



**CRAFTED CANDY | FREE-FROM ALLERGENS CANDY 12/100g**

- Vegan Bears • Vegan Cola Gummies • Vegan Peaches

We craft our candy with plant derived ingredients, and leave out the stuff you don't want, like gelatin & animal by-products.

**FREE FROM: GELATIN/ASPARTAME/CARAGEENAN  
ARTIFICIAL FLAVOURS/ ANIMAL BYPRODUCTS  
SOY/PALM OIL/GLUTEN/DAIRY/EGG/GMOs**



**GROUND LEEF | SOY VEGAN CRUMBLES (Keto verified)**

- Taco 12/120g • Thai Curry 12/110g • Unseasoned 12/100g

Plant based crumble, no refrigeration required.

Just add water & cook !

Stock them in your pantry, and have 1 full pound of raw ground crumbles ready to go anytime. 100% Natural.

Just plant protein, spices, herbs, seasonings. Simple, vegan ingredients.

Ideal for: Bolognese/Burritos/Camping/Chilli/Curries/Lasagna/Rice Dishes/Tacos



**TUNAH | CANNED VEGAN TUNAH 12/150g**

- Garlic • Lemon Pepper • Original • Sriracha

**ALL THE FLAVOUR AND TEXTURE YOU LOVE  
NON-GMO PLANT PROTEIN. 100% NATURAL. 0% OCEAN**

Flaky textured tuna made from non-GMO plant protein.

We skip the over fishing and ocean pollution, and go right to great taste on your plate.

**EASY OPEN LID/ BPA FREE RECYCLABLE CANS**



**URBANIBRANDS | ARANCINI RISOTTOBALLS 10/250g**

**ITALIAN - Filled with Mozzarella  
& plant based Italian Crumble**

**MARINARA - Filled with Tomato Sauce & Mozzarella**

**MOZZARELLA - Filled with Mozzarella Cheese**

**PORCINI - Filled with Mushrooms & Mozzarella**

**SO DELICIOUS !**



**VEGANISSIMA | PLANT BASED CRISPY**

**ARANCINI ITALIAN BITES (8ct) 12/224g**

- Marinara • Mushroom • Original • Rosemary Lemon

All natural. Vegan Recipes, Italian tradition.

Creamy risotto made with vegan chicken broth, and plant based cheese.

**Nitrates Free/Trans Fat Free/90 cal per 2 piece  
MSG Free/Palm Oil Free**



- CRAFTED CANDY - \* see pg.8
- GROUND LEEF | VEGAN CRUMBLES - \* see pg.8
- TUNAH | CANNED VEGAN TUNAH - \* see pg.9
- URBANIBRANDS | ARANCINI RISOTTOBALLS - \* see pg.9
- VEGANISSIMA | PLANT BASED ITALIAN BITES - \* see pg.9



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### These new product innovations will be coming soon...

- DAIYA | Crumbles, Feta Cheeze 6/170g
- DAIYA | Crumbles, Goat Cheeze 6/170g
- EARTH'S OWN | Zero Sugar Oat Beverage, Original 12/946ml
- EARTH'S OWN | Zero Sugar Oat Beverage, Vanilla 12/946ml
  - GT'S | OG Synergy Lemon Berry Kombucha 12/480ml
  - GT'S | Alive Lemon Lime Mushroom Elixer 12/480ml
- NAKED & SAUCY | OG Nooch Dressing, Caesar 12/250ml
  - NAKED & SAUCY | OG Nooch Dressing, O.G. 12/250ml
- NAKED & SAUCY | OG Nooch Dressing, Sesame Ginger 12/250ml
- NAKED & SAUCY | OG Nooch Dressing, Sweet&Spicy Mustard 12/250ml
- NAKED & SAUCY | OG Simmer Sauce, Butterless Chicken 12/350g
  - NAKED & SAUCY | OG Simmer Sauce, Thai Curry 12/350g
  - NAKED & SAUCY | OG Simmer Sauce, Vindaloo 12/350g
- PACIFIC FOODS | OG Chili, Harvest Black Bean 12/468g
  - PACIFIC FOODS | OG Chili, White Bean Verde 12/468g
- PACIFIC FOODS | OG Chili, Fire Roasted Vegetable 12/468g
- PLUMM GOOD | OG Ancient Grains w/Pink Salt Rice Thins 12/95g
  - QUE PASA | OG Rounds Tortilla Chips, Salted 12/300g
  - QUE PASA | OG Rounds Tortilla Chips, Unsalted 12/300g
- STASH TEA COMPANY | Cozy Cinnamon Vanilla Chamomile 6/40ct
  - STASH TEA COMPANY | Tangerine Honey Daydream 6/40ct

new!

