



*The following list is primarily our specialised range of Gluten Free products in Aisle 6. Additional Gluten Free items can be identified throughout the Grocery, Chilled & Frozen Food sections by the blue shelf price tickets.*

## **GLUTEN FREE BREAKFAST - Aisle 6**

- Basco Apricot & Apple 500g
- Eskal Freenut Smooth Peanut Butter
- Jokanol Range of Spreads & Sauces
- Ceres Org Rice Cereal 400g
  - Original
  - Raisin & Spice
  - Millet Cereal
  
- Envirokids Org Gorilla Munch 280g
- Envirokids Org Amazon Flakes 400g
- Envirokids Koala Crisp 325g
  
- Freedom Foods Rice Puffs 225g
- Freedom Foods G/F W/F Muesli with Psyllium 500g
- Freedom Foods Cornflakes 375g
- Freedom Foods Ultra Rice 300g
- Freedom Foods Rice Flakes 325g
  
- Freedom Foods get Natural Rice Milk 1L
- Freefrom Cocoa Puffs 400g
  
- Healtheries Simple Apricot Raisin Hot Cereal 500g
- Healtheries Simple Tropical Cereal 360g
- Healtheries Simple Apricot & Coconut Muesli 500g
  
- Hubbards Thank Goodness 400g
  
- Lotus Rice Bran Cereal 250g
  
- Lowan Cocoa Bombs 350g
- Lowan Rice Porridge 500g
- Lowan Rice Flakes 500g
  
- Natures Path Org Rice Puffs 170g
- Natures Path Org Millet Puffs 170g
- Natures Path Mesa Sunrise 300g
- Natures Path Org Crispy Rice 284g
  
- Orgran Almond Apricot Muesli 500g
- Orgran Super Grains 100% Amaranth Breakfast Cereal
  
- Vitasoy 3 packs
  - Vanilla
- Vogel Cafe Style Lite Muesli 400g

## **GLUTEN FREE BABY FOOD - Aisle 6**

- Green Monkey Organic Baby Food 100g
  - Apple & Blueberry
  - Pumpkin, Silverbeet & Sweet Potato
  - Carrot & Parsnip

## GLUTEN FREE CRACKERS & BISCUITS - Aisle 6

Bakeworks Raspberry & Dark Chocolate 2pk cookies  
Bakeworks Raspberry & Dark Chocolate cookies (box)

Basco Cake Mix	- Chocolate - Golden Butter
Cookie Time Cookie 60g	- Chocolate Chunk Cookie
Envirokids Animal Cookies 170g	
Eskal Waffers	- White Choc Cream - Milk Chocolate
Eskal Crackers 200g	- Plain - Onion
Fantastic Soho's Rice Snacks 100g	- Sour Cream & Chives - Roast Chicken - Barbeque
Freedom Foods Biscuits 180g	- Crunch Coconut - Choc Daydream
Freedom Foods Blitz Biscuits 200g	- Coconut Crunch - Choc Day Dream - Sultana
Freefrom Biscuits	- Chocolate Crunch - Orange Poppy - Chocolate Coated - Strawberry - Golden Chocolate - Chocolate Rough - Double Chocolate
Healtheries Simple Cookies 150g	- Choc Chip - Shortbread
Leda Luxury Biscuits 170-180g	- Choculence - Minton
Leda Coconut Cookies Leda Gingernut Cookies	
Naturally Good D/Lush Biscuits 150g	- Double Chocolate - Mint Double Choc
Naturally Good Carob Rice Cake Bites 150g Naturally Good Buckwheat Crispbread Bites 200g Naturally Good Cookies 200g	- Ginger Gem - Coconut Crunch
Orgran Biscotti 150g	- Choc Chip - Amaretti
Orgran Crispi Bites Mini Corn Crispbread 100g	- Balsamic Herb - Onion & Chives - Sea Salt Original
Orgran Fruit Filled Biscuits 175g	- Wild Raspberry
Orgran Rice Crispbread 200g	- Cracked Pepper - Garden Herb

