

Frozen Foods

Amy's Frozen Meals and Burritos (select varieties)
Amy's Rice Crust Pizzas
Blake's Shepherd's Pie
Caesar's Pasta Dinners
Cedarlane Enchilada Pie
French Meadow Fudge Brownies and Cookies
Gluten Freeda Burritos
Glutino Mac & Cheese, Frozen Dinners and Pizzas
Helen's Kitchen (select varieties)
Henry & Lisa's Salmon Burgers and Nuggets
Ian's Breaded Fish, Chicken and Turkey Dogs
Kettle Cuisine Frozen Soups and Chili
Nature's Path Buckwheat Waffles
Organic Bistro Meals (select varieties)
PJ's Enchilada Meals
Purely Decadent So Delicious Frozen Desserts (select varieties)
Sunshine Burgers
Tandoor Chef (select varieties)
Van's Wheat Free Original Waffles

Baked Goods (many found in freezer aisle)

Food for Life Bread, Rice Tortillas, English Muffins (select varieties)
French Meadow Breads & Brownies
Green Bakery Breads
Glutino English Muffins, Pizza Crusts, Breads, Bread Crumbs
Kinnikinnick Donuts, Buns and Bread
La Tortilla Factory Gluten Free Sonoma Teff Wraps
Maria & Ricardo's Tortillas
Nature's Highlights Brown Rice Pizza Crust
Rustic Crust Pizza Crust (select varieties)
Thuro Bread Bars (select varieties)
Udi's Breads, Bagels, Muffins, Cinnamon Rolls

Snacks and Energy Bars

Annie Chun's Snacks (select varieties)
Bakery on Main Granola Bars
Bumble Bars
Edward and Sons Gluten Free Ice Cream Cones
Enjoy Life Candy Bars & Cereal Bars
Gin-Gin's Boost Ginger Candies
Glutino Bars
GoRaw "Granola" Bar
Kind Bars (select varieties)
Lara Bars (select varieties)
Oskri Sesame Bars
Prana Bars
Tree Hugging Snacks' Crispy Cat Candy Bars

Please note that ingredients in products are subject to change without notice. We recommend that you verify that the product remains gluten-free by checking the ingredients yourself or by contacting the manufacturer. Not all products are carried at both of our store locations.

Gluten Free Shopping Guide



Mississippi Market
Natural Foods Co-op

Gluten Free

Look for the blue Gluten Free shelf tags indicating all of the gluten free products listed in this guide.

www.msmarket.coop

1500 West 7th Street & 622 Selby Avenue
Saint Paul, MN

Gluten Free Products

The following list includes popular products that are labeled as "gluten-free." Many other products in the store may be gluten-free, but are not labeled as such. Naturally gluten-free foods, like fresh broccoli or canned olives, are not listed here.

Crackers, Cookies, and Chips

Blue Diamond Nut Thins & Nut Chips
Boulder Canyon Natural Foods Potato Chips (select varieties)
Doctor in the Kitchen Flax Crackers
Edward and Sons Brown Rice Snaps
Enjoy Life Cookies
Glutino Crackers & Cookies
GoRaw Chips and Flax Snax
Jennie's Macaroons
Kettle Potato Chips (select varieties)
Kinnickinnick Cookies
Lundberg Rice Chips & Rice Cakes
Mary's Gone Crackers & Cookies
Michael Seasons Cheese Puffs
Mi-Del Cookies (select varieties)
Mr. Krispers Krisps and Chips
Nana's Cookies
Pamela's Cookies
Popcorn, Indiana (select varieties)
Robert's Snacks (Pirate Booty and others)
Sesmark Crackers (select varieties)
Terra Chips (select varieties)
Tree of Life Gluten Free Cookies

Packaged Cereals

Ancient Harvest Quinoa Flakes
Arrowhead Mills Rise & Shine Hot Cereal
Bakery on Main Granolas
Barbara's Multigrain Puffins
Bob's Red Mill Hot Cereal (select varieties)
Ener-G Rice Bran Cereal
Enjoy Life Cereal
Envirokidz Cereal (select varieties)
Erewhon Crispy Brown Rice Cereal
General Mills Rice Chex
Glutenfreeda Oatmeal & Granola
Lundberg Hot Rice Cereal
Nature's Path Cereals (select varieties)
Udi's Granola

Prepared Soups and Broth

Imagine (excluding Imagine Bistro soups)
Pacific Broths
Shelton's (broth and chili)
Thai Kitchen Rice Noodle Soup

Dressings, Sauces, and Condiments

Annie's Naturals Dressings, BBQ Sauces, Ketchup (select varieties)
Braggs Vinegars and Aminos (select varieties)
Coconut Secret Raw Vinegar, Coconut Aminos
Drew's All-natural Dressings (select varieties)
Hellman's Mayonnaise
Natural Value Brand Mustard (select varieties)
Nayonaise Vegi-based Spread
Sadia's Gourmet Hot Sauce
San-J Wheat-free Tamari, Teriyaki, Thai peanut Sauces
Santa Cruz Organic Chocolate Syrup (select varieties)
Spectrum Mayonnaise (select varieties)
Thai Kitchen Coconut Milk, Curries & Sauces (select varieties)

Pastas and Noodles

Ancient Harvest Quinoa Pasta
Annie Chun's Rice Noodles (select varieties)
Bionaturae Jovial Pasta (select varieties)
Lundberg Family Farms Brown Rice Pasta
Mrs. Leepers's Corn Pasta
Tinkyada Brown Rice Pasta
Thai Kitchen Thin Rice Noodles & Stir-fry Noodles

Meal Mixes

Annie's Rice Pasta & Cheddar
Edward and Sons Organic Mashed Potatoes
Jyoti Natural Foods Meals (select varieties)
Lundberg Risotto & Brown Rice Couscous (all varieties)
Mrs. Leeper's Pasta Dish Mixes
Namaste Foods Taco Shell Mix & Pasta Dish Mixes
Road's End Organic Pasta & Chreese (select varieties)

Grains, Flours, and Mixes

Arrowhead Mills Gluten-free Pancake Mix
Bob's Red Mill Gluten Free Baking Mixes (select varieties)
Cherrybrook Kitchen Dessert Baking Mixes
Cooqi Gluten Free Flours
Ener-G Products
Enjoy Life Chocolate Chips
Gluten Free Pantry Flour and Baking Mixes
King Arthur Gluten Free Mixes
Namaste Waffle & Pancake Mix and Pizza Crust Mix
Pamela's Cookie and Baking Mixes

Please visit our deli for a list of ready-to-eat gluten free foods, including salads, sandwiches, soups and baked goods!

While we do our best to prevent any cross contamination, our kitchens and bulk foods areas are not dedicated gluten-free facilities.