# alkeme gluten free sour dough



- top 10 allergen free
- 100% plant based
- nothing artificial

"...in the top 5 sellers out of any single bread we sell!"

-retailer testimonial



read more



new packaging





CASSAVA PASTA

NEW!



## ORGANIC CASSAVA PASTA PASTA, FOR EVERYBODY

- Grain free, gluten free and paleo friendly
- Also free from legumes and gums
- Crafted in Italy by artisan pasta makers
- Sustainably sourced cassava
- Cooks up firm with the perfect “al dente” texture
- Dried slowly at low temperatures for superior flavor
- Good source of fiber
- 100% organic
- Certified free of glyphosate, the world’s most used herbicide
- Plastic-free packaging—Window made from wood pulp!

\* see pg.8 for pricing details

**jovial**  
*inherently good*



**L'ANCÊTRE**<sup>1992</sup>

**NEW PRODUCT !**



This limited edition is a 1-year aged version of our Artisan Goat Cheese. Made with 100% pasteurized Canadian goat's milk, this lactose free ripened cheese stands out thanks to a firm, cheddar style texture.

With its white colour and delicate flavours, Artisan Goat Cheese is a sure-fire way to enhance any cheese platter. As a snack or an ingredient in your recipes, it is guaranteed to delight everyone around the table.

**Every bite is a better world**  
[fromagerieancetre.com](http://fromagerieancetre.com)

\* see pg.8 for pricing details



*Also New!*

- Organic Marble Cheddar 1/908g
- Organic Cheddar Medium 1/908g
  - Organic Partially Skimmed
- Mozzarella (15% M.F) 1/908g
- Organic Shredded Medium Cheddar 1/1kg

## Responsible Sourcing For A Better Planet



### NEW! GOMACRO ORGANIC MACROBARS 12/65g

- Everlasting Joy - coconut + almond butter + chocolate chips
- Heartwarming Retreat - oatmeal chocolate chip
- Prolonged Power - banana + almond butter
- Protein Decadence - dark chocolate + almonds
- Protein Pleasure - peanut butter chocolate chip
- Protein Replenishment - peanut butter
- Pure Promise - maple sea salt
- Smooth Sanctuary - double chocolate + peanut butter chips



\* see pg.8 for pricing details

BIGGER THAN A BAR<sup>®</sup>  
gomacro  
🌱 🌿 🍌 🍫



TWO BEARS

## Canada's Best Tasting Oat Milk !!! Gluten-Free Oats, Shelf Stable & Delicious

### NEW! TWO BEARS Original Oat Beverage 6/946ml

The same love of flavour that goes into our coffee goes into our dairy-free oat.

Balanced, naturally sweet,  
and made with gluten-free oats.

It tastes so good we even add it to our smoothies and morning bowls of granola.

\* see pg.9 for pricing details

\* see  
pg.8  
for  
pricing  
details



**NEW! GUSTA PLANT-BASED ORIGINAL VEGGIE GROUND 12/340g**  
Veggie grounds made from soy protein. Plant-powered and made with special GUSTA spice mix, this delicious and versatile ground will enhance a variety of dishes. In addition, these veggie grounds have a short list of 100% natural ingredients. This makes them good for you and good for our planet!

\* see  
pg.8  
for  
pricing  
details



**NEW! ICEFIELD GLACIAL ALKALINE WATER (9.6 PH) 12/1L**  
ICEFIELD Alkaline water is 100% natural spring water. We ionize to raise the pH to pH 9.6 so no additives required. **Natures Best for hydration and Health.**  
This perfect size of portable Icefield Alkaline water is great for those hot Summer days to bring with you on picnics, out on the boat, or any adventuring that you happen to get up to!  
Also a perfect addition to your emergency kit!

