



# Gluten-Free Shopping Guide

- Meats, dairy products, fruits, vegetables, nuts, and seeds without additives are naturally wheat and gluten free.
- Read all product labels, as ingredients can change.
- Not all products are available in all stores, always call us to check availability.
- Products may be added or discontinued at any time.
- Foods produced at DLM may have come in contact with eggs, soy, milk, eggs, peanuts, tree nuts, wheat, fish, or shellfish.

## BAKING

**Bisquick** Select Varieties  
**Bob's Red Mill** Select Flours, 1 to 1  
**Cup4Cup** Gluten-Free Flour  
**Decorative Food Colors From Nature**  
**Enjoy Life** Semi-Sweet Chocolate Chips  
**King Arthur** Select Mixes and Almond Flour  
**Made Without Grain** Brownie Mixes  
**Nielsen-Massey** Vanillas  
**Purely Elizabeth** Pancake Mix  
**Simple Mills** Grain Free Mixes

## BABY FOOD SECTION

Look for the GF signs.

## BATH & BEAUTY

**Acure, DermaE, DeVita, Everyone Products, Keys Care, Tallowderm, ZuZu Luxe**

## BEER, CIDER, & MEAD

**ACE** Hard Cider  
**Angry Orchard** Hard Cider  
**Ciderboys** Hard Cider  
**Corona** Hard Seltzer  
**Glutenberg** Blonde Ale IPA  
**Truly** Lemonade Hard Seltzer  
**White Claw** Hard Seltzer

## BREAD

**Against the Grain** (Frozen)  
**Canyon Bakehouse** (Grocery)  
**Eban's Bakehouse** (Frozen)  
**Little Northern Bakehouse** (Frozen)  
**Schär** (Grocery)  
**Toufayan Bakeries** Wraps, Select Varieties  
**Udi's** (Frozen)

## BREAKFAST (FROZEN)

**Katz** Donuts, Muffin, and Bread  
**Lopaus Point** Waffles  
**Udi's** Rolls, Bagels, Muffins  
**Van's** Waffles Select Varieties

## CEREAL

**Ancient Harvest Quinoa Flakes**  
**Bob's Red Mill** Select Varieties  
**Catalina Crunch**  
**General Mills** Select Chex

## KIND Granola

**Mylk Labs** Oatmeal  
**Nature's Path** Select Varieties  
**Purely Elizabeth** Ancient Grain Granola  
**Purely Sweet Bakery** Granola  
**Udi's** Granola  
**Vigilant Eats Superfood** Oat-Based Cereal  
**Witzi's** Raw Granola

## CHEESE

**Boar's Head, Daiya** (Produce), **DLM Cheese Spreads, DLM Handmade Mozzarella**

## CONDIMENTS

**Bellisari's Sauces**  
**Bone Suckin' Sauce**  
**Buckeye Barbecue Sauce**  
**Dorothy Lane Market** Select Varieties  
**The Flavors of Ernest Hemingway Sauces** Select Varieties  
**Kikkoman** Select Varieties  
**San-J** Select Varieties  
**Saucy Lips Sauces** Select Varieties  
**Sir Kensington's** Select Varieties  
**Stonewall Kitchen** Select Varieties  
**Terrapin Ridge Farms** Select Varieties

## COOKIES

**Alyssa's Healthy Oatmeal or Vegan Bites**  
**DLM** Chocolate Walnut Chews and Coconut Macaroons (Bakery)  
**Kinnikinnick** Wafers  
**MI-DEL Cookies** Select Varieties  
**Purely Sweet Bakery**  
**Schär** Honeygrams  
**Simple Mills**  
**SuperFat** Keto Bites  
**Tate's Bake Shop** Select Varieties  
**Walkers Shortbread** Select Varieties

## CRACKERS

**Blue Diamond Nut-Thins**  
**Crunchmaster**  
**Edward & Sons** Brown Rice Snaps  
**From The Ground Up** Cauliflower Crackers  
**Glutino**  
**Lance** Select Varieties  
**Mary's Gone Crackers**

