



DEEP COVE MARKET

GLUTEN-FREE PRODUCT GUIDE

BREADS, CEREALS & PASTA

FROM: SILLY YAK BAKERY

- Bread available in plain, harvest seed, flax, raisin and cheese
- Hamburger buns

FROM: PORTOFINO BAKERY

- Bread available in seeded, brown and cheese and onion
- Assorted muffins

- ANNIE CHUNS Rice express
- ANNIES Rice cheddar pasta
- BORING PORRIDGE Apple Cinnamon
- EDWARD & SONS Thai red rice and flaxseed crackers ; Jasmine rice and spring onion crackers
- ENJOY LIFE Very berry crunch
- GLUTEN FREE PANTRY Olive oil & garlic croutons
- GLUTEN FREEDA'S Instant oatmeal variety pack and banana maple flax
- GLUTINO Berry sensible beginnings cereal
- GLUTINO Honey nut and apple cinnamon cereal
- GLUTINO Table Wafers
- GOGO QUINOA GRANISSIMO Basmati & Wild Quinoa Pilaf
- GOGO QUINOA Minestrone soup
- HOLY CRAP Breakfast cereal (as seen on Dragon's Den & Oprah!)
- KEZ'S Olive oil, rosemary and linseed bread
- LA TORTILLA FACTORY WRAPS
- LUNDBERG Jasmine, brown and white basmati rice ; Wild blend rice ; Risotto butternut squash
- MARTINS MARVELOUS CRISPS Date olive tapenade and rosemary lavender
- NATURAL NECTAR CRACKLEBREAD Original and sundried tomato
- NICOLE'S DEVINE Crackers
- ORGRAN Quinoa crispbread
- ORGRAN Spaghetti in tomato sauce (individual portion size)
- PLUM GOOD Rice cakes
- POLENTA CRISPS Rosemary roasted garlic and caramelized red onion & balsamic vinegar
- QUINOA FLAKES
- SAN ZENONE SPAGHETTI
- SESMARK Sesame rice crackers
- SUZIES Quinoa thin cakes
- TINKYADE ORGANIC BROWN RICE PASTA Spirals, Penne, spaghetti and lasagne
- UDI'S CLASSIC hotdog and hamburger buns
- UDI'S Plain and Wholegrain Bagels

COOKING AND BAKING NEEDS AND MORE...

- BAKERS BASICS – Banana bread mix
- BEARY BERRY SALAD DRESSINGS – poppy seed apple; creamy dill; strawberry lemon
- BELLA'S SALAD DRESSINGS – Blackberry Fig and Feta & Red Pepper
- BOB'S RED MILL – All purpose baking flour
- BOB'S RED MILL – Wheat free rolled oats
- BON'S GOURMET – Chocolate chip cookie mix
- CELEMIX – Yorkshire pudding mix
- COLGIN – Worcestershire Sauce
- DAIYA SHREDDED CHEESE – Cheddar, mozzarella and pepper jack
- DEVYA – Vegetable curry simmer sauce
- ENJOY LIFE – Mega Chunk Chocolate Chips
- FRONTIER SOUPS HEARTY MEALS – sausage lentil soup, eleven bean soup, ski country chilli, white bean chilli
- GLUTEN FREE PANTRY – French bread mix, Pizza mix, Chocolate truffle brownie mix, Perfect pie crust mix
- GLUTINO Bread crumbs
- GLUTINO Muffin mix
- GLUTINO Pancake mix
- GOGO QUINOA – Organic Quinoa Flour
- IMAGINE – South-western black bean soup
- KINNICKINNICK – Breadcrumbs
- MAXWELL'S KITCHEN GRAVY MIXES – Brown, chicken, pork and turkey
- MR. SPICE ORGANIC MARINADES (SALT FREE) – Thai peanut, hot wing and ginger stir fry
- PAMELA'S Bread mix
- PAMELA'S Chocolate chunk cookie mix
- PAMELA'S Chocolate frosting mix
- PAMELA'S Vanilla cake mix
- PATSY PIE - Old fashioned crumble crust
- ROUX – 3 peppercorn gravy mix
- SPICE WORKS – Greek Souvlaki Marinade Mix
- TRULY ORGANIC – Banana bread mix

MILK SUBSTITUTES & FROZEN TREATS

- ALMOND BREEZE – Non Dairy Beverage – Original, chocolate and vanilla
- CHAPMANS ICE CREAM – Chocolate and vanilla
- COCONUT BLISS
- RICE DREAM – Orange vanilla
- SO DELICIOUS – Coconut milk cookie dough ice cream
- SO NICE – Organic soy beverage
- SOLO FRUIT – Raspberry, mango, chocolate, blackberry and pear

