



A HEALTHY VARIETY TO HELP KRUSH EVERY DAY

UR KRUSHING IT

NEW!

We krush only the very best ingredients so you can krush everything you do. Crafted for life's little wins.



Follow Us

ORGANIC BIOLOGIQUE



SANTA CRUZ organic

not from concentrate
non fait de concentré

100% LIME JUICE
JUS DE LIME

100% LEMON JUICE
JUS DE CITRON

All the citrus, none of the squeeze.

NEW!
LARGER BOTTLES



IMPORTED IMPORTÉ



Follow Us

* see pg.16 for pricing details



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Happy Spring!



ORGANIC READY-TO-EAT SOUPS



GROWN USING NATURAL AND EARTH-FRIENDLY METHODS

NON-GMO
GMO FREE

PLANT BASED

READY TO EAT HEAT AND SERVE

VEGAN FRIENDLY

GLUTEN FREE

DAIRY FREE



ORGANIC CURRY MEALS

HIGH FIBER

VEGAN FRIENDLY

SOURCE OF PROTEIN

GLUTEN FREE

READY TO EAT HEAT AND SERVE

GROWN USING NATURAL AND EARTH-FRIENDLY METHODS



* see pg.14 for pricing details

AN IMMERSIVE EXPERIENCE IN EVERY CUP

NEWLY
LISTED



One of the world's few organic, Fairtrade peppermint plantations is tucked away near the Fayoum Oasis, one hundred kilometres south of Cairo. We turned this refreshing find into one of our classics. Enjoy this deliciously minty herbal tea hot or cold, with a touch of lemon.

Our jasmine green tea is quite unlike any other. Its leaves are slowly infused with jasmine for seven days and seven nights to create that special Four O'Clock® touch and keep the ancestral tradition alive.

**NON-GMO, ORGANIC, FAIRTRADE,
NATURALLY GLUTEN FREE, ALLERGEN FREE**

* see pg.15 for pricing details

INTRODUCING

Humble

Ketchup

chips

NEW!

ORGANIC | BIOLOGIQUE

humble

POTATO CHIPS

KETCHUP

LIGHT & CRISPY!
LÉGER & CROQUANT!



PLASTIC NEGATIVE

PRODUIT NÉGATIF EN PLASTIQUE



GLUTEN FREE
SANS GLUTEN



135g

Finally a Ketchup chip that is better for you

AND tastes incredible!



No artificial flavour enhancers, chemical pesticides or genetically modified ingredients.

Ketchup is the **#2 Flavour**

for all chips in Canada and is growing at 10%



Ketchup Chips are a uniquely Canadian Chip Flavour and finally; an all-natural organic version done right. And who better to have pulled this off than a Family-Owned Canadian Company.

* see pg.15 for pricing details



MAC 'N CHEEZE

LE GRAND

THE PLANT INDULGENCE COMPANY
GOURMANDISE BOTANIQUE



* see pg.15 for pricing details

NEW!



CULTURED :: PROBIOTICS :: MADE IN CANADA :: RICH & CREAMY :: NO ADDITIVES

THIS CHEESY GOODNESS MAC 'N CHEEZE SAUCE WILL BLOW YOUR MIND. COMFORT FOOD NOW WITH A PLANT-BASED TWIST!
RICH & CREAMY / DECADENT FULL FLAVOUR THAT TASTES BETTER THAN ANY STORE BOUGHT MAC 'N CHEEZE !

PASTA / NACHOS / VEGETABLES / PIZZA / GET CREATIVE





ORGANIC LOOSE LEAF YERBA MATE TEA


CULTIVATED
IN ARGENTINA


ORGANIC
& FAIR TRADE


SUSTAINABLE
AGRICULTURE

10 units per case
7 lb - 454g per bag



NEW!

EXPERIENCE

the authentic tradition of yerba mate with our premium loose leaf blend. Crafted from 100% pure yerba mate leaves, this infusion delivers a clean, flavorful, and antioxidant-rich experience, making it the ideal choice for an invigorating pick-me-up.

SUSTAINABLY SOURCED

Grown, harvested and dried in Argentina with a unique process that creates one of best tasting yerba mate on earth.

100% AIR DRIED

Unlike traditional drying methods that rely on smoke, Mateina is dried using hot air to ensure a cleaner, smoke-free, and tastier experience.

DIRECT TRADE

Fairly traded from environmentally conscious farmers.



