

DLM Roasted New Potatoes with Garlic
Summer Blend Vegetables
Rotisserie Chicken

MEAT—FROZEN

These products are naturally gluten free. All of DLM's Meat department items are prepared and displayed in an area where meat and gluten are processed.

Beeler's Pure Pork Bratwurst and Sausage Links
Bell & Evans GF Chicken Nuggets & GF Chicken Tenders
GF Grilled Chicken Breast
DLM Gluten-Free Meatballs and Meatloaf

MEAT — SERVICE CASE

These products are naturally gluten free. G/F precautions are taken at WSQ. Please, ask for a frozen gluten-free item. If you want to purchase at another store you must ask the store to call for a transfer. Please, give 36 hours notice. All of DLM's Meat department specialty items are prepared and displayed in an area where wheat and gluten are processed.

DLM Store-Made Sausage (except Bangers)
DLM Burgers Black and Blue
Buffalo
Gourmet Veal
Greek
Horseradish Cheddar
Hot Sicilian
Lamb Sliders
Philly Style
Rosemary Lamb
Turkey Ranch
DLM Stuffed Chicken Breast Mediterranean
Prosciutto & Provolone

Heavenly Ham® and Heavenly Turkey

PASTA—DRY

Ancient Harvest Quinoa Elbows, Garden Pagoda, & Spaghetti
DeBoles Corn Spaghetti
Rice Angel Hair
Rice Penne
Rice Lasagna
il Macchiaiolo Rice Pasta
Tinkyada Brown Rice Pasta All Varieties
Schar Anellini
Multigrain Penne
Tagliatelle

Pasta Sauce
Most pasta sauces are naturally gluten free. Check the label for possible gluten sources.

DLM Original Marinara
Mamma DiSalvo's All Varieties

PASTA—FROZEN

RP Fusilli and Linguini

PRODUCE

House Foods Tofu Shirataki (All Varieties)

SALAD DRESSING

Andy's Mediterranean Mediterranean Salad Dressing
Grille

Foods produced in-store may contain or may have come in contact with peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish. If you have concerns about allergies or intolerances, we'll gladly share ingredient labels from the foods prepared that day.

We hope the information we have provided here helps clarify whether our products satisfy your dietary concerns. As always, if you have reason to believe that you are allergic to gluten or other common food allergens, we strongly recommend that you consult a physician before consuming any of our products, in order to ensure your health and well-being.

Dominic's
Annie's Naturals Many varieties are G/F. Check the bottle.
Mamma DiSalvo's Authentic Salad Dressing
Newman's Own Caesar
Light Balsamic & Light Italian
Light Raspberry & Walnut
Olive Branch Cuisine Basilicata
The Pine Club House Dressing

SNACKS AND BREAKFAST BARS

DLM Kettle Cooked Potato Chips
Organic Tortilla Chips
AllerEnergy Corn-Free Marshmallows
Angie's Kettle Corn All Varieties
Bakery on Main Cranberry Nut Granola Bars
Extreme Trail Mix Nut Granola Bars
Peanut Butter Chocolate Nut Granola Bars
Bissingers Gummy Pandas
Enjoy Life Snack Bars
EnviroKidz
Organic Crispy Rice Bars Berry, Chocolate, and Peanut Butter

Food Should Taste Good All Chips
Glutino Gluten Free Pretzels
Hillside Candy Candy Apple, Cherry, Ginger, Honey,
Honey Lemon, and Pomegranate
Honey Acres Honey Mints
Nature Valley Roasted Nut Crunch Bars
Real Foods Corn Thins
Rice Works All Varieties
Snyder's GF Pretzel Sticks

SNACKS—FROZEN

AllerEnergy Soft Pretzels and Soft Pretzel Nuggets
DLM DLM Bacon-Wrapped Figs

SOUP

Amy's Organic Soups Many varieties are G/F. Check the label.
Bear Creek Soups Cheddar Broccoli, Clam Chowder
Creamy Potato, Creamy Wild Rice
Cheddar Potato, Navy Bean, & Tortilla
Bowman & Landes Chicken Broth & Turkey Broth
DLM Turkey Broth
Kitchen Basics All Varieties
More Than Gourmet All Culinary Stock

SUPPLEMENTS

Carlson All Varieties
Garden of Life Oceans 3 All Varieties
Hero Nutritionals Slice of Life Multi-Plus
Natrol All Varieties except Oat Bran and Ultra
Carb Intercept.
Nature's Answer All Varieties
Nutrition Now Multi Vites

TEA

Numi All Varieties
Rishi All Varieties

DOROTHY LANE MARKET®

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DOROTHY LANE MARKET®

Wheat- and Gluten-Free Shopping Guide

Join us on our Facebook page: facebook.com/dlmglutenfreeclub

- Meats, dairy products, fruits, vegetables, nuts, and seeds without additives are naturally wheat and gluten free.
- Read all product labels, as ingredients can change.
- Not all products are available in all stores, always call your nearest DLM to check product availability.
- Products may be added or discontinued at any time.

