

Gluten Free Items carried by Capella Market

(We currently carry over 900 individual items that are gluten free. Updated 6/2009)

Brand	Item	Aisle
2 Moms In The Raw	Granola, Assorted	8
A Taste of Thai	Coconut Ginger Soup Base	6
A. Vogel	Herbamare	7
A. Vogel	Tocomare	7
Ah!Laska	Chocolate Syrup	7
Amy's	Black Bean Chili	6
Amy's	Canned Soups, Assorted	6
Amy's	Chili w/Vegetables	6
Amy's	Pasta Sauces, Assorted	6
Amy's	Refried Beans, Assorted	Mexican Endcap
Amy's	Salsas, Assorted	Mexican Endcap
Amy's	Frozen Entrees, Assorted	2
Amy's	Frozen Pizzas	2
Amy's	Soups, Assorted	6
Amy's	Tamales, Assorted	2
Ancient Harvest	Inca Red Quinoa	6
Ancient Harvest	OG Quinoa Flour	7
Ancient Harvest	Quinoa Elbows	6
Ancient Harvest	Quinoa Flakes	8
Ancient Harvest	Quinoa Spaghetti	6
Angeline's	Brown Rice Bread	Bakery Rack
Annie Chun's	Rice Express Bowls, Assorted	6
Annie's Naturals	Cheddar Rice Pasta	6
Annie's Naturals	OG BBQ Sauces, Assorted	7
Annie's Naturals	OG Bunny Fruit Snacks	8
Annie's Naturals	OG Ketchup	7
Annie's Naturals	OG Mustards, Assorted	7
Annie's Naturals	Salad Dressings, Assorted	7
Arico	Cassava Chips, Assorted	5
Arico	Cookies, Assorted	5
Arora	Gobi Spice	5
Arora	Tandoori Chicken Spice	5
Arrowhead Mills	Cake Mixes, Assorted	7
Arrowhead Mills	GF All Purpose Baking Mix	7
Arrowhead Mills	GF Pancake and Baking Mix	7
Arrowhead Mills	Maple Buckwheat Flakes	8
Arrowhead Mills	Rice and Shine Hot Cereal	8
Arrowhead Mills	Sweet Rice Flakes	8
Arrowhead Mills	Vanilla Cake Mix	7
Artisana	Amazon Bliss	8

Artisana	Cashew Butter, Raw OG	8
Artisana	Cocoa Bliss	8
Artisana	Coconut Butter, Raw OG	8
Artisana	Goji Bliss	8
Artisana	Pecan Butter, Raw OG	8
Artisana	Walnut Butter, Raw OG	8
Authentic Foods	Flour, Assorted	7
Baba Joon's	Chocolate Chewies	Bakery Rack
Bakewell	Cream Leavening Agent	7
Bard's Tale	Gold Beer	1
Bavarian Mills	Bread Crumbs	7
Bavarian Mills	Carrot Cake	2
Bavarian Mills	Croutons	7
Bavarian Mills	Frozen Breads	2
Bavarian Mills	Frozen Pie Crust	2
Bavarian Mills	Frozen Pizza Crusts	2
Bavarian Mills	Stuffing (seasonal)	1
Bavarian Mills	Vanilla Pound Cake	2
Betty Lou's	Almond Butter Balls	4
Betty Lou's	Chocolate Walnut Balls	4
Bionaturae	Pasta, Assorted	6
Black Horse	Marinades, Assorted	7
Black Horse	Marionberry Syrup	7
Black Horse	Raspberry Syrup	7
Blue Diamond	Almond Milks, Assorted	9
Blue Diamond	Nut Thins, Assorted	6
Bob's Red Mill	Baking Mixes, Assorted	7
Bob's Red Mill	Baking Powder	7
Bob's Red Mill	Baking Soda	7
Bob's Red Mill	Coconut Flour	7
Bob's Red Mill	Creamy Buckwheat Hot Cereal	8
Bob's Red Mill	Creamy Rice Hot Cereal	8
Bob's Red Mill	Flax Meal	8
Bob's Red Mill	Flax Seeds	8
Bob's Red Mill	Flour, Assorted	7
Bob's Red Mill	Hemp Protein Powder	8
Bob's Red Mill	Hulled Hemp Seeds	8
Bob's Red Mill	Mighty Tasty Hot Cereal	8
Bob's Red Mill	Pizza Crust Mix	6
Bob's Red Mill	Rolled Oats	8
Bob's Red Mill	Steel Cut Oats	8
Bob's Red Mill	Teff Flour	7
Bob's Red Mill	Whole Grain Teff	7
Bone Suckin' Sauce	Hot Barbecue Sauce	7