Real Simple
Ingredients



Certified
Organic



Non GMO



Fairly Traded



Vegan &
Gluten Free

* see pg.15 for pricing details



Introducing the newest member of the **Wundercat®** family!

NON-CLUMPING CAT LITTER

All Natural



WUNDERCAT®

ALL NATURAL

NO ADDITIVES FORMULA

Completely biodegradable, eco-friendly and additive-free, our non-clumping **Wundercat®** formula is made from food-grade Diatomaceous Earth. This all-natural product rapidly absorbs moisture and odour and neutralizes ammonia. **Wundercat® Non-Clumping Litter** contains no perfumes or dyes, making it an optimal choice for sensitive cats.

NON-CLUMPING

CAT LITTER

Our **Wundercat® Non-Clumping Litter** is designed to draw the urine down into the litter. Other litters can allow the urine to remain on the surface, which can cause wet litter to cling to your cat's paws and create a mess around your home. Plus, **Wundercat® Non-Clumping Litter** is lighter in weight and easier to handle than clumping litters.

* see pg.16 for pricing details

✓ SUPER ABSORBENT

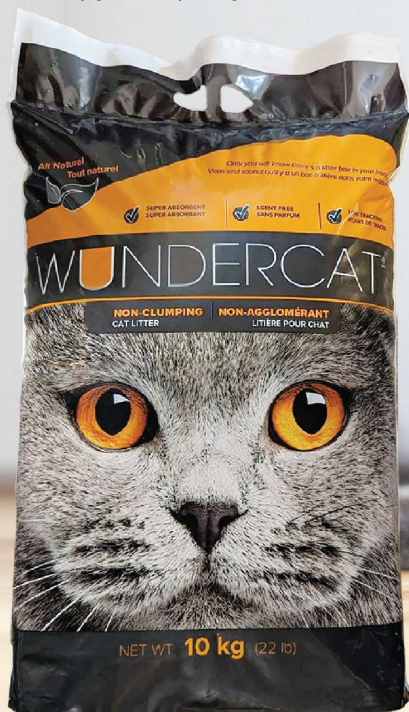
✓ SCENT FREE

✓ LOW TRACKING

KITTEN FRIENDLY

SUITABLE FOR CATS OF ALL AGES

Traditional cat litter, also known as non-clumping cat litter, is a healthier choice for kittens. When kittens groom themselves they can accidentally ingest clay from clumping cat litters. Small amounts may cause an upset stomach, but if consumed in large quantities then intestinal blockage can result.



Pet, People and Planet Friendly

NEW!



Only you will know there's a litter box in your home.



**PROGRESSIVE
PLANET**

800.667.0336

www.progressiveplanet.com

f t y in

NEW!



Now listed with PSC

** see pgs. 14 & 15 for pricing details*

12 flavors in 500mL and 1L sizes



CHASERS FRESH JUICE

Cold-pressed HPP for freshness & extended refrigerated shelf life!

NEW!



ORGANIC

GLUTEN-FREE



MORE THAN A CENTURY OF GOODNESS

** see pg.15 for pricing details*

www.crich.it

**DEEBEE'S
ORGANICS™**

NEW!



NON-DAIRY & ORGANIC GELATO POPS

MADE WITH
**COCONUT
MILK**
CREAMY & DREAMY



All the 'yum' of a creamy, dreamy gelato but without all the sugar and dairy and in a super-fun, convenient freezer-pop form.

DeeBee's has created the world's first luscious and creamy shelf-stable freezer pop - made with simple ingredients like the goodness of organic fruit and creamy coconut. Our Dairy-Free Gelato pops are fully shelf-stable just like our best-selling Organic juice freezer pops, and ready for families to shake, freeze and enjoy at home. Our recipe is made with simple, high-quality organic fruit and coconut milk, and without any artificial flavours, colours or preservatives.

* see pg.15 for pricing details

we dig plants.
**EARTH'S
OWN**

SOY
nice
to be
back



**PROTEIN
PACKED**

ORGANIC

NEW!

- VEGAN
- ORGANIC
- CARRAGEENAN FREE
- DAIRY FREE
- NUT FREE
- NON-GMO
- GLUTEN FREE

* see pg.15 for pricing details



Green Table Foods

Kosher-style, ya big shmuck !

We decided to make these little beauties after being unable to find anything on the market that doesn't taste like crunchy vinegar.

Barrel-fermented with dill, garlic and our secret blend of nuanced spices and herbs; our Living Dills are in a class of their own.

