

My
GLUTEN FREE
Supermarket
Guide

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Manufacturers may change ingredients of their products at any time and they may have changed since the research for this book was completed. This book is not a substitute for careful reading of the ingredient list of each product before consumption. Each page of this book must be read in conjunction with this disclaimer.

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BABY FOOD: OTHER

BABY MUM-MUM

Original Rice Rusks **GF**

Premium Carrot Rice Rusks **GF**

Vegetable Rice Rusks **GF**

BAKERY

LEDA

Choc Chip Cookies **GF**

Golden Crunch Cookies **GF**

BISCUITS

FANTASTIC

Delites Rice Snacks

Flame Grilled Barbecue **GF**

Lime & Thai Spice **GF**

Nacho Cheese with Corn **GF**

Roast Chicken & Herbs **GF**

BABY FOOD, BAKERY, BISCUITS

Sea Salt & Balsamic Vinegar **GF**

Sea Salt & Cracked Pepper **GF**

Sour Cream & Chives **GF**

Sweet Chilli & Sour Cream **GF**

Tomato, Basil & Parmesan **GF**

Flavoured Square Rice Crackers

Barbeque **GF**

Original **GF**

Rice Crackers

Aged Cheddar **GF**

Barbeque **GF**

Barbeque Chicken **GF**

Cheese **GF**

Chicken **GF**

Feta & Olive **GF**

French Onion & Cheese **GF**

Oriental Teriyaki **GF**

Original **GF**

Salsa Roma **GF**

Salt & Vinegar **GF**

BISCUITS

Seaweed **GF**

Sour Cream & Chives **GF**

Sweet Chilli & Sour Cream **GF**

Tomato & Parmesan **GF**

Sweet Rice Biscuits

Butter Crisp **GF**

Caramel Crisp **GF**

Chocolate Crisp **GF**

REAL FOODS

Corn Thins

Cracked Pepper & Lemon

Feta & Sundried Tomato **GF**

Multigrain **GF**

Original **GF**

Sesame **GF**

Sour Cream & Chives **GF**

Soy & Linseed **GF**

Tasty Cheese **GF**

Rice Thins

Wholegrains

SAKATA

Apero Gourmet Rice Snacks

Honey and Dijon Mustard **GF**

Sweet Chilli & Corriander **GF**

Tomato, Basil & Cream Cheese **GF**

Exotic Rice Crackers 360 Degrees Global Infusion

Greek Feta & Herb **GF**

Italian Roast Tomato & Balsamic **GF**

Mexican Salsa & Cheese **GF**

Moroccan Spice **GF**

Mini's Rice Crackers

Multi - Barbecue / Chicken **GF**

Multi - Cheese / Plain **GF**

Original Rice Crackers

Barbeque **GF**

Black Sesame & Soy **GF**

Cheddar Cheese **GF**

Chicken **GF**

CONDIMENTS, CONFECTIONERY

Preserved Lemons

Seafood Salad

Smoked Oysters in Vegetable Oil

Sun-Dried Capsicum

Tomato Paste

Whole Artichokes with Stems

Whole Smoked Mussels in Vegetable Oil

CONFECTIONERY

AERO

Milk Chocolate Bar

Minty Bubbles Chocolate Bar

AIRWAVES

Menthol & Eucalyptus Chewing Gum

ALLEN'S

Chew Mix

Freckles

Lollipops

Milko Chews

Minties

Oddfellows Strong Mints

Sherbies

BACI

Chocolates Perugina Hazelnut Bag

CADBURY

Curly Wurly

Dairy Milk Freddo

Dream Freddo

Magical Elves Gems

Milky Top Freddo

Pascall Milk Chocolate Caramels

Tiny Freddo Heads

Assortments

Continental Units: Caramel Chantel, Caramel Deluxe, Caramel Mousse, Choc Orange Truffle, Crème de Menthe, Hazelnut Royale, Parisienne Crunch, Strawberry Fondant, Truffle Delight, Viennese Fudge

