



Neighborhood Market

"Gluten-Aware" Product Guide

The products on this list are made without gluten-containing ingredients. It is possible that sources of cross-contamination could be present within the manufacturing facility. We make every effort to work with our suppliers and ensure the accuracy of this list, but always read the product's ingredient listing and disclaimers before consumption. If the product qualifies for Gluten-Free it will be noted with a tag at the shelf and will have a "GF" designation after its name on this list.

To download a digital version of this list please visit: www.freshandeasy.com/glutenaware

Snacks Aisle

F&E Kettle Chips (Salted, BBQ, Cheddar Jalapeno, Limon, Salt&Pepper)
F&E Veggie Chips & Crisps
F&E Tomato Basil Veggie Crisps
F&E Organic Lightly Salted Popcorn
F&E Cheese Puffs & Curls
F&E Soy Crisps (BBQ, White Cheddar)
F&E Sweet BBQ Flavored Soy Crisps
F&E White Cheddar Flavored Soy Crisps
F&E Blue Corn Tortilla Chips
F&E Monterey Jack & Chili Tortilla Chips
F&E Lime Flavored Tortilla Chips
F&E Jalapeno Flavored Tortilla Chips
F&E Spinach & Artichoke Tortilla Chips.
F&E Organic Fiesta Mix Tortilla Chips
F&E Organic White Corn Tortilla Chips
F&E Organic Yellow Corn Tortilla Chips
F&E Organic Unsalted Yellow Corn Tortilla Chips
F&E Restaurant Style White Corn Tortilla Chips
F&E Rice Crackers - Sesame, Wasabi Flavored (GF)
F&E Nut Squares - All Varieties (GF) (Coming 7/22)
Glutino Gluten Free Pretzel Twists (GF)
Glutino Gluten Free Crackers Original (GF)
Riceworks (Sea Salt, Sweet Chili, Salsa Fresca) (GF)
Boulder Canyon Rice & Bean Chipotle Chips (when available) (GF)
Lundbergs Rice Cakes (GF)
Orville Redenbakers Popcorn
Baken-ets Fried Pork Skins
Quaker Rice Cakes (Cheddar, Caramel, Apple Cinnamon)
Cracker Jacks and Crunch&Munch Caramel
F&E Dried Fruits & Nuts (assorted varieties)
Corazona Chips (all flavors) (GF)
Jayone Seaweed Snack

Nutrition & Snack Bars

Kind Fruit & Nut Bars (all varieties) (GF)
Lara Bar (all varieties) (GF) (Coming Soon!)
Soy Joy (all varieties) (GF) (Coming Soon!)
Stretch Island fruit leathers (all varieties) (GF)
Think Thin (all varieties) (GF) (Coming Soon!)

F&E Chocolate & Candies

F&E Chocolate Bars
F&E Huge Hunk Chocolates (except Pecans & Fruit pieces variety)
F&E Chocolate Covered (Almonds, Raisins, Macadamia, Tart Cherries,
Espresso Beans, Raspberries, Yogurt Covered Raisins)
F&E Sweet Boutique Swiss Chocolates
Hunt's Pudding Vanilla & Chocolate

Baking Products

F&E Rice Flour (GF)
F&E Yellow Corn Meal (GF)
F&E Chocolate Frosting (glass jar) (GF)
Soafella Chocolate Cake Mix (GF)
Soafella All-Purpose Baking Mix (GF)

Pasta & Grain & Beans Products

F&E Organic Polenta (GF)
F&E Cooked Organic Brown Rice Bowls
F&E Cooked Organic White Rice Bowls
F&E Cooked Organic White Jasmine Rice Bowls
F&E Cooked Organic Medley with Wild Rice Bowls
F&E Organic Quinoa Bowls (GF)
F&E Organic Brown Rice w/ Curry Bowls (GF)
F&E Organic Brown Rice w/ Seaweed (GF)
F&E Instant Rice
F&E Instant Brown Rice
F&E Instant Boil-In-Bag Brown Rice
F&E Brown Rice Spiral Rotini (GF)
F&E Brown Rice Spaghetti (GF)
F&E Medley Rice
F&E Calrose Rice
F&E Basmati Rice
F&E Long Grain Brown Rice
F&E Jasmine Rice
F&E Long Grain White Rice
F&E Quinoa
F&E Arborio Rice
F&E Peas & Lentils & Beans (assorted variety)
Seeds of Change Quinoa & Brown Rice
Bells & Flowers Chantaboon Rice Sticks (GF)