BAKING

Ancient Grains Organic Quinoa Flour
Arrowhead Mills Organic Yellow Corn Meal
Betty Crocker GF Brownie Mix
GF Chocolate Chip Cookie Mix
GF Devil's Food Cake Mix
GF Yellow Cake Mix
Bob's Red Mill GF Biscuit & Baking Mix
GF Brownie Mix
GF Chocolate Cake Mix
GF Chocolate Chip Cookie Mix
GF Combread Mix
GF Homemade Wonderful Bread Mix
GF Pancake Mix
GF Pizza Crust
Celiac Specialties Graham Cracker Crumbs
King Arthur GF Bread Mix
GF Brownie Mix
GF Chocolate Cake Mix
GF Cookie Mix
GF Muffin Mix
GF Multi-Purpose
GF Pancake Mix
GF Pizza
Namaste Foods Biscuit, Piecrust, and More
Blondie Mix
Bread Mix
Chocolate Fudge Frosting Mix
Cookie Mix
Muffin Mix
Perfect Flour Blend
Spice Cake Mix
Vanilla Cake Mix
Waffle and Pancake Mix

BAKING INGREDIENTS

Bob's Red Mill Almond Meal/Flour
Arrowroot Starch
Brown Rice Flour
Coconut Flour
Flaxseed and Flaxseed Meal
Garbanzo Bean Flour
Guar Gum
GF All Purpose Baking Flour
GF Whole Grain Rolled or Steel Cut Oats
Hemp Protein Powder
Millet Flour
Potato Flour and Potato Starch
Quinoa Flour
Sweet White Rice or Sorghum Flour
Tapioca Flour
Teff Flour
White Rice Flour
Xanthan Gum
Expandex
Celiac Specialties All products are wheat and gluten free.
Flavorganics Almond Flour and Hazelnut Flour
Ghyslain GF Multi Purpose Baking Mix
Hodgson Mill Sweet Rice Flour
Mochiko

Nielsen-Massey Vanillas All Varieties
Suzanne Specialties Ricemellow Crème

BATH & BEAUTY

Keys All Products
ZuZu Luxe All Products

BEER & WINE

Wines and Brandies without preservatives or additives may be considered safe for the celiac diet.

Anheuser-Busch Redbridge
Bard's Tale Brewery Bards
Lakefront Brewery New Grist
Strongbow Dry Cider
Woodchuck All Varieties

BREAD—BAKERY

Sinfully Gluten-Free White Bread, Pizza, Pizza Crust, & Bread Crumbs

BREAD—FROZEN

Around the World Italian Gluten Free Biscuits and Rolls
Gourmet
Celiac Specialties Hamburger Buns
Food for Life All Rice Varieties
Tina's Sweet Treats French Bread, No Rye Rye Bread
Udi's Cinnamon Raisin, White Sandwich,
Whole Grain Breads, and Buns

BREAKFAST—FROZEN

Celiac Specialties Cinnamon Sugar or Powder Donut Holes
Donuts with Glaze Pack
Udi's Blueberry, Double Chocolate, and Lemon
Streusel Muffins
Cinnamon Raisin, Plain, and Whole Grain
Bagels
Cinnamon Rolls
Van's Blueberry, Apple Cinnamon,
and Original Waffles
French Toast Sticks

CEREAL—COLD

Arrowhead Mills Organic Maple Buckwheat
Puffed Millet
Puffed Rice
Bakery on Main Granola (Apple Raisin; Nutty Cranberry
Maple; and Extreme Fruit and Nut)
General Mills Chex- All varieties except Wheat and
Multi- Bran
Glutenleeda All Products
Nature's Path Crispy Rice
Udi's Granola (Cranberry or Hawaiian)

CEREAL—HOT

Bob's Red Mill Creamy Rice Hot Cereal

Glutenfreeeda	Mighty Tasty GF Cereal GF Rolled Oats and GF Steel Cut Oats Instant Oatmeal
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CHEESE

