



BUILD YOUR OWN RAMEN WITH RAMEN BUILDING BLOCKS

*Easy for the casual home cook,
Authentic for the serious ramen enthusiast.*



THREE AUTHENTIC NOODLES: Sapporo, Tokyo, and Hakata-style. Sell frozen or fresh with 2 week Best By.

THREE FLAVOURS OF SOUP STOCK: Tonkotsu (pork bone), Marudori (whole chicken), and Yasai (vegan). Use on their own or blend to create new flavours. Sell frozen or fresh with 4 week Best By.

TWO SEASONING SAUCES: Shio (salt) and Shoyu (soy sauce). Use alone or blend with your own seasonings for even more possibilities. Shelf stable.

EACH PACKAGE CONTAINS 4 RESTAURANT-SIZED PORTIONS: for hosting a party or feeding your family.

* see pg.4 for pricing details



REALRAMEN.CA





PSC Natural Foods

we deliver the goodness

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Happy
New Year!

Wishing you a year filled with joy, prosperity,
and success. Happy New Year!

NEW! KIND GRANOLA 6/312g

- Cinnamon Oat w/Flax Seeds • Oats & Dark Chocolate • Oats & Honey w/Toasted Coconut
- Vanilla Oat, Blueberry w/Flax Seeds • Whole Grain & Peanut Butter

* see pg.4 for pricing details



Made with a blend of oats, millet, buckwheat, amaranth and quinoa.



MAISON
ORPHÉE



NEW! Mayonnaise 6/440ml:

This smooth and creamy mayonnaise will surprise you with its real homemade mayonnaise flavour, as if you had made it yourself.

As a homemade recipe, our Fresh Mayonnaise is free of artificial preservatives and contains no sugar.

It also contains less sodium than most mayonnaises on the market.

NEW! Organic Unrefined Canola Oil 6/500ml:

This virgin oil deserves to be known.

It's nothing like the refined canola oils you find in stores.

Here, the certified non-GMO and organic seeds are pressed at low temperature and slow speed to extract an oil of a beautiful golden yellow whose aroma blends well with potatoes, beans and legumes.

It is delicious in combination with olive oil in cakes and muffins.

* see pg.4 for pricing details

NEW! Pork Rinds 15/85g All Dressed • Maple

Southern Recipe SMALL BATCH



Our pork skins are hand selected, smoked and cooked in small batches. Southern Recipe Small Batch meets consumer demand for clean ingredients with bold and complex flavours.

It's a better-for-you snack that's free of gluten, MSG, artificial colours, artificial preservatives and artificial flavours. This is the kind of rind your high protein, low carb shoppers crave. **This is a different kind of rind.**

* see pg.4 for pricing details



JANUARY NEW PRODUCTS 2024

UPC CODE	SKU CODE				
KIND GRANOLA - 10% OFF - see pg.3					
602652 183119	37494	GMO	X	Granola, Cinnamon Oat w/Flax Seeds	6 / 312g
602652 433177	37498	GMO	X	Granola, Oats & Dark Chocolate	6 / 312g
602652 183133	37496	GMO	X	Granola, Oats & Honey w/Toasted Coconut	6 / 312g
602652 183126	37495	GMO	X	Granola, Vanilla Oat, Blueberry w/Flax Seeds	6 / 312g
602652 183102	37493	GMO	X	Granola, Whole Grain & Peanut Butter	6 / 312g
MAISON ORPHEE MAYONNAISE & OIL - 10% OFF - see pg.3					
069593 121462	33451		+	Mayonnaise (REFRIGERATED)	6 / 440ml
069593 120090	30205	GMO	*	Oil, Canola, Unrefined, Organic	6 / 500ml
NIKKEI RAMEN YA AUTHENTIC RAMEN PRODUCTS - 10% OFF - see cover					
628693 494014	39185	BC	Ⓜ	X Ramen Noodles, Hakata Style (extra thin - 4pk)(FROZEN)	12 / 480g
628693 494199	39190	BC	Ⓜ	X Ramen Noodles, Sapporo Style (3pk)(FROZEN)	12 / 450g
628693 494007	39184	BC	Ⓜ	X Ramen Noodles, Tokyo Style (medium thickness - 4pk)(FROZEN)	12 / 520g
628693 494212	39191	BC	Ⓜ	Ramen Seasoning Sauce, Shio Tare (FROZEN)	12 / 145ml
628693 494052	39188	BC	Ⓜ	Ramen Seasoning Sauce, Shoyu Tare (FROZEN)	12 / 145ml
628693 494205	39192	BC	Ⓜ	X Ramen Soup Stock, Marudori (chicken - 4pk)(FROZEN)	8 / 1.2L
628693 494021	39186	BC	Ⓜ	X Ramen Soup Stock, Tonkotsu (pork bone - 4pk)(FROZEN)	8 / 1.2L
628693 494038	39187	BC	Ⓜ	X Ramen Soup Stock, Yasai (vegan - 4pk)(FROZEN)	8 / 1.2L
SOUTHERN RECIPE SMALL BATCH PORK RINDS - \$3.00 OFF - see pg.3					
077079 004666	37404		X	Pork Rinds, All Dressed	15 / 85g
077079 004673	37405		X	Pork Rinds, Maple	15 / 85g



