



Store Hours: 7am – Midnight, 7 days
Store Phone: 03 –383 1004
Location: 60 Queenspark Drive, Parklands

This booklet is designed to help you in locating gluten free products in this store. The products contained in this booklet are gluten free as listed on the Manufactured Food Database and where suppliers have specified the product as gluten free. It also contains some helpful tips to assist you in gluten free living. We hope you find this booklet useful!

Gluten free foods

The below foods are examples of food that do not contain gluten. Unless it is a whole food, gluten containing products may have been added, so check the label or ask the manufacturer for its gluten free status.

- **Produce:** fresh, canned and frozen fruit and vegetables, dried beans, peas, lentils, dried fruit.
- **Animal based products:** fresh meat, fish, chicken, pork, cheese, eggs, milk.
- **Carbohydrates:** potato, rice, corn, buckwheat, soy, polenta, millet, sorghum, rice cakes, rice crackers, corn thins, rice noodles, rice pasta, corn pasta, gluten free muesli and cereals gluten free bread, gluten free crackers, gluten free pasta, rice.
- **Extras:** butter, margarine, oils, salt, peppers, herbs, spices, garlic, nuts, seeds, jam, honey, golden syrup.
- **Snacks:** plain popcorn, plain potato chips, jelly, meringue, lollies, gluten free chocolate and ice cream, rice milk.
- **Drinks:** tea, coffee, fruit juice, vegetable juice.

Useful websites

www.coeliac.co.nz - official Coeliac society website

coeliac@xtra.co.nz - Coeliac society email address

www.mfd.co.nz - for a list of gluten free foods

www.allergy.org.nz - New Zealand allergy website

<http://health.groups.yahoo.com/group/glutenfreefriendz/> - online gluten free group that shares ideas/recipes/information

<http://www.glutenfreekiwi.com>

<http://www.healtheries.co.nz>

<http://www.glutenfreeliving.co.nz/>

**FreshChoice takes no responsibility for the accuracy of the information contained on these websites, please use your own discretion.*

Government standard for gluten status of food

Standard 1.2.8 Claims in relation to gluten content of food

A claim to the effect that a food is **gluten free** must not be made in relation to a food unless the food contains no

- (a) detectable gluten; and
- (b) no –
 - (i) oats or their products; or
 - (ii) cereals containing gluten that have been malted, or their products

A claim to the effect that a food has a **low gluten** content must not be made in relation to a food unless the food contains no more than 20 mg gluten per 100g of the food.

***Please note all products in this booklet fall under the gluten free definition.**

Disclaimer

The gluten free status of the products contained in this booklet are from the Manufactured Foods Database and where suppliers have specified product as gluten free. While all care was taken to construct this list, manufacturers ingredients can change and checking ingredients lists is recommended. If in doubt check with the supplier. FreshChoice accepts no responsibility on the accuracy of the information. Not all products will be available in all FreshChoice Supermarkets. Please ask if you need assistance.

Please check back two pages for more information regarding hidden sources of gluten and hints for baking gluten free goods.



Gluten Free Products located in Aisle 9.

The following list is primarily our specialised range of Additional Gluten Free items can be found throughout other Grocery and Fresh Food departments.

We are happy to investigate stocking any products we may not currently have. Please ask a staff member for assistance.

