

The list of gluten-free items provided below is not exhaustive and does not include whole, unprocessed foods like meats and produce available at Cascadia Market. While we offer gluten-free options at the market, please be aware that the availability of these items may vary throughout the year, and manufacturers may change their product offerings without prior notice. If students find that their dietary needs are not being adequately met, we encourage students to reach out to the manager of Cascadia Market to discuss the possibility of bringing in products that are currently unavailable.

## Cascadia Market GF Guide

### Baking Items

#### Labeled GF

Betty Crocker Frosting	Swerve Sugar Replacement
Bob's Redmill Almond Flour	Baking Flour
Bob's Redmill Biscuit and Baking Mix	Agave
Bob's Redmill Nutritional Yeast	Light Corn Syrup
Bob's Redmill 1 to 1	Beyond Good Vanilla Extract
	Simply Organic Vanilla Extract

### Bars

#### Certified GF

Nugo Bars  
One Protein Bars  
Over Easy Bars  
Pamela's Breakfast Bars  
Pro Bars  
Quest Protein Bar  
Thunderbird  
GFB Bars

#### Labeled GF

Clif Builders Protein Bars	Mezcla Puff-Crispy Bar
Larabars	Jam Bar
Luna Bars	Annie's Crispy Snack bar
Perfect Bar	
This Saves Lives Breakfast Bar	
Think Bars	
Simply Protein	
The Only Bar	

### Breakfast Essentials

#### Certified GF

BirchBenders Pancake Mix (Some Mixes)  
King Arthur Pancake Mix  
Van's Blueberry Waffles

#### Labeled GF

Nature's Path Granola  
Udi's Granola

## **Cooking Essentials**

### **Certified GF**

Once Again Tahini  
4<sup>th</sup> and Heart Ghee

### **Labeled GF**

Napolean Extra Virgin Olive Oil  
Marukan Ponzu  
Bragg Apple Cider Vinegar  
Sun Luck Sesame Oil  
Swanson Broths  
Vegetable Oil  
Marukome Miso  
Dorot Gardens Herbs

### **Automatically GF**

Pam Original Spray  
Heinz White Vinegar

## **Crackers**

### **Certified GF**

Blue Dimond Nut Thins  
Mary's Gone Crackers  
San-J Black Sesame and Rice Crackers  
Schär Table Crackers  
Sesmark Rice Thins

## **Chips/Popcorn/Pretzels**

### **Certified GF**

Barbara's Cheese Puffs  
BoomChickaPop Popcorn  
Kettle Chips  
Lesser Evil Paleo Puffs  
Pirate's Booty  
Parm Crisps

### **Labeled GF**

Act II Popcorn  
Casey's Kettle Corn  
Gimme Seaweed Chips  
Harvey's Popcorn  
Hawaiian Chips  
Jack Rabbit Popcorn Kernels  
Jackson's Sweet Potato Chips  
Kinnikinnick

Juanita's Tortilla Chips  
Zack's Mighty Rolled Tortilla Chips  
Lundberg Rice Chips and Cakes  
Ruffles  
Skinny Pop Popcorn  
Snyders GF Pretzels  
Quest Protein Chips  
Popcorn Snacks Twists

## **Cookies**

### **Certified GF**

Good Girl  
Poppies  
Schär Shortbread  
Schär Honey Grams

### **Labeled GF**

Quest Frosted Cookie

## **Cereals**

### **Certified GF**

Nature's Path Maple Cereal  
Three Wishes Cereal

### **Labeled GF**

Bob's Redmill Cereals (Some)  
Cheerios  
Chex  
Lucky Charms  
Fruity Pebbles

## **Canned Goods and Sauces**

### **Certified GF**

San-J Citrus Tamari Splash  
Primal Kitchen Sauces

### **Labeled GF**

Native Forest Water Chestnuts  
Pace Salsa  
Muir Glen Canned Tomatoes  
Muir Glen Sauces  
Napolean Basil Pesto  
Bionatural Tomato Paste  
Priego Sauces  
S&W Beans  
Sambal Oelek Chili Paste  
Sun Luck Sauces  
Fish Sauce  
Pickles  
Oh Snap Pickled Veggies  
Santa Cruz Applesauce  
Juanita's and La Preferida Hominy

### **Also GF**

Heart of the Valley Salsas

## **Candy**

### **Certified GF**

Endangered Species  
Chocolate Bars  
Juntin's Cups

### **Labeled GF**

Almond Joy  
Beyond Good Chocolate  
Bars  
Butterfingers  
Charleston Chews  
Chocolove Chocolate Bars  
Heath Bars  
Hi Chew

