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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

- APPLGATE 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 Items ▼

APPLE WALDORF
APRICOT CHICKEN SALAD
ASPARAGUS GREEN BEAN SALAD
AUBON APPETITE RED PEPPER HUMMUS
AUBON APPETITE ORIGINAL HUMMUS
BLACK BEAN QUINOA
BROCCOLI BACON SALAD
BROCCOLI CAULIFLOWER BACON SALAD
BRUSCHETTA
BRUSSELS SPROUTS WITH PISTACHIOS
CANNELLINI BEAN W/ SPINACH SALAD
CANTALOUPE PROSCIUTTO
CARROT RAISIN SALAD
CHERRY TOMATO AND CAPER SALAD
CHICKEN ORIENTAL
CHIPOTLE CHICKEN SALAD
COWBOY CAVIAR
CRANBERRY ORANGE RELISH
CRANBERRY RELISH
CRANBERRY WALNUT SLAW
CREAMY COLESLAW
CREAMY CUCUMBER SALAD
CUCUMBER TOMATO AND MINT SALAD
CURRIED CHICKEN SALAD
CURRIED TOFU SALAD
DEVILED EGG POTATO SALAD
EGG SALAD
FALL HASH
FARROW PROSCIUTTO SALAD
FENNEL RAISIN SLAW
FIRE ROASTED CORN SALAD
GREEK GREEN BEAN SALAD
GREEK QUINOA
GRANDMA'S POTATO SALAD
GREEK TUNA SALAD
ITALIAN OLIVE SALAD
KALE AND APPLE SALAD
KALE, BEET & WALNUT SALAD
MARINATED TOMATO & CUCUMBER SALAD
MACEDONIAN SALAD
METCALFE'S SIGNATURE POTATO SALAD
MIXED FRUIT SALAD
MOZZARELLA CAPRESE
ORANGE RADISH MINT SALAD
PECAN CHICKEN SALAD
PEAS & CHEESE
PICKLED BEETS
PISTACHIO PINEAPPLE FLUFF
PINEAPPLE SALSA
PINEAPPLE JICAMA SALAD
QUINOA SUMMER SALAD
QUINOA FENNEL SALAD
RED POTATO & HERB SALAD
ROASTED EDAMAME SALAD
ROTISSERIE CHICKEN SALAD
SALAD EXPRESSIONS
SESAME PEA POD SALAD
SNAP PEA SALAD WITH RADISH AND LIME
SPICED APPLE SAUCE
SPINACH WILD RICE
SWEDISH CUCUMBER SALAD
SWEET AND SOUR COLESLAW
SWEET AND SOUR CUCUMBER
SWEET POTATO CRANBERRY SALAD
SUMMER COLESLAW
SUMMER CORN SALAD
THREE BEAN SALAD
TOMATO SALAD

TRI-COLORED CHICKPEA
TUNA SALAD
TUSCANY BEAN SALAD
WATERMELON TOMATO FETA SALAD
WILD RICE
WILD RICE BUTTERNUT SQUASH
& CRANBERRIES
VEGETABLE EXPRESSIONS SALAD
ZUCCHINI MINT SALAD

2 for \$6 Items ▼

ALL BOARS HEAD MEATS & CHEESES
ARTICHOKE RICE
BROCCOLI BACON SALAD
CHIPOTLE SWEET POTATO
COTTAGE CHEESE & BLACK OLIVE TOMATO
COWBOY CAVIAR
CREAMY COLESLAW
DIJON DEVEILED EGGS
FRESH FRUIT
GRAPES AND CHEESE
GREEK QUINOA
KALE APPLE SALAD
CRANBERRY WALNUT SLAW
ITALIAN OLIVE
METCALFE'S BAKED CUSTARD
MOZZARELLA CAPRESE
PEACHES AND MINT
SIGNATURE POTATO SALAD
WHOLE ORGANIC EGGS & FRESH VEGGIES

Grab N Go Salads ▼

BEET & WALNUT SALAD
GREEK SALAD
ITALIAN SALAD
KALE & APPLE SALAD
FRESH-MADE SALSA
STRAWBERRY SPINACH SALAD
TUNA NICOISE SALAD

Grab N Go Items ▼

BLACK BEAN CHIPOTLE DIP
FRUIT TRAYS
GUACAMOLE
METCALFE'S GF SAUSAGE & CHEESET RAY
ROAST CHICKEN
TZATZIKI SAUCE

Salad Dressings ▼

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

