



# Wholesale Catalogue

## May 2025



# ***PSC Natural Foods***

*we deliver the goodness*

Tel: 250-386-3880 • 1-800-663-7604

Fax: 250-386-1413 • 1-800-520-5052

Email: [sales@pscnaturalfoods.com](mailto:sales@pscnaturalfoods.com)

Web: [www.pscnaturalfoods.com](http://www.pscnaturalfoods.com)



## PSC Natural Foods

*we deliver the goodness*

Office & Order Desk Hours:

Monday - Thursday 8:30AM - 4:30PM

Friday 8:30AM - 3:00PM

Pick-ups | Monday - Thursday 8:30AM - 4:00PM

Friday 8:30AM - 2:30PM

Warehouse | Unit 117-2924 Jacklin Road

Victoria BC

V9B 3Y5

**Tel** 250.386.3880 • 1.800.663.7604

**Fax** 250.386.1413 • 1.800.520.5052

**Orders:** [sales@pscnaturalfoods.com](mailto:sales@pscnaturalfoods.com)

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## PSC NATURAL FOODS Wholesale Catalogue

### Accounting Information Payment

- All shipments are C.O.D. unless prearranged otherwise
- Please ask for a credit application.
- **Drivers cannot process credit cards, please contact the office if credit card is your preferred method of payment**

### Past Due Accounts

- 1.5% interest per month (18% per year) will be charged on past due accounts.

### Delivery & Pick-up Information

- Please check with your sales representative for your delivery day or see next page.
- **Please check your order carefully before signing for it.**
- **We will assume that you have signed for a complete order, or have noted any discrepancies.**
- All prices shown include freight and shipping on established routes, subject to minimum order.
- We will ship via commercial carrier with freight collect or freight prepaid with a minimum order (see below for more information).

### Order Pick-ups

- Monday–Thursday 8:30AM–4:00PM
- Friday 8:30AM-2:30PM
- Minimum 24 hours notice required.
- Call by 12:00PM, pick up next business day after 12PM.
- Please note that our minimum order for pick-up is \$100.

### Quick Pick-Up Policy

- Order a maximum of ten cases before 10AM and you can pick up your order the same day after 2:00PM.

### Back Order Policy

- PSC makes every attempt to ensure full orders but with so many suppliers we cannot guarantee 100% full orders. Please note short ships will not be back ordered. You must re-order with your next delivery, and reach the required minimums.

### Ordering Information

\* prices subject to change without notice

**Order Lead Time** - Please see next pg.

### Split Cases

- 1/2 case minimum. Frozen items are sold in full cases only.
- Items that may not be split are marked "X" in the catalogue listings.

### Minimum Order Amounts

– on scheduled days, where applicable.

- \$100 Pick Ups
- \$300 Delivery in Greater Victoria. This includes Saanich, Sidney, Westshore and Sooke.
- \$500 Delivery outside Greater Victoria. This includes Saltspring Island, Mill Bay and all points north to Campbell River.
- \$500 Delivery to Greater Vancouver.
- \$1500 As of April 1st, our minimum order for prepaid freight, for customers outside our established Delivery routes, will increase to \$1500.  
This includes Gabriola, Hornby/Denman, Port Alberni, Tofino and all Vancouver Island points north of Campbell River.

### Claims

**If you are not satisfied with your purchase, credits will be issued under the following guidelines:**

#### All Claims>Returns

- Credit can only be issued for claims made within 7 days of delivery.
- Please quote your invoice number when making a claim; this will enable us to respond more efficiently.
- There are **NO** returns on frozen products, perishable, discontinued/clearance or special order items. These must be paid in full.
- Products **MUST** be returned in **sellable condition** (eg. price stickers removed and packaging intact).
- **There is a 10% restocking charge on goods returned due to customer error. Or if no one is there to receive order scheduled for delivery.**
- **No returns on disco'd or clearance items unless due to PSC error**

#### Pricing/Shipping Errors

- Credit can only be given for claims made within 7 days of delivery.
- If an error has been made in billing, please make no changes on your invoice - **DO NOT DEDUCT CLAIMS.**
- Notify us promptly and proper adjustments will be made by credit/debit memo.

#### Guaranteed Sales

- New listings are guaranteed for no more than three months - please review your shelves periodically. All products claims must be made during this period. Guaranteed sales for products other than new listings require that a special arrangement be made at the time of purchase.

#### Damaged/Dated Items and Items Not Received

- Please check your order before signing for it and let the driver know immediately.

## PSC Freight Rates

Highly competitive freight rates.