GLUTEN FREE BREAKFAST

Aisle 9

Basco Honey Rings

Basco Apricot & Apple 500g

Jokanol Range of Spreads & Sauces 300ml

- Boysenberry & Orange Topping
- Passion fruit
- Raspberry

Freedom Foods G/F W/F Muesli 500g

Healtheries Simple Apricot Raisin Hot Cereal 500g

Healtheries Simple Tropical Cereal 360g

Healtheries Simple Apricot & Coconut

Lotus Rice Bran Cereal 250g

Lowan Cocoa Bombs 350g

Lowan Rice Porridge 500g

Lowan Rice Flakes 500g

Lowan Soy Flakes with Apricot & Almond 500g

Organs 100% Amaranth Puffed Breakfast Cereal

Vogel Café Style Light 400g



Aisle 3

Hubbards Thank Goodness Gluten Free Cereal 500g

Real Value Rice Porridge 400g

Real Value Rice Flakes 400g

GLUTEN FREE BABY FOOD

Aisle 6

Earths Best 113g Jars

- Apples & Apricot
- Blueberries & Apples
- Carrots

Green Monkey 100g

- Apple/Blueberry
- Carrot
- Parsnip
- Pumpkin
- Silverbeet
- Sweet Potato

Only Organics 170g

- Italian Vege Rissoto
- Moroccan Lentil Casserole
- Mediterranean Vege & Lamb

Watties Organics Baby fFood

- Chick & Kumara Mash
- Italian Vege & Beef
- Butternut & Pumpkin Pilaf
- Country Chick with peas
- Spring lamb with Baby Vege



GLUTEN FREE CRACKERS & BISCUITS

Aisle 9

Arrowhead Choc Chip Cookie Mix

Arrowhead Brownie Mix

Basco Cake Mix 470g

- Carrot
- Chocolate
- Golden Butter
- Apple & Cinnamon muffin mix
- Double Choc muffin mix

Cookie Time Chocolate Chunk Cookie

Eat Right 300g

- Yogi Cookie
- Ginger nuts

Eskal Wafers 130g

- Chocolate

Leda Cookies 155g

- Coconut
- Ginger Crunch

Freedom Foods Biscuits 180g

- Crunch Coconut

Freedom Foods Sultana Splitz Biscuits 200g

Healtheries Simple Cookies 150g

- Choc Chip
- Shortbread

Jon Jon Bakery Biscuits

- Lemon
- Lime
- Chocolate Berry

Leda Luxury Biscuits 170-180g

- Choculence
- Minton

Mr Mallow Marshmallow Range 500g



- Naturally Good D'Lush Biscuits 150g
- Double Chocolate
 - Double Chocolate Orange
 - Mint Double Choc
- Naturally Good Cookies 200g
- Ginger Gem
 - Coconut Crunch
- Orgran Biscotti 150g
- Classic Choc
 - Choc Chip
 - Amaretti
- Orgran Classic Choc Cookie 50gm
- Orgran Outback Animals 175g
Orgran Outback Animals 8 Pk
- Orgran Crispibites
- Balsamic Herb
 - Onion & Chives
- Orgran Rice Crispbread 200g
- Cracked Pepper
 - Salsa
 - Rice
- Aisle 4**
- Fantastic Soho Rice Snacks 100g
- Sour Cream & chives
 - Roast Chicken
 - Barbeque
- Fantastic Soho Gourmet Style Rice Snacks Delites 80g
- Sour Cream & Onion
 - Vintage Cheese
 - Chive & Garlic
- Fantastic Corn and Rice Snacks 100g
- Sweet Chili & Sour Cream
 - Zesty Salsa



Real Foods Corn Thins Range 150g

Sakata Occasions Rice Biscuits 75g

- Sea Salt

Sakata Rice Crackers Range 100g

Instore Bakery

Pavillion Food Biscuits 8 Pk

- Afghan
- Chocolate Chip
- Shortbread
- Hokey Pokey

Pavillion Foods Slice 350g

- Fudge
- Caramel
- Belgium
- Raspberry
- Lemon

GLUTEN FREE SNACK FOODS

Aisle 9

Envirokidz Crispy Rice Bars 6 pack 170g

- Berry
- Chocolate

Eskal Pretzels 75g

Freedom Foods Omega Bar 6 pack 240g

Freedom Foods Potato Chips 100g

Freedom Foods Chickpea Chips 250g

Healtheries Simple Snack Bars 45g

- Berry & Yoghurt
- Apricot & Yoghurt
- Chocolate

Healtheries Simple Chocolate Bar 40g

- Cherry Bliss
- Nougat Roll
- Peanut Crunch



Health Sun Prota Bar 50gm	- Apricot & Almond
Health Sun Oxi Plus Bar 50gm	- Goji berry & cranberry - Olive leaf & Cashew
Leda Baked Fruit Filled 5pk Bars 190g	- Tripleberry - Strawberry - Apple/Cinnamon
Leda Lite Bar 50g	- Apricot
Nice & Natural Delicious Natural Nut Bars 35g	
Orgran Fruit Bars 6 Pack 90g	- Fruit
Orgran Fruit Filled Bars 50g	- Apricot
Orgran Molasses Licorice 200g	
Sweet William Chocolate 50g	- Original - Tangerine - Roast Almond - No Nuts Nut Bar
Wallaby Bars 40g	- Yoghurt Fruit & Nut - Macadamia & Cashew
Aisle 1	
Rice & Natural 210g 6pk Bars	- Chocolate Nut - Apricot & Nut - Delicious Nut - Yoghurt Nut - Chocolate Almond - Trail Mix Nut



