

Fearless Dining - Master Gluten-Free Costco Checklist

Updated as of 4/8/26
<https://www.fearlessdining.com>

Gluten-Free Appetizers

- Blue Moose Parm Asiago Dip
- Busseto Antipasto Meat Platter
- Chicken Skewers
- Chicken Skewers (Refrigerated Section)
- Don Lee Farms Cauliflower Bites
- Feel Good Foods Jalapeno Bites
- Fresh Editions Chicken Bites
- Garcia Baquero Spanish Cheese Sampler
- Kirkland Cheese Flight with Wine Pairings
- La Terra Fina Artichoke and Jalapeno Dip
- La Terra Fina Smoked Salmon Dip
- La Terra Fina Spinach and Artichoke Dip
- Okami Organic Edamame
- Sabra Hummus
- Stuffed Grape Leaves
- Tapas De Espana Charcuterie Meats by Noel
- Vegetarian Veggie Bites
- West End Cuisine Chicken Skewers
- Toom Garlic Dip

Gluten-Free Breakfast

- Amylu Chicken Breakfast Patties
- Birch Benders Ube Mochi Pancake Mix
- Catalina Crunch Cereal
- Cheerios
- Chex Cereals
- EnviroKids Cereals
- Kirkland Almond Butter
- Kirkland Peanut Butter
- Laird's Plant-Based Coffee Creamer
- Nutella
- Nutt Zo Seed Butter
- One Degree Cereals
- Three Bridges Bacon & Cheese Egg Bites
- Veggies Made Great Spinach Egg White Frittatas

Gluten-Free Desserts

- Chocx - Dubai Inspired Pistachio Cups
- Coco-Roons
- Dole Whip
- Haagen Dazs Ice Cream Bars
- Heavenly Chunks
- Island Way Sorbet
- Keto Bar Salted Caramel Almond Crunch Ice Cream Bars
- Kirkland Ice Cream Bars
- Kirkland Super Premium Vanilla Ice Cream
- Mac Pops, Macaron Cake Pops
- M&Ms; (plain and peanut)
- Mary Macleod's Gluten-Free Shortbread Cookies
- Nothin' But Granola Cookies
- Phenomenal Foods Jack Fruit Chips
- Sejoyia Lemon Crisps
- Sun Tropics Coconut Rice Pudding
- Sun Tropics Coconut Rolls
- Sun Tropics Rice Pudding
- Sweetaly Chocolate Mousse
- Tates Bake Shop Gluten-Free Cookies
- Tropical Fields Coconut Rolls
- Twisted Frozen Yogurt
- UNREAL Dark Chocolate Coconut Minis
- York Peppermint Patties

Gluten-Free Meats and Seafood

- Aidells Chicken Meatballs
- Amylu Caramelized Onion and Cheddar Chicken Burgers
- Amylu Chicken Burgers
- Angus Steak Tips Mission Hill Bistro
- Atkins Lamb Shanks
- Cooking Made Easy: Thai Chicken
- Fresh Additions Chicken Bites
- Fresh Additions Steak Bites
- Kinder's Chicken Sauce
- Kirkland Beef Hot Dogs
- Kirkland Canned Salmon
- Kirkland Chicken Stock

- Kirkland Chunk Chicken
- Kirkland Dinner Franks
- Kirkland Ham and Turkey Deli Meats
- Kirkland Signature Wild Alaskan Sockeye Salmon Burgers
- Kirkland Wild Smoked Salmon
- Nature Raised Grilled Chicken Strips
- Oscar Meyer Ham and Turkey
- Teton Polish Sausage