\* see  
pg.8  
for  
pricing  
details



**NEW! ISLANDERS MEXICAN SAUCE - FRESH AUTHENTIC SALSA 12/250ml**  
Sassy Tomato is a traditional handmade Mexican salsa called "Pico de Gallo" it's a Tomato based salsa, blended with Fresh Cilantro, Onion, Garlic and spices giving you a great zesty taste to your plates!  
Savoury Jalapeño is a fresh handmade salsa that blends all her ingredients keeping the jalapeño's pepper flavour, giving you a mild jalapeño taste to your plates.  
Spicy Lovers like her name said it is a handmade salsa for those who love the spicy taste. Spicy Lovers is a blend of dry chilies and spices, giving you just the right touch of spicy taste to your plates.

\* see  
pg.8  
for  
pricing  
details



**NEW! LEVEL GROUND COFFEE ROASTERS CRAFT COFFEE - Organic Espresso Blend Coffee Beans (Medium) 6/300g**  
Roast Level: medium 3/5  
A sweet, bold, full-flavoured Espresso. Let this medium roast espresso blend wash over you like a west coast wave with notes of sweet fruit, milk chocolate and rich toffee. Why is there a surfboard on the package? Surfers are rugged and resilient. Early mornings, cold water, endless bails and always willing to get up and do it all again. For those early morning wake ups and the energy to keep going, a shot of espresso is the perfect way to start your surf sesh. Certified Fairtrade, organic, and small batch roasted in Victoria, BC.

\* see  
pg.8  
for  
pricing  
details



**NEW! NORA SEAWEED SNACKS CRISPY SPICY SEAWEED 12/32g**  
When taking trips to Thailand, Korea, Japan or China, Nora's inevitably returned with their suitcases bulging with crunchy seaweed treats. But they never had enough to satisfy their cravings. Something had to be done. So rather than hoard all of this umami goodness to themselves, they decided to launch Nora to provide their favourite seaweed snacks to all of North America, home to the world's most discriminating and adventurous snackers. One taste and your taste buds will agree that Nora is like a trip through Asia, no passport required.

\* see  
pg.8  
for  
pricing  
details



**NEW! NUTS FOR CHEESE FERMENTED CASHEW ORGANIC CREAM CHEESE STYLE SPREAD 6/210g**  
• Garlic & Herb • Lemon Dill • Original  
**Creamy, Dreamy, and Dairy-Free**  
These dairy-free cream cheese style spreads are just what you've been craving. Smooth and creamy texture with a fresh and tangy flavour. Made with organic cashews and never any starches, gums or fillers.

\* see  
pg.9  
for  
pricing  
details



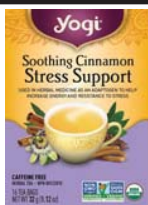
**NEW! ORGANIC INDIA HERBAL INFUSIONS 5/25ct**  
• Simply Chamomile • Tulsi Brahmi • Tulsi Breakfast • Tulsi Classic Green Tea  
• Tulsi Moringa • Tulsi Original • Tulsi Peppermint • Tulsi Sweet Rose  
All Organic India products support health and True Wellness and are made with loving care. Each product is one link in a chain of connectedness between Mother Nature, Organic India's farmers and you.

\* see  
pg.9  
for  
pricing  
details



**NEW! SQUAMISH SPARKLING BERRY BERRY PROBIOTIC SODA 12/355ml**  
It's light, refreshing and tastes amazing. No vinegar bombs here!  
The culture has a humble flavour that is not acidic. Adored by adults and kids alike.  
Super rich in probiotic bacteria and by consuming fermented foods you are adding beneficial bacteria and enzymes to your intestinal flora, increasing the health of your gut microbiome and strengthening the digestive and immune systems. Makes for a fun mixer in cocktails, and elegant as a non-alcoholic social tonic. A low-sugar alternative to juice and sodas and a light and refreshing way to quench your thirst while adding a wide range of living probiotics to your diet.

