



Gluten-Free Trading Co.

Customer Update

February 2005



Gluten-Free Trading Co. • 604A W Lincoln Ave • Milwaukee WI 53215 • 1-888-993-9933 • 414-385-9950 • info@gluten-free.net

It's Soup and Salad Time

Introducing Organicville!

Organicville Vinaigrettes add delicious flavors to all your favorite salads. They are made with traditionally aged vinegars and high quality blends of expeller pressed oils, and feature flavors you can really taste because they use superior ingredients from organic food artisans from around the world. And naturally, Organicville Vinaigrettes are certified organic, vegan, gluten free, 1 carb per serving, and taste great too!



They come in seven flavors:

1 Orange Cranberry Vinaigrette

Tart and refreshing.

Ingredients: Water, expeller soy bean oil, cider vinegar, orange juice concentrate, agave nectar, salt, ginger puree, orange peel, cranberries, spices, xanthan, citrus extracts.

2 Olive Oil & Balsamic Vinaigrette

A Classic.

Ingredients: A blend of expeller soy bean oil and extra virgin olive oil, water, a blend of red wine and balsamic vinegar, salt, agave nectar, spices, xanthan, and spice extracts.

3 Herbs de Provence Vinaigrette

A touch of the south of France.

Ingredients: A blend of expeller soy bean oil and extra virgin olive oil, water, cider vinegar, salt, spices, xanthan, lemon juice concentrate, spice extract.

4 Sesame Tamari

Perfect for Asian chicken salad.

Ingredients: Water, a blend of expeller soy bean oil and toasted sesame oil, soy sauce (water, soybeans, salt), rice vinegar, sesame seeds, xanthan, black pepper, spice extracts.

5 Miso Ginger Vinaigrette

Just like the dressing at your favorite Japanese restaurant.

Ingredients: Water, a blend of expeller soy bean oil and toasted sesame oil, ginger puree, miso (rice, soybeans, salt), rice vinegar, salt, agave nectar, toasted tahini, xanthan, spices, lemon juice concentrate, spice extract, lohan.

6 Sundried Tomato & Garlic Vinaigrette

A little bit of Italy.

Ingredients: A blend of expeller soy bean oil and extra virgin olive oil, water, red wine vinegar, salt, garlic, sundried tomatoes, spices, xanthan, lemon juice concentrate, spice extract.

7 Tarragon Dijon Vinaigrette

The vinaigrette of a Parisian bistro.

Ingredients: Expeller soy bean oil, water, cider vinegar, miso (rice, soybeans, salt), agave nectar, dijon mustard (mustard seed, distilled vinegar, spices, white wine), spices, salt, mustard seeds, xanthan, tarragon, spice extract.

GF Dairy-Free Vegan Organic .. 8 oz Bottle ~~\$3.99~~ Sale \$2.99

Four New Soups From Amy's



Amy's introduces four new soup varieties to its best selling soup line. They are sure to warm the your heart and tummy.

All Amy's soups are organic, vegetarian (no meat, fish, poultry or eggs), and some are also dairy-free.

1 Chunky Vegetable

Chunks of fresh, tender organic vegetables in a flavorful broth give this soup a satisfying homemade taste. Non-dairy/gluten free/no cholesterol.

Ingredients: Water, tomatoes, carrots, green beans, corn, peas, spinach, onions, baby lima beans, celery, sea salt, spices.

2 Fire Roasted Southwestern Vegetable

Organic fire roasted corn, onions and green peppers are combined with fresh vegetables and black beans, and mildly seasoned with green chiles and Southwestern spices. Non-dairy/gluten free.

Ingredients: Water, tomatoes, roasted potatoes, fire roasted corn, black beans, fire roasted onions, carrots, fire roasted green bell peppers, celery, green chilies, extra virgin olive oil, sea salt, chipotle peppers, spices, onions, balsamic vinegar.

3 Corn Chowder

This chowder, made with organic vegetables, organic cream and the sweetest corn imaginable, will satisfy and delight you. Gluten free.

Ingredients: Water, corn, potatoes, onions, celery, cream, red bell peppers, cornstarch, high oleic safflower and/or sunflower oil, sea salt, spices.

4 Potato Leek

This delicately seasoned soup made with tender organic potatoes and flavorful leeks is absolutely delicious. Gluten free.

Ingredients: Water, potatoes, leeks, cream, grade AA butter, sea salt, spices.

WF GF 14 oz Can ~~\$2.59~~ Sale \$2.19

STORE & CATALOG HOURS (CENTRAL TIME ZONE)

Monday Closed
 Tues-Fri 10-1 & 2-7
 Saturday 10:00-5:00
 Sunday 11:00-4:00

Some New Sweets

Decadence Comes in Small Packages

Pamela's introduces truly tantalizing and decadent cookies, now perfectly packaged for lunches, snacks, or anytime you're on the go. These individual, single-serving two packs are their two most popular flavors from their organic line.

1 Chocolate Chunk Pecan Shortbread.

These cookies are sweet, nutty, and delightful.



Ingredients: Organic Rice Flour Base (Organic Brown Rice Flour, Organic White Rice Flour, Organic Tapioca Starch, Organic Sweet Rice Flour, Xanthan Gum); Molasses and Honey; Organic Butter, Organic Chocolate Chunks (Organic Natural Evaporated Cane Sugar, Organic Chocolate Liqueur, Organic Cocoa Butter, Non-GMO Soy Lecithin-Emulsifier, Organic Vanilla. May contain traces of milk protein.),

Organic Non-hydrogenated Palm Oil, Pecans, Organic Vanilla Flavor, Xanthan Gum, Sea Salt..