Our cloudy brine with loads of flavour and whole garlic cloves takes inspiration from traditional Jewish kosher pickles.

These crunchy treats are sure to be a crowd pleaser !

- Wild-fermented • Raw • Vegan
- Gluten-free • Probiotic • Enzyme-rich

* see pg.15 for pricing details

INTRODUCING

wildVINE



VEGAN



GLUTEN FREE



NON-GMO

VINEGAR-PACKED PICKLED VEGETABLES

Locally-sourced and globally-inspired, our new line of traditionally pickled vegetables elevate everyday meals into a global culinary adventure.

* see pg.16 for pricing details



NEW!



BANH MI MEDLEY



PICKLED RED ONIONS



CURTIDO



ESCABECHE

* see
pg.14
for
pricing
details



NEW! ALKEME SOURDOUGH BAGELS (6ct) 10/660g

- **Everything** • **Original** - From the streets of Montreal to New York the bagel holds a special place in our hearts. Aging over time, the fermentation process develops the chewy exterior to accompany the soft and fluffy interior. Toasted and topped with your favourite spread, this icon is happy to take it's place at your table in its reinvented form.

* see
pg.14
for
pricing
details



NEW! BEYOND MEAT STEAK TIPS 8/283g

Beyond Steak is tender, juicy and seared to perfection.

Made from simple plant-based ingredients, like faba beans and wheat, these steak bites are ready to eat, and easy to add to your favourite dishes, from tacos and fajitas to stir-fry and salads.

* see
pg.14
for
pricing
details



- **NEW! BIOITALIA OILS** • Organic Extra Virgin Olive Oil 6/500ml • Organic Sunflower Oil 6/750ml

NEW! BIOITALIA PASTAS

- Organic Multigrain Fusilli Pasta 12/340g • Organic Multigrain Penne Rigate Pasta 12/340g
- Organic Multigrain Spaghetti Pasta 15/340g

* see
pg.14
for
pricing
details



NEW! BIO-K PLUS ACTIVE PROBIOTIC SHOT 6/98g • Raspberry • Strawberry

Designed to complement your active lifestyle, this delicious and revitalizing probiotic shot provides you with premium probiotics and all the benefits of fermented foods. Carefully crafted with quality vegan ingredients, this Raspberry & Strawberry probiotic shot offers our unique formula boasting 12.5 billion live and active bacteria per bottle. Certified gluten-free and non-GMO, this shot is a must-have for those looking to live a healthier, more active life. **Nourish your body and dive into life's adventures with confidence.**

* see
pg.14
for
pricing
details



NEW! BLUE MONKEY ORGANIC LIGHT COCONUT MILK 6/400ml

Blue Monkey Coconut Milk can be used for making pies, ice cream, cakes, coconut jam, curries & soups. Coconut Milk is similar to coconut milk except it's thicker, making foods richer & sauces creamier.

Dairy Free / Soy Free / No Preservatives / Packaged at the Source / For a Gluten Free Diet

* see
pg.14
for
pricing
details

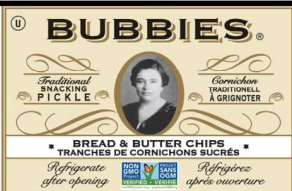


NEW! BOB'S RED MILL SORGHUM FLOUR 1/25lb

Bob's Red Mill Sorghum Flour, also known as jowar flour, is stone ground from 100% whole grain sorghum.

It has a light colour and texture and a mild, sweet flavour, making our white sorghum flour a popular alternative to wheat flour and a wonderful ingredient for gluten free baking.

* see
pg.14
for
pricing
details



NEW! BUBBIES FERMENTED VEGETABLES

- **Fermented Sauerkraut 6/750ml:** This crunchy and flavourful sauerkraut is best enjoyed chilled !
- **Kosher Dill Pickles 6/1L:** It's an artistic balance of both our special spice blend and the science of fermentation that gives our salt brine pickles their signature taste and crunch !
- **Traditional Bread & Butter Chips Pickles 6/1L:** Made using a family recipe, these snacking pickles are traditionally tart, subtly sweet, and loved by generations.

* see
pg.15
for
pricing
details



NEW! DAIYA DAIRY-FREE MAC & CHEESE

- **Cheddar Mac & Cheese 12/156g:** This is the real deal - super melty, super creamy, and bursting with cheesy goodness. One bite and you'll be transported back to simpler times. This flavour is truly iconic. And here's the best part: it'll be ready in literally minutes.
 - **White Cheddar Mac & Cheese 12/156g:** Super rich, super creamy, and bursting with cheesy goodness in every bite.

