

gluten-free products

We offer the following list as a guide to help you find gluten-free products in our stores*. The following list does not include every gluten-free product available at Save-On-Foods. All products listed may not be available at all Save-On-Foods locations.

Bakery Department

All But Gluten Bread Loafs
All But Gluten Snack Cakes
All But Gluten Cookies
All But Gluten Pizza Shells
All But Gluten Macaroons and Brownies
Dempster's Gluten Zero Breads
Glutino English Muffins
Inspired By Happiness Gluten Free Cake
Little Northern Bakehouse Breads
U-Be-Livin-Smart "Karma"ffins
Udi's Breads and Baked Goods
Wendel's True Foods Cookies
Wendel's True Foods Pies
Wendel's True Foods Bars and Squares
Western Family Gluten-Free White Bread
Western Family Gluten-Free Whole Grain Bread
Western Family Gluten-Free Whole Grain Buns
Western Family Rice Flour Wraps
Wise Bites Loaf Cakes and Bars

Deli & Meats

select Grimm's Deli and Packaged Meats
select Freybe's Deli and Packaged Meats
Harvest Bacon
Mastro Deli Meats
McLean Organic and Natural Deli Meats and Sausages
San Daniele Deli Meats
Western Family Smokies (Bavarian, 3 Cheese, Double Smoked and Chipotle)
Western Family Kielbassa Ham Sausages
Western Family Hams (Steaks Toupie Style and Black Forest Toupie Style)
Western Family Maple Wood Smoked Ham
Western Family European Wieners
Western Family Red Corn, Yellow Corn and 3 Flavour Tortilla Chips
See our deli counter for more gluten-free options.

Baking Ingredients

Betty Crocker Gluten-Free Cake Mixes & Pie Crust
Bob's Red Mill Flours: Gluten-Free Flour Mix, Quinoa Flour, Coconut Flour, Hazelnut Flour, Garbanzo Flour, Almond Meal Flour
Bob's Red Mill 1to1 Baking Flour
Clubhouse Rice Flour and Potato Starch
Cloud 9 Flour and Baking Mixes
Cup 4 Cup Gluten-Free Flour
Enjoy Life Chocolate Chips and Chocolate Chunks
Navitas Naturals Cocoa Powder/Nibs
Pamela's All Purpose Gluten-Free Flour
Pamela's Baking Mixes and Pancake Waffle Mix

Pillsbury Gluten Free Pie and Pastry Dough
Pillsbury Gluten Free Chocolate Chip Cookie Dough
Robin Hood NutriFlour Blend Gluten Free
Western Family Regular and Mini Marshmallows
Western Family Baking Powder
XO Baking Co. Cake, Cookie and Bread Mixes
XO Baking Co. Pancake Mix
Gramma Dee's Chocolate cake

Breadcrumbs & Croutons

Sticklings Gluten-Free Bread Crumbs
Pane Riso Gluten-Free Crumbs and Croutons

Cereal

Bakery On Main Gluten-Free Granola
General Mills Chex Rice Cereal
General Mills Honey Nut Cereal
GoGo Quinoa Muesli
Kashi Simply Maize Gluten-Free Organic Corn Cereal
Kashi Indigo Morning Gluten-Free Organic Corn Cereal
Kellogg's Rice Krispies Brown Rice Cereal
Nature's Path Cold Cereals: Corn Flakes, Honeyed Corn Flakes, Crispy Rice, Maple Sunrise, Mesa Sunrise, Millet Rice, Whole O's, Vanilla Sunrise
Nature's Path Enviro Kidz Cold Cereals: Frosted Flakes, Gorilla Munch, Koala Crisp, Peanut Butter Panda Puffs
Power O's
Nature's Path Qi'a Superfood Cereal
Skinny B and Holy Crap cereals

Chips & Snacks

Angie's Boomchickapop Popcorn
Bean Fields
Late July Multigrain Chips
Neal brothers Organic Cheese Puffs
Old Dutch Potato Chips
Old Dutch Restaurante Tortilla Chips
Que Pasa Tortilla Chips
Rice Works Gourmet Brown Rice Crisps
RW Garcia Flax Tortilla Chips
Terra (Original chips, Mediterranean chips, Original exotic chips, Sweets & beets)
Way Better Snacks Tortilla Chips
Western Family Kettle Cooked Chips
Western Family Organic Blue Corn Tortilla Chips
Western Family Red Corn, Yellow Corn and 3 Flavour Tortilla Chips
Western Family Potato Chips
Western Family Premium Sweet Potato, Cinnamon & Agave Tortilla Chips
Western Family Premium Black Bean, Quinoa & Chipotle Tortilla Chips
Western Family Premium Zesty Aged Cheddar Tortilla Chips