*We deliver the goodness for less.*

### Vancouver Island and Other Islands

Vancouver Island, Saltspring Island *Minimum order, no charge*

Gabriola/Denman, Hornby, Port Alberni, Tofino & points north of Campbell River *Orders < \$1500, freight collect  
Orders > \$1500, prepaid*

### Mainland

Greater Vancouver *Minimum order, no charge*

### Zone 1

Lower Fraser Valley, Sunshine Coast *Orders < \$1,000, freight collect  
Orders > \$1,000, prepaid*

### Zone 2

Other BC and Alberta points, Kelowna, Prince George, Revelstoke, Penticton, Calgary, Edmonton *Refer to Zone 2 and 3 Table*

### Zone 3

Regina, Saskatoon, Winnipeg *Refer to Zone 2 and 3 Table*

For orders of unusual size or location, we will negotiate freight charges on an individual basis. We reserve the right to put accounts located off main routes into another geographical zone. Orders with frozen and/or refrigerated goods may be subject to a small surcharge.

## PSC Minimum Order Levels for Zone 2 and 3 Shipping

### Lower Minimum Orders for Prepaid Freight

Take advantage of our Partnership with Horizon Distributors for the Lower Minimum Order Requirements for Prepaid Freight.

**Place your PSC order by the following cut-off times for shipping with your Horizon order.**

**Order placed by 3:00PM Thursday**

**Shipped from Horizon on Tuesday**

Please ensure that your Horizon order is placed with an enclosure notice informing Horizon of your PSC order.

Your PSC order will arrive at Horizon the day before ship out.

Please note: Orders to be co-shipped with Horizon are delivered on the 'M' run only.

### Zone 2

See locations in Freight Rates Table (left)

If shipped with Horizon order	\$500 min.
If shipped separately	\$2,500, prepaid
	Under \$2,500 will be shipped freight collect

### Zone 3

See locations in Freight Rates Table (left)

If shipped with Horizon order	\$500 min.
If shipped separately	\$4,000, prepaid
	Under \$4,000 will be shipped freight collect

**Please note: Add-on orders must be limited to 10 cases or less**

DELIVERY DAYS	RUN	Overflow	LOCATION	MIN \$	CUT-OFF TIMES
MONDAY	M	V	VANCOUVER	\$500	Main Orders 1:00PM Thursday Add-ons 10:00AM Friday
TUESDAY	B		UP ISLAND	\$500	Main Orders 12:00PM Friday Add-ons 10:00AM Monday
TUESDAY	C	F	IN TOWN	\$300	Main Orders 10:00AM Monday Add-ons 12:00PM Monday
WEDNESDAY	K		VANCOUVER <i>*thriflys only*</i>	\$500	Main Orders 8:00AM Tuesday Add-ons 10:00AM Tuesday
WEDNESDAY	D		SALTSPRING ISLAND	\$500	Main Orders 2:00PM Monday Add-ons 10:00AM Tuesday
WEDNESDAY	E	L	IN TOWN	\$300	Main Orders 10:00AM Tuesday Add-ons 12:00PM Tuesday
THURSDAY	A	T	CAMPBELL RIVER	\$500	Main Orders 2:00PM Tuesday Add-ons 10:00AM Wednesday
THURSDAY	G		SOOKE	\$300	Main Orders 10:00AM Wednesday Add-ons 12:00PM Wednesday
THURSDAY	R		RED BARN (excluding RED0001)	\$300	Main Orders 4:00PM Tuesday Add-ons 10:00AM Wednesday
FRIDAY	J	N	UP ISLAND	\$500	Main Orders 2:00PM Wednesday Add-ons 10:00AM Thursday
FRIDAY	H	P or Y	PENNINSULA	\$300	Main Orders 10:00AM Thursday Add-ons 12:00PM Thursday

**SHIP OUT \$1500 MINIMUM (Free Freight)**

**BUY GROUP \$650 MINIMUM**

**\*NO SHIP OUTS TO PENDER ISLAND**

### Split Cases

• 1/2 case minimum.

Frozen items are sold in full cases only.

### Order Pick-ups

- Monday–Thursday 9:00AM–4:00PM
- Friday 9:00AM–2:30PM
- Minimum 24 hours notice required.
- Call by 10:00AM, pick up next business day after 12PM.
- Please note that our minimum order for pick-up is \$100.
- Order a maximum of ten cases before 10AM and you can pick up your order the same day after 2:00PM

**Please note: Some delivery routes are done more than once a week (Greater Victoria & Nanaimo), however, this does not mean you will get multiple deliveries each week. We will attempt to accommodate your preferred request but we reserve the right to designate your delivery day. Please check when you set up your account.**