GLUTEN FREE PASTAS

Aisle 9

Basco Pasta & Sauce 125g-

- Macaroni & Cheese
- Fettuccine
- carbonara

Casalare Spirals Pasta 250g

- Garlic & Parsley
- Tomato & Basil

Casalare Cannelloni 125g

Healtheries Simple Pasta 190-284g

- Rigatoni
- Macaroni Meal
- Spaghetti
- Spiral

Orgran Italian Style Pasta 250g

- Shells
- Rigati
- Spirals

Orgran Rice & Corn Spaghetti 375g

Orgran Lasagne Sheets 200g

Orgran Rice & Corn Vege Pasta – Animal Shapes 200g

Orgran Pasta 250g

- Rice & Corn
- Rice & Corn Vege
- Corn & Vege
- Corn & Spinach
- Tomato & Basil Corn
- Buckwheat
- Org Rice & Corn
- Rice & Millet
- Vege & Rice
- Garlic & Parsley Rice
- Spirals
- Macaroni



San Remo Pasta Range

- Lasagne Sheets 200g
- Penne 250g
- Spirals 250g
- Spaghetti 250g

GLUTEN FREE SOUPS, SAUCES & LIGHT MEALS ETC

Aisle 9

Basco Recipe Mix 40g

- Beef Stroganoff
- Apricot Chicken

Basco Soup 30g

- Pumpkin
- Chicken & Vege

Ceres Organics Ketchup 575ml

Linghams Sauce 250ml

- Chilli
- Garlic Chilli

Naked Organics Mayonnaise 3330g

- Genuine Chef's
- Lemongrass & Chili
- Roasted Garlic & Aioli

Orgran Soup 2 pack

- Tomato
- Garden Vegetable
- Sweet Corn

Orgran Spaghetti in Tomato Sauce 220g

Orgran Pasta Sauce 125g - Tomato & Basil

Orgran Alternative Grain Spaghetti 420g

Passage to India Simmer Sauce 200g

- Vindaloo
- Butter Chicken
- Rogan Josh
- Korma
- Tikka Masala



Passage to Thailand Simmer Sauce 200g
- Thai Basil & Sweet Chilli
- Red Thai Curry
- Green Thai Curry
Passage to Thailand Stir Fry 200g
- Tom Yum
- Pad Thai

Rio Delores Chipotle Grill Sauce 265g
Rio Delores Green Chilli Mild Sauce 250g
Rio Delores Hot Salsa Spicy Tomato Jalapeno & Lime 250g
Rio Delores Medium Salsa Zesty Tomato Jalapeno & Lime 250g
Rio Delores Tangy Tomato Jalapeno & Lime 250g
Rio Delores Salsa Verde Zesty Tomato Green Salsa 250g

San J Organic Soy Sauce 296ml
- Tamari Wheat Free (reduced sodium)
- Tamari Wheat Free

San J Organic Tamari Wheat Free Soy Sauce 592ml

Yackadandah Simmer Sauces
- Thai Satay 390g
- Honey Soy 440g
- Tandoori Tikka 390g

