

The list of kosher items provided below is not exhaustive and does not include whole foods like meats and produce available at Cascadia Market. While we offer kosher 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 Kosher Guide

Dairy Substitutes

Silk Soy Milk
 Planet Oat (Original and Vanilla)
 Almond Breeze (Original, Vanilla, Choc)
 So Delicious Coconut Milk (Unsweetened and Vanilla)
 Silk Almond Milk
 Earth Balance Soy Free Buttery Spread
 Country Crock Original
 Soy Delicious Coconut Yogurt
 Forager Project Dairy Free Sour Cream
 Follow Your Heart Vegonaise

Dairy

Bobs Red Mill Milk Powder
 Dari Gold Whipping Cream
 Dari Gold Half 'n' Half
 Dari Gold Coffee Mate Creamers
 Chobani Coffee Creamers
 Califia Farms Coffee Creamer
 Dairy Star Original Whip Cream
 Mother's Choice Sweet Cream Butter
 Zoi Greek Yogurt
 Sour Cream
 Cottage Cheese
 Lucerne Yogurts

Grains/Pastas/Seeds

Dynasty Jasmine Rice	Bobs Red Mill Red Bulgur	Bobs Red Mill Chia Seeds
Sunluck Niko Niko Calrose Rice	Bobs Red Mill Flaxseed Mill	Basmati Rice
Barilla Pasta:	Delallo Fusilli	California White Jasmine Rice
Spaghetti	Light 'n Fluffy Wide Egg Noodles	White Arborio Rice
Fettuccine	Ancient Harvest Spaghetti and Elbow Pasta	Brown Jasmine Rice
Elbow		White Jasmine
Medium Shells		
Penne		

Sides/ Meals

Tasty Bites:	Bob's Red Mill Cornbread and Muffin Mix
Indian Bombay Potatoes	Ithaca Hummus
Jaipur Vegetables	Vista Hermosa

Vegetable Tikka Masala
Channa Masala
Chickpea Tikka Masala
Coconut Rice
Spinach Dal
Spinach and Paneer
Coconut Chickpea and Turmeric Curry
Basmati Rice
Sticky Rice
Protein Bowl Indian Style
Protein Bowl Mexican Style
Nasoya Kimchi
Kern Ridge Baby Carrots

Soups

Amy's:
Minestrone
Black Bean Vegetable
No Chicken Noodle
Cream of Tomato

Canned/Jarred Goods

Del Monte Green Beans
Del Monte Kernel Corn
La Prefenda White Hominy
Vlasic Kosher Dill Spears
Vlasic Oval
Vlasic Kosher Dill Baby Wholes
Woodstock Whole Kosher Dill Pickles
Natural Value Ripe Black Olives
Amy's Organic Refried Beans
Manwich
Best Yet Pinto Beans
Muir Glen Pizza Sauce
Muir Glen Tomato Sauce
Muir Glen Diced Tomatoes
Enbrosa Chipotle Peppers
Bumble Bee Light Tuna
Napoleon Garlic and Jalapeno Olives
Napoleon Pickled Green Asparagus

Goodles
Lotus Foods Red Miso Rice Ramen
Tom Yum Rice Ramen
Bob's Red Mill Polenta
Lundberg Rice Pilaf Cilantro Lime

Chili

Amy's:
Organic Chili Med w/ Vegetables
Organic Chili Medium
Organic Chili Spicy

Sauces

Kikkoman Teriyaki Sauce
Kikkoman Sweet and Sour Sauce
Kikkoman Less Sodium Soy Sauce
Kikkoman Soy Sauce
Kikkoman Hoisin Sauce
Marukan Ponzu Sauce
San-J Citrus Tamari Splash
Marukome Miso Tub
Kraft Hickory Smoke BBQ
Heinz 57 Sauce
A.1 Sauce
Lea and Perrins Worcestershire Sauce
Tabasco pepper sauce and Green Pepper Sauce
Cholula
Tapatio
Franks Red Hot Sauce
Yucatan Sunshine Habanero Pepper
Hershey's Chocolate Syrup

Napoleon Sundried Tomato Halves

Smucker's Squeeze Strawberry
Smucker's Squeeze Butterscotch
Smucker's Squeeze Hot Fudge
Smucker's Squeeze Caramel
Torani Classic Hazelnut

