

## MILK FREE / CASEIN FREE

If you have a milk allergy—an abnormal immune response to proteins found in cow’s milk—you are not alone. In fact, milk is one of the eight most common food allergens. In order to prevent reactions, those with milk allergies must avoid all milk products, a challenging task considering ingredients derived from milk proteins are found in many foods. Fortunately, there’s help from the FDA—and Publix. The FDA requires common food allergens to be stated on packaging, which means you can know if a food has milk or milk proteins simply by reading the label. And for even more help while you shop, we’ve compiled a list of Publix brand products that are free of milk, milk proteins, or any ingredient derived from milk or milk proteins.

**Note:** A milk allergy shouldn’t be confused with lactose intolerance. Lactose intolerance is trouble digesting lactose (the sugar in milk); however, the problem does not involve an abnormal immune response and is therefore not an allergy.

---

### TABLE OF CONTENTS

Dairy.....	1
Fresh .....	1
Frozen Foods.....	3
Grocery.....	4

---

### DAIRY

#### BREAD AND DOUGH

**Publix Pie Crusts, Refrigerated**

#### EGGS

##### Publix Eggs

- Eggstirs
- Grade A Extra Large
- Grade A Jumbo Brown
- Grade A Jumbo
- Grade A Large Brown
- Grade A Large
- Grade A Medium
- Jumbo
- Large
- Medium

##### Publix GreenWise Market Eggs

- Organic Large Brown

---

### FRESH

#### DELI

##### Publix Coleslaw

- Shredded
- Sweet

##### Publix Deli Beef Bottom Round Roast, U.S.D.A. Choice, Cooked

##### Publix Deli Beverages

- Old-Fashioned Lemonade
- Old-Fashioned Lemonade, Naturally Flavored
- Raspberry Naturally Flavored
- Brewed Iced Tea

##### Publix Deli Lunch Meats, Pre-pack Sliced \*

- All Deli Service Case Meats
- Beef Bologna
- Cooked Corned Beef, Bottom Round

---

\* Please note that as a matter of policy, Publix uses separate slicers for our meat and cheese products in the deli department. If you have any questions or concerns regarding this process, please ask your deli associates.

---

Shopping lists were compiled from products that are available in Publix Super Market stores. These products may not be available in Publix GreenWise Market®, Publix Sabor® or Pix™ stores. Because the products listed were evaluated using manufacturer-provided nutritional information, and product formulations can change at any time, Publix cannot guarantee the accuracy of the nutrition information provided. Customers are encouraged to read the product labels to obtain the most accurate nutrition information. The information provided is intended to be nutrition and dietary guidance only and not medical advice. Publix cannot guarantee the absence of milk or dairy in all products listed under the heading “milk free/casein free products” because such products may be processed on shared equipment and cross-contamination may occur during processing at the manufacturing facility.

**Publix Deli Lunch Meats,  
Pre-pack Sliced \* (Cont'd)**

Cooked Ham  
Cooked Ham, Lower Sodium  
Cooked Ham and Water Product  
Cooked Pastrami Beef,  
Bottom Round  
Cooked Sweet Ham and Water  
Product  
Extra Thin Sliced Cooked Ham  
Extra Thin Sliced Honey Ham  
German Brand Bologna  
Hickory Smoked Maple Ham,  
with Natural Juices  
Hickory Smoked  
Turkey Breast  
Honey Ham  
Olive Loaf  
Oven Roasted Turkey Breast  
Pickle & Pimiento Loaf  
Shredded Beef with a Sweet  
BBQ Sauce  
Shredded Pork with a Sweet  
BBQ Sauce  
Smoked Tavern Ham, with  
Natural Juices  
Spanish Brand Pork Roast  
Thin Sliced Cooked Ham  
Virginia Brand Ham, with  
Natural Juices

**Publix Deli Old-Fashioned Beans****Publix Deli Pork**

Hickory Smoked Seasoned  
Pork Spareribs  
Sliced Spanish Brand Pork Roast

**Publix Deli Rotisserie Chicken**

Chicken Breast in Bourbon  
Barbecue Sauce, Fully Cooked

**Publix Deli Salads**

Caribbean Style Chicken Breast  
Chicken  
Chunky White Chicken Breast  
Egg  
Ham  
Savory Tarragon Chicken  
Tuna