* see
pg.15
for
pricing
details



NEW! EVIVE BLENDER FREE SMOOTHIE CUBES

- Mango Kiwi Lemonade Probiotic 10/150g • Mocha Frappe Protein 10/150g

NEW! EVIVE SMOOTHIE POPS

- Strawberry Mango 8/5x50g • Peach 8/5x50g • Dragon Fruit 8/5x50g
- These delicious frozen smoothie POPS are specially designed to provide a refreshing and nutritious snack for the whole family.**

* see
pg.15
for
pricing
details



NEW! HEALTH-ADE KOMBUCHA 12/473ml • **Organic Berry Lemonade:** Blueberries and raspberries fuse with ice cold lemonade in this thirst-quenching flavour that's as fresh as it is nostalgic.

PERFECT FOR: • Sunset escapes • A mental vacation • Kicking back and relaxing

- **Organic Passion Fruit-Tangerine:** Tangy. Juicy. Tart. Passion fruit and Tangerine know how to tango in this blend. **PERFECT FOR:** • Scenic route drives • A moment of reflection • Lakeside lounging

NEW! ILIADA ORGANIC KALAMATA PITTED OLIVES 12/370g

* see
pg.15
for
pricing
details



- Fine gourmet assortment of organic olives harvested by hand
- An integral part of any table, handpicked and packed in water, salt and organic vinegar
- Iliada Green olives have a firm texture indicative of their harvesting with a bitter-grassy taste
- Their freshness is best accompanied with salads, appetizers, sauces, pizza or as a stand-alone healthy snack
- 100% Greek Product of Organic Farming • 100% hand picked • No added preservatives

NEW! LOOP MISSION COLD-PRESSED JUICE 6/1L

* see
pg.15
for
pricing
details



- **Morning Glory (clementine, orange, strawberry):** If there was an international juice contest, Morning Glory would be your undisputed champion. Come on, cold pressed clementine and strawberry juice? It's out of this world! No really, there isn't anything else in the known universe quite like it. Be warned, having only one sip is basically impossible.
- **Orange:** Your daily dose of Vitamin C, done differently.

NEW! MADEGOOD ORGANIC CRUNCHY OAT BITES

* see
pg.15
for
pricing
details



- **Chocolate Drizzled Birthday Cake 6/100g • Vanilla Drizzled Cookies & Cream 6/100g**
- Every bite you take has whole ingredients that promote health, happiness, and good feelings. When MadeGood's food-loving siblings thought about wholesome snacks for kids, all it took was their passion for health, nutrition, and the planet to build a better-for-you brand. Their company history is rooted in a founding belief that they can improve the world one granola bar, cookie, and cracker at a time, and their actions today continue to prove that commitment.

NEW! MELT ORGANIC PLANT BUTTER

* see
pg.16
for
pricing
details



- **Buttery Spread 12/368g • Salted Buttery Sticks (4pk) 12/454g**
- Crafted from Certified Organic and Non-GMO ingredients. Cold pressed plant oils; a minimal processing technique that retains nutrients and flavours. Free of allergens. That means no dairy, no soy, no nuts, and no gluten. Plant butter that delivers taste, texture, and performance in a clean label you can trust.

NEW! MID-DAY SQUARES FUNCTIONAL CHOCOLATE 5/4x33g • Cookie Dough • Peanut Butter Square

* see
pg.16
for
pricing
details



- FUNCTIONAL CHOCOLATE SQUARES THAT SATISFY YOUR SWEET CRAVINGS.**
Everything a Chocolate Bar Isn't, Everything a Functional Bar Wishes it Was.
REAL CHOCOLATE TOP. RAW SUPERFOOD SQUARES.
Functional Square + Chocolate. Fuel On the Go: Perfectly designed to stop your cravings in between meals. Each square is packed with 6g plant protein, real chocolate and a source of fibre.

