

### Gluten Free Expo

We received great feedback from the Gluten Free Show at the Melbourne Exhibition Centre on 11-12th October this year. Many customers attended and requested for us to stock some new products, which we have done! (See back page). We were also pleased to hear that we already stock a lot of products at the Expo.

### Gluten Free Pages

Gluten Free Pages is Australia's newest 'Living & Lifestyle' website for those with coeliac disease or gluten intolerance. Here you'll be able to find eating establishments, manufacturers, new products, special offers and latest news items all gluten free. It's not just a business directory, but includes all types of activities to inject fun into gluten free living. You can visit the website at: [www.glutenfreepages.com.au](http://www.glutenfreepages.com.au)

### Christmas is coming!

Don't panic! We're here to help you enjoy a gluten free festive season. Our Christmas goodies range is arriving in-store from November and we'll be stocking: Puddings, Iced Puddings, Individual Puddings, Iced Gingerbread, Iced Christmas Cake, Christmas Mallows, Mince Pies, Brandy Snap Baskets and much, much more.

### Eating out in Mornington: The Grand Hotel

The Grand Hotel located in Main Street is a heritage-listed building and a landmark in Mornington. Built over 100 years ago, it has been gracefully restored featuring all modern comforts. The Grand Hotel offers gluten-free meals and on their new Spring Menu you will find delicious meals such as Warm Chicken Salad, Roast Pumpkin and Spinach Risotto, Chicken Korma (mild), Stir fries and even Honey Soy Tiger Prawns! Visit [www.hotdockets.com.au](http://www.hotdockets.com.au) to download and print out a voucher for a FREE Main Meal at The Grand with every first meal ordered. (Conditions apply- please read voucher for further details.)

# Club Newsletter

SPRING 2008

Welcome to the first club newsletter from the new proprietors of Gluten Free Foods Mornington! Spring is finally here and has brought some wonderful weather to the Mornington Peninsula, which after a very wet winter looks absolutely sensational. This month marks the first anniversary for Jill and Garry operating the store, and what a big year it has been! We have been constantly expanding the range of exciting and tasty products in store so make sure you drop in and see what's new. For the meantime, we have included some of our new products on the back page of this newsletter.

We are also having a prize draw of over \$100 in goods to celebrate our first anniversary. First prize is a hamper worth over \$100 and second prize hamper is valued at over \$40! If you'd like to win one of these yummy hampers, please see our back page for more details. We are also giving away Simply Better Showbags from the start of November! Shop with us from November 1st, spend \$50 in store and receive one of these tasty sample bags free! The first 60 customers only so get in quick! (Limit of 1 showbag per customer please.)

Don't forget to visit our new-look website at [www.glutenfreefoods.com.au](http://www.glutenfreefoods.com.au) to download our 2008 Product List. We'd like to take this opportunity to thank you for your support over the past year and we sincerely hope that we have made it a bit easier (and tastier!) to shop Gluten Free. From Jill, Garry and the girls at Gluten Free Foods, Mornington.

**Come in to Win!**

## Noodle Salad with Prawns & Chicken

As the warmer weather sets in, it's a perfect time to enjoy lighter meals and salads. Try this delicious gluten free meal courtesy of Chang's that serves 4.



### Ingredients:

400g (about 4-5) chicken thigh fillets, fat trimmed, thinly sliced.  
1/4 cup (60ml) Chang's gluten-free light soy sauce  
1/4 cup (60ml) Chang's gluten-free oyster sauce  
1/2 teaspoon Chinese five-spice powder  
2 cloves garlic, crushed  
1 tsp grated fresh ginger  
2 tbs peanut oil  
2 portions Chang's Rice Noodles Vermicelli  
1 carrot peeled, cut into 5cm batons  
1 red capsicum, seeds removed, cut into strips  
100g snow peas, sliced  
50g snow pea sprouts  
350g cooked medium prawns, peeled, de-veined, tails intact  
1/2 cup coriander leaves  
2 tbs toasted sesame seeds

### Dressing:

3 cloves garlic

2 tsp sugar  
1/2 cup (125ml) lime juice (about 4 limes)  
1/4 cup (60ml) Chang's gluten-free light soy sauce  
2 tbs olive oil  
1/4 cup (60ml) Chang's gluten-free oyster sauce

### Method:

Mix the chicken, soy sauce, oyster sauce, Chinese five-spice, garlic and ginger together in a bowl. Cover and refrigerate for several hours or overnight.  
Drain the chicken and discard marinade. Heat a wok or large frypan until hot, add oil and stir fry chicken in batches until browned and cooked through. Drain on a paper towel.  
Place noodles in a bowl and cover with boiling water. Set aside for about 5 minutes or until soft, then drain and rinse with cold water. To make the dressing, place all ingredients in a jar and shake well. Combine noodles, carrot, capsicum, snow peas, sprouts, chicken, prawns and dressing in a large bowl. Toss well to combine. Serve the salad garnished with coriander leaves and sesame seeds.

