



**PSC Natural Foods**

— we deliver the goodness —

# May Specials Showcase

Effective May 1-31st 2023  
up to 80% off!

## MONTHLY SPECIALS

ALTER ECO   CHOCOLATE TREAT	4	KIJU ORGANIC   BEVERAGE	13
AMY'S PRODUCTS (FROZEN)	4	KIND   NUT BAR & THINS NUT BARS	13
ANGIE'S BOOMCHICKAPOP   POPCORN & PUFFS	4	KINDRED CULTURES   PROBIOTIC WATER KEFIR (REFRIGERATED)	13
ANITA'S ORGANIC MILL PRODUCTS	5	KING ISLAND   COCONUT WATER	13
ANTOINETTE'S   DIP & SAUCE (REFRIGERATED)	5	KINNIKINNICK PRODUCTS	13
AURA CACIA   BODY CARE	5	KOMO COMFORT FOODS   PLANT BASED MEALS (FROZEN)	13
BACH   RESCUE REMEDIES	5	KRISDA   SUGAR-FREE SWEETENER & CHOCOLATELY CHIPS	14
BEANFIELDS   BEAN CHIPS	5	LA PREFERIDA   ORGANIC MEXICAN INGREDIENTS	14
BEYOND MEAT   PLANT-BASED MEAT ALTERNATIVE (FROZEN)	5	L'ANCÊTRE   CHEESE (REFRIGERATED)	14
BIG MOUNTAIN   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	6	LICK YOUR CHOPS   DOG FOOD	14
BIOITALIA PRODUCTS	6	LILY'S   NO SUGAR ADDED BAKING CHIPS & CHOCOLATE BAR	14
BLUE DIAMOND   ALMOND BREEZE NON-DAIRY BEVERAGE	6	LOOP MISSION   100% UPCYCLED COLD-PRESSED SMOOTHIE (REFRIGERATED)	14
BLUE DIAMOND   NUT THINS CRACKERS	6	LOTUS FOODS   RICE RAMEN NOODLES	14
BLUEBIRD PROVISIONS   BONE BROTH	6	LOVE GOOD FATS   KETO BAR	14
BOB'S RED MILL PRODUCTS	6	LUNDBERG   WHOLE GRAIN RICE CAKES	14
BREMNER'S   JUICE	6	MADEGOOD   GRANOLA SNACKS	14
CABOO   TREE-FREE PAPER PRODUCTS	6	MAISON ORPHEE PRODUCTS	14,15
CALIFIA FARMS   COLD BREW COFFEE (REFRIGERATED)	6	MANITOBA HARVEST PRODUCTS	15
CAMINO   CHOCOLATE BAR	7	MARY'S ORGANIC PRODUCTS	15
CANADIAN HERITAGE ORGANICS   MAPLE BUTTER & SYRUP	7	MILLSTREAM FLOUR MILL   FLOUR	15
CHA'S ORGANIC PRODUCTS	7	MIYOKO'S   NON-DAIRY CHEESE ALTERNATIVE (REFRIGERATED)	15
CHIWIS   SUPERFRUIT SNACK	7	MOCOLATE PRODUCTS	15,16
CHOSEN FOODS PRODUCTS	7,8	NAAM   COOKING SAUCE	16
CLEVER   PREMIUM MOCKTAIL	8	NAKED & SAUCY   SOY SAUCE SUBSTITUTE	16
CLIF BAR	8	NANAK   GHEE CLARIFIED BUTTER	16
CLOUD 9 GLUTEN-FREE   BAKING MIXES	8	NATIVE FOREST   COCONUT MILK	16
CROFTER'S ORGANIC   FRUIT SPREAD	8	NATURA   DAIRY-FREE BEVERAGE	16
CULTURE CRAFT   KOMBUCHA (REFRIGERATED)	8	NATUREBEE   CONCENTRATED HOUSEHOLD PRODUCTS	16
DAIYA   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	8	NATURE CLEAN   LAUNDRY PRODUCTS	16
DAIYA DAIRY-FREE   PIZZA & FLATBREAD (FROZEN)	9	NATURE'S PATH   CEREAL & GRANOLA	16
DEEBEE'S ORGANICS   SUPERFRUIT FREEZIE	9	NOVA SCOTIA FISHERMAN   XTREME LIP & SKIN CARE	16
EARTH BALANCE   SPREAD & STICKS (REFRIGERATED)	9	O'DOUGHS   BUNS & BAGELS	
EARTH'S OWN   PLANT BASED BEVERAGE	9	& BITE SIZED NAAN STYLE O'DIPPERS (FROZEN)	16,17
& HALF & HALF ALTERNATIVE	9	O!!   OIL	17
EAT WHOLESOME FOOD CO. PRODUCTS	9	OOME   SMOKED TOFU (REFRIGERATED)	17
ECOSAFE~6400   COMPOSTABLE SANDWICH BAGS	9	OPUS   ALCOHOL FREE BEVERAGE	17
EDEN PRODUCTS	9	PACIFIC FOODS   BROTH & SOUP	17
ELIAS   HONEY	9	PAMELA'S PRODUCTS	17
ENDANGERED SPECIES   CHOCOLATE BAR	9,10	PARTAKE BREWING   NON-ALCOHOLIC BEER	17
EVERGREEN   WHEATGRASS JUICE (FROZEN)	10	PATIENCE FRUIT & CO   DRIED BERRIES	17
EVIVE   SMOOTHIE CUBES (FROZEN)	10	PHILLIPS   IOTA NON-ALCOHOLIC CRAFT BEER	17
FARMHOUSE CULTURE   GUT SHOT BEVERAGE (REFRIGERATED)	10	PLUM-M-GOOD   RICE CAKES	17
FERIDIES   PEANUTS	10	PRANA ORGANIC PRODUCTS	17,18
FEVER-TREE   DRINK MIXER	10	QUE PASA   TACO SHELLS	18
FLOW   ALKALINE SPRING WATER	10	RAINCOAST GLOBAL   MSC CERTIFIED SUSTAINABLE SEAFOOD	18
FREYUUM   ALLERGEN-FREE COOKIES & CRACKERS	10	RAWMBAS   VEGAN MUFFINS (FROZEN)	18
FRONTERA   GOURMET MEXICAN COOKING SAUCE	10	REDMOND REAL SALT	18
GARDEIN   MEAT-FREE ALTERNATIVE (FROZEN)	10	RICEWORKS   GOURMET RICE CHIPS	18
GIMME ORGANIC   ROASTED SEAWEED	10	RISE BOTANICALS   SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)	18
GINGER PEOPLE PRODUCTS	10	RISE   KOMBUCHA (REFRIGERATED)	18
GLUTINO PRODUCTS	10	RIZOPIA   RICE PASTA	18,19
GOBIO! PRODUCTS	11	RUBY'S AUTHENTIC   APPETIZERS & CHUTNEY (REFRIGERATED)	19
GREEN CUISINE   TEMPEH (REFRIGERATED)	11	RVIITA   ENERGY TEA	19
GUAYAKI   YERBA MATE BEVERAGE	11	SALT SPRING COFFEE	19
GUSTA   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	11	SAN-J PRODUCTS	19
HAPPY PLANET   MORNIN' OATZ SMOOTHIES & JUICE	11	SANTA CRUZ ORGANIC   LEMONADE	19
HARMLESS HARVEST   COCONUT BEVERAGES (REFRIGERATED)	11	SAPADILLA   ECO-CLEANERS DISH PRODUCTS	19
HEALTHY SHORES   CANNED SEAFOOD FOR CATS & DOGS	11	SAPSUCKER   SPARKLING TREE WATER	19
HOLY CRAP   BREAKFAST CEREAL	11	SAY WHEN   ORGANIC CHAI CONCENTRATE	19
HOUSE OF YEE   GLUTEN FREE DUMPLINGS (FROZEN)	11	SEVENTH GENERATION   HOUSEHOLD CLEANERS	19
HUER   SENSIBLE SWEETS	11	SIMPLY ORGANIC PRODUCTS	20
ISLAND KRAUT   RAW KRAUT (REFRIGERATED)	11	SKINNYPOP   POPCORNS	20
ITO EN   UNSWEETENED READY TO DRINK TEA	11	SNACK 21   DOG & CAT SNACKS	20
JASON   BODY CARE PRODUCTS	11,12	SOBER CARPENTER   NON-ALCOHOLIC CRAFT BEER & CIDER	20
JONNY HETHERINGTON ESSENTIALS   CONDIMENTS	12	SOL CUISINE   PLANT-BASED MEAT ALTERNATIVE (FROZEN)	20
JOVIAL   ITALIAN PASTA	12	SPARKMOUTH   TONIC	20
JUST EGG   PLANT EGG (FROZEN)	12	SPREAD 'EM KITCHEN CO.   CASHEW CHEEZE (REFRIGERATED)	20
JUSTIN'S   NUT BUTTER CUPS	12	SQUAMISH   FROZEN PROBIOTIC POPS	20
JYOTI NATURAL FOODS   INDIAN CUISINE	12	SQUAMISH   WATER KEFIR (REFRIGERATED)	20
KAN'S GOURMET FOODS   APPETIZERS (FROZEN)	12	STICKLING'S   BAKERY PRODUCTS	20
KARTHEIN'S ORGANIC   UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	12	TASTE NIRVANA   COCONUT WATER	20
KASLO   SOURDOUGH PASTA	12	TERRA DELYSSA   OLIVE OIL	20
KETTLE BRAND   POTATO CHIPS	12,13	THE WORKSHOP VEGETARIAN   VEGAN NOODLES (FROZEN)	20
		THEO   CHOCOLATE	20
		TMRW FOODS   MEAT ALTERNATIVE (FROZEN)	21
		TOFINO   RAW KOMBUCHA (REFRIGERATED)	21

TOFURKY   MEAT ALTERNATIVE (REFRIGERATED)	21	WISE BITES   ALLERGEN-FREE BAKED GOODS (FROZEN)	22
TOM'S OF MAINE   DENTAL CARE	21	WOW BAKING COMPANY   COOKIES	22
TRADITIONAL MEDICINALS   TEA	21	YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS	22
TRIPLE JIM'S   ORGANIC DRIED FRUIT	21	YOGGU!   PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED)	22
TWO BEARS   DRINK MIXER	21	ZAZUBEAN   CHOCOLATE BAR	22
UDDERLY RIDICULOUS   GOAT'S MILK ICE CREAM CO. (FROZEN)	21	ZEVIA   ZERO CALORIE BEVERAGES	22,23
UDI'S PRODUCTS (FROZEN)	21	<b>CLEARANCE</b>	23,24
VIJ'S   INDIAN CUISINE (FROZEN)	21		

PSC Natural Foods, as an essential service, has been open and operating through the Covid-19 pandemic. We have experienced increased demand for our products and our entire team has worked tirelessly, despite the uncertainty, through these unprecedented times.

Due to a large increase in demand and supply chain disruptions, you may notice intermittent supply issues with some of our brands.

We apologize for this, and are working hard with our vendors and carriers to ensure we keep stock rolling.

Many vendors are reducing production to only their key items. Some are allocating stock, while other are unable to ship completely.

We ask for your patience as we work through these challenges. Please do not hesitate to contact our sales team should you have specific questions.

We are also working hard to keep our staff and customers safe. We have reduced the number of workers in our offices by allowing many of our staff to work from home. We have instituted rigorous cleaning policies in all of our common areas, warehouse, and delivery trucks.

We are strictly practicing physical distancing and our staff are wearing masks when appropriate. We are continuing to monitor the situation and are closely following all Health Canada and BCCDC guidelines. Our delivery drivers also have masks and gloves and will follow any COVID protocol you have instituted at your business in an effort to continue to "Deliver the Goodness" in an efficient and safe manner.

We are all in this together and we will get through it by supporting each other. We hope you are all healthy and safe in these uncertain times.

### PSC Management Team

To Our Valued Customers - Pricing Notice - PSC continually reviews costs to bring you, our valued customers, as competitive pricing as possible.

You will notice many price changes since our last catalogue was published.

Some reflect better costing and have been reduced and in some instances higher costs are reflected.

• Please confirm any pricing when placing your order

• For volume pricing, please use the case price • Pricing & information is subject to change without notice

### 2023 Container Recycling Fees



Fees effective February 1, 2023

Container	Size	Deposit Value	Recycling Fee
Aluminum	0 - 1 L	10 ¢	No Recycling Fee
Plastic	0 - 1L	10 ¢	2 ¢
	> 1L	10 ¢	1 ¢
Glass	0 - 1L	10 ¢	13 ¢
	> 1L	10 ¢	15 ¢
Bi-Metal	0 - 1L	10 ¢	4 ¢
	> 1L	10 ¢	No Recycling Fee
Drink Box	0 - 500ml	10 ¢	No Recycling Fee
	501ml - 1L	10 ¢	No Recycling Fee
Gable Top	0 - 1L	10 ¢	No Recycling Fee
	> 1L	10 ¢	1 ¢
Bag-In-Box	> 1L	10 ¢	12 ¢

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Bi-Metal	0 - 1L	10 ¢	4 ¢
	> 1L	10 ¢	No Recycling Fee
Drink Box	0 - 500ml	10 ¢	No Recycling Fee
	501ml - 1L	10 ¢	No Recycling Fee
Gable Top	0 - 1L	10 ¢	1 ¢
	> 1L	10 ¢	1 ¢
Polystyrene Cups	0 - 500ml	10 ¢	2 ¢

☞ = Verified NON-GMO / B = Bulk / GF = Certified Gluten Free / V = Certified Vegan / \* = Certified Organic

@ = Certified Fair Trade / + = Made in Canada / BC = BC Product / P = Canadian Company

X = NO SPLITS / G = GST / P = PST / U = Container Recycling Fee / (S/O) = Special Order (See Rep for Lead Time & Pricing)

# MONTHLY SPECIALS

**ALTER ECO | CHOCOLATE TREAT - UP TO \$6.58 OFF + VOLUME PRICING**

817670 011188	35312	GMO	GF	*@	X	Bar, Dark Chocolate, Super Blackout, 90% Cacao, Organic	12 / 75g	G	
817670 012499	35313	GMO	GF	*@	X	Bar, Dark Chocolate, Total Blackout, 100% Cacao, Organic	12 / 75g	G	
817670 012109	35240	GMO	GF	*@	X	Bar, Grass Fed Milk Chocolate, Classic, 46% Cacao, Organic	12 / 75g	G	
817670 012116	35241	GMO	GF	*@	X	Bar, Grass Fed Milk Chocolate, Almond, 46% Cacao, Organic	12 / 75g	G	
817670 012628	35314	GMO	GF	*@	X	Bar, Dark Chocolate, Almond Blackout, 85% Cacao, Organic	12 / 75g	G	
817670 011720	35311	GMO	GF	*@	X	Bar, Dark Chocolate, Mint Blackout, 90% Cacao, Organic	12 / 75g	G	
817670 010204	35232	GMO	GF V	*@	X	Bar, Dark Chocolate, Classic Blackout, 85% Cacao, Organic	12 / 80g	G	
817670 011164	35310	GMO	GF V	*@	X	Bar, Dark Chocolate, Salted Almonds, 70% Cacao, Organic	12 / 80g	G	
817670 010518	35284	GMO	GF V	*@	X	Bar, Dark Chocolate, Sea Salt, 70% Cacao, Organic	12 / 80g	G	
817670 010259	35237	GMO	GF	*@	X	Bar, Dark Chocolate, Coconut Toffee, 47% Cacao, Organic	12 / 80g	G	
817670 010242	35236	GMO	GF V	*@	X	Bar, Dark Chocolate, Quinoa Crunch, 60% Cacao, Organic	12 / 80g	G	
817670 010525	35285	GMO	GF	*@	X	Bar, Dark Chocolate, Brown Butter, 70% Cacao, Organic	12 / 80g	G	
817670 010532	35286	GMO	GF	*@	X	Bar, Dark Chocolate, Burnt Caramel, 70% Cacao, Organic	12 / 80g	G	
						<b>Buy 25-49 cases</b>	<b>Save 0.58</b>		
						<b>Buy 50-99 cases</b>	<b>Save 2.20</b>		
						<b>Buy 100+ cases</b>	<b>Save 4.40</b>		
817670 012604	35315	GMO	GF	*@	X	Bar, TRUFFLE THINS, Dark Chocolate, Mint Crème, Organic	12 / 84g	G	
817670 012611	35316	GMO	GF	*@	X	Bar, TRUFFLE THINS, Dark Chocolate, Salted Caramel, Organic	12 / 84g	G	
						<b>Buy 25-49 cases</b>	<b>Save 0.58</b>		
						<b>Buy 50-99 cases</b>	<b>Save 2.20</b>		
						<b>Buy 100+ cases</b>	<b>Save 4.40</b>		
817670 010396	14449	GMO	GF	*@		Truffles, Dark Chocolate, Classic, 58% Cacao, Organic (10ct)	8 / 120g	G	
817670 010648	14476	GMO	GF	*@		Truffles, Dark Chocolate, Salted Caramel, 58% Cacao, Organic (10ct)	8 / 120g	G	
817670 010631	14475	GMO	GF	*@		Truffles, Dark Chocolate, Sea Salt, 58% Cacao, Organic (10ct)	8 / 120g	G	
817670 010402	14450	GMO	GF	*@		Truffles, Dark Milk Chocolate, Silk Velvet, 39% Cacao, Organic (10ct)	8 / 120g	G	
						<b>Buy 25-49 cases</b>	<b>Save 0.88</b>		
						<b>Buy 50-99 cases</b>	<b>Save 2.20</b>		
						<b>Buy 100+ cases</b>	<b>Save 4.40</b>		

**AMY'S PRODUCTS (FROZEN) - UP TO 10% OFF**

042272 912193	54490				V	X Bowls, Asian Dumplings	12 / 241g		
042272 913206	56160				GF	X Bowls, Mac & 3 Cheese w/Cauliflower	12 / 234g		
042272 908332	54569					X Bowls, Mushroom Risotto	12 / 269g		
042272 900541	54567	GMO			V*	X Meal, Veggie Scramble w/hash browns, Organic	12 / 255g		
042272 901036	54445					X Pizza, Roasted Vegetable, No Cheese (non-dairy)	8 / 340g		
042272 901012	54443					X Pizza, Cheese	8 / 369g		
042272 901999	54421					X Pizza, Margherita	8 / 369g		
042272 912452	54436				V	X Pizza, Meatless Suprême	8 / 397g		
042272 901029	54444					X Pizza, Spinach Feta	8 / 397g		
042272 902606	56155				V	X Wrap, Indian Samosa	12 / 142g		

**ANGIE'S BOOMCHICKAPOP | POPCORN & PUFFS - UP TO \$3.80 OFF**

018780 017347	59520					BOOMCHICKAPOP Microwave Popcorn, Real Butter	6 / 4X93g		
018780 017354	59521	GMO				BOOMCHICKAPOP Microwave Popcorn, Sea Salt	6 / 4X93g		
892773 000215	59508	GMO	GF		+	X BOOMCHICKAPOP, Popcorn, Lightly Sweet	8 / 142g	G	
818780 015356	59516				+	X BOOMCHICKAPOP, Popcorn, Real Butter	8 / 125g	G	
892773 000246	59504	GMO	GF		+	X BOOMCHICKAPOP, Popcorn, Sea Salt	8 / 136g	G	
892773 000208	59513	GMO	GF		+	X BOOMCHICKAPOP, Sweet & Salty Kettle Corn Popcorn	8 / 198g	G	
818780 012935	59518				+	X BOOMCHICKAPOP, Puffs, White Cheddar	12 / 170g	G	

