

# Gluten Free

## Convenience Items tested to be Gluten Free

### Artisan Cheese

#### **Caveman Blue #6064** *Rogue Creamery*

A rich, complex blue that is deliciously sweet and fruity with slight vanilla tones and nuances of bacon and grass. A rugged natural rind with a deep buttery texture. **Organic**

#### **Crème Fraîche #6050** *Vermont Creamery*

French-style cultured cheese. Exquisitely rich, with a cultured, nutty flavor and creamy texture.

#### **Smokey Blue #6208** *Rogue Creamery*

Smoked over Oregon Hazelnut shells, a sweet, smoky flavor with nutty tones is balanced by the sharp blue with a honey-like finish. **Organic**

**Tolman Blue #6168** *Rogue Creamery* Luscious cows milk and blue cultures make for subtly rich and savory flavors. **Organic**

#### **White Extra Sharp Cheddar #6221** *Rogue Creamery*

A bold aged cheddar made with certified sustainable cow's milk. **Organic**

### Hors d'oeuvres

**Cauliflower Cups #18881** *Metropolitan Brand* Pre-baked and ready to fill. Top is 1.75" diameter, bottom is 1.5"

**Quinoa Cups #18884** *Metropolitan Brand* Ready to be filled. Top is 1.75", bottom is 1.5" **Gluten-"friendly"**

**Satay Beef #18719** *Metropolitan Brand* Two pieces of uncooked & unsauced petite beef tender on a wooden paddle.

**Satay Chicken #18707** *Metropolitan Brand* Two pieces of uncooked & unsauced chicken breast on a wooden paddle.

### Artisan Italian Meat

#### **Ararat Salami #11227** *Meat Crafters* 7.0oz

Natural ABF Duroc pork seasoned with smoked paprika, fenugreek, and a delicious chili pepper from Turkey known as urfa biber.

#### **Cacciatore Salami #11181** *Meat Crafters* 7.0oz

Italian Hunters sausage recipe. Natural ABF Duroc pork seasoned with sea salt, pepper, and garlic.

#### **Calabrese Salami #11463** *Olli Salumeria All Natural*

A spicy salami made with cayenne & paprika.

#### **Chorizo de Pamplona #11167** *Meat Crafters* 7.0oz

This traditional recipe from Pamplona, Spain, combines the heat of cayenne with the warmth of Spanish smoked pimento. A classic dry chorizo.

#### **Copa Salami (Hot) #11340** *Olli Salumeria All Natural*

A spicy salami made with chili pepper & paprika.

#### **Copa Salami (Sweet) #11352** *Olli Salumeria All Natural*

A sweet and tangy salami, similar to prosciutto.

#### **Genoa Salami #11377** *Olli Salumeria All Natural*

A mild salami made with salt and white pepper.

#### **Norcino Salami Chubs #11651** *Olli Salumeria All Natural*

Individually Wrapped Pork Salami made with salt and white pepper.

#### **One Wild Fennel Salami #11228** *Meat Crafters* 7.0oz

An Italian recipe; natural, ABF Duroc pork seasoned with fennel pollen.

#### **Prosciutto #11476** *Olli Salumeria All Natural*

Prosciutto De Parma Style Certified Organic; Artisanal; Slow Cured

#### **Sopressata Salami #11464** *Olli Salumeria All Natural*

Pork salami with whole black peppercorns and garlic.

#### **Toscana Salami #11470** *Olli Salumeria All Natural*

Traditional pork salami with fennel pollen.