Cereals/Breakfast Aisle

F&E Pure Vermont Maple Syrup
F&E Freeze-dried Bananas and Strawberries
General Mills Corn Chex & Rice Chex (GF)
General Mills Kix
Barbara's Puffins Original

Bakery Aisle

F&E Corn Tortillas
F&E Tostada Shells
F&E Flourless Chocolate Cake
Guerrero's Corn Tortillas & Corn Tostadas
Romero's Corn Tortillas

Sides, Spreads & Others

F&E Butters (Peanut, Cashew, Almond)
F&E Jellies & Jams
F&E Honey (Regular, Orange Blossom, Whipped, Wild Raw, Organic)
Nutella
Sunland Roasted Tahini
Goober Strawberry
Jello Gelatins
Cinch Marshmallows

British Products

Heinz Beans in Tomato Sauce (GF)
Heinz Cream of Tomato Soup (GF)
Heinz Salad Cream (GF)
Marmite Yeast Extract (GF)
Ambrosia Devon Custard (GF)
Ambrosia Creamed Rice (GF)

Beverages

F&E Tea Bags (Assorted Varieties)
F&E Coffee (Assorted Varieties)
F&E Flavored Waters (Coconut, Cucumber, Strawberry, Peppermint)
F&E Vitamin Waters (Acai Blue Pome, Black Cherry, Dragonfruit, Lemonade)
F&E Fusio Juices (Acai Mixed Berry, Peach Mango, Strawberry Banana)
F&E Pure Juices (Black Cherry, Blueberry, Cranberry, Pomegranate)
F&E Blended Juices (Breakfast Blend, Cranberry, Fruit Punch, Lemonade, Limeade, Pome Blue)
F&E 100% Juices (Apple, Grapefruit, Grape, Pineapple, Prune)
F&E Antioxidant Juices (Blue Raspberry, Mango Acai, Pome Cranberry)
F&E Vegetable Juices (Regular, Spicy, Low Sodium, & Tomato Juice)
Clamato & V8 Juices
Rice Dream Rice Milk
F&E Smoothies Selected Varieties (Straw Vit C Booster, Vanilla Banana, Powerhouse, Wellness Defence, Strawberry Banana)
Nutritional Beverages (Ensure, Glucerna, Slim Fast)

Canned Products

F&E Pear Halves in Pear Juice
F&E Peaches (in Pear Juice & in Heavy Syrup)
F&E Pineapple Crushed in Pineapple Juice
F&E Pineapple Slices in Pineapple Juice
F&E Pineapple Chunks in Pineapple Juice
F&E Fruit Salad Tropical
F&E Applesauce (All flavors)
F&E Carrots Sliced
F&E Green Beans French-Style
F&E Mixed Vegetables
F&E Corn Whole Kernel
F&E Black Beans (Regular, Organic, & No Salt Added)
F&E Butter Beans
F&E Beet Sliced
F&E Potatoes White Whole & Diced
F&E Sweet Peas (Regular & Organic)
F&E Green Beans Cut (Regular & No Salt Added)
F&E Whole Green Beans
F&E Cannellini Beans
F&E Garbanzo Beans (Regular Organic, & No Salt Added)
F&E Pinto Beans (Regular & Organic)
F&E Baked Beans Organic
F&E Kidney Beans Dark Red (Regular & No Salt Added)
F&E Chili Beans
F&E Chili Chicken with Beans
F&E Chili Beef with Beans
F&E Chili Beef with Beans 99% Fat Free
F&E Chili Beef No Beans
F&E Tomato Paste
F&E Tomatoes Sauce (Regular & Organic)
F&E Tomatoes Whole Peeled Round (Regular & No Salt Added)
F&E Tomatoes Diced (Regular, Organic & No Salt Added)
F&E Tomatoes Italian Style Organic
F&E Tomatoes Diced & Fire Roasted
F&E Tomatoes Dices with Jalapeno Peppers
F&E Tomatoes Diced with Garlic & Olive Oil
F&E Tomatoes Crushed with Basil
F&E Tomatoes Stewed (Regular & Italian-Style)
F&E Canned Meats (Tuna, Salmon, Chicken Breast, Turkey Breast, Roast Beef)
Crown Price Sardines & Clams
Libby's Pumpkin (GF)
VanCamps Pork&Beans