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052		Order
<b>ANITA'S ORGANIC MILL PRODUCTS - UP TO 15% OFF</b>				
623636 999069	02042	GF *	BC P Pancake & Waffle Mix, Organic	4 / 800g
623636 100014	02041	*	BC P Pancake & Waffle Mix, Multigrain, Organic	4 / 1kg
623636 200097	22105	B *	+ P X Hard Red Spring Wheat Kernels, Organic	1 / 20kg
623636 995351	22912	GMO GF *	BC P Almond Flour, Organic	4 / 375g
623636 993340	22252	GF *	P Coconut Flour, Organic	4 / 680g
623636 998970	22134	GMO GF *	BC P Flour, Gluten Free Tapioca, Organic	4 / 850g
623636 710053	22924	GF *	BC P Flour, GF Oat Flour, Organic	4 / 900g
623636 998994	20103	GMO GF *	+ P Gluten Free Rolled Oats, Old Fashioned, Organic	4 / 900g
623636 999014	28074	GMO GF *	+ P Gluten Free Steel Cut Oats, Organic	4 / 900g
623636 999847	02043	GMO *	BC P <b>NEW!</b> Pancake & Waffle Mix, Classic, Organic	4 / 900g
623636 993395	22251	GMO *	BC P Einkorn Flour, Organic	4 / 1kg
623636 998956	22133	GMO GF *	BC P Flour, Gluten Free All Purpose, Organic	4 / 1kg
623636 101202	22138	*	P Light Buckwheat, Organic	4 / 1kg
623636 998550	20261	*	BC P Sprouted High Protein Flour, Whole Grains & Beans, Organic	4 / 1kg
623636 995504	22913	*	P Sprouted Light Buckwheat Flour, Organic	4 / 1kg
623636 993302	22239	*	BC P Sprouted Whole Spelt Flour, Organic	4 / 1kg
623636 993104	22240	*	BC P Sprouted Whole Wheat Flour, Hard Red Spring Wheat, Organic	4 / 1kg
623636 500005	22128	*	BC P Stoneground Whole Spelt Flour, Organic	4 / 1kg
623636 200004	22127	*	BC P Stoneground Whole Wheat Flour, Hard Red Spring, Organic	4 / 1kg
623636 120203	20101	*	P Unbleached Cake & Pastry Flour, Organic	4 / 1kg
623636 600705	27000	*	P Unbleached Pizza & Pasta Flour, Type 00, Organic	4 / 1kg
623636 400008	22126	*	BC P Unbleached White Flour, Hard Red Spring, Organic	4 / 1kg
623636 300056	22129	GMO V *	BC P Whole Dark Rye Flour, Organic	4 / 1kg
623636 700016	20067	GMO *	+ P Rolled Oats, Old Fashioned, Organic	4 / 1kg
623636 700061	20104	GMO *	+ P Rolled Oats, Quick, Organic	4 / 1kg
623636 700207	28073	GMO *	+ P Steel Cut Oats, Organic	4 / 1kg
623636 998895	21018	GMO *	+ P Flour, 60/40 Bakers Blend, Organic	4 / 2kg
623636 700023	22921	GMO B *	+ P Rolled Oats, Old Fashioned, Organic	4 / 2.5kg
623636 200011	20069	*	BC P Stoneground Whole Wheat Flour, Hard Red Spring, Organic	4 / 2kg
623636 400015	20068	*	BC P Unbleached White Flour, Hard Red Spring, Organic	4 / 2kg
623636 200028	22922	B *	BC P Flour, Whole Wheat, Stone-ground, Organic	4 / 5kg
623636 400022	22923	B *	+ P Flour, Unbleached White, Organic	4 / 5kg
623636 502139	20111	B *	BC P X Fine Whole Spelt Flour, Organic	1 / 10kg
623636 999038	20112	GMO B GF *	+ P Flour, Gluten Free All Purpose, Organic	1 / 10kg
623636 500036	20110	B *	BC P X Stoneground Whole Spelt Flour, Organic	1 / 10kg
623636 200035	22124	GMO B V *	BC P Stoneground Whole Wheat Flour, Hard Red Spring, Organic	1 / 10kg
623636 400039	20202	B *	BC P X Unbleached White Flour, Hard Red Spring, Organic	1 / 10kg
623636 710046	20071	GMO B *	+ P Oat Groats, Organic	1 / 11.34kg
623636 200042	20048	B *	BC P X Stoneground Whole Wheat Flour, Hard Red Wheat, Organic	1 / 20kg
623636 400046	20073	B *	BC P X Unbleached White Flour, Hard Spring Wheat, Organic	1 / 20kg
<b>ANTOINETTE'S   DIP &amp; SAUCE (REFRIGERATED) - 20% OFF</b>				
628399 100295	23122	BC P	Dip & Sauce, Salt Spring	6 / 375ml
<b>AURA CACIA   BODY CARE - UP TO 20% OFF</b>				
051381 382612	83001		Aromatherapy Bubble Bath, Tranquility	1 / 384ml G P
051381 285968	83004		X Aromatherapy Foam Bath for Kids, Calming	6 / 70.9g G P
051381 285791	83002		X Aromatherapy Foam Bath, Lavender	6 / 70.9g G P
051381 285753	83003		X Aromatherapy Foam Bath, Tangerine/Grapefruit	6 / 70.9g G P
<b>BACH   RESCUE REMEDIES - 15% OFF</b>				
741273 005179	85011		X Rescue Remedy, Cream	1 / 30g G
741273 002529	03845		RESCUE REMEDY, Pet	1 / 10ml G
<b>BEANFIELDS   BEAN CHIPS - UP TO \$3.42 OFF</b>				
852565 003343	10081	GMO GF	X Bean Chips, Black Bean w/Sea Salt	6 / 156g G P
850008 457401	10019	GMO GF	X Bean Chips, Himalayan Pink Salt	6 / 156g G
850008 457128	10018	GMO GF	X Bean Chips, Himalayan Salt + Vinegar	6 / 156g G
852565 003367	10082	GMO GF	X Bean Chips, Jalapeno Nacho	6 / 156g G
852565 003077	10017	GMO GF	X Bean Chips, Nacho	6 / 156g G
852565 003039	10016	GMO GF	X Bean Chips, Pico De Gallo	6 / 156g G
<b>BEYOND MEAT   PLANT-BASED MEAT ALTERNATIVE (FROZEN) - UP TO 25% OFF</b>				
850004 207291	56205	GMO V	X BEYOND BEEF, Ground	12 / 340g
810057 290237	56208	GMO V	X BEYOND BURGER	8 / 678g
850004 207017	56200	GMO V	X BEYOND BURGER	8 / 226g
810057 290985	56211	GMO V	+ X <b>NEW!</b> BEYOND CHICKEN, Breaded Nuggets	8 / 283g

STORE NAME:

DELIVERY DATE REQUEST:

UPC Code	Code	PSC Toll Free Order #'s Tel: 1-800-663-7604 Fax: 1-800-520-5052			Order
<b>BIG MOUNTAIN   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED) - 15% OFF</b>					
777744 000053	38003	V	BC	Links, Brekkie Superfood	12 / 300g
777744 000060	38004	V	BC	Links, Veggie Big Brat	12 / 300g
777744 000022	38006	V	BC	Links, Veggie Fiesta	12 / 300g
777744 000039	38005	V	BC	Links, Veggie Mama Mia	12 / 300g
777744 000015	38011	V	BC	Veggie Patty, The Original	8 / 400g
<b>BIOITALIA PRODUCTS - UP TO 15% OFF</b>					
661475 310010	33068	*		Chopped Tomatoes, Organic (can)	12 / 398ml
661475 101106	33182	*		Extra Virgin Olive Oil, Organic	6 / 750ml
661475 033148	30121	GMO	*	X Pasta, Farfalle, Organic	12 / 500g
661475 112126	30104	GMO	*	X Pasta, Fusilli, Organic	12 / 500g
661475 112058	30101	GMO	*	X Pasta, Linguine, Organic	24 / 500g
661475 003400	30102	GMO	*	X Pasta, Macaroni, Organic	12 / 500g
661475 020049	33173	GMO	*	X Pasta, Orzo, Organic	12 / 500g
661475 112102	30103	GMO	*	X Pasta, Penne Rigate, Organic	12 / 500g
661475 112010	30089	GMO	*	X Pasta, Spaghetti, Organic	24 / 500g
661475 008047	30091	GMO	*	X Pasta, Spaghettini, Organic	24 / 500g
661475 300011	33049	*		Whole Tomatoes, Peeled, Organic (can)	12 / 398ml
<b>BLUE DIAMOND   ALMOND BREEZE NON-DAIRY BEVERAGE - VOLUME PRICING</b>					
041570 094464	16673	GMO		ALMOND BREEZE, Almond Coconut, Unsweetened	12 / 946ml U
041570 052747	06183	GMO		ALMOND BREEZE, Chocolate	12 / 946ml U
041570 052723	16671	GMO		ALMOND BREEZE, Original	12 / 946ml U
041570 059609	06731	GMO		ALMOND BREEZE, Unsweetened Chocolate	12 / 946ml U
041570 055311	06088	GMO		ALMOND BREEZE, Unsweetened Original	12 / 946ml U
041570 055830	06613	GMO		ALMOND BREEZE, Unsweetened Vanilla	12 / 946ml U
041570 052730	06181	GMO		ALMOND BREEZE, Vanilla	12 / 946ml U
				<b>Buy 5-10 cases (946ml only)</b>	<b>Save 3.95</b>
				<b>Buy 11-19 cases (946ml only)</b>	<b>Save 4.95</b>
				<b>Buy 20+ cases (946ml only)</b>	<b>Save 5.60</b>
<b>BLUE DIAMOND   NUT THINS CRACKERS - \$5.36 OFF</b>					
041570 054192	16178	GMO	GF	Nut Thins, Almond	12 / 120g
041570 099162	16568	GMO	GF	Nut Thins, Almond, Hint of Sea Salt	12 / 120g
041570 054291	16179		GF	Nut Thins, Pecan	12 / 120g
<b>BLUEBIRD PROVISIONS   BONE BROTH - UP TO \$13.86 OFF</b>					
627843 623557	68603		BC	Instant Bone Broth Mix, Chicken	6 / 200g
627843 623564	68604	*	BC	X Bone Broth, Beef, Organic (FROZEN)	6 / 420ml
627843 623571	68605	*	BC	X Bone Broth, Chicken, Organic (FROZEN)	6 / 420ml
<b>BOB'S RED MILL PRODUCTS - UP TO \$5.36 OFF</b>					
039978 302366	20180	GMO		X Flour, Unbleached Artisan Bread	4 / 2.27kg
039978 322982	20182	GMO		X Flour, Unbleached Pastry	4 / 2.27kg
039978 333001	20171	GMO		X Flour, Whole Wheat	4 / 2.27kg
039978 323071	22364	GMO		X Popcorn, Yellow	4 / 850g
039978 002112	34217	GMO	*	X Farro, Organic	4 / 680g
039978 323736	30541	GMO	GF	X Gluten Free Steel Cut Oats	4 / 680g
039978 323767	30530	GMO	GF	X Gluten Free Rolled Oats, Quick Cooking	4 / 794g
039978 323866	30552	GMO	GF *	X Gluten Free Rolled Oats, Extra Thick, Organic	4 / 907g
039978 323750	30540	GMO	GF	X Gluten Free Rolled Oats, Old Fashioned	4 / 907g
039978 323873	30551	GMO	GF *	X Gluten Free Rolled Oats, Old Fashioned, Organic	4 / 907g
039978 308443	34207	GMO	GF *	X Chia Seeds, Whole, Organic	5 / 340g
039978 336200	34202	GMO	GF	X Flaxseed, Whole	4 / 368g
039978 249029	34261	GMO	GF	X BOB'S BAR, Peanut Butter & Chocolate	12 / 50g G
039978 003713	34262	GMO	GF	X BOB'S BAR, Peanut Butter & Honey	12 / 50g G
039978 259028	34260	GMO	GF	X BOB'S BAR, Peanut Butter & Jelly Flavour	12 / 50g G
039978 339379	02019	GMO	*	X Flaxseed Meal, Organic (REFRIGERATED)	4 / 453g
039978 333308	34048	GMO	GF	X Flaxseed Meal (REFRIGERATED)	4 / 453g
039978 343307	34054	GMO	GF	X Flaxseed Meal (REFRIGERATED)	4 / 907g
<b>BREMNER'S   JUICE - UP TO \$12.00 OFF</b>					
834644 005363	55066	*	BC	X Blackberries, Organic (FROZEN)	12 / 300g
834644 005318	55065	*	BC	X Blueberries, Organic (FROZEN)	12 / 300g
834644 005424	55071	*	BC	X Pineapple Chunks, Organic (FROZEN)	12 / 300g
834644 005394	55068	*	BC	X Strawberries, Organic (FROZEN)	12 / 300g
834644 003208	05239	*	BC	Juice, Blueberry, Organic (bottle)	12 / 946ml U
834644 003222	05249	*	BC	Juice, Cranberry, Organic (bottle)	12 / 946ml U
834644 003055	05086	*	BC	Juice, Pomegranate, Organic (bottle)	12 / 946ml U
<b>CABOO   TREE-FREE PAPER PRODUCTS - 10% OFF</b>					
628451 738510	46311	GMO		Bath Tissue (300 sheets per roll)	6 / 9pk G P
628451 738459	46309	GMO		X Bath Tissue (500 sheets per roll)	24 / 1ea G P
627843 202783	46452	GMO		Facial Tissue Cube	12 / 60ct G P
627843 347835	46451	GMO		Facial Tissue	12 / 120ct G P
628451 738176	46312	GMO		Paper Towels, Plastic Free Wrap (75 sheets per roll)	8 / 3pk G P
<b>CALIFIA FARMS   COLD BREW COFFEE (REFRIGERATED) - \$3.20 OFF</b>					
813636 020584	62205			Cold Brew Coffee with Almond Bev, Mocha	6 / 1.4L U
813636 020591	62204	GMO	GF	Cold Brew Coffee with Almond Bev, XX Espresso	6 / 1.4L U

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<b>CAMINO   CHOCOLATE BAR - UP TO 15% OFF + VOLUME PRICING</b>				
752612 100684	37010	* @	ⓧ X Dark Chocolate, 55% Cacao, Coconut Milk, Organic (Dairy Alternative)	14 / 80g G
752612 100660	37683	* @	ⓧ X Dark Chocolate, 55% Cacao, Salted Caramel Crunch, Organic	14 / 80g G
752612 100653	37684	* @	ⓧ X Dark Chocolate, 88% Cacao, Intensely Dark, Organic	14 / 80g G
752612 100691	37011	* @	ⓧ X Dark Chocolate, 92% Cacao, Night Fall, Organic	14 / 80g G
			<b>Buy 24+ cases</b>	<b>Save 5%</b>
752612 100677	37009	* @	ⓧ X Dark Chocolate, 55% Cacao, Almond & Sea Salt, Organic	12 / 100g G
752612 100165	36476	* @	ⓧ X Dark Chocolate, 55% Cacao, Almonds, Organic	12 / 100g G
752612 100196	36734	* @	ⓧ X Dark Chocolate, 55% Cacao, Organic	12 / 100g G
752612 100240	37007	* @	ⓧ X Dark Chocolate, 65% Cacao, Orange, Organic	12 / 100g G
752612 100363	37273	* @	ⓧ X Dark Chocolate, 65% Cacao, Raspberries, Organic	12 / 100g G
752612 100202	36735	* @	ⓧ X Dark Chocolate, 67% Cacao, Mint, Organic	12 / 100g G
752612 100172	36475	* @	ⓧ X Dark Chocolate, 71% Cacao, Bittersweet, Organic	12 / 100g G
752612 100349	37258	* @	ⓧ X Dark Chocolate, 80% Cacao, Extra Dark, Organic	12 / 100g G
752612 100356	37259	* @	ⓧ X Milk Chocolate, Sea Salt, Organic	12 / 100g G
752612 100158	36474	* @	ⓧ X Milk Chocolate, Organic	12 / 100g G
			<b>Buy 24+ cases</b>	<b>Save 5%</b>
752612 100806	37012	GMO V * @	X <b>NEW!</b> Milk-Style Chocolate (oat-based), Creamy Choccol-Oat, Organic	14 / 80g G
752612 100813	37013	GMO V * @	X <b>NEW!</b> Milk-Style Chocolate (oat-based), Hazelnuts & Salted Caramel, Organic	14 / 80g G
<b>CANADIAN HERITAGE ORGANICS   MAPLE BUTTER &amp; SYRUP - 15% OFF</b>				
620892 000140	44259	GMO * +	ⓧ Maple Butter, Organic	12 / 160g
620892 000065	44262	GMO * +	ⓧ Maple Syrup, Amber, Organic	12 / 250ml
620892 000232	44264	GMO * +	ⓧ Maple Syrup, Dark, Organic	12 / 250ml
620892 000072	44263	GMO * +	ⓧ Maple Syrup, Amber, Organic	12 / 500ml
620892 000249	44265	GMO * +	ⓧ Maple Syrup, Dark, Organic	12 / 500ml
620892 000294	44266	GMO * +	ⓧ Maple Syrup, Very Dark, Organic	12 / 500ml
620892 000256	44257	GMO * +	ⓧ Maple Syrup, Dark, Organic	12 / 1L
620892 000089	44258	GMO * +	ⓧ Maple Syrup, Amber, Organic	12 / 1L
620892 000300	44267	GMO * +	ⓧ Maple Syrup, Very Dark, Organic	12 / 1L
<b>CHA'S ORGANICS PRODUCTS - UP TO \$5.18 OFF</b>				
806253 210407	15040	GMO * @	ⓧ Coconut Cream, Full Cream, Organic	12 / 400ml
806253 210414	15080	GMO * @	ⓧ Coconut Milk, Premium, Organic	12 / 400ml
806253 210421	15081	GMO * @	ⓧ Coconut Milk, Light, Organic	12 / 400ml
806253 600512	15042	GMO * @	ⓧ Coconut Oil, Deodorized, Organic	6 / 500ml
806253 600505	15043	GMO * @	ⓧ Coconut Oil, Virgin, Organic	6 / 500ml
806253 210483	15041	GMO * @	ⓧ Coconut Whipping Cream, Organic	6 / 400ml
<b>CHIWIS   SUPERFRUIT SNACK - VOLUME PRICING</b>				
628451 225010	11307		ⓧ X Fruit Chips, Kiwi, Original	12 / 50g G
628451 225027	11308		ⓧ X Fruit Chips, Kiwi, Tropical	12 / 50g G
628451 225263	11352		ⓧ X Fruit Chips, Mango	12 / 50g G
628451 225287	11350		ⓧ X Fruit Chips, Orange	12 / 50g G
628451 225270	11351		ⓧ X Fruit Chips, Pina (pineapple)	12 / 50g G
			<b>Buy 10-14 cases</b>	<b>Save 10%</b>
			<b>Buy 15-19 cases</b>	<b>Save 15%</b>
			<b>Buy 20+ cases</b>	<b>Save 20%</b>
<b>CHOSEN FOODS PRODUCTS - UP TO \$6.10 OFF + VOLUME PRICING</b>				
815074 022441	32300	GMO GF	Dressing, Apple Cider Vinaigrette	6 / 237ml
815074 022496	32301	GMO GF	Dressing, Caesar	6 / 237ml
815074 021444	32302	GMO GF	Dressing, Chipotle Ranch	6 / 237ml
815074 021437	32303	GMO GF	Dressing, Lemon Garlic	6 / 237ml
815074 022830	32304	GMO GF	Dressing, Ranch	6 / 237ml
			<b>Buy 5+ cases (Dressing Skus Only)</b>	<b>Save 1.31</b>
815074 020003	32313	GMO GF	Mayo, Classic Avocado oil	6 / 355ml
815074 020409	32314	GMO GF	Mayo, Keto (certified)	6 / 355ml
			<b>Buy 5+ cases (Mayo Skus Only)</b>	<b>Save 2.03</b>
815074 020737	32307	GMO	All-Purpose Cooking Oil, 100% Pure Avocado	6 / 250ml
853807 005033	32312	GMO	All-Purpose Cooking Spray, 100% Pure Avocado Oil	6 / 134g
			<b>Buy 10+ cases (Oil Skus Only)</b>	<b>Save 1.44</b>
853807 005064	32308	GMO	All-Purpose Cooking Oil, 100% Pure Avocado	6 / 500ml
			<b>Buy 10+ cases (Oil Skus Only)</b>	<b>Save 2.88</b>
853807 005828	32309	GMO	All-Purpose Cooking Oil, 100% Pure Avocado	6 / 750ml
			<b>Buy 10+ cases (Oil Skus Only)</b>	<b>Save 3.56</b>
853807 005231	32310	GMO	Avocado Oil, Virgin	6 / 250ml
			<b>Buy 10+ cases (Oil Skus Only)</b>	<b>Save 2.10</b>
853807 005859	32311	GMO *	Avocado, Coconut & Safflower Oil Blend, Organic	4 / 750ml
			<b>Buy 10+ cases (Oil Skus Only)</b>	<b>Save 1.88</b>

