

Wheat & gluten free : a list of our wheat free and gluten free products... / Mother's Market & Kitchen.

Contributors

Mother's Market & Kitchen.

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Wheat & Gluten Free

*A List
of Our Wheat
Free and Gluten
Free Products*

Please Read All Ingredient Labels.

*Nutritionals and
Serving Sizes Change.*

** Denotes Wheat Free Only*

**Mother's
Market & Kitchen**

While there are many products in our stores that do not list gluten or wheat in their ingredients list, we have chosen to include on this list, only those items that say "Gluten-Free" or "Wheat-Free" on their labels.

Nutritionals, manufacturers, and ingredients change, please read every product label carefully.

***Denotes
Wheat
Free only**

BAKING

BOB'S RED MILL

All Purpose GF Baking Flour
Amaranth Flour
Arrowroot Starch
Baking Powder
Baking Soda
Brown Rice Farina
Brownie Mix
Buckwheat Groats
Cornstarch
Flaxseed
Flaxseed Meal
Flaxseed (Golden) Organic
Flaxseed (Golden) Organic meal
Flaxseed Organic
Flaxseed Organic meal
Garbanzo Bean Flour
Garbanzo/Fava Bean Flour

Guar Gum
Homemade Wonderful Bread Mix
Potato Flour
Potato Starch
Quinoa Flour, Organic
Quinoa Grain, Organic
Sorghum Flour
Sweet White Rice Flour
Tapioca Flour
Teff Flour
Teff Grain
Textured Vegetable Protein
Wheat-Free Biscuit Mix*
White Rice Flour
Xanthan Gum
Yeast, Active Dry

HOT CEREAL

ARROWHEAD MILLS

Rice & Shine

POCONO

Cream of Buckwheat

BOB'S RED MILL

Creamy Buckwheat Cereal
Mighty Tasty Hot Cereal



PASTA

ANCIENT HARVEST

Quinoa Veggie* (*Curls, Shells, Linguine, Spaghetti*)

MRS. LEEPERS

Corn Elbows
Corn Vegetable Radiatore
Rice Spaghetti
Corn Spaghetti

DeBOLES

Corn Pasta* (*Elbows, Spaghetti*)
Rice Penne (*Spirals*)

PASTATO

Potato Spaghetti
Potato Elbows
Potato Fettuccine

ENER-G

Rice Spaghetti
Brown Rice Lasagna

TINKYADA

Rice Pasta (*Penne, Spirals, Shells, Spaghetti, Fettuccine*)

FOOD FOR LIFE

Rice Elbows

LUNDBERG

Brown Rice Pasta

**Mother's
Market & Kitchen**

PASTA MIXES

DeBOLES

Rice Pasta & Cheese

PASTARISO

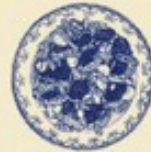
Mac & Cheese

PASTATO

Mac & Cheese

ROAD'S END ORGANICS

Penne & Cheese



NOODLES, RICE & MIXES

ANNIE CHUN

Rice Noodles
Pad Thai Rice Noodles
Pad Thai Hunan Chile
Pad Thai Basil

MITOKU

Bifun Rice Noodles

THAI KITCHEN

Instant Rice Noodle Soup
(Spring onion, garlic, lemongrass)
Spicy Thai Chili Jasmine Rice
Wild Rice Noodles
Stir Fry Rice Noodles

EDEN

Wheat-free Bifun Pasta*

FLOUR, PANCAKE, WAFFLE & BAKING MIXES

ARROWHEAD MILLS

Wild Rice Pancake & Waffle Mix
Pancake & Baking Mix
Amaranth Flour
Brownie Mix
Rye Flour*
Buckwheat Flour
Barley Flour*
Millet Flour
White Rice Flour
Yellow Corn Meal
Soy Flour*
Blue Corn Meal

Garfava Flour
Cinnamon Bread Mix
Falafel
Almond Meal
Pie Crust
Pizza Crust

BOB'S RED MILL

Pancake Mix

ENER-G

Rice Mix
Egg Replacer
SoyQuik
Sweet Rice Flour
Rice Polish
Tapioca Flour
Rice Bran

