

A helpful list of gluten-free products
available at Roche Bros. and Sudbury Farms.



To the best of our knowledge, the following items are gluten free.
We have made every effort to be as accurate as possible; however,
we cannot be held responsible for individual reactions to any products, nor can we
guarantee the absence of cross-contamination.
Products are identified as gluten free based on the product as packaged.
Always read the label and/or check with the manufacturer, as ingredients do
change. This list is only a guide to assist you in shopping for items available for
your dietary needs. The information is for educational purposes only and should not
be considered medical advice.

Grocery Department

Baking Mixes

Bread-

Arrowhead Mills Pizza Crust Mix
Bob's Red Mill Gluten-Free Homemade Wonderful Bread Mix
The Gluten Free Pantry Country French bread
The Gluten-Free Pantry Favorite Sandwich Bread Mix
The Gluten-Free Pantry Perfect Pie Crust Mix
The Gluten-Free Pantry Yankee Cornbread Mix

Really Great Foods

Banana Bread Mix
Cinnamon Bread Mix
French bread Mix
Old Time Biscuit Mix
Pie Crust
Pizza Crust Mix
Pumpkin Bread Mix
Rye-Style Bread Mix
White Bread Mix

Brownies-

Really Great Foods Aunt Tootsie's Brownie Mix

Cake-

Arrowhead Mills Vanilla Cake Mix
The Gluten Free Pantry Angel Food Cake Mix
The Gluten-Free Pantry Old Fashioned Cake & Cookie Mix
The Gluten-Free Pantry Decadent Chocolate Cake Mix
The Gluten Free Pantry Chocolate Trifle Mix
Orgran Instant Chocolate Mousse Mix

Really Great Foods

Brownie Cake Mix
Coffee Crumb Cake Mix
Devils Food Cake Mix
Golden Cake Mix
Lemon Poppy Cake Mix
Orange Cake Mix
Pineapple Cake Mix
Pound Cake Mix
Yellow Cake Mix

Cookies-

Really Great Foods Butter Cookie Mix
Really Great Foods Chocolate Crinkle Cookie Mix
Really Great Foods Versatile Cookie Mix

Cupcake-

Really Great Foods Chocolate Cake and Cupcake Mix

Custard-

Orgran Natural Vanilla Custard Powder

Gravy/Stuffing/Soup-

Orgran Stuffing & Coating Mix
Orgran Tomato Soup with Chives Soup Mix
Orgran Vegetarian Gravy Mix

Muffin Mix-

Orgran Chocolate Muffin Mix
Orgran Lemon Poppy Seed Muffin Mix
The Gluten Free Pantry Muffin and Scone Mix
Great Foods Apple spice Muffin Mix

Really Great Foods Cornbread Muffin Mix
Really Great Foods Maple Raisin Muffin Mix
Really Great Foods Vanilla Muffin Mix

Pancake Mix-

Arrowhead Buttermilk Pancake and Waffle Mix
Arrowhead Mills Pancake Mix
Arrowhead Pancake and Waffle Mix
Orgran Apple and Cinnamon Pancake Mix
Pamela's Brown Rice Pancake Mix
Really Great Foods Classic Pancake Mix

Soup-

Orgran Sweet Corn Soup Mix

Baking Needs

Arrowhead Flax Seed Meal
Arrowhead Golden Flax Seeds
Arrowhead Soy Flour
Bob's Red Mill Baking Flour
Bob's Red Mill Garbanzo and Fava Flour
Enjoy Life Semi Sweet Chocolate Chips
Hodgson Mill Soy Flour
Orgran All Purpose Bread Crumbs
Orgran Gluten Substitute
Orgran No Egg "Egg Replacer"
Really Great Foods All Purpose Rice Flour

Beans/Grains/Rice

Beans-

Arrowhead Green Lentil Beans
Arrowhead Red Lentil Beans

Grains-

Arrowhead Mills Hulled Millet
Arrowhead Quinoa Grain

Rice-

Arrowhead Short Brown Rice
Arrowhead Quick Brown Rice

Biscuits and Bread

Biscuits-

Glutano Apricot Biscuits
Glutano Chocolate Chip Biscuits
Glutano Digestive ½ Covered Chocolate Biscuits

Bread-

Glutano Par Baked Baguette

Brownies/Cookies/Macaroons

Brownies-

Enjoy Life Soft Baked Double Chocolate Brownies
Pamela's Ultimate Brownies

Cookies-

Enjoy Life Soft Baked Chewy Chocolate Cookies
Enjoy Life Soft Baked Gingerbread Spice Cookies
Glutano Chocolate O's Sandwich Cookies
Glutano Custard Cream Cookies