# What's New?

- **Gluten Free Bakery**– Cottage Beef Pies, Beef Curry Pies, Beef Tomato & Onion Pies, Hawaiian, Vegetarian and Meat Lover's Pizzas, Hound Dogs (hot dogs in pastry), Chocolate or Custard éclairs, Custard tarts, Neenish tarts, Marble Cake, Cinnamon Donuts, Lemon Roll or Jam and Cream Roll, Apple Strudel and more!
- **Vitality Bread**– Traditional White, Breakfast Loaf, Herb and Garlic, Olive Bread, Roasted Seed, Fruit Loaf.
- **Tart 'n' Round**– Wheat, gluten, dairy and egg free sweets– biscuits, slices and hand-made balls such as peanut caramel, cherry bliss and more.
- **Gluten Free Gourmet**- Puff Pastry Sheets, and their ever-popular lasagnas and cannelloni in individual serves.
- **Orgran**– Ice Cream Cones –Box of 10, 100% Amaranth Puffed Breakfast Cereal, Multigrain Penne Pasta with Quinoa, Multigrain Spiral Pasta with Amaranth ( all are Gluten free, Wheat free, Dairy free, Egg free, Yeast Free, Soy free, Nut Free and Vegan).
- **Amy's Mild and Medium Organic Salsas**– incredibly fresh tasting salsa, made with organic vine-ripened tomatoes and no preservatives.
- **Peckish Rice Cracker Thins** – Baked/Trans-fat Free/Gluten Free: Original, Cheddar cheese, Tangy BBQ, Wasabi, Sweet Chilli, Lime and Black pepper, Sour cream and Chives, Sea salt and Vinegar.
- **EquaGold**– The Ultimate Indulgence Drinking Chocolate with Vanilla Pulse (add a few drops for a flavour boost!)
- **Melinda's Irresistible Passionfruit Slice & Indulgent ChocWalnut Slice** pre-mixes (G/F, wheat free, egg free)
- **SoyaGarden Tofu Spread** 100% Vegetable, 0% Cholesterol, 100% Bio-organic, Dairy Free/Gluten Free & Vegan
- **Jelly'gnites** range of yummy dinosaurs, snakes, strawberries and cream and fruit salad lollies have returned!
- **Brookfarm Walkabout Mixes & Bar**– 7 mile beach walkabout mix, Mt. Bogong mix, Nightcap ranges mix and gluten free cranberry and macadamia Brookfarm bar.
- **Holle Organic** Baby food jars 190g Apple and Pear, Mixed Vegetables, Pumpkin & Chicken, Spinach with Rice and **Holle Organic** Rice Porridge– gluten free, dairy free whole grain cereal easy to digest.
- **Organics 4 Kids**– gluten free teething rusks– from 6 months. Helps soothe tender gums.
- **Young Organics** Mini Comets. A cosmic popped explosion with sea salt or sweet coconut. A healthy snack 4 kids!
- **OzGanics Organic** Curries and Dressings and Sauces– Roghan Josh, Butter Chicken, Tikka Masala curries, Balsamic, French, Italian, Low fat Caesar, Lemon Myrtle, Creamy Avocado, Creamy Garlic dressings and BBQ sauce.
- **Rowie's Cake Mix and Shortcrust Pastry** a kitchen that bakes wheat, yeast, dairy and gluten free. Cake mix is also wheat free, gluten free, dairy free, egg free, nut free, soy free, GMO free, preservative free!
- **Organic Soul Melbourne**– Super Fruit Trail, Miracle Trail, Wild Amazon Trail and Raw Power Trail mixes, Excellent for vegans, gluten free, sulphur free, certified organic.
- **S&W Whole Egg Real Mayonnaise**– handy squeezeable 320g bottle or convenient 440g jar.
- **Norganic Organic Corn Flakes**– 100% organic, wheat free, gluten free, low fat, (sweetened with organic fruit juice concentrate).
- **Alice Langton's High Country sauces**– Strawberry Champagne and Chocolate Rich Fudge sauce. Absolutely all natural ingredients. Handmade in Mansfield, High Country, Victoria.

## First Anniversary Prize Draw and Showbag Giveaways!

We'd like to celebrate our first anniversary period and thank our wonderful customers who continually help us to improve our store. **Customers who drop in and spend \$25 with us in one transaction during November will receive a raffle ticket** to win one of two gorgeous gluten-free hampers, courtesy of our favourite suppliers! Every additional \$25 spend will enable you to receive another ticket for the draw. *We will be holding the draw at 12:00pm on Monday 1st December.* We are also giving away free Simply Better showbags from the 1st November. Spend \$50 in store to receive a sample bag free. Limit of one showbag per customer, first 60 customers to participate while stocks last.