**Publix Deli Side Dishes**

Cranberry Orange Relish  
Herb Stuffing

**Publix Deli Snacks**

No Salt Mini Pretzels  
Pretzel Twists

**Publix Deli Soups**

Chicken Noodle  
Chili with Beans  
Spring Vegetable  
Tuscan Minestrone

**Publix Deli Turkey, Fully Cooked**

Oven Roasted, Breast  
Extra Thin Sliced Oven Roasted,  
Breast  
Smoked Honey, Breast  
Smoked, Whole

**Publix Macaroni Salad****Publix Potato Salads**

Homestyle Red  
Mashed  
New York Style  
Southern Style

**Publix Pork, Ready to Heat**

Shredded Pork with a Sweet  
BBQ Sauce  
Sliced Pork Tenderloin in  
Szechwan Style Sauce

**MEATS****Publix Bacon**

Center Cut  
Cooked  
Fully Cooked Hickory Smoked  
Lower Sodium, Sliced  
Lower Sodium, Thick Sliced  
Smoked Regular Sliced  
Thick Sliced

**Publix Beef****Publix GreenWise Market Beef****Publix Beef, Ready to Heat**

Beef Pot Roast with Home-Style  
Gravy, Fully Cooked

**Publix Beef, Ready to Heat  
(Cont'd)**

Beef Tips in Homestyle Gravy,  
Fully Cooked  
Homestyle Beef Meatloaf with  
Seasoned Gravy, Fully Cooked

**Publix Chicken****Publix GreenWise Market  
Chicken****Publix Ham**

Cooked  
Hickory Smoked Ham Slices with  
Natural Juices  
Hickory Smoked Sliced Quarter,  
Boneless  
Honey  
Semi-Boneless, Whole & Half

**Publix Hot Dogs**

Beef Franks, Family Pack  
Jumbo Beef Franks  
Jumbo Meat Franks

**Publix Pork****Publix GreenWise Market Pork****Publix Sausage**

Hot Fresh Ground Pork  
Mild Pork

**Publix Turkey****PRODUCE****Publix Dry Fruits**

Apricots  
Berry Mix  
Blueberries  
California Mini Snack Raisins  
California Select Dried Plums  
Pitted Prunes  
Island Fruit Mix  
Jumbo Mixed Raisins  
Mango  
Pineapple  
Pineapple Mango Flavored  
Plums California Select Pitted  
Prunes  
Raisins

\* Please note that as a matter of policy, Publix uses separate slicers for our meat and cheese products in the deli department. If you have any questions or concerns regarding this process, please ask your deli associates.

**Publix Dry Fruits (Cont'd)**

Strawberries, Natural  
Supreme Apricots  
Tropical Fruit Medley

**Publix Fruits**

Lemons

**Publix Juices**

Original 100% Orange Juice,  
From Concentrate  
Original Premium Orange  
Premium Grove Pure Orange  
Premium Old Fashioned Orange  
Premium Orange Juice,  
Calcium Plus  
Premium Orange Juice, Calcium  
Plus, Not from Concentrate  
Premium Original Orange Juice,  
Not from Concentrate  
Premium Ruby Red Grapefruit  
Ruby Red 100% Grapefruit Juice,  
from Concentrate

**Publix Salads**

American Blend  
Baby Spinach  
Classic  
European  
Garden Supreme Blend  
Hearts of Romaine  
Italian Blend  
Romaine Lettuce Hearts  
Spinach  
Spring Mix Blend

**Publix GreenWise Market  
Organic Salads**

Baby Arugula  
Baby Lettuce  
Baby Romaine  
Baby Spinach  
Baby Spinach Blend  
Hearts of Romaine  
Herb Mix  
Mixed Baby Greens  
Romaine Hearts  
Spinach

**Publix Vegetables**

Baby-Cut Carrots  
Baking Potatoes

**Publix Vegetables (Cont'd)**

California Carrots, Whole  
Crinkle Cut Carrots  
Dip Chip Carrot  
Matchstick Carrots  
Microwave Carrots  
Mushrooms  
Petite Red Potatoes  
Petite White Potatoes  
Red Potatoes  
Russet Burbank Idaho Potatoes  
Snack Size Carrots  
White Potatoes  
Yellow Onions  
Yukon Gold Potatoes

**Publix GreenWise Market  
Organic Vegetables**

Portabella Mushroom Caps  
Portabella Mushrooms, Sliced  
White Mushrooms, Whole

**Publix Snacks**

Dried Wasabi Peas

**Publix GreenWise Market  
Package Snacks**

Apricots  
Banana Chips  
Blueberries  
Cherries  
Cranberries  
Cranberry Apple  
Fruit Mix  
Medjool Dates  
Raspberries