NEW! MOLISANA ORGANIC WHOLE ROASTED PEPPERS 12/340g

* see
pg.16
for
pricing
details



- Flame roasted, whole red peppers in brine
- Adds a smoky, tangy depth to any dish
- Perfect for pasta sauces, salads, meat plates or serve on its own!
- Great addition to charcuterie boards
- Delicious in sandwiches or burgers
- Rich in vitamin C & A

NEW! NATURE CLEAN HOUSEHOLD PRODUCTS

* see
pg.16
for
pricing
details



- **All Purpose Cleaning Lotion 12/1L:** Clean without the nasty chemicals. This product can be used to clean laundry, dishes, household as well as a produce wash.
- **Dishwasher Gel 6/1.8L:** Taste your food, not chlorine! Nature Clean Dishwasher Gel is high performing without the use of Chlorine, Phosphates, EDTA, NTA, perfumes, dyes or animal by-products.
- **Lemon Verbana Laundry Liquid 4/3L:** Gets clothes clean using only naturally derived/powerful ingredients.

NEW! NATUREBEE REUSABLE SPONGE CLOTHS (17cm x 20cm/8"x 9.5") 12/1ea

* see
pg.16
for
pricing
details



- Simply wet your cloth to soften it!
Cloths can be used to wash dishes, wipe up spills, clean surfaces and more!
Made from 70% cellulose and 30% cotton making them 100% natural, eco-friendly and compostable!

SUPER ABSORBENT/QUICK DRYING/MACHINE WASHABLE/ REUSE & COMPOST/ALL NATURAL MATERIALS

NEW! VIJ'S INDIAN APPETIZERS & COOKING SAUCE

* see
pg.16
for
pricing
details



- Cauliflower Wings w/Chilli Garlic Sauce 12/460g
- Masala Spring Rolls w/Spicy Szechuan Sauce (12pcs) 12/420g
- Crispy Potato & Peas w/Chutney Samosa (10pcs) 12/460g
- Tadka Curry Sauce 12/300g

Elevate your culinary experience with Viji's Frozen Indian Appetizers. Indulge in the authentic flavours of India at your convenience.

NEW! YOGI ORGANIC MEDICINAL TEA 6/16ct • Chai Turmeric Revitalize: A Chai tea blend that combines Turmeric, traditionally used in Ayurveda for its abundant health-promoting qualities, with naturally sweet Organic Honey Flavour and rich, warming spices including Cinnamon, Cardamom, Ginger, and Clove.

* see
pg.16
for
pricing
details



- **Morning Vitality (w/coffeeine):** Blending uplifting Pu-erh Tea and Green Tea Leaf Extract with adaptogenic Reishi Mushroom Extract to support the body's ability to cope with stress.
- **Spiced Blackberry Focus (w/coffeeine):** Yogi Spiced Blackberry Focus tea combines invigorating Black Tea with Bacopa, a nootropic herb that supports clarity of mind and concentration.