Orgran Mini Out Back Animals	- Salsa
Orgran Single Classic Choc Cookies 50g	- Plain
Outback Animals 175g	- Chocolate Fun Packs
Pavillion Foods 8 pk Biscuits	- Vanilla
	- Chocolate
	- Afghan
	- Chocolate Chip
	- Shortbread
Pavillion Foods Slice	- Fudge
	- Caramel
	- Belgium
	- Lemon
	- Raspberry

## GLUTEN FREE SNACK FOODS - Aisle 6

Arjitas Vege Chips 50g	- BBQ
	- Sweet & Sour
	- Natural
	- Salt & Vinegar
	- Tasty Cheese
Buderim Crystallised Ginger 125g	
Envirokids Crispy Rice Bars 170g	- Berry
	- Chocolate
Eskal Ice Cream Cones	
Eskal Pretzels	
Floridas Natural Brand Nuggets 8 pack	- Orange
	- Blueberry
	- Strawberry
Floridas Natural Brand Sour Strings 8 pack	- Orange
	- Blueberry
	- Strawberry
Freedom Foods Muesli Breakfast Bars 610g 6 pack	
Freedom Foods Omega Bar 240g	
Freedom Foods Naturally Good Crystallised Ginger in Unsweetened Carob 125g	
Freedom Foods Chickpea Chips 250g	
Freedom Foods Cheese Corn Chips 250g	
Garden of Eaten Mini Yellow Chips 212g	
Go Gummi's 110-160g Packets	- Sugar Free
	- Naturals (mix)
	- Apple
	- Orange
Grans Fudge 80g packet	- Macadamia
	- Butterscotch
	- Australian Rum
	- Chocolate
	- Irish Cream

Healtheries Kidscare	- Classic Caramel - Café Latte
Jon John Bakeries Fruit Mince Bites 8 pack	- Rice Wheels - Rice Rounds
Leda Bars 85g	- Banana - Apricot - Chocolate - Apple/Cinnamon
Leda GF Baked Fruit Filled 6pk Bars 190g	- Tripleberry - Strawberry - Apple & Cinnamon
Leda Lite Bar 50g	- Apple - Apricot - Blueberry - Chocolate
Mary Gray Lollies 120g	- Humbugs - Mixed Fruit
Mr Mallow	- Duck Shape - Strawberry - Heart - Pink & White Marshmallows - Ropes
Naked Bites	- Cashew Coconut - Macadamia Apricot - Almond & Cranberry
Naturally Good Rice Carob Cake 50g	
Orgran Fruit Bars 90g	- Banana - Fruit
Orgran Fruit Fill Bars 50g	- Blueberry - Apricot
Orgran Molasses Licorice 200g	
Oxi Plus Antioxidant Bars 50g	- Olive Leaf & Cashew - Goji Berry & Cranberry
Sun Health Foods 35g	- Macadamia & Honey Bars - Sesame Bars
Sweet William Chocolate 50g	- Original - Tangerine - Roast Almond - Rice Cracker
Sweet William Choc Bar 100g	- Original - White
Sweet William Dairy Free Choc Mini Mix 100g	
Sweet William No Nuts Bar	
Tropical Source	- Dark Chocolate - Mint Chocolate - Toasted Almond