Canned Products (Continued)

Dennison's Chili w/ Beans
Hormel's Spam (Original & Lite)
Hunt's Manwich Sloppy Joe Sauce
Rosarita & Gaucho's Refried Beans

Dairy/Deli Aisles

F&E Cream Cheeses (Regular, Whipped)
F&E Greek Yogurts Plain
F&E NonFat Yogurts (Vanilla, Strawberry, Black Cherry, Peach, Raspberry)
F&E LowFat Yogurts (Vanilla, Strawberry, Blueberry, Peach, Pina Colada)
F&E Sour Cream, Whipping Cream, Half&Half
F&E Cheeses (Mozzarella, Ricotta, etc.)
F&E Cottage Cheese (Regular & Pineapple)
F&E Butter
F&E Tofus (GF)
F&E Puddings (Rice, Dark Chocolate, Tapioca, French Vanilla, Flans) (GF)
F&E Soymilks & Soy Creamers (GF)
F&E Olives & Olive Tapenades
F&E Gelatins (Cherry, Pear, Mango, Berry) (GF)
F&E Egg & Egg Whites
F&E Fresh Condiments (Peppers, Peppadew, Artichokes, Roasted Tomatoes, Olives)
F&E Fig Spread
F&E Luncheon Meat Tub (Roast Beef, Turkey, Ham) (GF)
F&E Angus Beef Franks & Collossals (GF)
Kozu Shack Puddings (GF)
Nathan's Beef Frank Hot Dogs (GF)
Wildwood Soy Yogurt Organic (Plain, Vanilla, Raspberry, Strawberry, Blueberry, Peach) (GF)

Refrigerated Dips, Dressings & Sauces

F&E Guacamole
F&E Creamy Cilantro Dressing
F&E Dips (Ranch, French Onion Dip, Spicy Cilantro)
F&E Ranch Dressing
F&E Caesar Dressing
F&E Balsamic Vinaigrette Dressing
F&E Chipotle Ranch Dressing
F&E Lemon Humus Vinaigrette
F&E Bruschetta
F&E Fresh Salsa (Mild, Hot, Flame Roasted, and Mango)
F&E Hummus (Regular, Red Pepper, Lemon Cilantro, Spicy Jalapeno)
F&E Tzatziki
F&E Cocktail Sauce
F&E Pesto Basil
F&E Fresh Sauces (Pizza, Marinara, Cherry Tomato)
F&E Coleslaw (Contains Malt Vinegar from corn)
F&E Potato Salad

F&E FRESH: Meals, Sides, Salads, & Soups

(Product Selection May Vary)

F&E Pad Thai
F&E Jambalaya
F&E Chicken Fajita Bowl
F&E Pollo Asado Salad
F&E Mashed Potatoes
F&E Butternut Squash Soup
F&E Tomato Basil Soup
F&E Split Pea and Ham Soup
F&E Tomato & Mozzarella Salad
F&E Field Greens Salad
F&E Chef Salad
F&E Greek Salad
F&E Cranberry & Blue Cheese Salad
F&E Cobb Salad
F&E Italian-Style Salad
F&E Chicken Masala & Rice
F&E Mango Chicken & Rice
Eat Well Tuna Nicoise Salad
Eat Well Farmers market Salad

F&E FRESH: Meals, Sides, Salads, & Soups (Continued)

Eat Well Gazpacho Soup

Frozen Items

Amy's Cheese Enchilada (GF)
Amy's Mexican Casserole Bowl (GF)
F&E Fruits & Vegetables (Assorted Variety)
F&E Frozen Juice Concentrates (Apple, Cran, Orange)
F&E French Fries & Hashbrowns (Assorted Varieties)
F&E Ice Creams (Vanilla, Vanilla Bean, Chocolate, Strawberry, Butter Pecan, Mint Chocolate Chip, Neapolitan, Chocolate Chip, Coffee, Espresso Fudge,
Mocha Java, Dulce De Leche, Rocky Road)
F&E Gelatos (Cappucino, Chocolate Hazlenut, Rstd Banana, Pistachio, Dark Chocolate)
F&E Sorbets (Lemon, Mango, Pome&Blueberry, Pine Orange, Blackberry Rum)
F&E Novalties (Pomegranate Cherry Fruit Bar, Fudge Bar)
F&E Raw Fish, Shrimp, Meats
Chef d'mer Steamed Clams
Jimmy Dean Breakfast Bowls
Kraft Cool Whip
McCain Smiles (GF)