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815074 022915	32318	GMO	Cooking Oil Spray, Pure Avocado Oil	6 / 383g
			<b>Buy 8+ cases (Spray Skus Only)</b>	<b>Save 2.51</b>
815074 021857	32320	GMO	Oil Spray, Avocado Oil, Garlic Infused	6 / 134g
			<b>Buy 8+ cases (Spray Skus Only)</b>	<b>Save 1.65</b>
815074 023516	32319	GMO	* Oil Spray, Chosen Blend, Organic	6 / 134g
			<b>Buy 8+ cases (Spray Skus Only)</b>	<b>Save 1.14</b>
815074 020010	32326	GMO GF	<b>NEW!</b> Mayonnaise, Classic, 100% Pure Avocado Oil (squeeze bottle)	6 / 332ml
<b>CLEVER   PREMIUM MOCKTAIL - 10% OFF</b>				
854531 000097	17554		+ P X Mocktail, Sangria (can)	12 / 355ml G P U
<b>CLIF BAR - UP TO \$3.18 OFF</b>				
722252 606426	37132	GMO	X BUILDER's Protein Bar, Chocolate	12 / 68g G
722252 606440	37340	GMO	X BUILDER's Protein Bar, Chocolate Mint	12 / 68g G
722252 606419	37133	GMO	X BUILDER's Protein Bar, Chocolate Peanut Butter	12 / 68g G
722252 432018	37907	GMO	Energy Bar, Chocolate Chip	3 / 16x68g
722252 432070	37908	GMO	Energy Bar, Crunchy Peanut Butter	3 / 16x68g
722252 342997	37911	GMO	* X Nut Butter Bar, Chocolate Chip & Peanut Butter, Organic	12 / 50g G
722252 128102	37735	GMO	* + X Nut Butter Bar, Chocolate Peanut Butter, Organic	12 / 50g G
722252 028037	37737	GMO	* + X Nut Butter Bar, Peanut Butter, Organic	12 / 50g G
722252 194336	37599	GMO	* ORGANIC ZBARS, Chocolate Brownie	6 / 5x36g G
722252 194343	37611	GMO	* ORGANIC ZBARS, Chocolate Chip	6 / 5x36g G
722252 195326	37612	GMO	* ORGANIC ZBARS, Iced Oatmeal Cookie	6 / 5x36g G
<b>CLOUD 9 GLUTEN-FREE   BAKING MIXES - 15% OFF</b>				
816512 000502	21037	GF	BC P All Purpose Baking Mix	6 / 1.25kg
816512 000045	21056	GF	BC P Brownie Mix	8 / 550g
816512 000298	21055	GF	BC P Cake & Cupcake Mix, Chocolate	8 / 600g
816512 001776	21060	GF	BC P Cake & Cupcake Mix, Vanilla	8 / 600g
816512 000052	21054	GF	BC P Cookie Mix, Chocolate Chip	8 / 405g
816512 000908	21058	GF V	BC P Pancake & Waffle Mix (gluten free/nut free/dairy-free/soy free/vegan)	8 / 1kg
<b>CROFTER'S ORGANIC   FRUIT SPREAD - UP TO \$2.55 OFF</b>				
067275 000661	42662	GMO	* + P X JUST FRUIT Juice Sweetened, Apricot, Organic	6 / 235ml
067275 000623	42660	GMO	* + P X JUST FRUIT Juice Sweetened, Raspberry, Organic	6 / 235ml
067275 000586	42119	GMO	* + P X JUST FRUIT Juice Sweetened, Seville Orange,	6 / 235ml
067275 000616	42658	GMO	* + P X JUST FRUIT Juice Sweetened, Strawberry, Organic	6 / 235ml
067275 000654	42659	GMO	* + P X JUST FRUIT Juice Sweetened, Wild Blueberry, Organic	6 / 235ml
067275 006106	42677	GMO	* + P X Premium Spread, Apricot, Organic	6 / 383ml
067275 006052	42670	GMO	* + P X Premium Spread, Berry Harvest, Organic	6 / 383ml
067275 006113	42678	GMO	* + P X Premium Spread, Blackberry, Organic	6 / 383ml
067275 006120	42676	GMO	* + P X Premium Spread, Four Fruit, Organic	6 / 383ml
067275 006137	42680	GMO	* + P X Premium Spread, Mango, Organic	6 / 383ml
067275 006144	42679	GMO	* + P X Premium Spread, Morello Cherry, Organic	6 / 383ml
067275 006083	42674	GMO	* + P X Premium Spread, Peach, Organic	6 / 383ml
067275 006014	42654	GMO	* + P X Premium Spread, Seedless Raspberry, Organic	6 / 383ml
067275 006021	42652	GMO	* + P X Premium Spread, Strawberry, Organic	6 / 383ml
067275 006045	42672	GMO	* + P X Premium Spread, Wild Blueberry, Organic	6 / 383ml
067275 006069	42671	GMO	* + P X SUPERFRUIT, Blueberry Blast, Organic	6 / 383ml
067275 006076	42673	GMO	* + P X SUPERFRUIT, Pomegranate Power, Organic	6 / 383ml
<b>CULTURE CRAFT   KOMBUCHA (REFRIGERATED) - 10% OFF</b>				
628176 059211	17330		BC P X <b>NEW!</b> Blueberry Ginger (can)	12 / 355ml G P U
628176 059242	17331		BC P X <b>NEW!</b> Cherry Cream Soda (can)	12 / 355ml G P U
628176 059228	17332		BC P X <b>NEW!</b> Lavender Lemonade (can)	12 / 355ml G P U
628176 059235	17333		BC P X <b>NEW!</b> Peach Basil (can)	12 / 355ml G P U
<b>DAIYA   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED) - 11% OFF</b>				
871459 001128	50134	GMO GF V	BC P Block, Cheddar Style	8 / 200g
871459 001289	50128	GMO	V BC P Block, Feta Flavour	8 / 185g
871459 001296	50129	GMO	V BC P Block, Grilling Cheeze	8 / 195g
871459 001111	50133	GMO GF V	BC P Block, Jack Style	8 / 200g
871459 001135	50135	GMO GF V	BC P Block, Jalapeño Havarti Style	8 / 200g
871459 001142	50154	GMO GF V	BC P Block, Smoked Gouda Style	8 / 200g
871459 003245	50184	GMO GF V	BC P CUTTING BOARD Shreds, Cheddar Style	12 / 200g
871459 003177	50131	GMO GF V	+ P CUTTING BOARD Shreds, Italian 4 Cheeze Blend	12 / 200g
871459 003658	50189	GMO GF V	BC P CUTTING BOARD Shreds, Mexican 4 Cheeze	12 / 200g
871459 003238	50185	GMO GF V	BC P CUTTING BOARD Shreds, Mozza Style	12 / 200g
871459 003665	50130	GMO GF V	BC P CUTTING BOARD Shreds, Parmesan Style	12 / 200g
871459 003252	50186	GMO GF V	BC P CUTTING BOARD Shreds, Spicy Monterey Jack	12 / 200g
871459 000329	50139	GMO GF V	BC P Slices, Cheddar Style	8 / 220g
871459 000336	50002	GMO GF V	BC P Slices, Mozza Style	8 / 220g
871459 000343	50003	GMO GF V	BC P Slices, Smoked Gouda Style	8 / 220g
871459 000305	50138	GMO GF V	BC P Slices, Swiss Style	8 / 220g



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<b>DAIYA DAIRY-FREE   PIZZA &amp; FLATBREAD (FROZEN) - 11% OFF</b>				
871459 002552	50317	GMO	GF V BC P X	Flatbread, Meatless Italian Sausage flavored Crumbles, Roasted Pepper & Kale 8 / 322g
871459 002538	50316	GMO	GF V BC P X	Flatbread, Mushroom, Caramelized Onion & Fig 8 / 346g
871459 002989	50173	GMO	GF V BC P X	Pizza, Classic w/ Meatless Pepperoni Flavoured Slices, Dairy-Free 8 / 472g
871459 002323	50144	GMO	GF V BC P X	Pizza, Cheeze Lover's, Dairy-Free 8 / 444g
871459 002521	50147	GMO	GF V BC P X	Pizza, Fire-Roasted Vegetable, Dairy-Free 8 / 492g
871459 002705	50314	GMO	GF V + P X	Pizza, Garlic & Herb Crust, Four Cheeze 8 / 390g
871459 002712	50315	GMO	GF V + P X	Pizza, Garlic & Herb Crust, Veggie Lover's 8 / 426g
871459 002422	50145	GMO	GF V BC P X	Pizza, Margherita, Dairy-Free 8 / 462g
871459 002996	50188	GMO	GF V BC P X	Pizza, Meatless Deli Style, Dairy-Free 8 / 542g
871459 002828	50155	GMO	GF V BC P X	Pizza, Supreme, Dairy-Free 8 / 550g
871459 002491	50311	GMO	GF BC P X	Vegetable Crust Pizza, Italian Herbs & Plant Based Cheeze 8 / 382g
871459 002507	50313	GMO	GF BC P X	Vegetable Crust Pizza, Meatless Pepperoni Flavoured w/Jalapeño 8 / 405g
871459 002514	50312	GMO	GF BC P X	Vegetable Crust Pizza, Mediterranean 8 / 411g
871459 002576	50318		GF V BC P X	<b>NEW!</b> Flatbread, Plant-Based Chicken, Smoked Bacon & Ranch Flavour 8 / 331g
871459 002972	50319	GMO	GF V BC P X	<b>NEW!</b> Pizza, BBQ Plant-Based Chicken Flavour 8 / 433g
<b>DEEBEE'S ORGANICS   SUPERFRUIT FREEZIE - \$3.69 OFF</b>				
838913 000202	39099	GMO	* P X	SUPERFRUIT Freezie, Organic (shelf stable) 18 / 10x40ml G
838913 000509	39094	GMO	* P X	SUPERFRUIT Freezie, Tropical, Organic (shelf stable) 18 / 10x40ml G
<b>EARTH BALANCE   SPREAD &amp; STICKS (REFRIGERATED) - UP TO \$9.90 OFF</b>				
033776 111700	51110		V	Traditional Spread, Olive Oil 6 / 368g
033776 011840	51100		V*	Traditional Spread, Organic 12 / 368g
033776 011727	42003		V	Traditional Spread, Original 12 / 425g
033776 011697	51104		V	Traditional Spread, Soy Free 12 / 425g
033776 011826	42004		V	Vegan Cooking & Baking Sticks (4 pk) 18 / 454g
<b>EARTH'S OWN   PLANT BASED BEVERAGE &amp; HALF &amp; HALF ALTERNATIVE - 10% OFF</b>				
626027 114041	08316	GMO	BC P	Beverage, Almond, Unsweetened Vanilla (TetraPak) 12 / 946ml U
626027 841022	08313	GMO	BC P	Beverage, Oat, Unsweetened Original (gable top) (REFRIGERATED) 6 / 1.75L U
626027 818178	08314		BC P	CAFÉ EDITION, For Coffee Oat, French Vanilla (REFRIGERATED) 8 / 473ml
626027 818185	08315		BC P	CAFÉ EDITION, For Coffee Oat, Salted Caramel (REFRIGERATED) 8 / 473ml
<b>EAT WHOLESOME FOOD CO. PRODUCTS - 10% OFF</b>				
638170 906213	33614	GMO	* P	Vinegar, Balsamic of Modena, Organic 12 / 500ml
5060844 590346	33615	GMO	* P	Soup, Italian Bean & Vegetable, Organic 12 / 398ml
5060844 590360	33616	GMO	* P	Soup, Italian Tomato & Basil, Organic 12 / 398ml
5060844 590353	33617	GMO	* P	Soup, Lentil & Zucchini, Organic 12 / 398ml
<b>ECOSAFE-6400   COMPOSTABLE SANDWICH BAGS - 15% OFF</b>				
678526 500078	46275		P	Sandwich Bags 12 / 100ct G P
<b>EDEN PRODUCTS - UP TO \$16.62 OFF</b>				
024182 420876	02117		*	Brown Rice Vinegar, Organic 12 / 296ml
024182 001624	02114		GF	Red Wine Vinegar (raw unpasteurized) 12 / 473ml
024182 000290	28006		GF *	Sesame Oil, Extra Virgin, Organic 12 / 473ml
024182 000306	28007		GF	Sesame Oil, Toasted 12 / 148ml
024182 425901	02119		GF	Ume Plum Vinegar 12 / 296ml
<b>ELIAS   HONEY - 10% OFF</b>				
055013 000226	44068		BC P	Liquid Squeeze Honey, Canada #1 White 12 / 500g
055013 000127	44067		BC P	Liquid Squeeze Honey, Canada #1 White 12 / 1kg
<b>ENDANGERED SPECIES   CHOCOLATE BAR - 15% OFF</b>				
037014 242379	36219	GMO	GF V @ X	Dark Chocolate Chimp Bar (72% Cocoa) 12 / 85g G
037014 000528	37745	GMO	GF @ X	Dark Chocolate Eagle Bar, Caramel & Sea Salt (60% Cocoa) 12 / 85g G
037014 242287	36213	GMO	GF V @ X	Dark Chocolate Grizzly Bar, Raspberries (72% Cocoa) 12 / 85g G
037014 000139	37450	GMO	GF V @ X	Dark Chocolate Owl Bar, Sea Salt & Almonds (72% Cocoa) 12 / 85g G
037014 242478	36661	GMO	GF V @ X	Dark Chocolate Panther Bar (88% Cocoa) 12 / 85g G
037014 242263	36212	GMO	GF V @ X	Dark Chocolate Rainforest, Forest Mint (72% Cocoa) 12 / 85g G
037014 100136	37451	GMO	GF @ X	Dark Chocolate Rhino Bar, Hazelnut Toffee (72% Cocoa) 12 / 85g G
037014 242300	36221	GMO	GF V @ X	Dark Chocolate Wolf Bar, Cranberries & Almonds (72% Cocoa) 12 / 85g G
037014 242317	36216	GMO	GF @ X	Milk Chocolate Otter Bar (48% Cocoa) 12 / 85g G

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037014 321029	36224	GMO GF V @	X Oat Milk Dark Chocolate Bumble Bee Bar, Sea Salt & Almonds (55% Cocoa)	12 / 85g G
037014 321012	36223	GMO GF V @	X Oat Milk Dark Chocolate Gorilla Bar, Rice Crisp (55% Cocoa)	12 / 85g G
037014 321050	36214	GMO GF V @	X Oat Milk Dark Chocolate Koala Bar, Coconut & Almonds (75% cocoa)	12 / 85g G
<b>EVERGREEN   WHEATGRASS JUICE (FROZEN) - 23% OFF</b>				
778702 598001	82051	GMO * +	X Wheatgrass Juice, Organic	10 / 5x30ml
<b>EVIVE   SMOOTHIE CUBES (FROZEN) - 15% OFF</b>				
628110 947048	24703	GMO +	X Asana	8 / 405g
628110 947031	24702	GMO * +	X Yogi, Organic	8 / 405g
<b>FARMHOUSE CULTURE   GUT SHOT BEVERAGE (REFRIGERATED) - \$3.30 OFF</b>				
850273 005956	32505	GMO GF *	X Gut Shot, Classic, Organic	6 / 473ml U
850273 005970	32507	GMO GF *	X Gut Shot, Garlic Dill Pickle, Organic	6 / 473ml U
850273 005994	32508	GMO GF *	X Gut Shot, Ginger Beet, Organic	6 / 473ml U
<b>FERIDIES   PEANUTS - 10% OFF</b>				
045518 011261	34700	GMO	Virginia Peanuts, Honey Roasted	12 / 255g G
045518 009022	34702	GMO	Virginia Peanuts, Salted	12 / 255g G
<b>FEVER-TREE   DRINK MIXER - 15% OFF</b>				
812136 030215	07807		Club Soda (can)	3 / 8x150ml G P U
<b>FLOW   ALKALINE SPRING WATER - UP TO 15% OFF</b>				
840277 000903	06023	GMO * +	X Spring Water, Peach Blueberry, Organic (Tetra)	12 / 500ml G U
627843 463757	06020		X Spring Water, Original (Tetra)	12 / 500ml U
627843 463788	06025		Spring Water, Original (Tetra)	12 / 1L U
<b>FREYUMM   ALLERGEN-FREE COOKIES &amp; CRACKERS - \$4.50 OFF</b>				
816695 000788	10290	GF	BC X Cookies, Banana Maple	6 / 7x22g
816695 000795	10291	GF	BC X Cookies, Double Chocolate	6 / 7x22g
816695 004069	10323	GMO GF	BC X Cracker Bites, Cheezy	6 / 120g
816695 004076	10324	GMO GF	BC X Cracker Bites, Pizza	6 / 120g
816695 004038	10322	GMO GF	BC X Crackers, Herb & Seed	6 / 120g
816695 004014	10320	GMO GF	BC X Crackers, Himalayan Salt	6 / 120g
816695 004021	10321	GMO GF	BC X Crackers, Zesty Cheese	6 / 120g
<b>FRONTERA   GOURMET MEXICAN COOKING SAUCE - UP TO \$2.80 OFF</b>				
604183 121424	20163		X Enchilada Sauce, Mild Red Chile (pouch)	6 / 226g
604183 121714	29069		X Skillet Sauce, Mild Taco, Chicken (pouch)	6 / 226g
604183 121707	20165		X Skillet Sauce, Mild Taco, Texas Original (pouch)	6 / 226g
<b>GARDEIN   MEAT-FREE ALTERNATIVE (FROZEN) - 15% OFF</b>				
842234 000889	54274	GMO	X Barbecue Wings, Sweet and Tangy	8 / 255g
<b>GIMME ORGANIC   ROASTED SEAWEED - \$8.00 OFF</b>				
855463 005280	24166	GMO GF V *	X Roasted Seaweed, Sea Salt & Avocado Oil, Organic	8 / 6x4.5g G
851093 004327	24135	GMO GF *	X Roasted Seaweed Snacks, Extra Virgin Olive Oil, Organic	8 / 6x5g G
851093 004303	24136	GMO GF *	X Roasted Seaweed Snacks, Sea Salt, Organic	8 / 6x5g G
851093 004310	24137	GMO GF *	X Roasted Seaweed Snacks, Teriyaki, Organic	8 / 6x5g G
851093 004372	24164	GMO GF V *	X Sushi Nori, Roasted, Organic (10ct)	12 / 23g
<b>GINGER PEOPLE PRODUCTS - UP TO \$7.26 OFF</b>				
734027 901605	06231	GF *	Ginger Juice (condiment), Organic	12 / 147ml
734027 995017	06177	GMO	X GINGER SOOTHER, Lemon & Honey	24 / 355ml G U
734027 904064	14196	GF *	Ginger, Minced (jar), Organic	12 / 190g
734027 904071	14197	GF *	Ginger, Natural Pickled Sushi (jar), Organic	12 / 190g
734027 901391	14391	GMO	Sauce, Spicy Ginger Teriyaki	12 / 375ml G
734027 901377	14390	GMO	Sauce, Sweet Ginger Chili	12 / 375ml
<b>GLUTINO PRODUCTS - UP TO \$8.04 OFF</b>				
678523 070345	16493	GF +	X Cookies, Chocolate Chip	12 / 245g
678523 038451	16422	GF	Crackers (Rounds), Cheddar	6 / 125g
678523 038475	16423	GF	Crackers (Rounds), Multigrain	6 / 125g
678523 038512	16421	GF	Crackers (Rounds), Original	6 / 125g
678523 070321	16495	GF +	Cream Sandwich Cookies, Chocolate Vanilla	12 / 300g
678523 070307	16494	GF +	Crème Dreams	
678523 040119	37333	GF +	Cream Sandwich Cookies, Vanilla Crème Dreams	12 / 300g
678523 040072	36160	GF +	X Pretzel Sticks	12 / 400g G
678523 040025	37310	GF +	X Pretzels	12 / 400g G
678523 040225	37310	GF +	X Pretzels, Chocolate Covered	12 / 156g G
678523 040249	37311	GF +	X Pretzels, Yogurt Covered	12 / 156g G
678523 010402	38533	GF +	Wafer Cookies, Chocolate, Milk Chocolate Coated	12 / 130g
678523 010419	38535	GF +	Wafer Cookies, Lemon	12 / 200g
678523 010426	38534	GF +	Wafer Cookies, Vanilla, Milk Chocolate Coated	12 / 130g