- Raspberry

## GLUTEN FREE PASTAS - Aisle 6

Basco Pasta & Sauce 125g

- Macaroni & Cheese  
- Fettuccine Cabonara

Healtheries Simple Pasta 190-284g

- Rigatoni  
- Macaroni Elbows  
- Macaroni Meal  
- Spiral

Orgran Italian Style Pasta 250g

- Shells  
- Amore  
- Rigati  
- Spaghetti

Orgran Rice & Corn Spaghetti 375g

Orgran Lasagne Sheets 200g

Orgran Rice & Corn Vege Pasta - Animal Shapes

Orgran Rice & Corn Pasta 250g

- Macaroni  
- Tortelli  
- Penne

Orgran Corn & Vege Pasta 250g

Orgran Corn & Spinach Pasta 250g

Orgran Tomato & Basil Corn Pasta 250g

Orgran Rice Pasta 250g

Orgran Buckwheat Pasta 250g

Orgran Corn Pasta 250g

Orgran Org Rice & Corn Pasta 250g

Orgran Rice & Corn Vege Pasta - 1kg

Orgran Rice & Millet Pasta 250g

Orgran Vege & Rice Pasta 250g

Orgran Pasta Sauce 120g

- Tomato & Basil

San Remo Pasta Range

- Lasagne  
- Penne  
- Spirals  
- Spaghetti

## GLUTEN FREE SOUPS, SAUCES & LIGHT MEALS ETC

Amy's Organic Soups 400g

- Corn Chowder
- Potato Leek
- Chunky Tomato Bisque
- Black Bean Vegetable
- Cream of Tomato
- Lentil
- Chunky Vegetable

Basco Soups

- Pumpkin
- Creamy Vegetable & Chicken - instant

Freedom Foods Tomato Pasta Sauce 500ml

Kaweka Heat & Eat Range

Orgran Soup 24-36g

- Tomato
- Garden Vegetable
- Sweet Corn

Orgran Alternative Grain Spaghetti 420g

Orgran Spaghetti 220g

- Tomato & Basil

Parisettes Dressings 300ml

- Vinaigrette
- Sundried Tomato
- Blue Cheese
- French
- Sweet Mustard
- Aioli

Sacla Pasta & Pesto Mixes

- Classic Pesto
- Capsicum & Eggplant
- Cherry Tomato & Basil
- Cherry Tomato with Capsicum
- Parmesan Cheese
- Cherry Tomato & Olives
- Tomato & Garlic
- Salsa Mild / Medium / Hot / Extra Hot
- Green Chile
- Salsa Verde

Signature Range Heat & Eat

St Dalfour Gourmet to Go Meals 175g

- Chicken & Vegetable
- Ham & Potato
- Wild Alaskan Salmon

Trident Thai Soup 50g

- Tom Yum Goong
- Hot n Spicy
- Laksa

Yackadandah Simmer Sauces

- Teriyaki & Sesame
- Honey Soy

## GLUTEN FREE BAKING ETC - Aisle 6

Bakels Flour 1kg  
 Bakels Baking Mix 1kg  
 Bakels Pastry Mix 1kg  
 Bakels Bread Mix 1kg  
 Bakels Baking Powder 200g  
 Bakels Instant Active Dried Yeast 500g

Basco Recipe Mix

- Apricot Chicken  
 - Beef Stroganoff

Blackwood Lane Rainbow Choc Chips 150g

Freefrom Choc Chip Muffin Mix 450g  
 Freefrom Orange & Popp Mix 450g  
 Freefrom Lemon Cake Mix 350g  
 Freefrom Chocolate Cake Mix 350g  
 Freefrom Pizza Dough Mix 320g

Healtheries Simple Baking Mix 1kg  
 Healtheries Simple Bread Mix 1kg

Lotus Guar Gum 100g  
 Lotus LSA Meal 500g  
 Lotus Rice Bran - Fine 500g  
 Lotus Textured Soy Protein 200g  
 Lotus Fructose (Fruit Sugar) 500g  
 Lotus Glucose Powder 250g

Massel Gravy Mix 140g

- Brown Gravy  
 - Rich Gravy  
 - Chicken Gravy  
 - Supreme Gravy

Massel Stock Cubes

- Chicken (Reduced Salt)  
 - Vegetable (Reduced Salt)  
 - Beef  
 - Vegetable  
 - Chicken