PSC Natural Foods

— we deliver the goodness —

January Specials Showcase

Check out these awesome
featured products on deal !

THE ENVIRONMENTAL CHOICE FOR YOUR KITCHEN FOOD WASTE



Bag to Earth® is committed to providing products that preserve and enrich the environment. Our food waste paper bags are completely **plastic free**. Our natural cellulose fibre liner means that our bags are **leak-resistant**, **odour-proof** and **100% compostable**.

CHOOSE THE ENVIRONMENTALLY SAFE PAPER BAG IN YOUR GREEN CART AND RESPECT THE RIGHT FOOD WASTE CYCLE.

www.bagtoearth.com // 1-800-366-6812
Made in Canada



* see specials insert for pricing details

REAL GOOD FOOD

BIG MOUNTAIN

CERTIFIED VEGAN
GLUTEN FREE • SOY FREE • ALLERGEN FREE
NON-GMO VERIFIED • WOMEN-OWNED



MADE WITH INGREDIENTS YOU CAN PRONOUNCE.
UNLESS YOUR MOUTH IS FULL.

INTRODUCING OUR NEW VEGGIE LINKS




@BigMountainFoods

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* see specials insert for pricing details

NEW PRODUCT



L'ANCÊTRE¹⁹⁹²

1-YEAR AGED ARTISAN GOAT CHEESE



**SANS
LACTOSE
FREE**



EVERY BITE IS A BETTER WORLD

* see specials insert for pricing details



fromagerieancetre.com

MADEGOOD®
Highly Thoughtful Snacks

Made good for every occasion.

Organic, free from the most common allergens with goodness in every bite.




New

* see specials insert for pricing details

Visit us at www.madegoodfoods.ca



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THE UNIQUE ORGANIC GLUTEN-FREE BARISTA



MADE EXCLUSIVELY
WITH CANADIAN
WHOLE OATS



* Registered Trademark of the Canadian
Celiac Association. Used under license.
* Marque déposée de l'Association
canadienne de la maladie cœliaque.
Utilisée sous licence.

natura.ca

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Simpla™



SIMPLE INGREDIENTS. SUPERIOR TASTE.



0g OF SUGAR!

**SWEETENED
WITH MAPLE
SYRUP**

**PLASTIC
NEUTRAL
PAPER
PACKAGING**



We use only a handful of simple high-quality organic ingredients you recognize & trust. Simpla is dairy-free, gluten-free, and refined sugar free making it the cleanest coconut yogurt in the fridge. Simpla is authentically made & slow fermented so it's full of healthy probiotics for a happy gut.

* see specials insert for pricing details

Katie & Ari





DIGESTIVE DISCOMFORT?

There's a tea for that.



These herbal blends help support detox and healthy digestion.



These products may not be right for you. Always read and follow the label.
©2023 Traditional Medicinals 231007

* see specials insert for pricing details

Do your gut some good™

Yoggu!™

Naturally
Thick &
Creamy

WOW!

Lactose
Free

Simple
Ingredients

Probiotic

Low Sugar
(0-2g)

Canadian Made
in Coquitlam, BC

* see specials insert for pricing details



Yogi®

Wellness Blends, Delicious Flavors



At Yogi, we blend the best nature has to offer, using the finest spices and botanicals from around the globe.

* see specials insert for pricing details

Certified

Corporation



BUCHA BREW

Kombucha

Made in Vancouver, BC (V) (GF)

PROUDLY
CANADIAN



- Fun unique and tropical flavours (more flavours to come)
- First to market cans nationally
- Stackable and easy to transport
- More environmentally friendly than glass



* see specials insert for pricing details

One of the **lowest** in **sugar content** in the Canadian market! **Fun, unique, tropical flavours!**

Cha's

ORGANICS



@chasorganics
chasorganics.com

Just chill, whip and serve.