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<b>GOBIO! PRODUCTS - UP TO 15% OFF</b>				
687789 217012	45321	GMO *	Fruit Gummies, Sour, Organic	10 / 75g G
687789 216015	45320	GMO *	Gummi Bears, Mixed Fruit, Organic	10 / 75g G
687789 215018	45322	GMO V *	Gummi Bears, Vegan, Organic	10 / 75g G
687789 032233	45332	GMO *	Pesto Cubes, Genovese, Organic	15 / 54g
687789 220012	45324	GMO *	Wine Gums, Organic	10 / 75g G
<b>GREEN CUISINE   TEMPEH (REFRIGERATED) - 10% OFF</b>				
068532 765477	40530	BC	X TEMPEH, Miso Gravy	1 / 225g
068532 654368	40531	BC	X TEMPEH, Sweet Chili	1 / 225g
<b>GUAYAKI   YERBA MATE BEVERAGE - 10% OFF</b>				
632432 000190	07332	GMO * @	X Bluephoria, Organic (can)	12 / 458ml G U
632432 000114	07153	GMO * @	X Enlighten Mint, Organic (can)	12 / 458ml G U
632432 000121	07151	GMO * @	X Lemon Elation, Organic (can)	12 / 458ml G U
632432 000138	07152	GMO * @	X Revel Berry, Organic (can)	12 / 458ml G U
<b>GUSTA   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED) - 10% OFF</b>				
627552 108017	54760	+ F	NEW! Fish Free Tuna	12 / 260g
627552 101070	54742	+ F	NEW! Seitan Pizzaroni	12 / 200g
627552 101094	54734	+ F	NEW! Seitan Sausages, Apple Maple (4pk)	12 / 320g
627843 577843	54730	+ F	NEW! Seitan Sausages, Italiana (4pk)	12 / 350g
627843 577867	54732	+ F	NEW! Seitan Sausages, Oktoberfest (4pk)	12 / 350g
627552 101131	54735	+ F	NEW! Seitan Sausages, Sage and Lemon (4pk)	12 / 320g
627843 577874	54733	+ F	NEW! Seitan Sausages, Smoked (4pk)	12 / 350g
627843 577850	54731	+ F	NEW! Seitan Sausages, Smoked Paprika (4pk)	12 / 350g
<b>HAPPY PLANET   MORNIN' OATZ SMOOTHIES &amp; JUICE - 10% OFF</b>				
779172 222984	01347	GMO	MORNIN' OATZ, Superfood Smoothie, Chocolate (TetraPak)	12 / 946ml G U
779172 222694	01348	GMO	MORNIN' OATZ, Superfood Smoothie, Creamy Original (TetraPak)	12 / 946ml G U
779172 222243	01346	GMO	MORNIN' OATZ, Superfood Smoothie, Vanilla (TetraPak)	12 / 946ml G U
779172 417199	06260	GMO *	Juice, Mango & Peach, Organic (gable carton) (REFRIGERATED)	6 / 1.75L U
779172 417366	06506	GMO *	Juice, Pomegranate & Blueberry, Organic (gable carton) (REFRIGERATED)	6 / 1.75L U
779172 417021	06258	GMO *	Juice, Valencia Orange, Organic (gable carton) (REFRIGERATED)	6 / 1.75L U
<b>HARMLESS HARVEST   COCONUT BEVERAGES (REFRIGERATED) - 10% OFF</b>				
810068 900644	23534	* @	X Coconut Smoothie, Chocolate, Organic (plastic bottle)	6 / 296ml U
810068 900668	23535	* @	X Coconut Smoothie, Greens, Organic (plastic bottle)	6 / 296ml U
810068 900637	23533	* @	X Coconut Smoothie, Mango, Organic (plastic bottle)	6 / 296ml U
810068 900651	23536	* @	X Coconut Water w/Pulp, Organic (plastic bottle)	6 / 473ml U
810068 900385	23530	* @	X Coconut Water, Organic (plastic bottle)	12 / 473ml U
810068 900392	23531	* @	Coconut Water, Organic (plastic bottle)	6 / 946ml U
<b>HEALTHY SHORES   CANNED SEAFOOD FOR CATS &amp; DOGS - 15% OFF</b>				
810757 001430	48212	BC	Cat Food, Minced, Pacific Herring	24 / 100g G P
810757 001133	48224	BC	Dog Food, Pacific Herring	24 / 170g G P
<b>HOLY CRAP   BREAKFAST CEREAL - 15% OFF</b>				
883831 100008	22226	GF *	BC Cereal, Apple Cinnamon Superseed Blend, Original	12 / 225g
883831 200005	22227	GF *	BC Cereal, Natural Superseed Blend, Skinny B	12 / 225g
<b>HOUSE OF YEE   GLUTEN FREE DUMPLINGS (FROZEN) - 10% OFF</b>				
627843 351269	24854	GF	BC X Dumplings, Chicken	12 / 400g
627843 351313	24855	GF	BC X Dumplings, Plant Based Golden (turmeric wrap)	12 / 400g
627843 351306	24856	GF	BC X Dumplings, Plant Based Jade (spinach wrap)	12 / 400g
627843 351252	24857	GF	BC X Dumplings, Plant Based Ruby (red beet wrap)	12 / 400g
627843 351283	24853	GF	BC X Dumplings, Pork	12 / 400g
<b>HUER   SENSIBLE SWEETS - 15% OFF</b>				
771047 004565	15405		F SENSIBLE SWEETS, Teddy Bears (20% Fruit Juice)	12 / 170g G
<b>ISLAND KRAUT   RAW KRAUT (REFRIGERATED) - 10% OFF</b>				
068532 487928	14434	BC	NEW! Kimchi Kraut	12 / 750ml
<b>ITO EN   UNSWEETENED READY TO DRINK TEA - 15% OFF</b>				
835143 016928	10020		X Golden Oolong Tea, Unsweetened (plastic bottle)	12 / 500ml U
835143 006950	10021		X Jasmine Green Tea, Unsweetened (plastic botte)	12 / 500ml U
835143 005922	10022		X OI OCHA, Unsweetened Green Tea (can)	24 / 340ml U
835143 001412	10066		X OI OCHA, Unsweetened Green Tea (plastic bottle)	12 / 500ml U
835143 016829	10023		X OI OCHA, Unsweetened Green Tea (plastic bottle)	6 / 2L U
<b>JASON   BODY CARE PRODUCTS - 15% OFF</b>				
078522 840138	80269		X Aloe Vera 98% Gel w/Pump	1 / 227g G P
078522 090250	80259		X Deodorant, Aloe Vera (stick)	1 / 71g G P
078522 090656	80797		X Deodorant, Lavender (stick)	1 / 71g G P
078522 090458	80261		X Deodorant, Tea Tree (stick)	1 / 71g G P
078522 901976	80799		Dry Spray Deodorant, Fresh Cucumber	1 / 113ml G P
078522 901990	80798		Dry Spray Deodorant, Soft Rose	1 / 113ml G P

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078522 015154	80266	X	Toothpaste, Healthy Mouth	1 / 119g	G P
078522 015000	80175	X	Toothpaste, Powersmile	1 / 170g	G P
078522 015109	80185	X	Toothpaste, Sea Fresh	1 / 170g	G P
078522 800255	80240	X	Shampoo, 84% Aloe Vera	1 / 473ml	G P
078522 800293	80227	X	Conditioner, 84% Aloe Vera	1 / 473ml	G P
078522 800057	80241	X	Shampoo, Apricot	1 / 473ml	G P
078522 800095	80229	X	Conditioner, Apricot Keratin	1 / 473ml	G P
078522 870050	80245	X	Shampoo, Biotin	1 / 473ml	G P
078522 870098	80236	X	Conditioner, Biotin	1 / 473ml	G P
078522 850052	80257	X	Shampoo, Sea Kelp	1 / 473ml	G P
078522 850090	80239	X	Conditioner, Sea Kelp	1 / 473ml	G P
078522 800781	80263	X	Shampoo, Normalizing, Tea Tree Scalp	1 / 517ml	G P
<b>JONNY HETHERINGTON ESSENTIALS   CONDIMENTS - 15% OFF</b>					
627843 591412	11180	BC	BBQ Sauce, Smoky Craft Beer	6 / 237ml	
627843 591405	11181	BC	BBQ Sauce, Smoky Original	6 / 237ml	
627843 591399	11182	BC	BBQ Sauce, Smoky Pineapple	6 / 237ml	
627843 591337	11183	BC	Habanero Hot Sauce, Original	6 / 237ml	
627843 591320	11184	BC	Habanero Hot Sauce, Peach	6 / 237ml	
627843 591344	11185	BC	Habanero Hot Sauce, Pineapple	6 / 237ml	
627843 591368	11186	BC	Ketchup, Craft Beer	6 / 237ml	
627843 591351	11187	BC	Ketchup, French Fry/Malt Vinegar	6 / 237ml	
627843 591375	11188	BC	Ketchup, Original	6 / 237ml	
<b>JOVIAL   ITALIAN PASTA - 15% OFF</b>					
815421 011302	17523	GMO GF *	Pasta, Brown Rice Egg Tagliatelle, Organic	12 / 255g	
815421 011234	17522	GMO GF *	Pasta, Brown Rice Fusilli, Organic	12 / 340g	
815421 011227	17521	GMO GF *	Pasta, Brown Rice Penne, Organic	12 / 340g	
815421 011203	17520	GMO GF *	Pasta, Brown Rice Spaghetti, Organic	12 / 340g	
815421 011937	17532	GMO GF *	Pasta, Grain Free Cassava Orzo, Organic	12 / 227g	
815421 011913	17530	GMO GF *	Pasta, Grain Free Cassava Fusilli, Organic	6 / 227g	
815421 011920	17531	GMO GF *	Pasta, Grain Free Cassava Penne, Organic	6 / 227g	
815421 011906	17529	GMO GF *	Pasta, Grain Free Cassava Spaghetti, Organic	12 / 227g	
<b>JUST EGG   PLANT EGG (FROZEN) - 10% OFF</b>					
191011 000988	68900	GMO	X Plant Egg, Folded	6 / 227g	
<b>JUSTIN'S   NUT BUTTER CUPS - 10% OFF</b>					
840379 128451	10563	GMO GF *	Peanut Butter Cups, Mini Milk Chocolate, Organic	6 / 120g	G
<b>JYOTI NATURAL FOODS   INDIAN CUISINE - 15% OFF</b>					
077502 156153	38542		Madras Sambar, Lentils w/ Vegetables (can)	12 / 425g	
<b>KAN'S GOURMET FOODS   APPETIZERS (FROZEN) - 10% OFF</b>					
189120 000524	54364	GMO V	BC X Falafel, Mini Lentil, w/dipping sauce	12 / 330g	
189120 000531	54367	GMO V	BC X Pakoras, Spinach & Kale (baked), w/dipping sauce	12 / 330g	
189120 000548	54643	V	BC X Pakoras, Yam, w/dipping sauce	12 / 320g	
189120 000517	54363	V	BC X Samosas, Fresh Veggie & Lentil, w/dipping sauce	12 / 320g	
<b>KARTHEIN'S ORGANIC   UNPASTEURIZED KIMCHI &amp; SAUERKRAUT (REFRIGERATED) - 15% OFF</b>					
620892 809927	30225	* +	Kimchi, Raw, Unpasteurized, Organic	12 / 375ml	
620892 809934	30376	* +	Kimchi, Raw, Unpasteurized, Organic	12 / 750ml	
620892 809903	30184	* +	Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 375ml	
620892 809941	30182	* +	Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 375ml	
620892 809989	30221	* +	Sauerkraut, Simple, Raw Unpasteurized, Organic	12 / 375ml	
620892 809965	30223	* +	Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 375ml	
620892 809910	30377	* +	Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12 / 750ml	
620892 809958	30375	* +	Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12 / 750ml	
620892 809996	30185	* +	Sauerkraut, Simple, Raw Unpasteurized, Organic	12 / 750ml	
620892 809972	30227	* +	Sauerkraut, Traditional, Raw Unpasteurized, Organic	12 / 750ml	
<b>KASLO   SOURDOUGH PASTA - 15% OFF</b>					
779605 022716	42187	GMO	BC X Pasta Fermentata, Radiatori, Classic	12 / 227g	
779605 022747	42190	GMO	BC X Pasta Fermentata, Radiatori, Whole Wheat	12 / 227g	
779605 330071	42191	GMO	BC X Pasta Fermentata, Spaghetti	12 / 454g	
<b>KETTLE BRAND   POTATO CHIPS - \$2.52 OFF + VOLUME PRICING</b>					
084114 902726	39220	GF	X Potato Chips, Gourmet, Backyard BBQ	12 / 198g	G
084114 902931	39222	GF	X Potato Chips, Gourmet, Honey Dijon	12 / 198g	G
084114 902764	39223	GMO GF	X Potato Chips, Gourmet, Jalapeño	12 / 198g	G
084114 902702	39226	GMO GF	X Potato Chips, Gourmet, Natural, Salted	12 / 198g	G
084114 902801	39224	GMO GF	X Potato Chips, Gourmet, Natural, Low Sodium	12 / 198g	G
084114 902832	39232	GMO GF	X Potato Chips, Gourmet, Parmesan Garlic	12 / 198g	G
084114 902825	39229	GMO GF	X Potato Chips, Gourmet, Pepperoncini	12 / 198g	G
084114 902788	39231	GMO GF	X Potato Chips, Gourmet, Ranch	12 / 198g	G
084114 902719	39227	GMO GF	X Potato Chips, Gourmet, Sea Salt & Vinegar	12 / 198g	G
084114 902757	39228	GF	X Potato Chips, Gourmet, Yogurt & Green Onion	12 / 198g	G

