

# Gluten-Free Shopping Guide

**GLUTEN  
FREE**

- 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 us to check availability.
- Products may be added or discontinued at any time.
- Foods produced at DLM may have come in contact with eggs, soy, milk, eggs, peanuts, tree nuts, wheat, fish, or shellfish.

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## BAKING

**Betty Crocker** Select Mixes  
**Bisquick** Select Varieties  
**Bob's Red Mill** Select Flours, 1 to 1  
**Cup4Cup** Gluten-Free Flour  
**Decorative Food Colors From Nature**  
**Ella Bella** Baking Mixes  
**Enjoy Life** Semi-Sweet Chocolate Chips  
**King Arthur** Select Mixes and Almond Flour  
**Made Without Grain** Brownie Mixes  
**Namaste** Mixes  
**Nielsen-Massey** Vanillas  
**Purely Elizabeth** Pancake Mix  
**Simple Mills** Grain Free Mixes

**BABY FOOD SECTION** Look for the GF signs.

## BATH & BEAUTY

**Acure, DermaE, DeVita, Everyone Products, Keys Care, Tallowderm, ZuZu Luxe**

## BEER, CIDER, & MEAD

**ACE** Hard Cider  
**Angry Orchard** Hard Cider  
**Ciderboys** Hard Cider  
**Corona** Hard Seltzer  
**Glutenberg** Blonde Ale IPA  
**Truly** Lemonade  
**White Claw** Hard Seltzer

## BREAD

**Against the Grain** (Frozen)  
**Canyon Bakehouse** (Grocery)  
**Glutino** (Frozen)  
**Little Northern Bakehouse** (Frozen)  
**Schär** (Grocery)  
**Toufayan Bakeries** Wraps, Select Varieties  
**Udi's** (Frozen)

## BREAKFAST (FROZEN)

**Flax4Life** Muffins  
**Katz** Donuts  
**Lopaus Point** Waffles  
**Udi's** Rolls, Bagels, Muffins  
**Van's** Waffles

## CEREAL

**Ancient Harvest Quinoa**  
**Bob's Red Mill** Select Varieties  
**Catalina Crunch**  
**General Mills** Select Chex & Cheerios  
**KIND** Granola  
**Mylk Labs** Oatmeal  
**Naked** Granola  
**Nature's Path** Qi'a  
**Nature's Path** Select Varieties  
**Purely Elizabeth** Ancient Grain Granola  
**Purely Sweet Bakery** Granola  
**The Soulfull Project** Granola  
**Vigilant Eats Superfood** Oat-Based Cereal  
**Wholeme** Gluten-Free Clusters

## CHEESE

**Boar's Head, Daiya** (Produce), **DLM Cheese Spreads, DLM Handmade Mozzarella**

## CONDIMENTS

**Bone Suckin' Sauce**  
**Dorothy Lane Market** Select Varieties  
**Kikkoman** Select Varieties  
**San-J** Select Varieties  
**Sir Kensington's** Select Varieties  
**Stonewall Kitchen** Select Varieties  
**Terrapin Ridge Farms** Select Varieties

## COOKIES

**Alyssa's Healthy Oatmeal or Vegan Bites**  
**Crazy Monkey Baking** Granola Cookie Crunch  
**DLM** Biscotti, Chocolate Walnut Chews, Coconut Macaroons (Bakery)  
**Go Raw** Sprouted  
**Kinnikinnick** Wafers  
**MI-DEL Cookies** Select Varieties  
**Purely Sweet Bakery**  
**Schär**  
**Simple Mills**  
**Tate's Bake Shop** Select Varieties  
**Udi's** Cookies (Frozen)  
**Walkers Shortbread** Select Varieties

## CRACKERS

**Blue Diamond Nut-Thins**  
**Crunchmaster**

**Edward & Sons** Brown Rice Snaps  
**From The Ground Up** Cauliflower Crackers  
**Glutino**  
**Lance** Select Varieties  
**Mary's Gone Crackers**  
**Saffron Road**  
**Schär**  
**Simple Mills**  
**Wasa** Select Varieties

## DAIRY

**Califia Farms** Almondmilk & Yogurt  
**Fage Total** Yogurt  
**Forager** Organic Dairy-Free Cashewmilk Yogurt  
**Green Valley Organics** Yogurt  
**Icelandic Provisions** Skyr  
**Just Crack an Egg**  
**Lifeway Kefir & Skyr**  
**Melt Organic Spread**  
**Noosa** Finest Yoghurt  
**PetitPot Dessert**  
**Siggis** Yogurt  
**So Delicious** Coconut Milk, Yogurt  
**The Coconut Cult** Yogurt

## DELI

*All slicers are wiped and sanitized after each use.*

**Boar's Head**  
**DLM All-Natural Turkey and Uncured Ham**  
**DLM Dips** Select Varieties  
**DLM Salads** Select Varieties  
**DLM Soups** Select Varieties  
**DLM Gourmet Take Away** Select Varieties

## DESSERTS

**DLM Pâtisserie** Select Varieties (Bakery)  
**Fran's** Organic Dessert Sauces  
**Let's Do...** Sugar Cones  
**Love Cakes by DLM** 24-hour notice  
**Maui Mae's** Raw Chocolate  
**NadaMoo!** Dairy-Free Frozen Dessert  
**Purely Sweet Bakery** Brownie & Cupcakes  
**Sugarfina** Select Varieties  
**Wholly Wholesome** Pie Crust (Frozen)

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. Check [DorothyLane.com/Healthy/gf.pdf](http://DorothyLane.com/Healthy/gf.pdf) for the latest update.

