

Gluten Free Alternatives to Everyday Foods Containing Gluten

Bread

- GF bread/buns
- GF rice cakes

Breakfast cereals/Muesli

- GF cornflakes/weetbix/GF Muesli/GF Cocoa Puffs
- Rice Porridge

Chips

- Homemade chips (potato/kumara)
- GF rice crackers
- Popcorn (check)
- Corn chips (Check)

Pasta

- GF pasta/spaghetti
- Rise noodles
- Bean starch noodles

Pizzas

- GF Pizza bases
- GF tortillas/Corn Tortillas (check)
- GF wraps

Wraps

- GF wraps
- GF Tortillas/corn tortillas (Check)
- Rice paper (check)

Couscous

- Rice
- Polenta
- Potatoes

Gluten free options are also available for:

- Biscuits/cookies
- Cakes
- Slices
- Baking mixes
- Flour
- Pancakes/crepes
- Muesli/nut bars
- Ice cream
- Chocolate
- Soups
- Chicken nuggets
- Fish bites
- Deli meats
- Sausages
- Pies
- Stock
- Bread crumbs
- Sauces
- Dressings
- Dips