

This list of gluten-free products may not include some whole foods like meats and produce which are available at Cascadia Market. Please be aware that the availability of individual items may vary, and manufacturers may change their product offerings without notice. If students feel that their dietary needs are not adequately met with the available selection, they are encouraged to ask about the possibility of bringing in other products, either directly at Cascadia Market or through the nutrition office, at uhds.nutrition@oregonstate.edu.

Cascadia Market Gluten-Free Product Guide

Cooking Essentials

Certified GF

Once Again Tahini
Thai Kitchen Fish Sauce

Automatically GF

Pam Original Spray
Heinz White Vinegar

Labeled GF

Napolean Extra Virgin Olive Oil
Marukan Ponzu
Marukan Rice Vinegars
Bragg Apple Cider Vinegar
Sun Luck Sesame Oil
Swansons Beef Broth
Vegetable Oil
Marukome Miso

San-J Tamari
Marukome Miso
Marukome Miso & Easy
Sun Luck Stir Fry Sauce
Sun Luck Sweet & Sour
Sauce
Sun Luck Oyster Sauce
Sun Luck Plum Sauce
Sun Luck Chili Oil
Mae Ploy Chili Sauce

Breakfast Essentials

Certified GF

BirchBenders Pancake Mix
King Arthur Pancake Mix
Van's Blueberry Waffles
Udi's Granola
Bob's Redmill Overnight Oats

Labeled GF

Kind Granola
Nature's Path Granola
Bob's Redmill Oatmeal Cups

Cereals

Certified GF

Nature's Path Maple Cereal
Three Wishes Cereal
Magic Spoon
One Degree

Labeled GF

Bob's Redmill Cereals
Cheerios
Chex
Lucky Charms
Fruity Pebbles
Mom's Best Crispy Cocoa Rice

Canned Goods and Sauces

Certified GF

San-J Umami Tamari Splash
Bionaturae Tomato Paste
Ortega Refried Beans

Automatically GF

Heart of the Valley Salsas
Prego Traditional
Amy's Chili Refried Beans

Labeled GF

Native Forest Water
Chestnuts
Natural Value Black Olives
Pace Salsa
Muir Glen Canned Tomatoes
Muir Glen Sauces
Napolean Basil Pesto

Bionatural Tomato Paste
Priego Sauces
S&W Beans
Sun Luck Sauces
Fish Sauce
Pickles
Napolean Green Olives

Baking Items

Labeled GF

Betty Crocker Frosting
Bob's Redmill Almond Flour
Bob's Redmill Biscuit and Baking Mix
Bob's Redmill Nutritional Yeast
Bob's Redmill 1 to 1
Bob's Redmill Milk Powder

Bob's Redmill Chocolate Cake Mix
Bob's Redmill Chocolate Chip Cookie Mix
Bob's Redmill Muffin Mix
Bob's Redmill Milk Powder
Bob's Redmill Brownie Mix

Swerve Sugar Replacement
Baking Flour
Agave
Light Corn Syrup

Sides/ Meals

Certified GF

Tuscan Tamales
Saffron Road Microwave Dishes

Labeled GF

Tasty Bites Microwave Dishes
Amy's Meals
Amy's GF Cheese Burrito
Phomenal Noodle Bowls

Meats/Fish

Certified GF

Applegate Hot Dogs
Chomps Jerky
Bacon Bits

Automatically GF

Safe Catch Elite

Labeled GF

Applegate Deli Meat
Bumble Bee Tuna
Fiorucci Meat and Cheese Snack
Ian's Chicken Nuggets
Napoleon Anchovies
Werner Jerky Bags
Duke's

