

# Shopping Gluten-Free in Charlotte, NC

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## **A & S Natural Health**

**South Park**  
7816 Fairview Ave.,  
Charlotte, NC  
(704) 366-1906

## **Fort Mill**

1741 Gold Hill Road  
Fort Mill, SC 29708  
(803) 547-1142

## **Berry Brook Farm**

[www.berrybrookfarm.com](http://www.berrybrookfarm.com)  
1257 East Blvd.  
Charlotte, NC 28203  
(704) 334-6528

## **Earth Fare**

[www.earthfare.com](http://www.earthfare.com)  
**South Park**

721 Governor Morrison St.  
Charlotte, NC 28211  
(704) 749-5042

## **Torrington Market Shopping Center**

~ 485 @ Johnston Rd. Exit 61  
12235 North Community House Rd.  
Charlotte, NC 28277  
(704) 926-1201

## **The Home Economist**

[www.homeeconomistmarket.com](http://www.homeeconomistmarket.com)  
[www.hemarket.com](http://www.hemarket.com)

## **Sedgefield Shopping Center**

2707 South Boulevard  
Charlotte, NC 28209  
(704) 522-8123

## **East Charlotte**

~ Independence Rd. & Idlewild Rd,  
5410 E. Independence Boulevard  
Charlotte, NC 28212  
(704) 536-4663

## **Natural Harvest Food Store**

[www.NaturalHarvestFood.com](http://www.NaturalHarvestFood.com)  
~ Located in historic downtown Concord!  
16 Union Street South  
Concord, NC 28025  
(704) 795-5500

## **The Natural Marketplace**

[www.natmkt.com](http://www.natmkt.com)  
**Arboretum**  
8206 Providence Rd.  
Charlotte, NC 28277  
(704) 542-1444

## **Trader Joes**

[www.TraderJoes.com](http://www.TraderJoes.com)  
**Metropolitan Shopping Plaza**  
~ Near Uptown Charlotte at the  
Kenilworth exit off of Hwy 277  
1133 Metropolitan Ave\*  
Charlotte, NC 28204  
(704) 334-0737

## **Shops at Piper Glen**

~ Rea Rd. & Bevington Place  
6418 Rea Rd.  
Charlotte, NC 28277  
(704) 543-5249

## **North Charlotte – University Area**

~ W. Mallard Creek Church Rd. & Senator Royall  
1820 East Arbors Dr.  
Charlotte, NC 28262  
(704) 688-9578

## **GF FRIENDLY MAINSTREAM STORES:**

### **Bloom's**

[www.ShopBloom.com](http://www.ShopBloom.com)

### **Near Dilworth Area**

~ Park Rd. towards town, take left at fork in the road  
~ A Dedicated GF Section: 27ft dry items & 6 doors frozen  
food section!!!  
2226 Park Rd.  
Charlotte, NC 28203  
(704) 333-1227  
(704) 333-3953

### **Harris Teeter**

[www.HarrisTeeter.com](http://www.HarrisTeeter.com)

### **24 Stores in Charlotte, NC**

~ All stores label gluten-free items with a hanging "Gluten-Free" green and purple label. This allows us to find GF items at a glance very easy!

### **Lowe's Foods**

[www.LowesFoods.com](http://www.LowesFoods.com)

~ Stores available in Charlotte, Huntersville, Mint Hill, Matthews, Cornelius, Davidson, Gastonia and Fort Mill.  
~ Provides a full list of gluten-free items on their web-site ("Nutrition" page) or at the store.

## **GLUTEN-FREE BAKERIES:**

### **The Thoughtful Baker, LLC**

[www.TheThoughtfulBaker.com](http://www.TheThoughtfulBaker.com)

Treats for the Allergen Sensitive Gourmet  
Barbara D'Ambrosio  
(704) 341-1964  
Email: [TheThoughtfulBaker@earthlink.net](mailto:TheThoughtfulBaker@earthlink.net)