\* see  
pg.9  
for  
pricing  
details



**NEW! YOGI STRESS SUPPORT ORGANIC SOOTHING CINNAMON MEDICINAL TEA 6/16ct**  
• A caffeine free herbal tea • Formulated to increase energy and resistance to stress  
Combines Ashwagandha, an adaptogenic herb used to support the body's ability to cope with stress, and soothing Passionflower to support a good night's sleep. To this herbal tea blend we add warming Cinnamon and toasty Rice for a comforting cup. Enjoy this tea to help you relax and rest well.



# JULY NEW PRODUCTS 2023

UPC CODE	SKU CODE								
<b>ALKEME   GLUTEN FREE SOURDOUGH (FROZEN) - 5% OFF - see pg.3</b>									
854278 001036	40751	GMO	GF	BC	ⓧ	X Sourdough Bread, Ancient Grains		10 / 725g	
854278 001029	40750	GMO	GF	BC	ⓧ	X Sourdough Bread, Country Loaf		10 / 725g	
854278 001111	40752	GMO	GF	BC	ⓧ	X Sourdough Demi Baguettes		10 / 2ct	
854278 001128	40753	GMO	GF	BC	ⓧ	X Sourdough Demi Baguettes, Poppy Seed		10 / 2ct	
<b>CRAFTED CANDY   FREE-FROM ALLERGENS CANDY - \$4.05 OFF - see cover</b>									
851335 000520	17670				ⓧ	Vegan Bears		12 / 100g	G
851335 000544	17671				ⓧ	Vegan Cola Gummies		12 / 100g	G
851335 000537	17672				ⓧ	Vegan Peaches		12 / 100g	G
<b>GOMACRO   MACROBAR - \$2.80 OFF - see pg.6</b>									
853555 006689	10910	GMO	GF V *		X	MACROBAR Everlasting Joy - coconut + almond butter + chocolate chips, Organic		12 / 65g	G
810039 910115	10912	GMO	GF V *		X	MACROBAR Heartwarming Retreat - oatmeal chocolate chip, Organic		12 / 65g	G
181945 000154	10908	GMO	GF V *		X	MACROBAR Prolonged Power - banana + almond butter, Organic		12 / 65g	G
853555 006412	10914	GMO	GF V *		X	MACROBAR Protein Decadence - dark chocolate + almonds, Organic		12 / 65g	G
181945 000062	10900	GMO	GF V *		X	MACROBAR Protein Pleasure - peanut butter chocolate chip, Organic		12 / 65g	G
181945 000147	10905	GMO	GF V *		X	MACROBAR Protein Replenishment - peanut butter, Organic		12 / 65g	G
810039 910085	10911	GMO	GF V *		X	MACROBAR Pure Promise - maple sea salt, Organic		12 / 65g	G
810039 910146	10913	GMO	GF V *		X	MACROBAR Smooth Sanctuary - double chocolate + peanut butter chips, Organic		12 / 65g	G
<b>GROUND LEEF   VEGAN CRUMBLES - \$7.27 OFF - see cover</b>									
851335 000483	56010				ⓧ	X Soy Vegan Crumbles, Taco (Keto verified)		12 / 120g	
851335 000469	56011				ⓧ	X Soy Vegan Crumbles, Thai Curry (Keto verified)		12 / 110g	
851335 000490	56012				ⓧ	X Soy Vegan Crumbles, Unseasoned (Keto verified)		12 / 100g	
<b>GUSTA   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED) - 10% OFF - see pg.7</b>									
627552 104057	54747		V +		ⓧ	Veggie Ground, Original		12 / 340g	
<b>ICEFIELD   GLACIAL SPRING WATER - 10% OFF - see pg.7</b>									
777311 016036	03009			BC	X	Glacial Alkaline Water (9.6 PH)		12 / 1L	U
<b>ISLANDERS MEXICAN SAUCE   FRESH AUTHENTIC SALSA (REFRIGERATED) - 10% OFF - see pg.7</b>									
628942 343155	14435			BC	ⓧ	Salsa, Sassy Tomato (mild)		12 / 250ml	
628942 343117	14436			BC	ⓧ	Salsa, Savoury Jalapeno (medium)		12 / 250ml	
628942 343124	14437			BC	ⓧ	Salsa, Spicy Lovers (hot)		12 / 250ml	
<b>JOVIAL   ITALIAN PASTA - 10% OFF - see pg.4</b>									
815421 011944	17533	GMO	GF *		X	Pasta, Grain Free Cassava Elbows, Organic		6 / 227g	
<b>L'ANCÊTRE   CHEESE (REFRIGERATED) - 10% OFF - see pg.5</b>									
778177 499940	50082				+ ⓧ	Artisan Goat Cheese, 1 Year		8 / 190g	
778177 829365	50408	GMO B	*		+ ⓧ	Cheddar, Marble, Organic		1 / 908g	
778177 449327	50409	GMO B	*		+ ⓧ	Cheddar, Medium, Organic		1 / 908g	
778177 612974	50410	GMO B	*		+ ⓧ	Mozzarella, Partially Skimmed (15% M.F), Organic		1 / 908g	
	50411	GMO B	*		+ ⓧ	Shredded, Cheddar Medium, Organic		1 / 1kg	
<b>LEVEL GROUND COFFEE ROASTERS   CRAFT COFFEE - 10% OFF - see pg.7</b>									
661594 002155	11956	GMO	* @	BC	ⓧ	Coffee Beans, Espresso Blend (Medium), Organic		6 / 300g	
<b>NORA   SEAWEED SNACKS - 15% OFF - see pg.7</b>									
855258 006584	19103	GMO			X	Crispy Seaweed, Spicy		12 / 32g	G
<b>NUTS FOR CHEESE   FERMENTED CASHEW PRODUCTS (REFRIGERATED) - 15% OFF - see pg.7</b>									
842232 013027	18664	GMO	V *		+ ⓧ	Cream Cheese Style Spread, Garlic & Herb, Organic		6 / 210g	
842232 014024	18665	GMO	V *		+ ⓧ	Cream Cheese Style Spread, Lemon Dill, Organic		6 / 210g	
842232 012020	18663	GMO	V *		+ ⓧ	Cream Cheese Style Spread, Original, Organic		6 / 210g	