## TABLE OF CONTENTS - PSC Wholesale Catalogue - May 2025

<b>BABY CARE</b>	5
<b>BREAD &amp; BAKERY GOODS</b>	5
<b>BAKING &amp; PRESERVING</b>	6>9
<b>BEVERAGES, HOT</b>	9<14
<b>BEVERAGES, READY-TO-DRINK</b>	14>24
<b>BREAKFAST FOODS</b>	24>28
<b>FRUIT SPREADS, NUT BUTTERS &amp; ALTERNATIVES</b>	28>29
<b>CANNED &amp; PACKAGED GOODS</b>	29>31
<b>CONDIMENTS &amp; SAUCES</b>	31>36
<b>COOKIES, SNACK BARS &amp; TOASTER PASTRIES</b>	36>38
<b>CRACKERS &amp; PUFFED GRAIN CAKES</b>	39>40
<b>DRIED BEANS, GRAINS, OATS, POPCORNS, RICE &amp; SEEDS</b>	41>42
<b>FUNCTIONAL FOODS</b>	43>44
<b>HERBS, SPICES, SEASONINGS &amp; SALTS</b>	44>45
<b>INTERNATIONAL CUISINE</b>	46>49
<b>MEAT ALTERNATIVES</b>	49
<b>NUTS, SEEDS &amp; DRIED FRUIT</b>	49>51
<b>CULINARY OILS &amp; FATS</b>	51>53
<b>PACKAGED MEALS &amp; SIDE DISHES</b>	53
<b>PASTAS</b>	53>55
<b>SAVORY DIPS &amp; SPREADS</b>	55
<b>SNACKS</b>	55>67
<b>SOUPS &amp; BROTHS</b>	67>69
<b>SWEETENERS</b>	69>71
<b>DAIRY &amp; EGGS PRODUCTS</b>	71>74
<b>FERMENTED VEGETABLES</b>	74>75
<b>FRESH CONDIMENTS, DIPS &amp; SAUCES</b>	75>76
<b>FRESH MEALS &amp; SOUPS</b>	76
<b>MEAT &amp; SEAFOOD ALTERNATIVES</b>	77
<b>NUTRITIONAL SUPPLEMENTS &amp; PROBIOTICS</b>	78
<b>OILS</b>	78
<b>REFRIGERATED BEVERAGES</b>	78>83
<b>SNACKS</b>	83
<b>TOFU &amp; ASIAN CUISINE</b>	84>85
<b>FROZEN BREAD</b>	85>87
<b>FROZEN BUTTER</b>	87
<b>FROZEN DESSERTS</b>	87>89
<b>FROZEN DOUGH, PASTRY &amp; READY-TO-BAKE</b>	89
<b>FROZEN PREPARED FOODS</b>	89>93
<b>FROZEN PRODUCE, COCONUT WATER, JUICE, SMOOTHIE CUBES &amp; TEAS</b>	93>95
<b>HERBAL REMEDIES</b>	95
<b>VITAMINS &amp; SUPPLEMENTS</b>	95>96
<b>BATH CARE</b>	96
<b>BODY CARE</b>	96>97
<b>DENTAL CARE</b>	97>98
<b>FEMININE CARE</b>	98
<b>HAIR CARE</b>	98
<b>DISHWASHING PRODUCTS</b>	98>99
<b>FOOD PACKAGING &amp; WRAP</b>	99
<b>GARBAGE BAGS</b>	99
<b>LAUNDRY PRODUCTS</b>	100
<b>PAPER PRODUCTS</b>	100
<b>PET CARE</b>	101>102
<b>SURFACE CLEANING PRODUCTS</b>	102

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@ = Certified Fair Trade / 🇨🇦 = Made in Canada / BC = BC Product / 🌿 = Island Local / + = Canadian Co. / X = NO SPLITS

G = GST / P = PST / U = Container Recycling Fee / (S/O) = Special Order (See Rep for Lead Time & Pricing)

UPC CODE	CODE	GMO	B	GF	V	*	@	+	🇨🇦	X	PACK	SIZE				G	P	U
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## DRY GOODS

60081

1 / ea

### BABY CARE

#### Diapers & Wipes

##### CABOO | BAMBOO BABY WIPES

628451 738022	<b>46454</b>	GMO											+ Bamboo Baby Wipes	12 / 30ct				G P
628451 738015	<b>46453</b>	GMO											+ Bamboo Baby Wipes w/ Aloe	12 / 72ct				G P
														<b>Buy 50+ cases</b>	<b>Save 20%</b>			