### Sausage

**Andouille #2734** *Froehlich's* 7oz smoked link

**Andouille #1883** *Stachowski* 3.75oz Cajun-style cooked

**Blood Sausage #11776** *Stachowski* 4oz cooked

**Breakfast "Three Deuces" Sausage #11138** *Stachowski* 2.2oz raw link

**Chicken Bratwurst #11139** *Stachowski* 3oz link

**Chicken & Apple** *Froehlich's All Natural*

#2730 1oz raw link

#2709 2oz raw link

#2700 4oz smoked link

**Chicken-Apple Breakfast Sausage #2724** *Island Bwoy* 1.3oz pork-free

**Chicken-Apple & Cranberry #11133** *Stachowski* 1.6oz raw

**Chicken Chorizo #11636** *Stachowski* 3oz raw pork-free

**Chicken Italian #2697** *Froehlich's* 4oz raw link **All Natural**

**Chorizo #2729** *Froehlich's* 4oz smoked link

**Duck Sausage #1134** *Stachowski* 4oz raw

**Half Smoke #11741** *Stachowski* cooked

**Kielbasa #2735** *Froehlich's* Smoked rope

**Lamb Merguez #11135** *Stachowski* 2.25oz raw

**Mild Italian #2739** *Froehlich's* Bulk Raw

**Pork Toulouse Style #11137** *Stachowski* 3oz raw

**Sage Morning Sausage #11478** *Stachowski* 1.6oz raw

**Turkey Cranberry #11155** *Stachowski* 2.2oz raw

### Provisions

**Chicken Terrine Pistachio #11753** *Stachowski*

**Corned Beef Brisket 1<sup>st</sup> Cut #11405** *Freirich*

Cooked. Certified Angus Beef Brand®

**Corned Beef Brisket #11084** *Freirich*

Raw with spice packet. Certified Angus Beef Brand®

**Corned Beef Hash #20526** *Freirich* Cooked.

**Duck Breast Prosciutto #11050** *Meat Crafters* 11oz

**Pastrami #11091** *Freirich*

Cooked & rubbed with spices. Certified Angus Beef Brand®

**Pate de Campagne #11766** *Stachowski*

**Pate Duck #11765** *Stachowski*

**Pate Pheasant #11704** *Stachowski*

**Pot Roast #11086** *Freirich*

Fully cooked. Certified Angus Beef Brand®

**Roast Beef #3255** *Freirich*

Rubbed with salt & pepper and cooked medium rare. Certified Angus Beef Brand®

**Turkey Breast Oven-Browned #2172** *Golden Legacy All Natural*



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## Sauces

**Alfredo #11513** *Metropolitan Brand* A blend of lightly reduced fresh cream, Romano and Parmesan cheeses, seasoned with salt, fresh ground pepper and nutmeg.

**Bali BBQ #20867** *Divina* An exotic balance of sweet spice and tangy flavor with a deep ruby color.

**Caribbean Mango Chef Sauce #10296** *Schlotterbeck & Foss* Succulent Mango And Sweet Red Pepper, Enlivened By Cayenne Pepper And Other Spices, Make This A Grilling Sauce With A Definite Island Afterglow .

**Cilantro Chutney #11473** *Sukhi's* A zesty blend of cilantro, lemon & garlic.

**Eggplant & Tomato Sauce #11963** *Metropolitan Brand* Roasted eggplant, imported tomatoes, sweet fresh onions, and caramelized garlic.

**Korma Paste #7292** *Sukhi's* Exotic Spices, Onions And Cashews.

**Madras Curry Paste #7291** *Sukhi's* A sweet & tangy base of curry leaves chilies & mustard seeds.

**Mango Chutney #11474** *Sukhi's* Mildly sweet & spicy. Great compliment to cheese.

**Marinara Sauce #11955** *Metropolitan Brand* Imported tomatoes, olive oil, fresh basil.

**Sriracha Red Chili #20821** *Huy Fong* Asian chili sauce with a hint of garlic.

**Spicy Peanut #20891** *Divina* Creamy and subtly sweet. Filled with big, dynamic flavor.

**Thai Red Curry #20895** *Divina* Fresh red chilies mixed with garlic, galangal, lemongrass and Kaffir lime make this sauce extremely versatile for all meat, seafood and soup dishes.

**Tomato Chutney #20001** *Monsoon Kitchen* Tangy & sweet ripe tomatoes mix with zesty vinegar & spices. **Halal**

## Dressings

### *Girards Dressings*

**Buttermilk Ranch #9553**

**Champagne #9557**

**Champagne Mustard Vinaigrette #9561**

**Classic Caesar #9558**

**Country Dijon Honey Mustard #9567**

**Creole Remoulade Sauce #9573**

**Danish Blue Cheese #9582**

**European Tartar Sauce #9564**

**Olde Venice Italian #9571**

**Red Balsamic Vinaigrette #9576**

**Roasted Red Pepper Italian #9556** *Fat Free*

**Roma Red Wine Vinaigrette #9555**

**Seacliff Cocktail Sauce #9565**

**Thousand Island #9552**

**White Balsamic Vinaigrette #9604**

## Breaded Chicken

**Chicken Nuggets #1139** *Bell & Evans* **All Natural**

Raw whole breast chicken pieces lightly breaded with rice flour. Unbelievably moist and tender.