# JULY NEW PRODUCTS 2023

UPC CODE	SKU CODE					
<b>ORGANIC INDIA   HERBAL INFUSIONS - 10% OFF - see pg.7</b>						
801541 520831	13352	GMO	*	X Simply Chamomile, Organic		5 / 25ct
801541 500215	13353	GMO	*	X Tulsi Brahmi, Organic		5 / 25ct
801541 500062	13361	GMO	*	X Tulsi Breakfast, Organic		5 / 25ct
801541 070435	13351	GMO	*	X Tulsi Green Tea, Classic, Organic		5 / 25ct
801541 508624	13355	GMO	*	X Tulsi Moringa, Organic		5 / 25ct
801541 050505	13350	GMO	*	X Tulsi Original, Organic		5 / 25ct
801541 500123	13356	GMO	*	X Tulsi Peppermint, Organic		5 / 25ct
801541 605002	13354	GMO	*	X Tulsi Sweet Rose, Organic		5 / 25ct
<b>SQUAMISH   SPARKLING PROBIOTIC SODA (REFRIGERATED) - 10% OFF - see pg.7</b>						
628451 426219	23604		BC	X Probiotic Soda, Berry Berry (can)		12 / 355ml G P U
<b>TUNAH   CANNED VEGAN TUNAH - \$4.46 OFF - see cover</b>						
851335 000810	68700			TUNAH, Garlic		12 / 150g
851335 000872	68701			TUNAH, Lemon Pepper		12 / 150g
851335 000452	68702			TUNAH, Original		12 / 150g
851335 000803	68703			TUNAH, Sriracha		12 / 150g
<b>TWO BEARS PRODUCTS - \$1.23 OFF - see pg.6</b>						
628504 309575	10012		+	X Oat Beverage, Original		6 / 946ml U
<b>URBANIBRANDS   ARANCINI RISOTTOBALLS (FROZEN) - \$3.79 OFF - see cover</b>						
851335 000315	56650		BC	X Arancini w/Mozzarella, Italian (w/ plant based Italian crumble)		10 / 250g
851335 000308	56651		BC	X Arancini w/Mozzarella, Marinara		10 / 250g
851335 000339	56652		BC	X Arancini w/Mozzarella, Mozzarella		10 / 250g
851335 000346	56653		BC	X Arancini w/Mozzarella, Porcini		10 / 250g
<b>VEGANISSIMA   PLANT BASED ITALIAN BITES (FROZEN) - \$3.78 OFF - see cover</b>						
851335 000117	56654		BC	X Crispy Arancini Bites, Marinara (8ct)		12 / 224g
851335 000124	56655		BC	X Crispy Arancini Bites, Mushroom (8ct)		12 / 224g
851335 000100	56656		BC	X Crispy Arancini Bites, Original (8ct)		12 / 224g
851335 000131	56657		BC	X Crispy Arancini Bites, Rosemary Lemon (8ct)		12 / 224g
<b>YOGI   HERBAL TEA - \$1.98 OFF - see pg.7</b>						
076950 209114	12673	GMO	*	Medicinal Tea, Stress Support, Soothing Cinnamon, Organic		6 / 16ct









