

Marketplace Gluten Free Guide

Please use this guide to help you find gluten free items in the Marketplace. This list does not include all gluten free options, but has most items offered specifically for gluten free dining. Also check for gluten free daily specials (labeled with GF). Gluten free options with an asterisk* are by available by request.

Pasta Station

Gluten free pasta*
Marinara
Pesto
Toppings (except soy crumbles)

Pizza Station

Gluten free pizza crust*
Sauce
Cheese

Deli Station

Deli turkey
Smoked turkey
Shiitake mushrooms
Ham
Salami
Tofu
Egg salad
Gluten free bread and toaster*
Gluten free tortilla wraps
Gluten free bagel*

Condiments

Mayo/pesto mayo
Regular and Dijon mustard
Balsamic glaze
Avocado spread
Hummus

Cereal

Rice chex
Erewon Cereal
Arroz con leche (Sunday)

Bakery

Flan fruit cups
Vegan banana bread
Vegan cookies
Daily specials (labeled)

Grab and Go Items

Hope hummus
Think thin & kind bars
Fruit leather
Nu-Go bars, Naked Juice
Organic Lundberg rice cakes
Yogurts w/o granola
King Henry trail mixes & nuts
Kozy shack rice pudding
WOW cookies
Divine chocolates
Justin's nut butters, chocolate peanut butter cups, pretzel/banana snacks
Pacific Soups
Pop chips, Good Eats chips, Lay's chips
Blue diamond almonds
Avocado chips
String Cheese
Nutella
Chobani
Raisins
That's It bars
Cascadian Fruit Spread
Nutrawbars
Earth Valley Fresh Salsa
FruitiPops (frozen)
Coconut Bliss bars
Talenti Gelato & Sorbet
Halo Top

Salad Bar

All fruits and vegetables
Shredded cheeses
Balsamic vinaigrette
Oil & vinegars

Soup Station

One GF soup lunch & dinner M-F
All oatmeal toppings

Specialty Stations

Meatless Monday Dinner (mostly, check the signs)
Tuesday dinner: Chicken strips & fries, Fajita bar*
Monday & Wednesday stir fry to order (ask for rice and tamari sauce)*
Wednesday dinner organic potato bar
Sunday: Spaghetti Bar*, Taco Bar

Amy's Frozen Items

Garden lasagna
Mac & Cheese with rice pasta
Baked ziti bowl
Shepherd's pie
All Mexican meals (enchilada, Santa Fe bowl)
All Indian meals (matter tofu, paneer tikka)
Some pizzas
Assorted Evol options
Bibligo Bowls

Grill Station

Chicken breast
Salmon
Carne Asada
French fries
Hamburgers/hot dogs with gluten free bread*
Refried beans & corn tortillas
Vegan pancakes (Sat-Sun, M-F*)
Hash browns (Sun)
Breakfast potatoes & steak (Sat-Sun)
Grilled vegetables
Rice