



# Dr. Katie DeGroot

## Naturopathic Doctor

#304-383 Oliver Street, Williams Lake, V2G 1M4 Contact me at (250) 305 9188 or [info@drkatiedegroot.ca](mailto:info@drkatiedegroot.ca)  
#228-475 Birch Avenue, 100 Mile House, V0K 2E0 Book online by going to [drkatiedegroot.janeapp.com](http://drkatiedegroot.janeapp.com)

### Gluten-Free Foods – Order Form (March-April 2020)

Most products are available by specialty order with no minimum order size. Orders placed before Friday 4:00pm usually arrive by the following Thursday morning. Prices are subject to change without notice, although notice will be provided as best as possible prior to each order being placed.

More items coming soon, please see my website / Facebook after March 30<sup>th</sup> for a listing of all available gluten free products.

#### Chocolate Bars - Camino

Org Alm&SeaSalt 55% DrkChoc100g*12	\$62.69
Org Almond Bar (Dark) 100g*12	\$62.68
Org Bittersweet (Dark) 100g*12	\$62.68
Org Coconut Milk 55% DrkChoc80g*14	\$69.16
Org Dark (55% Cocoa) 100g*12	\$62.68
Org Espresso (Dark) 100g*12	\$62.68
Org Intense Dark (88% Cacao)80g*14	\$69.16
Org Milk (38% Cocoa) 100g*12	\$62.68
Org Milk Choc w/SeaSalt 100g*12	\$62.68
Org Mint (Dark) 100g*12	\$62.68
Org Nightfall 92% Dark Choco80g*14	\$69.16
Org Panama Xtra Dark (80%) 100g*12	\$62.68
Org Raspberry Dark Choc 100g*12	\$62.68
Org Salt CaramelCrunch(Dark)80g*14	\$69.16
OrgButtersctch SeaSalt-Milk100g*12	\$62.68

#### Baking Chocolate - Camino

Org Baking Choc Bittersweet 200g	\$9.23
Org Baking Choc Semi-Sweet 200g	\$9.23
Org Baking Choc Unsweetened 200g	\$9.23

#### Chocolate Chips - Camino

Org Choc Chips Bittersweet 225g	\$7.73
Org Choc Chips Semi-Sweet 225g	\$7.73
Org Semi Sweet Mini ChocoChips225g	\$7.73
Org Sugar-Free Choc Chips 225g	\$7.73

#### Cocoa Powder - Camino

Org Cocoa Pwd Dutch Processed 224g	\$7.70
Org Natural Cocoa Powder 224g	\$7.64

#### Hot Chocolate - Camino

##### **Contains dairy**

Org Hot Chocolate Tin Original Dark 336g	\$8.27
Org Hot Chocolate Tin Original Milk 336g	\$8.27

##### **Dairy Free**

Org Drinking Choc Tin 275g	\$8.27
Org Hot Choc (Dark) Tin Maple 275g	\$8.27
Org Hot Choc Tin Chili&Spice 275g	\$8.27
Org Simply Dark Hot Choc Tin 275g	\$8.27

#### Gluten-free Flours - Cuisine Soleil

Org All Purpose Flour 1kg	\$11.03
Org Amaranth Flour 700g	\$8.90
Org Brown Rice Flour 1kg	\$9.05
Org Buckwheat Flour 1kg	\$7.26
Org Chickpea Flour 700g	\$12.64
Org Coconut Flour 700g	\$7.97
Org Millet Flour 1kg	\$8.67
Org Quinoa Flour 1kg	\$19.38

#### Gluten-free Baking Mixes - Cuisine Soleil

Org Homemade Style Bread Mix 700g	\$8.90
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### Bread - Schar

**Minimum Guaranteed dating on Schar breads is 6 weeks.**

Artisan Baker 10 Grains & Seeds 385g	\$5.57
Artisan Multigrain Bread 400g	\$7.13
Artisan White Bread 400g	\$7.13
Ciabatta Rolls 200g	\$6.95
Deli Style Sourdough Bread 240g	\$5.76
Flax, Sunflower & Chia Sourdough 250g	\$5.76
Hamburger Buns 4pk	\$7.03
Hot Dog Rolls 4pk	\$7.03
Multigrain Ciabatta 200g	\$6.95

### Cookies - Schar

Chocolaty-Dipped Cookies 150g	\$5.51
Chocolix Cookie Bars 110g	\$4.76
Frollini 200g	\$5.51
Ladyfingers 200g	\$7.18

### Crackers - Schar

Breadsticks 150g	\$6.57
Chocolate Honeygrams 190g	\$4.80
Crackers 210g	\$6.62
Entertainment Crackers 175g	\$4.76
Honeygrams 160g	\$4.67
Multigrain Crackers 210g	\$6.62
Rosemary Crackers 210g	\$6.62

### Crackers - San J

Tamari Black Sesame Cracker 105g	\$5.49
Tamari Brown Sesame Cracker 105g	\$5.49

### Pre-made Sauces - San J

Asian BBQ Sauce 296mL	\$5.66
Hoisin Sauce 296mL	\$5.66
Korean BBQ Style Sauce 296mL	\$5.66
Mongolian Sauce 296mL	\$5.66
Orange Sauce 296mL	\$5.66
Sweet & Tangy Sauce 296mL	\$5.66
Szechuan Sauce 296mL	\$5.66
Teriyaki Sauce 296mL	\$5.66
Thai Peanut Sauce 296mL	\$5.66

### Vinegar - Braggs

Org Apple Cider Vinegar 473mL	\$5.62
Org Apple Cider Vinegar 946mL	\$8.86
Org Apple Cider Vinegar 3.78L	\$28.68

### Tamari / Soy Sauce - Bragg's

All Purp. Liq Soy Seasoning 180mL	\$5.08
All Purp. Liq Soy Seasoning 473mL	\$6.76
All Purp. Liq Soy Seasoning 946mL	\$11.14

### Others - Bragg's

Org All Purp. Coconut Season 296mL	\$9.38
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All product listed are certified Gluten-Free at time of printing; however manufacturing processes may change so be sure to always check labels before consuming.

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