ANCIENT HARVEST

Quinoa Flour
Quinoa

FEARN

Rice Baking Mix
Brown Rice Baking Mix

AUTHENTIC FOODS

Brown Rice Flour Superfine
White Rice Flour Superfine
Sorghum Flour
Tapioca Flour
Bread Mix
Chocolate Cake Mix
Vanilla Cake Mix
Lemon Cake Mix

GLUTEN FREE PANTRY

French Bread & Pizza Mix
Chocolate Truffle Brownie Mix

PAMELA'S

Pancake & Baking Mix

SOUPS

AMY'S

Chunky Tomato Bisque
Cream of Tomato
Black Bean Vegetable
Lentil
Medium Chili
Medium Chile with Vegetables
Spicy Chili
Black Bean Chili
Split Pea

SHELTON'S

Gluten-free Chicken Broth
Chicken Tortilla Soup

TASTE ADVENTURE

Black Bean Soup
Split Pea
Sweet Corn Chowder

SAUCE AND SOUP MIXES

DIXIE DINERS

Sloppy Joe Mix
Beef Not! Strips
Turkey Not! Strips

EDWARD & SONS

Miso Cup Golden Vegetable Soup
Miso Cup Savory Soup with Seaweed
Miso Cup Traditional soup with tofu*
Miso Cup Reduced Sodium Soup*

MAYACAMAS

Creamy Clam Pasta Sauce Mix
Skillet Toss Mix (*Seafood pasta, spicy pasta*)

Pesto Sauce Mix
Savory Herb Gravy Mix (*Vegetarian*)
Chicken flavored Gravy Mix
Brown Gravy Mix
Tomato Soup Mix
Dark Mushroom Soup Mix

ORGANIC COUNTRY

Herb Medley Bouillon Cube

ORGANIC GOURMET

Hollandaise Mix
Béarnaise Sauce Mix
Vegetable Bouillon (*low sodium is not Gluten-free*)

SEITENBACKER

Chicken Style Gravy Mix

BREAD

ENER-G

Raisin Loaf
Egg-free Raisin Loaf
Tapioca Loaf
White Rice Loaf
White Rice Yeast-free Loaf
Tapioca Hamburger Buns

FRENCH MEADOW

Rye Bread*
Rye with sun flour seed*
Salt-free Rye Bread*
Rye with Flax Seed*

Wheat Alternatives:

Spelt Bagels
Spelt Bread

FOOD FOR LIFE

Wheat Alternatives
Rice Almond
White
Millet*
China Black Rice
Bhutanese Red Rice Bread
Brown Rice

HEALTH SEED

Wheat Alternatives: Spelt

FROZEN

AMY'S

Rice Mac & Cheese
Rice Crust Pizza

LIFESTREAM

Buckwheat Waffles
Mesa Sunrise Waffles

JULIAN BAKERY

Bless Your Heart*
Manna from Heaven*
Mama Bear Bread*

PACIFIC BAKERY

Wheat Alternatives:
Ancient Grain Organic Bread
Kamut Cinnamon Raisin
Kamut Raisin Almond
Kamut Organic
Kamut White
Spelt with Cinnamon Raisin
Spelt White
Spelt Multigrain
Spelt Organic

RUDOLPHS

Rye Bread*
Rye Bread with Sourdough Culture*
Rye with Linseed*
Rye with Sunflower Seed*

RUDY'S

Wheat Alternative:
Spelt Tortillas

NATURE'S HIGHLIGHTS

Brown Rice Pizza
Rice Pizza Crust
Tostada

VAN'S

Waffles* (*Apple Cinnamon, Blueberry, Flax, Original*)



SNACKS

BARBARA'S

Wheat Free Fig Bars*

BLUE DIAMOND

Nut Thins

COUNTRY CHOICE

Double Fudge Cookie*
Oatmeal Chocolate Chip*
Old Fashioned Oatmeal*
Oatmeal Raisin*

EDWARD & SONS

Brown Rice Snaps*

ENER-G

Wheat Free Crackers*
Wheat Free Pretzels*

FROOKIE

Wheat & Gluten free cookies
(Assorted flavors)