Boulder Canyon	Rice & Bean Snack Chips	5
Bragg	Liquid Aminos	5
Buffalo Guys	All Natural Hot Dogs	2
Bumble Bar	Organic Energy Bars, Assorted	Front End
Catswell	Happy Hips Cat Treats	Front End
Cherry Brook Kitchen	Chocolate Frosting Mix	7
Cherry Brook Kitchen	Vanilla Frosting	7
Cherry Brook Kitchen	Vanilla Frosting Mix	7
Choco Perfection	European Chocolate Bars	Front End
Coconut Bliss	Frozen Desserts, Assorted	2
Cookswell & Company	BBQ Sauces, Assorted	7
Crosse & Blackwell	Branston, Pickle	7
Dagoba	Chocodrops	7
De Boles	Lasagna	6
De Boles	Rice Pastas, Assorted	6
Desert Essence Organics	Lotions	3
Desert Essence Organics	Shampoos & Conditioners	3
Diamond Crystal	Kosher Salt	7
Dowd & Rodgers	Cake Mixes, Assorted	7
Dr. McDougall's	Black Bean & Lime Soup Cup	6
Dr. McDougall's	Tamale Soup Cup	6
Dr. McDougall's	Tortilla Soup Cup	6
Dr. Praeger's	Frozen Fish Sticks & Fillets	2
Drew's	Salad Dressing, Assorted	7
Drew's	Salsas, Assorted	Mexican Endcap
Earth Balance	Creamy Almond Butter	By Bread Rack
Earth Balance	Peanut Butters	By Bread Rack
Earth Balance	Soy Garden Buttery Spread	Dairy Case
Earth Balance	Whipped Buttery Spread	Dairy Case
Eartharvest	Pumpkorn Pumpkin Seed Snacks, Assorted	8
Eden	Nori Maki Crackers	5
Edward & Sons	Bouillon Cubes	6
Edward & Sons	Brown Rice Snaps, Assorted	6
Edward & Sons	Instant Mashed Potatoes	6
Edward & Sons	Miso Cups, Assorted	5
Edward & Sons	Not Beef Bouillon	6
Emerald Forest	Erythritol Sugar Substitute	7
Ener G	Egg Replacer	7
Ener G	Onion Crackers	6
Ener G	Pretzels, Assorted	5
Ener G	Pure Rice Bran	7
Ener G	Sweet Rice Flour	7
Ener G	WF Crackers	6
Enjoy Life	Cookies, Assorted	5

Enjoy Life	Caramel Apple Bars	8
Enjoy Life	Chocolate Bars, Assorted	Front End
Enjoy Life	Chocolate Chips	7
Enjoy Life	Sunbutter Crunch Bars	8
Erewhon	Crispy Brown Rice Cereal	8
Erewhon	Crispy Brown Rice Cereal w/ Berries	8
Erewhon	Rice Twice Cereal	8
Fage	Greek Yogurts	Dairy Case
Fantastic Foods	Basmati Rice	6
Fantastic Foods	Hummus Mix	6
Flavorganics	Flavor Extracts, Assorted	7
Follow Your Heart	Cheese Alternatives	1
Follow Your Heart	Vegan Cream Cheese Alternative	1
Follow Your Heart	Vegan Sour Cream Alternative	Dairy Case
Food For Life	Frozen Breads	2
Food Merchants	Polenta, Assorted	6
Food Should Taste Good	Tortilla Chips	5
French Meadows	Chocolate Chip Cookie Dough	2
French Meadows	Fudge Brownies	2
Galaxy	Rice Slices, Assorted	1
Garden Of Life	Fucoprotein Bars	4
Gluten Free Café	Frozen Entrees, Assorted	2
Gluten Free Pantry	Assorted Baking Mixes	7
Gluten Free Pantry	French Bread & Pizza Mix	6
Glutino	Breakfast Bars	8
Glutino	Cinnamon Raisin Bread	2
Glutino	Corn Bread	2
Glutino	Crackers	6
Glutino	Flax Bread	2
Glutino	Sans Gluten Bretzels	5
Glutino	Sesame Bagels	2
Glutino	Sesame Breadsticks	7
Glutino	Wafer Cookies, Assorted	5
Go Raw	"Pizza" Flax Snax	8
Go Raw	Sprouted Pumpkin Seeds	8
Go Raw	Sprouted Sunflower Seeds	8
Go Raw	Super Coconut Cookies	8
Go Raw	Super Pumpkin Chips	8
Good Karma	Rice Milks, Assorted	9
Grainaissance	Mochi, Assorted	1
Greens Endeavor	Dubbel Dark Ale	1
Hain	Baking Powder	7
Harvest Sun	Chicken Boullion Cubes	6
Harvest Sun	Vegetable Bouillion Cubes	6

