



# Mountain Man Nut & Fruit Co.

PURVEYORS OF FINE NUTS, DRIED FRUIT & CANDIES

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## A GUIDE TO GLUTEN-FREE PRODUCTS FROM MOUNTAIN MAN

\*While these items either arrived in our facility Gluten-Free or were manufactured by us without any Gluten, unfortunately we cannot state that these items are 100% Gluten Free. Because we are a small manufacturer, all products are manufactured & processed on shared equipment. If you have an extreme sensitivity to gluten, we cannot recommend any of our products for your dietary needs.

As of 03/20/2017

### All of our Raw Nuts:

1010 Whole Almonds  
1060 English Walnuts  
1070 Brazil Nuts  
1120 Natural Mixed Nuts  
1130 Pecan Halves  
1180 Raw Spanish

### All of our R & S Nuts & Seeds:

2010 Fancy Mixed Nuts  
2020 Choice Mixed Nuts  
2030 Jumbo Cashews  
2070 Natural Pistachios  
2077 Jalapeno Pistachios  
2090 R&S Almonds  
2100 Smoked Almonds  
2125 R&S Pumpkin Seeds  
2130 Spanish Peanuts  
2145 Virginia Roadhouse Peanuts  
2170 Hulled Sunflower Seeds  
2180 In Shell Sunflower Seeds  
2190 Toasted Corn (Cornnuts)

### Some Snacks:

2255 Corn Chips w/Flax Seeds  
2270 Soybeans  
2393 Wasabi Peas

### All of our Fruits:

3000 Whole Turkish Apricots  
3020 Natural Dried Pineapple  
3160 Crystalized Ginger  
3221 Banana Chips  
3241 Dried Apples  
3251 Mangoes  
3257 Chili Mangoes  
3300 Dried Cranberries

### Some of our Mixes:

4005 Peanut Mine  
4007 Harvest Harmony  
4010 Cranberry Bonanza  
4022 Citrus Sunrise  
4025 Chocolate Cherry Crunch  
4060 Mountain Man Gorp

4070 Fielder's Choice  
4093 Sunshine Mix  
4120 Mountain Jubilee  
4147 Cinnamon Almond Appleanche  
4180 Trail Drive  
4190 Jungle Jumble  
4210 Cashew Almond Cranberry Crunch  
4230 Nuts About Fruit

### Popcorns:

5401 Caramel Popcorn  
5461 Popcorn

### Some of our Chocolate Items:

6012 Doctor Dark  
6013 Dark Chocolate Cranberries  
6021 Foiled Chocolate Swirls  
6070 Chocolate Covered Peanuts  
6075 Dark Chocolate Peanuts  
6080 Chocolate Peanut Clusters  
6100 Peanut Caramel Clusters  
6110 Chocolate Covered Raisins

6112 Dark Choc. Covered Raisins  
6115 Cocoa Dark Choc. Almonds  
6118 Chocolate Almond Caramel Clusters  
6120 Chocolate Covered Almonds  
6125 Dark Chocolate Almonds  
6130 Chocolate Covered Pecans  
6133 Choc. Covered Cashews  
6148 Chocolate Cinnamon Bears  
6156 Dk Choc. Blueberry/Acai Gels  
6160 Milk Chocolate Discs  
6170 Semi Sweet Discs  
6186 Chocolate Gold Coins  
6255 Dark Peanut Caramel Clusters  
6401 Choc. Drizzle Caramel Corn  
6510 Choc. Pecan Caramel Clusters  
6515 Chocolate Winners  
6580 Dark Chocolate Almond Bark  
6596 Green & Black's Organic Milk Chocolates  
6598 Green & Black's Organic Dark Chocolates

6610 Choc. Caramel Marshmallow  
6613 Milk Choc. Hershey® Kisses  
6618 Toblerone Peaks Asst.  
6620 Mountain Man Mint Truffles  
6625 Mountain Man Truffles  
6626 Mint Favors  
6631 Pearson's Mint Patties  
6646 Dark Chocolate Mint Drops  
6647 Ghirardelli® Asst. Squares  
6658 Ghirardelli Milk Choc Squares  
6666 Dark Choc. Coffee Beans  
6680 Nonpareils  
6689 Mini Mints  
6755 Assorted Coconut Haystacks  
6804 Choc Almond Toffee Crunch  
7484 Chocolate Sunflower Seeds  
70355 Milk Chocolate Sponge  
70356 Dark Chocolate Sponge

**Some of our Sugar Free Products:**

7077 S.F. Taffy

**Some of our Wrapped Products:**

7120 Bit O' Honey  
7125 Natural Lollipops  
7140 Jolly Rancher® Fruit Kisses  
7151 Fruit Plus Chews  
7152 Fizzy Cola  
7159 Fizzy Fruits  
7160 Jolly Rancher® Fire Kisses  
7165 Cinnamon Salt Water Taffy  
7180 Salt Water Taffy  
7208 Asst Gourmet Coffee Candy  
7220 Tootsie Rolls  
7227 Flavor Tootsie Rolls  
7232 Tootsie Pop Suckers  
7243 Caramel Apple Pops  
60264 Caramel Apple Pops  
60265 Asst. Caramel Apple Pops  
7275 Laffy Taffy  
7312 Cinnamon Stripes  
7380 Fireballs  
7385 Cherry Candy Coated Gumballs  
7403 Peanut Butter Bars

7404 Chick O Stick  
7449 Fruitfuls  
7480 Gourmet Butter Caramels  
7497 Gourmet Vanilla Sea Salt Caramels

**Some of our Unwrapped Products:**

8000 Jelly Belly Jelly Beans  
8030 Jelly Beans  
8065 Pucker Pals  
8165 Swedish Fish  
8220 Cinnamon Imperials  
8340 Hot Tamales  
8365 Triple Crown  
8400 Fruit Sours  
8405 Cherry Fruit Sours  
8410 Orange Slices  
8415 Cherry Slices  
8416 Sanded Asst Fruit Slices  
8417 Sanded Jelly Cinn. Squares  
8580 Runts  
8592 Chewy Sprees

8595 Sweetarts –Disney Shape  
8605 Butter Mints  
8610 Mint Caps  
**8690 Rainbow Nerds**

**All of our Candied Nuts:**

8233 Lemon Crème Almonds  
8365 Triple Crown  
8370 Boston Baked Beans  
8380 French Burnt Peanuts  
8390 Toffee Toasted Peanuts  
8395 Toffee Toasted Cashews  
8398 Toffee Toasted Pecans

**And Other products:**

7398 Crystal Sticks –Asst. Flavors  
8900 Vanilla

These are the products that we know are Gluten Free. There may be more items that are as well, but we are waiting on confirmation from ingredient suppliers. Note: We are not a Gluten Free Facility and cross-contamination may occur. (Packaged in a facility that processes wheat products).