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084114 902740	39221	GF	X Potato Chips, Gourmet, Cheddar	12 / 198g G
084114 902849	39234	GMO GF	X Potato Chips, Krinkle Cut, Habanero Lime	12 / 198g G
084114 902795	39233	GMO GF	X Potato Chips, Krinke Cut, Truffle & Sea Salt	12 / 198g G
084114 902771	39230	GMO GF	X Potato Chips, Krinkle Cut, Dill Pickle	12 / 198g G
084114 902733	39225	GMO GF	X Potato Chips, Krinkle Cut, Salt & Fresh Ground Pepper	12 / 198g G
			Buy 26+ cases	Save 0.48
<b>KIJU ORGANIC   BEVERAGE - 15% OFF</b>				
189727 000255	06975	GMO	* + Juice, Pomegranate Cherry, Organic (Tetra)	8 / 4x200ml U
<b>KIND   NUT BAR &amp; THINS NUT BARS - UP TO 25% OFF</b>				
602652 281242	39331		Nut Bar, Almond Sea Salt & Dark Chocolate	10 / 5x40g G
602652 431678	39339		Nut Bar, Milk Chocolate	10 / 5x40g G
602652 281112	39329		Nut Bar, Peanut Butter & Dark Chocolate	10 / 5x40g G
602652 431647	39338		Nut Bar, Peanut Butter Milk Chocolate	10 / 5x40g G
602652 288104	37465		X Nut Bar, Peanut Butter	12 / 40g G
602652 431388	39345		X Nut Bar, Peanuts Salted Caramel w/Dark Chocolate	12 / 40g G
602652 429538	39337		THINS Nut Bar, Almond Caramel & Sea Salt	6 / 10x21g G
602652 429422	39336		THINS Nut Bar, Nuts Sea Salt & Dark Chocolate	6 / 10x21g G
<b>KINDRED CULTURES   PROBIOTIC WATER KEFIR (REFRIGERATED) - 15% OFF</b>				
628504 073377	23632		BC X NEW! Water Kefir, Cranberry Turmeric (can)	12 / 355ml G P U
628504 073391	23633		BC X NEW! Water Kefir, Lemon Ginger Turmeric (can)	12 / 355ml G P U
628504 073414	23634		BC X NEW! Water Kefir, Power Green (can)	12 / 355ml G P U
628504 073438	23635		BC X NEW! Water Kefir, Strawberry Rosehip (can)	12 / 355ml G P U
<b>KING ISLAND   COCONUT WATER - VOLUME PRICING</b>				
8850813 300031	07130		+ Coconut Water, Pure (gable top)	12 / 1L U
			Buy 10-14 cases	Save 10%
			Buy 15-19 cases	Save 13%
			Buy 20+ cases	Save 15%
<b>KINNIKINNICK PRODUCTS - 15% OFF</b>				
620133 000694	58083	GF V	+ x Artisan Dinner Rolls (6pk)	6 / 294g
620133 000809	58074	GF V	+ X Bread, Cinnamon Raisin	6 / 560g
620133 000458	54348	GF V	+ X Bread, Multigrain	6 / 454g
620133 000441	54342	GF V	+ X Bread, White	6 / 454g
620133 000762	58075	GF V	+ X Bread, Whole Grain	6 / 504g
620133 000472	58076	GF	+ X Bread, Wide Loaf, Seeded	6 / 615g
620133 000465	58077	GF	+ X Bread, Wide Loaf, White	6 / 615g
620133 000731	54345	GF V	+ X Buns, Hamburger (4pk)	6 / 245g
620133 000748	54343	GF V	+ X Buns, Hotdog (4pk)	6 / 285g
620133 003077	55047	GF	+ Cookies, Ginger Snap	6 / 190g
620133 003213	55048	GF	+ Cookies, Montanas Chocolate Chip	6 / 190g
620133 003091	55049	GMO GF V	+ Cookies, S'moreables Graham Style Crackers	6 / 220g
620133 003251	38745	GF	+ Cookies, Vanilla Wafers	6 / 180g
620133 004340	55052	GF	+ Crumbs, Graham Style	6 / 300g
620133 002247	51004	GF	+ X Donuts, Chocolate Dipped (6pk) (FROZEN)	8 / 320g
620133 002230	54346	GF	+ X Donuts, Cinnamon Sugar (6pk) (FROZEN)	8 / 270g
620133 002216	51005	GF	+ X Donuts, Maple Glazed (6pk) (FROZEN)	8 / 320g
620133 002209	51003	GF	+ X Donuts, Vanilla Glazed (6pk) (FROZEN)	8 / 320g
620133 000540	58078	GF	+ X English Muffins, Traditional (6pk)	6 / 354g
620133 003497	16691	GF V	+ KinniKritters Animal Cookies, Chocolate	6 / 220g
620133 003596	16692	GF V	+ KinniKritters Animal Cookies, Graham Style	6 / 220g
620133 003619	16690	GMO GF V	+ KinniKritters Animal Cookies, Vanilla	6 / 220g
620133 003275	58079	GF V	+ KinniTOOS Sandwich Cookies, Birthday	6 / 220g
620133 003640	54583	GMO GF V	+ KinniTOOS Sandwich Cookies, Chocolate	6 / 220g
620133 003282	58080	GF V	+ KinniTOOS Sandwich Cookies, CinnaBunFun	6 / 220g
620133 003299	58081	GF V	+ KinniTOOS Sandwich Cookies, Mint Magic	6 / 220g
620133 003626	54582	GMO GF V	+ KinniTOOS Sandwich Cookies, Vanilla	6 / 220g
620133 105122	55051	GF	+ Mix, Pancake & Waffle	6 / 454g
620133 600153	55053	GF	+ Panko Style Bread Crumbs	6 / 350g
620133 005996	58069	GF V	+ X Pie Crusts 9" (2ct) (FROZEN)	6 / 390g
620133 005590	58070	GF	+ X Pizza Crusts (2ct) (FROZEN)	6 / 300g
620133 001721	54684		+ X Soft Bagels, Blueberry (4pk)	6 / 344g
620133 001714	54685		+ X Soft Bagels, Cinnamon Raisin (4pk)	6 / 352g
620133 001707	54683		+ X Soft Bagels, Plain (4pk)	6 / 344g
620133 600160	58082	GF V	+ Stuffing Mix, Traditional	6 / 185g
620133 005989	58084	GF	+ x Tart Shells (12pk) (FROZEN)	6 / 240g
620133 001974	58071	GF	+ X Waffles, Blueberry (FROZEN)	8 / 222g
620133 001967	58072	GF	+ X Waffles, Cinnamon & Brown Sugar (FROZEN)	8 / 222g
620133 001950	58073	GF	+ X Waffles, Original (FROZEN)	8 / 222g
<b>KOMO COMFORT FOODS   PLANT BASED MEALS (FROZEN) - UP TO 15% OFF</b>				
627987 619577	57000		BC X Chickenless Pot Pie	6 / 900g
627987 619584	57002		BC X Lasagna (2 serving)	6 / 600g
628678 993082	57003		BC X Mac & Greens (2 serving)	6 / 600g
627987 619614	57004		BC X Shepherd's Pie (2 serving)	6 / 600g
<b>KRISDA   SUGAR-FREE SWEETENER &amp; CHOCOLATELY CHIPS - VOLUME PRICING</b>				

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688120 200113	23019	+ ♻️		Chocolatey Chips, Semi-Sweet	6 / 285g		
				<b>Buy 45+ cases</b>	<b>Save 15%</b>		
688120 044540	23023	GMO *	♻️	Sweetener, Erythritol, Organic	6 / 454g		
				<b>Buy 45+ cases</b>	<b>Save 20%</b>		
688120 024542	23022		♻️	Sweetener, Monk Fruit	6 / 454g		
				<b>Buy 45+ cases</b>	<b>Save 20%</b>		
688120 034541	23021		♻️	Sweetener, Xylitol	6 / 454g		
				<b>Buy 45+ cases</b>	<b>Save 20%</b>		
<b>LA PREFERIDA   ORGANIC MEXICAN INGREDIENTS - 10% OFF</b>							
071524 180066	47206	*		Refried Beans, Organic	12 / 398ml		
071524 180073	47207	*		Refried Black Beans, Organic	12 / 398ml		
071524 180103	47210	*		Diced Green Chiles, Mild, Organic (can)	12 / 118ml		
<b>L'ANCÊTRE   CHEESE (REFRIGERATED) - UP TO 10% OFF</b>							
778177 108002	50089	GF *	+ ♻️	Cheese Curds, Organic	8 / 200g		
778177 009101	50025	GMO *	+ ♻️	Raclette Cheese, Sliced, Organic	8 / 160g		
778177 499858	50104	GMO *	+ ♻️	Shredded, Mozzarella, (28% MF) Organic	8 / 200g		
778177 499506	50103	GMO *	+ ♻️	Shredded, Mozza-Cheddar Cheese Blend, Organic	8 / 200g		
778177 499575	50102	GMO *	+ ♻️	Shredded, Triple Cheddar Blend, Organic	8 / 200g		
<b>LICK YOUR CHOPS   DOG FOOD - 10% OFF</b>							
032976 168569	48022			Canned Dog Food, Lamb Dinner with Brown Rice & Carrots	12 / 369g	G P	
032976 169726	48024			Canned Dog Food, Turkey Dinner with Brown Rice & Carrots	12 / 369g	G P	
<b>LILY'S   NO SUGAR ADDED BAKING CHIPS &amp; CHOCOLATE BAR - UP TO \$8.55 OFF</b>							
810003 460516	21364	GMO GF @		Baking Chips, Dark Chocolate Style (55% Cocoa)	12 / 255g		
810003 460936	21365	GMO GF @		Baking Chips, Semi-Sweet Style (45% Cocoa)	12 / 255g		
810003 460486	21358	GF @		X Dark Chocolate Style, Almond (55% Cocoa)	12 / 85g	G	
810003 460462	21356	GF @		X Dark Chocolate Style, Coconut (55% Cocoa)	12 / 85g	G	
810003 460479	21357	GF @		X Dark Chocolate Style, Crispy Rice (55% Cocoa)	12 / 85g	G	
810003 460455	21355	GF @		X Dark Chocolate Style, Original (55% Cocoa)	12 / 85g	G	
810003 460912	21362	GF @		X Extra Dark Chocolate Style, Sea Salt (70% Cocoa)	12 / 80g	G	
810003 460929	21363	GF @		X Extremely Dark Chocolate Style (85% Cocoa)	12 / 80g	G	
810003 460493	21359	GF @		X Milk Chocolate Style, Creamy Milk (40% Cocoa)	12 / 85g	G	
810003 460509	21360	GF @		X Milk Chocolate Style, Salted Almond (40% Cocoa)	12 / 85g	G	
810003 460905	21361	GF @		X Milk Chocolate Style, Salted Caramel (40% Cocoa)	12 / 80g	G	
<b>LOOP MISSION   100% UPCYCLED COLD-PRESSED SMOOTHIE (REFRIGERATED) - 15% OFF</b>							
056719 900254	11243	GMO	+ ♻️	Smoothie, Early Bird (strawberry, bananas, clementine) (plastic)	6 / 1L	U	
056719 900261	11244	GMO	+ ♻️	Smoothie, Green Vibes (spinach, kale, pineapple, spirulina) (plastic)	6 / 1L	U	
056719 900278	11245	GMO	+ ♻️	Smoothie, Wild Summer (blueberry, blackberry, banana) (plastic)	6 / 1L	U	
<b>LOTUS FOODS   RICE RAMEN NOODLES - UP TO 10% OFF</b>							
708953 622125	39904	GMO GF *		X Ramen Noodles, Jade Pearl Rice, Organic	6 / 283g		
708953 622132	39905	GMO GF *		X Ramen Noodles, Millet & Brown Rice, Organic	6 / 283g		
<b>LOVE GOOD FATS   KETO BAR - \$3.00 OFF</b>							
840659 001955	11509	GMO	+ ♻️	X <b>NEW!</b> Keto Bar, Double Chocolate	12 / 35g	G	
840659 001924	11508	GMO	+ ♻️	X <b>NEW!</b> Keto Bar, Salted Caramel	12 / 35g	G	
<b>LUNDBERG   WHOLE GRAIN RICE CAKES - 15% OFF</b>							
073416 561601	31230	GMO GF *		THIN STACKERS, Sea Salt & Fine Herbs, Organic	6 / 167g		
<b>MADEGOOD   GRANOLA SNACKS - \$2.10 OFF</b>							
687456 214139	64055	GMO GF V *	+ ♻️	Chocolate Drizzled Granola Bars, Birthday Cake, Organic	6 / 5x24g	G	
687456 214146	64056	GMO GF V *	+ ♻️	Chocolate Drizzled Granola Bars, Cookie Crumble, Organic	6 / 5x24g	G	
687456 214122	64054	GMO GF V *	+ ♻️	Chocolate Drizzled Granola Bars, Vanilla, Organic	6 / 5x24g	G	
687456 213040	64020	GMO GF V *	+ ♻️	Granola Bars, Chocolate Banana, Organic	6 / 5x24g	G	
687456 213019	64023	GMO GF V *	+ ♻️	Granola Bars, Chocolate Chip, Organic	6 / 5x24g	G	
687456 213750	64029	GMO GF V *	+ ♻️	Granola Bars, Cookies & Cream, Organic	6 / 5x24g	G	
687456 213026	64024	GMO GF V *	+ ♻️	Granola Bars, Mixed Berry, Organic	6 / 5x24g	G	
<b>MAISON ORPHEE PRODUCTS - UP TO 15% OFF + VOLUME PRICING</b>							
069593 120144	30209	GMO *	+ ♻️	Canola Oil, Virgin, Organic	6 / 750ml		
				<b>Buy 15+ cases</b>	<b>Save 15%</b>		
069593 120328	30195		+ ♻️	Grapeseed Oil	6 / 750ml		
				<b>Buy 15+ cases</b>	<b>Save 15%</b>		
069593 120816	33489	GMO GF V	+ ♻️	Marinade, Caesar Vinaigrette	12 / 250ml		
069593 120823	33490	GMO GF V	+ ♻️	Marinade, Maple & Dijon Vinaigrette	12 / 250ml		
069593 120854	33493	GMO GF V	+ ♻️	Marinade, Olive & Balsamic Vinaigrette	12 / 250ml		
069593 121653	32393	GMO GF	+ ♻️	Marinade, Ranch Vinaigrette	12 / 240ml		
069593 120861	33494	GMO GF V	+ ♻️	Marinade, Sesame & Tamari Vinaigrette	12 / 250ml		
				<b>Buy 15+ cases</b>	<b>Save 15%</b>		

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069593 120182	32365	* + 🍷	Mustard, Dijon, Organic (raw) (jar)	12 / 250ml
069593 120199	32366	* + 🍷	Mustard, Old Fashioned, Organic (raw) (jar)	12 / 250ml
069593 120175	32364	* + 🍷	Mustard, Yellow w/Turmeric, Organic (raw) (jar)	12 / 250ml
<b>Buy 15+ cases</b>				<b>Save 15%</b>
069593 120014	30188	+ 🍷	Olive Oil, Extra Virgin, Balanced	6 / 500ml
<b>Buy 15+ cases</b>				<b>Save 15%</b>
069593 120021	30189	+ 🍷	Olive Oil, Extra Virgin, Delicate	6 / 500ml
<b>Buy 15+ cases</b>				<b>Save 15%</b>
069593 120069	30193	+ 🍷	Olive Oil, Extra Virgin, Balanced	6 / 750ml
069593 120076	30194	+ 🍷	Olive Oil, Extra Virgin, Delicate	6 / 750ml
<b>Buy 15+ cases</b>				<b>Save 15%</b>
069593 120083	30204	GMO * + 🍷	Olive Oil, Extra Virgin, Delicate, Organic	6 / 500ml
<b>Buy 15+ cases</b>				<b>Save 15%</b>
069593 120137	30208	GMO * + 🍷	Olive Oil, Extra Virgin, Delicate, Organic	6 / 750ml
<b>Buy 15+ cases</b>				<b>Save 15%</b>
069593 120113	30207	GMO * + 🍷	Sesame Oil, Virgin, Organic	6 / 500ml
<b>Buy 15+ cases</b>				<b>Save 15%</b>
069593 120151	30210	GMO * + 🍷	Sunflower Oil, Virgin, Organic	6 / 750ml
<b>Buy 15+ cases</b>				<b>Save 15%</b>
069593 120038	30190	+ 🍷	Toasted Sesame Oil, Virgin	6 / 500ml
<b>Buy 15+ cases</b>				<b>Save 15%</b>
<b>MANITOBA HARVEST PRODUCTS - UP TO 15% OFF</b>				
697658 692260	36626	GMO V* + 🍷 X	Granola, Blueberry, Organic	6 / 283g
697658 201615	36351	GMO + 🍷	Hemp Culinary Oil	6 / 500ml
<b>MARY'S ORGANIC PRODUCTS - UP TO 10% OFF + VOLUME PRICING</b>				
853665 005527	17612	GMO GF *	KOOKIES, Chocolate, Organic	6 / 142g
853665 005510	17611	GMO GF *	KOOKIES, Cinnamon, Organic	6 / 142g
853665 005503	17610	GMO GF *	KOOKIES, Honey, Organic	6 / 142g
853665 005602	16837	GMO GF V *	REAL THIN CRACKERS, Garlic Rosemary, Organic	6 / 142g
853665 005664	17604	GMO GF V *	REAL THIN CRACKERS, Olive Oil & Black Pepper, Organic	6 / 142g
853665 005596	16838	GMO GF V *	REAL THIN CRACKERS, Sea Salt, Organic	6 / 142g
<b>Buy 15-29 cases</b>				<b>Save 5%</b>
<b>Buy 30+ cases</b>				<b>Save 10%</b>
853665 005862	17620	GMO GF V *	CHEEZEE Crackers, Cheddar Flavour, Organic	6 / 120g
853665 005879	17621	GMO GF V *	CHEEZEE Crackers, Cheese & Herb Flavour, Organic	6 / 120g
853665 005114	16833	GMO GF V *	SUPER SEED Crackers, Basil & Garlic, Organic	6 / 156g
897580 000168	16832	GMO GF V *	SUPER SEED Crackers, Classic, Organic	6 / 156g
853665 005091	16834	GMO GF V *	SUPER SEED Crackers, Everything, Organic	6 / 156g
853665 005107	16835	GMO GF V *	SUPER SEED Crackers, Seaweed & Black Sesame, Organic	6 / 156g
<b>Buy 15-29 cases</b>				<b>Save 5%</b>
<b>Buy 30+ cases</b>				<b>Save 10%</b>
897580 000151	16376	GMO GF V *	Crackers, Black Pepper, Organic	12 / 184g
897580 000137	16187	GMO GF V *	Crackers, Herb, Organic	12 / 184g
897580 000106	16185	GMO GF V *	Crackers, Original, Organic	12 / 184g
<b>Buy 15-29 cases</b>				<b>Save 5%</b>
<b>Buy 30+ cases</b>				<b>Save 10%</b>
<b>MILLSTREAM FLOUR MILL   FLOUR - 15% OFF</b>				
060543 002121	07331	B BC 🍷 X	Chana Flour, Stoneground	1 / 9.07kg
<b>MIYOKO'S   NON-DAIRY CHEESE ALTERNATIVE (REFRIGERATED) - 15% OFF</b>				
857554 005926	19154	V *	Aged Sharp Farmhouse Style Semi Firm Round, Organic	6 / 184g
857554 005919	19153	V *	Aged Smoked Farmhouse Style Semi Firm Round, Organic	6 / 184g
<b>MOCOLATE PRODUCTS - 10% OFF</b>				
628693 021043	36000	BC 🍷	MORNING GLOW Breakfast Bars, Apple Cinnamon (6pk) (REFRIGERATED)	12 / 140g
628693 021036	36001	BC 🍷	MORNING GLOW Breakfast Bars, Caramel (6pk) (REFRIGERATED)	12 / 140g
628693 021012	36002	BC 🍷	MORNING GLOW Breakfast Bars, Coconut (6pk) (REFRIGERATED)	12 / 140g
628693 021029	36003	BC 🍷	MORNING GLOW Breakfast Bars, Strawberry (6pk) (REFRIGERATED)	12 / 140g
627843 997443	37446	BC 🍷	MORNING GLOW, Mushroom Blend Creamer, Caramel	1 / 224g G
627843 997429	37447	BC 🍷	MORNING GLOW, Mushroom Blend Creamer, Chocolate	1 / 224g G
627843 997405	36004	BC 🍷	Mushroom Superfood Powder, Chaga	12 / 70g G
628693 021067	36005	BC 🍷	Mushroom Superfood Powder, Cordyceps	12 / 70g G
627843 997382	36006	BC 🍷	Mushroom Superfood Powder, Lion's Mane	12 / 70g G
627843 997450	36007	BC 🍷	Mushroom Superfood Powder, Reishi	12 / 70g G
627843 997436	37449	BC 🍷 X	Snack Bar, Chocolate Lion's Mane	9 / 50g G