### Food & Snacks

##### LOVE CHILD ORGANICS | BABY FOOD & SNACKS

058449 252900	<b>69525</b>	GMO	GF	*	🇨🇦	+							OATY CHOMPS Bars, Banana+Chocolate+Kale (no added sugar) (6pk), Organic	8 / 138g				
858860 001428	<b>69507</b>	GMO	GF	*	🇨🇦	+							OATY CHOMPS Bars, Blueberry+Carrot (no added sugar)	8 / 138g				
858860 001442	<b>69517</b>	GMO	GF	*	🇨🇦	+							OATY CHOMPS Bars, Cherry+Spinach (no added sugar)	8 / 138g				
858860 001435	<b>69508</b>	GMO	GF	*	🇨🇦	+							OATY CHOMPS Bars, Raspberry+Beet (no added sugar)	8 / 138g				
858860 001077	<b>61051</b>	GMO		*	🇨🇦	+							Puree, First Apple, Organic	2 / 6x128ml				
858860 001084	<b>61052</b>	GMO		*	🇨🇦	+							Puree, First Pear, Organic	2 / 6x128ml				
858860 001022	<b>61041</b>	GMO		*	🇨🇦	+							Puree, Apples, Bananas, Blueberries, Organic	2 / 6x128ml				
858860 001626	<b>61063</b>	GMO		*	🇨🇦	+							Puree, Apples, Banana's, Spinach, Avocado, Organic	2 / 6x128ml				
858860 001060	<b>61045</b>	GMO		*	🇨🇦	+							Puree, Apples, Corn, Butternut Squash, Organic	2 / 6x128ml				
858860 001015	<b>61040</b>	GMO		*	🇨🇦	+							Puree, Apples, Mangos, Organic	2 / 6x128ml				
858860 001121	<b>61047</b>	GMO		*	🇨🇦	+							Puree, Apples, Spinach, Kiwi, Broccoli, Organic	2 / 6x128ml				
858860 001640	<b>61065</b>	GMO		*	🇨🇦	+							Puree, Apples, Strawberries, Beets, Blueberries, Organic	2 / 6x128ml				
858860 001114	<b>61046</b>	GMO		*	🇨🇦	+							Puree, Apples, Sweet Potatoes, Beets, Cinnamon, Organic	2 / 6x128ml				
858860 001046	<b>61043</b>	GMO		*	🇨🇦	+							Puree, Apples, Sweet Potatoes, Carrots, Blueberries, Organic	2 / 6x128ml				
858860 001619	<b>61067</b>	GMO		*	🇨🇦	+							Puree, Bananas, Carrots, Mangoes, Coconut, Organic	2 / 6x128ml				
858860 001176	<b>61049</b>	GMO		*	🇨🇦	+							Puree, Bananas, Pumpkins, Pears, Coconut, Organic	2 / 6x128ml				
858860 001039	<b>61042</b>	GMO		*	🇨🇦	+							Puree, Bananas, Strawberries, Peaches, Organic	2 / 6x128ml				
858860 001053	<b>61044</b>	GMO		*	🇨🇦	+							Puree, Pears, Kale, Peas, Organic	2 / 6x128ml				
858860 001152	<b>61055</b>	GMO		*	🇨🇦	+							Puree, Yogurt + Grains, Pears, Bananas, Blackberries, Raspberries, Organic	2 / 6x128ml				

## BREAD & BAKERY GOODS

##### More Breads in Frozen Section

##### KINNIKINNICK | PANKO STYLE BREAD CRUMBS

620133 600153	<b>55053</b>		GF	*	🇨🇦	+							Panko Style Bread Crumbs	6 / 350g				
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##### PLUMM GOOD | GLUTEN FREE BREADING CRUMBS

069372 006201	<b>16697</b>	GMO		*	BC	+							Brown Rice Breading Crumbs, Organic	6 / 100g				
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##### STICKLING'S BAKERY | GLUTEN FREE BREAD CRUMBS & CROUTONS

775918 002032	<b>32044</b>		GF	*	🇨🇦	+	X						Herb & Garlic Croutons	6 / 175g				
775918 002018	<b>32041</b>		GF	*	🇨🇦	+							Rice Bread Crumbs	6 / 500g				
														<b>Buy 6-11 cases</b>	<b>Save 5%</b>			
														<b>Buy 12+ cases</b>	<b>Save 10%</b>			

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X	PACK	SIZE				G	P	U
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## BAKING & PRESERVING

### Baking Mixes

#### BOB'S RED MILL | BAKING MIX

039978 333049	<b>30543</b>	GMO																X Baking Mix, Cake, Classic Yellow	4 / 440g
039978 333032	<b>30544</b>	GMO																X Baking Mix, Cake, Decadent Chocolate	4 / 440g
039978 333025	<b>30545</b>	GMO																X Baking Mix, Fudgy Brownie	4 / 397g
039978 002006	<b>34213</b>			GF														X Baking Mix, Gluten Free Brownie	4 / 595g
039978 002075	<b>34214</b>			GF														X Baking Mix, Gluten Free Cookie, Chocolate Chip	4 / 624g
039978 001993	<b>34212</b>			GF														X Baking Mix, Gluten Free Cornbread	4 / 567g
039978 002266	<b>34245</b>			GF														X Baking Mix, Gluten Free Muffin	4 / 454g
039978 002082	<b>34215</b>			GF														X Baking Mix, Gluten Free Pizza Crust	4 / 454g
039978 333056	<b>30546</b>																	X Baking Mix, Golden Cornbread	4 / 368g