**Publix Frozen Fruits (Cont'd)**

Mixed Berries  
Mixed Fruit  
Red Raspberries  
Sliced Peaches  
Sliced Strawberries  
Whole Strawberries

**ICE CREAM AND NOVELTIES****Publix Ice Cream Cones**

Jumbo  
Original  
Waffle  
Sugar

**Publix Ice Cream Novelties**

Banana Pops  
Ice Pops, No Sugar Added  
Orange, Cherry & Grape Junior  
Ice Pops

**JUICE****Publix Frozen Juice**

Orange Juice, from Concentrate

**MEATS / POULTRY****Publix Chicken**

Boneless Skinless Chicken Breast  
Cutlets with Rib Meat  
Boneless Skinless Chicken  
Breasts with Rib Meat  
Chicken Breast Tenderloin  
Chicken Wingettes

**POTATOES****Publix Potatoes**

Country Style Shredded  
Hash Brown  
Extra Crispy Crinkle Cut  
French Fries  
Hash Browns  
Seasoned Fries  
Tater Bites, French Fried

**SEAFOOD****Publix Fish**

Cod Loins  
Coho Salmon Fillets

---

## FROZEN FOODS

**BREADS****Publix Dough**

Pie Crust

**FRUITS****Publix Frozen Fruits**

Blackberries  
Blueberries  
Dark Sweet Cherries

**Publix Fish (Cont'd)**

Fresh Frozen Flounder Fillets  
Fresh Frozen Whiting  
Boneless Fillets  
Haddock Loins  
Halibut Steaks  
Mahi Fillets  
Orange Roughy Fillets  
Swordfish Steaks  
Tuna Steaks

**Publix Shellfish**

Cold Water Salad Shrimp  
Cooked Cold Water Salad Shrimp  
Cooked White Shrimp  
Fresh Frozen Bay Scallops  
Fresh Frozen Shrimp, Extra Large  
Fresh Frozen Sea Scallops  
King Crab Clusters  
Raw Lobster Tails  
Raw White Shrimp  
Shrimp Platter  
Snow Crab Clusters  
White Shrimp, Peeled and  
Deveined

**Publix GreenWise Market  
Shrimp****VEGETABLES****Publix Vegetables**

Baby Lima Beans  
Black-eyed Peas  
Broccoli  
Broccoli Cuts  
Broccoli Florets  
Broccoli Spears  
Brussels Sprouts  
Carrots  
Cauliflower  
Chopped Spinach  
Cob Corn  
Collard Greens  
Cooked Squash  
Corn  
Cut Corn  
Cut Leaf Spinach  
Cut Okra  
Diced Green Peppers

**Publix Vegetables (Cont'd)**

Diced Onions  
Field Peas with Snaps  
Fordhook Lima Beans  
Green Beans  
Green Beans, French Cut  
Green Peas  
Okra  
Petite Peas  
Rhubarb  
Sliced Mushrooms  
Spinach  
Turnip Greens  
Turnip Greens with Diced Turnips  
Whole Baby Carrots  
Whole Green Beans  
Yellow Squash

**Publix Vegetable Blends**

Alpine  
California  
Del Oro  
Italian  
Japanese  
Mixed Vegetables  
Oriental  
Peas & Carrots  
Roma  
Seasoning  
Succotash  
Vegetable Gumbo  
Vegetable Soup Mix with  
Tomatoes

**Publix Flour**

All-Purpose  
Self-Rising  
Unbleached All-Purpose

**Publix Marshmallows**

Big & Fluffy  
Small & Fluffy Miniature

**Publix Sugar**

Confectioners Powdered  
Dark Brown  
Light Brown  
Pure Granulated  
Pure Sugar Packets, Extra Fine  
Granulated

**BEVERAGES AND ADDITIVES****Publix Sodas / Bottled Water /  
Beverages**

Black Cherry Soda  
Caffeine Free Cola  
Caffeine Free Diet Cola  
Cherry Cola  
Citrus Hit  
Club Soda  
Cola  
Cream Soda  
Decaffeinated Tea Bags  
Diet  
Diet Black Cherry Soda  
Diet Cherry Cola  
Diet Cola  
Diet Ginger Ale  
Diet Lemon Lime  
Diet Orange Soda  
Diet Root Beer  
Diet Tonic Water  
Dr. Publix Soda  
Drinking Water  
Family Size Tea Bags  
Fluoridated Spring Water  
Fruit Punch Drink  
Fruit Punch Soda  
Ginger Ale  
Grape Soda  
Old Fashioned Lemonade  
Grape Soda  
Ice

