

ELLWOOD THOMPSON'S

Local Market
SINCE 1989

Gluten Free Products

Baking

Arrowhead Mills Blue Cornmeal, Yellow Cornmeal, Brown Rice Flour, Buckwheat Flour, Gluten Free Pancake Mix, Soy Flour, White Rice Flour, Gluten Free Bread Mix, Gluten Free Chocolate Chip Cookie Mix, Gluten Free Vanilla Cake Mix

Bob's Red Mill Gluten Free Garbanzo Fava Flour, Gluten Free Sorghum Flour, Gluten Free Bread Mix, Almond Flour, White Rice Flour, Gluten Free Brownie Mix, GF Chocolate Cake Mix, GF Pancake Mix

Ener-G Potato Starch Flour, Pure Rice Bran, Pure Tapioca Flour

Let's Do Organics Sprinkelz Confetti/Carnival, Shredded Coconut

Lundberg Organic and Nutra-Farmed Brown Rice Syrup

Namaste Bread Mix, Brownie & Blondie Mix, Spice Cake Mix, Muffin Mix, Pizza Crust Mix

Pamela's Chocolate Brownie Mix, Pancake and Baking Mix

Beverages, Non-Dairy, Coffee Substitute, & Misc

Ahlaska Cocoa Mix

Blue Diamond Almond Breeze Milk

Equal Hot Cocoa Mix

Imagine Soy Milk Enriched

Lundberg Rice Drink

Pacific Chai

Techino Herbal Coffee

Canned Goods

Amy's Beans

Eden Beans

Native Asparagus, Artichoke Hearts

Thai Kitchen Coconut Milk

Candy Bars, Gum

Dagoba Chocolate Bars

Glee Cinnamon Chewing Gum

Newman's Chocolate Cups, Bars

Peelu Chewing Gum

Tropical Source Chocolate Bars

Cookies

Enjoy Life Snickerdoodle, Chocolate Chip, No-Oat Oatmeal

Midel Ginger Snaps

Pamela's Butter Shortbread, Chocolate Pecan Shortbread, Chunky Chocolate Chip, Ginger with Almonds, Lemon Shortbread, Espresso Chocolate Chunk, Peanut Butter, Chocolate Chip Walnut

Jennies Coconut Macaroons

Nairn's Shortbread

3 Fellers Bakery Fresh Baked Chocolate Chip Cookies ** LOCAL **

Crackers

Edward and Sons' Brown Rice Cheddar, Onion Garlic, Salsa, Tamari Seaweed, and Organic Brown Rice Snaps

Health Valley Rice Bran Crackers

Hol-Grain Brown Rice Crackers

Lundberg Rice Cakes (Brown Rice, Wild Rice, Sesame)

Blue Diamond Gluten Free Thin Crackers Hazelnut, Pecan, and Almond Crackers

Glutino Breadsticks

Cereal

Arrowhead Mills Rice and Shine, Sweetened Rice Flakes, White Corn Grits, Yellow Corn Grits

Barbara's Honey Rice Cereal

Enjoy Life Granola

Envirokids Gorilla Munch, Panda Puffs, Koala Crisp, Amazon Flakes

Nature's Path Mesa Sunrise, Corn Flakes, Honey'd Corn Flakes, Puffed Millet, Puffed Corn, Puffed Rice

Bob's Red Mill Gluten Free Hot Cereal, Brown Rice Farina

Quinoa Corp. Quinoa Flakes

Perky's Nutty Flax, Perky O's

Pocono Organic Cream of Buckwheat

Kashi Cranberry Sunshine

Erewhon Crispy Brown Rice

Entrées, Meal Kits, Mixes

Annie Chun's Rice Express

Barbara's Mashed Potatoes

Casbah Hummus

Fantastic Foods Hummus, Refried Black Beans

Food Merchants Polenta

Lundberg Risottos

Mrs. Leeper's Creamy Tuna, Alfredo, Lasagna, Beef Stroganoff, and Cheeseburger Dinner Mixes

Tasty Bite Meal Kits

Thai Kitchen

Fruit Spreads/Sauces/ Canned

Crofter Jelly

Eden Apple Cherry Butter

Native Pineapple

Speas Blueberry Pie Filling

Meat Substitutes

Lightlife Organic Tofu Pups, Original Soy Tempeh, Garden Veggie Tempeh, Wild Rice Tempeh
Nasoya, Mori Nu, Soy Boy Tofu

Nut Spreads

Manitoba Hemp Seed Nut Butter
Maranatha Almond Butter, Cashew Butter, Peanut Butter
Once Again Sunflower Butter

Nutritional/ Snack Bars

Larabar ApplePie, CherryPie, Lemon, Pecan Pie
Think Organic! Chocolate Coconut, Cashew Pecan
Raw Revolution Coconut Agave, Cashew Agave, Raspberry Chocolate

Seasonings, Packaged

Arora Indian Cuisine Seasonings

Soup, Broth

Amy's Canned Soup
Imagine Aseptic Box Soup
Thai Kitchen Soup Mixes

Frozen Bakery

Enjoy Life Bagels, Sandwich Bread
Food For Life Brown Rice, Rice Almond, Raisin Pecan, White Rice, Bhutanese Red Rice, and Black Rice Breads
Glutino Corn Bread, Corn Bread with Raisins, Flax Seed Bread, Sesame Seed Bagels, Pizza Crust
KinnikKinnik Cinnamon Buns, Dipped Chocolate Donuts
Foods by George Corn Muffins, Crumbcake, Brownies
Maria & Ricardo 6" white corn tortillas

Frozen Breakfast

Amy's Tofu Rancheros
Lifestream Buckwheat Waffles, Mesa Sunrise Waffles
Vann's Original, Blueberry, and Flax Waffles

Frozen Entrees

Amy's Asian Noodle Stir Fry, Black Bean & Vegetable Enchilada, Brown Rice & Vegetable Bowl, Cheese Enchilada, Mexican Tamale Pie, Rice Macaroni and Cheese, Santa Fe Enchilada Bowl, Shepard's Pie, Teriyaki Bowl, Gluten Free Garden Vegetable Lasagna, Palak Paneer, Rice Crust Pizza
Cascadian Farms Cajun Vegetable and Indian Organic Meals
Taj Ethnic Gourmet Chicken Korma, Chicken Tandoori, Chicken Tikka, Dal Bahaar, Eggplant Bhartha, Palak Paneer, Vegetable Kofta
Green Guru Dal Rajastani, Channa Masala, Vegetable Pad Thai, Kofta Curry

Frozen Desserts

Gaga SherBetter

Natural Feast Apple Streusel Pie, Pie Shells

Palapa Frozen Fruit Novelties

3 Fellers Bakery Frozen Scoop and Bake Chocolate Chip Cookie Dough, Frozen Scoop and Bake Chocolate Chip and Pecan Cookie Dough ** LOCAL **

Chilies, Chowders & Soups

Imagine Creamy Broccoli Soup, Creamy Butternut Squash Soup, Creamy Mushroom Soup, Creamy Potato Leek Soup, Creamy Sweet Corn Soup, Creamy Tomato Soup

Amy's Black Bean Chili, Medium Chili, Medium Chili With Vegetables, Spicy Chili

Cream of Tomato, Lentil, Split Pea Soups

Fantastic Foods Soup cups (Five Bean, Jumpin' Black Bean)

Hain Chicken Broth

Health Valley Beef Broth, Black Bean, Organic Tomato, Chicken Broth (all varieties), Tomato Vegetable

Seitenbacher Vegetable Broth

Shari's Organic Cream of Tomato, Indian Black Bean, Spicy French Green Lentil

Shelton's Black Bean Chicken, Chicken Broth, Chicken Vegetable

Pacific Foods Chicken Broth, Organic Vegetable Broth

Pasta, Sauces

Amy's Pasta Sauces

Ancient Quinoa Harvest All Products

Annie Chun's Rice Noodles

Bove's Pasta Sauces

Bionaturae Rice and Corn Pastas

DeBoles Rice Spaghetti, Corn Spaghetti

Eden Organic Buckwheat Soba Noodles

Mayacamas Alfredo, Pesto Mixes

Papadini Lentil Bean Pasta Orzo

Tinkyada Rice Pasta

Thai Kitchen Rice Noodles

Dressings, Marinades & Sauces

Annie's Naturals Caesar, Cilantro and Lime Vinaigrette, Cowgirl Ranch, French, Organic Green Garlic, Organic No Fat Yogurt Dressing, Organic Thousand Island, Raspberry Vinaigrette, Roasted Red Pepper Vinaigrette, Ketchup

Bragg's Liquid Aminos

Organicville Vinaigrettes

San-J Reduced Sodium Wheat Free Soy Sauce, Wheat Free Tamari

Chips

Robert's Gourmet Caramel Booty, Pirate's Booty, Veggie Booty, Cannon Balls, Tings

