

# compare & contrast



	gluten free	wheat free	dairy free	peanut free	tree nut free	egg free	soy free	dedicated gf nf bakery	kosher	vegan
<b>Enjoy Life</b> (cookies, snack bars, granola, chocolate chips, bagels, trail mixes, chocolate bars)	X	X	X	X	X	X	X	X	X	X*
<b>Glutino</b> (breakfast bars)	X	X	X	may contain	may contain		may contain			
<b>Pamela's</b> (cookies)	X	X		may contain	may contain	may contain				
<b>Mi-del</b> (cookies)	X	may contain	X	may contain	may contain					
<b>Bakery on Main</b> (granola)	X	X	may contain	may contain		may contain				
<b>Tropical Source</b> (chocolate chips)	X	X	X	may contain	may contain					X
<b>Kinnikinnick</b> (bagels)	X	X	X		may contain		X			
<b>Glutino</b> (bagels)	X	X		may contain	may contain					

Based on product information and claims from company websites and packaging

\* Except Classic Original and Cinnamon Raisin bagels and Sunbutter Crunch snack bars which are vegetarian (contain honey)