**Chicken Tenders #1138** *Bell & Evans* **All Natural**

Raw chicken tenders lightly breaded with rice flour.

## Beef / Chicken Alternatives

**Beef Free Crumbles #11345** *Gardein* **Vegan**

Thaw & Serve Ground Beef Substitute. Made With Soy Protein

**Black Bean Sliders #11455** *Metropolitan* **Vegan**

Black Beans, Oats, Brown Rice, Peppers 1.8oz

## Duck • All Natural

**Duck Bone Carcass #2061** *Maple Leaf Farms*

**Duck Breast #2028** 5-6oz **Boneless Halves** *Maple Leaf Farms*

**Duck Breast #2033** 6-7oz **Boneless Fresh** *Maple Leaf Farms*

**Duck Breast #2078** 6-7oz **Boneless Halves** *Maple Leaf Farms*

**Duck Breast #2084** 7-8oz **Boneless Halves** *Maple Leaf Farms*

**Duck Breast #2069** 8-10oz **Boneless Halves** *Maple Leaf Farms*

**Duck Leg & Thigh Meat #2070** *Maple Leaf Farms*

**Duck Leg Confit Bone-In #2133** 8oz *Maple Leaf Farms*

**Duck Leg Bone-In #2072** 8-10oz *Maple Leaf Farms*

**Duck Whole Fresh #2031** 5-5.5lbs. *Maple Leaf Farms*

## Bread & Baking Products

**Almond Flour, Blanched #10018** *American Almond*

All Natural and Kosher.

**Blueberry Muffin #11584** *Udi's*

Individually Wrapped. Dairy, soy & nut free. Sprinkled with sugar.

**Dinner Roll #11590** *Udi's*

Individually Wrapped. Whole Grain Roll Loaded With Healthy Chia, Sunflower And Flax Seeds.

**Flat Bread #11600** *Venice Bakery*

Oval Shaped. Great For Pizza Or Bread.

**Healthy Oat Bars Raspberry/Blueberry #11728** *Sweet Indulgence* **VEGAN**

**Tortilla #11594** *Udi's* 8" plain. Dairy, Soy & Nut Free.

**White Bread #11585** *Udi's* Sliced. Light and fluffy sandwich bread.

## Cookie Dough

**Chunky Chocolate 1.3oz #20983** *Michael's Brand* **All Natural**

**Coconut Macaroon 1oz #11802** *Michael's Brand* **All Natural**

## Desserts

**Assorted Macaroons #20978** *Mignardise* **All Natural**

Small round almond meringue cookies filled with a smooth natural flavored cream. Six assorted flavors.

**Fudge Lava Divine #11334** *Dianne's*

Individual rich chocolate dessert



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## International Specialties

Artichoke Halves Grilled (Peru) #20918 *Divina*  
Brussels Sprouts, Spicy Pickled (USA) #20860 *Divina*  
Capers, Nonpareil Fancy (Morocco) #20064 *Divina*  
Curried Pickled Cauliflower (USA) #20852 *Divina*  
Dolmas, Stuffed Grape Leafs (Bulgaria) #20851 *Divina*  
Extra Virgin Olive Oil (Spain) #20371 *Divina*  
Fig Spread (Greece) #20337 *Divina*  
Gigande White Beans in Vinaigrette (Greece) #20898 *Divina*  
Greek Garden Medley (Greece) #20933 *Divina*  
Hungarian Goathorn Peppers (USA) #20800 *Mama Lil's*  
Olives, Castelvetrano Pitted (Italy) #20822 *Divina*  
Olives, Italian Mixed Pitted (Italy) #20858 *Divina*  
Olives, Greek Mixed Pitted (Greece) #20841 *Divina*  
Olives, Kalamata Pitted (Greece) #20840 *Divina*  
Onions, Cipolline in Balsamic Vinegar (Italy) #20856 *Divina*  
Peppadew, Sweet Piquante Peppers (South Africa) #20853 *Divina*  
Pickles, Cornichons (India) #20859 *Divina*  
Red Beets in Mediterranean Marinade (Turkey) #20845 *Divina*  
Roasted Red Peppers (Turkey) #20925 *Divina*  
Roasted Sweet Yellow Peppers (Turkey) #20928 *Divina*  
Roasted Tomatoes in Oil (Virginia, USA) #20728 *Divina*  
Roasted Tomatoes w/ Onion, Chili & Mint (USA) #20813 *Divina*  
Sour Cherry Spread (Greece) #20352 *Divina*