APRIL NEW PRODUCTS 2024

UPC CODE	SKU CODE								
ALKEME GLUTEN FREE SOUDOUGH (FROZEN) - 10% OFF - see pg.12									
854278 001210	40754	GMO	GF	BC	P	X	Sourdough Bagels, Everything (6ct)	10 / 660g	
854278 001203	40755	GMO	GF	BC	P	X	Sourdough Bagels, Original (6ct)	10 / 660g	
AUGA READY TO EAT ORGANIC CURRY & SOUPS - 10% OFF - see pg.3									
4779039 732348	40916	GMO				*	Curry, Green w/Mung Beans & Black Rice (mild-med), Organic (pouch)	12 / 283g	
4779039 732355	40915	GMO				*	Curry, Red w/Lentils & Shiitake Mushrooms (mild), Organic (pouch)	12 / 283g	
4779039 732331	40917	GMO				*	Curry, Yellow w/Chickpeas & Chestnut Mushrooms (mild), Organic (pouch)	12 / 283g	
4779039 732300	40918	GMO				*	Soup, Creamy Butternut Squash w/Sweet Potatoes, Organic (pouch)	10 / 400g	
4779039 731105	40920	GMO				*	Soup, Creamy Mushroom, Organic (pouch)	10 / 400g	
4779039 732270	40922	GMO				*	Soup, Creamy Sweet Corn, Organic (pouch)	10 / 400g	
4779039 732324	40921	GMO				*	Soup, Spicy Curry w/Coconut Cream & Shiitake Mushrooms, Organic (pouch)	10 / 400g	
4779039 732317	40923	GMO				*	Soup, Three Lentil, Organic (pouch)	10 / 400g	
4779039 732287	40919	GMO				*	Soup, Vegan Chilli Bean w/Quinoa, Organic (pouch)	10 / 400g	
BEYOND MEAT PLANT-BASED MEAT ALTERNATIVE (FROZEN) (available April.3rd) - \$4.80 OFF - see pg.12									
810057 291159	56212	GMO	V				X Steak Tips	8 / 283g	
BIOITALIA OIL & PASTA - 10% OFF - see pg.12									
661475 101052	33180	GMO				*	Extra Virgin Olive Oil, Organic	6 / 500ml	
661475 102165	33181	GMO				*	Sunflower Oil, Organic	6 / 750ml	
661475 046049	33176	GMO	GF			*	X Pasta, Multigrain Fusilli, Organic	12 / 340g	
661475 071041	33177	GMO	GF			*	X Pasta, Multigrain Penne Rigate, Organic	12 / 340g	
661475 014048	33175	GMO	GF			*	X Pasta, Multigrain Spaghetti, Organic	15 / 340g	
BIO-K PLUS PROBIOTICS (REFRIGERATED) - 10% OFF - see pg.12									
626608 007113	07453	GMO	GF			+	X Active Probiotic Shot, Raspberry (12.5 billion CFU)	6 / 98g	G
626608 007090	07454	GMO	GF			+	X Active Probiotic Shot, Strawberry (12.5 billion CFU)	6 / 98g	G
BLUE MONKEY COCONUT MILK - 10% OFF - see pg.12									
059654 330025	02298	GMO				*	X Coconut Milk, Light, Organic	6 / 400ml	
BOB'S RED MILL FLOUR - 10% OFF - see pg.12									
039978 106421	20251	GMO	B	GF			Flour, Sorghum	1 / 25lb	
BUBBIES PICKLES & SAUERKRAUT (REFRIGERATED) - 10% OFF - see pg.12									
038261 957368	51200	GMO				+	Pickles, Kosher Dill	6 / 1L	
038261 957504	51201	GMO				+	Pickles, Traditional Bread & Butter Chips	6 / 1L	
038261 957474	51204	GMO				+	Sauerkraut, Fermented	6 / 750ml	
CHASERS 100% COLD-PRESSED BEVERAGES (REFRIGERATED) - 10% OFF - see pg.9									
628242 717014	58587			BC	P		Cider, Apple - apple/cinnamon/nutmeg/lemon/org. simple syrup	6 / 1L	U
628242 717090	58588			BC	P		Cider, Cranberry - cranberry/cinnamon/nutmeg/lemon/org. simple syrup	6 / 1L	U
628242 717045	58590			BC	P		Lemonade	6 / 1L	U
628242 717069	58591			BC	P		Lemonade, Blueberry	6 / 1L	U
628242 717052	58589			BC	P		Lemonade, Pink (strawberry)	6 / 1L	U
628242 710084	58556			BC	P	X	Juice, Beet Rejuvenation - orange/carrot/beet/ginger	6 / 500ml	U
628242 710091	58582			BC	P	X	Juice, Cold K - lemon/ginger/honey	6 / 500ml	U
628242 710206	58564			BC	P	X	Juice, Orange	6 / 500ml	U
628242 710060	58572			BC	P	X	Juice, Supremely Kale - kale/spinach/apple/ginger/cucumber/celery/lemon	6 / 500ml	U
628242 710077	58560			BC	P	X	Juice, Taking Care of Business - spinach/apple/cucumber/celery/ginger/lemon	6 / 500ml	U
628242 710107	58552			BC	P	X	Juice, Turmeric Sunrise - apple/pear/carrot/lemon/ginger/turmeric	6 / 500ml	U