**PSC Natural Foods**

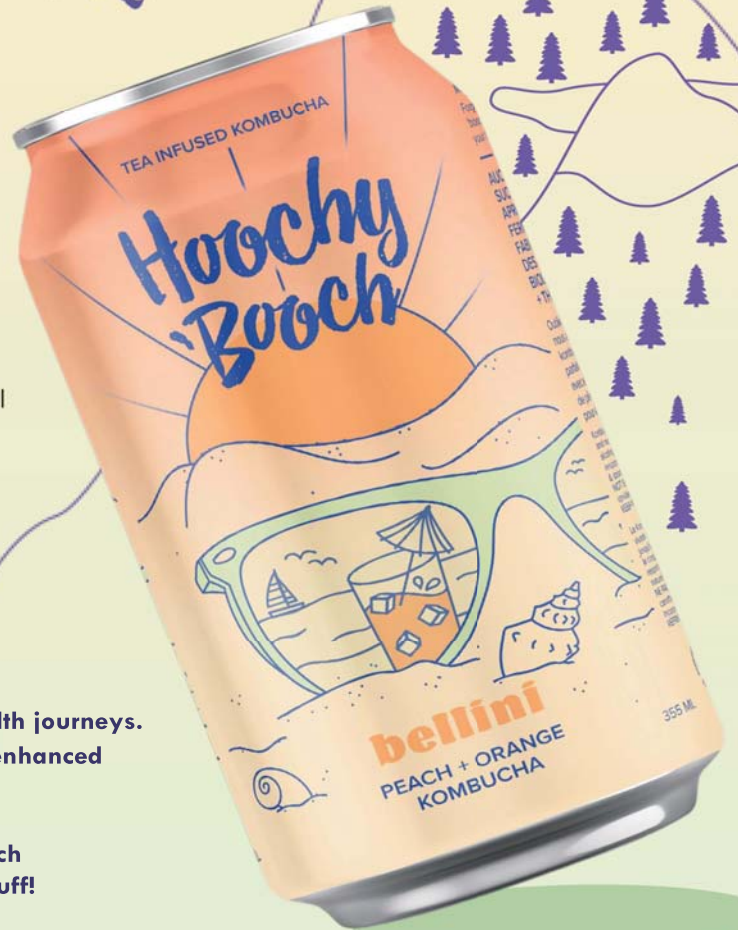
— we deliver the goodness —

# July Specials Showcase

Check out these awesome  
featured products on deal !

# Hoochy 'Booch

-  Kombucha made the good ol' fashioned way. Unpasteurized. Fermented for up to 3+ weeks
-  Fermented with organic green jasmine tea + organic cane sugar
-  All flavours derived from organic teas, herbs + essential oils
-  Lower sugar than most kombuchas, 7g per 355ml  
*\*\*No sugar added after fermentation*
-  NO fruit juice, NO preservatives, NO artificial flavours, NOT watered down
-  Fun, Sassy, and Unique flavours you'll love!



