

GLUTEN FREE GUIDE
from
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Gluten is a protein found in wheat, rye, barley and oats.

This should provide a good guide. However, please do check ingredients yourself to be sure. See last page for a list of those which may indicate the presence of gluten. If you have a high intolerance please be aware there is a (minimal) risk of contamination between harvesting and packaging for some products.

Prices correct June 2008

BABY & INFANT FOODS

Babynat Organic Vegetable Purée – carrots & pumpkin garden vegetables / leek & potatoes / provençale vegetables	130g	92p
Babynat Organic Vegetables with Quinoa	200g	£1.09
Babynat Infant Cereal	220g	£2.95

BAKING SUNDRIES

Doves Farm Quick Yeast	125g	£1.09
Orgran Buckwheat Pancake Mix	375g	£2.37
Orgran No Egg Natural Egg Replacer	200g	£2.12

BEANS and PULSES – Canned and Dried

All gluten free

BISCUITS, CRACKERS and CRISPBREADS

Balance Foods Organic Rice Cakes – fair trade	110g	£1.20
Kallo Organic Chocolate Rice Thins	90g	£1.79
Kallo Organic Corn Cakes	130g	£1.39
Kallo Organic Rice Cakes – thick slice	130g	£1.15
Kallo Organic Savoury Rice Cake Bites	30g	55p
Kallo Organic Savoury Rice Cakes	110g	£1.47
Kallo Organic Sesame Rice Cakes – thin slice	130g	£1.05
Kallo Organic Slightly Salted Rice Cakes – thin slice	130g	£1.39

BREAD and BREAD MIXES

Pauls Yeast-free Gluten-free Sourdough Soybean Flour Bread	400g	£1.85
Orgran Gluten Free Bread Mix	450g	£2.95

BURGERS, SAUSAGES and TVP MIXES

It's Soya Good Soy Chunks	150g	£1.85
It's Soya Good Soy Mince	200g	£1.99
Joannusmolen Soy Sausage Mix – organic	110g	£1.89
Zeds 'Burger' – herb & aubergine / sage & onion		£1.10
tofu & ginger		£1.25

CAKES, PASTRIES and SWEET MUFFINS

Zedz Rich Fruit Cake		98p
Zedz Spiced Apple Mirabel		£1.15
Zedz Sweet Muffin – apple & cinnamon / carrot & orange chocolate, banana, coconut & date / parsnip, date & walnut		98p

CARIBBEAN FOODS

Yabba Apple & Mint Chutney	205g	£2.49
Yabba Cho Cho & Aubergine Pickle	180g	£2.49
Yabba Hot Pepper Sauce	155ml	£2.39
Yabba Mango Chutney	205g	£2.49
Yabba Mango & Ginger Chutney	205g	£2.49
Yabba Spicy Lemon & Lime Pickle	355g	£2.75

CEREALS

Alara Organic Muesli	250g	£1.69
BioFair Organic Quinoa Pops – fair trade	200g	£1.59
Doves Farm Organic Corn Flakes	375g	£2.09
Enviro Kidz Organic Koala Crisp	325g	£2.55
Sound Bites Brown Rice Flakes	500g	£1.30
Sound Bites Brown Rice Flakes	1 kg	£2.30
Sound Bites Buckwheat flakes	500g	£1.75
Sound Bites Millet Flakes – organic	500g	£1.50
Sound Bites Millet Flakes – organic	1 kg	£2.70
Sound Bites Puffed Brown Rice – organic	200g	95p
Sound Bites Quinoa Flakes - organic	500g	£1.75

CHILLED FOODS

Alpro Soya Alternative to Yogurt – organic, plain	500g	£1.35
Alpro Soya Alternative to Yogurt – raspberry & vanilla	125g x 4	£1.44
Alpro Soya Alt. to Yogurt – red cherry/peach/mango	125g x 4	£1.69
Anglesey Vegerella Cheddar	170g	£1.49
Bute Island Sheese original	255g	£1.99
Bute Island Sheese with chives	225g	£1.99
Demeter Organic Tofu Rosso	200g	£2.09
Florentin Organic Falafel	240g	£2.89
Full Dragon Mango and Coconut Milk Agar Agar Dessert		£1.05
Granovita Soyage – black cherry	145g	39p
Redwood Cheezly Edam Style	190g	£1.79
Redwood Cheezly Mature Cheddar Style	190g	£1.79
Redwood Cheezly Mature Cheddar Style with cranberries	190g	£1.79
Redwood Cheezly Mature White Cheddar Style	190g	£1.79
Redwood Cheezly Mozzarella Style	190g	£1.79
Sound Bites Organic Hummus	200g	£1.10
Sound Bites Organic Hummus with Olives	200g	£1.20
Sound Bites Organic Hummus with Sundried Tomatoes	200g	£1.35
Biona Vegetable Margarine – organic non hydrogenated	500g	£1.79
Pauls Nigari Tofu – organic	per kg	£5.09
Sojasun Organic Live Soya Dessert – blueberry / lemon / raspberry passion	125g	53p
Suma Soya Spread	500g	£1.55
Suma Sunflower Spread – GMO free non hydrogenated	2kg	£6.59
Suma Sunflower Spread – GMO free non hydrogenated	500g	£1.59