Boar's Head	All products are wheat and gluten free.
Daiya (Produce dept.)	All Varieties
DLM Cheese Spreads (subject to availability)	Asiago Roasted Garlic Balsamic Parmesan BLT Blueberries and Cream (seasonal) Cahill's Pub (seasonal) Cheddar Pimento Danish Gouda and Nut Emerald Pub Harvest Apple (seasonal) Olympian Goat Cheese (seasonal) Scallion Cream Cheese Smoked Salmon Spiced Pumpkin (seasonal) Sun Dried Tomato Three Italian Cheese
DLM Handmade Mozzarella	All Varieties

CONDIMENTS

Andy's Mediterranean Grille	All-Natural Mediterranean Marinade
Around the World Gourmet	It's a Wing Thing Wing Sauce
Boar's Head	All products are wheat and gluten free.
Bone Suckin' Sauce	All Varieties
DLM	All Mustards Grilling and Seasoning Rub Horseradish Sauce Ketchup Original Barbeque Sauce
Nantucket Off-Shore Seasonings	All Varieties
Rothschild Farm	Many of Rothschild Farm products are gluten free. Please, check the label.
San-J	Orange, Sweet & Tangy, and Teriyaki Sauces Organic Tamari Wheat Free Soy Sauce Thai Peanut Sauce
Scott's	All Products
Tassos Bruschetta	All Varieties
Thai Kitchen	Fish Sauce

COOKIES

These products are naturally gluten free. All of DLM's baked goods are prepared and displayed in an area where wheat and gluten are processed.

DLM Cookies (located in Bakery dept.)	Coconut Macaroons Mini Macaroons Chocolate Walnut Chews
Sinfully Gluten-Free (located in Bakery dept.)	All Varieties
Glutino	Chocolate Vanilla Crème Vanilla Crème
MI-DEL Cookies	Chocolate Chip or Ginger Snaps
Tate's Bake Shop	Chocolate Chip

CRACKERS

Blue Diamond Nut-Thins	All Varieties
Crunchmaster	Multi-Seed Crackers Seaweed Sesame Wasabi

Mary's Gone Crackers	All Varieties
Mrs. Crimble's	Cheese Bites
Sesmark	Black Sesame and Garlic
Savory Thins	Original Three Cheese and Tomato

DAIRY

Cascade Yogurt	All Varieties
Fage Total Yogurt	All Varieties
Kozy Shack	All Varieties
Organic Valley	Drinkable Yogurts
Stonyfield Farm	All Varieties, except YoBaby Plus Cereals.
Trader's Point Creamery	Drinkable Yogurts
Yoplait	Greek Yogurt

DELI

All slicers are wiped and sanitized after each use. These products are naturally gluten free. All of DLM's Deli department items are prepared and displayed in an area where wheat and gluten are processed.

Boar's Head	All products are wheat and gluten free.
DLM	All-Natural Roast Beef All-Natural Turkey Breast (All Varieties)
DLM Homemade Soups	Creamy Banana Creamy Tomato Dill Strawberry Strawberry Orange Tailgate Chili
DLM Salads	Bean City Salad Broccoli Raisin Chef Salad Chicken and Grape Chunky Chicken Classic Potato Cranberry Quinoa Homestyle Coleslaw Hong Kong Slaw
Gourmet Take-Away	Black Bean Salsa Cabbage Roll Bake Garlic Spinach Gigande Beans in Vinaigrette Green Beans Amandine Green Beans with Walnuts Grilled Italian Chicken Breast Grilled Salmon Grilled Tuscan Chicken Mashed Potatoes with White Cheddar Mediterranean Vegetables Orange Glazed Carrots Parmesan-Encrusted Tilapia Pesto-Baked Tilapia Poached Pears with Raspberry Shrimp Fried Rice Southwest Quinoa Stuffed Sweet Potato Sweet Hot Green Beans Sweet Potato Salad The Works Stuffed Potato Vegetable Fried Rice

DESSERTS—BAKERY

These products are naturally gluten free. All of DLM's baked goods are prepared and displayed in an area where wheat and gluten are processed.