GLUTANO

CoCo Cookies
Chocolate O's
Crackers

GO RAW

Flax Snax*

HEALTH VALLEY

Rice Bran Cookies

HOL GRAIN

Brown Rice Crackers
(Assorted flavors)

LUNDBERG

Rice Chips (Assorted flavors)
Elegant Rice Pudding*

MASUYA

Rice Sembei Snacks

DELI SNACKS

2TWICE AS BIG

Gluten Free Energy Bar Raisin

GLUTINO

Cracker Flax (Assorted Flavors)

HOT KID

Rice Crisps

MAUK FAMILY FARMS

Raw Wheat Free Crusts

MISC.

ALMOND

Cheese Alternative

AMAZAKE

Rice Shake

PREMIERE JAPAN

Org. Wheat Free Hoisin Sauce*

MI-DEL

Ginger Snaps
Pecan Cookies
Chocolate Chip Cookies
Arrowroot Cookies

MRS. DENSON'S

Chocolate Chip Macaroon*
Quinoa Macaroon*
Oatmeal Raisin*

NANA'S

No Wheat Oatmeal Raisin
Cookies*

NATURE'S CHOICE

Cereal Bars*

NEWMAN'S

Wheat Free Chocolate
Alphabet Cookies

PAMELA'S

Lemon Shortbread
Shortbread Swirl
Chunky Chocolate Chip
Oatmeal Raisin Walnut*
Ginger with Sliced Almonds
Peanut Butter
Butter Shortbread

SOKEN

Vegetable Chips*

TREE OF LIFE

California Carob Cookies*
Americana Oatmeal Cookies*
Mountain Maple Walnut Cookies*

Wheat Alternatives:

AUNT GUSSIES COOKIES

Spelt Flour (green label)

VITASPELT

Sesame Sticks

NUTRILICIOUS

Wheat Free Cookies*
(Assorted Flavors)

OSKRI

*Sesame Bars

SUN FLOUR

Cookies (Assorted Flavors)

ZEN SOY

Soy Pudding (Asst. Flavors)

SOYMAZE

Parmesan Cheese Alternative

SOYCO

Vegan Cream Cheese
Substitute

*Denotes Wheat Free only

CEREALS



ARROWHEAD MILLS

Maple Buckwheat Flakes
Amaranth Flakes*
Corn Flakes
Oat Bran Flakes*
Sweetened Rice Flakes

BACK TO NATURE

Soy Granola*

ENVIRO KIDS

Panda Puffs
Koala Crisp
Gorilla Munch
Amazon Frosted Flakes

EREWHON

Apple Stroodles*
Rice Twice
Aztec*
Brown Crispy Rice*

HEALTHY TIMES

Teddy Puffs*

NATURE'S PATH

Corn Flakes
Honey'd Corn Flakes
Mesa Sunrise
Crispy Rice

NEW MORNING

Cocoa Crispy Rice
Cocoa Otios*
Apple Cinnamon Otios*
Cornfetti*
Otios*

PUFFINS

Milk and Cereal Bars*
Cinnamon Cereal*
Original*
Peanut Butter*

CONDIMENTS

MITOKU MACROBIOTICS

Organic wheat-free Yaemon
Tamari*

OHSAWA

Tamari*

SAN J

WF Tamari



BULK DEPARTMENT

Fig Bars*

FOUR MOTHER'S LOCATIONS TO SERVE YOU!

- **COSTA MESA:** 225 E. 17th Street,
Costa Mesa (949) 631-4741
- **HUNTINGTON BEACH:** 19770 Beach Blvd.,
Huntington Beach (714) 963-MOMS
- **IRVINE:** 2963 Michelson (at Jamboree),
Irvine (949) 752-MOMS
- **LAGUNA WOODS:** 24165 Paseo de Valencia
(& El Toro) Laguna Woods (949) 768-6667

CALL FOR SPECIAL ORDERS OR MAIL ORDER!

1-800-595-6667 or

Visit the Mother's Store Near You



Not all Mother's locations carry
all of the foods listed
Fall/Winter 2004