* see specials insert for pricing details





CLOUD 9
GLUTEN-FREE

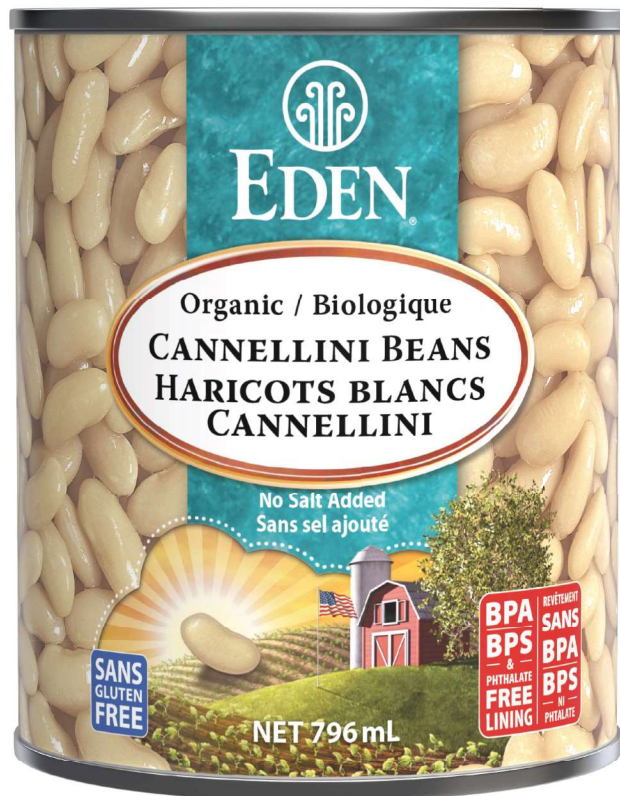
MAKE 2024 EASY, DELICIOUS AND GLUTEN FREE!

JANUARY SPECIAL 10% OFF



Cloud9GlutenFree.com

* see specials insert for pricing details



EDEN FOODS

Eden Foods procures the cream of the USA organic bean crop from its dedicated network of family farms that have been farming organically for decades.

Similar to Great Northern beans, but with more durable skin, white kidney beans (Cannellini Beans) are native to Argentina and popular in Italy, hence the name 'Italian' kidney.

White beans and their mild taste are a staple of Mediterranean cuisine. Prized for marinated salads, soup, stew, and with pasta, cannellini beans are the traditional bean of minestrone soup.

Cannellinis are a Tuscan delicacy on bread or crostini when sautéed with EDEN Extra Virgin Olive Oil and sage. No salt added.

EDEN beans come in BPA, BPS, and phthalate free cans since 1999.

* see specials insert for pricing details

ORGANIC · SPROUTED · PLANT BASED · LOW CARB · GLUTEN FREE

**hOMe Grown
LIVING
FOODS**
KEEPING THE VIBE ALIVE SINCE 2008

SIMPLY SPROUTED TASTES BETTER!

**GRAB 'N GO NUTS, SEEDS & TRAIL MIXES
EASY U-BAKE & RAWGLES**

* see specials insert for pricing details



*"By far the tastiest nuts
of any that I've ever had...
so fresh!!"*



MADE IN SMALL BATCHES WITH ❤️ ON VANCOUVER ISLAND HOMEGROWNLIVINGFOODS.CA

Nature's Nuts Butters

Natural and organic peanut and tree nut butters and blends
using the highest quality ingredients!

Nature's Nuts is our flagship brand and the one
you'll find in quality retailers all across North America.

From delicious creamy nut and seed butters
to high quality snacks that will fuel your day,
Nature's Nuts has you covered.

Nature's Nuts Butters:

Cashew Butter 6/340g / Organic Almond Butter: Crunchy & Smooth 12/340g

Almond Butter: Crunchy & Smooth 12/500g / Organic Peanut Butter Crunchy & Smooth 6/500g

Smooth Almond Butter 1/4.09kg / Organic Smooth Peanut Butter 1/4.09kg

* see specials insert for pricing details



TOFINO
KOMBUCHA

Light up your day!

10% OFF
in January!



RAW ORGANIC

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* see specials insert for pricing details

Flavour
and Savings.
It's That Good.

zevia

* see specials insert for pricing details



yo'gourmet®

Freeze-dried lactic and probiotic cultures
for homemade yogurt and kefir



* see specials insert for pricing details