 Vegetable Seasoning Grinder

GF

JENSEN'S

Crushed Chilli

Crushed Ginger

Minced Garlic

MASSEL

Gourmet Plus

 Liquid Stock Chicken Style **GF**

 Liquid Stock Salt Reduced
 Chicken Style

 Liquid Stock Salt Reduced
 Vegetable

Liquid Stock Vegetable

Powder Vegetable

Herbs & Spices

Easy Garlic

Easy Onion

Salt Reduced

Stock Powder Chicken Style

Stock Powder Vegetable Style

 Ultracube Chicken Style **GF**

 Ultracube Vegetable Style **GF**

Stock Powder

 Beef Style **GF**

 Chicken Style **GF**

 Vegetable Style **GF**

Ultracube

 Beef Style **GF**

 Chicken Style **GF**

 Vegetable Style **GF**

MASTERFOODS

African Seasoning

All Spice Ground

Arabian Seasoning

Barbecue Salt

Barbecue Seasoning

Barbecue Smokey Seasoning

Basil Leaves

Bay Leaves

Caraway Seeds

 Cayenne Pepper Ground Extra
 Hot

 Celery Salt

FRUCHE

Lemon Meringue

Strawberry Fields **GF**Tropical Mango **GF**Tropical Mango & Mango
Passion **GF**Vanilla Crème **GF***Layers*Vanilla on Mixed Berries **GF**Vanilla on Peach Passion **GF****YOGO***Dairy Snack*Choc Rock **GF**Triple Trek 4 Chocolate, 4
Banana, 4 Strawberry **GF**Triple Trek 4 Chocolate, 4 More
Chocolate, 4 Choc-olate **GF***Swirl Dairy Snack*Chocolate/Caramel **GF**Chocolate/Vanilla **GF****DAIRY &
CHILLED:
DIPS & SPREADS****BLACK SWAN**

Aussie Four Pack

Skinny Four Pack

Chunky Dip

Avocado with Chilli

Basil with Chilli and Pinenuts

Roast Pumpkin, Coriander

Skinny Chunky Dip

Avocado Salsa

Basil & Tomato

Skinny Dip

French Onion

Hommus **GF**Roasted Capsicum **GF**

Tzatziki

Traditional Dip

Avocado

Basil Tomato & Pinenuts

DAIRY & CHILLED: YOGHURT

BLACK SWAN

Low Fat Greek Style Natural
Yoghurt **GF**

No Fat Greek Style Natural
Yoghurt **GF**

Traditional Greek Style Yoghurt

Vanilla Greek Low Fat Yoghurt

BORNHOFFEN

Apricot Yoghurt with Honey

Natural

Strawberry Yoghurt with Honey

DAIRY FARMERS

Greek Style Yogurt

Lite Traditional Yogurt

Traditional Yogurt

Squeezie Yogurt

Apple & Blackcurrant

Banana

Fruit Frenzy

Strawberry

Thick & Creamy

Citrus Cheesecake

Country Vanilla Cream

Raspberries & Cream

Strawberries & Cream

Velvety Vanilla

Thick & Creamy Light

Cherry Cheesecake

Country Fruit Salad

Country Vanilla Cream

Field Strawberries

Orchard Peaches & Mangoes

Vine Passionfruit

Wild Berries

*Thick & Creamy Yoghurt
98% Fat Free*

Bush Honey

Country Vanilla Cream

Field Strawberries

Homestyle Cheesecake

Oriental Wok Mix

Premium Vegetable Mix

Sliced Beans

HEALTH FOODS

AJITAS

Vege Chips

12 Multi Pack **GF**

BBQ **GF**

French Onion **GF**

Herb & Garlic **GF**

Lime Chilli **GF**

Natural **GF**

Sea Salt & Malt Vinegar **GF**

Sweet & Sour **GF**

Tasty Cheese **GF**

ANNIES

All Fruit Bars

Apricot with Apple Base **GF**

Blackberry with Apple Base
GF

FROZEN FOODS, HEALTH FOODS

Boysenberry **GF**

Cherry **GF**

Kiwifruit **GF**

Nectarine **GF**

Passionfruit **GF**

Plum with Apple Base **GF**

Strawberry **GF**

Variety Pack **GF**

ARTISSE ORGANIC

Lollipops - Raspberry,
Watermelon, Mango and
Orange **GF**

Rice Crackers Original **GF**

Chocolate

Dark Chocolate with Almonds
GF

Extra Dark Chocolate 71%
Cocoa **GF**

Milk Chocolate **GF**

No Added Sugar Dark
Chocolate **GF**

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