

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 1st 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 Leaves (Bulgaria) #20851 *Divina*
- Extra Virgin Olive Oil (Multiple) #20368 *Divina*
- Fig Spread (Greece) #20337 *Divina*
- Gigande White Beans in Vinaigrette (Greece) #20898 *Divina*
- Greek Garden Medley (Greece) #20933 *Divina*
- Olives, Castelvetro 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 Culinarte*
Hand-seasoned. Oven-seared. Paired with Demi-Glace de Veaut Classic and braised in the pouch.
- Braised Boneless Beef Short Ribs** *Bonewerks Culinarte*
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 Culinarte*
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

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 Culinarte*
- 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 Culinarte*
- Veal Classic Demi-Glace #11266** *Bonewerks Culinarte*
- Veal Premium Glace #11740** *Bonewerks Culinarte*
- 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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