## WHAT & WHO IS HOOCHY 'BOOCH KOMBUCHA?

Kombucha has been the catalyst for so many people on their health journeys.

Because HB believes health should be both fun & quality, we've enhanced Kombucha by adding a modern twist – opting for organic teas, herbs and botanicals, instead of fruit or fruit juice.

Brewed now in the heart of East Van, we've created Hoochy 'Booch to help simplify nutrition, balancing the good stuff with the fun stuff!

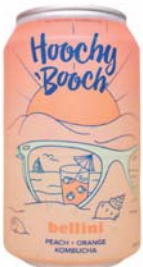
We proudly ask questions about the ingredients in our tea blends.

All “natural flavours” are in fact natural, vegan, dairy-free and are created ethically.

Expect balanced, unique, mood-boosting profiles.

We brew our Kombucha the way we do because we find that what's already out there is too sweet and lacking in balanced fermentation. We wanted a brew that felt good in our guts as well as our mouths. Our Kombucha is fermented using only carefully selected teas + herbs to add balance and useable health benefits without being “too healthy”.

Our Kombucha is perfectly tart, not too sweet or bubbly and packed with probiotic + herbal nutrition. You won't find heavily sweetened or watered-down brews with us. Our flavours are unique and diverse and provide a different experience with each one you pick. Our cheeky sense of style allows our brews to be versatile in cocktails/mocktails as well as fun for all ages.



**Hoochy 'Booch**  
MODERN CRAFT KOMBUCHA

\* see catalogue for pricing details

sales@hoochybooch.com

# OAT MILK CHOCOLATE BARS

**NEW**  
Plant-based

**CREAMY**



**CRUNCHY**



Available March 2023

- ✓ With Oat Milk
- ✓ Vegan
- ✓ Fair Trade
- ✓ Organic
- ✓ Gluten-Free
- ✓ Soy Lecithin-Free
- ✓ Compostable & Recyclable Packaging

*You won't believe it's NOT dairy!*

fair trade  équitable  
**camino** ® MD

\* see specials insert for pricing details

# OUR OAT MILK CHOCOLATE

We took up the challenge: to create **organic and fair trade chocolate bars with a delicious creamy taste WITHOUT DAIRY**. Don't look any further, they are coming your way with their irresistible flavours! For all those who are looking for **new plant-based options**, we are now excited to offer two new chocolate bars made with oat milk.



## CREAMY CHOCOL-OAT – WITH OAT MILK

Milk-style chocolate — 43% cacao

Here is a new chocolate bar that is simple, creamy and dairy-free. Yes, it's possible! This new organic and fair trade oat milk chocolate is so divinely smooth, it will satisfy even the fans of milk chocolate without compromise.

Case pack: 14 units × 80 g

Ingredients: Sugar\* (golden cane sugar\*), Cacao butter\*, Cacao mass\*, Oat flour\* (gluten-free), Ground vanilla beans\*. May contain: Tree nuts, Peanuts, Milk.



## HAZELNUT & SALTED CARAMEL – WITH OAT MILK

Milk-style chocolate — 43% cacao

It's hard to resist our new creation, with its smooth taste of oat milk chocolate combined with hazelnut and caramel bits, enhanced by a touch of salt. Crunchy and creamy, our new oat milk chocolate bar will delight both kids and adults alike, without dairy and without compromise.

Case pack: 14 units × 80 g

Ingredients: Ingredients Sugar\* (golden cane sugar\*), Cacao butter\*, Cacao mass\*, Oat flour\* (gluten-free), Caramel pieces\* (golden cane sugar\*, fructose\*), Hazelnut pieces\*, Ground hazelnuts\*, Sea salt (Guérande), Ground vanilla beans\*. May contain: Almonds, Peanuts, Milk. Contains: Hazelnuts.



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Organic Cheese and Butter  
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\* see specials insert for pricing details

This cheddar is made from organic pasteurized milk. Its distinctive, mild flavour is delicately salty and tangy, with a buttery finish. The cream and yellow marbled cheese has a firm, smooth, slightly creamy texture that melts in the mouth.