#### CLOUD 9 | GLUTEN-FREE BAKING MIX

816512 000045	<b>21056</b>			GF														BC + Brownie Mix	8 / 550g
816512 001776	<b>21060</b>			GF														BC + Cake & Cupcake Mix, Vanilla	8 / 600g
816512 000298	<b>21055</b>			GF														BC + Cake & Cupcake Mix, Chocolate	8 / 600g
816512 000052	<b>21054</b>			GF														BC + Cookie Mix, Chocolate Chip	8 / 405g
816512 000502	<b>21037</b>			GF														BC + All Purpose Baking Mix	6 / 1.25kg

#### HOME GROWN LIVING FOODS | EASY U-BAKE MIX

628110 072702	<b>16254</b>	GMO			*	🌳	+											U-BAKE Mix, Bread & Buns, Pumpkin Chia, Organic	8 / 500g
628110 072719	<b>16253</b>	GMO			*	🌳	+											U-BAKE Mix, Bread & Buns, Sunflower Chia, Organic	8 / 500g
628110 072955	<b>16282</b>	GMO			*	🌳	+											U-BAKE Mix, Cookies, Chocolate Chip, Organic	12 / 330g
628110 072733	<b>16280</b>	GMO			*	🌳	+											U-BAKE Mix, Cookies, Double Chocolate, Organic	12 / 330g
628110 072726	<b>16281</b>	GMO			*	🌳	+											U-BAKE Mix, Cookies, Pumpkin Spice, Organic	12 / 330g
628110 072931	<b>16302</b>	GMO			*	🌳	+											U-BAKE Mix, Cracker, Savoury, Organic	12 / 330g
628110 072948	<b>16303</b>	GMO			*	🌳	+											U-BAKE Mix, Cracker, Spicy, Organic	12 / 330g
628110 072825	<b>16290</b>	GMO			*	🌳	+											U-BAKE Mix, Pizza Crust, Garlic Rosemary, Organic	12 / 330g

### Baking Supplies

#### IF YOU CARE | ENVIROMENT FRIENDLY BAKING CUPS

770009 010484	<b>46382</b>																	Baking Cups, Large	24 / 60ct	G P
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#### PAPERCHEF | CULINARY PARCHMENT BAKING PRODUCTS

628689 700303	<b>47014</b>																	Baking Cups, Extra Large	12 / 30ct	G P
628689 700600	<b>47013</b>																	Baking Cups, Large	12 / 60ct	G P
628689 700907	<b>47015</b>																	Baking Cups, Mini	12 / 90ct	G P

### Baking Ingredients

#### BAKERS SUPPLY HOUSE | BAKING INGREDIENTS

055853 001803	<b>02218</b>	GMO																BC + Baking Powder, Non-GMO (corn & aluminum free)	24 / 210g
055853 001759	<b>02240</b>	GMO			*													Corn Starch, Organic	6 / 250g
055853 001506	<b>02217</b>	GMO			*													Pure Vanilla Extract, Organic	12 / 100ml
055853 002206	<b>02266</b>	GMO	B		*													BC + X Baking Powder, Organic (aluminum free) (corn free) (S/O)	1 / 10kg

#### BOB'S RED MILL | BAKING INGREDIENTS

039978 313928	<b>34200</b>	GMO		GF														X Baking Powder (aluminum free)	4 / 397g
039978 323910	<b>34201</b>	GMO		GF														X Baking Soda (aluminum free)	4 / 454g
039978 325839	<b>30504</b>			GF														X Cornstarch	4 / 510g
039978 306203	<b>34204</b>	GMO		GF														X Gluten Free Egg Replacer	5 / 340g
039978 325259	<b>20374</b>	GMO		GF														X Potato Starch, Unmodified	4 / 624g
039978 002174	<b>34230</b>	GMO																X Wheat Bran	4 / 227g
039978 002167	<b>34231</b>	GMO																X Wheat Germ	4 / 340g
039978 355553	<b>34205</b>	GMO		GF														X Xanthan Gum	5 / 227g

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## INSTAFERM | INSTANT YEAST

067031	109096	<b>02180</b>							🇨🇦				20 / 450g			
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## KINNIKINNICK | GRAHAM STYLE CRUMBS

620133	004340	<b>55052</b>		GF					🇨🇦	+			6 / 300g			
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## LET'S DO...ORGANIC | BAKING INGREDIENTS

043182	005296	<b>20114</b>	GMØ	GF		*							6 / 170g			
043182	005272	<b>70340</b>											6 / 170g			
043182	095297	<b>14542</b>	GMØ	B		*							1 / 25kg			

## ORCHID REAL FLAVOUR | BAKING INGREDIENTS

062932	001005	<b>02056</b>						BC	+				12 / 100ml			
062932	001807	<b>02074</b>	GMØ			*		BC	+				12 / 100ml			
062932	002002	<b>02071</b>						BC	+				6 / 500ml			
062932	001876	<b>02228</b>	GMØ			*		BC	+				6 / 500ml			
062932	006017	<b>02057</b>						BC	+				12 / 100ml			

## SIMPLY ORGANIC | FLAVOURINGS & EXTRACTS

089836	186188	<b>02156</b>	GMØ			*							6 / 59ml			
089836	186201	<b>02157</b>	GMØ			*							6 / 59ml			
089836	186225	<b>02159</b>	GMØ			*							6 / 59ml			
089836	195302	<b>02326</b>	GMØ			*							6 / 59ml			
089836	186232	<b>02154</b>	GMØ			*							6 / 59ml			
089836	186195	<b>02172</b>	GMØ			*							6 / 118ml			
089836	195319	<b>02328</b>	GMØ			*							6 / 118ml			
089836	186249	<b>02155</b>	GMØ			*							6 / 118ml			

## Preserving Supplies

### POMONA'S | UNIVERSAL PECTIN

019356	551111	<b>02195</b>											24 / 31g			
019356	551135	<b>02196</b>						B					1 / 454g			

## Cocoa & Chocolate

### CAMINO | CHOCOLATE BAKING PRODUCTS

752612	240137	<b>37014</b>	GMØ			*	@	+					8 / 225g			
752612	240021	<b>02337</b>	GMØ			*	@	+					8 / 225g			
752612	240014	<b>02338</b>	GMØ			*	@	+					8 / 225g			
752612	240106	<b>06920</b>	GMØ			*	@	+					8 / 225g			
752612	000113	<b>02002</b>	GMØ			*	@	+					6 / 224g			
752612	000212	<b>02281</b>	GMØ			*	@	+					6 / 224g			

### ENDANGERED SPECIES CHOCOLATE | OAT MILK BAKING CHIPS

037014	400014	<b>36210</b>	GMØ	GF	V		@						6 / 285g			
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### ENJOY LIFE | BAKING CHOCOLATE

819597	013825	<b>02501</b>	GMØ	GF	V								12 / 255g			
819597	010213	<b>02325</b>	GMØ	GF	V								12 / 255g			
819597	013474	<b>02500</b>	GMØ	GF	V								12 / 255g			
853522	000030	<b>02503</b>	GMØ	GF	V								12 / 255g			
853522	000023	<b>02502</b>	GMØ	GF	V								12 / 255g			

### KRISDA | SUGAR-FREE CHOCOLATELY CHIPS

688120	200113	<b>23019</b>							🇨🇦	+			6 / 285g			
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### PRANA ORGANIC | CHOCOLATE CHUNKS

877693	001559	<b>26142</b>	GMØ	GF		*				+			6 / 300g			
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**UPC CODE | CODE | GMO | B | GF | V | \* | @ | + | X | PACK | SIZE | G | P | U**

## Flours

### ANITA'S ORGANIC MILL | FLOUR

623636 995351	22912	GMO		GF	*	BC +									Flour, Almond (blanched), Organic	4 / 375g
623636 993340	22252	GMO		GF	*	BC +									Flour, Coconut, Organic	4 / 680g
623636 998970	22134	GMO		GF	*	BC +									Flour, Tapioca, Organic	4 / 850g
623636 710053	22924	GMO		GF	*	BC +									Flour, Whole Grain Oat, Organic	4 / 900g
623636 999946	22926	GMO		GF	*	BC +									Flour, Gluten Free 1:1 All Purpose, Organic	4 / 1kg
623636 998956	22133	GMO		GF	*	BC +									Flour, Gluten Free All Purpose, Organic	4 / 1kg
623636 998550	20261	GMO			*	BC +									Flour, Sprouted High Protein (grains, beans & legumes), Organic	4 / 1kg
623636 995504	22913	GMO			*	BC +									Flour, Sprouted Whole Grain Buckwheat (light), Organic	4 / 1kg
623636 993302	22239	GMO			*	BC +									Flour, Sprouted Whole Grain Spelt, Organic	4 / 1kg
623636 993104	22240	GMO			*	BC +									Flour, Sprouted Whole Wheat, Organic	4 / 1kg
623636 400008	22126	GMO			*	BC +									Flour, White All Purpose (bread flour), Organic	4 / 1kg
623636 120203	20101	GMO			*	BC +									Flour, White, Cake & Pastry, Organic	4 / 1kg
623636 600705	27000	GMO			*	BC +									Flour, White, Pizza & Pasta (type 00), Organic	4 / 1kg
623636 101202	22138	GMO			*	BC +									Flour, Whole Grain Buckwheat (light), Organic	4 / 1kg
623636 993395	22251	GMO			*	BC +									Flour, Whole Grain Einkorn, Organic	4 / 1kg
623636 300056	22129	GMO			*	BC +									Flour, Whole Grain Rye, Organic	4 / 1kg
623636 500005	22128	GMO			*	BC +									Flour, Whole Grain Spelt, Stone Ground, Organic	4 / 1kg
623636 200004	22127	GMO			*	BC +									Flour, Whole Wheat, Stone Ground, Organic	4 / 1kg
623636 998895	21018	GMO			*	BC +									Flour, 60/40 Bakers Blend, Organic	4 / 2kg
623636 400015	20068	GMO			*	BC +									Flour, White, All Purpose (bread flour), Organic	4 / 2kg
623636 200011	20069	GMO			*	BC +									Flour, Whole Wheat, Stone Ground, Organic	4 / 2kg
623636 400022	22923	GMO			*	BC +									Flour, White All Purpose (bread flour), Organic	4 / 5kg
623636 200028	22922	GMO			*	BC +									Flour, Whole Wheat, Stone Ground, Organic	4 / 5kg
623636 999038	20112	GMO	B	GF	*	BC +									Flour, Gluten Free All Purpose, Organic	1 / 10kg
623636 400039	20202	GMO	B		*	BC +									Flour, White Unbleached (hard red spring), Organic	1 / 10kg
623636 300032	20059	GMO	B		*	BC +									Flour, Whole Grain Dark Rye, Organic	1 / 10kg
623636 502139	20111	GMO	B		*	BC +									Flour, Whole Grain Spelt, Fine Grind, Organic	1 / 10kg
623636 500036	20110	GMO	B		*	BC +									Flour, Whole Grain Spelt, Stone Ground, Organic	1 / 10kg
623636 221146	20201	GMO	B		*	BC +									Flour, Whole Wheat, Fine Grind, Organic	1 / 10kg
623636 200035	22124	GMO	B		*	BC +									Flour, Whole Wheat, Stone Ground, Organic	1 / 10kg
623636 400046	20073	GMO	B		*	BC +									Flour, White Unbleached (hard red spring), Organic	1 / 20kg
623636 200042	20048	GMO	B		*	BC +									Flour, Whole Wheat, Stone Ground, Organic	1 / 20kg
623636 999519	28083	GMO	B		*	BC +									Unbleached Pizza & Pasta Flour, Type 00, Organic (S/O)	1 / 20kg

### AVENA FOODS | OAT FLOUR

663780 100447	20117		B	GF											 + Oat Flour, Wholegrain	1 / 22.7kg
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### BLUE DIAMOND | ALMOND FLOUR

041570 147245	16184	GMO													Almond Flour, finely sifted	4 / 454g
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### BOB'S RED MILL | FLOUR

039978 001962	34209														X Cornmeal, Medium Grind (whole grain)	4 / 680g
039978 002143	34240	GMO			*										X Cornmeal, Medium Grind (whole grain), Organic	4 / 680g
039978 343819	20375	GMO		GF											X Flour, Almond, Blanched	4 / 453g
039978 333810	20238	GMO		GF											X Flour, Almond, Blanched	4 / 907g
039978 333803	34076	GMO		GF											X Flour, Almond, Natural	4 / 453g
039978 335050	20159	GMO		GF											X Flour, Arrowroot Starch	4 / 454g
039978 001870	34218	GMO			*										X Flour, Buckwheat, Organic	4 / 624g
039978 301789	20150	GMO		GF											X Flour, Cassava	4 / 567g
039978 328151	20355	GMO		GF	*	@									X Flour, Coconut, Organic	4 / 453g
039978 002402	34222	GMO		GF											X Flour, Garbanzo Bean	4 / 454g
039978 344533	30572	GMO		GF											X Flour, Gluten Free 1to1 Baking	4 / 623g
039978 354532	30573	GMO		GF											X Flour, Gluten Free 1to1 Baking	4 / 1.24kg
039978 334527	30574	GMO		GF											X Flour, Gluten Free All Purpose Baking	4 / 623g
039978 344526	30575	GMO		GF											X Flour, Gluten Free All Purpose Baking	4 / 1.24kg