Health Valley	Rice Bran Crackers	5
Heinz	Beans In Tomato Sauce	6
Henry & Lisa's	Fish Nuggets	2
Henry & Lisa's	Salmon Burgers	2
Ian's	Frozen Chicken Nuggets	2
Ian's	Frozen Fish Sticks	2
Ice La Crème	Frozen Desserts, Assorted	2
Il Macchiaiolo	Pastas, Assorted	6
Imagine	Broths, Assorted	6
Imagine	Soups, Assorted	6
J Robb	Yammit Bar	4
Jennie's	Coconut Macaroons	5
Jyoti	Chicken Saag	5
Jyoti	Chicken Tikka Masala	5
Kind	Bars, Assorted	4
Kinnikinnick	Cookies, Assorted	5
Kinnikinnick	Frozen Breads	2
Kinnikinnick	Frozen Brownies	2
Kinnikinnick	Frozen Cheese Bread	2
Kinnikinnick	Frozen Donuts	2
Kinnikinnick	Frozen Hamburger Buns	2
Kinnikinnick	Frozen Hot Dog Buns	2
Kinnikinnick	Frozen Muffins	2
Kinnikinnick	Frozen Pizza Crusts	2
Kinnikinnick	K-Toos Cookies	5
Kinnikinnick	Pancake & Waffle Mix	7
Koyo	Brown Rice Chips, Assorted	6
Kozy Shack	Pudding, Assorted	1
Lakefront	New Grist Beer	1
Lakewood	Blueberry Juice	5
Lakewood	Concord Grape Juice	5
Lakewood	Cranberry Juice	5
Lakewood	Cranberry Lemonade	5
Lakewood	Good Morning Antioxidant Blend	5
Lakewood	Heart Healthy Pomegranate Juice	5
Lakewood	Lean Green Juice	5
Lakewood	Lemon Ginger Echinacea Juice	5
Lakewood	Lemonade	5
Lakewood	Mango Juice	5
Lakewood	Mangosteen Juice	5
Lakewood	Papaya Juice	5
Lakewood	Pure Cranberry Juice	5
Lakewood	Super Veggie Juice	5
Lara Bar	Food Bars, Assorted	4