## Schär

**Simple Mills**  
**Wasa** Select Varieties

## DAIRY

**Califia Farms** Almondmilk & Yogurt  
**Fage Total** Yogurt  
**Green Valley Organics** Yogurt  
**Icelandic Provisions** Skyr  
**Just Crack an Egg**  
**Lifeway Kefir & Skyr**  
**Nancy's Oatmilk** Yogurt  
**Noosa** Finest Yoghurt  
**PetitPot Dessert**  
**Siggi's** Yogurt  
**So Delicious** Coconut Milk, Yogurt  
**Ripple Dairy-Free Milk**

## DELI

*All slicers are wiped and sanitized after each use.*

**Boar's Head**  
**DLM All-Natural Turkey and Uncured Ham**  
**DLM Dips** Select Varieties  
**DLM Salads** Select Varieties  
**DLM Soups** Select Varieties  
**DLM Gourmet Take Away** Select Varieties

## DESSERTS

**DLM Pâtisserie** Select Varieties (Bakery)  
**Fran's** Organic Dessert Sauces  
**Let's Do...** Sugar Cones  
**Love Cakes by DLM** 24-hour notice  
**NadaMoo!** Dairy-Free Frozen Dessert  
**Purely Sweet Bakery** Brownie & Cupcakes  
**Sugarfina** Select Varieties  
**Stonewall Kitchen** Dessert Sauces  
**Truwhip Whipped Topping** (Frozen)  
**Wholly Wholesome** Pie Crust (Frozen)

## ENTRÉES

**Amy's** Select Varieties (Frozen)  
**Conte's** (Frozen)  
**Beyond Meat**  
**Cali'flour Foods**  
**Dr. Praeger's** Select Varieties (Frozen)  
**EVOL.** Select Varieties (Frozen)  
**Feel Good Foods** Select Varieties

Foods produced in-store may contain or may have come in contact with peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish. If you have concerns about allergies or intolerances, we'll gladly share ingredient labels from the foods prepared that day. We hope the information we have provided here helps clarify whether our products satisfy your dietary concerns. As always, if you have reason to believe that you are allergic to gluten or other common food allergens, we strongly recommend that you consult a physician before consuming any of our products, in order to ensure your health and well-being. Check [DorothyLane.com/Healthy/gf.pdf](https://dorothylane.com/Healthy/gf.pdf) for the latest update.

**Northern Chef** (Frozen)  
**Primal Kitchen** Select Varieties  
**Realgood** Entrée Bowls  
**Tattooed Chef**  
**Texas Tamale Company** Tamales

**ETHNIC FOODS**

**Annie Chun’s** Select Varieties  
**KA-ME** Select Varieties  
**La Tortilla Factory Smart & Delicious Wraps** Select Varieties  
**Maya Kaimal** Indian Simmer Sauces  
**Mission** Yellow Corn Tortillas  
**Simple Mills** Grain Free Pizza Mix  
**Spicemode** Indian Sauces  
**Stonewall Kitchen** Chutney  
**Virginia Chutney Co.** Chutney

**ETHNIC FOODS (FROZEN)**

**Against the Grain** Gourmet Pizza, Plain Crust  
**Caulipower** Pizza  
**Gluten Free You and Me** Pizza Crust  
**Grain Trust** Organic Rice

**GRAINS**

**Ancient Harvest** Select Varieties  
**Cocina Selecta** Quinoa  
**Lundberg Farms**  
**Roland** Quinoa  
**RiceSelect** Texmati Rice  
**RightRice**  
**Tasty Bite Organic Rice**

**JUICE & MILK SUBSTITUTE**

**Garden of Flavors** (Produce)  
**Good Karma** Flaxmilk (Grocery)  
**Oatsome** Oat Drink (Dairy)  
**Rice Dream** (Grocery)