Skinny Natural Corn Chips, Soy Crisps, BBQ Soy Crisps, White Cheddar

Terra Blues Potato Chips, Exotic Vegetable Chips, Sweet Potato Chips, Yukon Gold Potato Chips

Garden of Eatin' Sesame Blue Corn Chips

Hain Mini Rice Cakes (All Flavors)

Kettle Chips Natural Gourmet Sea Salt and Vinegar

Lundberg Rice Chips (All Flavors)

Newman's Own Popcorn (All Natural Flavor)

Good Health Veggie Chips, Veggie Rings, Bistro Chips (all flavors), Polenta Chips

Little Bear Original Cheddar Puffs, Crunchitos, Buttery Popcorn, Microwave Popcorn

Eden Organic Brown Rice Chips, Vegetable Chips

Plocky's Hummus Chips (all varieties), Red Beans and Rice, Black Beans and Rice, and Sundried Tomato and Basil Chips

ET Deli Prepared Foods

Aloo gobhi

Asparagus and carrots in a fiery sweet and sour dressing

Asparagus Frittata

Avocado baked egg casserole

Baked Herb Chicken Tenders

Beef paprikash

Black bean and beet chili

Black beans and rice

Black eyed peas, okra, and tomatoes

Bok choy sweet rice casserole

Bok choy, asparagus, and carrots with jasmine tea spiced salt

Broccoli and potato frittata

Broccoli primavera

Broccoli with garlic sauce

Brussels sprouts with white beans and Parmesan

Chicken tuscana with white beans

Chicken vindaloo

Chicken with chili and cilantro butter

Chicken with mole sauce and sweet potatoes

Chicken with red pepper basil coulis

Chicken, lemon, and coriander

Chili bok choy

Chili glazed sweet potatoes with cinnamon and orange

Chole saag

Collard greens and red beans

Cowboy Beans and Rice

Creamed Collards

Creamed Corn with cilantro butter

Creamed kale

Creamy baked eggplant with tomato and parsley

Curried cabbage

Curried Yogurt chicken

Curry broccoli

Dirty Rice

Dragon's garden

Far east star carrots

Fasulakia

Fire roasted corn

Fire roasted eggplant

Five bean dal

Fresh corn and tomatoes with cilantro pesto

Fried sweet plantains

Garlic and Parmesan mashed potatoes

Greek basmati

Green beans with onions in a tomato sauce

Green pepper chicken

Grilled chicken with cilantro sauce

Grilled Indian Chicken
Grilled peppers and onions
Grilled plantains and red beans with green chilies and corn
Herbed chicken with roasted lemon salsa
Honey lemon ginger carrots
Kalamata green beans
Lemon and mustard mashed potatoes
Lemon herb artichokes
Lima beans with caramelized onions
Maple Ginger Braised Cabbage
Mixed squash with herbs, garlic and lemon
Orange Cinnamon Pilaf
Parmesan baked green beans
Pasta with creamy pesto
Pesto green beans
Pesto scalloped potatoes
Potatoes, Carrots and asparagus with curry butter and cilantro
Red tomato rice
Roasted squash with Mexican herbs
Rosemary, Thyme and Lavender Chicken
Saffron Basmati Rice and peas
Salsa chicken
Seared corn with beans, green chilies and cilantro
Smoky Mexican Lasagna
Spicy 3 bean chili
Spicy baked chicken
Spicy chicken and potatoes
Spinach and ricotta frittata
Steamed broccoli
Steamed rice
Steamed Spinach with tomatoes
Stuffed peppers with chicken
Sunset potatoes
Sweet potatoes with honey jalapeno butter
Thai chicken in a fragrant broth
That chicken with sweet chili sauce
Tuscan vegetable sauté
Veggie egg foo young
Wild rice pilaf

ET Bakery Items

Strawberry Cream Cheesecake
Gluten free chocolate crinkles
Valentine strawberries
Vegan strawberry mousse
Wheat free muffins (assorted)
Wheat free fudge brownies

Note: *This is not a complete list, just a sample of some of the products available at Ellwood Thompson's that are wheat free and/or gluten free. People with gluten intolerances can eat dairy, meat, poultry, fish, nuts, soy, rice, potato, corn, millet, buckwheat, quinoa, teff, lentils and legumes. www.csaceliacs.org/gluten_grains.php has a comprehensive list of foods that are acceptable for a gluten-free diet. If you are unsure if something is gluten free, please contact your physician or Celiac support group. www.gluten.net is also a great gluten-free resource.*