Lara Bar	Jocolat Bars, Assorted	4
Leslie's	Egg Noodles	6
Lesser Evil	Black & White Kettle Corn	5
Lesser Evil	Krinkle Potato Sticks	5
Let's Do Organic	Corn Starch	7
Let's Do Organic	Ice Cream Cones	2
Let's Do Organic	Sprinkles, Assorted	1
Let's Do Organic	Tapioca Starch	7
Let's Do Organic	Tapioca, Granulated	7
Let's Do Organic	Tapioca, Small Pearls	7
Lisanatti	Almond Cheese	1
Lisanatti	Rice Cheeze	1
Lisanatti	Soy Cheese Alternative	1
Living Harvest	Hemp Milk, Assorted	9
Living Harvest	Tempt Hemp Ice Creams, Assorted	2
Lotus	Rices, Assorted	6
Lundberg	Brown Rice Syrup	7
Lundberg	Rice Assorted	6
Lundberg	Rice Cakes, Assorted	6
Lundberg	Rice Chips, Assorted	5
Lundberg	Risotto, Assorted	6
Lydia's Organics	Cereals, Assorted	8
Lydia's Organics	Crackers, Assorted	8
Lydia's Organics	Green Power	8
Lydia's Organics	Raw Bars, Assorted	8
Lydia's Organics	Raw Cookies, Assorted	8
Lydia's Organics	Raw Vegan Seasoning	8
Lydia's Organics	Savory Trail Mix	8
MacroLife	Superfood Bars, Assorted	8
Manitoba Harvest	Hemp Bliss, Assorted	9
Mary's Gone Crackers	Crackers, Assorted	6
Mary's Gone Crackers	Sticks & Twigs, Assorted	5
Mayacamas	Gravey Mixes, Assorted	6
Mayacamas	Hollandaise Sauce Mix	6
Mayacamas	Skillet Toss Mixes	6
Meditalia	Tapenade, Assorted	6
Mi-Del	Chocolate Chip Cookies	5
Mi-Del	Ginger Snaps	5
Mi-Del	Pecan Cookies	5
MimicCreme	Cream Substitute, Assorted	9
Mori-Nu	Tofu, Assorted	1
Mrs. Denson's	Quinoa Macaroons	5
Mrs. Lepper's	Creamy Tuna Pasta & Sauce Mix	6
Mrs. Lepper's	Pastas, Assorted	6

Muruku	Bean Snacks	1
Namaste	Bread Mix	7
Namaste	Brownie Mix	7
Namaste	Chocolate Cake Mix	7
Namaste	Pizza Crust Mix	6
Namaste	Spice Cake Mix	7
Nana's	Cookie Bars, Assorted	5
Nasoya	Nayonaise, Assorted	7
Native Forest	Chutney, Assorted	5
Native Forest	Coconut Milk	5
Natural Desserts	Jel Desserts	8
Nature Hilights	Frozen Pizza Crusts	2
Nature's Path	Buckwheat Wildberry Waffles	2
Nature's Path	Envirokidz Cereals, Assorted	8
Nature's Path	EnviroKidz Crispy Rice Bars, Assorted	8
Nature's Path	Mesa Sunrise Eco Pac	8
Nature's Path	Mesa Sunrise Waffles	2
Nature's Path	Organic Corn Flakes Eco Pac	8
Nutiva	Hemp Bars, Assorted	4
Oregon Jewel	Wild Rice	6
Organic Bistro	Frozen Entrees, Assorted	2
Organicville	Ketchup	7
Organicville	Salad Dressings, Assorted	7
Organicville	BBQ Sauces, Assorted	7
Orgran	All Purpose Crumbs	7
Orgran	Pastas, Assorted	6
Orgran	Gravy Mix	6
Orgran	Lasagna	6
Orgran	No Egg Replacer	7
Orgran	Rice Crispbreads, Assorted	6
Orgran	Self Rising Flour	7
Oskri	Bars, Assorted	4
Pacific	Broths, Assorted	6
Pacific	Hazelnut Milk Original	9
Pacific	Low Fat Original Almond Milk	9
Pacific	Low Fat Original Almond Milk Unsweetened	9
Pacific	Low Fat Plain Rice Milk	9
Pacific	Low Fat Vanilla Almond Milk	9
Pacific	Low Fat Vanilla Rice Milk	9
Pacific	Select Soy Milk Plain	9
Pacific	Select Soy Milk Vanilla	9
Pacific	Soups, Assorted	6
Pamela's	Baking and Pancake Mix	7
Pamela's	Biscotti, Assorted	5