DLM Cake Shop	Buttercream Icing (by request)
DLM Pâtisserie	Chocolate Mousse Chocolate Macadamia Ganache Chocolate Walnut Chews Coconut Macaroons Crème Brûlée Flourless Chocolate Cake

Sinfully Gluten-Free	Cookies Lemon Bars
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DESSERTS—FROZEN

Clemmy's	Ice Cream
French Meadow	Fudge Brownies
It's Soy Delicious!	Fruit-Sweetened Flavors Purely Decadent Non-Dairy Frozen
Jolly Llama	Squeezups
Luna & Larry's	Organic Coconut Bliss
Smoozel Fruit Ices	All Varieties
Stonyfield Farm	All products are gluten free except Cookies & Dream Premium Ice Cream
Tina's Sweet Treats	Almond Round Cookies M&M Cookies Pineapple Orange Muffins Snickerdoodle Cookies Sugar Cookies

ENTRÉE—FROZEN

Garden Lites	All Varieties
Gluten Free Café	All Varieties
Glutino	All Varieties
Ian's	Chicken Nuggets Fish Sticks Mac and No Cheese Popcorn Turkey Corn Dogs
Lillian's Healthy Gourmet	Tilapia Entrées
Wild Grill	Wild Salmon Burger

ENTRÉE—Grocery

Namaste	Pasta Pisavera Say Cheez Taco Pasta
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ETHNIC FOODS

A Taste of Thai	All Products
Annie Chun's	Original Pad Thai Noodles
Bánh Tráng	Spring Rolls Skin or Square Spring Rolls
KA-ME	Rice Sticks San Fun Bean Threads

La Tortilla Factory	
Smart & Delicious Wraps	Ivory Teff
Namaste	Pizza Crust Mix

ETHNIC FOODS—FROZEN

Amy's	Many of Amy's products are gluten free. Please, check the box.
EVOL	Bowls
Foods by George	Cheese Pizza
Glutenfreeda	Bean and Cheese Burrito Breakfast Beef Burrito Chicken and Cheese Burrito Vegetarian and Dairy Free Burrito
Glutino	Pizza Pizza Crust
Rice Expressions	All Varieties
Udi's	Pizza Crusts

GRAINS

Ancient Harvest	Traditional Quinoa and Red Quinoa
Arrowhead Mills	Organic Whole Grain Amaranth Organic Whole Grain Millet
Bacchini	Cous Cous di Mais
Baron's	Savoury Secrets - All Varieties
Lundberg Rice Blends	All Varieties
Lundberg Risotto	All Varieties
Rice Selects	Organic Garden Vegetable

Woodstock Farms	Organic Toasted Almond Pilaf Organic Roasted Chicken Herb Organic Three Cheese Organic Wild Mushroom & Herb Organic White Quinoa
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JUICE & MILK SUBSTITUTE

Odwalla	All varieties except Super Food, Super Protein, and Vanilla Al'Mondo
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HEALTHY LIVING SNACKS

Tempt	All Varieties
22 Days	All Varieties
KIND Bars	All Varieties
AllerEnergy Bars	All Varieties
Amazing Grass	All Varieties
Betty Lou's	Almond Butter Chocolate Walnut Balls Just Great Stuff Spirulina
Bumble Bar	Original
Clif Bar	Clif C Fruit Nuts and Sea Salt Bars
Fiber35 Diet	FitSmart Bar
Garden of Life	Füco Protein Bars
Jennie's	Macaroons
Kookie Karma	All Varieties
LÄRABAR	All Varieties
Oskri Organics Bars	Sesame Bar with Date Syrup Sesame Bar with Molasses
Prana	All Varieties
Pure Fit	Almond Crunch Chocolate Brownie Peanut Butter Crunch
Raw Revolution	All Varieties
Sweetriot Cacao Nibs	All Varieties
Think Organic Bars	All Varieties
Think Thin Diet Bars	All Varieties

MEATS

Aidells Sausages	All products are wheat and gluten free, except those containing soy.
Applegate Farms	All Varieties
Beeler's Pure Pork	All Varieties
Bilinski's	All Chicken Varieties
Boar's Head	All Varieties
Coleman	Beef Hot Dogs and Franks
DLM Flat Chicken	Champagne Vinaigrette Italian Garlic & Herb
DLM Pork Sausage	16-oz Roll (All Varieties)
DLM Uncured Bacon	All Varieties
Hudson Smokey Ridge	All Varieties
Pederson Sausages	All Varieties
Surry Farms	All Varieties

MEAT—CHEF'S EXPRESS

These products are naturally gluten free. All of DLM's Chef's Express department items are prepared and displayed in an area where meat and gluten are processed.

DLM	Apricot Stuffed Pork Roast Autumn Blend Vegetables Boneless, Fully Cooked, Air-Chilled Chicken Champagne Vinaigrette Marinated Chicken Breast Cheesey Baked Potatoes Honey Carrots Italian Garlic & Herb Marinated Chicken Breast
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