Yeo's Hot Chilli Sauce 375ml
Yeo's Pure Sesame Oil 150ml
Yeo's Satay Sauce 270gm

Aisle 8

Trident Soup in Cup with Noodles 55g
- Hot n Spicy
- Tom Yum Goong

Trident Thai Soup 50g
- Tom Yum Goong
- Hot n Spicy
- Chicken
- Laksa



GLUTEN FREE BAKING ETC

Aisle 9

Arrowhead Mills All Purpose Baking Mix 793g

Arrowhead Buckwheat Flour 907g

Basco Bread Mix 375g

Bakels Baking Powder 200g

Bakels Range 1Kg

- Flout
- Baking Mix
- Pastry Mix
- Bread Mix

Buderim Cystallised Ginger 125g

Casalare 100% White Rice Crumbs 330g

Casalare Multipurpose Batter Mix 700g

Ceres Organics Icing Sugar 350g

Freedom Foods Pancake Mix 150g

Freedom Foods Vege Spread 285g

Greens Pancake Shake 375g

Healtheries Simple Baking Mix 1kg

Healtheries Simple Bread Mix 1kg

Lotus Guar Gum 100g

Lotus LSA Meal 500g

Lotus Textured Soy Protein 200g

Massel Stock Cubes 105g

- Chicken (reduced salt)
- Vegetable
- Beef
- Chicken



Massel Stock Powder 140g

- Chicken
- Vegetable
- Beef
- Chicken (reduced salt)

Orgran Gravy Mix 200g

Orgran Pizza-Pastry Mix 375g

Orgran Falafel Mix 200g

Orgran No Egg Replacer 200g

Orgran All Purpose Flour 500g

Orgran Self Raising Flour 500g

Orgran Gluten Substitute 120g

Orgran Easy Bake Bread Mix 450g

Orgran All Purpose Crumbs 300g

Orgran Coating & Stuffing Mix 120g

Orgran Cake Mix 375g

- Chocolate
- Vanilla

Orgran Muffin Mix 375g-

- Lemon Poppy seed
- Chocolate

Queen Glucose Syrup 500gm

Vals Bread Mix 1kg

Vals Crispy Batter Mix 1kg

Vals Pikelet Pancake Waffle Mix

Vals Pastry Mix

Wholesome Organic Molasses 472ml



GLUTEN FREE DESSERTS

Aisle 9

Basco Chocolate Pudding 260g

Basco Pancake Shake – Buttermilk 325g

Barkat GF Ice Cream Cones 24 pack

Eskal Ice Cream Cones 45g

Gourmet Ice Cream Range

Healtheries Steamed Pudding 200g

- Simple Golden Syrup
- Simple Choc Fudge

Orgran Chocolate Mousse 120g

Orgran Pancake Mix 375g

- Buckwheat
- Apple & Cinnamon

GLUTEN FREE BEER

Aisle 9 & Beer Department

O'Brien Premium Lager 330ml

O'Brien Pale Ale 330ml

O'Brien Brown Ale 330ml



GLUTEN FREE BAKING – Instore Bakery

Dovedale Bread - Rice Bread 680g
- Fruit & Rice 640g

Pavillion Loaf 650g
Pavillion Panini's 2 pack

Pizza base Large 2 pack

Pita Bread 2 pack - Garlic
- Plain

CHILLED PRODUCTS – Chilled Foods Aisle

Beehive Streaky Bacon - 250g
- 500g
- 1k

Beehive Shaved Streaky Bacon 180g
Beehive Shoulder Bacon - 200g
- 400g

Beehive Middle Bacon 200g
Beehive Rindless Eye 300g
Beehive Bacon Pieces 3350g
Beehive Shaved Meats Range 90g-200g

Hellers Middle Eye Rashers - 8 slices
Hellers Middle Rashers - 4 slices
- 8 slices
- 12 slices
Hellers Shaved Range 200g - Roast Chicken
- Hot Pork
- Leg Ham
- Pastrami



BUTCHERY SMALLGOODS – Meat Cabinets

Blackball Sausages 4 & 6 pack

- Beef
- Pork
- Vension

Hellers Gluten Free Sausages 4 & 6 pack

- Basil & tomato
- Steak & onion
- Turkish Thins

Hellers Sensational Pre Cooked Sausages 12 Pack

SERVICE DELICATESSEN

Verkerks Salami Range (sticks)

- Biersticks
- Cabanossy
- Chorizo

Verkerks Salami Range (sliced)

- Italian
- Smoked block
- Danish
- Smoked Hungarian
- Pepperoni
- Dutch
- Verona

