

# DID YOU KNOW?

MANY OF YOUR  
FAVORITE *Amy's* PRODUCTS ARE  
ALREADY GLUTEN FREE?

*Amy's makes over 160 organic and natural products. All of Amy's foods are free of GMOs, additives, artificial flavorings and colors.*

*We have always been sensitive to the needs of our customers; that's why we have over 70 items that are gluten free.*



**Cheese  
Enchilada  
Whole Meal  
9 oz**



**Enchilada  
Verde  
Whole Meal  
10 oz**



**Black Bean  
Enchilada  
Whole Meal  
10 oz**

**\$3.99**  
Sugg. Retail \$5.59

Amy's is a family run business, and we really care about our customers. We supervise every aspect of the business and take great pride in customer satisfaction. We use only natural and organic ingredients and prepare them with the same careful attention in our kitchen as you would in your own home.

**Amy's**  
®

*Why eat out? Enjoy restaurant quality Mexican meals at home. Try these authentic flavors of Mexico... delicious, nourishing and wholesome.*

**2/\$7**

Sugg. Retail \$4.89

**Black Bean  
Vegetable  
Enchilada  
9.5 oz**



**Cheese  
Enchilada  
9 oz**



**Light in Sodium  
Black Bean  
Vegetable  
Enchilada  
9.5 oz**



**\$3.99**

Sugg. Retail \$5.99

**Cheese  
Tamale Verde  
10.3 oz**



**Black Bean  
Tamale Verde  
10.3 oz**



**Roasted  
Vegetable  
Tamale  
10.3 oz**

We realize how hard it is for people with special dietary needs, like celiac disease, to find good tasting meals. We also know it is especially hard for children to avoid traditional favorites, like pizza and macaroni and cheese.

Our Rice Mac and Cheese, Garden Lasagna and Bistro Burger contain only the highest quality ingredients that will easily fit your lifestyle.

Amy's Kitchen gluten free products all meet the FDA Guidelines for "Gluten Free"

**Amy's**  
®

*Try these gluten free versions of  
your favorite dishes!*



**\$4.69**

Sugg. Retail \$6.49

**Bistro Veggie  
Burger  
10 oz**



**\$3.99**

Sugg. Retail \$5.59

**Garden  
Vegetable  
Lasagna  
10.3 oz**



**\$2.99**

Sugg. Retail \$4.39

**Rice Mac &  
Cheese  
9 oz**



**\$2.99**

Sugg. Retail \$4.79

**Non-Dairy  
Rice Macaroni  
& Cheese  
8 oz**



For more information about our gluten free products and our gluten free diet plan, log on to [http://www.amys.com/special\\_diets/ceeliac.php](http://www.amys.com/special_diets/ceeliac.php)

[www.amys.com](http://www.amys.com) is the place to find out more about our family, our kitchen and our products as well as tips for healthy living.

Amy's Kitchen is also on Facebook. Become a fan:  
<http://www.facebook.com/AmysGoOrganic>

*Now you can enjoy your favorite pizzas again!*

**\$5.49**

Sugg. Retail \$7.29 - 8.49



**Single Serve  
Non-Dairy Rice  
Crust Roasted  
Vegetable Pizza  
5.5 oz**



**Single Serve  
Non-Dairy  
Rice Crust  
Cheeze Pizza  
6 oz**

**\$8.49**

Sugg. Retail \$11.39



**Rice Crust  
Cheese Pizza  
12 oz**



**Rice Crust  
Spinach Pizza  
14 oz**