**HEALTHY LIVING SNACKS**

**Betty Lou’s**  
**Bob’s Red Mill** Oat Bar  
**Garden of Life Bars**  
**Kate’s Real Food**  
**KIND Bars**  
**LÄRABAR**  
**Luna** Whole Nutrition Bars  
**NuZest Bars**  
**Outright Bars** Select Varieties  
**Perfect Bar** (Cold Case)  
**ProBar**  
**RX Bars**  
**Spry**  
**ZenEvo**  
**Zing Bars**

**MEAT**

**Applegate**  
**Beeler’s Pure Pork**  
**Bell & Evans** Select Varieties  
**Boar’s Head**  
**DLM Flat Chicken®** Select Varieties  
**DLM Pork Sausage** 16-oz Roll  
**DLM Uncured Bacon**  
**DLM Grass-Fed Beef Uncured Hot Dogs**  
**Nueske’s Bacon Cheddar Bratwursts**  
**Pederson’s Sausages**

**MEAT SERVICE CASE**

**DLM Burgers** Select Varieties  
**DLM Storemade Gluten-Free Meatballs**  
**DLM Storemade Sausages** Select Varieties  
**DLM Stuffed Chicken Breast** Select Varieties  
**Heavenly Ham®** and **Heavenly Turkey**

**PASTA**

**Ancient Harvest**  
**Banza** Chickpea Pasta  
**Bionaturae** Select Varieties  
**Explore Cuisine**  
**Jovial**  
**Schär**  
**Seapoint Farms**  
**Tinkyáda** Brown Rice Pasta  
**Wild Harvest** Select Varieties

**SALAD DRESSING**

**Annie’s Naturals** Select Varieties  
**Briannas Homestyle Salad Dressing** Select Varieties  
**Chosen Foods** Select Varieties  
**DLM Sweet Garlic Dressing**  
**Mamma DiSalvo’s**  
**Primal Kitchen** Select Varieties  
**St. Elmo Steak House**  
**The Pine Club House Dressing**  
**Ted’s**  
**Terrapin Ridge Farms** Select Varieties  
**Wishing Well**

**SNACKS & BARS**

**Artisan Tropic** Plantain Chips  
**Beanitos**  
**DLM Kettle Cooked Potato Chips & Tortilla Chips**  
**From The Ground Up** Cauliflower Pretzels & Chips  
**El Milagro** Tortilla Chips  
**From The Farms Beanitos**  
**Garden of Eatín’** Select Varieties  
**Good Health** Kettle Chips  
**Kettle Brand** Chips  
**KIND** Healthy Grains Bars  
**Lillie’s Q Kettle Chips**

**Munk Pack** Keto Granola Bars  
**Palo Popcorn**  
**PopCorners**  
**Way Better Snacks**  
**Simple Mills** Bars  
**SkinnyPop** Popcorn  
**Snyder’s of Hanover** Select Varieties  
**Spokes** Chips  
**The Daily Crave** Veggie Straws  
**Toufayan** Pita Chips  
**Vegan Rob’s**  
**Xochitl** Tortilla Chips

**SOUP**

**Aneto** Broth  
**Amy’s Organic Soups** Select Varieties  
**Blue Moon Goodness** Soup  
**DLM Premium Turkey Broth**  
**DLM Heavenly Ham Bean Soup Mix**  
**Fond** Organic Bone Broth  
**Frontier** Soup Mixes  
**Halfway Homemade Soups** Select Varieties  
**Kettle & Fire** Bone Broth  
**Kitchen Basics** Stock  
**Parks & Nash**  
**Spice Paradise** Select Varieties  
**Zoup** Bone Broth

**SUPPLEMENTS**

**Ancient Nutrition**  
**Designer Protein Totally Egg Protein**  
**Dorothy Lane Market**  
**Garden of Life** Select Varieties  
**New Chapter** Select Varieties  
**Orgain**  
**Solgar** Select Varieties

**TEA**

**Harney & Sons Organic**  
**Honest Teas** (bottles & jugs)  
**Republic of Tea** Select Varieties  
**Rishi**  
**Steven Smith Teamaker**  
**Tea Forté**