Massel Stock Powder 140g

- Chicken  
 - Vegetable  
 - Beef

Orgran Gravy Mix 200g  
 Orgran Pizza-Pastry Mix 375g  
 Orgran Falafel Mix 200g  
 Orgran No Egg Replacer 200g  
 Orgran Pasta Flour 375g  
 Orgran All Purpose Flour 500g  
 Orgran Self Raising Flour 500g  
 Orgran Gluten Substitute 120g  
 Orgran Easy Bake Bread Mix 450g  
 Orgran Wholemeal Bread Mix 450g  
 Orgran All Purpose Crumbs 300g  
 Orgran Coating & Stuffing Mix 120g

Passage to India

- Butter Chicken Simmer Sauce  
 - Tikka Masala  
 - Korma

Tandoori Palace Simmer Sauce

- Vindaloo
- Tikka Masala
- Butter Chicken

Vecon Vege Stock 125g

## **GLUTEN FREE BAKING - Instore Bakery**

Action Food 4 Pack Seeded Bread Rolls

Action Food White Sliced Bread

Action Food Seeded Sliced Bread

Action Food 2 Pack Bagels

Action Food 9 Pack cookies

- Shortcake
- Choc Chip

Dovedale Bread 640-720g Range

Livwell Naan Bread 2 pack

Livwell White Sliced Bread 200g

Livwell Brown Sliced Bread 225g

Livwell White Baguette 250g

Livwell White Rolls 4 pack

Livwell Pitta Bread

Livwell 6 assorted Jam Tarts

Livwell 4 Cherry Bakewell Tarts

Livwell Cake Bars (pack of 4)

- 2 Apricot, 2 Rasp. & 2 Blackcurrant & Apple Jam
- Double Chocolate
- Wild Blueberry

Livwell Cake 300g

- Farmhouse Fruit
- Maple & Pecan

Old Time Bakery Tannour Bread 5 pack

Jon Jon Bakery Biscuits

- Lemon
- Lime
- Chocolate Berry

Pavillion Loaf

Venerdi Pizza Bases

### **G/F products made to order by our Instore Bakery staff (ask for Shane our FreshFoods Manager):**

Sugar Buns

Scones - Cheese, Savoury, Date, Sultana

Lemon Loaf

Banana Cake

Coffee Walnut Cake

Birthday Cakes & Gateaux

Quiche, open bacon & egg

Apple pie

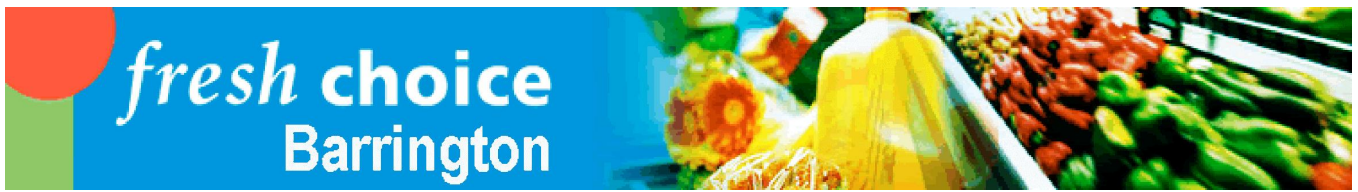
Apricot pie

Boysenberry pie

Apple sponge pudding

Apple crumble

Dominion pudding



## **GLUTEN FREE DESSERTS - Aisle 6**

Basco Chocolate Pudding  
Basco Pancake Shake

Healtheries Steamed Pudding 200g

- Simple Golden Syrup
- Simple Choc Fudge

Orgran Choc Mousse

Orgran Pancake Mix

- Buckwheat
- Apple & Cinnamon
- Wholesome Sorghum

## **G/F BUTCHURY SMALLGOODS - Meat Self Service Cabinets**

Blackball Sausages Range

Hellers Gluten Free Sausages

- Basil & Tomato

## **GLUTEN FREE CHILLED PRODUCTS - Chilled Foods Aisle**

We stock a number of spreads, pates and dips, including the Turkish Kitchen Range

Look out for the blue price tickets for our gluten free items.