Verkerks Hot Beef

Verkerks Hot Pork

Vals Green Tomato Relish

Vals Rhubarb Relish

Vals Caramalised Onion Marmalade

Vals Plum & Port Chutney

Vals Tamarillo Chutney

Vals Peach & Ginger Chutney



Hidden sources of gluten

- **Soy Sauce**/products containing soy sauce (many contain wheat).
- **Malt** – (Made from barley. Malt is used in manufacturing as a natural colouring, flavouring and sweetening agent) including malt beverages, Marmite, Vegemite, cornflakes, grain-distilled vinegar, sushi (malt vinegar is sometimes used to enhance the flavour of the rice).
- **Flavours/preservatives/thickeners/extracts/free-flowing agents** – some manufacturers use wheat based products. Look out for yoghurts, soups, flavoured drinks/coffees, snack products, chip flavourings and coatings, spice mixes, sausages, bacon, flavoured chickens, flavoured vegetables, baked beans, flavoured chocolate.
- **Medications, vitamins and mineral supplements** – they can contain wheat based fillers.
- Some **alcohol** – Brandy, coffee liqueur, cognac, gin, rum, sake, scotch, sherry, tequila, vodka, whiskey, wine and champagne, beer, ale, bourbon.
- **Vitamin E** processed from wheat germ.
- **Envelopes** – glue can contain gluten - use a wet sponge.
- Products that are **cooked/stored with gluten** containing products. Look out for deep-fried food, spreads (can have gluten crumbs in them), toasters, cooking utensils. Wash carefully to avoid contamination.
- **Oats** – some Coeliacs react to these so watch oat based products.

Not all of the products listed will always contain gluten. The Manufactured Food Database and this booklet lists foods that are gluten free at the time of print. Recipes can change so do check the labels. If in doubt contact the manufacturer directly.

Diagnosis

If you think you may have coeliac disease, you should contact your local doctor. It is important to note that until you have been diagnosed, do not cut gluten out of your diet, as test results can be affected.



Baking without gluten

Baking and cooking without gluten does not have to be a difficult experience. There are many great gluten free recipes contained in the websites mentioned in this booklet, which can help you to bake your favourite goods again. Below are some suggestions on how to bake gluten free goods that are as tasty as the gluten comparisons.

There are baking flour mixes available you can buy to save some of the hassle, but if you would like to try your own gluten free baking, try these tips:

- Some baking powders are not gluten free. You can make your own by using $\frac{1}{2}$ tsp cream of tartar, plus $\frac{1}{4}$ tsp baking soda for 1 tsp baking powder.
- Gluten free flours are generally heavier than those with gluten and can take longer to cook.
- Commonly used gluten free flours are rice flour, millet, cornflour, arrowroot, cornmeal. Better results will come from combining two or more flours.
- When using a combination of GF flours it is essential to mix them thoroughly first before adding other ingredients.
- Combinations of flours will work differently depending on the type of recipe. One combination might work well for shortbread, but not for a sponge cake.
- Gluten free mixtures need to be wetter for cakes and muffins and drier for biscuits.
- Gluten free baking tends to be stickier, so use baking paper or ensure the tin is well greased.
- Gluten free products will be more successful when baked at a slightly lower temperature for a longer period of time.
- Chill biscuit mixtures for 1/2 hour before cooking, for easier handling.
- Press the pastry dough into the dish instead of trying to roll it out.
- Add protein to a recipe when using gluten free flours to make the result less dense.
- Cornflour can be used to thicken sauces instead of a gluten based flour.



Gluten Free Carrot Cake

Ingredients

Cake

3 Eggs
1 Cup Oil
1 Cup Sugar
1 1/3 teaspoons Baking Soda
1 3/4 Cups of Gluten Free Self Raising Flour
1/4 Cup Chopped Walnuts & 1/4 Cup Plump Dried Apricots
2 Cups of Grated Carrot
1 1/2 Teaspoons of Cinnamon

Icing

125G Cream Cheese
1 Cup Icing Sugar
2 Dessert Spoons of Soft Butter
Lemon Juice
Grated Lemon Rind (optional)

Instructions:

Beat Eggs, Sugar and Oil Well. Add Dry Ingredients. Blend Together. Add Carrots, walnuts, apricots. Place Grease Proof Paper in the bottom of a tin. Cook at 180 degrees C for 35-45 mins.

Beat together the ingredients with a little lemon juice, and grate in a little lemon rind. Serve with a few dried Apricots, sliced coconut, and Slices Almonds!



Notes:

