

Against The Grain

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Product List / Order Form

Revised: November 14, 2008

Name: _____

Street Address: _____

City, State, Zip Code: _____

Phone Number: _____

TO PLACE YOUR ORDER: Please contact us at (801) 955-4418 or fax the applicable order pages to (801) 955-4323. We will contact you regarding the amount due including shipping and any applicable sales tax.

Product	Quantity	Price	Total
Ancient Harvest - Quinoa			
Quinoa Elbow Pasta 8 oz.		\$2.49	
Quinoa Flakes 16 oz.		\$3.69	
Quinoa Flour 24 oz.		\$6.99	
Quinoa Inca Red 12 oz.		\$2.99	
Quinoa Linguini Pasta 8 oz.		\$2.49	
Quinoa Traditional Grain 12 oz.		\$2.99	
Quinoa Pagoda Pasta 8 oz.		\$2.49	
Quinoa Shells Pasta 8 oz.		\$2.49	
Quinoa Spaghetti Pasta 8 oz.		\$2.49	
Quinoa Veg Curls Pasta 8 oz.		\$2.49	
Quinoa Rotelle Pasta 8 oz.		\$2.49	
Amy's Kitchen (Frozen - cannot be shipped)			
Macaroni & Cheese 9 oz		\$3.59	
Rice Vegetable Bowl 10 oz		\$4.99	
Enchilada Bowl 10 oz		\$4.99	
Teriyaki Bowl 10 oz		\$4.99	
Garden Lasagna 10.25 oz		\$4.99	
Cheese Enchilada 9.5 oz		\$4.99	
Black Bean Enchilada 9.5 oz		\$4.99	
Shepherd's Pie 8 oz		\$2.99	
Tamale Pot Pie 8 oz		\$2.99	
Enchilada Black Bean Meal (rice/beans) 10 oz		\$4.99	
Cheese Enchilada Meal (rice/beans) 10 oz		\$4.99	
Rice Crust Cheese Pizza (10-inch) 14 oz		\$8.99	
Rice Crust Spinach Pizza (10-inch) 14 oz		\$8.99	
Annie's Homegrown			
Rice Pasta & Cheddar 6 oz.		\$3.59	
Arrowhead Mills			
Buckwheat Flour 24 oz.		\$4.79	
Buckwheat Flakes 10 oz. (cereal)		\$4.29	
Millet Flour 24 oz.		\$6.99	
Sweetened Rice Flakes 10 oz (cereal)		\$4.29	

Barbara's Bakery		
Cornflakes 9 oz.		\$4.69
Crisp Rice Cereal 9 oz.		\$4.69
Puffins Honey Rice Cereal 9 oz.		\$4.69
Barkat		
Sugar Cone, 40 Count		\$9.99
Waffle Cone 10 Count		\$9.99
Blue Diamond		
Almond Nut Thins		\$2.99
Smoked Almond Nut Thins		\$2.99
Pecan Nut Thins		\$2.99
Hazelnut Nut Thins		\$2.99
Ceddar Nut Thins		\$2.99
Ranch Nut Thins		\$2.99
Almond Beverage, Vanilla 1 Qt.		\$2.49
Almond Beverage, Chocolate 1 Qt.		\$2.49
Blue Chip		
*Most are 2 lb. pkg.		
Angel food Cake		\$4.99
Basic Sour Cream Muffin Mix		\$5.69
Blueberry Muffin Mix		\$5.69
Blueberry Pancake Mix		\$3.99
Brown Rice Flour		\$2.99
Buttermilk Powdered milk		\$5.21
Cheese Blend - powdered mix		\$7.89
Chocolate Cake Mix		\$4.99
Chocolate Chip Cookie Mix		\$4.99
Corn Starch		\$2.99
Double Fudge Brownie Mix		\$4.99
French Bread Roll Mix		\$5.99
Gourmet Basic Cookie Mix		\$4.99
Guar Gum - 1 lb		\$3.99
Noodle Mix		\$3.99
Pancake Mix		\$3.99
Pizza/Pasta Spice Mix		\$5.99
Pizza and Focaccia Mix		\$4.99
Potato Flour		\$3.99
Potato Starch		\$4.99
Quinoa Flour		\$6.99
Raspberry Muffin Mix		\$5.69
Sorghum Flour		\$5.99
Soy Flour		\$4.99
Soy Milk - powdered		\$4.99
Sweet Rice Flour		\$5.99
White Rice Flour		\$3.29
Xanthan Gum - 1 lb		\$10.66
Biscuit Mix		\$4.99
Scone Mix		\$4.99
Pie Crust Mix		\$4.99
Guarfava Flour		\$6.99
Vegetable Vege broth mix		\$9.10
Vegetale Beef broth mix		\$8.62
Vegetable chicken broth mix		\$7.52
Spiff-E-Whip - powdered whipped topping 1.4 lb.		\$4.29
Ultra Maxi Gel - hot/cold		\$4.39

Clear Gel - hot		\$4.99
Instant Clear Jel -cold		\$5.29
Any Mix or flour can be ordered in 5#, 25# or 50#		
Bob's Red Mill		
Almond Meal 24 oz.		\$14.99
All Purpose GF Flour blend, 24 oz.		\$4.29
All Purpose GF Flour blend, 44 oz.		\$7.99
Amaranth Flour 24 oz.		\$7.35
Bread Mix		\$5.35
Brown Rice Flour 24 oz.		\$3.39
Brownie Mix		\$6.49
Cinnamon Raisin Bread Mix		\$4.99
Corn Bread Mix		\$3.99
Corn Flour 24 oz.		\$2.29
Creamy Buckwheat Cereal		\$5.49
Farina Brown rice Cereal		\$4.45
Flax Seed Meal		\$4.95
Garbanzo Bean Flour 24 oz.		\$2.95
Garfava Bean Flour 24 oz.		\$5.39
Golden Flax Seed Meal		\$5.49
Guar Gum - 8 oz		\$4.89
Hearty Whole Grain Bread Mix		\$5.59
Mighty Tasty Hot Cereal		\$3.49
Pancake Mix		\$4.75
Rice Bran		\$4.45
Sorghum Flour 24 oz.		\$3.45
Arrowroot Flour 24 oz.		\$5.75
Coconut Flour 24 oz.		\$7.65
Millet Grits Cereal		\$2.49
Oats, Gluten Free 3 pounds		\$8.35
Oats, Steel cut, gluten free, 24 oz.		\$5.99
Soy Flour 24 oz.		\$3.39
Teff Flour 24 oz.		\$7.19
Teff Grain		\$6.69
Bone Suckin' Sauce		
Bone Suckin' Sauce 16 oz.		\$6.99
Bone Suckin' Sauce 16 oz. HOT		\$6.99
Candy Tree Licorice		
Licorice Bites		\$2.89
Licorice Lariats		\$2.89
Licorice Twists		\$2.89
Licorice Laces		\$2.89
Raspberry Bites		\$2.89
Raspberry Twists		\$2.89
Raspberry Laces		\$2.89
Strawberry Bites		\$2.89
Strawberry Twists		\$2.89
Strawberry Laces		\$2.89
Cherry Twists		\$2.89
Cherry Laces		\$2.89
Cherry Bites		\$2.89
Charlotte's Bakery		
Hamburger Buns (6 each)		\$5.50
Hot Dog Buns (6 each)		\$5.50
Rice Bread		\$4.99

Rice Bread - Banana nut		\$5.59
Rice Bread - Cinnamon Raisin		\$5.59
Rice Bread - Cranberry Orange		\$5.59
Rolls 1 dz.		\$5.50
Special order cakes, please call for information		
Cherry Pie		\$11.99
Cheese Cake		\$30.00
Apple Pie		\$11.99
Key Lime Pie		\$12.99
Pecan Pie		\$12.99
Pumpkin Pie		\$10.99
Pie Shell 10 inch		\$5.00
Sugar Cookies, 1 dozen		\$9.00
Two weeks before holidays we take orders for rolls and pies for pick-up.		
We cannot ship pies or cakes. Bread/rolls depends on location.		
Chebe		
Cheese bread mix		\$4.30
All purpose bread mix		\$4.30
Garlic & onion breadstick mix		\$4.30
Cinnamon roll-up mix		\$4.30
Pizza mix		\$4.30
Focaccia mix		\$4.30
Deboles		
Rice Angel Hair Spaghetti Pasta		\$2.29
Corn Elbows		\$2.69
Corn Spaghetti		\$2.29
Lasagna - No boil		\$4.05
Rice Spagetti		\$2.29
Elbow Mac & Cheese		\$2.65
Shell Mac & Cheese		\$2.65
Dr. Praeger's (Frozen - cannot be shipped)		
Fish Fillets - Crunchy 12.5 oz		\$4.99
Fish Sticks - Crunchy 12.5 oz		\$4.99
Eating Gluten Free		
Chocolate Cake Mix		\$4.99
Bread & Pizza Mix (makes 4 loaves)		\$6.99
Waffles/Pancake Mix		\$6.99
Edward & Sons		
Brown Rice Snaps - Toasted Onion		\$3.59
Brown Rice Snaps - Tamari Soy		\$3.59
Brown Rice Snaps - original		\$3.59
Emergency Supplies		
In the event of a disaster, we cannot depend upon the government or others to meet our needs.		
It is also not the time to get sick from eating inappropriate food. We have put together a 72-hour		
kit.		
72-hour kit		\$42.50
72 hour kit info		\$2.00
Ener-G Foods		
10 inch Pizza shells (3)		\$13.99
6 inch Pizza Shells (3)		\$8.79
Breadcrumbs		\$3.89
Brown rice Loaf		\$4.99
Cinnamon Crackers		\$5.99

Cream of Mushroom - dry pkg.		\$1.29
Egg Replacer		\$5.85
Gourmet Crackers		\$3.99
Onion Crackers		\$3.99
Lite Brown Rice Loaf		\$3.89
Lite Tapioca Loaf		\$3.75
Pound Cake		\$5.99
Rice Pretzels - soy free 4 oz.		\$1.99
Rice Pretzels - soy free 8 oz.		\$3.99
Seattle Brown Loaf		\$5.99
Seattle Hamburger buns		\$5.59
Seattle Hot dog buns		\$5.59
Sesame Ring Pretzels		\$1.99
Tapioca Dinner Rolls		\$5.59
Tapioca Hamburger Buns		\$4.99
Tapioca Hotdog Buns		\$5.59
Tapioca Loaf		\$4.59
Crisp Pretzels 2.2 oz.		\$1.99
Croutons - Plain 8 oz. (great for turkey stuffing)		\$3.89
Brownies		\$6.99
Enjoy Life		
Cinnamon Crunch Granola		\$4.99
Cranapple Crunch Granola		\$4.99
Very Berry Crunch Granola		\$4.99
Perky's Nutty Rice Cereal		\$3.79
Perky's Nutty Flax Cereal		\$3.79
Perky's O's Cereal - original		\$4.99
Perky's O's Cereal - App/Cinn		\$4.99
Perky's O's Cereal - Frosted		\$4.99
Snack Bar - Coco Loco		\$3.99
Snack Bar - Caramel Apple		\$3.99
Snack Bar - Very Berry		\$3.99
Gingerbread Spice Cookie		\$3.99
"No oats" oatmeal cookie		\$3.99
"No oats" oatmeal cookie (2 pk.) (new)		\$1.09
Snickerdoodle cookie		\$3.99
Chocolate Chip Cookie (2 pk.) (new)		\$1.09
Chocolate Chip Cookie		\$3.99
Double Chocolate Brownie Cookies		\$3.99
Enviro Kidz		
Amazon Frosted Flakes 14 oz.		\$4.69
Cheetah Berry Rice Bar (6 ea.)		\$4.39
Gorilla Munch 10 oz.		\$4.69
Gorilla Munch 23 oz.		\$7.99
Koala chocolate Rice Bar (6 ea.)		\$4.39
Koala Cocoa Crunch 11.5 oz.		\$4.39
Koala Cocoa Crunch 23 oz.		\$7.99
Panda P-butter Rice Bar (6 ea.)		\$4.59
Panda Puffs 10 oz		\$4.69
Panda Puffs 23 oz		\$7.99
Leapin' Lemurs 10 oz		\$4.69
Erewhon		
Crispy Brown Rice 10 oz.		\$4.69
Rice Twice 10 oz.		\$4.69
Berry Rice 10 oz.		\$4.69

Corn Flakes 10 oz.		\$4.69
Flavorganics		
Pure Almond Extract 2 oz.		\$5.75
Pure Lemon Extract 2 oz.		\$5.75
Pure Orange Extract 2 oz.		\$5.75
Pure Peppermint Extract 2 oz.		\$5.75
Pure Vanilla Extract 2 oz.		\$5.75
Food Tek		
Vitamin fortified, microwave delicacies, easy bake oven mixes for kids also available		
Minute Chocolate Cake - 4 pouches per unit		\$5.49
Minute Yellow Cake - 4 pouches per unit		\$5.49
Minute White Cake - 4 pouches per unit		\$5.49
Minute Double Chocolate Cake Mix - 4 pouches per unit		\$5.49
Minute Goopy Brownie - 4 pouches per unit		\$5.49
Minute Vanilla icing - 4 pouches per unit		\$3.99
Minute Waffle mix - waffle form & mix (new)		\$8.99
Minute waffle mix refill (new)		\$5.49
Minute Hamburger bun - form & mix (new)		\$8.99
Minute Hamburger bun - refill (new)		\$5.49
Minute White Bread Mix - form and mix (new)		\$8.99
Minute White Bread Mix - refill (new)		\$5.49
Dairy-Free Chocolate icing - 4 pouches per unit		\$3.99
Dairy-Free Minute Chocolate Cake mix - 4 pouches per unit		\$5.49
Dairy-Free Minute Coffee Cake Mix - 4 pouches per unit		\$5.49
Dairy Free Minute Cornbread Mix - 4 pouches per unit		\$5.49
Kids - for use with regular or easy bake oven		
Kids - Sugar/chocolate cookie mix		\$5.49
Kids - Brownie Mix		\$5.49
Kids - Chocolate/Vanilla Cake Mix (2 cake mixes, 2 frosting mixes)		\$5.49
Gifts of Nature		
All Purpose Bean Flour Blend w/xanthan gum 24 oz.		\$5.99
All Purpose Bean Flour blend w/xanthan gum 10lb.		\$31.50
Cranberry Muffin Mix 21 oz.		\$6.59
French Bread Pizza Mix 21 oz.		\$5.10
Lemon Poppyseed Muffins 21 oz.		\$6.59
Yellow Cake Mix 27 oz.		\$6.05
Chocolate Cake Mix 27 oz.		\$6.89
Rolled Oats - GF certified 2 75 lb.		\$9.99
Oat Groats - GF certified 24 oz		\$6.99
Glutano		
Tea Biscuit		\$3.99
Shortcake Rings		\$3.99
Tagliatelle Noodle 8.8 oz. (like an egg noodle)		\$4.89
Kid Shape Noodles 8 oz		\$4.89
Gluten Free and Fabulous		
Chocolate Chip Cookie Bites 6.5 oz		\$6.99
Macaroni & Cheese 6.5 oz		\$5.99
Karen's Krisp Cookie 6.5 oz		\$6.99
Gluten-Free Pantry		
Brownie Truffle Mix		\$4.99
Favorite Sandwich Bread Mix		\$4.99
Cornbread and Muffin Mix		\$4.99
Perfect Pie Crust Mix		\$4.99

Muffin & Scone Mix		\$4.99
Gingerbread Spice Cake Mix		\$4.99
French Bread & Pizza Mix		\$4.99
Crisp & crumble topping		\$4.99
Croutons 4 oz.		\$4.99
Old Fashioned Cake & Cookie Mix		\$4.99
Chocolate Chip Cookies		\$4.99
Brown Rice Pancake Mix		\$4.99
Chocolate Cake Mix		\$4.99
Spice Cake Mix		\$4.99
Coffee Cake Mix		\$4.99
Pie Crust Mix		\$4.99
Glutino		
Apple Breakfast Bars (5 ea)		\$6.15
Blueberry Breakfast Bars (5 ea)		\$6.15
Cranberry Breakfast Bars (5 ea)		\$6.15
Pretzel Twists 2 oz.		\$2.65
Pretzel Twists 14 oz.		\$7.49
Pretzel sticks 14 oz.		\$7.49
Vanilla Dreams - cookie 4.4 oz.		\$4.99
Chocolate Dreams - cookie 4.4 oz.		\$4.99
Zebra Dreams - cookie 4.4 oz.		\$4.99
Vanilla Shortbread cookie - 4.4 oz		\$4.99
Chocolate Dream Bites - cookie 7 oz.		\$5.19
Vanilla Dream Bites - cookie 7 oz.		\$5.19
Crackers 5.3 oz		\$5.89
Cheddar Cheese Cracker		\$4.99
Wafer - Lemon 7.1 oz.		\$4.25
Wafer - chocolate vanilla 4.6 oz		\$4.25
Wafer - Chocolate Chocolate 4.6 oz		\$4.25
Wafer - Strawberry 7.1 oz.		\$4.25
Frozen items - unable to ship		
Plain Bagels (6 ea)		\$6.39
Sesame Seed Bagels (6 ea)		\$6.39
English Muffins (6 ea)		\$6.39
Baguettes (2/6-inch loaves)		\$6.39
Macaroni & Cheese		\$4.19
Chicken Alfredo		\$5.79
Chicken Pomodoro		\$5.79
Chicken Ranchero		\$5.79
Duo Cheese Pizza (7 inch)		\$4.89
Spinach Feta Pizza (7 inch)		\$4.89
French Toast 8 oz.		\$4.99
Health Valley		
Corn Crunch-Ems		\$4.85
Rice Crunch-Ems		\$4.85
Cream of Mushroom - ready to eat		\$2.79
Cream of Chicken - ready to eat		\$2.79
Cream of Celery - ready to eat		\$2.79
Rice Bran Cookies (graham cracker)		\$2.99
Jennie's Macaroons		
Original Coconut Macaroon, 1 each		\$0.89
Dutch Chocolate Macaroon, 1 each		\$0.89
Almond Macaroon, 8 oz. Can		\$3.99
Dutch Chocolate Macaroon, 8oz. Can		\$3.99