Cookies

Angie's Boom Chickapop Popcorn
Annie's Gluten Free Chocolate & Vanilla Bunny Grahams
Glutino Candy Bars, Wafer Cookies and Regular Cookies
Kinnickinnik Smoreable Graham Style Cookies

Mary's Cookies
Midel Cookies: Arrowroot, Chocolate Chip, Gingersnaps
Pamela's Products Cookies
Udi's Cookies
Wow Baking Company Cookies: Ginger Molasses, Chocolate Chip, Lemon Burst

Crackers, Rice Cakes and Snack items

Annie's Gluten-Free Bunnies
Annie Chun's Seaweed Snacks
Blue Diamond Nut Thins
Christie Rice Thins
Christie Brown Rice Crisps
Crunchmaster Whole Grain Gluten-Free Crackers
Dare Breton Gluten-Free Crackers
Edward & Sons Brown Rice Snaps
Glutino Breakfast Bars
Glutino Breadsticks
Glutino Candy Bars
Glutino Rosemary and Sea Salt Crackers
Glutino Pretzels
Hot Kid Rice Crisps
Lundberg Rice Cakes
Mary's Gourmet Organic Crackers
Mediterranean Snacks Baked Lentils Chips
Mrs. May's Roasted Nut Snacks
Navitas Naturals Super Fruits (Golden Berries, Mulberries, Goji Berries)
Navitas Naturals Super Blends (Goji Power, Chia Power, Hemp Power)
Pane Riso Ice Cream Cones
Pirate's Booty Puffs
Prana Sesame Seed Squares
Quaker rice cakes
Real Foods Corn Thins
Seasnax Roasted Seaweed Snacks
Sezme Snaps
Taipan Rice Crackers
Western Family Pudding Cups

Health Bars

Elevate Me! Energy Bars
Larabar Energy Bars
Rebar Nutritional Bar
Solo bars
Vega Bars

Grains

Amaranth, Buckwheat, Chia Seeds, Cornmeal and Polenta, Flax Seeds and Flax Meal,
Hemp Seeds, Millet, Quinoa, Rice: white, brown, wild, basmati, jasmine and red
Annie Chun's Rice Express
Alter Eco Organic Quinoa
Casbah Organic Whole Grain Quinoa
GoGo Quinoa Amaranth
GoGo Quinoa Burger Mix
GoGo Quinoa Pilaf
GoGo Quinoa Quinoa

Lundberg Rice and Rice Varieties
Lundberg Risotto Products
NuWorld Wild Rice Blends
SunBrown Rice Varieties
SunRice Rice Varieties
Texana Rice Varieties
Tru Roots Organic Quinoa
Uncle Ben's Converted Long Grain Rice
Uncle Ben's Quick Cook Long Grain Rice
Uncle Ben's Whole Grain Brown Rice
Western Family Organics Quinoa
Western Family Organics Red Quinoa

Pasta & Noodles

A Taste of Thai Rice Noodles
Annie's GF Microwave pasta
Annie's Gluten-Free Rice Pasta & Cheddar
Annie's Gluten-Free Rice Shells & White Cheddar
Annie's Rice Pasta Cups
Catelli Gluten-Free Rice, Corn & Quinoa Pasta
Explore Asian Bean pastas
Felicitti Rice & Corn Pasta
GoGo Quinoa Spaghetti & Macaroni
Mrs. Leepers Corn Pasta
SeaSnax Oodles Pasta
Thai Kitchen Thin Rice Noodles, Stir-fry Noodles and Noodle Carts
Tinkyada Brown and White Rice Pasta

Salad Dressing

Boccalino Salad Dressings
Lighthouse Salad Dressings (except Sesame Ginger, Soy Ginger, Thai Peanut, Creamy Asian and Barbecue Ranch)
Newman's Own Organic Salad Dressings (except Sesame Ginger and Family Recipe Italian)
Organika Coconut Aminos Vinegar
Organicville Dressings
Renee's Dressings (except Asian Sesame and Japanese Ginger)
Simply Naturals Organic Dressings (except Goddess)

Salsa

Pace Salsa
Que Pasa Salsa
Newman's Own Mexican Salsa

Sauces

Bragg All Purpose Seasoning
Club House Gluten-Free Brown Gravy
Club House Gluten-Free Turkey Gravy
Club House Gluten-Free Pork Gravy
Club House Gluten-Free Chicken Gravy
Honey Bunny Amazing Dad's BBQ Sauce
Kikkoman Gluten-Free Soy Sauce
Mayacamas Hollandaise Sauce Mix
Organicville Original and Tangy BBQ Sauce

Organicville Sesame Teriyaki and Island Teriyaki BBQ Sauce
Pataks Chutneys, Pastes and Korma, Madras and Tikka Masala Cooking Sauces
SanJ Gluten-Free Cooking Sauces and Soy Sauce
Spectrum
Tamari Gluten-Free Soy Sauce
Thai Kitchen Sauces and Curry Pastes
VH Sauces and Soy Sauce
Western Family Organics and Regular Tomato Ketchup
Western Family Mustard and Flavoured Mustard
Western Family Classics Antipasto
Western Family Seafood Cocktail Sauce
Western Family Tartar Sauce

