)  
Hershey's Cocoa  
Droste Cocoa  
Equal Exchange Organic Baking Cocoa  
Bob's Red Mill Almond Meal Flour  
Florida Crystals Natural Milled Cane Sugar  
Splenda Sweetener  
Saco Cultured Buttermilk for Baking  
India Tree Decorating Candies: All  
Marmite Yeast Extract  
Odense Marzipan, Almond Paste  
Holiday Blackstrap Molasses  
Crisco: All  
Spectrum Coconut, Sunflower, Canola Oils  
Pam Cooking Spray: All  
Olive Oil / Corn Oil / Vegetable Oil  
All Vinegars (except for malt vinegar)  
Karo Syrups  
All Salts & Peppers  
Durkee Spices, Extracts, Food Coloring: All  
Simply Organic Spices  
Let's Do Organic Coconut Flakes  
Madhava Agave Nectar: Amber  
Native Forest Org Mandarin Oranges **NEW!**  
Aleia's Italian Breadcrumbs **NEW!**  
Gillian's Foods Gluten Free Breadcrumbs **NEW!**

## Beverages

Fiji Natural Artesian Water  
Dasani Water  
Poland Spring Sparkling Spring Water  
San Pellegrino Sparkling Mineral Water  
Ocean Spray: Juice & Tea Drinks  
Gatorade: Thirst Quenchers  
Arizona Ice Tea: All  
Tropicana: All  
Newman's Own: All  
Hawaiian Punch  
Pepsi: All  
Coca-Cola: All  
Orangina  
Izze: All  
Reeds Ginger Beer: All  
Virgil's Root Beer  
Knudsen Spritzers 4pk: All **NEW!**

## Breakfast Foods

Bakery On Main Gluten Free Granola  
Bob's Red Mill Gluten Free Hot Cereal  
Arrowhead Rice & Shine Hot Cereal  
Cherrybrook Kitchen Pancake Mix  
Erewhon G/F Crispy Brown Rice Cereal **NEW!**  
Glutino Apple Cinnamon / Honey Nut Cereal  
Glutino Breakfast Bars Cranberry  
Lundberg Hot & Creamy Rice Cereal  
Natures Path g/f Vanilla Sunrise Cereal **NEW!**

## Coffee / Hot Chocolate / Tea

Coffee: Hogan Brothers, Starbucks, New England, Peet's: Check Flavored Coffees  
Hot Chocolate Mix: Equal Exchange Organic, Nestles, Ghiradelli Chocolate Mocha  
Green & Black Organic Hot Chocolate  
Tea: Salada, Lipton, Twinings, Tazo, Stash: All  
Celestial Seasonings: All Ex Holiday Varieties

## Chocolate / Candy / Bars

Genisoy Chunky Peanut Butter Protein Bar  
Dagoba Milk, Dark Chocolate, Milk Latte, Dark Raspberry, Dark Cherry, Dark Lime, Dark Mint, Milk Hazelnut, Lavendar, New Moon Chocolate Bar  
The Ginger People Original Ginger Chews  
Larabar Nutritional Bars: All

## Condiments / Sauces / Salsas

Mayonnaise: Cains, Hellmann's, Spectrum  
Mustard: French's, Guldens, Grey Poupon  
Ketchup: Woodstock Farms, Heinz (Except Organic)  
Cain's Hamburger & Hotdog Relish  
Gold's Horseradish  
Bone Sucking Sauce: All  
Stonewall Kitchen Sauces: All (except Gngr Teriyk)  
Casa Fiesta Mild Enchilada Sauce  
Ortega Taco Sauce Mild & Spicy  
Taste of Thai Sweet Red Chili Sauce

Sambal Oelek Chili Paste  
HoKan Wasabi Powder, Chili Sauce with Garlic, Plum Sauce  
Green Mountain Gringo Salsa: All  
Gallagher's Salsa: Chipotle & Queso  
Newman's Salsas: All  
San-J Wheat Free Soy Sauce  
Gold's Wasabi Sauce  
Thai Kitchen Green Curry, Red Curry Paste  
Thai Kitchen Fish Sauce  
Taste of Thai Coconut Milk  
Casa Fiesta Guacamole Seasoning, Taco Mix  
Joyva Sesame Tahini  
Nantucket Off Shore Spice Rubs  
New England Cranberry Jams & Jellies  
Cape Cod Cranberry Harvest Jams & Jellies  
Wicked Natural Eggplant, Island Fruit Salsa, Mustard Dill, Caramel Mustard, Ketchup  
Lucini Vinaigrette Salad Dressings: All  
Mimiccreme Cream Substitute **NEW!**