Original Coconut Macaroom, 8 oz. can		\$3.99
Kinnikinnick		
Bread & Bun mix - 32 oz.		\$5.85
Cake Mix - Chocolate - 18 oz.		\$5.25
Cake Mix - vanilla - 18 oz.		\$5.25
Chicken coating mix - 10 oz.		\$5.45
Kinnitoos - chocolate sandwich cookies		\$5.55
Kinnitoos - vanilla sandwich cookies		\$5.55
Montana's chocolate chip cookies		\$4.09
Lemon Cranberry cookies		\$4.09
Ginger Snap cookies		\$4.09
Pancake & Waffle Mix - 23 oz.		\$5.45
Frozen Items - unable to ship		
Chocolate/Chocolate Iced Cake donut (6 ea)		\$6.89
Vanilla Iced Cake donut (6 ea)		\$6.89
Cinnamon Sugar Cake donut (6 ea)		\$6.89
Maple Iced Cake donut (6 ea)		\$6.89
Brownies 10 oz.		\$4.99
Cinnamon Buns 10 oz		\$5.99
Blueberry Muffins (6 ea)		\$4.99
Chocolate Chip Muffins (6 ea)		\$4.99
Carrot Muffins (6 ea)		\$4.99
White Sandwich Bread, 1 lb		\$4.99
Brown Sandwich Bread, 1 lb		\$5.59
Sunflower Flax Bread, 1 lb		\$5.59
Plain Bagels (6 ea)		\$4.99
Cinnamon Raisin Bagels (6 ea)		\$4.99
7 inch Pizza Shell (4 ea)		\$6.99
10 inch Pizza Shell (3 ea)		\$12.99
Lara Bars		
Apple Pie		\$1.69
Pecan Pie		\$1.69
Cherry Pie		\$1.69
Cashew Cookie		\$1.69
Chocolate coconut chew		\$1.69
Banana cookie		\$1.69
Lemon		\$1.69
Cinnamon Roll		\$1.69
Cocoa Mole		\$1.69
Key Lime Pie		\$1.69
Lundberg		
Brown Rice - short grain		\$2.35
Brown Rice - long grain		\$2.85
Basmati - Brown		\$2.95
Basmati - White		\$3.29
White Rice - long grain		\$3.95
White Rice - short grain		\$3.29
Rice Cake - Brown Rice		\$2.95
Rice Cake - Cinnamon Apple		\$2.95
Rice Cake - Cinnamon toast		\$2.95
Rice Cake - Caramel Corn		\$2.95
Rice Cake - Honeynut		\$2.95
Rice Expressions - Beef		\$3.09
Rice Expressions - Chicken		\$3.09
Rice Expressions - Sante Fe		\$3.09