APRIL NEW PRODUCTS 2024

UPC CODE	SKU CODE						
CHASERS 100% COLD-PRESSED BEVERAGES (REFRIGERATED) - 10% OFF - see pg.9							
628242 717021	58586	BC	Ⓟ	Juice, Pure BC Apple	6 / 1L		U
628242 710015	58557	BC	Ⓟ	Juice, Beet Rejuvenation - orange/carrot/beet/ginger	6 / 1L		U
628242 710039	58583	BC	Ⓟ	Juice, Cold K - lemon/ginger/honey	6 / 1L		U
628242 710190	58565	BC	Ⓟ	Juice, Orange	6 / 1L		U
628242 710022	58573	BC	Ⓟ	Juice, Supremely Kale - kale/spinach/apple/ginger/cucumber/celery/lemon	6 / 1L		U
628242 710053	58561	BC	Ⓟ	Juice, Taking Care of Business - spinach/apple/cucumber/celery/ginger/lemon	6 / 1L		U
628242 710046	58553	BC	Ⓟ	Juice, Turmeric Sunrise - apple/pear/carrot/lemon/ginger/turmeric	6 / 1L		U
CRICH CRACKERS WITH EXTRA VIRGIN OLIVE OIL - 10% OFF - see pg.9							
8008620 071006	40924	GF		X Crackers, Gluten-Free (6pkt)	10 / 200g		
8008620 050506	40925	GMO	*	X Crackers, Salted, Organic (8pkt)	12 / 250g		
8008620 050544	40926	GMO	*	X Crackers, Sesame & Rosemary, Organic (8pkt)	12 / 250g		
8008620 050537	40927	GMO	*	X Crackers, Tomato & Oregano, Organic (8pkt)	12 / 250g		
DAIYA DAIRY-FREE MAC & CHEESE - 10% OFF - see pg.12							
871459 002255	50326	GMO	GF V	Ⓟ Mac & Cheese, Cheddar	12 / 156g		
871459 002279	50327	GMO	GF V	Ⓟ Mac & Cheese, White Cheddar	12 / 156g		
DEEBEE'S ORGANICS FREEZER POPS - \$5.38 OFF - see pg.10							
838913 001100	39092	GMO	*	Ⓟ X Gelato Pops, Organic (made w/coconut milk) (shelf-stable)	12 / 8x40ml		G
EARTH'S OWN NON-DAIRY BEVERAGE (REFRIGERATED) - 20% OFF - see pg.10							
626027 221015	08331	GMO	*	BC Ⓟ Soy, Original, Organic (gable ctn)	6 / 1.75L		U
626027 221022	08330	GMO	*	BC Ⓟ Soy, Unsweetened, Original, Organic (gable ctn)	6 / 1.75L		U
EVIVE BLENDER FREE SMOOTHIE CUBES & SMOOTHIE POPS (FROZEN) - 10% OFF - see pg.12							
628110 947680	24714	GMO		+ Ⓟ X Probiotic, Mango Kiwi Lemonade	10 / 150g		
628110 947673	24713	GMO		+ Ⓟ X Protein, Mocha Frappe	10 / 150g		
628110 947550	24715	GMO		+ Ⓟ X Smoothie Pops, Strawberry Mango	8 / 5x50g		G
628110 947543	24716	GMO		+ Ⓟ X Smoothie Pops, Peach	8 / 5x50g		G
628110 947536	24717	GMO		+ Ⓟ X Smoothie Pops, Dragon Fruit	8 / 5x50g		G
FOUR O'CLOCK TEA - 10% OFF - see pg.4							
779192 402229	12972	GMO	* @ +	Ⓟ Green Tea, Jasmine, Organic	6 / 16ct		
779192 202225	12975	GMO	* @ +	Ⓟ Herbal Tea, Peppermint, Organic	6 / 16ct		
GREEN TABLE FERMENTS CONDIMENTS (REFRIGERATED) - 10% OFF - see pg.11							
180071 000274	19606			+ Ⓟ Dill Pickles	6 / 750ml		
HEALTH-ADE KOMBUCHA (REFRIGERATED) - \$3.66 OFF - see pg.12							
811184 031885	17709	GMO	GF V *	Berry Lemonade, Organic	12 / 473ml		G P U
811184 031892	17708	GMO	GF V *	Passion Fruit-Tangerine, Organic	12 / 473ml		G P U
HUMBLE POTATO CHIPS - 10% OFF - see pg.5							
628678 211353	34311	GMO	*	+ Ⓟ X Potato Chips, Ketchup, Organic	12 / 135g		G
ILIADA GREEK OLIVES - 10% OFF - see pg.13							
5201043 004047	40928	GMO	*	Olives, Kalamata Pitted, Organic	12 / 370g		
LE GRAND MAC N' CHEEZE SAUCE (REFRIGERATED) - 25% OFF - see pg.6							
773798 101562	19483	GMO		Mac 'N Cheeze Sauce, Original (spoutPak)	6 / 227g		
LOOP MISSION COLD-PRESSED JUICE (REFRIGERATED) - 15% OFF - see pg.13							
056719 900186	11220	GMO		+ Ⓟ Juice, Morning Glory (clementine, orange, strawberry)	6 / 1L		U
056719 900452	11226	GMO		+ Ⓟ Juice, Orange	6 / 1L		U
MADEGOOD CRUNCHY OAT BITES - 10% OFF - see pg.13							
687456 224428	64046	GMO	GF V *	+ Ⓟ X Crunchy Oat Bites, Chocolate Drizzled Birthday Cake, Organic	6 / 100g		G
687456 224435	64047	GMO	GF V *	+ Ⓟ X Crunchy Oat Bites, Vanilla Drizzled Cookies & Cream, Organic	6 / 100g		G
MATEINA YERBA MATE - 10% OFF - see pg.7							
628504 157152	20815	GMO	*	Ⓟ Yerba Mate, Loose Leaf, Organic	10 / 454g		