Pamela's	Bread Mix	6
Pamela's	Chocolate Brownie Mix	7
Pamela's	Cookies and Shortbread, Assorted	5
Pamela's	Frostings	8
Pastariso	OG Brown Rice Spaghetti	6
Perfect Foods	Bars	Salsa Case
Perky's	Nutty Flax Cereal	8
Perky's	Nutty Rice Cereal	8
Perky's	Perky O's Cereals	8
PranaBar	Nutrition Bars	4
Purefit	Energy Bars, Assorted	8
Purely Decadent	Cookie Dough Coconut Milk Ice Cream	2
Purely Decadent	Cookie Dough Ice Cream	2
Purely Decadent	Key Lime Ice Cream	2
Purely Decadent	Snickerdoodle Ice Cream	2
R.W. Garcia	Soy & Flax Tortilla Chips	5
Raw Revolution	Organic Live Food Bars, Assorted	8
Real Foods	Corn Thins, Assorted	6
Real Foods	Rice Thins, Assorted	6
Re-Bar	Bars	4
Redbridge	Redbridge Beer	1
Renew Life	Organic Fiber Bars	8
Renew Life	Ultimate Chia Life	8
Rice River Farms	21 Bean Blend	6
Rice River Farms	Yellow Eye Stueben Beans	6
Righteously Raw	Chocolate Bars, Assorted	8
Road's End Organics	Alfredo Mix	6
Road's End Organics	Cheddar Style Mix	6
Road's End Organics	Mac & Chreese	6
Road's End Organics	Mushroom Gravy Mix	6
Road's End Organics	Nacho Cheese Spreads	Mexican Endcap
Road's End Organics	Penne & Chreese	6
Ruth's	Chia Goodness Cereal	8
Ryza	Rice Milks, Assorted	Dairy Case
San-J	Organic Tamari	5
San-J	Organic Tamari Reduced Sodium	5
Santa Barbara	Mango Peach Salsa	Mexican Endcap
Santa Barbara	Peach Chipotle Salsa	Mexican Endcap
Seeds of Change	French Tomato Vinaigrette	7
Seeds of Change	Greek Feta Vinaigrette	7
Shelton's	Breakfast Links	2
Shelton's	Chicken Broths, Assorted	6
Shelton's	Turkey Chili	6
Shelton's	Turkey Sausage Patties	2

Shirataki	Tofu Noodles	1
Silver Palate	Creamy Caesar Salad Dressing	7
Simply Organic	Baking Mixes, Assorted	7
Singing Dog	Red Ape Cinnamon	7
Singing Dog	Vanilla Extracts	7
Singing Dog	Vanilla Paste	7
So Delicious	Coconut Milk, Assorted	Dairy Case
Solid Gold	Barking At The Moon Dog Food	Front End
Sonoma	OG Yellow Corn Tortillas	1
Sonoma	Teff Tortillas	1
Souther Homestyle	Corn Flake Crumbs	7
Souther Homestyle	Tortilla Crumbs	7
Soyco	Rice Topping Parmesan	1
Spectrum Naturals	Mayonnaise, Assorted	7
Starlite	Taquitos, Assorted	2
Sunshine	Frozen Veggie Burger	2
Surf Sweets	Gummy Fruit Snacks, Assorted	Front End
Suzanne's	Rice Mellow Crème	7
Tasty Bite	Cuisine of India Meals, Assorted	5
Tasty Bite	Tandoori Pilaf	6
Tasty Bite	Thai Lime Pilaf	6
Teecino	Herbal Coffee, Assorted	9
Thai Kitchen	Chili Sauces	5
Thai Kitchen	Coconut Ginger Soup Base	6
Thai Kitchen	Curry Paste, Assorted	5
Thai Kitchen	Fish Sauce	5
Thai Kitchen	Inst. Rice Noodle Soups, Assorted	5
Thai Kitchen	Pad Thai Sauce	5
Thai Kitchen	Peanut Satay Sauce	5
Thai Kitchen	Rice Noodle Bowls, Assorted	5
Thai Kitchen	Spicy Thai Chili Rice Mix	5
Thai Kitchen	Stir-Fry Rice Noodles, Assorted	5
Thai Kitchen	Thai Yellow Curry Rice Mix	5
Thai Kitchen	Thin Rice Noodles	5
The Craving Place	Baking Mixes, Assorted	7
Think	Bars, Assorted	8
Tinkyada	Rice Pastas, Assorted	6
Tinkyada	Lasagna	6
Tree Huggin' Treats	Crispy Cat Candy Bars	4
Tropical Source	Chocolate Bars, Assorted	Front End
Tropical Source	Semi-Sweet Chocolate Chips	7
Van's	Waffles, Assorted	2
Vogue Cuisine	Chicken Flavored Base	6
Vogue Cuisine	Vegebase	6

White Wave	Silk Milks, Assorted	9
World Foods	Chili Sauces, Assorted	5
World Foods	Curry Sauces, Assorted	5
World Foods	Noodle Sauces, Assorted	5
World Foods	Stir-Fry Sauces, Assorted	5
Zen Soy	Chocolate Pudding	1