CHINESE FOODS

Zesame Sweet and Sour Stir-Fry Sauce	170g	£1.79
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CHOCOLATE

All gluten free

CONDIMENTS, PASTES and PURÉES

See also Caribbean, Chinese, Indian, Japanese and Thai Foods

Chalice Kalamata Olive Tapenade	165g	£2.95
Cypressa Stuffed Vineleaves	200g	£1.55
Essential Wholegrain Mustard – organic	200g	£1.65
Geo Sweet Chilli Sauce - organic	290g	£1.59
GranoVita Pâteolé Yeast Spread – Mushroom	200g	£1.89
GranoVita Organic Tofu Pâté - Spicy Mexican	200g	£2.29
GranoVita Organic Tofu Pâté – Tangy Tomato	200g	£2.29
Infinity Organic Stuffed Vine Leaves	283g	£1.29
Infinity Organic Smoked Garlic Mayonnaise	325g	£1.75
Kallo Yeast Free Vegetable Stock Cubes	66g	£1.19
Kallo Vegetable Stock Cubes - organic	66g	£1.20
Marigold Bouillon Powder – organic vegan	150g	£2.18
Marigold Low Salt Bouillon Cubes – organic	72g	99p
Marigold Vegetable Bouillon - organic	84g	£1.15
Organico Black Olive Tapenade	140g	£2.15
Organico Black Olives in a Moroccan Marinade	250g	£2.60
Organico Green Olives in a Lebanese Marinade	250g	£2.75
Organico Green Olives in a Provençale Marinade	250g	£2.35
Plamil Egg Free Mayonnaise – garlic	315g	£1.45
Plamil Egg Free Mayonnaise – plain	315g	£1.45
Plamil Organic Egg Free Mayonnaise	315g	£1.75
Meridian Organic French Dressing	250ml	£1.89
Meridian Mild Salsa – organic	300g	£1.45
Suma Organic Mushroom Paté	200g	£2.09
Suma Organic Savoury Paté	200g	£2.09
Suma Vegan Green Pesto – organic	160g	£2.52
Suma Vegan Red Pesto – organic	160g	£2.59
Vecon Vegetable Stock	250g	£2.59
Zest Vegan Pesto	340g	£3.89

DESSERTS

Coteaux Nantais Fruit Desserts x 2 – apricot / banana / blueberry / cherry / rhubarb / strawberry	224g	£1.80
Just Wholefoods Custard Powder	100g	85p
Orgran Buckwheat Pancake Mix	375g	£2.37

DRINKS: COCOA and COFFEE, HERB TEAS, INFUSIONS and TEAS, FRUIT and VEGETABLE JUICES, FRUIT JUICE CONCENTRATES, CORDIALS, SOFT DRINKS and WATERS

All gluten free except for some nut milks (see Milks)

FLOURS

Doves Farm Buckwheat Flour	1 kg	£1.55
Doves Farm Gluten and Wheat Free Plain White Flour – organic	1kg	£1.96
Doves Farm Rice Flour - organic	1kg	£1.49
Essential Organic Maize Flour	500g	99p
Essential Organic Toasted Soya Flour	500g	£1.54
Infinity Brown Rice Flour – organic	500g	£1.22
Infinity Gram (chickpea) Flour – organic	500g	£1.61
Infinity Potato Flour - organic	500g	£1.42
Infinity Quinoa Flour – organic	500g	£1.68

FRESH FRUIT and VEGETABLES

All gluten free

FRUIT – DRIED, NUTS and SEEDS

All gluten free

GRAINS

Biona Amaranth Supergrain - organic	500g	£1.89
Sound Bites Raw Buckwheat – organic (see last page)	500g	99p
Sound Bites Raw Buckwheat – organic	1kg	£1.60
Sound Bites Roast Buckwheat – organic	500g	£1.65
Sound Bites Millet Grain – organic	500g	£1.05
Sound Bites Millet Grain – organic	1 kg	£1.84
Sound Bites Popcorn – organic	500g	£1.55
Sound Bites Popcorn – organic	1kg	£2.75
Sound Bites Quinoa – organic	500g	£1.20
Sound Bites Quinoa – organic fair trade	1kg	£2.40
Sound Bites Rice – arborio white organic	500g	£1.40
Sound Bites Rice – arborio white organic	1kg	£2.30
Sound Bites Rice – brown basmati organic fair trade	1kg	£2.50
Sound Bites Rice – brown basmati organic fair trade	500g	£1.40
Sound Bites Rice – long grain brown organic	500g	£1.00
Sound Bites Rice – long grain brown organic	1kg	£1.75
Sound Bites Rice – red organic	500g	£1.15
Sound Bites Rice – red organic	1kg	£2.00
Sound Bites Rice – short grain brown organic	500g	85p
Sound Bites Rice – white basmati organic fair trade	500g	£1.45
Sound Bites Rice – white basmati organic	1kg	£2.60