---

**GROCERY****BAKING PRODUCTS****Artificial Sweeteners**

Aspartame Sweetener  
Granulated Sugar Substitute  
Sweetener Granulated Sugar  
Substitute

**Publix Coconut**

Sweetened Coconut Flakes

**Publix Corn Meal**

Plain Yellow Corn Meal  
Self Rising Yellow Corn Meal Mix

**Publix Sodas / Bottled Water / Beverages (Cont'd)**

Iced Tea Mix, Natural Lemon Flavored  
Instant Tea, 100% Tea  
Lemon Drink  
Lemon Lime Seltzer Water  
Lemon Lime Soda  
Mountain Splash  
Natural Spring Water  
Orange Drink  
Orange Soda  
Original Green Tea  
Premium Comfy Chamomile Herb Tea  
Premium Decaf Green Tea  
Premium Earl Grey Black Tea  
Premium Lullaby Time Herb Tea  
Purified Water  
Raspberry Seltzer Water  
Root Beer  
Seltzer Water  
Spring Water  
Strawberry Soda  
Tagless Tea Bags  
Tea Bags  
Tonic Water with Quinine

**BREADS****Publix English Muffins / Bagels**

English Muffins, Original  
English Muffins, Sourdough  
Onion Bagelettes  
Premium Recipe English Muffins, Original  
Premium Recipe Onion Bagels  
Premium Recipe Original Bagels  
Sliced Blueberry Bagel  
Sliced Plain Bagel

**Publix Breads**

100% Stone Ground Wheat Bread  
Bakery Sesame Breadsticks  
Blended Grain Bread  
Breakfast Club Dinner Rolls  
Brown-n-Serve Dinner Rolls  
Buttercrust White Bread

**Publix Breads (Cont'd)**

Buttermilk Biscuits  
Enriched White Bread  
Garlic Breadsticks  
Hamburger Buns  
Honey Wheat Bread  
Hot Dog Buns  
Italian Style Breadsticks  
Potato Bread  
Premium 100% Whole Wheat Bread  
Premium Giant Sandwich Bread  
Premium Hearty White Bread  
Premium Italian Bread  
Premium Light White Bread  
Premium Multi-Grain Bread  
Premium Recipe Light Natural Grain Bread  
Premium Recipe Light Wheat Bread  
Premium Recipe Oat Bran N Honey Bread  
Premium Recipe Old Fashioned White Bread  
Premium Recipe Wheat Bread  
Premium Sandwich Buns  
Premium Soft Oatmeal Bread  
Premium Sourdough Bread  
Premium White Bread  
Sandwich Buns  
Whole Wheat Sesame Breadsticks

**BREAKFAST FOODS****Publix Breakfast Bars**

Fruit & Nut Trail Mix Bars

**Publix Cereals**

Almonds & Oats Sweetened Multi-Grain  
Apple Cinnamon Toasted Oats  
Apple Dapples  
Bran Flakes  
Cocoa Crisp Sweetened Rice  
Cocoa Crunchies  
Corn Flakes  
Crisp Rice  
Crispy Hexagons  
Crunchy Granola Raisin Bran

**Publix Cereals (Cont'd)**

Crunchy Rice & Wheat Toasted with Strawberries  
Crunchy Rice Toasted  
Frosted Flakes  
Frosted Shredded Wheat  
Fruit Rings  
Honey & Oats Sweetened Multi-Grain  
Honey Nut Toasted Oats  
Instant Oatmeal, Apples & Cinnamon  
Instant Oatmeal, Cinnamon & Spice  
Instant Oatmeal, Maple & Brown Sugar  
Instant Oatmeal, Original Flavor  
Instant Oatmeal, Raisin, Date & Walnut  
Instant Oatmeal, Variety Pack  
Koo-Kies, Sweetened  
Lower Sugar Apples & Cinnamon Instant Oatmeal  
Lower Sugar Maple & Brown Sugar Instant Oatmeal  
Magic Stars  
Nutty Nuggets  
Old Fashioned Oats  
PB & Cocoa Sweetened Crunchy Corn Cereal  
Quick Oats  
Raisin Bran  
Shredded Wheat  
Strawberry & Oats Sweetened Multi-Grain  
Toasted Oats  
Triple Berry Toasted Oats

**Publix GreenWise Market Cereals**

Flax Flakes, All Natural  
Honey Nut Toasted Oats Organic  
Maple Brown Sugar Instant Oatmeal  
Original Instant Oatmeal  
Raisin Bran Organic  
Toasted Oatmeal Flakes, All Natural  
Toasted Oats Organic

**Publix Pancakes**

Homestyle Pancake and  
Waffle Mix

**COFFEE****Publix Coffee**

Cafe Espresso  
Colombian  
Colombian Coffee, Decaffeinated  
Instant Coffee, Decaf  
Premium Ground  
Premium Colombian Ground  
Premium Ground Decaf  
Special Blend Instant  
Special Roast  
Special Roast Decaf

**CANDY****Publix Candies**

Butterscotch Discs  
Candy Corn  
Cinnamon Imperials  
Circus Peanuts  
Fruit Slices  
Giant Jellies  
Gummi Bears  
Gummi Dinos  
Gummi Worms  
Jelly Beans, Fat Free  
Lemon Drops  
Lollipops  
Orange Slices  
Pastel Mints  
Peanut Butter Bars  
Pixy Stix  
Premium Peanut Brittle,  
Classic Buttery  
Smarties  
Sour Neon Night Crawlers  
Spearmint Leaves  
Spearmint Starlight Mints  
Spice Drops  
Starlight Mints  
Strawberry Bon Bons  
Super Bubble Bubble Gum  
Sweet Stripes

**CANNED FRUITS****Publix Canned Fruits**

Apricot Halves in Heavy Syrup  
Bartlett Pear Halves in  
Heavy Syrup  
Bartlett Pear Slices  
Chunk Pineapple in Heavy Syrup  
Chunk Pineapple in  
Pineapple Juice  
Cinnamon Applesauce  
Crushed Pineapple in  
Heavy Syrup  
Crushed Pineapple in  
Pineapple Juice  
Diced Peaches in Light Syrup  
Diced Peaches in Strawberry Gel  
Fruit Cocktail, Original  
Fruit Cocktail in Heavy Syrup  
Jellied Cranberry Sauce  
Jumbo Maraschino Cherries  
Light Pear Halves in Pear Juice  
Lite Chunky Mixed Fruit  
Lite Fruit Cocktail  
Lite Yellow Cling Peach Halves  
Mandarin Orange Segments in  
Light Syrup  
Maraschino Cherries  
Maraschino Cherries with Stems  
Mixed Fruit, Snack Bowl  
Old Fashioned Applesauce  
Original Fruit Cocktail in  
Heavy Syrup  
Peach Halves in Heavy Syrup  
Peach Slices in Heavy Syrup  
Pear Halves in Heavy Syrup  
Pineapple Tidbits in Lime Gel  
Pineapple Tidbits in  
Pineapple Juice  
Sliced Pineapple in Heavy Syrup  
Sliced Pineapple in  
Pineapple Juice  
Strawberry Applesauce  
Unpeeled Apricot Halves  
Unsweetened Applesauce  
Whole Cranberry Sauce  
Yellow Cling Peach Lite Slices  
Yellow Cling Peach Slices

**Publix GreenWise Market  
Canned Fruits**

Organic Apple Sauce  
Organic Unsweetened  
Apple Sauce

**CANNED MEATS****Publix Canned Meats**

Chunk White Chicken Breast with  
Rib Meat in Water

**CANNED SOUPS****Publix Canned Soups**

Beef Broth  
Chicken Broth  
Chunky Sirloin Burger  
Condensed Chicken Noodle  
Condensed Tomato

**CANNED VEGETABLES****Publix Canned Vegetables**

Asparagus Spears, Extra Long  
Baked Beans  
Black Beans in Seasoned Sauce  
Black-eyed Peas  
Boston Baked Beans  
Cream Style Golden Corn  
Crushed Tomatoes  
Cut Beets  
Cut Carrots  
Cut Green Beans  
Dark Red Kidney Beans  
Diced Tomatoes  
Diced Tomatoes with Roasted  
Garlic & Onions  
French Style Green Beans  
Frijoles Negros (Black Beans)  
Garbanzos Chick Peas  
Great Northern Beans  
Italian Cut Green Beans  
Italian Style Diced Tomatoes  
Leaf Spinach  
Light Red Kidney Beans  
Mixed Vegetables  
Mushrooms, Sliced  
Mushrooms, Stems & Pieces  
Mushrooms, Whole

**Publix Canned Vegetables  
(Cont'd)**

No Salt Added Diced Tomatoes  
No Salt Added Tomato Sauce  
No Salt Added Green Beans  
Petite Diced Tomatoes  
Pinto Beans  
Pork & Beans  
Red Beans  
Sliced Beets  
Sliced Carrots  
Sliced White Potatoes  
Small Green Lima Beans  
Small Sweet Peas  
Spaghetti with Meatballs  
Spicy Chili Beans  
Stew Italian Tomatoes  
Stewed Tomatoes  
Sweet Green Peas  
Sweet No Salt Green Peas  
Sweet Peas  
Tomato Paste  
Tomato Puree  
Tomato Sauce  
Tomatoes Diced with  
Green Chilies  
Vegetarian Baked Beans  
Veggi-Green Cut Green Beans  
Veggi-Green French Style  
Green Beans  
Veggi-Green Whole Green Beans  
Whole Kernel 50% Less Salt  
Sweet Corn  
Whole Kernel Corn in Brine  
Whole Kernel Crispy Golden  
Sweet Corn  
Whole Kernel Golden Corn  
Whole Peeled Tomatoes  
Whole White Potatoes

**Publix GreenWise Market  
Organic Vegetables**

Black Beans  
Crushed Tomatoes in Organic  
Tomato Puree  
Cut Green Beans  
Dark Red Kidney Beans  
Diced Tomatoes in Organic  
Tomato Juice

**Publix GreenWise Market  
Organic Vegetables (Cont'd)**

Diced Tomatoes Seasoned with  
Basil, Garlic & Oregano  
Garbanzo Beans  
Pinto Beans  
Soy Beans  
Sweet Peas  
Tomato Ketchup  
Tomato Paste  
Tomato Sauce  
Whole Kernel Corn

**CONDIMENTS****Publix Banana Pepper Rings,  
Mild****Publix BBQ Sauce**

Hickory BBQ  
Honey Barbecue  
Original BBQ

**Publix Honey**

Orange Blossom  
Pure Clover  
Pure Clover Bear  
Wildflower

**Publix GreenWise Market  
Organic Honey****Publix Ketchup****Publix GreenWise Market  
Organic Ketchup****Publix Mayonnaise**

Real Mayonnaise  
Squeeze

**Publix Molasses****Publix Mustard**

Deli Style, with Horseradish  
Dijon  
Honey  
Spicy Brown  
Squeeze Salad

**Publix GreenWise Market  
Organic Mustard**

Regular  
Spicy Brown  
Tangy Dijon

**Publix Olives**

Colossal Ripe Pitted  
Large Ripe Pitted  
Small Ripe Pitted

**Publix Pickles**

Bread & Butter Chips  
Bread & Butter Sandwich Slices  
Hamburger Dill Chips  
Kosher Baby Dills  
Kosher Dills  
Kosher Dill Sandwich Slices  
Kosher Dill Spears  
Sweet Chips  
Sweet Gherkins  
Sweet Relish

**Publix Salsas**

Black Bean Dip  
Hot Salsa  
Medium Salsa  
Mild All Natural Chunky  
Southwestern Black Bean & Corn  
Thick & Chunky Hot  
Thick & Chunky Medium  
Thick & Chunky Mild

**Publix GreenWise Market  
Organic Salsa**

Medium  
Mild

**Publix Sauces**

Cayenne Pepper  
Mojo Marinade  
Seafood Cocktail  
Soy  
Soy, Less Sodium  
Steak  
Teriyaki  
Vino Seco Para Cocinar  
(Cooking Wine)  
White Cooking Wine  
Worcestershire

**Publix Soup Mixes**

Extra Noodle  
Onion Recipe Soup & Dip Mix

**Publix Vinegar**

Apple Cider  
Balsamic  
Red Wine  
White Distilled

**Publix GreenWise Market Organic Vinegar**

Balsamic  
Red Wine Vinegar

**Publix Cookies / Crackers**

Cinnamon Graham Snack Crackers  
Cuban Crackers (Galletas Cubanas)  
Honey Graham Snack Crackers  
Original Saltines  
Party Rounds  
Rich & Crisp Snack Crackers  
Soup & Oyster Snack Crackers  
Unsalted Tops Saltines  
Wheat Snacks Baked Wheat Crackers

**DRY BEANS****Publix Dry Beans**

Baby Lima  
Black  
Black-eyed Peas  
Garbanzo  
Great Northern  
Green Split Peas, Dry  
Hispanic Black Beans, Dry (Frijoles Negros)  
Hispanic Great Northern Beans, Dry (Frijoles Great Northern)  
Hispanic Lentils, Dry (Lentejas)  
Hispanic Pinto Beans, Dry (Frijoles Pintos)  
Hispanic Red Kidney Beans, Dry (Frijoles Colorados)  
Hispanic Small Red Beans, Dry (Frijoles Rojos Pequeños)  
Large Lima  
Lentils, Dry  
Light Red Kidney  
Navy  
Pearl Barley

