

Gluten Free Canned Items

ITEM	BRAND	TYPE
CANNED FRUIT	Watties	<ul style="list-style-type: none"> • Halved apricots • Raspberries • Boysenberries • Black Berries • Plums • Peaches • Pears • Fruit Salad (*In juice or syrup)
	Select	<ul style="list-style-type: none"> • Blackberries • Blueberries (*in juice or syrup)
	Dole	<ul style="list-style-type: none"> • Fruit mix • Peaches • Pineapples (crushed, sliced, chunks) (*In juice or syrup)
	Oak	<ul style="list-style-type: none"> • Sliced peaches • Mango slices • Tropical fruit
PASTA SAUCE	Watties	<ul style="list-style-type: none"> • Original • Pasta sauce with garden vegetables • Tomato and roasted garlic • Tomato and mushroom • Tomato and herb
TOMATO PURÉE	Watties	<ul style="list-style-type: none"> • Original • Passata • Seasoned • Smooth
TOMATOES	Watties	<ul style="list-style-type: none"> • Chopped in juice • Crushed and sieved • Chopped in purée • Indian style • Moroccan style • Savoury • Pesto style • Roast garlic and onion • Basil • Italian style • Mexican style
	Benedict's	<ul style="list-style-type: none"> • Chopped Italian tomatoes
	Budget	<ul style="list-style-type: none"> • Chopped • Whole peeled
	Pams	<ul style="list-style-type: none"> • Whole peeled • Diced

		<ul style="list-style-type: none"> Diced with capsicum and onion Diced with chilli and herb
	Oak	<ul style="list-style-type: none"> Chopped
	Mutti	<ul style="list-style-type: none"> Polpa
	Delmaine	<ul style="list-style-type: none"> Italian whole peeled Italian crushed Cherry tomatoes (in thick juice) Tomatoes with fresh garlic and olive oil Ratatouille rich tomato sauce
	Ceres Organics	<ul style="list-style-type: none"> Chopped Tomatoes

BAKED BEANS	Watties	<ul style="list-style-type: none"> Full of beans (lite) Mexican spicy baked beans
	Heinz	<ul style="list-style-type: none"> Original English recipe
	Budget (New World)	<ul style="list-style-type: none"> In tomato sauce
	Oak	<ul style="list-style-type: none"> In tomato sauce
	Delmaine	<ul style="list-style-type: none"> In chunky tomatoes In rich Italian sauce
	Pams	<ul style="list-style-type: none"> In tomato sauce
	Whole Earth	<ul style="list-style-type: none"> Saucy Organic

CHICKPEAS	Ceres Organics	<ul style="list-style-type: none"> Original
	Delish	<ul style="list-style-type: none"> In brine
	Watties	<ul style="list-style-type: none"> In spring water Moroccan Style
	Craig's	<ul style="list-style-type: none"> In brine
	Pams	<ul style="list-style-type: none"> In brine

LENTILS	Watties	<ul style="list-style-type: none"> In spring water Indian Style
	Delmaine	<ul style="list-style-type: none"> In brine
	Craig's	<ul style="list-style-type: none"> In brine
	Pams	<ul style="list-style-type: none"> In brine

BEANS & LEGUMES	Ceres Organics	<ul style="list-style-type: none"> Organic black beans
	Delmaine	<ul style="list-style-type: none"> Butter beans Black beans Cannelloni beans Four bean mix
	Watties	<ul style="list-style-type: none"> Red kidney Beans in spring water Four bean mix in spring water Black beans Italian style cannelloni beans Mexican style red kidney beans
	Craig's	<ul style="list-style-type: none"> Four bean mix Red kidney beans in brine
	Pams	<ul style="list-style-type: none"> Cannelloni beans in brine

		<ul style="list-style-type: none"> • Four bean mix • Red kidney beans in brine
PEAS	Watties	<ul style="list-style-type: none"> • Garden peas minted • Slice
	Oak	<ul style="list-style-type: none"> • Green peas
	Holden Circle	<ul style="list-style-type: none"> • Green Peas
CORN	Watties	<ul style="list-style-type: none"> • Cream style • Cream style (no sugar added) • Whole kernel • Whole kernel (no sugar added)
	Oak	<ul style="list-style-type: none"> • Whole kernel • Cream style
	Golden Circle	<ul style="list-style-type: none"> • Baby corn
	Budget	<ul style="list-style-type: none"> • Whole kernel • Cream style
	Pams	<ul style="list-style-type: none"> • Whole kernel • Cream style • Baby corn
MUSHROOMS	Watties	<ul style="list-style-type: none"> • In butter
	Pams	<ul style="list-style-type: none"> • Spears
ASPARAGUS	Watties	<ul style="list-style-type: none"> • Spears
	Golden Sun	<ul style="list-style-type: none"> • Spears
BEETROOT	Watties	<ul style="list-style-type: none"> • Sliced • Sliced (no sugar added) • Baby beetroot
	Pams	<ul style="list-style-type: none"> • Sliced
SPAGHETTI	Organ	<ul style="list-style-type: none"> • GF Spaghetti in tomato sauce