Condiments & Sauces

F&E Ketchup (Regular & Organic)
F&E Yellow Mustard
F&E Dijon Mustard (Bottle & Jar)
F&E Spicy Brown Mustard
F&E Stoneground Horseradish Mustard
F&E Sweet & Hot Mustard
F&E Wholegrain Mustard
F&E Mayonnaise
F&E Lite Mayonnaise
F&E BBQ Sauce (Original, Honey BBQ, Hickory, Hot&Spicy, Whiskey)
F&E Cocktail Sauce
F&E Tartar Sauce
F&E Spicy Stir Fry Sauce
F&E Sweet & Sour Sauce
F&E Organic Tamari Sauce
F&E Pickles (Dill, Chips, Spear, Baby Dill, Sandwich)
F&E Olives and F&E Capers
F&E Peppers Jar (Pepperoncinini, Cherry, Nacho Jalapeno, Roasted)
F&E Arrabiata Pasta Sauce
F&E Chunky Vegetable Pasta Sauce
F&E Marinara Pasta Sauce Organic
F&E Marinara with Eggplant Pasta Sauce Organic
F&E Pizza Sauce
F&E Puttanesca Pasta Sauce
F&E Roasted Garlic Pasta Sauce
F&E Three Cheese Pasta Sauce
F&E Tomato Basil Marinara Pasta Sauce
F&E Vodka Cream Sauce
Cholula Hot Sauce
Lea & Perrin's Worcestershire
Heinz 57 and A-1 Sauces
Tasty Bite Products (Kashmir Spinach, Jaipur Vegetables, Madra Lentils, Punjab Eggplant, Bombay Potatoes, Tikka Masala Simmer & Pad Thai Simmer Sauce) (GF)
Pataks Products (Curry Paste, Curry Sauce, Chutney & Masala) (GF)
Worldfoods Sauces (Red Curry Paste, Masaman Curry, Thai Green Curry) (GF)

Salsas, Dips & Tapenades/Spreads

F&E Salsa Authentica
F&E Salsa Roasted Tomato
F&E Salsa Chipotle
F&E Salsa Picante
F&E Salsa Verde
F&E Thick & Chunky Salsa (Mild & Medium)
F&E Smoky Peach Salsa
F&E New Mexico Style Green Chili Salsa

Salsas, Dips & Tapenades/Spreads (Continued)

F&E Red Taco Sauce (Mild & Medium)
F&E Green Taco Sauce
F&E Black Bean & Corn Dip
F&E Cuban Black Bean Dip
F&E Antipasto Pesto Genovese (glass jar)
F&E Artichoke Antipasta (glass jar)
F&E Black Olive Tapenade (glass jar)
F&E Tomato Bruschetta (glass jar)
F&E Sun Dried Tomatoes in Olive Oil (glass jar)
F&E Sun Dried Tomatoes in Pesto (glass jar)

Dressing, Marinades & Oils

F&E Balsamic Vinaigrette Dressing
F&E Three Cheese Balsamic Vinaigrette Dressing
F&E Blueberry Pomegranate Vinaigrette
F&E Three Cheese Italian Dressing
F&E Chipotle Ranch Dressing
F&E Creamy Italian Dressing
F&E Honey Mustard Dressing
F&E Poppyseed Dressing
F&E Raspberry Vinaigrette Dressing
F&E Red Wine Vinaigrette Dressing Organic
F&E Garlic & Herb Marinade
F&E Lemon Pepper Marinade
F&E Mesquite Marinade
F&E Mojo Criollo Marinade
F&E Tangy BBQ Vinaigrette
F&E Tequila Lime Marinade
F&E Toasted Sesame Vinaigrette
F&E Chop & Steak Marinade
F&E Thai Chili Lime Grill Sauce
F&E Rosemary and Oil Marinade
F&E Raspberry Chipotle Grill Sauce
F&E Roasted Red Pepper Dressing
F&E Chipotle Glaze Grill Sauce
F&E Balsamic Vinegar Glaze
F&E Herbs & Spices & Rubs
F&E Caesar Vinaigrette
F&E Buttermilk Ranch
Wishbone Salad Spritzers
Girard's dressings