## Cookies/Crackers

Arico Natural Foods Cookies  
Dr. Lucy's Cookies **NEW!**  
Edwards Brown Rice Crackers G/F **NEW!**  
Glutino Crackers  
Glutino Sandwich Cookies: All  
Let's Do Org Gluten Free Ice Cream Cones  
Mary's Gone Crackers, Flax Seed Crackers  
Natural Nectar Gluten Free Cracklebread  
Schar Table Crackers, Breadsticks **NEW!**  
Schar Ladyfingers **NEW!**  
Schar Cookies and Wafers **NEW!**  
Aleia's Cookies **NEW!**  
Aleia's Macaroons **NEW!**

## Pasta/Pasta Sauces

Muir Glenn Organic Pasta Sauces: All  
Classico Pasta Sauce: All  
Bertolli Alfredo Sauce  
Boves Pasta Sauce: All  
Capa Di Roma Sauce: All  
Cucina Antica Pasta Sauce: All  
Stonewall Kitchen Marinara Sauce  
Raos Pasta Sauce: All  
Bionature G/F Pastas  
Schar G/F Penne, Spaghetti **NEW!**  
Tinkiyada Penne, Spaghetti, Lasagna Noodles  
Annie Chuns: Rice Noodles, Pad Thai Noodles

## Rice / Beans / Grains

Uncle Bens: White, Brown, Wild Rice  
Minute Rice: White, Brown Rice  
Casa Fiesta Mexican Style Rice  
Rice Select: All Varieties Except Royal Blend  
Lundberg Risotto: Tuscan, Alfredo, Creamy Parm.  
La Polenta: Polenta  
Beretta Polenta

Honest Earth Powdered Mashed Potatoes **NEW!**  
Natures Path Flax Seeds, Flax Meal

## Salad Dressings

Annie's Caesar, Org Red Wine & Olive Oil Vinaigrette, Honey Mustard, Green Goddess, LF Raspberry Vinaigrette, Balsamic Vinaigrette, French, Rstd Red Pepper Vinaigrette, LF Honey Mustard Vinaigrette, Cowgirl Ranch, Org Thousand Island, Tuscan Italian Vinaigrette  
Drew's Romano Caesar, Garlic Italian, Honey Dijon, Buttermilk Ranch, Raspberry Dressing  
Stonewall Kitchen Salad Dressing: All  
Newman's Salad Dressings: All  
Ring Bros. Markets Dressings: All except Blue Chs  
Riverway Cape Cod Dressing  
Olde Cape Cod Dressings: All  
Kraft Salad Dressing: All  
Wishbone Salad Dressing: All  
Hidden Valley Ranch, Coleslaw Dressing

## Snacks / Chips

Frito Lay Tostitos, Potato Chips, Salt & Vinegar, Sour Cream & Onion, Thick cut Sea Salt, Ruffles  
Robert's American Veggie Booty, Pirate Booty  
Food Should Taste Good Tortilla Chips: All  
Laurel Hill Tortilla Chips: All New Flavors **NEW!**  
Cape Cod Potato Chips: All Except Barbeque  
Deep River Snacks Chips: All **NEW!**  
Glenny Soy Crisps: All  
Glutino G/F Pretzels  
Eden Organic Original Pumpkin Seeds / Spicy  
Gerb's Pumpkin Seeds: All **NEW!**  
Glutino Chewy Granola Bars  
Mary's Gone Crackers Sticks and Twigs **NEW!**  
Lesser Evil Black & White, Kettlecorn  
Lundberg Rice Cakes  
Popcorn Indiana Popcorn: Kettle, Wht Ched  
Sahale Ksar, Socorro, Soledad, Valdosta Blend  
Terra Sweet Potato Chips  
Kind Plus Bars: All **NEW!**  
Our own packaged Vegetable Chips **NEW!**  
Bare Dried Fruit: All **NEW!**  
Green Mountain Gringo Tortilla Strips

## Soups / Broth / Chili

Amy's LS Cream of Tomato Soup, Lentil Vegetable Soup, Org Cream of Tomato Soup, Org Lentil Soup, Org LF Black Bean Soup, FF Split Pea, Chunky Tomato  
Amy's Medium Chili, Spicy Chili  
Kitchen Basics Broth: All  
Pacific Natural Foods Soups: All  
Thai Kitchen Soups: All

**Note: When the word "ALL" is used it refers to only the varieties we carry at our store.**

\*Found In Our Frozen Dept.