## Sous Vide Entrées

Braised Angus Beef Pot Roast #11745 *Bonewerks Culinate*  
Hand-seasoned. Oven-seared. Paired with Demi-Glace de Veau Classic and braised in the pouch.  
Braised Boneless Beef Short Ribs *Bonewerks Culinate*  
20/10-12oz #11283 Banquet Pack #11311  
Hand-seasoned. Oven-seared. Infused with classic veal demi glace & slow braised for hours.  
Braised Lamb Shanks #11269 *Bonewerks Culinate*  
Fully Cooked Deluxe heel on hind shank. Hand-seasoned.  
Braised Classic Pork Shank #11270  
*All Natural* pork hindshank Hand-Seasoned. Oven-seared. Infused with Demi-Glace de Pork Classic. Slow-braised.  
Braised Boneless Pork Butt #11273  
*All Natural* Duroc Pork Hand-Seasoned. Oven-seared. Paired with Glace de Porc. Slow-braised.

## Smoked Seafood

Ducktrap River of Maine *All Natural*  
Bay Scallops #16012  
Mackerel, Peppered #16233 8oz  
Mussels #16042  
Salmon, Pastrami Sliced #16556  
Salmon, Roasted Kippered #16219  
Salmon, Sliced Atlantic #16552 4oz  
Salmon, Sliced Kendall Brook Gourmet #16237  
Salmon, Sliced Winter Harbor #16098  
Trout Fillet #16234

## Vegan Meat Alternatives

JUST Eggs #4026 100% Plant-based. Liquid egg-replacement.  
15/2#  
LifeLight Plant-based Burger #11657 Pea protein, soy-free.  
40/4oz

## All Beef Hot Dogs

Big City Reds *All Natural* • *Skinless*  
#11214 4/1 lb. 7" long, no fillers, no MSG  
#11213 5/1 lb. 6" long, no fillers, no MSG  
#11215 6/1 lb. 6" long, no fillers, no MSG  
#11103 8/1 lb. 6" long, no fillers, no MSG

## Local, All Natural Pasta

Fettuccine #11502 *Metropolitan Brand*  
Ricotta, Pea and Mint Ravioli #11641 *Metropolitan Brand*  
Fresh peas with mint and fresh ricotta in a medium square egg dough; 28ct per pound.  
Sweet Potato, Quinoa & Kale Ravioli #11713 *Metropolitan Brand*  
A healthy blend of tricolor quinoa, fresh kale, sweet potatoes and fresh mozzarella in a medium square egg dough; 28ct per pound.

## Stock Reductions & Bases

Beef Base #11911 *Metropolitan Brand No MSG*  
Chicken Base #11910 *Metropolitan Brand No MSG*  
Chicken Classic Demi-Glace #11267 *Bonewerks Culinate*  
Clam Base #11913 *Metropolitan Brand No MSG*  
Crab Base #11917 *Metropolitan Brand No MSG*  
Lobster Base #11914 *Metropolitan Brand No MSG*  
Veal Elite Demi-Glace #11268 *Bonewerks Culinate*  
Veal Classic Demi-Glace #11266 *Bonewerks Culinate*  
Veal Premium Glace #11740 *Bonewerks Culinate*  
Vegetable Base #11916 *Metropolitan Brand No MSG • Vegan*

## Fresh Soups

Ask your salesperson about our enormous variety of Gluten Free soups that can be special ordered.



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