



Avoiding Gluten

Don't let your love of food be affected by not being able to eat gluten!

Gluten free vs NGI

New regulations mean our in-house packed goods must now be labelled "No Gluten Containing Ingredients" (NGI) rather than "gluten free," as we pack gluten-containing foods in the same facility. Look for the blue NGI mark on the shelf tag & read the packaging for more info.

Some no-gluten containing foods

Please note, the lists below are for guidance only. All Unicorn-brand products are not certified gluten free, even if they qualify as NGI. Other products may be gluten-free or NGI, see packaging for details.

Grains

- Millet
- Quinoa
- Buckwheat
- Rice
- Corn/Maize (e.g., polenta, popcorn, corn couscous)
- Tapioca

Flours

- Maizemeal & Masa harina
- Rice flour
- Buckwheat flour
- Gram flour & Soya flour
- Potato flour
- Millet flour
- Doves GF bread (brown or white) or pastry flour

Baking Aids

- Xanthan gum (for binding in bread making)
- Cream of tartar (use with Bicarb instead of NGI Baking powder)

More no-gluten containing foods

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Breakfast cereals

- Unicorn NGI Muesli, buckwheat flakes, puffed rice & millet
- Rice, Quinoa & Millet flakes... use for porridge instead of oats
- Gluten free Doves cornflakes & Alara Muesli

Breads & Pastas

- Pauls Gluten Free 1 & 2 Bread, Village Bakery Gluten & Yeast Free Bread, Corn Tortillas, Mrs Leepers pasta, Orgran pasta & lasagne

Sauces

- Tamari (not shoyu), various curry sauces & pastes, pasta sauces

Savoury Main meals

- Dragonfly burgers and roasts
- Clives Minted Chick Peas, Aloo Gobi & Chilli pies
- Tofu & tempeh—a whole range in the chiller

Savoury snacks / extras

- In the chiller: Various Unicorn salads & soups, many spreads & dips
- On the deli: Ganmadoki, bhajis, veg cutlets, various salads
- Sesame, garlic & chickpea snacks, Bombay mix
- Ricecakes, corncakes, rice or corn crispbreads
- Rice chips, Quinoa onion snacks, popcorn, tortilla chips,
- A selection of yeast pates & of course all the houmous!

Sweet things

- In the chiller/freezer: Booja Booja's chocolate truffles & ice cream
- On the deli: Lemon balls, halva, cheesecakes
- Village Bakery's cereal bars, some fruit bars, Kite plum pudding

And of course all the lovely fruit & veg you could want!

See www.unicorn-grocery.co.uk for recipes.