



Local gluten free food sources

Health section, frozen food section or “Gluten Free” section of many grocery stores (Fortinos and Sobeys).

Hamilton

Buns Master Bakery (Bread Box products) – call to order
307 Nash Road North 905-578-5283

Goodness Me Natural Food Market – 2 locations
1000 Upper Gage Avenue 905-388-8400
176 Locke Street South 905-526-8400
<http://www.goodnessme.ca/>

Bulk Barn – 3 locations
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
<http://www.bulkbarn.ca/en-ca/index.html>

Eat Italian – Gluten free pasta
336 Millen Road North, Stoney Creek 905-664-9328
or 1-888-664-9328
<http://www.eatitalian.ca/>

Nardini’s Specialities
#420 Highway 8, Stoney Creek 905-662-5758

Candi Werx (Gluten free candy)
55 York Boulevard 905-920-8937
<http://www.candiwerx.com/>

Essentials Health Aids
1109 Fennel Avenue East 905-575-9343

Hamilton (continued)

Weils of Westdale
981 King Street West 905-527-6751
<http://www.weilsbakery.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
2410 Lakeshore Road, Oakville 905-827-3717
<http://www.denningers.com/bakery/gluten-free-products/>

Dundas

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

Y'ad Never Know
72 King Street West 905-625-2335
<http://www.yadneverknow.com/>

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>

Kind Food Bakery
399 John Street 905-637-2700
<http://www.kindfood.com/>

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

Nature's Basket Natural Food Store
29 Plains Road West 905-333-0995

Niagara Falls

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

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

Welland

Gluten Free Pita's
735 Pelham Street South 905-934-1272 (Barb or Paul)
www.glutenfreepitas.ca

Kitchener/Waterloo/Guelph

Acorn Bakery

75 Bridgeport Road East, Waterloo 519-884-1811

Stemmler Meats and Cheese

3031 Lobsinger Line, Heidelberg (North Waterloo) 519-699-4590

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

Grandma's Gluten Free Goods

299 Lancaster Street West, Kitchener 519-514-0099

<http://grandmasglutenfreegoods.com/>

Circle of Life Bakery

105 Lexington Road, Unit #3, Waterloo 519-725-1920

<http://www.grainharvest.ca/store/circle-life-bakery>

Lucie's Bakery & Deli

1474 Gordon Street, Guelph 519-824-0405

Info@luciesbakery.net

Health Foods and More

75 Bridge Port Road East, Unit 2, Waterloo 519-880-0700

www.healthfoodsandmore.com

Other locations

Elisa's Gluten Free Goodness, Milton 289-627-5440

www.glutenfreegoodness.ca

Whole Food Market

301 Cornwall Road, Oakville 905-815-0266

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

Sterks Bakery

3866 23rd Street, Vineland 905-562-3086

Or 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

Organic Works
222 Wellington Street, London 519-850-1800
www.organicworksbakery.net

Products carried at:
Horn of Plenty, Dundas
Goodness Me, Hamilton
Kindfood, Burlington

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

Marci's Bakery (see website to find stores that carry Marci's products)
www.marcisbakery.com

Here are website that includes restaurants and bakeries in Ontario that are gluten free:

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

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

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/>

Kaybee
Box 629
Cudworth SK S0K 1B0
1-306-256-3424
<http://www.kaybeeglutenfree.ca/>

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

Nelson David of Canada
66 Higgins Avenue, Winnipeg MB R3B 0A5
1-866-989-0379
<http://nelsondavidofcanada.com/page5.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/>

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>