



Open Harvest  
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# GLUTEN-FREE PRODUCTS

Open Harvest Natural Foods Grocery carries a large selection of gluten- and wheat-free foods to accommodate your diet, and make your life easier and more enjoyable. Below is a listing of some of the many gluten-free products we have available. **Please always read the product labels! Some items are processed in facilities that also produce foods containing gluten.**

## BAKERY

The Open Harvest bakery staff takes pride in making all of our baked goods from scratch, using organic ingredients whenever possible. Our plain rice bread is available fresh every Wednesday and Saturday after 3:00 p.m. We also strive to keep plain and flavored rice breads stocked in our freezer section.

Gluten-free muffins are baked on Saturday; and we regularly bake chocolate fudge rice brownies. We make coconut macaroons, plain or with chocolate chips. And try our Bumble Babies, a peanut butter & honey confection with lots of seeds and nuts!

Our bakery accepts special orders for all products.  
(Please give at least one week's notice when ordering.)

- **Rice bread**
  - cinnamon raisin
  - onion dill
  - plain
  - walnut
- **Dessert items**
  - Bumble Babies
  - chocolate brownies
  - coconut macaroons
- **Muffins**
  - blackberry walnut
  - blueberry
  - cherry vanilla
  - lemon poppy seed
  - raspberry
  - raspberry almond

## DAIRY

- **Brown Cow yogurt**
  - all flavors
- **Cascade Fresh**
  - Low-fat plain yogurt
- **Earth Balance**
  - Buttery Sticks
  - Buttery Spread – olive
  - Buttery Spread – whipped
  - margarine
- **Follow Your Heart**
  - Vegan cheddar cheese
  - Vegan Mozzarella cheese
  - Vegan Monterey Jack cheese
- **Galaxy Foods**
  - rice milk single slices
- **LifeWay yogurt**
  - black cherry
  - blueberry
  - peach
  - plain
  - pomegranate
  - raspberry
- **Lisanatti**
  - almond milk mozzarella
  - shredded cheddar
  - shredded mozzarella
  - three-cheese blend
- **Whole Soy yogurt**
  - all flavors

# MEAT & SEAFOOD

**Shelton's Turkey Franks and Turkey Sausage Patties; and Garrett County Farms Turkey Dogs, Hot Dogs, Black Forest Ham, Andouille and kielbasa are all gluten-free.** (The Garrett Farms pepperoni is **not** gluten free.) There are other options available in the Meat & Seafood department; many products that we offer will be naturally gluten free. Check with a department staff member for additional information!

## SUPPLEMENTS / BODY CARE

The full line of **Pioneer** products is gluten free.  
Select products within the following brands have gluten-free options.

- Enzymedica
- Liquid Health
- Natural Calm
- Nature's Plus
- Renew Life
- Schiff
- Sedona Labs
- Veglife

## GROCERY

### CEREALS

- **Arrowhead Mills, Inc.**
  - Peanut Butter Crunch
- **Barbara's Bakery**
  - Brown Rice Crisps
  - Honey Rice Puffins
- **Nature's Path**
  - Honey Corn Flakes
  - Mesa Sunrise Flakes
- **Envirokidz**
  - Amazon Frosted Flakes
  - Gorilla Munch
  - Koala Krisp
  - Leapin' Lemurs (original)
  - Panda Puffs
- **Perky Os**

### BEVERAGES

- **Blue Diamond almond milk**
  - Almond Breeze (chocolate & vanilla)
- **Lakewood**
  - cranberry lemonade
  - Juice Blend (açai + Amazon berry)
  - lemonade
- **Living Harvest hemp milk**
  - chocolate
  - original
  - unsweetened original
  - vanilla
- **Native Forests**
  - light coconut milk
- **Pacific Natural Foods**
  - soymilk (vanilla)
  - natural almond milk (original)
- **Renew Life**
  - Ultimate Chia Life
- **Rice Dream [Imagine Foods]**
  - chocolate
  - horchata
  - original
  - original – enriched
  - vanilla
- **Soymage**
  - grated soy parmesan
- **Silk Soymilk**
  - chocolate
  - plain (refrigerated)
  - plain (shelf-stable)
  - vanilla (refrigerated)
  - vanilla (shelf stable)
- **Westsoy**
  - Plus Soymilk (plain & vanilla)

## ENTRÉE / FROZEN

- **Amy's Kitchen**
  - Black Bean Vegetable Enchilada
  - Mexican Tamale Pie
  - Rice Crust Cheese Pizza
  - Rice Crust Spinach Pizza
  - Santa Fe Enchilada Bowl
  - Shepherd's Pie
  - Teriyaki Bowl
  - Thai Stir Fry
  - Tortilla Casserole & Black Bean Bowl
- **Bahama Rice Burger**
- **Glutino Macaroni 'n' cheese**
- **Sunshine Garden Burger**
- **Lundberg Family Farms**
  - Short Grain Brown Rice Bowl
- **Road's End Organic**
  - penne & cheese
- **Simply Asia**
  - Rice Noodle Sesame Chicken Bowl
- **Tasty Bite**
  - Juniper Vegetables
  - Kashmir Spinach
  - Punjab Eggplant
- **Thai Kitchen**
  - Stir-Fry Rice Noodles
  - Thai Basil & Chili Take-Out