Gluten-Free Pantry Items

- Bare Bones Bone Broth
- BFree Gluten Free Pita Bread
- Bibigo Prepared Rice
- Bob's Red Mill 1:1 Gluten Free Flour Blend
- Bobo's PB&J; Bars
- Bulk Sugar and Brown Sugar
- Canyon Bakehouse
- Canned Tuna (Various Brands)
- Del Monte Canned Corn
- Dole Mandarin Oranges
- Edamame Spaghetti
- Farmers We Know Gluten Free Rolled Oats
- Fichi Fig & Nut Bites
- Franz Bakery Gluten-Free Multigrain Bread
- Go Go Quinoa Organic Macaroni Pasta
- Golden Island Pork Jerky
- Healthy Noodle
- Hidden Valley Ranch Dressing
- Honey
- King Arthur Measure for Measure
- Kirkland Almond Flour
- Kirkland Coconut Oil
- Kirkland Diced Tomatoes
- Kirkland Organic Quinoa
- Kirkland Organic Tomato Paste
- Kirkland Organic Tomato Sauce
- Manitou Rice Noodles
- Namaste 6 Pack Brown Rice Flour
- Namaste Organic Gluten Free Flour Blend
- Nestle Chocolate Chips
- Nielsen and Massey Extracts

- Olive Oil and Other Cooking Oils
- Organic Manitoú Rice Noodles
- Organic Pure Fruit Bars
- Organic Spirals Chickpea Pasta
- Orgain Protein Powder
- Pacific Roasted Red Pepper & Tomato Soup
- Rice Ramen
- Rosarita Refried Beans
- Royal Aborrio Rice
- S&W; Black Beans
- S&W; Garbanzo Beans
- Smoke Show Seasoned Beef Sticks (free of the top 9)
- Snack Club Tajin Gummy Bears (Chili & Lime)
- Spam
- Starbucks and Peet's Coffee Beans
- Thai Kitchen Organic Coconut Milk
- TruRoots Pasta
- Udi's (in some stores)
- Volupta Cacao Powder

Gluten-Free Prepared Foods

- Bakery on Main Oatmeal Cups
- Banza Four Cheese Pizza
- Beyond Burger
- Black Bean Burgers
- Caesar Kitchen Lemon Chicken Piccata
- CedarLane Steel Cut Oat Bowls
- Chicken Tikka Masala
- CloClo Deep Dish Gluten Free Pizza
- Costco Fresh Salsa
- Del Real Carnitas
- Del Real Pork Tamales
- Del Real Pupusas
- Delimex Taquitos
- Don Lee Farms Crispy Shredded Chicken Tacos
- Green and Sunny Pad Thai
- Kevin's Paleo Chicken Meals
- Kirkland Cauliflower Crust Pizza
- Kirkland Garlic Butter Shrimp
- Loma Chipotle Bowls
- Milton's Cauliflower Pizza

- Real Good Chicken Enchiladas
- Real Good Chicken Tenders
- Riced Cauliflower Stir Fry
- Rotisserie Chicken
- Sabatasso's Gluten-Free Pizza
- Saffron Road Vegan Indian Meals
- Snap Dragon Pho
- Sonoma Flatbread Pizza
- Sukhi's Curry Meals
- True Republic Cauliflower Linguini
- Vicky's Kitchen Stuffed Chicken

Gluten-Free Snacks

- Autumn's Gold Paleo Granola
- Crunchmaster Gluten Free Crackers
- Food Should Taste Good Tortilla Chips
- Jo Jos Raspberry Pistachio Bites
- Kirkland Organic Tortilla Chips
- Kulfi Bars
- Lara Bars
- Late July Multigrain Tortilla Chips
- Made Good Granola
- Magic Spoon Protein Pastries
- Mary's Gluten Free Crackers
- Miss Jones Keto & Paleo Brownie Mix
- Namaste Gluten Free Waffle and Pancake Mix
- Nature's Own Gluten Free Granola
- Nogi Bars
- NuTrail Keto Granola
- Pro Bars Fuel
- Purely Elizabeth Granola
- Pyrana Sriracha Flavored Nut Mix
- Ready Clean Protein Bars
- Safe Fair Birthday Cake Granola
- Simple Mills Banana Muffin Mix
- Simple Mills Crackers
- Sipping Snack Bone Broth
- Siren Snacks
- Sonoma Pepperoni Crisps
- Square Bars
- The Perfect Bar

- Tosi Crispy Protein Puffs
- Tosi Protein Bars
- Two Moms in the Raw Granola
- Way Better Chips
- Wella Bars
- Wilde Protein Chips
- Yes Peas Pea Chips