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627843 997399	37440	BC	Ⓟ	X Snack Bar, Roasted Carob & Chaga	9 / 50g G
<b>NAAM   COOKING SAUCE - 10% OFF</b>					
689499 100042	14460	GMQ	@ BC	Ⓟ Coconut Curry Sauce	12 / 350ml
689499 100011	14000		BC	Ⓟ Miso Gravy (bottle)	12 / 350ml
689499 100080	14459	GMQ	@ BC	Ⓟ Miso Hot Sauce	12 / 350ml
689499 100066	14461	GMQ	@ BC	Ⓟ Peanut Sauce	12 / 350ml
689499 100059	14463	GMQ	@ BC	Ⓟ Thai Sauce	12 / 350ml
<b>NAKED &amp; SAUCY   SOY SAUCE SUBSTITUTE - 15% OFF</b>					
890104 001344	40115	GMQ	*	Ⓟ Soy Sauce Substitute, Keto, Organic	6 / 473ml
890104 001351	40116	GMQ	*	Ⓟ Soy Sauce Substitute, Lightly Sweet, Organic	6 / 473ml
<b>NANAK   GHEE CLARIFIED BUTTER - 5% OFF</b>					
797677 707300	24902			Ⓟ NEW! Ghee, Grass Fed	12 / 400g
<b>NATIVE FOREST   COCONUT MILK - \$2.89 OFF</b>					
043182 012089	24008	GMQ	*	Coconut Milk, Classic, Organic	12 / 398ml
<b>NATURA   DAIRY-FREE BEVERAGE - UP TO 20% OFF + VOULUME PRICING</b>					
063667 201098	06405	GMQ	GF *	+ Ⓟ Barista, Oat, Organic (tetra pak)	6 / 946ml
				Buy 15-29 cases	Save 3%
				Buy 30-74 cases	Save 5%
				Buy 75+ cases	Save 7%
063667 201081	06404	GMQ	GF *	+ Ⓟ Oat, Chocolate, Organic (tetra pak)	12 / 946ml U
063667 201012	06402	GMQ	GF *	+ Ⓟ Oat, Unsweetened Original, Organic (tetra pak)	12 / 946ml U
063667 201029	06403	GMQ	GF *	+ Ⓟ Oat, Unsweetened Vanilla, Organic (tetra pak)	12 / 946ml U
				Buy 15-29 cases	Save 3%
				Buy 30-74 cases	Save 5%
				Buy 75+ cases	Save 7%
<b>NATUREBEE   CONCENTRATED HOUSEHOLD PRODUCTS - 10% OFF</b>					
628176 082691	30608			Ⓟ NEW! Bathroom Cleaner Kit (500ml glass spray bottle w/soap tablet), Eucalyptus Mint	12 / 1ea G P
628176 082523	30610			Ⓟ NEW! Bathroom Cleaner Tablets, Eucalyptus Mint	12 / 2x8g G P
628176 082486	30603			Ⓟ NEW! Foaming Hand Soap Tablets, Bergamot Lime	12 / 2x8g G P
628176 082165	30604			Ⓟ NEW! Foaming Hand Soap Tablets, Honey Clementine	12 / 2x8g G P
628176 082493	30605			Ⓟ NEW! Foaming Hand Soap Tablets, Sweet Citrus	12 / 2x8g G P
628176 082158	30606			Ⓟ NEW! Foaming Hand Soap Tablets, Unscented	12 / 2x8g G P
628176 082172	30607			Ⓟ NEW! Foaming Hand Soap Tablets, Warm Coconut	12 / 2x8g G P
628176 082196	30600			Ⓟ NEW! Hand Soap Kit (350ml glass dispenser w/soap tablet), Honey Clementine	12 / 1ea G P
628176 082738	30601			Ⓟ NEW! Hand Soap Kit (350ml glass dispenser w/soap tablet), Sweet Citrus	12 / 1ea G P
628176 082189	30602			Ⓟ NEW! Hand Soap Kit (350ml glass dispenser w/soap tablet), Unscented	12 / 1ea G P
628176 082677	30609			Ⓟ NEW! Multi-Purpose Cleaner Kit (500ml glass spray bottle w/soap tablet), Sweet Citrus	12 / 1ea G P
628176 082509	30611			Ⓟ NEW! Multi-Purpose Cleaner Tablets, Fresh Lemon	12 / 2x8g G P
628176 082219	30612			Ⓟ NEW! Multi-Purpose Cleaner Tablets, Sweet Citrus	12 / 2x8g G P
<b>NATURE CLEAN   LAUNDRY PRODUCTS - UP TO 15% OFF</b>					
058951 307204	80867		+ Ⓟ	Odour Remover Pacs for Laundry	6 / 180g G P
058951 308614	80725		+ Ⓟ	Laundry Liquid, White Lily & Moroccan Myrrh, HE (High Efficiency) Certified	4 / 3L G P
<b>NATURE'S PATH   CEREAL &amp; GRANOLA - UP TO \$7.50 OFF</b>					
058449 620044	22044	GMQ	*	Ⓟ X Cereal, Kamut Khorasan Wheat Puffs, Organic	12 / 170g
058449 620013	22047	GMQ	*	Ⓟ X Cereal, Rice Puffs, Organic	12 / 170g
058449 192145	22146	GMQ	*	Ⓟ Granola, Coconut Chia, Organic	6 / 800g
058449 779063	22139	GMQ	*	Ⓟ Granola, Pumpkin Seed + Flax, Organic	6 / 800g
058449 221364	25077	GMQ	* @	X LOVE CRUNCH Granola, Dark Chocolate & Hazelnut Butter, Organic	6 / 300g
058449 162063	25069	GMQ	*	Ⓟ X LOVE CRUNCH Granola, Dark Chocolate & Peanut Butter, Organic	6 / 325g
058449 771760	25029	GMQ	*	Ⓟ X LOVE CRUNCH Granola, Dark Chocolate & Red Berries, Organic	6 / 325g
058449 772019	25055	GMQ	* @	Ⓟ X LOVE CRUNCH Granola, Dark Chocolate Macaroon, Organic	6 / 325g
058449 202233	25054	GMQ	* @	Ⓟ X LOVE CRUNCH Granola, Espresso Vanilla Cream, Organic	6 / 325g
<b>NOVA SCOTIA FISHERMAN   XTREME LIP &amp; SKIN CARE - 15% OFF</b>					
883161 500011	80770		+ Ⓟ	X Moisturizing Hand & Body Cream, Sea Kelp (tube)	1 / 100ml G P
<b>O'DOUGHS   BUNS &amp; BAGELS &amp; BITE SIZED NAAN STYLE O'DIPPERS (FROZEN) - 20% OFF</b>					
698433 000744	54613	GMQ	GF V	+ Ⓟ X Buns, Hamburger	6 / 400g
698433 001208	54651	GMQ	GF V	+ Ⓟ X THINS, Bagel, Everything	6 / 300g
698433 000843	54616	GMQ	GF V	+ Ⓟ X THINS, Bagel, Original	6 / 300g
698433 001192	54650	GMQ	GF V	+ Ⓟ X THINS, Bagel, Sesame	6 / 300g
698433 000850	54617	GMQ	GF V	+ Ⓟ X THINS, Bagel, Sprouted Whole Grain Flax	6 / 300g
698433 100185	54625	GMQ	GF V	+ Ⓟ X O'DIPPERS, Garlic & Chive	6 / 210g



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698433 100178	54624	GMØ	GF V + P X O'DIPPERS, Original	6 / 210g
<b>OIL   OIL - UP TO \$8.50 OFF</b>				
810042 990210	32321	GMØ	Oil, Toasted Sesame	6 / 250ml
810042 990227	32322	GMØ	Oil, Toasted Sesame	4 / 750ml
<b>OOME   SMOKED TOFU (REFRIGERATED) - 10% OFF</b>				
627987 908923	40340	GMØ	BC P Smoked Tofu, Greek	6 / 225g
627987 908947	40341	GMØ	BC P Smoked Tofu, Just Smoke	6 / 225g
627987 908978	40342	GMØ	BC P Smoked Tofu, Maple Soy	6 / 225g
<b>OPUS   ALCOHOL FREE BEVERAGE - VOLUME PRICING</b>				
628634 740170	13941	BC P	Aperitivo Spritz (can)	6 / 4x355ml G P U
628634 740156	13940	BC P	Gin and Tonic (can)	6 / 4x355ml G P U
628634 740088	13942	BC P	Peach Bellini (can)	6 / 4x355ml G P U
<b>Buy 10+ cases</b>				<b>Save 10%</b>
<b>PACIFIC FOODS   BROTH &amp; SOUP - VOLUME PRICING</b>				
052603 281393	38092		X Soup, Condensed Cream of Chicken (can)	12 / 284ml
052603 279543	38090	GMØ	* X Soup, Condensed Cream of Mushroom, Organic (can)	12 / 284ml
<b>Buy 5+ cases</b>				<b>Save 4.32</b>
052603 284240	38088	GMØ	* Plant-Based Broth, Creamy, Herb & Roasted Garlic, Organic	12 / 946ml
052603 284233	38087	GMØ	* Plant-Based Broth, Creamy, Zesty Ginger & Turmeric, Organic	12 / 946ml
052603 284257	38085	GMØ	* Oat Milk Soup, Creamy Cumin Carrot, Organic	12 / 946ml
052603 284264	38086	GMØ	* Oat Milk Soup, Creamy Garden Tomato, Organic	12 / 946ml
052603 281287	38083	GMØ	* Soup, Creamy Tomato Basil, Organic	12 / 946ml
052603 054218	38269	GMØ	* Soup, Cashew Carrot Ginger, Organic	12 / 1L
052603 054034	38214	GMØ	* Soup, Butternut Squash, Organic	12 / 1L
052603 054584	38638	GMØ	* Soup, Tomato, Light Sodium, Organic	12 / 1L
052603 054096	38132	GMØ	* Soup, Tomato, Organic	12 / 1L
052603 054577	38639	GMØ	* Soup, Red Pepper & Tomato, Light Sodium, Organic	12 / 1L
052603 054041	38218	GMØ	* Soup, Red Pepper & Tomato, Organic	12 / 1L
<b>Buy 5+ cases</b>				<b>Save 8.88</b>
<b>PAMELA'S PRODUCTS - UP TO \$7.06 OFF</b>				
093709 221142	22246	GMØ	GF Artisan Flour Blend	3 / 1.81kg
093709 201106	22950		GF Pancake & Baking Mix	6 / 680g
093709 201144	22949		GF Pancake & Baking Mix	3 / 1.81kg
<b>PARTAKE BREWING   NON-ALCOHOLIC BEER - VOLUME PRICING</b>				
628110 465092	06010		+ P Non-Alcoholic Beer, Blonde	6 / 4x355ml G U
628110 465283	06015		+ P Non-Alcoholic Beer, Gose, Peach	6 / 4x355ml G U
628110 465085	06011		+ P Non-Alcoholic Beer, IPA	6 / 4x355ml G U
628110 465078	06012		+ P Non-Alcoholic Beer, Pale	6 / 4x355ml G U
628110 465153	06014		+ P Non-Alcoholic Beer, Red	6 / 4x355ml G U
628110 465108	06013		+ P Non-Alcoholic Beer, Stout	6 / 4x355ml G U
<b>Buy 50+ cases</b>				<b>Save 3.20</b>
<b>PATIENCE FRUIT &amp; CO   DRIED BERRIES - 10% OFF</b>				
662166 551330	18203	GMØ	* + P Dried Whole Cranberries, Organic	8 / 142g G
662166 551446	18204	GMØ	* + P Dried Whole Cranberries, Sweetened w/Apple Juice, Organic	8 / 113g G
662166 551361	18234	GMØ	* + P Dried Wild Blueberries, Sweetened w/Apple Juice, Organic	8 / 85g G
<b>PHILLIPS   IOTA NON-ALCOHOLIC CRAFT BEER - 10% OFF</b>				
818278 009683	11446	BC P	iOTA, Hazy IPA (can)	6 / 4x355ml G U
818278 009706	11445	BC P	iOTA, Pale Ale (can)	6 / 4x355ml G U
818278 009690	11444	BC P	iOTA, Pilsner (can)	6 / 4x355ml G U
<b>PLUM-M-GOOD   RICE CAKES - \$4.00 OFF</b>				
069372 002111	16445	*	BC P X Lightly Salted Rice Cakes, Natural, Organic	12 / 185g
069372 002159	16441	*	BC P X Salted Rice Cakes, Multigrain, Organic	12 / 185g
069372 002173	16446	*	BC P X Salted Rice Cakes, Sesame, Organic	12 / 185g
069372 001114	16450	*	BC P X Unsalted Rice Cakes, Multigrain, Organic	12 / 185g
069372 001046	16425	*	BC P X Unsalted Rice Cakes, Natural, Organic	12 / 185g
<b>PRANA ORGANIC PRODUCTS - 10% OFF</b>				
877693 003850	26177	GMØ	* + P Chewy Granola Bars, Berry Blast, Organic (safe for school)	12 / 5x24g G
877693 003843	26176	GMØ	* + P Chewy Granola Bars, Choco Bongo, Organic (safe for school)	12 / 5x24g G
877693 003867	26178	GMØ	* + P Chewy Granola Bars, Magic Rainbow, Organic (safe for school)	12 / 5x24g G
877693 003331	26151	GMØ	GF * @ + P X CHIC CHOC Bites, Chocolate Caramel, Organic	8 / 125g G
877693 003355	26153	GMØ	GF * @ + P X CHIC CHOC Bites, Double Chocolate, Organic	8 / 125g G
877693 003348	26152	GMØ	GF * + P X CHIC CHOC Bites, Vanilla Almond, Organic	8 / 125g G
877693 003195	26086	GMØ	GF * @ + P X Chocolate Barks, Algarve (almonds & sea salt), Organic	8 / 100g G

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877693 003201	26087	GMO	GF * @ + P X	Chocolate Barks, Carazel (caramelized nuts & sea salt), Organic	8 / 100g	G	_____
877693 003232	26091	GMO	GF * @ + P X	Chocolate Barks, Matcha Magic (sesame, crispy rice & matcha), Organic	8 / 100g	G	_____
877693 003225	26089	GMO	GF * @ + P X	Chocolate Barks, No Mylk'n hazelnuts & crispy rice, Organic	8 / 95g	G	_____
877693 003614	26183	GMO	GF * + P X	GRANOLOVE Cookies, Berries, Organic	8 / 120g	G	_____
877693 003607	26182	GMO	GF * + P X	GRANOLOVE Cookies, Brownie, Organic	8 / 120g	G	_____
877693 003591	26181	GMO	GF * + P X	GRANOLOVE Cookies, Chocolate Chip, Organic	8 / 120g	G	_____
877693 003904	26184	GMO	GF * + P X	GRANOLOVE, Mixed Berry Crunch, Organic	6 / 750g		_____
877693 000125	26104	GMO	GF * + P	Trail Mix, ANNAPURNA, Almond Gogi Cranberry Mix, Organic	8 / 150g	G	_____
877693 003065	26063	GMO	GF * + P	Trail Mix, FUJI, Premium Salty Mix, Organic	8 / 150g	G	_____
877693 003058	26062	GMO	GF * + P	Trail Mix, KILIMANJARO, Deluxe Chocolate Mix, Organic	8 / 150g	G	_____
877693 001665	34101	GMO	GF * + P	Trail Mix, KILIMANJARO, Deluxe Chocolate Mix, Organic	6 / 310g	G	_____
877693 003072	26059	GMO	GF * + P	Trail Mix, MACHU PICHU, Exotic Fruit & Nut Mix, Organic	8 / 150g	G	_____
<b>QUE PASA   TACO SHELLS - \$4.00 OFF</b>							
068826 212861	37825	GMO	GF * BC P X	Taco Shells, Blue Corn, Organic	12 / 130g		_____
068826 212854	37824	GMO	GF * BC P X	Taco Shells, Yellow Corn, Organic	12 / 130g		_____
<b>RAINCOAST GLOBAL   MSC CERTIFIED SUSTAINABLE SEAFOOD - UP TO 15% OFF</b>							
810757 006626	16817		BC P	Salmon, Pink, Skinless Boneless	12 / 150g		_____
810757 003977	16873		P	GLOBAL Tuna, Albacore, Chunk in Water, No Salt	24 / 142g		_____
810757 003878	16872		P	GLOBAL Tuna, Albacore, Chunk in Water, Sea Salt	24 / 142g		_____
810757 003953	16875		P	GLOBAL Tuna, Wild Yellowfin, No Salt (chunk in water)	24 / 142g		_____
810757 003854	16874		P	GLOBAL Tuna, Wild Yellowfin, Sea Salt (chunk in water)	24 / 142g		_____
810757 003892	16826		P	GLOBAL Tuna, Skipjack, chunk in water, Sea Salt	24 / 142g		_____
810757 003991	16827		P	GLOBAL Tuna, Skipjack, chunk in water, No Salt	24 / 142g		_____
<b>RAWMBAS   VEGAN MUFFINS (FROZEN) - 15% OFF</b>							
628176 576046	56509		GF V BC P X	Muffins, Double Chocolate (single serve)	24 / 125g	G	_____
<b>REDMOND REAL SALT - 15% OFF</b>							
018788 992615	15600	B		Sea Salt, Unrefined, Fine (pouch w/spout)	12 / 737g		_____
<b>RICEWORKS   GOURMET RICE CHIPS - \$5.06 OFF</b>							
815506 014556	17907		GF X	Gourmet Rice Chips, Avocado Ranch	12 / 155g	G	_____
<b>RISE BOTANICALS   SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED) - \$4.50 OFF</b>							
818762 006235	15332	GMO	* + P	Botanicals, Boost (Cocoa Chai), Organic	12 / 414ml	G P U	_____
818762 005429	15333	GMO	* + P	Botanicals, Focus (Orange Mango), Organic	12 / 414ml	G P U	_____
818762 004613	15334	GMO	* + P	Botanicals, Relax (Lime Ginger), Organic	12 / 414ml	G P U	_____
818762 007515	15335	GMO	* + P	Botanicals, Renew (Coffee Caramel), Organic	12 / 414ml	G P U	_____
<b>RISE   KOMBUCHA (REFRIGERATED) - \$4.50 OFF</b>							
818762 001803	15322		V * + P	Low Sugar, Kiwi & Pineapple, Organic (glass)	12 / 414ml	G P U	_____
818762 001810	15323		V * + P	Low Sugar, Mango & Papaya, Organic (glass)	12 / 414ml	G P U	_____
818762 001827	15324		V * + P	Low Sugar, Raspberry & Vanilla, Organic (glass)	12 / 414ml	G P U	_____
818762 001834	15325		V * + P	Low Sugar, Watermelon & Mint, Organic (glass)	12 / 414ml	G P U	_____
818762 000042	15304	GMO	GF V * + P	Blueberry & Maple, Organic (glass)	12 / 414ml	G P U	_____
818762 000011	15301	GMO	GF V * + P	Fresh Ginger, Organic (glass)	12 / 414ml	G P U	_____
818762 000035	15302	GMO	GF V * + P	Hibiscus & Rosehips, Organic (glass)	12 / 414ml	G P U	_____
818762 002008	15327	GMO	* + P	Lime & Matcha, Organic (glass)	12 / 414ml	G P U	_____
818762 001063	15320	GMO	V * + P	Lychee & Jasmine, Organic (glass)	12 / 414ml	G P U	_____
818762 001032	15305	GMO	GF V * + P	Mint Chlorophyll, Organic (glass)	12 / 414ml	G P U	_____
818762 001056	15321	GMO	V * + P	Orange & Turmeric, Organic (glass)	12 / 414ml	G P U	_____
818762 002015	15326	GMO	* + P	Peach & Mango, Organic (glass)	12 / 414ml	G P U	_____
<b>RIZOPIA   RICE PASTA - VOLUME PRICING</b>							
833125 001153	40364		GF * + P X	Brown Rice Elbows, Organic	12 / 454g		_____
833125 001122	40361		GF * + P X	Brown Rice Fettuccine, Organic	12 / 454g		_____
833125 001139	40362		GF * + P X	Brown Rice Fusilli, Organic	12 / 454g		_____
833125 001146	40363		GF * + P X	Brown Rice Penne, Organic	12 / 454g		_____
833125 001115	40360		GF * + P X	Brown Rice Spaghetti, Organic	12 / 454g		_____
				<b>Buy 5-9 cases</b>	<b>Save 5%</b>		_____
				<b>Buy 10-19 cases</b>	<b>Save 10%</b>		_____
				<b>Buy 20-49 cases</b>	<b>Save 15%</b>		_____
				<b>Buy 50+ cases</b>	<b>Save 20%</b>		_____