Vitamins/Minerals

Q-Sorb™ Co Q10 100 mg Softgels BONUS
Lutein (Naturally contains Zeaxanthin) 20 mg. Softgels
Probiotic Acidophilus Capsules
Hair, Skin and Nails Formula Tablets (Box)
Natural Selenium 200 mcg. High Selenium Yeast Tablets
Diabetes Support Pack-30 day supply (Box)
Melatonin 3 mg. Tablets
Maximum Strength Melatonin 5 mg. Tablets
L-Lysine 1000 mg. Tablets
L-Arginine 1000mg softgels
Vitamin D 1000 IU Tablets
Pure Vitamin C-1000 mg. Caplets (300cc bottle)
E-400 IU Pure d-Alpha Softgels
B-6 100 mg. Tablets
B-12 1000 mcg. Tablets
Biotin 1000 mcg. Tablets
Flush Free Niacin 500 mg. Capsules (Box)
Delicious Chewable C-500 mg. w/Rose Hips Tablets
Folic Acid 800 mcg. Tablets
Norwegian Cod Liver Oil Softgels
Pure Vitamin C-500 mg. Tablets
Vitamin D 400 IU Tablets
B-12 Sublingual 2500 mcg. Tablets
Super B-Complex w/Folic Acid plus Vit C Tablets

Vitamins/Minerals (Continued)

C-500 mg. Time Release Capsules
Ultra Chromium Picolinate 500 mcg. Tablets
Gentle Iron, Iron Glycinate 28 mg Capsules
High Potency Magnesium Oxide 500 mg. Tablets
Chelated Zinc 50 mg. Caplets
Calcium•Magnesium•Zinc Caplets (150cc bottle)
Maximum Strength Glucosamine 3000 plus Vit. D Tablets
Odorless Omega-3 & Omega-6 Fish Oil 1000 mg. Softgels
Cholesterol Free Omega-3 & Omega-6 Fish Oil 1200 mg. Softgels
Organic Flaxseed Oil 1200 mg. Softgels
Odorless Garlic 1000 mg. (per serving)
Pharmaceutical Grade Fish Oil 1000mg+ Vitamin D 1000IU Softgels
Omega 3-6-9 Fish, Flax, Borage 1200mg Softgels
Triple Strength Cranberry fruit 1680 mg plus Vitamin C Softgels
Natural Saw Palmetto 450 mg. Capsules (250cc bottle)
Natural Echinacea 400 mg. Capsules
Evening Primrose Oil 1000 mg. Softgels
Ginkgo Biloba 60 mg (per serving) Capsules
Ginseng Complex plus Royal Jelly Capsules
Green Tea Extract 315 mg.(contains EGCG) Capsules
Natural Milk Thistle Capsules
St. John's Wort Standardized Extract 300 mg Capsules
ACAI 1000mg
Glucosamine Chondroitin Double-Strength Caplets VALUE SIZE
Calcium 1200 plus D Liquid Filled Softgels VALUE SIZE
D-400 IU Softgels
SD Kids Spiderman Multi Gummies
B-Complex 100% RDV Tablets
E-400 IU D-Alpha Natural Softgels
C-500 mg Ascorbic Acid Tablets
Daily Multiple 50 + Iron w/Lutein & Lycopene Caplets
B-12 500 mcg Tablets
Folic Acid 800 mcg Tablets
Flax Oil 1000 mg Softgels
Fish Oil,1000 mg Softgels
Fish, Flax & Borage Oils (Triple Omega 3-6-9) Softgels
Saw Palmetto 450 mg Capsules VALUE SIZE
Cranberry Fruit Capsules
Black Cohosh 540 mg Whole Herb Capsules
Valerian Root Whole Herb 530 mg Capsules
Co Q-10 50mg Softgels VALUE SIZE
Potassium Gluconate 595 mg Caplet
Osteo Bi- flex Triple Str

The list is not all inclusive, and we regret that not all products may be available in all stores.