**Publix Dry Beans (Cont'd)**

Pinto  
Small Red Beans

**DRY FRUITS****Publix Fruit Snacks**

Curious George  
Dinosaurs  
Sharks  
Snoopy  
Veggie Tales

**Publix Juices**

100% Pure Pineapple  
Apple Juice  
Cranberry Apple Juice Cocktail, from Concentrate  
Cranberry Juice Cocktail, from Concentrate  
Cranberry Raspberry Juice Cocktail  
Grape Cranberry Juice Cocktail, from Concentrate  
Grape Juice, from Concentrate  
Grapefruit Juice  
Grapefruit Juice, from Concentrate  
Lemon Juice, from Concentrate  
Premium Apple Cider  
Ruby Red Grapefruit and Tangerine Juice Cocktail, from Concentrate  
Ruby Red Grapefruit Juice Cocktail  
Tomato Juice From Concentrate, with Vitamin C  
White Grape Juice, from Concentrate

**Publix GreenWise Market Organic Juices**

Apple  
Cranberry  
Grape  
Lemonade  
Tomato

**OILS AND SHORTENINGS****Publix Cooking Sprays**

Canola  
Grill  
Olive Oil

**Publix Oils**

100% Pure Italian Olive  
Aceite de Maiz (Corn Oil)  
Aceite Vegetal (Vegetable Oil)  
Canola  
Corn  
Extra Virgin Olive  
Peanut  
Vegetable

**Publix Vegetable Shortening****PASTA****Publix Pasta**

Alphabets  
Angel Hair  
Bowties  
Elbow Macaroni  
Extra Wide Pasta Ribbon  
Fettuccine  
Fine Egg Noodle  
Lasagne  
Linguine  
Medium Egg Noodle  
Medium Shells  
Mostaccioli Rigate  
Orzo  
Rigatoni  
Rotini  
Small Shells  
Spaghetti  
Thin Spaghetti  
Tri Color Rotini  
Vermicelli  
Wide Egg Noodles  
Ziti

**Publix Pasta Sauce**

Chunky Mushroom  
Garden Style  
Premium Basil & Tomato  
Tomato, Garlic, & Onion

## RICE

### Publix Rice

- Beef Flavored Rice & Vermicelli Rice Mix
- Boil-In-Bag Rice
- Chicken Flavored Mix
- Dirty Rice New Orleans Style Rice Mix
- Enriched Long Grain
- Enriched Long Grain Boil-in-Bag
- Extra Long Grain Enriched
- Instant Brown
- Instant White
- Jambalaya New Orleans Style Rice Mix
- Long Grain & Wild Rice Mix
- Long Grain Rice, Brown
- Natural Whole Grain Brown
- Spanish
- Yellow Rice Dinner

## SALAD DRESSING

### Publix Salad Dressings, Bottled

- California French Style
- Classic Italian
- Fat Free Italian
- Fat Free Thousand Island
- Lite Honey Dijon
- Lite Raspberry Walnut
- Premium Blush Wine Vinaigrette
- Premium Mango Poppy Seed
- Premium Poppy Seed
- Premium Roasted Asian Sesame
- Tangy Balsamic Vinaigrette
- Thousand Island
- Zesty Italian

## SALTY SNACKS

### Publix Chips / Snacks

- BBQ Flavored Potato Chips
- BBQ Pork Rinds
- Dip Style Potato Chips
- Dried Veggie Chips
- Fat Free Lightly Salted Rice Cakes
- Fat Free Unsalted Rice Cakes
- Kettle Corn

### Publix Chips / Snacks (Cont'd)

- King Size Corn Chips
- Large Twist Pretzels
- Mini Pretzels
- Original Thins Potato Chips
- Plain Pork Rinds
- Popcorn Natural
- Pretzels Big Sticks
- Pretzels Mini Twists
- Regular Style Potato Chips
- Restaurant Style White Corn Tortilla Chips
- Round Style Tortilla Chips
- Sourdough Hard Pretzels
- Stick Pretzel
- Wavy Style Potato Chips

### Publix GreenWise Market Chips

- Blue Corn Tortilla Chips, Made with Organic Ingredients
- Yellow Corn Tortilla Chips, Made with Organic Ingredients