Risotto - Butternut Squash 5.8 oz		\$2.69
Risotto - cheddar Broccoli 5.9 oz		\$2.69
Risotto - Creamy Parmesan 5.8 oz		\$2.69
Risotto - Alfredo 5.8 oz		\$2.69
Risotto - Florentine spinach & Mushroom 5.8 oz		\$2.69
Risotto - Porcini 5.8 oz		\$2.69
Wild Rice blend - 16 oz		\$2.85
Mary's Gone Crackers		
Black Pepper		\$4.59
Herb		\$4.59
Onion		\$4.59
Original		\$4.59
Caraway		\$4.59
Mayacamas		
Brown Gravy Mix - makes 1 cup		\$1.09
Chicken Gravy Mix - makes 1 cup		\$1.09
Savory Herb Gravy Mix - makes 1 cup		\$1.09
Turkey Gravy Mix - makes 1 cup		\$1.09
Hollandaise Sauce - makes 2 cups		\$1.79
Alfredo Sauce - makes 2 cups		\$1.79
Creamy Clam Sauce - makes 2 cups		\$1.79
McCann's GF Oatmeal		
GIG suggests that you be on a GF diet for 6 months before adding pure oats back into your diet.		
Irish Quick rolled oats - 16 oz		\$4.15
Irish Quick & Easy steel cut - 16 oz.		\$4.15
Irish long cooking steel cut - 28 oz.		\$7.99
Midel		
Cookie - Cinnamon Snap		\$3.39
Cookie - Ginger Snap		\$3.39
Cookie - Arrowroot Animal		\$3.49
Cookie - Choc Chip mini		\$3.49
Cookie - Pecan mini		\$3.49
Cookie - choc sandwich		\$3.49
Mrs. Leeper's - Makes enough for a family of four		
Chicken Alfredo dinner		\$3.39
Beef Lasagna dinner		\$3.39
Stroganoff dinner		\$3.39
Creamy Tuna dinner		\$3.39
Cheeseburger dinner		\$3.39
Pasta - Corn Radtre 12 oz.		\$3.49
Pasta - Corn Spaghetti 12 oz		\$3.49
Pasta - Corn Rotelli 12 oz		\$3.49
Pasta - Rice Spaghetti 12 oz		\$3.49
Pasta - Rice Alphabet 12 oz		\$3.49
Pasta - Rice Shapes 12 oz		\$3.49
Mrs. May's		
Almond Crunch 5.5oz		\$3.75
Pumpkin Seed Crunch 5.5 oz		\$3.75
Cachew Crunch 5.5 oz		\$3.75
Namaste - dairy-free, gluten-free, wheat-free, soy-free, corn-free		
Cookies Mix		\$6.79
Pizza Mix		\$6.99
Spice/Carrot Cake - makes a 9x13 inch pan		\$6.99

Chocolate Cake - makes a 9x13 inch pan		\$6.99
Brownies - makes a 9x13 inch pan		\$6.99
Blondies - makes a 9x13 inch pan		\$6.99
Muffins		\$5.99
Vanilla Cake - makes a 9x13 inch pan		\$6.99
Mac & Cheese Mix		\$5.99
Taco Dinner		\$5.99
Waffles & Pancakes		\$5.99
Nature's Path		
Corn Flakes 10 Oz		\$4.59
Corn Flakes 26 oz		\$7.99
Corn puffs 6 oz.		\$1.79
Crispy Rice 10 oz.		\$4.59
Honey'd Corn Flakes 10 oz.		\$4.59
Honey'd Corn Flakes 26 oz.		\$7.99
Mesa Sunrise 10 oz		\$4.59
Mesa Sunrise 26 oz.		\$7.99
Millet Puffs 6 oz.		\$1.79
Rice Puffs 6 oz.		\$1.79
Orgran		
Buckwheat Pancake Mix 13.2 oz		\$5.89
Cinnamon Apple Pancake Mix 13.2 oz		\$5.89
Falafel Mix 7 oz		\$4.99
Pasta - buckwheat spirals 8.8 oz.		\$3.85
Pasta - rice & Millet spirals 8.8 oz		\$3.79
Pasta - tetrazini 8.8 oz		\$3.69
Pasta - Italian Spaghetti 7.7 oz		\$4.59
Pasta Meal - spaghetti in sauce 7.7 oz		\$2.54
Licorice - Molasses 7 oz		\$4.99
Outside the Bread Box		
Cheddar Crackers 10 oz		\$5.29
Graham Crackers 10 oz.		\$5.29
Multi grain cracker 10 oz		\$5.29
Saltines 10 oz		\$5.29
Graham Cracker Crumbs 10 oz (makes 9x13 or 2 pie shell crusts)		\$5.29
Parmesan Garlic Cracker 10 oz		\$5.29
Dairy Free Graham Crackers 8 oz		\$5.29
Dairy Free Graham Cracker Crumbs 8 oz		\$5.29
Cinnamon Crisps 8 oz.		\$5.29
Teff Multi Grain Crackers 8 oz.		\$5.29
Pamela's		
Baking & Pancake Mix 24 oz.		
Baking & Pancake Mix 4lb		\$6.99
Bread - Amazing Wheat Free Bread 19 oz		\$15.99
Cake Mix - Vanilla 21 oz.		\$5.99
Cake Mix - Chocolate 21 oz.		\$4.99
Biscotti - Almond 5 oz		\$5.99
Biscotti - Chocolate Walnut 5 oz.		\$3.85
Biscotti - Lemon Almond 5 oz		\$3.85
Brownie Mix		\$3.85
Frosting - Confetti 13 oz.		\$5.99
Frosting - Dark Chocolate 13 oz.		\$4.99
Frosting - Vanilla 13 oz		\$4.99
Cookie - Choc pecan		\$4.99
Cookie - chnky choc chip		\$3.79