Pamela's Ginger Cookies
Pamela's Lemon Shortbread Cookies
Essensmart Almond Delight Cookies
Essensmart Sweet Ginger Cookies
Orgran Cinnamon and Sultana Cookies
SoyBite Chocolate Chip Cookies

Macaroons-

Jennies 100% Natural Carob Macaroons
Jennies 100% Natural Chocolate Macaroons

Candy

Candy Tree Bulk Black Licorice Vines
Candy Tree Bulk Strawberry Licorice Vines

Cereal

Cold-

Arrowhead Organic Puffed Rice Cereal
Barbara's Bakery Organic Brown Rice Crisps
Barbara's Bakery Organic Corn Flakes
Barbara's Bakery Organic Honey Rice Puffins
Envirokidz Organic Gorilla Munch Cereal
Envirokidz Organic Koala Crisp Cereal
Envirokidz Organic Peanut Butter Panda Puffs Cereal
PerkyO's 100% Natural Apple Cinnamon Cereal
PerkyO's 100% Natural Frosted Cereal
PerkyO's 100% Natural Original Cereal

Hot Cereal-

Bob's Red Mill Hot Cereal Mix

Chili/Soup

Chili-

Amy's

Organic Black Bean Chili
Organic Medium Chili
Organic Medium Chili with Vegetables
Organic Spicy Chili

Soup-

Amy's

Black Bean Vegetable Soup
Light in Sodium Lentil Vegetable Soup
Organic Chunky Tomato Bisque
Organic Cream of Tomato Soup
Organic Lentil Soup
Organic Lentil and Vegetable Soup
Organic Split Pea Soup

Condiments

Mustard-

Annie's Naturals

Organic Dijon Mustard
Organic Honey Mustard
Organic Horseradish Mustard
Organic Yellow Mustard

Crackers/Snaps/Wafers

Crackers-

Glutano Crackers

Orgran

Corn Crispbread

Cracked Pepper Crispbread

Rice Crispbread

Rice & Herb Crispbread

Salsa Crispbread

Snaps-

Edward & Sons Tamari Seaweed Brown Rice Snaps

Edward & Sons Tamari Sesame Brown Rice Snaps

Edward & Sons Toasted Onion and Garlic Rice Snaps

MI-DEL Bite Size Ginger Snaps

Wafers-

Glutano Chocolate Wafers

Glutano Wafers with Lemon Filling

Dip/Salsa

Salsa-

Amy's Organic Medium Salsa

Amy's Organic Mild Salsa

Granola/Fruit Bars/Snack Bars

Granola-

Bakery on Main Apple Raisin Walnut Granola

Bakery on Main Extreme Fruit and Nut Granola

Bakery on Main Nutty Maple Cranberry Granola

Enjoy Life Very Berry Crunch Granola

Enjoy Life Cranapple Crunch Granola

Orgran Lite and Crunchy Muesli Fruit and Almond

Fruit Bars-

Orgran Fruit Filled Apricot Bar

Orgran Fruit Filled Blueberry Bar

Snack Bars-

Enjoy Life Soft and Chewy Caramel Apple Snack Bar

Enjoy Life Soft and Chewy Cocoa Loca Snack Bar

Enjoy Life Soft and Chewy Very Berry Snack Bar

Envirokidz Organic Crispy Rice Cherry Cheetah Bar

Envirokidz Organic Crispy Rice Chocolate Koala Bars

Envirokidz Organic Crispy Rice Peanut Butter Panda Bars

Heaven Scent Chocolate Chip Marshmallow Bar

Heaven Scent Crispy Rice Marshmallow Bar

Heaven Scent Marshmallow Rice Bar with Soy

Glutano Chocolate Break Bars

Orgran Choc-Hazelnut Snack Bar

Macaroni and Cheese/Pasta

Macaroni and Cheese-

Annie's Rice Pasta and Cheddar

Pasta-

Nutkit Pasta Golden Soybean

Nutkit Pasta Green Soybean

Orgran Canned Spaghetti
Orgran Tomato and Basil Spirals
Orgran Ris'O' Mais Natural Rice and Corn Pasta
Orgran Ris'O' Mais Natural Rice and Corn Tortellini
Orgran Rice and Corn Spiral Pasta
Orgran Rice and Millet Spirals
Orgran Buckwheat Past Spirals

