

Local gluten free food sources



These websites include gluten free restaurants and bakeries in Ontario that may not be listed in this handout.

<http://www.glutenfreeontario.ca/>

www.theceliacscene.com provides free maps to celiac trusted restaurants



You can find gluten free foods in health, frozen food or “gluten free” sections of many grocery stores.

Hamilton

Goodness Me Natural Food Market

- 1000 Upper Gage Avenue 905-388-8400
- 176 Locke Street South 905-526-8400

<http://www.goodnessme.ca/>

Bulk Barn

- 659 Upper James Street 905-383-4588
- Stone Church Centre, 1400 Upper James Street 905-383-8886
- Heritage Hill Plaza, 270 Mud Street West 905-573-0001
- 1187 Barton Street East 905-547-8911
- 800 Queenston Road, Stoney Creek 905-664-9382

<http://www.bulkbarn.ca>

Hamilton (continued)

Nardini's Specialities

#184 Highway 8, Stoney Creek 905-662-5758

www.nardinispecialties.ca/

Candi Werx (Gluten free candy)

560 Concession Street 905-920-8937

<http://www.candiwerx.com/>

The Little Gourmet

13 Hatton Drive, Ancaster 905-921-1249

www.thelittlegourmet.ca

S&H Health Foods (Gluten Free pasta only)

- Lime Ridge Mall 905-318-8539
- 3350 Fairview Street, Burlington 905-632-8600

http://www.sandhhealth.com/new_website/

Denninger's – has a variety of gluten-free deli meats, spreads and other specialty items:

- 284 King Street East, Hamilton 905-528-8468
- 1289 Upper James Street, Hamilton 905-389-4113
- Jackson Square, 2 King Street West, Hamilton 905-525-9641
- 826 Queenston Road, Stoney Creek 905-662-5237
- 699 Guelph Line, Burlington 905-639-0510
- 2400 Lakeshore Road, Oakville 905-827-3717

<http://www.denningers.com/bakery/gluten-free-products/>

Turtledoves Bakery

187 Ottawa Street North 905-393-1380

<http://www.turtledovesbakery.ca/>

Dundas

The Horn of Plenty
24 King Street West 905-627-9980
<http://thehornofplenty.ca/>

French Revolution Bakery
72 King Street West 905-628-2335
<https://www.frbakery.ca/>

Burlington

Bulk Food Warehouse
516 Plains Road East 905-634-9480
<http://www.bulkfoods.com/>

Burlington Health Foods

- 3350 Fairview Street 905-632-8600
- 4033 New Street 905-681-8772

<http://www.burlingtonhealthfoods.com/>

Kelly's Bake Shoppe
401 Brant Street 905-333-1400
<http://www.kellysbakeshoppe.com>

Turtledoves Bakery
5-175 Plains Road East 289-337-6901
<http://www.turtledovesbakery.ca/>

Niagara Falls

De Healthy Baker
3848B Main Street 905-295-6500
<http://www.dehealthybaker.ca/>

Moodie's Bakery
4552 Queen Street 905-358-8288

Kitchener/Waterloo/Guelph

Grainharvest Breadhouse Inc.
Circle of Life Bakery (gluten-free division)
105 Lexington Road, Unit #3, Waterloo 519-725-1920
<http://www.grainharvest.ca/store/circle-life-bakery>

Grandma's Gluten Free Goods
299 Lancaster Street West, Kitchener 519-514-0099
<http://grandmasglutenfreegoods.com/>

Stemmler Meats and Cheese
3031 Lobsinger Line, Heidelberg (North Waterloo) 519-699-4590
<http://www.stemmlermeats.ca/>

Health Foods and More
75 Bridge Port Road East, Unit 2, Waterloo 519-880-0700
www.healthfoodsandmore.com

Paris

Paris Gluten Free Marketplace
74 Scott Ave, Unit 2, Paris 519-442-1020
www.parisglutenfreemarketplace.com

Other locations

Whole Food Market

301 Cornwall Road, Oakville 905-815-0266

<http://www.wholefoodsmarket.com/products/gluten-free-products.php>

Sterks Bakery:

- 3866 23rd Street, Vineland 905-562-3086
- 137 Queen Street, Dunnville 905-701-1905

www.sterksbakery.com

Specialty Food Shop

The Hospital for Sick Children, Toronto 1-800-737-7976

<http://www.specialtyfoodshop.ca/specialtyfoodshop/>

The Bread Box

24 Brydon Drive, Etobicoke 416-255-6627

Suzie's Gluten Free Kitchen

7 Ontario Street, Grimsby L3M 3G8

289-235-7501

www.suziesglutenfreekitchen.com

Edible Options

Unit 7

300E Fourth Avenue, St. Catharines

905-688-1000

Nadia's Market

290 Glendale Avenue, St Catharines L2T 2L3

905-227-1212

www.nadiasmarket.com

Marci's Bakery (see website to find stores that carry Marci's products)

www.marcisbakery.com

Manufacturers and distributors of gluten free products available in Canada

Write to the company or visit their websites for information about products and prices:

El Peto
41 Shoemaker Street, Kitchener N2E 3G9 1-800-387-4064
And 65 Saltsman Drive, Cambridge
<http://www.elpeto.com/>

Ener-G Foods, Inc.
PO Box 84487,
Seattle WA 98124-5787 USA
1-800-331-5222
<http://www.ener-g.com/>

Glutino
2055 Dagenais West
Laval QC H7L 5V1
1-800-363-3438
<http://www.glutino.com/>

Kinnikinnick Foods Inc.
10306 - 112 Street
Edmonton AB T5K 1N1
1-877-503-4466
<http://consumer.kinnikinnick.com/index.cfm/fuseaction/consumer.home.html>

Northern Quinoa Corporation
Box 519
Kamsack, SK S0A 1S0
1-866-368-9304
<http://www.quinoa.com/>

Panne Rizo
1939 Cornwall Avenue
Vancouver BC V6J 1C8
1-604-736-0885
<http://www.pannerizo.com/>

Udi's

<http://udisglutenfree.com>

Enjoy Life Foods

<http://www.enjoylifefoods.com>

Tinkyada, Food Directions Inc.

120 Melford Drive, Unit 8

Scarborough ON M1B 2X5

416-609-0016

<http://www.tinkyada.com/>

Sue's Gluten Free Products – ships products to customers

1724 Bath Road

Kingston ON

613-634-7693 or toll free 866-634-7693

<http://www.suesglutenfreeproducts.com/>

Molly B's Gluten Free Kitchen – will ship within Ontario

129 Turbine Drive

Toronto ON

Products available at other stores across Canada – see website

<http://www.mollybglutenfree.com/default.htm>