HERBS & SPICES

All gluten free

Zedz Pasties		£1.90
Zedz Savoury Muffins		98p

SNACKS

Biofair Quinoa Snack with Onions – organic, fair trade	84g	£1.35
Probios Rice & Rice Snack – organic	25g	52p
Sound Bites Bombay Mix	250g	£1.05
Sound Bites Garlic Gathia	500g	£1.75
Sound Bites Garlic Sticks	100g	45p
Traidcraft Bombay Mix – spicy mix, fairly traded	150g	75p

SNACKS – BARS

Lyme Regis Apple Kidz Fruit Bar - organic	20g	43p
Lyme Regis Blackcurrant Kidz Fruit Bar – organic	20g	43p
Lyme Regis Fruit 4U – Apple / Cherry / Raspberry	28g	54p
Lyme Regis Ma;n Bar -organic	40g	79p
Lyme Regis Marzipan Bar with Orange – organic	40g	79p
Lyme Regis Seven Seeds & Nut Bar - organic	40g	75p
Lyme Regis Seven Seeds, Nut & Cranberry - organic	40g	75p
Lyme Regis Strawberry Kidz Fruit Bar - organic	20g	43p
Oskri Organics Coconut Bar – organic	56g	65p
Oskri Organics Quinoa Bar – organic	56g	65p
Oskri Organics Sesame Bar – organic	56g	65p
Siesta Carob – Natural / Mint / Orange	50g	99p

SOUPS

Sierra Rica Chestnut and Tomato – organic	420ml	£1.89
Sierra Rica Gazpacho – organic	420ml	£1.89
Sierra Rica Red Pepper - organic	420ml	£1.89
Sierra Rica Spicy Tomato & Chestnut Soup – organic	420ml	£1.89
Sierra Rica Tomato and Basil – organic	420ml	£1.89
Sierra Rica Tomato, Garlic and Chilli – organic	420ml	£1.89
Suma Carrot and Coriander – organic	400g	£1.05
Suma Spicy Lentil Soup – organic, no added sugar	400g	£1.23
Suma Tomato Soup	400g	90p

SPREADS: CHOCOLATE SPREADS, SAVOURY SPREADS, PATÉS, FRUIT SPREADS

All gluten free

SWEETS

Biona Organic Fruit Lollies – no added sugar	6 pack	£1.69
	single lolly	30p
Biona Organic Peppermints	75g	£1.60
Just Wholefoods VegeBears Fruit Jellies – gelatine free	100g	£1.29
Sound Bites Chocolate Beans	100g	70p
Sound Bites Chocolate Footballs	100g	80p
Sunita Grape Juice & Sultana Halva - organic	100g	74p

SYRUPS

Meridian Molasses – organic	350g	89p
Shady Maple Farms Maple Syrup – organic	250ml	£4..39
Yakso Agave Syrup - organic	250ml	£1.98

THAI FOODS

Biona Coconut Oil – organic	200g	£3.25
Biona Pure Creamed Coconut – organic	200g	89p
Geo Organics Peanut Thai Satay Paste	180g	£2.09
Geo Organics Thai Green Curry Paste – organic	180g	£1.99
Ktc Creamed Coconut	200g	48p

VEGETABLES – CANNED, DRIED, JARRED and FRESH

All gluten free

VEGETARIAN MEALS – DRY MIXES

Ferrero Polenta Express	500g	£1.19
Joannusmolen Soya Sausage Mix	110g	£1.89
Organico Soya Chunks - organic	150g	£1.85
Organico Soya Mince – organic	200g	£1.99
Sunita Polenta – organic	500g	97p

N.B. Just Wholefoods Falafel may contain traces of gluten owing to manufacturing processes of some of the ingredients

Ingredients which may indicate the presence of gluten:

Barley	Rye
Barley meal	Rye flour
Bran	Special gluten-free starch**
Cereal	Starch
Cornflour (cornstarch)*	Thickening
Edible starch	Wheat bran
Flour	Wheat flour
Oat flour	Wheat protein
Oatmeal	Wheat starch
Oats	Wheatgerm
Pearl barley	Wheatmeal
Rolled oats	Wholegrain
Rusk	Wholewheat

* While corn/maize does not contain gluten, cornflour can mean a mixture of several starches

**Usually a form of wheat starch

Buckwheat is gluten free – it is not a wheat but a fruit seed.

N.B. There may be reason to discontinue some items and new ones may be added.

Prices may vary.