Tinkyada

Organic Brown Rice Pasta Spirals
Organic Brown Rice Penne
Organic Brown Rice Spaghetti
Organic Spirals with Rice Bran

Salad Dressing

Annie's Naturals Low Fat Raspberry Vinaigrette
Annie's Natural Red Wine Salad Dressing

Snacks

Barbara's Bakery

Jalapeno Cheese Puffs
Original Cheese Puff Bakes
Original Cheese Puffs
White Cheddar Cheese Puff Bakes

Spreads/Jams/Jelly

Spreads-

Arrowhead Natural Creamy Peanut Butter
Arrowhead Organic Sesame Tahini

Tomato Sauce

Amy's

Organic Garlic Mushroom Pasta Sauce
Organic Low Sodium Marinara Sauce
Organic Tomato Basil Pasta Sauce
Organic Puttanesca Sauce
Organic Roasted Garlic Pasta Sauce

Bove's of Vermont

Organic Basil Sauce
Organic Marinara Sauce
Organic Roasted Garlic Sauce
Organic Vodka Sauce

Cheese Department

Domestic-

Belgioioso Mild Provolone Cheese
Belgioioso Sharp Provolone Cheese

Cabot

Extra Sharp Cheddar Cheese
50% Light Sharp Cheddar Cheese
Low fat Cheddar Cheese
Mild Cheddar Cheese
75% Reduced Fat Cheddar Cheese

Sharp Cheddar Cheese
Seriously Sharp Cheddar Cheese
Vermont Extra Sharp White Cheddar

Goat Cheese-

Chavrie Domestic Goat Cheese
Chavrie Basil & Roasted Garlic Goat Cheese
Saladena Crumbled Goat Cheese
Saladena Crumbled Provencal Goat Cheese

Spreadable Cheeses-

Alouette

Crème De Brie
French Onion
Garlic & Herb
Light Garlic & Herb
Spinach Florentine
Sundried Tomato Basil
Vegetable Jardine

Deli Department

Cold Cuts

Cheese-

Cabot 50% Lite Cheddar Cheese
Cabot Sharp Cheddar Cheese
Finlandia Imported Muenster
Finlandia Swiss
Land O Lakes American
Lorraine Swiss
New Holland Havarti

Ham-

Deutschmacher Honey Ham
Glenrock
Domestic Ham
Shaving Maple Honey Ham
Virginia Ham
Roche Bros. Authentic Bakes Ham
Russer Low Salt Ham

Italian Style-

Citterio

Ciao Genoa
Hard Salami
Imported Style Mortadella

Russer

Cooked Salami

Luncheon-

Deutschmacher

Bologna
Liverwurst

Russer

Wunderbar Bologna
Olive Loaf
P & P Loaf
Pepper Loaf

Roast Beef-

Home cooked all natural roast beef

Turkey-

Home cooked turkey breast

Jennie O

Honey Turkey

Low Salt Turkey

Shaving Turkey

Skinless Turkey

Smoked Turkey

Deli Condiments**Mustard-**

Russer Mustard

Deli Franks

Kayem Olde Tyme Franks

Deli Salads**Chicken-**

Chicken Cranberry Walnut Salad

Deluxe Chicken Salad

White & Dark Chicken Salad

White Meat Chicken Salad

Potato-

Egg & Potato Salad

German Potato Salad

Onion & Potato Salad

Red Bliss Potato Salad

Red Dill Potato Salad

Red Potato Salad

Roasted Sweet Potato Salad

Sweet & Sour Potato Salad

White Potato Salad

Seafood-

Dill Shrimp & Asparagus

Granny Smith Tuna

Tuna Salad

White Tuna Salad

Vegetable-

Cole Slaw

Tomato Mozzarella Salad

Tomato bruschetta Salad

Frozen Department**Frozen Entrees-****Breakfast entrees/items-**

Amy's Tofu Rancheros

Amy's Tofu Scramble

Burrito/Enchiladas-

Amy's Black Bean Enchilada Whole Meal

Amy's Black Bean Vegetable Enchilada

Amy's Cheese Enchilada

Amy's Cheese Enchilada Whole Meal
Amy's Light in Sodium Black Bean Enchilada

Macaroni and Cheese-

Amy's Rice Macaroni and Cheese

Meat/Seafood-

Ian's Allergen Free Chicken Nuggets

Ian's Allergen Free Fish Sticks

Lasagna-

Amy's Garden Vegetable Lasagna

Pizza-

Amy's Rice Crust Cheese Pizza

Amy's Rice Crust Spinach Pizza

Pot Pie-

Amy's Sheppard's Pie