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833125 001054	40377	GF	+ 🚫 X Brown Rice Elbows	12 / 454g
833125 001023	40374	GF	+ 🚫 X Brown Rice Fettuccine	12 / 454g
833125 001030	40375	GF	+ 🚫 X Brown Rice Fusilli	12 / 454g
833125 001047	40376	GF	+ 🚫 X Brown Rice Penne	12 / 454g
833125 001016	40373	GF	+ 🚫 X Brown Rice Spaghetti	12 / 454g
833125 001078	40379	GF	+ 🚫 X Brown Rice Spirals	12 / 454g
			Buy 5-9 cases	Save 5%
			Buy 10-19 cases	Save 10%
			Buy 20-49 cases	Save 15%
			Buy 50+ cases	Save 20%
833125 001085	40380	GF	+ 🚫 X Brown Rice Lasagna	12 / 340g
			Buy 5-9 cases	Save 5%
			Buy 10-19 cases	Save 10%
			Buy 20-49 cases	Save 15%
			Buy 50+ cases	Save 20%
833125 003034	40383	GF	+ 🚫 X Vegetable Rice Fusilli	12 / 454g
			Buy 5-9 cases	Save 5%
			Buy 10-19 cases	Save 10%
			Buy 20-49 cases	Save 15%
			Buy 50+ cases	Save 20%
<b>RUBY'S AUTHENTIC   APPETIZERS &amp; CHUTNEY (REFRIGERATED) - 10% OFF</b>				
627843 533610	14040		BC 🚫 X Mango & Apple Chutney	8 / 225g
627843 533641	14041	B	BC 🚫 X Mango & Apple Chutney	4 / 900g
627843 533580	54800		BC 🚫 X Pakora, Vegetable	9 / 220g
627843 533573	54802	B	BC 🚫 X Pakora, Vegetable	1 / 5kg
627843 533658	54801		BC 🚫 X Samosa, Potato & Onion (for Best Quality Please Sell Frozen)	9 / 140g
<b>RVIITA   ENERGY TEA - 10% OFF + VOLUME PRICING</b>				
627987 111873	01200		BC 🚫 X DIVINE BERRY, Strawberry (pouch)	10 / 355ml U
627987 111880	01201		BC 🚫 X MIDNIGHT, Blackberry (pouch)	10 / 355ml U
627987 111903	01202		BC 🚫 X ROYAL, Elderberry (pouch)	10 / 355ml U
627987 111897	01203		BC 🚫 X SPEACHLESS, Peach (pouch)	10 / 355ml U
			Buy 20+ cases	Save 5%
<b>SALT SPRING COFFEE - \$11.10 OFF</b>				
628415 084646	12364	GMO	* @ 🚫 Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	6 / 908g
628415 084424	12365	GMO	* @ 🚫 Whole Bean Coffee, French Roast, Darkest Roast, Organic	6 / 908g
<b>SAN-J PRODUCTS - UP TO \$4.11 OFF</b>				
075810 000151	16350	GMO	GF X Crackers, Tamari Black Sesame	12 / 105g
075810 000168	16352	GMO	GF X Crackers, Tamari Brown Sesame	12 / 105g
075810 150269	40659	GMO	GF Hoisin Sauce	6 / 296ml
075810 230268	40647	GMO	GF Mongolian Sauce	6 / 296ml
075810 180266	40630	GMO	GF Orange Sauce	6 / 296ml
075810 160268	40636	GMO	GF Sweet & Tangy Polynesian Sauce	6 / 296ml
075810 120262	40635	GMO	GF Szechuan Sauce	6 / 296ml
075810 031261	40611	GMO	GF V TAMARI SPLASH, Ponzu	6 / 296ml
075810 030264	40613	GMO	GF V * TAMARI SPLASH, Sweet Doux, Organic	6 / 296ml
075810 032268	40612	GMO	GF V * TAMARI SPLASH, Umami, Organic	6 / 296ml
075810 400265	40614	GMO	GF V Tamari, No Soy	6 / 296ml
075810 112267	40625	GMO	GF Teriyaki Sauce	6 / 296ml
075810 113264	40628	GMO	GF Teriyaki Sauce, 50% Less Sodium	6 / 296ml
075810 140260	40645	GMO	GF Thai Peanut Sauce	6 / 296ml
<b>SANTA CRUZ ORGANIC   LEMONADE - \$10.00 OFF + VOLUME PRICING</b>				
036192 127843	06819	GMO	* Lemonade, Mango, Organic	12 / 946ml G U
036192 123142	06384	GMO	* Lemonade, Raspberry, Organic	12 / 946ml G U
			Buy 50+ cases (Lemonade skus only)	Save 2.00
036192 123135	06383	GMO	* Lemonade, Organic	12 / 946ml G U
			Buy 50+ cases (Lemonade skus only)	Save 2.00
<b>SAPADILLA   ECO-CLEANERS DISH PRODUCTS - 15% OFF</b>				
677141 000017	70305		Dish Soap, Rosemary & Peppermint	12 / 473ml G P
<b>SAPSUCKER   SPARKLING TREE WATER - \$4.58 OFF</b>				
898171 000161	56411	GMO	* + 🚫 Sparkling Tree Water, Grapefruit, Organic	6 / 4x355ml G U
898171 000208	56409	GMO	* + 🚫 Sparkling Tree Water Lime, Organic	6 / 4x355ml G U
898171 000192	56410	GMO	* + 🚫 Sparkling Tree Water, Lemon, Organic	6 / 4x355ml G U
<b>SAY WHEN   ORGANIC CHAI CONCENTRATE - 15% OFF</b>				
801009 000042	30805	GMO	* BC 🚫 NEW! Chai Concentrate, Dirty, Organic	12 / 946ml
801009 000011	30806	GMO	* BC 🚫 NEW! Chai Concentrate, Golden, Organic	12 / 946ml
801009 000035	30807	GMO	* BC 🚫 NEW! Chai Concentrate, Spicy, Organic	12 / 946ml
<b>SEVENTH GENERATION   HOUSEHOLD CLEANERS - 15% OFF</b>				
732913 229178	46165		Disinfecting Wipes	12 / 35ct G P
732913 228287	46198		Laundry Liquid, 4X Concentrate, Geranium Blossoms	6 / 1.47L G P
732913 447749	47029		Tub & Tile Cleaner, Emerald Cypress & Fir	8 / 768ml G P

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<b>SIMPLY ORGANIC PRODUCTS - 20% OFF</b>					
089836 192448	70854	GMO	V*	X Mix, Guacamole, Spicy, Organic	6 / 113g
089836 192431	70855	GMO	V*	X Mix, Guacamole, Organic	6 / 113g
089836 192424	70850	GMO	V*	X Simmer Sauce, Classic Fajita, Organic (pouch)	6 / 227g
089836 192455	70851	GMO	V*	X Simmer Sauce, Green Enchilada, Organic (pouch)	6 / 227g
089836 192400	70852	GMO	V*	X Simmer Sauce, Taco, Mild, Organic (pouch)	6 / 227g
089836 192417	70853	GMO	V*	X Simmer Sauce, Taco, Southwest, Organic (pouch)	6 / 227g
<b>SKINNYPOP   POPCORN - 15% OFF</b>					
816925 021958	38962	GMO	GF V	Microwave Popcorn, Butter	6 / 6x80g
816925 021965	38963	GMO	GF V	Microwave Popcorn, Sea Salt	6 / 6x80g
<b>SNACK 21   DOG &amp; CAT SNACKS - 10% OFF</b>					
623572 111884	48135		BC P	Salmon Strips for Dogs	1 / 140g G P
623572 102417	48133		BC P	Salmon Skin Crisps for Dogs	1 / 200g G P
623572 657023	48139		BC P	X Salmon Jumbo Fillets for Dogs	8 / 65g G P
623572 061295	48138		BC P	X Salmon Snacks for Cats	12 / 25g G P
623572 091599	48136		BC P	X Salmon Snacks for Dogs	12 / 25g G P
<b>SOBER CARPENTER   NON-ALCOHOLIC CRAFT BEER &amp; CIDER - 10% OFF</b>					
854531 000554	17104	GMO	* + P	X Beer, IPA, Organic (can)	12 / 473ml G U
854531 000745	17105		+ P	X Craft Cider (can)	12 / 473ml G U
<b>SOL CUISINE   PLANT-BASED MEAT ALTERNATIVE (FROZEN) - \$6.92 OFF</b>					
628025 019328	54555	GMO	GF + P	X Burger, Extreme Griller (4/pkg)	12 / 284g
628025 019250	54561	GMO	GF + P	X Burger, Mushroom & Wild Rice (4/pkg)	12 / 284g
628025 019298	54558	GMO	GF + P	X Burger, Spicy Black Bean (4/pkg)	12 / 284g
<b>SPARKMOUTH   TONIC - 10% OFF</b>					
818278 009300	11430		BC P	Tonic, Artisanal Dry (can)	4 / 6x250ml G P U
818278 009324	11431		BC P	Tonic, Cucumber Mint (can)	4 / 6x250ml G P U
818278 004824	11434		BC P	<b>NEW!</b> Tonic, Lime Zest (can)	6 / 4x355ml G P U
<b>SPREAD 'EM KITCHEN CO.   CASHEW CHEEZE (REFRIGERATED) - 15% OFF</b>					
628176 337227	14677		BC P	Cheeze Block, The Big Smoke, Applewood	6 / 200g
628176 337197	14675		BC P	Cheeze Block, Classic Greek Style	6 / 200g
628176 337210	14674		BC P	Cheeze Block, The Delight, Apricot & Chili	6 / 200g
628176 337203	14676		BC P	Cheeze Block, The Meadow, Herbs & Garlic	6 / 200g
<b>SQUAMISH   FROZEN PROBIOTIC POPS (Estimated availability for this line is May 10th) - 20% OFF</b>					
628451 426165	23612		BC P	X <b>NEW!</b> Pops, Coconut-Horchata	6 / 4x80ml G
628451 426158	23613		BC P	X <b>NEW!</b> Pops, Fudge	6 / 4x80ml G
628451 426141	23614		BC P	X <b>NEW!</b> Pops, Grape	6 / 4x80ml G
628451 426134	23615		BC P	X <b>NEW!</b> Pops, Lemonade	6 / 4x80ml G
<b>SQUAMISH   WATER KEFIR (REFRIGERATED) (Estimated availability for this line is May 10th) - UP TO 15% OFF</b>					
628451 426028	23606		BC P	Water Kefir, Blood Orange (can)	12 / 355ml G P U
628451 426004	23605		BC P	Water Kefir, Lemon Ginger (can)	12 / 355ml G P U
628451 426035	23608		BC P	Water Kefir, Mint (can)	12 / 355ml G P U
628451 426059	23609		BC P	Water Kefir, Palmer Lemonade (can)	12 / 355ml G P U
628451 426066	23610		BC P	<b>NEW!</b> Water Kefir (plastic bottle)	6 / 1L U
<b>STICKLING'S   BAKERY PRODUCTS - UP TO 15% OFF + VOLUME PRICING</b>					
775918 002032	32044	GF	+ P	X CROUTONS, Herb & Garlic	6 / 175g
				<b>Buy 12+ cases</b>	<b>Save 5%</b>
775918 002018	32041	GF	+ P	BREAD CRUMBS, Rice (wheat/gluten/lactose free)	6 / 500g
				<b>Buy 12+ cases</b>	<b>Save 5%</b>
<b>TASTE NIRVANA   COCONUT WATER - 15% OFF</b>					
011259 806862	05920	GF		X Coconut Water (glass bottle)	12 / 280ml U
011259 904247	05923	GF		Coconut Water (glass bottle)	6 / 700ml U
<b>TERRA DELYSSA   OLIVE OIL - UP TO \$3.96 OFF</b>					
6191509 903641	05223	GMO	GF	Extra Virgin Olive Oil	6 / 500ml
6191509 903627	05228	GMO	GF	Extra Virgin Olive Oil	6 / 1L
<b>THE WORKSHOP VEGETARIAN   VEGAN NOODLES (FROZEN) - 15% OFF</b>					
628250 433005	54002		V BC P	X Noodles, Ramen	6 / 435g
628250 433128	54003		V BC P	X Noodles, Udon	6 / 495g
<b>THEO   CHOCOLATE - UP TO \$5.14 OFF</b>					
874492 002411	11981	GMO	*@	X Dark Chocolate 85%, Pure Dark, Organic	12 / 85g G
874492 002459	11978	GMO	*@	X Dark Chocolate 70%, Salted Almond, Organic	12 / 85g G
874492 003258	11993	GMO	*@	X Dark Chocolate 70%, Sea Salt, Organic	12 / 85g G
874492 004200	11995	GMO	*@	X Dark Chocolate 70%, Coffee Toffee, Organic	12 / 85g G
874492 002633	11987	GMO	*@	X Dark Chocolate 70%, Coconut, Organic	12 / 85g G
874492 002534	11985	GMO	*@	X Dark Chocolate 70%, Mint, Organic	12 / 85g G
874492 002558	11986	GMO	*@	X Dark Chocolate 70%, Orange, Organic	12 / 85g G
874492 003814	11994	GMO	*@	X Dark Chocolate 55%, Salted Toffee, Organic	12 / 85g G
874492 005405	11997	GMO	*@	X Extra Dark Chocolate 85%, Salted Cashew, Organic	12 / 85g G
874492 005375	11996	GMO	*@	X Milk Chocolate 45%, Hazelnut Crisp, Organic	12 / 85g G
874492 002374	11979	GMO	*@	X Milk Chocolate 45%, Pure Milk, Organic	12 / 85g G
874492 002510	11984	GMO	*@	X Milk Chocolate 45%, Salted Almond, Organic	12 / 85g G
874492 003210	11991	GMO	*@	X Peanut Butter Cups, Dark Chocolate	12 / 38g G
874492 004910	11990	GMO	*@	X Peanut Butter Cups, Dark Chocolate P & J, Organic	12 / 38g G
874492 003227	11992	GMO	*@	X Peanut Butter Cups, Milk Chocolate	12 / 38g G

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<b>TMRW FOODS   MEAT ALTERNATIVE (FROZEN) - 15% OFF</b>				
627987 299717	11070	BC	Ⓟ X Breakfast Patties	8 / 210g
627987 299694	11071	BC	Ⓟ X Burger Patties	8 / 226g
627987 299731	11056	BC	Ⓟ X Ground, Original	8 / 340g
628634 283769	11058	BC	Ⓟ X Sausage, Hickory Maple	8 / 240g
627987 299755	11057	BC	Ⓟ X Sausage, Original Bratwurst	8 / 240g
628634 283790	11065	BC	Ⓟ X Shreds, Lightly Seasoned	8 / 200g
628634 283820	11068	BC	Ⓟ X Shreds, Barbecue	8 / 200g
<b>TOFINO   RAW KOMBUCHA (REFRIGERATED) - 10% OFF</b>				
628176 608136	17243	GMO	* BC Ⓟ X Kombucha, Apple Honeybush, Organic (can)	12 / 355ml G P U
628176 608068	17233		* BC Ⓟ X Kombucha, Apricot & Rose, Organic (can)	12 / 355ml G P U
628176 608082	17234		* BC Ⓟ X Kombucha, Blueberry & Lavender, Organic (can)	12 / 355ml G P U
628176 608020	17235		* BC Ⓟ X Kombucha, Ginger & lemon, Organic (can)	12 / 355ml G P U
628176 608044	17236		* BC Ⓟ X Kombucha, Jasmine & Hibiscus, Organic (can)	12 / 355ml G P U
628176 608112	17242		X Kombucha, Organic, Mix Pack (can)	12 / 355ml G P U
628176 608105	17237		* BC Ⓟ X Kombucha, Raspberry, Organic (can)	12 / 355ml G P U
628176 608150	17244	GMO	* BC Ⓟ X Kombucha, Turmeric Raspberry, Organic (can)	12 / 355ml G P U
<b>TOFURKY   MEAT ALTERNATIVE (REFRIGERATED) - 10% OFF</b>				
025583 005303	54605		Slow Roasted Chick'n, Lightly Seasoned	5 / 227g
025583 005334	54607		Slow Roasted Chick'n, Sesame-Garlic	5 / 227g
025583 005358	54606		Slow Roasted Chick'n, Thai Basil	5 / 227g
<b>TOM'S OF MAINE   DENTAL CARE - 15% OFF</b>				
077326 830031	81522		Fluoride Toothpaste, WHOLE CARE, Peppermint	1 / 85ml G P
<b>TRADITIONAL MEDICINALS   TEA - UP TO 10% OFF</b>				
032917 007346	12169	GMO	* @ Chamomile w/Lavender Tea, Organic	6 / 16ct
032917 007353	12171	GMO	* @ Chamomile, Organic	6 / 16ct
032917 007384	13207	GMO	* Dandelion Leaf and Root, Organic	6 / 16ct
032917 007445	12984	GMO GF	* Fennel, Organic	6 / 16ct
032917 007476	12103	GMO	* @ Ginger, Organic	6 / 16ct
032917 007483	12186	GMO	* @ Green Tea w/Ginger, Organic	6 / 16ct
032917 007490	12174	GMO	* @ Green Tea w/Lemongrass, Organic	6 / 16ct
032917 007711	31700	GMO	* Green Tea, Matcha, Organic	6 / 16ct
032917 007506	30109	GMO	* @ Heart Tea w/Hawthorn Hibiscus, Organic	6 / 16ct
032917 008220	12164	GMO	* Herbal Tea, Lemon Ginger, Organic	6 / 16ct
032917 007704	31701	GMO	* Herbal Tea, Reishi Mushroom, Organic	6 / 16ct
032917 007513	12985	GMO GF	* @ Hibiscus, Organic	6 / 16ct
032917 007520	12983	GMO GF	* Lemon Balm, Organic	6 / 16ct
032917 007537	12244	GMO	* Licorice Root, Organic	6 / 16ct
032917 007551	12249	GMO	* Nettle Leaf, Organic	6 / 16ct
032917 007582	12173	GMO	* Peppermint, Organic	6 / 16ct
032917 007599	12143	GMO	* Raspberry Leaf, Organic	6 / 16ct
032917 007605	12104	GMO	* Roasted Dandelion Root, Organic	6 / 16ct
032917 007636	12106	GMO	* @ Spearmint, Organic	6 / 16ct
032917 007674	12953	GMO	* @ Tulsi w/ Ginger, Organic	6 / 16ct
032917 007681	12954		* Turmeric with Meadowsweet & Ginger, Organic	6 / 16ct
<b>TRIPLE JIM'S   ORGANIC DRIED FRUIT - 15% OFF</b>				
059105 000026	18450	GMO	* Dried Plums, Organic	6 / 175g
<b>TWO BEARS   DRINK MIXER - \$2.40 OFF</b>				
628504 309551	10011		+ Ⓟ X Cocktail Mixer, Espresso Martini (can)	3 / 4x207ml P U
<b>UDDERLY RIDICULOUS   GOAT'S MILK ICE CREAM CO. (FROZEN) - 15% OFF</b>				
628504 859063	40954		+ Ⓟ X Ice Cream, Coffee & Craft Brew	8 / 473ml G
628504 859032	40952		+ Ⓟ X Ice Cream, Lemon Cream	8 / 473ml G
628504 859056	40953		+ Ⓟ X Ice Cream, Mango Tango	8 / 473ml G
628504 859018	40950		+ Ⓟ X Ice Cream, Vanilla Bean Lavender	8 / 473ml G
628504 859025	40951		+ Ⓟ X Ice Cream, Wine & Dark Chocolate	8 / 473ml G
<b>UDI'S PRODUCTS (FROZEN) - UP TO \$5.50 OFF</b>				
698997 809548	54353	GF	X Bagels, Plain (5ct)	8 / 395g
698997 809647	54285	GF	X Bagels, Whole Grain (5ct)	8 / 395g
698997 809104	54287	GF	X Bread, White Sandwich	8 / 340g
698997 829157	54290	GF	X Bread, Whole Grain Sandwich Loaf	8 / 340g
698997 809135	55036	GF	X Buns, Hamburger, Classic (4ct)	8 / 295g
698997 806318	55611	GF	+ Ⓟ X ENGLISH MUFFINS	6 / 480g
698997 809173	54289	GF	X Pizza Crusts (2ct)	8 / 227g
698997 810483	54293	GF	X Pizza, Four Cheese	6 / 497g
698997 810506	54295	GF	X Pizza, Pepperoni	6 / 522g
698997 810513	54292	GF	X Pizza, Supreme	6 / 542g
<b>VIJ'S   INDIAN CUISINE (FROZEN) - 10% OFF</b>				
673984 001419	54412		+ Ⓟ X Everyday Chana Masala	6 / 400g
673984 001396	54410	GF	+ Ⓟ X Green Beans, Coconut Ginger	6 / 400g
673984 001303	54400		+ Ⓟ X Kalonji Chicken Curry	6 / 400g
673984 001426	54413		+ Ⓟ X Slow-Cooked Punjabi Daal	6 / 400g
673984 001327	54402		+ Ⓟ X Vij's Masala Chicken	6 / 400g