Nut Butters

MaraNatha (Almond Butter Raw, Almond Butter Roasted, Almond Butter Roasted Creamy No Stir, Almond Butter roasted crunchy no stir, PB Crunchy with Salt, PB Smooth with salt, PB Creamy no stir, PB Crunchy No stir)

Tomatoes & Pasta Sauce

Eden's Organic No Salt Added Spaghetti sauce
Eden's Organic Crushed Tomatoes and No Salt Added Crushed Tomatoes
Eden's Organic Pizza Sauce
Newman's Own Spaghetti Sauce
Prego Pasta Sauces: Mushroom & Green Pepper, Mushroom, Original and Tomato Onion & Garlic
Simply Natural Organic Pasta Sauce
Western Family Organics and Regular Tomato Sauce and Tomato Paste (No Added Salt and Regular Varieties)
Western Family Organics Tomatoes Diced in Juice, No Added Salt, and Crushed with Basil
Western Family Italian Plum, Whole Diced, and Crushed Tomatoes (No Added Salt and Regular Varieties)
Western Family Italian and Mexi Stewed Tomatoes

Canned and Baked Beans

Eden's Organic Baked Beans with Sorghum and Mustard
Eden's Organic Rice & Lentils and Rice & Pinto Beans
Eden's Organic Refried Beans
Eden's Organic Canned Beans
Western Family Beans in Sauce with Pure Canadian Maple Syrup

Soups

Amy's Organic Chili
Amy's Organic Soups: Black Bean Vegetable, Lentil Vegetable, Cream of Tomato, Split Pea & Lentil
Better Than Bouillon Products
Campbell's Vegetable Broth
Campbell's Condensed Chicken Rice, Chicken with White & Wild Rice, Tomato with Basil & Oregano
Campbell's Healthy Request New England Clam Chowder
Campbell's Chunky Chicken & Sausage Gumbo, Chicken Homestyle Chili, Hot & Spicy Chili, Split Pea with Ham, Turkey
Campbells Gardennay Harvest Mushroom with Real Cream, Red Pepper Black Bean

Campbells V8 Soup Golden Autumn Carrot
Edward & Sons Miso Soup
Harvest Sun Bouillon Cubes
Happy Planet Hearty Soups
Imagine Organic Soups and Broths (except Creamy Chicken, Soy Ginger)
Pacific Soups and Broths
Wolfgang Pucks Soups

Frozen Foods

Amy's Kitchen Gluten-Free Frozen Meals: Burritos, Rice'n Mac
Copper Pot Entrees
Food For Life Brown Rice Tortillas
Glutino Breads and Baked Goods
Kinnikinnick Breads and Baked Goods
Judy G's Pizza
Nature's Path Buckwheat and Mesa Sunrise Waffles
Van's Gluten-Free Waffles
Zara's Gluten-Free Gourmet Pasta
Stellas perogies & Ravioli
Udi's pizza

Frozen Desserts

Chapman's Ice Cream (look for their gluten-free symbol on packaging)
Dream Frozen Non-Dairy Dessert
Luna & Larry's Organic Coconut Bliss
So Good Non-Dairy Frozen Desserts
So Delicious and Purely Decadent Frozen Desserts (look for their gluten-free symbol on packaging)
Screamin Brothers

Dairy Foods & Alternatives

Almond Breeze Non-Dairy Beverages
Dream Almond, Soy & Coconut Beverages
Dream Blends (Coconut, Almond, Almond Cashew Hazelnut, Rice Quinoa)
Earth's Own Almond Beverages
Kozy Shack Pudding
Olympic Organic Yogurt
Rice Dream Rice Beverage
Ryza Rice Beverage
Silk Soy Beverages and Silk for Coffee
So Delicious Coconut Milk
So Good Soy Beverages
So Nice Soy Beverages and Soy Yogurts
Western Family Classics and Western Family Yogurts

**Save-On-Foods obtains gluten-free information from suppliers. We do not investigate to determine if the information provided to us in regards to any item is accurate. At the time this list was prepared, the products indicated here are those consisting of or made only from ingredients which typically do not include any gluten-containing proteins of wheat, barley, rye and contaminated oats and are being made in manufacturing plants that do not process wheat, barley, rye or oats. Manufacturing and packaging practices may change without any warning and a product that was once gluten-free may no longer be. It is the customer's sole responsibility to carefully read the ingredients in each product that they purchase. To verify if a Western Family brand product is gluten-free, please contact our customer service team at 1-800-242-9229 or through saveonfoods.com.*