2 Dark Chocolate, Chocolate Chunk Cookie.

Chocolate cookies with chocolate chips -- need we say any more?.

Ingredients: Organic Natural Evaporated Cane Sugar, Organic Non-hydrogenated Palm Oil, Organic Rice Flour Base (Organic Brown Rice Flour, Organic White Rice Flour, Organic Tapioca Starch, Organic Sweet Rice Flour, Xanthan Gum), Organic Chocolate Chunks (Organic Natural Evaporated Cane Sugar, Organic Chocolate Liqueur, Organic Cocoa Butter, Non-GMO Soy Lecithin-Emulsifier, Organic Vanilla. May contain traces of milk protein.), Organic Cocoa Powder (Processed With Alkali), Grape Juice and Rice Syrup, Organic Eggs, Natural Chocolate Flavor, Organic

Vanilla Flavor, Grainless & Aluminum Free Baking Powder, Sea Salt, Baking Soda, Xanthan Gum.

WF GF..... 1.16 oz Pack/2Cookies **\$1.09**

Dagoba Organic Chocolate

You can deprive the body, but the soul needs chocolate.



Dark 59%

Semisweet, "Best Dark Chocolate" - San Francisco Chronicle.

Ingredients: Dark chocolate (cacao beans, evaporated cane juice, cacao butter, 0.5% non-GMO soy lecithin), and of course, love.

Milk

Forest grown organic milk chocolate.

Ingredients: Milk chocolate (evaporated cane juice, cacao butter, milk powder, cacao beans, 0.5% non-GMO soy lecithin), and of course, love.

Brasillia

Forest grown organic milk chocolate infused with shredded coconut and roasted exotic nuts.

Ingredients: Milk chocolate (evaporated cane juice, cacao butter, milk powder, cacao beans, 0.5% non-GMO soy lecithin), coconut, Brazil nuts, and of course, love.

Latte

Forest grown organic milk chocolate infused with espresso and a hint of cinnamon.

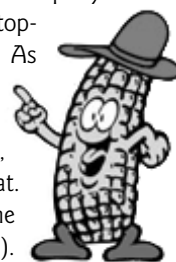
Ingredients: Milk chocolate (evaporated cane juice, cacao butter, milk powder, cacao beans, 0.5% non-GMO soy lecithin), Fair Trade coffee, cinnamon, and of course, love.

WF GF Kosher..... 2oz Bar **\$2.89**

Cornito Pasta

Mix 'n Match 6 For \$9.99!

Through March 16, 2005, Gluten-Free Trading Company is featuring an exceptional sale price on Cornito: a top-quality, great-tasting gluten-free organic pasta. As the name suggests, Cornito is made from corn flour--with a little bit of potato starch for good texture. It's wheat-free, gluten-free, egg-free, casein-free, nut-free, cholesterol-free and low fat. Even the colored versions are pure and natural: the colors come from spinach (green) and paprika (red). This exceptional value is available on seven styles* mix and match:



- 1 **Elbows** (Macaroni)
- 2 **Rotini/Spirals**
- 3 **Rainbow Rotini****
- 4 **Scrolls** (like flat egg noodles with rolled edges)
- 5 **Rainbow Scrolls**** (like flat egg noodles with rolled edges)
- 6 **Sea Waves** (Mini-Lasagna)
- 7 **Sea Waves at Sunset****

Ingredients: Corn flour, potato starch. **Rainbow Rotini, Rainbow Scrolls, and Sea Waves at Sunset also contain dried spinach (green) and paprika (red).

WF/GF Milk-Free Egg-Free Nut-Free Organic
..... 7 ounce (200g) packages ~~\$2.39~~ **SALE 6 for \$9.99**

* Sorry, Mystic Flames are currently unavailable.

Dress it up with Cali

Live up your pasta dishes and everything else with new Cali Fine Foods Spice Mixes.

Every Cali package provides delicious, no-fuss recipes and serving suggestions for dips, creamy and light dressings, vegetables, rice, pasta, beans, meat, fish, poultry, burgers, marinades and more! Every packet is Fat-free, lactose free, vegetable based, no preservatives and no MSG.



1 Garlic Gusto

Ingredients: Garlic*, onion*, celery*, vegetable blend* (carrots, leeks, green peppers), sea salt, herbs*, potato starch, rice starch, black pepper, fructose, sucane, citric acid, nutmeg.

2 Spicy Fiesta

Ingredients: Chili powder, garlic*, sea salt, onion*, black pepper, celery*, herbs*, vegetable blend* (carrots, leeks, green peppers), potato starch, rice starch, black pepper, fructose, sucane, citric acid, nutmeg, cayenne.

*Dried.

WF GF..... 1 oz bag **\$1.99**

Construction Update

Work is progressing on our new store. The ceiling is up, most of the interior painting is finished, and the electrical and plumbing and is done. The last big projects are installation of the wheelchair lift and laying a new ceramic tile floor. We hope (keeping our fingers and toes crossed) that all work will be completed in February. We will keep you posted.

Our new easy-to-remember web address:

www.food4celiacs.com