Supplements and Nutrition Bars

Designer Whey

Pro Meal Bars

Clif Bars

Bob's Red Mill Hemp

Pro Protein Bars

Quest Protein Bars

Protein

Luna Bars

Larabars

Nugo

Simply Protein

Think Bars

Bob's Bars

Premier Protein

Kor Shots

Pedialyte

Muscle Milk Protein Shakes

Gatorade Water and Drinks

Cooking and Baking Products

Gimme Seaweed Wrap

J-Basket White Sesame Seed

Native Forest Coconut Milk

Sushi Nori

Dynasty Panko

French's Crispy Fried Onions

Shake 'n' Bake Original

Swerve Granular Zero Calorie

King Arthur GF Pancake Mix

Chicken

Sweetener

Braggs Apple Cider Vinegar

Spectrum Coconut Oil

Heinz White Vinegar

Dynasty Bamboo Shoots

Glory Bee Honey

Capers

All Morton and Bassett Spices

Marukan Rice Vinegar

Garlic Cloves

Tellicherry Black Peppercorn

Arm and Hammer Baking

Jalapeno Olives

McCormick Sea Salt and

Soda

Flat Anchovies

Peppercorn McCormick Medley

Gold Medal All Purpose

Chopped and Quartered

McCormick Onion and Garlic

Flour

Artichokes

McCormick Salts and Powders

C & H Powdered, Light

Marinated Artichokes

McCormick Vanilla Flavor

Brown and Granulated

Best Yet Salt and Pepper

Betty Crocker Frostings

Sugars

Wesson Vegetable Oil

Betty Crocker Cake Mixes

Morton Salt

Pam Original

Betty Crocker Brownie Mix

Bob's Red Mill Whole

Napoleon Cooking Oils

Betty Crocker Chocolate Chip

Wheat Flour

Kodiak Muffin and Brownie

Cookie Mix

Bobs Red mill GF 1 to 1

Cups

Argo Corn Starch

Baking Flour

Nestle Toll House Chocolate

Fleischman's Active Yeast

Bob's Red Mill Nutritional

Chips

Keebler Cones

Yeast

Ghirardelli Chocolate Chips

Mission Corn Tortillas

GF Flatbread Mix

Pan White Corn Meal

GF Chocolate Cake Mix	Kernel Seasons
GF Blueberry Muffin Mix	Real Lime and Lemon Juice
GF Biscuit and Baking Mix	

Cereals

Three Wishes Cereal	Special-K Red Berries	Honey Bunches of Oats
Magic Spoon	Original Cheerios	Nature's Path Oatmeal
Natures Path Heritage Flakes	Honey Nut Cheerios	Nature's Path Pumpkin
Natures Path Sunrise Crunchy	Golden Grahams	Flax Granola
Maple	Rasin Bran	Bob's Red Meal Oatmeal
Corn Flakes	Life	Cups
Kashi Cinnamon Harvest	Cap'n Crunch	Quaker Oatmeal
Kashi Autumn Wheat	Rice Krispies	Udi's Granola
One Degree Cocoa Crisps	Reese's Puffs	Nature's Path Granola
Mom's Best Cinnamon Squares	Cocoa Puffs	Kind Granola
Mom's Best Cocoa Rice	Fruity Pepples	Cereal Cups
Chex	Cinnamon Toast Crunch	
	Froot Loops	

Beverages

Arizona LXR	Martinelli's Cider and	Arizona teas and Other Drinks
Thaiwala Thai Tea	Apple Juice	Boba Tea Pinky Up
Hint Flavored Water	Best Yet Apple Juice	Rishi Masala Chai
Nesquick Chocolate	Oregon Chai	Rishi London Fog
Stash Tea	Numi Tea	Folgers Classic Roast Instant
Ghirardelli Hot Cocoa Mix	Traditional Medicinals	Coffee
Starbucks Coffee Blends	Stress Ease	Sanzo Sparkling Water
Alpine Spice Apple Cider	Tropicana Juices	La Colombe Coffee Roasters
Powder	Ocean Spray Cranberry	Kevita Kombucha and
Dole Juice	Juice	Refreshers
Naked Drinks	Mighty Pop Soda	Odyssey Elixer
Virgils Soda	Produce Source Water	Rowdy Mermaid Good Mood
Produce Source Waters	Pure Leaf Tea	Sodas

Frozen

Good Humor Cookies and Cream Ice Cream Bar	Klondike Mrs. Fields Ice Cream Sandwich	Yasso Mint Chocolate Chip
Talenti	Outshine	Minute Maid Frozen Lemonade Strawberry
Gardein Meatballs	Dorot Herbs	Stahlbush Island Farms: Sweet Corn
Gardein Crispy Tenders	Mrs. T's Pierogies Classic Cheddar	Cut Green Beans
Gardein Chicken Wings	Amy's Frozen Burritos	Marion Blackberries
Haagen Dazs Ice Cream	Nestle Ice Cream: Crunch	Butternut Squash
Twix Ice Cream	Strawberry Shortcake	Amy's Frozen Meals: Vegan GF Lasagna
Snucker's Ice Cream	Cookie 'n' Cream	Macaroni and Cheese
Ben and Jerry's Ice Cream	Toll House Chocolate Chip	Broccoli and Cheddar Bake Bowl
Good Humor Giant Vanilla Ice Cream Sandwich:	Cookie Sandwich	Enchilada w/Black Bean and Veggies
King Cone and Cookies and Cream Cone	Dips	Enchilada w/Spanish Rice and Beans
The Cookie Dough Cafe	Diana's Frozen Bananas	

Condiments

Heinz:
Tomato Ketchup
Sweet Relish
Beaver Brand:
Tartar Sauce
Cream Horseradish
Guldens Spicy Brown Mustard
French's Yellow Mustard
Best Foods Mayonnaise
Kraft Mayonnaise

Spreads

Nuttzo
Smucker's Blackberry Jam
Smucker's Raspberry Jam
Smucker's Strawberry Preserves
Smucker's Strawberry Jelly
Bonne Maman Preserves
Bonne Maman Hazelnut Chocolate Spread
Adams Peanut Butter
Jif Peanut Butter
PB2
Once Again Tahini
Philadelphia Original Cream Cheese
Mother's Choice Sweet Cream Butter

Snacks/Chips/Crackers

RipVan	Cheez-its	Chex Mix
David Sunflower Seeds	Keebler	Ritz
Flackers	Quest Protein Chips	Corn Nuts
Wonderful Pistachios	Solely Fruit Jerky	Fruit Bars
Blue Diamond Almonds	Sahale Snacks	Planters Nuts
Planters Nuts	Stacy Simply Naked Pita	Snyders:
Sabra:	Chips	Mini Pretzels
Avocado Toast	Cheese-It:	Sourdough Nibblers
Smart Snackers	Original	GF Mini Pretzels
Snack Pack	White Cheddar	Pieces Cheddar and Honey
Cracker Jack	Club Crackers Original	Mustard
Gardetto's	Kettle Chips	Tim's Jalapeno
Boom Chicka Pop Original and	Pirate's Booty	Lesser Evil Space Balls-Both
Kettle Corn	Tostito's Chips	Red Gold Pretzels
Jackson Sweet Potato Chips	Oh Snap Pickled Veggies	Wilcox Hard-Boiled Eggs
Triscuit Original	Funyuns	Nut Harvest
Popcorners	Frito's	Lundberg BBQ Rice Chips
Lay's Regular Chips	Pringles Chips	Ritz Crackers
Skinny Pop	Heirloom Popcorn Twists	Patagonia Provisions Crackers
Premium Saltines	Mary's Gone Crackers	Sesmark Savory Rice Thins
Blue Diamond Almond Nut	Milton Crackers	Jack Rabbit Yellow Popcorn
Thins	Suzies Thin Puffed Rice	Lundberg:
Act 2 Microwave popcorn	Cakes	Mini Rice Cakes
		Kettle Corn Large Rice Cakes
		Cinnamon Toast large Rice
		Cakes

Desserts and Sweet Snacks

Chavito Mazapan	Muddy Bites	Bars:
Whoopers	Hershey's Kisses	Milk Chocolate w/Whole
Rolos	Hershey's Miniatures	Hazelnuts
Reese's Sugar Free PB Cups	Reese's Miniature Cups	Dark Chocolate w/ Whole
M&M's Peanut Butter	Hershey's Dipped Pretzel	Hazelnuts
Dipped Animal Crackers	Cookies 'n' Cream	Alpine Milk Chocolate
Drizzilicious	Unreal Candy	Milk Chocolate w/Butter Biscuit
Nemos Cakes	Hammond's Chocolate	and Cocoa Creme
Chips Ahoy	Chip Marshmallows	Milk Chocolate w/Whole
Nutter Butter	The Brownie Baker	Almonds
Dots Watermelon	Quest Cookies	Milk Chocolate w/Honey Sea-Salt
Hello panda	Goodie Girl Cookies	Almonds
Flips Fudge Covered Pretzels	Franz Party Animals	Dark Chocolate w/ Whole
Sugar Babies	Frosted Cookies	Almonds
100 Grand Bar	Hostess:	Honest Organic Gummies
Fluffy Stuff Cotton Candy	Danish	York
Reese's Cups & Candy bars	Honey Bun	Hershey's Sugar Free Chocolate
Watchama Call It	Hershey's:	Reese's Pieces
Butterfinger	Mr. Goodbar	Reese's Dipped Pretzel
Baby Ruth	Cookies 'n' Cream bar	Jello
Mounds	Milk Chocolate Bar	Jovy Fruit Rolls
Divine	Milk Chocolate w/Whole	Simple Joys Bakery
Cadbury Bars	Almonds Bar	Oreos
Beyond Good	Chocolove	Grandmas Cookies
Kit Kat	Endangered Species	Land O lakes Cocoa Mix
Nutri Grain Bars	Chocolate Bars	Justin's Cups
Milkyway	Heath	Nutella and Go
Cadbury Caramello	Snickers:	Twix
Kinnikinnick:	Original	Milk Duds
Vanilla Wafers	Crunchy Peanut Butter	M&M's
S'moreables	Honey Maid Graham	Dot's
Ferrero Rocher Chocolate	Crackers	Payday
Pirouline	Nilla Wafers	3 musketeers
Hit Crispy Cookies	Ritter Sport Chocolate	Crunch
Celebration		Junior Mints
Poppies Belgian Coconut		Theo Dark Chocolate Almond
Macaroons		Butter Cups
		Tolberone
		Nature Valley Crunchy:

Peanut Butter
Oats 'n' Dark Chocolate
Oats 'n' Honey
The GFB Bars (Gluten Free Bars)
Nutella B Ready
Kinder Bueno Joy Eggs