MEATS & POULTRY

GALLOPING GOOSE SAUSAGES

- Boerewors, herbed lamb, curry, moroccan, farmer, bratwurst, breakfast, chorizo, tuscan, country garlic, sage turkey, chicken leek and potato, lamb, shepherds delight and spiced beef
- GRIMMS - All beef smokies,
- GRIMMS - Black forest ham
- GRIMMS - Pepperoni sticks,
- GRIMMS - Smoked turkey breast
- PHILLIPES CUISINE – Peppercorn and country pate
- SOL CUISINE ORIGINAL BURGERS

FROZEN ENTREES

JENNY'S OLDE COUNTRY FARE

Dinners include...

- Curried beef, beef goulash, ratatouille, stroganoff, Spanish bean casserole, chilli con carne, sweet & sour pork, gardeners pie and sheppard's pie
- AMY'S – Bean & Rice burrito
- AMY'S – Rice crust pizza
- CONTES PEROGIES
- EAT ITALIAN – Meat Lasagne & Manicotti
- GLUTINO Chicken pad thai single serve dinner
- GLUTINO PIZZA – spinach feta, cheese and BBQ chicken
- SILLY YAK BAKERY PEROGIES
- SZASZ – Hungarian Sausage

SWEETS & TREATS

FROM JOSEPH'S COFFEE HOUSE...

- Cookies – Chocolate Trio and Peanut Butter
- Muffins – Cranberry Orange, Pumpkin and Banana Walnut
- Chocolate Chunk Banana Nut Loaf
- ALTER ECO FAIRTRADE DARK CHOCOLATE – Cacao, mint, almond
- COCOMIRA – Belgian dark chocolate Pistachio and Butter Toffee Hazelnut Crunch
- EL PETO Apple or Strawberry Rhubarb pie
- EL PETO Cookies – Hazelnut raspberry and cinnamon hazelnut
- EL PETO Pie crust
- EL PETO Polenta crisps – caramelized onion balsamic vinegar and rosemary & roasted garlic
- EL PETO Pure Bliss mini brownies
- ENJOY LIFE – Sunbutter crunch snack bars
- GLUTINO Dark chocolate candy bars
- GLUTINO Pretzels – plain, chocolate and yogurt covered
- KAYER DARK CHOCOLATE TRUFFLE BAR – double dark and orange
- KEZ'S INDULGENCE – Florentine biscuits
- KINNIKINNICK – S'moreables graham crackers
- KINNIKINNICK CHOCOLATE DIPPED DONUTS

Sweets & treats continued...

- MARY'S CHOCOLATE CHIP COOKIES
- MERINGUES – Individual & Pre-packaged
- PAMELA'S COOKIES Chunky chocolate & Peanut butter
- PAMELA'S COOKIES Simple bites – Ginger snaps & extreme chocolate
- PATSY PIE - Almond and cranberry orange biscotti
- PORTOFINO BAKERY - Morning glory, banana walnut & raspberry muffins
- PORTOFINO BAKERY - White chocolate macadamia and chocolate chip cookies
- PORTOFINO BAKERY- Lemon cranberry and lemon coconut loaves
- PUREST – Rich dark hot chocolate
- QUINOA COOKIES – Orange essence and chocolate chip
- REBAR NUTRITIONAL SUPPLEMENT BARS – Organic fruit & veggie blueberry or Banana nut
- SEZME SESAME SNAPS
- SUNSTART Caramel & Chocolate dessert delights
- SUNSTART Chocolate orange, raspberry and stem ginger cookies
- SUNSTART Rocky road bars
- TERRA NOSTRA RICE MILK CHOCOLATE
- THEOBROMA CHOCOLATE – orange, almond and raspberry
- YUMMY EARTH – All Natural Vitamin C Lollipops

CHIPS

- BOULDER CANYON – Rice & Adzuki bean and chipotle cheese
- COVERED BRIDGE – Ketchup chips
- CRISPROOT CASSAVA ROOT CHIPS
- DEEP RIVER SNACKS – Mesquite BBQ; Asian Sweet & Spicy; Cracked Pepper & Sea Salt
- FOOD SHOULD TASTE GOOD – Sweet potato chips (now in small portion packs)
- LUNDBERG RICE CHIPS – Santa Fe BBQ
- MEDITERRANEAN SNACK CO. BAKED LENTIL – Sea salt, sea salt cracked pepper, Rosemary and Parmesan Garlic
- R.W. GARCIA – Sweet & Spicy Tortilla chips
- SPICY CHILI PEPPER HUMMUS CHIPS