Jovy Fruit Roll  
Mike & Ikes  
Milk Duds  
Mounds  
Pay Day  
Rolo  
Unreal  
Chocolate Chips

Hot Tamales  
York  
Heath Bar  
Junior Mints

Reese's Peanut Butter Chips

## **Dairy and Dairy Substitutes**

### **Certified GF**

So Delicious Coconut Yogurt

### **Labeled GF**

Follow Your Heart Vegan  
Cheese  
Tillamook Cheeses  
Annie's Real Aged Cheddar  
Chobani Yogurt  
Native Forest Coconut Milk

Darigold Milks  
Darigold Whipping Cream  
Coffeemate Creamers  
Califiafarms Creamers  
Zoi  
Silk Almond Milk

## **Drinks**

### **Certified GF**

Oat Shake  
Olipop Sodas

### **Labeled GF**

Alovera Drinks  
Califiafarms Cold Brew  
Celsius Energy Drinks  
Fentimans Sodas  
Hint Flavored Water  
Kevita Kombucha  
Oregon Chai

Almond Lattes  
Premier Protein Shakes  
Rowdy Mermaid  
Santa Cruz Juices  
Swiss Miss (Marshmallow one not GF)

## **Frozen Novelties**

### **Certified GF**

Ben and Jerry's (Some)  
Trü Frü Chocolate Covered  
Frozen Fruits  
Clio Greek Yogurt Bars

### **Labeled GF**

Häagen Das Ice Cream (Some)  
La Michoacana Popsicles  
Outshine Popsicles  
Talenti Gelato

## **Grains/Seeds**

### **Certified GF**

Ancient Harvest Pasta  
Lotus Foods Rice Ramen  
Lundberg Rices  
Lundberg Risotto  
Minute White Rice

### **Labeled GF**

Annie Chun's Pad Thai  
Annie's Rice Pasta and  
Cheddar  
Bob's Redmill Chia Seeds  
Bob's Redmill Flaxseed  
Bob's Redmill Quinoa  
David Sunflower Seeds

### **Also GF**

Pumpkin Seeds

## Tasty Bites Rices (Some)

### **Meats/Fish**

#### **Certified GF**

Applegate Hot Dogs  
Chomps Jerky

#### **Labeled GF**

Applegate Deli Meat  
Bumble Bee Tuna  
Fiorucci Meat and Cheese Snack  
Ian's Chicken Nuggets  
Napoleon Anchovies  
SafeCatch Elite

### **Soups/Chili**

#### **Certified GF**

Dr. McDougall's Split Pea Soup  
Lotus Foods Rice Ramen Noodle  
Soups  
Power Provisions Bone Broth

#### **Labeled GF**

Amy's Chilis  
Amy's Blackbean  
Vegetable, and Tomato  
Soup  
Progresso Lentil Soup  
Instant Rice Noodle Soup

### **Condiments**

#### **Labeled GF**

Best Foods Mayo  
Follow Your Heart Vegan Mayo  
Follow Your Heart Vegan Sour Cream  
Frenchie's Mustard  
Heinz Ketchup/Mustard  
Lite House Dressing  
Natural Value Sriracha  
Tabasco  
Maeploy Sweet Chili Sauce  
Tabasco  
Lee Kum Kee Sriracha Mayo  
Health Savor Miso Mustard  
G Hughs Sugar Free ketchup  
Portland Ketchup

### **Spreads**

#### **Labeled GF**

Jiff Peanut Butter  
Nutella  
Adam's Peanut Butter  
Earth Balance Buttery Spread  
Trazza Hummus  
PB2 Powdered Peanut Butter  
Voyage Chocolate Hazelnut Spread

## **Snacks/ Jerky**

### **Certified GF**

Susie's Thin Puffed Rice Cakes  
Drissilicious Mini Rice Cakes  
Sahale Fruit/Nut Snacks  
Harvest Snaps Snap Peas  
Gimme Seaweed Wraps  
Fruit Bliss Dried Fruits

### **Labeled GF**

Welch's Fruit Snacks  
Zucchini Spirals  
Tillamook Jerky  
Soley Fruit Jerky  
Snack Pack Pudding (Tapioca  
not GF)

Seneca Apple Chips  
Rice Cakes  
Diana's Chocolate Covered  
Bananas

## **Sides/ Meals**

### **Certified GF**

Tuscan Tamales  
Saffron Road Microwave  
Dishes

### **Labeled GF**

Tasty Bites Microwave Dishes  
Gardein Black Bean Burger  
Amy's Meals  
Phomenal Noodle Bowls