Napolean Sardines
Napolean Oysters
Napolean Mussels
Napolean Scallops

Dairy and Dairy Substitutes

Certified GF

So Delicious Coconut Yogurt

Labeled GF

Baker Cheese String Cheese

Follow Your Heart Vegan Cheese

Tilamook Cheeses

Chobani Yogurt

Native Forest Coconut Milk

Alpenrose Cottage Cheese

Alpenrose Sour Cream

Darigold Milks

Darigold Whipping

Cream

Coffeemate

Creamers

Cali Farms

Evaporated Milk

Califiafarms

Creamers

Zoi Yogurt

Soups/Chili

Certified GF

Dr. McDougall's Split Pea Soup

Dr. McDougall's Pad Thai

Lotus Foods Rice Ramen Noodle Soups

Labeled GF

Amy's Chilis

Amy's Soups

Progresso Lentil Soup

Instant Rice Noodle Soup

Rawmyun

Grains/Seeds

Certified GF

Ancient Harvest Pasta

Lotus Foods Rice Ramen

Lundberg Rices

Lundberg Risotto

Minute White Rice

Shirakiku Sticky Rice

Automatically GF

Pumpkin Seeds

Flax4Life

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

Tasty Bites Rices

Some Tasty Bites

Condiments

Labeled GF

Best Foods Mayo

Follow Your Heart Vegan Mayo

Spreads

Certified GF

Justin's Almond Butter

Labeled GF

Jiff Peanut Butter

Nutella

Frenchie's Mustard
Heinz Ketchup/Mustard
Lite House Dressing
Tabasco
Portland Ketchup
Portland Sugar Free Ketchup
Lee Kum Kee Sriracha Mayo
Mr. Bing Sriracha
KC Masterpiece BBQ

Adam's Peanut Butter
Trazza Hummus
PB2 Powdered Peanut Butter
Bonne Maman

Bars

Certified GF

Glutino Breakfast Bars
Nugo Bars
Over Easy Bars
Pamela's Breakfast Bars
Pro Bars
Quest Protein Bar
Thunderbird
Made Good
GFO Bars
Blake's Chewy Bars
Bob's Redmill Bars

Labeled GF

Clif Builders Protein Bars
Kind Breakfast Bars
Kind Granola Bars
Luna Bars
Perfect Bar
Think Bars

Crackers

Certified GF

Blue Dimond Nut Thins
Mary's Gone Crackers
Schär Table Crackers
Sesmark Rice Thins
Lundberg Rice Cakes
Lundberg Rice Cake Minis

Labeled GF

Suzie's Rice Cakes

Snacks/ Jerky

Certified GF

Sahale Fruit/Nut Snacks
Harvest Snaps Sanp Peas
Gimme Seaweed Wraps
Fruit Bliss Dried Fruits
Garden Veggie Straws

Labeled GF

Welch's Fruit Snacks Rice Cakes
Tillamook Jerky Diana's Chocolate Covered
Soley Fruit Jerky Bananas Protein Powder
Snack Pack Pudding Santa Cruz Applesauce
Annie's Snack Bars

Chips/Popcorn

Certified GF

Barbara's Cheese Puffs
BoomChickaPop Popcorn
Kettle Chips
Lesser Evil Paleo Puffs
Outstanding Cheese Balls
Pirate's Booty
Skinny Pop Popcorn
Gimme Seaweed Chips
Snyder's GF Pretzels
Vista Hermosa
Beanitos

Labeled GF

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

Juanita Tortilla Chips
Lay's Chips
Lundberg Rice Chips
Ruffles

Cookies

Certified GF

Enjoy Life
Goodie Girl
Schär Shortbread
Schär Honey Grams
Schär Chocolate Thins

Labeled GF

Quest

Frozen Novelties

Certified GF

Ben and Jerry's
Yasso
Talenti Gelato

Labeled GF

Häagen Das Ice Cream
La Michoacana Popsicles
Outshine Popsicles
Dorot Products

Stahlbush Products
Lindy's Italian Ice
Diana's Frozen Bananas

Drinks

Certified GF

Oat Shake
Olipop Sodas
Sanzo Sparkling Water

Labeled GF

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

Almond Lattes
Premier Protein Shakes
Santa Cruz Juices
Stumptown Coffees
Super Coffee Lattes
La Colombe
Pop & Bottle Almond Latte

Mooala Banana Milk

Candy

Certified GF

Chocolate
Endangered Species
Chocolate Bars
Juntin's Cups

Labeled GF

Beyond Good Chocolate Bars
Charleston Chews
Chocolove Chocolate Bars
Heath Bars
Hi Chew
Heath Bar
Junior Mints
Welch's Fruit Snacks
York Peppermint
Hershey

Jovy Fruit Roll
Mike & Ikes
Milk Duds
Pay Day
Reese's
Rolo
Skittles
Unreal
Chocolate Chips
PB Chips

Automatically GF

Andes Mints