## SWEETS

- **Divine Foods Products**
  - Macadamia Paradise Boomi Bar
  - Perfect Pumpkin Boomi Bar
- **Enjoy Life**
  - Crispy Rice Milk Chocolate Bar
  - Dark Boom Chocolate Bar
  - Rice Milk Chocolate Bar
  - Snicker Doodle
- **GF Essential**
  - Cherry Jubilee Rice Mix
- **Good Karma**
  - Carrot Cake Rice Cream
  - PB Fudge Rice Cream
  - Vanilla Rice Cream
- **Kinnikinnick Kinnitoos**
  - Chocolate Cream Sandwich
  - Vanilla Cream Sandwich
- **Kind Fruit & Nut Bars**
- **Jennie's Macaroons**
- **Lärabar organic bars** (all flavors)
- **Nature's Path**
  - Cheetah Berry Crispy Rice Bar
- **Oskri Organic**
  - Sesame Bars (molasses or date syrup)
- **Pamela's Cookies**
  - Chunky Chocolate Chip
  - Peanut Butter
- **Prana Bar**
  - apricot goji
  - cashew almond
- **Zen Don**
  - chocolate soy pudding

## PASTA

- **Lundberg Family Farms**
  - Aromatic Wehani Rice
  - Brown Rice Penne
  - California Basmati Rice
  - Jasmine Rice
  - Long Grain Brown & White Rice
  - Short Grain Rice
  - Spaghetti
- **Mrs. Leeper's Pasta**
  - Corn Elbows
  - Corn Spaghetti
- **Notta Pasta Linguine**
- **Tinkyada Rice Noodles**
  - Brown Rice Fettuccine, Lasagna and Spirals
  - Original Penne
  - Spaghetti
- **Thai Kitchen Instant Noodles**
  - Bangkok Curry
  - Garlic Vegetable
  - Ginger Vegetable
  - Lemon Grass & Chili
  - Onion
  - Pad Thai Mix
  - Thin Rice Noodles

## SAUCES, DRESSINGS & CONDIMENTS

- **Amy's Kitchen Salsa**
  - Black Bean, Corn, Medium or Mild
- **Annie's Naturals**
  - Artichoke Parmesan Dressing
  - Caesar Dressing
  - Cowgirl Ranch Dressing
  - Green Goddess Dressing
  - Honey Mustard
  - Horseradish Mustard
  - Ketchup
  - Original BBQ Sauce
  - Papaya Pop Dressing
  - Raspberry Vinaigrette
  - Smoky Maple BBQ Sauce
  - Tuscany Italian Vinaigrette
- **East Wind Smooth Peanut Butter**
- **Edward & Son bullion cubes**
- **Enrico's Pasta Sauce**
- **Native Forest Chutney**
  - Mango Passion
  - Papaya
  - Pineapple
- **Drew's**
  - Buttermilk Ranch Dressing
  - Chipotle Lime Salsa
  - Garlic Italian Dressing
  - Roasted Garlic & Peppercorn Salsa – medium or mild
- **Organic Gourmet**
  - Vegetable bullion cubes
- **Organic Ville**
  - Original BBQ Sauce
  - Sun-Dried Tomato Garlic Vinaigrette
- **Pacific Natural vegetable broth**
- **Spectrum Olive Oil Mayonnaise**
- **Thai Kitchen**
  - Fish Sauce
  - Green Curry Paste
  - Peanut Satay Sauce
  - Red Curry Paste
  - Roasted Red Chili Paste
  - Spicy Thai Chili Sauce
- **Vegenaise Sandwich Spreads**

## SNACKS / CRACKERS

- **Betty Lou's**
  - Coconut Macadamia Nut Balls
- **Bhuja** – Original and Cracker Mix
- **Blue Diamond Cheddar Cheese Thins**
- **Bumble Bar**
  - Chocolate Crisp
  - Original w/ Hazelnut Energy Bar
- **Ener-G Pretzels**
- **Food For Life**
  - Brown Rice Tortilla Chips
  - Sprouted Corn Tortilla Chips
- **Glutino**
  - Cheddar Crackers
  - Original Crackers
- **Green Mountain Gringo**
  - Tortilla Strips (white, blue, or original)
- **Holgrain Brown Rice**
  - Sesame Seed Crackers
- **Lundberg Family Farms**
  - Brown Rice Cakes
  - Country Wild Aromatic Wehani
  - California Basmati Rice Cakes
  - Original Sea Salt Rice Crisp
  - Sesame & Seaweed Rice Crisp
- **Mary's Gone Crackers**
  - Black Pepper
  - Original
- **Mr. Krispers**
  - Tomato & Basil Rice Krisp
- **Real Foods Rice Thins**
- **Season's Lite Cheddar Puffs**
- **Suzie's Puffed Rice Thin Cakes**
- **Tropical South Wild Rice Crisp Bar**
- **Xochitl**
  - Blue Tortilla Chips
  - Original White Tortilla Chips
  - Salted Tortilla Chips

## SOUPS

- **Amy's Kitchen**
  - Chili with Vegetables
  - Chunky Tomato Bisque
  - Cream of Tomato
  - Organic Lentil
  - Split Pea Soup
- **Edward & Son Seaweed Miso Cup**
- **Health Valley Chicken Corn Chowder**
- **Imagine Foods**
  - Free Range Chicken Broth
  - Mushroom Broth
  - No-Chicken Broth
  - Vegetable Broth
- **Pacific Natural**
  - Black Bean Chicken Salsa Soup
  - Fat-Free Chicken Broth
  - French Onion Soup
  - Low-Salt Chicken Broth
  - Spicy Chicken Fajita Soup
- **Walnut Acres**
  - Tomato Soup w/ Roasted Garlic
- **Shelton's Chicken Broth**
  - Regular and Low-Fat/Sodium
- **Thai Kitchen**
  - Coconut Ginger Soup
  - Tomato Yum