Cookie - Choc Chip Walnut		\$3.79
Cookie - Dark Choc Chunk		\$3.79
Cookie - Ginger		\$3.79
Cookie - Peanut Butter		\$3.79
Cookie - Shortbread Swirl		\$3.79
Cookie - Shortbread Lemon		\$3.79
Cookie - Pecan Shortbread		\$3.79
Cookies have 9 cookies per pkg.		\$3.79
Mini Choc Chip cookies		\$3.85
Mini Ginger Snap Cookies		\$3.85
Single Serving - Chocolate Pecan		\$1.09
Single Serving - Dark Chocolate Chunk		\$1.09
Paradise Valley		
Creamy Mashed Potatoes 4.8 oz serves 6		\$0.69
Patsypie		
Biscotti - Chocolate Chip		\$6.99
Biscotti - Cranberry Orange		\$6.99
Real Foods		
Gluten and Dairy Free - low sugar		
Corn thins - original		\$2.45
Corn thins - Flax		\$2.45
Corn thins - multigrain		\$2.45
Corn thins - Sesame		\$2.45
Rice thins - Whole grain		\$2.45
Road's End Organics		
Gravy Mix - Golden (makes 1 cup)		\$1.05
Gravy Mix - Shtke Mush (makes 1 cup)		\$1.05
Gravy Mix - Herb (makes 1 cup)		\$1.05
Chreese - Alfredo (makes 1 cup)		\$1.05
Chreese - Cheddar (makes 1 cup)		\$1.05
Mac & Cheese Alfredo DF (makes 1 cup)		\$2.29
Sesmark		
Brown Rice Crackers - original		\$3.59
Brown Rice Crackers - Teriyaki		\$3.59
Thai Kitchen		
Stir Fry rice Noodles		\$2.29
Thin Rice Noodles		\$2.29
Roasted Garlic Single Serve Noodle Cart		\$2.09
Pad Thai Single Serve Noodle Cart		\$2.09
Thai Peanut Single Serve Noodle Cart		\$2.09
Spring Onion Instant Rice Soup		\$0.89
Thai Ginger Instant Rice Soup		\$0.89
Garlic & Vegetable Instant Rice Soup		\$0.89
Lemongrass & Chili Instant Rice Soup		\$0.89
Original Pad Thai Stir Fry Rice Noodles Serves 2		\$2.79
Thai Peanut Stir Fry Rice Noodles Serves 2		\$2.79
Pad Thai with Chili Stir Fry Rice Noodles Serves 2		\$2.79
Mushroom Bowl		\$1.79
Spring Onion Bowl		\$1.79
Tinkyada		
Brown Rice Lasagna Noodle 10 oz.		\$4.09
White Rice Spaghetti Noodle 16 oz.		\$3.69
Brown Rice Spaghetti Noodle 16 oz.		\$3.69

Brown Rice Elbow Noodle 16 oz.		\$3.69
Brown Rice Spiral Noodle 16 oz.		\$3.69
Brown Rice Fusili Noodle 16 oz.		\$3.69
Brown Rice Penne Noodle 16 oz.		\$3.69
Brown Rice Linguini Noodle 16 oz.		\$3.69
Brown Rice Little Dreams shapes 16 oz.		\$3.69
Tom Sawyer Gluten Free		
Rice Blend Flour w/xanthan 24 oz.		\$4.99
Rice Blend Flour w/xanthan 5 lb.		\$12.99