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<b>WISE BITES   ALLERGEN-FREE BAKED GOODS (FROZEN) - 10% OFF</b>						
816592 000584	28510	GF V	BC P X	NEW! Oat & Quinoa Snowy Lemon Treats	8 / 150g	G
816592 000546	28511	GF V	BC P X	NEW! Oat & Quinoa Super Cookie, Chocolate Chip	2 / 12x75g	G
816592 000218	28512	GF V	BC P X	NEW! Quinoa Bars, Chocolate Chip (12pk)	12 / 300g	
816592 000232	28513	GF V	BC P X	NEW! Quinoa Bars, Triple Fudge (12pk)	12 / 300g	
<b>WOW BAKING COMPANY   COOKIES - 15% OFF</b>						
854287 005698	16654	GMO GF		X Chocolate Chip (resealable pouch)	12 / 227g	
854287 005797	16655	GMO GF		X Ginger Molasses (resealable pouch)	12 / 227g	
854287 005599	16656	GMO GF		X Lemon Burst (resealable pouch)	12 / 227g	
850003 269016	21800	GMO GF		X Triple Chocolate Chunk	12 / 227g	
<b>YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS - 15% OFF</b>						
799441 440703	48060		+ P	Dog & Cat Treat, Bison Heart	1 / 100g	G P
<b>YOGGU!   PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED) - \$2.40 OFF</b>						
627987 070811	56000		BC P	Coconut Yogurt, Mango	6 / 450g	
627987 070767	56001		BC P	Coconut Yogurt, Original	6 / 450g	
627987 070774	56002		BC P	Coconut Yogurt, Strawberry	6 / 450g	
627987 070804	56003		BC P	Coconut Yogurt, Vanilla	6 / 450g	
<b>ZAZUBEAN   CHOCOLATE BAR - VOLUME PRICING</b>						
872227 000947	14772	GMO	* @ P X	Coconut Sugar Chocolate, Breezy - Cashew & Hazelnut (55% Cacao), Organic	12 / 85g	G
872227 000343	14750	GMO	* @ P X	Coconut Sugar Chocolate, Buff - Strong Dark Chocolate (90% Cacao), Organic	12 / 85g	G
872227 000244	14741	GMO	* @ P X	Coconut Sugar Chocolate, Kiki - Fig & Sea Salt (65% Cacao), Organic	12 / 85g	G
872227 000183	14738	GMO	* @ P X	Coconut Sugar Chocolate, Nudie - Extra Dark Chocolate (80% Cacao), Organic	12 / 85g	G
872227 000367	14742	GMO	* @ P X	Coconut Sugar Chocolate, Punch - Pineapple & Coconut (55% Cacao), Organic	12 / 85g	G
872227 000220	14740	GMO	* @ P X	Coconut Sugar Chocolate, Saltry - Sea Salt & Almonds (65% Cacao), Organic	12 / 85g	G
872227 000206	14739	GMO	* @ P X	Coconut Sugar Chocolate, Sassy - Pomegranate & Hazelnut (55% Cacao), Organic	12 / 85g	G
872227 000107	14737	GMO	* @ P X	Dark Chocolate, Cheeky - Salted Toffee & Banana w/Maca (70% Cacao), Organic	12 / 85g	G
872227 000060	14734	GMO	* @ P X	Dark Chocolate, Flirt - Raspberry & Cherry w/Acai (70% Cacao), Organic	12 / 85g	G
872227 000015	14733	GMO	* @ P X	Dark Chocolate, Hottie - Chili & Cinnamon w/Yerba Mate (71% Cacao), Organic	12 / 85g	G
872227 000046	14731	GMO	* @ P X	Dark Chocolate, Lunatic - Mint & Cocoa Nibs w/Maca (73% Cacao), Organic	12 / 85g	G
872227 000169	14732	GMO	* @ P X	Dark Chocolate, Nakid - Cocoa Nibs & Vanilla (73% Cacao), Organic	12 / 85g	G
872227 000084	14735	GMO	* @ P X	Dark Chocolate, Nutbar - Coconut & Almond w/Camu Camu (70% Cacao), Organic	12 / 85g	G
872227 000121	14736	GMO	* @ P X	Dark Chocolate, Squeeze - Orange & Ginger w/Turmeric (70% Cacao), Organic	12 / 85g	G
872227 000145	07189	GMO	* @ P X	Milk Chocolate, Smooch - Vanilla Caramel Crunch (46% Cacao), Organic	12 / 85g	G
872227 000961	14771	GMO	* @ P X	SLINKY, No Added Sugar, Hazelnut Almond Crunch (43% Cacao), Organic	12 / 80g	G
				<b>Buy 10+ cases</b>	<b>Save 2.00</b>	
872227 000565	14761	GMO	* @ P X	SLINKY Half The Sugar, Salted Almonds (70% Cacao), Organic	12 / 80g	G
872227 000602	14763		@ P X	SLINKY No Added Sugar, Creamy Hazelnut (44% Cacao)	12 / 80g	G
872227 000541	14760		@ P X	SLINKY No Added Sugar, Grass Fed Swiss Milk (50% Cacao)	12 / 80g	G
872227 000640	14765		@ P X	SLINKY No Added Sugar, Hazelnut Mocha Latte (43% Cacao)	12 / 80g	G
872227 000626	14764		@ P X	SLINKY No Added Sugar, Super Dark Panama (85% Cacao)	12 / 80g	G
				<b>Buy 10+ cases</b>	<b>Save 2.00</b>	
<b>ZEVIA   ZERO CALORIE BEVERAGES - UP TO 12% OFF</b>						
849429 001539	72030	GMO GF	* @	X Black Tea, Lemon, Organic	12 / 355ml	U
849429 001546	72031	GMO GF	* @	X Black Tea, Raspberry, Organic	12 / 355ml	U
849429 001560	72032	GMO GF	* @	X Earl Grey Tea, Blood Orange, Organic	12 / 355ml	U
849429 000693	72080	GMO GF		X Energy Drink, Grapefruit	12 / 355ml	G P U
849429 000723	72083	GMO GF		X Energy Drink, Kola	12 / 355ml	G P U
849429 000709	72081	GMO GF		X Energy Drink, Mango/Ginger	12 / 355ml	G P U
849429 000716	72082	GMO GF		X Energy Drink, Raspberry/Lime	12 / 355ml	G P U
849429 001577	72033	GMO GF	* @	X Hibiscus Tea, Passionfruit, Organic	12 / 355ml	U
849429 000815	72040	GMO GF		Mixer, Ginger Beer	4 / 6x222ml	G P U

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849429 000839	72041	GMO	GF	Mixer, Tonic Water	4 / 6x222ml	G P U	_____
849429 001249	07158	GMO	GF	Soda, Black Cherry	4 / 6x355ml	G P U	_____
849429 001201	07106	GMO	GF	Soda, Cola	4 / 6x355ml	G P U	_____
849429 001287	07111	GMO	GF	Soda, Cream Soda	4 / 6x355ml	G P U	_____
849429 000013	07160	GMO	GF	Soda, Creamy Root Beer	4 / 6x355ml	G P U	_____
849429 001263	07161	GMO	GF	Soda, Dr. Zevia	4 / 6x355ml	G P U	_____
849429 001256	07110	GMO	GF	Soda, Ginger Ale	4 / 6x355ml	G P U	_____
849429 001232	07109	GMO	GF	Soda, Ginger Root Beer	4 / 6x355ml	G P U	_____
849429 001270	07159	GMO	GF	Soda, Grape	4 / 6x355ml	G P U	_____
849429 001218	07107	GMO	GF	Soda, Lemon Lime Twist	4 / 6x355ml	G P U	_____
849429 001225	07108	GMO	GF	Soda, Orange	4 / 6x355ml	G P U	_____
849429 001300	72024	GMO	GF	<b>NEW!</b> Soda, Zero Sugar, Cherry Cola (can)	4 / 6x355ml	G P U	_____
849429 003694	72025	GMO	GF	<b>NEW!</b> Soda, Zero Sugar, Vanilla Cola (can)	4 / 6x355ml	G P U	_____

**CLEARANCE**
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<b>ASPECLEAN   CLEANING PRODUCTS - 70% OFF</b>							
876805 003054	81200			Microfiber Cloth, All Purpose, Professional Grade	6 / 1ea	G P	_____
<b>BOB'S RED MILL   OATS - 25% OFF</b>							
039978 341556	30531	GMO		X Rolled Oats, Extra Thick	4 / 454g		_____
<b>BO &amp; MARROW   BONE BROTH (FROZEN) - 25% OFF</b>							
627843 674320	66003		GF	+ X Bone Broth, Little Munchkins (Beef) (resealable bag)	6 / 591ml		_____
<b>BUCHA BREW   KOMBUCHA - 65% OFF</b>							
628110 435453	17238		BC	X Kombucha Lite, Lime	12 / 355ml	G P U	_____
628110 435477	17240		BC	X Kombucha Lite, Grapefruit	12 / 355ml	G P U	_____
<b>CABOO   BAMBOO WIPES - 80% OFF</b>							
628451 738046	46308			X Bamboo Baby Wipes, Value Pack (S/O)	6 / 3x72ct	G P	_____
<b>CALIFIA FARMS   DAIRY-FREE BEVERAGE (REFRIGERATED) - 35% OFF</b>							
813636 021741	62232	GMO		Coconut Milk & Coconut Water Blend	6 / 1.4L	U	_____
<b>COCONUT SECRET   SOY-FREE SAUCE - 30% OFF</b>							
851492 002993	14702	GMO	GF *	Soy-Free Sauce, Spicy, Organic	12 / 296ml		_____
851492 002368	14701	GMO	GF *	Soy-Free Sauce, Teriyaki, Organic	12 / 296ml		_____
<b>DUMET   OLIVES - 25% OFF</b>							
761218 8001545	48051			Hojiblanca Black Spanish, Pitted (pouch)	10 / 500g		_____
<b>ELAN   ORGANIC GRAINS - UP TO 30% OFF</b>							
805509 085417	23871		GF *	X Quinoa, Tricolor, Organic	8 / 426g		_____
805509 085400	23870		GF *	X Quinoa, White, Organic	8 / 426g		_____
<b>ENER-C   DRINK MIX - 35% OFF</b>							
873024 001205	80844	GMO	GF	BC X Sport Electrolyte, Mixed Berry	12 / 3.43g	G	_____
<b>ENER-G FOODS PRODUCTS - 35% OFF</b>							
075119 124480	16213	GMO		Egg Replacer (dairy/casein/egg free)	12 / 454g		_____
<b>FIELD ROAST® CHAO CREAMERY   ENTRÉES (FROZEN) - 35% OFF</b>							
638031 225705	65114		V	X MAC 'n CHAO, Creamy (Vegan)	8 / 312g		_____
<b>FRONTIER   HERBS &amp; SPICES - UP TO 70% OFF</b>							
089836 210197	70557		*	X Chili, Powder, Organic	6 / 36g		_____
089836 210265	70564		*	X Curry, Powder, Organic	6 / 30g		_____
<b>GOBIO!   CANDY - 35% OFF</b>							
687789 218019	45323	GMO	V*	X Licorice, Vegan, Organic	10 / 75g	G	_____
<b>GOGO QUINOA PRODUCTS - UP TO 80% OFF</b>							
	30040	GMO	GF *	Pasta, Lasagna, Rice and Quinoa, Organic	12 / 227g		_____
896899 000272	30043	GMO	GF *	X Pasta, Macaroni, Red & White Quinoa, Organic	12 / 227g		_____
<b>GOLD RUSH   POTATO PRODUCTS (FROZEN) - 25% OFF</b>							
629066 036282	55401	GMO	*	+ X Steak Fries, Organic	12 / 454g		_____
629066 036244	55398	GMO	*	X Sweet Potato French Fries, Organic	12 / 454g		_____
<b>HEALTHY SHORES   CANNED SEAFOOD FOR CATS - 25% OFF</b>							
810757 001539	48216		BC	X Cat Food, Pate, Pacific Herring	24 / 100g	G P	_____
<b>HERBARIA   HERBAL TEA - 65% OFF</b>							
5997005 343735	40850			Herbal Tea, Agrimony Herb	10 / 25ct		_____
5997005 330889	40864			Herbal Tea, Marigold Blossoms	10 / 25ct		_____
5997005 343643	40866			Herbal Tea, Passion Flower	10 / 25ct		_____
5997005 343728	40875			Herbal Tea, Spearmint	10 / 25ct		_____
5997005 330766	40876			Herbal Tea, St. John's Wort	10 / 25ct		_____
5997005 331299	40878			Herbal Tea, Thyme Leaves	10 / 25ct		_____
5997005 330926	40880			Herbal Tea, Valerian Root	10 / 25ct		_____
<b>HILARY'S   VEGGIE BURGERS (FROZEN) - 25% OFF</b>							
854262 003404	42503	GMO	GF *	X Burger, Hemp & Greens, Organic (2 patties)	12 / 181g		_____
<b>IF YOU CARE   ENVIROMENT FRIENDLY CLEANING PRODUCTS - 25% OFF</b>							
770009 250279	46393		@	Rubber Gloves, Small (Certified Natural Rubber) (S/O)	12 / 1pr	G P	_____
770009 250293	46395		@	Rubber Gloves, Large (Certified Natural Rubber) (S/O)	12 / 1pr	G P	_____

**CLEARANCE**
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<b>JUSTEA   FARMER DIRECT KENYAN TEA - 80% OFF</b>					
628451 866268	13716	GMO	@ BC	Loose Leaf, Purple Chocolate (Tin)	6 / 100g
628451 866084	13712	GMO	@ BC	Loose Leaf, Purple Mint (Tin)	6 / 60g
<b>LE GRAND   PESTO (REFRIGERATED) - 35% OFF</b>					
773798 010123	19454	GMO GF V	+ P	Pesto, Chimichurri	6 / 156g
<b>LEVEL GROUND TRADING DIRECT FAIR TRADE   TEA - 30% OFF</b>					
661594 003329	13004		@ P	Pyramid bags, Green	12 / 20ct
<b>KINNIKINNICK   GLUTEN FREE BREAD PRODUCTS (FROZEN) - 25% OFF</b>					
620133 000502	54344	GF	+ P X	English Muffins (4pk)	6 / 375g
<b>KRISDA   SUGAR-FREE SWEETENER - 70% OFF</b>					
688120 003042	23018		P	Sweetener, Monk Fruit (packets)	6 / 80x1g
<b>MAISON ORPHEE   OIL - 30% OFF</b>					
069593 121066	30186	GMO	* + P	Olive Oil, Extra Virgin, Balanced, Organic	6 / 500ml
<b>MADEGOOD   STAR PUFFED CRACKERS - 25% OFF</b>					
687456 230276	64085	GMO GF V*	+ P	STAR PUFFED CRACKERS, Cheddar, Organic	6 / 5x20g
<b>NATURE CLEAN PRODUCTS - 25% OFF</b>					
058951 402800	81117		+ P	Pure Sensitive Unscented Conditioner	6 / 300ml G P
<b>NUUN HYDRATION   DRINK TABLETS - 25% OFF</b>					
811660 021188	40730	GMO		X Sport, Watermelon	8 / 10ct G
<b>OM MUSHROOM SUPERFOOD   MUSHROOM POWDER - 35% OFF</b>					
856210 008622	74001	GMO	*	Mushroom Powder, Reishi, Organic	6 / 60g G
<b>ORCHID REAL FLAVOUR   BAKING INGREDIENTS - 65% OFF</b>					
062932 006017	02057		BC P	Pure Almond Extract (S/O)	12 / 100ml
<b>PERFECT BAR (REFRIGERATED) - 25% OFF</b>					
855569 110666	25302	GMO GF	* X	Bar, Chocolate Chip Peanut Butter, Organic	2 / 8x65g G
<b>PERFECT CHEF   TOMATO PASTA SAUCE - 80% OFF</b>					
620988 050462	42407	GMO	* + P	Pasta Sauce, Red Lentil, Organic	6 / 740ml
<b>TASTE NIRVANA   COCONUT WATER - 25% OFF</b>					
011259 806886	05921	GF		X Coconut Water With Pulp (glass bottle)	12 / 280ml U
011259 801133	05922	GF		X Coco-Aloe (glass bottle)	12 / 280ml U
<b>THE VERY GOOD BUTCHERS   PLANT BASED BUTCHERY (FROZEN) - 25% OFF</b>					
628176 694191	56311		BC P X	BUTCHER'S SELECT Flippin' Good Burger	10 / 226g
628176 694146	56312	GMO GF	BC P X	BUTCHER'S SELECT, A Cut Above Beef, Ground	10 / 340g
628176 694139	56313	GMO GF	BC P X	BUTCHER'S SELECT, A Cut Above Pork, Ground	10 / 340g
628176 694511	56314	GMO GF	BC P X	BUTCHER'S SELECT Mmm Meatballs, Spicy Italian	6 / 400g
628176 694061	56307		BC P X	BUTCHER'S SELECT Sausage, Bratwurst	8 / 400g
628176 694924	56308		BC P X	BUTCHER'S SELECT Sausage, Breakfast	10 / 360g
628176 694085	56309		BC P X	BUTCHER'S SELECT Sausage, Cajun	8 / 400g
627843 817055	56300		BC P X	Burger, The Smokin' Burger (4pk)	6 / 430g
627843 817024	56301		BC P X	Burger, The Very Good Burger (4pk)	6 / 432g
628176 694481	56317	GMO	BC P X	Ribs, Maple Bourbon BBQ	6 / 400g
628176 694290	56316	GMO	BC P X	Ribs, Smoky BBQ	6 / 400g
628176 694498	56318	GMO	BC P X	Ribs, Southern Gold BBQ	6 / 400g
627843 817048	56302		BC P X	Sausage, Smokin' Bangers (4pk)	6 / 400g
627843 817017	56303		BC P X	Sausage, Very British Bangers (4pk)	6 / 400g
627843 817031	56304		BC P X	Taco Stuffer	6 / 300g
628176 694115	56306		BC P X	Very Good Dog (4pk)	6 / 300g
628176 694092	56305		BC P X	Very Good Pepperoni	12 / 200g
628176 694313	56315	GMO	BC P X	Very Good Steak	6 / 400g
<b>TINKYADA   RICE PASTA - 25% OFF</b>					
621683 910952	30909	GF	+ P X	Grand Shells, Brown Rice	12 / 227g
<b>TOFURKY   MEAT ALTERNATIVE (REFRIGERATED) - 35% OFF</b>					
	57070			X Vegetarian Feast (S/O)	6 / 1.58kg
<b>TRUE CITRUS   SEASONING &amp; DRINK MIX - 25% OFF</b>					
810979 001478	70369			True Lemon Crystallized Lemon Packets (unsweetened)	12 / 32ct