### Publix Nuts

- Asian Mix
- California Style Trail Mix
- Cranberry Nut Mix
- Deluxe Mixed Nuts
- Dry Roasted Honey Roasted Peanuts
- Dry Roasted Peanuts
- Energy Trail Mix
- Honey Roasted Cashews
- Honey Roasted Peanuts
- Honey Roasted Soy Nuts
- Jumbo Raw Peanuts in Shells
- Jumbo Roasted Peanuts in Shells
- Jumbo Roasted Salted Peanuts in Shells
- Lightly Salted Cashew Halves and Pieces
- Lightly Salted Dry Roasted Peanuts
- Lightly Salted Mixed Nuts, with 50% Peanuts
- Mixed Nuts With Less Than 50% Peanuts
- Natural Whole Almonds
- Nuts, Seeds & Raisin
- Pecan Halves

### Publix Nuts (Cont'd)

- Pine Nuts, Natural
- Pistachios, Dry Roasted
- Premium Deluxe Mixed Nuts
- Premium Jumbo Salted Cashews
- Premium Virginia Peanuts
- Raw Natural Sunflower Seed Kernels
- Raw Peanuts in Shells
- Roasted and Salted Sunflower Seeds
- Roasted Peanuts in Shells
- Roasted Salted Peanuts in Shells
- Roasted Shelled Sunflower Seeds
- Salted Almonds
- Salted Cashew Halves & Pieces
- Salted Macadamia Nuts
- Salted Mixed Nuts, with 50% Peanuts
- Salted Party Peanuts
- Shelled Walnuts
- Sliced Almonds
- Spicy Asian Mix
- Spicy Peanuts
- Sunflower Seeds, Dry Roasted
- Tropical Fruit Medley
- Unsalted Dry Roasted Peanuts
- Walnuts
- Whole Salted Cashews

### Publix GreenWise Market Organic Nuts

- Almonds Dry Roasted
- Almonds Raw
- Ambassador Trail Mix
- Cashews Dry Roasted & Salted
- Cashews Raw
- Cranberry Nut Mix
- Energy Trail Mix
- Flax Seed Whole
- Harvest Trail Mix
- Pistachios Dry Roasted, Salted & Shelled
- Pumpkin Seeds Roasted and Shelled
- Raw Walnuts
- Soy Nuts, Toasted
- Soy Nuts, Toasted & Salted

**Publix GreenWise Market****Organic Nuts (Cont'd)**

Sunflower Seeds Roasted, Salted & Shelled  
Tropical Trail Mix

**SPICES****Publix Extracts**

Almond  
Pure Lemon  
Pure Vanilla

**Publix Spices**

Adobo con Pimienta (Adobo Seasoning with Pepper)  
Adobo sin Pimienta (Adobo Seasoning without Pepper)  
Ajo en Polvo (Garlic Powder)  
Ajo Picado en Aceite (Minced Garlic in Oil)  
Beef Stew Seasoning Mix  
Black Pepper  
Cebolla en Polvo (Onion Powder)  
Chili Powder  
Chili Seasoning Mix  
Cinnamon  
Comino Molido (Ground Cumin)  
Condimento Completo (Complete Seasoning)  
Crushed Red Pepper  
Garlic Powder  
Garlic Powder with Parsley  
Garlic Salt  
Ground Ginger  
Ground Mustard  
Ground Nutmeg  
Ground Red Pepper  
Iodized Salt  
Italian Seasoning  
Lemon and Pepper Seasoning  
Mild Chili Seasoning Mix  
Minced Onion  
Onion Powder  
Paprika  
Parsley Flakes  
Salt  
Seasoned Salt

**Publix Spices (Cont'd)**

Sloppy Joe Seasoning Mix  
Steak Seasoning  
Whole Basil Leaves  
Whole Bay Leaves  
Whole Black Pepper  
Whole Oregano

**SPREADS AND SYRUPS****Publix Chocolate Syrup****Publix Pancake Syrups**

Butter Maple, Natural and Artificial Flavored  
Lite Butter Maple, Natural and Artificial Flavored  
Lite Pancake, with Natural and Artificial Flavors  
Pancake

**Publix Jams / Jellies / Preserves**

Apple Jelly  
Apricot Preserves  
Black Raspberry Seedless Preserves  
Blackberry Seedless Preserves  
Concord Grape Jam  
Concord Grape Jelly  
Currant Jelly  
Low Sugar Apricot Spread  
Low Sugar Orange Spread  
Low Sugar Strawberry Preserves  
Mint Jelly  
Orange Marmalade  
Peach Preserves  
Pineapple Preserves  
Red Raspberry Seedless Jam  
Strawberry Jam  
Strawberry Jelly  
Strawberry Preserves

**Publix Peanut Butter**

All Natural Creamy  
All Natural Crunchy  
Creamy  
Crunchy  
Reduced Fat Creamy Spread  
Reduced Fat Crunchy Spread