APRIL NEW PRODUCTS 2024

UPC CODE	SKU CODE							
MELT ORGANIC PLANT BUTTER (REFRIGERATED) (available April.10th) - 10% OFF - see pg.13								
856014 002024	10760	GMO	*		Buttery Spread, Organic		12 / 368g	
856014 002079	10761	GMO	*		Buttery Sticks, Salted, Organic (4pk)		12 / 454g	
MID-DAY SQUARES FUNCTIONAL CHOCOLATE (REFRIGERATED) - 10% OFF - see pg.13								
877977 000292	50259	GMO	V	@ + P	Square, Cookie Dough		5 / 4x33g	G
877977 000278	50258	GMO	V	@ + P	Square, Peanut Butta		5 / 4x33g	G
MOLISANA ORGANIC ROASTED PEPPERS - 10% OFF - see pg.13								
058723 000463	40929	GMO	*		Roasted Peppers, Whole, Organic		12 / 340g	
NATUREBEE REUSABLE SPONGE CLOTHS - 5% OFF - see pg.13								
628176 082912	30613				P X Sponge Cloths (17cm x 20cm / 8" x 9.5")		12 / 1ea	G P
NATURE CLEAN HOUSEHOLD PRODUCTS - 10% OFF - see pg.13								
058951 807001	80450			+ P	All Purpose Cleaning Lotion		12 / 1L	G P
058951 351825	80400			+ P	Dishwasher Gel		6 / 1.8L	G P
058951 308638	80734			+ P	Laundry Liquid, Lemon Verbana		4 / 3L	G P
R.W. KNUDSEN FRUIT JUICE & VEGETABLE JUICE - 10% OFF - see cover								
074682 000146	07446	GMO	*		Beet Juice, Organic		6 / 946ml	U
074682 000115	07447	GMO	*		Blueberry Pomegranate Juice, Organic		6 / 946ml	U
074682 000122	07448	GMO			Pineapple Coconut Juice		6 / 946ml	U
SANTA CRUZ ORGANIC 100% LEMON & LIME JUICE - 10% OFF - see cover								
036192 000191	06308	GMO	*		100% Lemon Juice, Organic		6 / 946ml	
036192 000207	06309	GMO	*		100% Lime Juice, Organic		6 / 946ml	
VIJ'S INDIAN APPETIZERS & COOKING SAUCE (FROZEN) - 5% OFF - see pg.13								
628011 353917	54330			+ P X	Cauliflower Wings w/Chilli Garlic Sauce		12 / 460g	
628011 353948	54332			+ P X	Masala Spring Rolls w/Spicy Szechuan Sauce (12pcs)		12 / 420g	
628011 353900	54331			+ P X	Samosa, Crispy Potato & Peas w/Chutney (10pcs)		12 / 460g	
628011 353924	54333			+ P X	Tadka Curry Sauce		12 / 300g	
WILDVINE PICKLED VEGETABLES (REFRIGERATED) - 10% OFF - see pg.11								
857859 007649	32248	GMO			Pickled Vegetables, Curtido Coleslaw		6 / 591ml	
857859 007625	32247	GMO			Pickled Vegetables, Spiced Banh Mi Medley		6 / 591ml	
857859 007656	32249	GMO			Pickled Vegetables, Spicy Escabeche		6 / 591ml	
857859 007632	32246	GMO			Pickled Vegetables, Spicy Pickled Red Onions		6 / 591ml	
WUNDERCAT ALL NATURAL CAT LITTER - 15% OFF - see pg.8								
058633 001918	16703		B	BC P X	Cat Litter, Non-Clumping		1 / 10kg	G P
YOGI HERBAL TEA - \$2.00 OFF - see pg.13								
076950 209374	12678	GMO	*		Medicinal Tea, Focus, Spiced Blackberry (w/caffeine), Organic		6 / 16ct	
076950 209381	12679	GMO	*		Medicinal Tea, Morning Vitality (w/caffeine), Organic		6 / 16ct	
076950 209367	12680	GMO	*		Medicinal Tea, Revitalize, Chai Turmeric, Organic		6 / 16ct	



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