FROZEN/REFRIGERATED FOODS:

Amy's Entrees'		
Bowl - Brown Rice & Veges - 10 oz		\$4.69
Bowl - Santa Fe Enchilada - 10 oz		\$4.69
Bowl - Teriyaki - 10 oz.		\$4.69
Enchilada - Black Bean & Veges - 9.5 oz		\$4.69
Enchilada - Cheese - 9 oz		\$4.69
Lasagna - Rice Garden - 10.25 oz		\$4.99
Mac & Cheese - 9 oz		\$3.19
Rice Crust Pizza - 10-inch		\$7.99
Dr. Praeger's		
Fish Fillets - 7 count		\$4.19
Fish Sticks - 14 count		\$4.19
Food For Life		
Black China Rice - loaf		\$5.19
Brown Rice Tortillas - 6 each		\$2.79
Millet Bread - loaf		\$4.59
Glutenfreeda - preformed cookie dough		
Chip Chip Horray 16 oz, makes 1 dozen		\$5.99
Choc Minty Python 16 oz, makes 1 dozen		\$5.99
Peanut Envy 16 oz, makes 1 dozen		\$5.99
Peanut Paul & Mary 16 oz, makes 1 dozen		\$5.99
Glutino		
Mac & Cheese 10.6 oz		\$4.15
Penne Alfredo 10.6 oz		\$5.19
Penne Duo Mushroom 10.6 oz		\$5.19
Pizza - Duo Cheese, 6 inch, 6.2 oz		\$4.89
Pizza - Spinach Feta, 6 inch, 6.2 oz		\$4.89
Plain Bagels		\$6.39
Sesame Bagels		\$6.39
Ian's		
Alphatots ABC shaped potato fries - 12 oz		\$3.29
Chicken Finger Meal - 7 oz.		\$4.35
Chicken Nuggets - 8 oz.		\$5.95
Fish Sticks - 8 oz.		\$5.95
Popcorn Turkey Dogs - 8 oz.		\$5.25
Chicken Patties - 8 oz.		\$5.95
Kinnikinnick		
Bagels - plain		\$5.09
Bagels - cinn/raisin		\$5.09
Bagels - sesame		\$5.09

Bread - honey brown loaf		\$5.99
Bread - white sandwich loaf		\$5.79
Bread - sunflower flax		\$5.79
Brownies - 12.5 oz		\$5.59
Cinnamon Buns 18 oz		\$6.19
Donuts - cinnamon sugar - 6		\$7.25
Donuts - choc glazed - 6		\$7.25
Donuts - choc dipped - 6		\$7.25
Donuts - vanilla dipped - 6		\$7.25
English Muffins - 6		\$5.09
Hamburger Buns - 6		\$5.09
Hotdog Buns - 6		\$5.09
Muffins - blueberry - 6		\$5.75
Muffins - carrot - 6		\$5.75
Muffins - choc chip - 6		\$5.75
Pizza Crust 7-in (4 per pkg)		\$7.95
Pizza Crust 10-in (3 per pkg)		\$12.99
Star Lite Cuisine		
Chicken Taquitos 12 oz.		\$5.75
Van's Frozen Waffles		
Waffle - original GF/DF 8 oz		\$3.05
Waffle - mini GF/DF 8 oz		\$3.05
Waffle - Blueberry 8 oz		\$3.05
Waffle - Apple Cinnamon 8 oz		\$3.05
Waffle - Buckwheat & Berry 8 oz.		\$3.05
Waffle - Flax 8 oz		\$3.05

Subtotal befor tax (If applicable) and shipping charges:

BULK/FOOD STORAGE

We will order for you 25-50 pound bags of many gluten free flours and grains Our sources vary, we attempt to obtain the best price possible. Our pasta's with the exception of spaghetti and lasagna are available in 5 pound quantities. Flours are also available in 5-10 pounds. Some mixes, i.e., waffle and pancake, blueberry muffin, angel food cake, are available in 5 and 25 pounds. We suggest that you store the grain for grinding into flour along with xanthan gum. We have food storage suggestions.

*Prices are subject to change without notice. You will be given the sale price on any item on sale. Call ahead for bulk pricing as we fluctuate between Manufacturers to insure the best price.