A great, everyday, go-to cheese that can be enjoyed alone but is also perfect for cooking, grilling or sandwiches. This gluten free Canadian cheese will add a dash of colour to your cheese platter and is great for children's snacks!

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100% ORGANIC  
LEMONADE

LIMONADE  
BIO 100%



\* see specials insert for pricing details



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*Our family owned, Canadian company is helping consumers and retailers make the switch to a greener tomorrow.*



\* see  
specials  
insert  
for  
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- ✓ or ingredients

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We are the family that blends fresh ingredients to make the best tasting sauces available without weird additives or any ingredient that didn't start from the soil up. We pack in glass, cause it kind of misses the point to put all of that fresh goodness into a plastic bottle. We love putting good things in our family's bellies. We're obsessed with flavour! Enjoy.

**BBQ SAUCE 6/237ml** • Smoky Craft Beer • Smoky Original • Smoky Pineapple / **HABANERO HOT SAUCE 6/237ml** • Original • Peach • Pineapple  
**KETCHUP 6/237ml** • Craft Beer • French Fry/Malt Vinegar • Original



\* see specials insert for pricing details



\* see specials insert for pricing details



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We love food. We love making great tasting and wholesome products that put a smile on our consumers faces. We are dedicated to continuously innovating our products in a way that delights our consumers.



Muesli

Apple Cinnamon

Multi Grain

100 Calorie

**MORNING ROUNDS - TOASTABLE FRUIT & GRAIN BUNS**

Muesli – 6 \* 450g

Apple Cinnamon – 6 \* 450g

**ONEBUN - THIN, PRE-SLICED SANDWICH BUNS**

Multi Grain – 6 \* 600g

Multi Grain 100 calorie – 6 \* 320g

\* see specials insert for pricing details





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\* see specials insert for pricing details



EDEN Organic Apple Butter is a tangy, sweet spread.

A jar in your refrigerator makes it easy and fun to eat healthy food. Dollop it on oatmeal and cereal; spread it on toast, pancakes and waffles; use in batter for moist, flavourful baked goods.

Use it instead of butter, jam, jelly or frosting. It is fat free and sodium free with no refined sugars.



A blend of family orchard Great Lakes Apples, over one and a half pounds per jar.

No sugar or anything else ever added. A delicious, good for you dessert or snack anytime, anywhere.

EDEN Apple Sauce is simply organically grown apples, providing better flavour, better nutrition and peace of mind. It is fat free, very low in sodium, and contains no added sugar. EDEN Apple Sauce is made using traditional methods.

Apples are hand sorted, washed, peeled, cored and put through a mill where they are sliced and chopped.

Next they are transferred to a stainless steel, steam injection cooker where they are cooked into a thick sauce.

The sauce is then strained and packed into glass jars.

\* see specials insert for pricing details



\* see specials insert for pricing details

**100% plants.  
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Offer your customers a deliciously creamy plant-based ice cream proudly locally made in the heart of Vancouver!

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They have created a Fresh Taste Treat for you to Enjoy.

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\* see specials insert for pricing details



The only brand to test every single catch to a strict mercury limit. Mercury varies widely even in small fish, which is why Safe Catch invented the technology to rapidly test every single fish. Our breakthrough technology lets us deliver Elite and Ahi tuna averaging 25X lower in mercury than the FDA limit - the lowest mercury of any brand.

Our artisan cooking method retains vital oils and taste. Wild caught and sustainably sourced. We hand pack raw sashimi grade fish and then slow cook each one to perfection in its own natural juices.

This retains vital oils and freshness.

Safe Catch invests time and care to skillfully hand fillet each fish and carefully prepare it for cooking.

Mindfully grading, testing and selecting only premium tuna is an important part of delivering Seafood with Confidence to our consumers, who appreciate the value our premium product delivers.

\* see specials insert for pricing details



Safe Catch is a proud partner of the Ocean Wise Seafood Program.

The Safe Catch mission is to deliver pure sustainably caught seafood and protect ocean purity.

Help us show that food and ocean purity matter.



Contains 0% Juice

# TWIST INTO CITRUS

Zero Sugar | Zero Calories

*\* see specials insert for pricing details*