updated 09/18/2020

## ENTRÉES

**Amy's** Select Varieties (Frozen)  
**Beyond Meat**  
**Dr. Praeger's** Select Varieties (Frozen)  
**EVOL.** Select Varieties (Frozen)  
**Garden Lites** (Frozen)  
**GeeFree** (Frozen)  
**Primal Kitchen** Select Varieties  
**Texas Tamale Company** Tamales

## ETHNIC FOODS

**Annie Chun's** Select Varieties  
**Bob's Red Mill** Gluten Free Pizza Crust Mix  
**KA-ME** Select Varieties  
**La Tortilla Factory Smart & Delicious Wraps**  
Select Varieties  
**Maya Kaimal** Indian Simmer Sauces  
**Mission** Yellow Corn Tortillas  
**Naples-Style Pizza Crust**  
(WSQ & SPR Naples-Style Pizza Station)  
**Simple Mills** Grain Free Pizza Mix  
**Spicemode**

## ETHNIC FOODS (FROZEN)

**Against the Grain** Gourmet Pizza, Plain Crust  
**Daiya** Pizza  
**Caulipower** Pizza  
**Gluten Free You and Me** Pizza Crust  
**Grain Trust** Organic Rice

## GRAINS

**Ancient Harvest** Select Varieties  
**Arrowhead Mills** Select Varieties  
**Cocina Selecta** Quinoa  
**Lundberg Farms**  
**Ralston Family Farms Rice**  
**RiceSelect Texmati Rice**  
**RightRice**  
**Tasty Bite Organic Rice**

## JUICE & MILK SUBSTITUTE

**Garden of Flavors** (Produce)  
**Good Karma** Flaxmilk (Grocery)  
**Rice Dream** (Grocery)  
**Ripple** Dairy-free milk (Dairy)

## HEALTHY LIVING SNACKS

**Betty Lou's**  
**Bob's Red Mill** Oat Bar  
**Garden of Life Bars**  
**Kate's Real Food**  
**KIND Bars**  
**LÄRABAR**  
**Perfect Bar** (Cold Case)

**ProBar**  
**RX Bars**  
**Shanti Balance Bars**  
**Spry**  
**think Bars**  
**Why Bars**  
**ZenEvo**

## MEAT

**Aidells Sausages** Select Varieties  
**Applegate Farms**  
**Beeler's Pure Pork**  
**Bell & Evans** Select Varieties  
**Boar's Head**  
**DLM Flat Chicken®** Select Varieties  
**DLM Pork Sausage** 16-oz Roll  
**DLM Uncured Bacon**  
**DLM Grass-Fed Beef Uncured Hot Dogs**  
**Nueske's Bacon Cheddar Bratwursts**  
**Pederson's Sausages**

## MEAT SERVICE CASE

**DLM Burgers** Select Varieties  
**DLM Storemade Gluten-Free Meatballs**  
**DLM Storemade Sausages** Select Varieties  
**DLM Stuffed Chicken Breast** Select Varieties  
**Heavenly Ham® and Heavenly Turkey**

## PASTA

**Ancient Harvest Quinoa** Select Varieties  
**Banza** Chickpea Pasta  
**Bionaturae** Select Varieties  
**DeBoles** Select Varieties  
**Explore Cuisine**  
**Jovial**  
**Schär**  
**Seapoint Farms**  
**Tinkyáda** Brown Rice Pasta

## SALAD DRESSING

**Annie's Naturals** Select Varieties  
**Briannas Homestyle Salad Dressing**  
Select Varieties  
**Brizo**  
**Chosen Foods** Select Varieties  
**DLM Original House Dressing**  
**Hendrickson's**  
**Mamma DiSalvo's**  
**Primal Kitchen** Select Varieties  
**The Pine Club House Dressing**  
**Ted's**  
**Terrapin Ridge Farms** Select Varieties  
**Wishing Well**

## SNACKS & BARS

**Artisan Tropic** Plantain Chips  
**Beanitos**  
**DLM Kettle Cooked Potato Chips and Tortilla Chips**  
**From The Ground Up** Cauliflower Pretzels & Chips  
**El Milagro** Tortilla Chips  
**Garden of Eatin'** Select Varieties  
**Good Health** Kettle Chips  
**Kettle Brand** Chips  
**Lillie's Q Kettle Chips**  
**Palo Popcorn**  
**PopCorners**  
**Siete** Tortilla Chips  
**Way Better Snacks**  
**Spokes** Chips  
**SkinnyPop** Popcorn  
**Snyder's of Hanover** Select Varieties  
**The Daily Crave** Veggie Straws  
**Toufayan** Pita Chips  
**Vegan Rob's**  
**Xochitl** Tortilla Chips

## SOUP

**Aneto** Broth  
**Amy's Organic Soups** Select Varieties  
**Bowman & Landes** Chicken Broth & Turkey Broth  
**DLM Premium Turkey Broth**  
**DLM** Heavenly Ham Bean Soup Mix  
**Frontier** Soup Mixes  
**Kettle & Fire** Bone Broth  
**Kitchen Basics** Stock  
**More Than Gourmet** All Culinary Stock  
**Spice Paradise** Select Varieties  
**Zoup** Bone Broth

## SUPPLEMENTS

**Ancient Nutrition**  
**Designer Protein Totally Egg Protein**  
**Dorothy Lane Market**  
**Garden of Life** Select Varieties  
**New Chapter** Select Varieties  
**Orgain**  
**Solgar** Select Varieties

## TEA

**Harney & Sons Organic**  
**Honest Teas** (bottles & jugs)  
**Republic of Tea** Select Varieties  
**Rishi**  
**Steven Smith Teamaker**  
**Tea Forté**



DOROTHY LANE MARKET

**Oakwood**

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