

Baking Aids

- Xanthum gum (for binding in bread making)
- Cream of tartar (use with Bicarb instead of Baking soda)

Breads & Wraps

- Pauls Gluten Free 1 & 2 (especially good toasted), Village Bakery Gluten Free (& yeast free), Corn Tortillas.

Pastas

- Mrs Leepers pasta, Orgran's pasta & Lasagne

Sauces

- Tamari (not soy), Thai curry pastes, Minara's curry sauces & pastes, Sauces of Choice, Meridian & Ill Nutrimento pasta sauces

Savoury Main meals

- **Dragonfly** beany burgers, tatties, nut roasts & soysage
- **Clives** Minted Chick Peas, Aloo Gobi & Mexican pies
- **Laura's Idea** Beany Feast, Veg Curry, Lentil dish
- Tofu & tempeh—a whole range in the chiller
- Seaweed—dried or fresh in the chiller
- Palirria's Eggplants in oil

Savoury snacks / extras

- In the chiller: Unicorn's coleslaw, tofu spreads, Chat Moss chilli dips & Sauerkraut
- On the deli: Ganmadoki, bhajis, aloo tikkas & Spanish tortillas
- Trail mix, Mountain mix, all nuts & seeds
- Sesame, garlic & chickpea snacks, Bombay mix
- Ricecakes, corncakes, rice or corn crispbreads,
- Rice chips, Quinoa onion snacks, popcorn, tortilla chips,
- A selection of yeast pates & of course all the houmous!
- Knobbly Carrot soups (but not the minestrone)

Sweet things

- In the chiller: fridge cakes, tofu passion & Booja Booja's chocolate truffles
- On the deli: Lemon balls, halva, Laura's Sunballs, Cheesecake
- Village Bakery's cereal bars, fruit bars, all dried fruit

And of course all the lovely fruit & veg you could want!

See www.unicorn-grocery.co.uk for recipes.



What you can eat on a Gluten Free Diet

Don't let your love of food be affected by not being able to eat gluten! Here's a list of some of the delicious foods you can eat - Look out for the blue Gluten Free mark on the price tag.

Grains

- Millet
- Quinoa
- Buckwheat
- Rice
- Corn/Maize (polenta, popcorn)
- Tapioca

Flours

- Maizemeal & Masa harina
- Rice flour
- Buckwheat flour
- Gram flour
- Soya flour
- Potato flour
- Doves bread Mix (brown or white) & Doves pastry flour

Flakes

- Rice, Quinoa & Millet flakes... try instead of porridge!

Breakfast cereals

- Unicorn Gluten-Free Muesli, buckwheat flakes, puffed rice or millet, Doves cornflakes, Alara Muesli