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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	🌿	X	PACK	SIZE				G	P	U
039978 002150	<b>34220</b>											4 / 624g						
039978 002273	<b>34235</b>	GMØ		GF								4 / 510g						
039978 001979	<b>34210</b>	GMØ		GF								4 / 680g						
039978 001986	<b>34211</b>	GMØ		GF								4 / 680g						
039978 002136	<b>34227</b>	GMØ										4 / 680g						
039978 002341	<b>34237</b>	GMØ		GF								4 / 624g						
039978 002105	<b>34216</b>	GMØ				*						4 / 567g						
039978 325365	<b>20389</b>	GMØ		GF								4 / 454g						
039978 002129	<b>34221</b>	GMØ										4 / 567g						
039978 333018	<b>27007</b>	GMØ										8 / 2.27kg						
039978 302366	<b>27006</b>	GMØ										8 / 2.27kg						
039978 333001	<b>27008</b>	GMØ										8 / 2.27kg						
039978 315052	<b>27002</b>	GMØ	B	GF								1 / 11.34kg						
039978 324528	<b>27001</b>	GMØ	B	GF								1 / 11.34kg						
039978 334534	<b>30547</b>	GMØ	B	GF								1 / 11.34kg						
039978 108159	<b>27005</b>	GMØ	B	GF		*	@					1 / 25lb						
039978 103123	<b>20422</b>	GMØ	B	GF								1 / 25lb						
039978 103154	<b>20173</b>	GMØ	B	GF								1 / 25lb						
039978 109743	<b>20174</b>	GMØ	B	GF		*						1 / 25lb						
039978 106087	<b>20424</b>	GMØ	B	GF								1 / 25lb						
039978 109675	<b>20419</b>	GMØ	B	GF		*						1 / 25lb						
039978 106421	<b>20251</b>	GMØ	B	GF								1 / 25lb						
039978 105356	<b>20423</b>	GMØ	B	GF								1 / 25lb						
039978 105394	<b>20398</b>	GMØ	B	GF								1 / 25lb						

## JOVIAL | EINKORN FLOUR

815421 011005 **21044** GMØ \* Einkorn Flour, All Purpose, Organic 10 / 907g

## MASECA | CORN MASA FLOUR

**34000** B GF Yellow Corn Masa Flour, Regular #0 1 / 22.68kg

## NUNWEILER'S FLOUR CO | ORGANIC FLOUR

067785 000243 **20042** GMØ \* 🍁 + All Purpose & Pastry Flour, Organic 4 / 1kg  
 067785 005743 **20015** GMØ \* 🍁 + Unbleached White Flour, Organic 4 / 1kg  
 067785 000045 **20043** GMØ \* 🍁 + Whole Wheat Flour, Organic 4 / 1kg  
 067785 000441 **20037** GMØ \* 🍁 + Buckwheat Flour, Organic 4 / 1kg  
 067785 000342 **20024** GMØ \* 🍁 + Spelt Flour, Whole, Organic 4 / 1kg  
 067785 001745 **20014** GMØ \* 🍁 + Oat Flour, Whole Grain, Organic 4 / 1kg

## PAMELA'S | ARTISAN FLOUR BLENDS

093709 221142 **22246** GMØ GF Artisan Flour Blend 3 / 1.81kg

## BEVERAGES, HOT

### Coffee & Coffee Filters

#### EMMA | UNBLEACHED COFFEE FILTERS

071287 870877 **60337** Unbleached Cone Filters (2 cup) 8 / 100ea G P  
 071287 870884 **60338** Unbleached Cone Filters (4 cup) 8 / 100ea G P  
 726286 603307 **60304** Unbleached Basket Filters (200ml) 24 / 100ea G P

#### IF YOU CARE | COFFEE FILTERS

770009 001116 **60343** Coffee Filters, Basket (unbleached) 12 / 100ct G P  
 770009 001123 **60341** Coffee Filters, No. 2 (unbleached) 12 / 100ct G P

#### LEVEL GROUND COFFEE ROASTERS | CRAFT COFFEE

661594 000366 **11949** GMØ \* @ 🌿 + Coffee Beans, Andes Blend (medium), Organic 6 / 300g  
 661594 000267 **11940** GMØ \* @ 🌿 + Coffee Beans, Colombia (dark), Organic 6 / 300g  
 661594 000304 **11942** GMØ \* @ 🌿 + Coffee Beans, Decaf, Swiss Water Process (dark), Organic 6 / 300g

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🌱	X	PACK	SIZE					G	P	U
661594 000410	11950	GMO					*	@	🌿	+		6 / 300g							
661594 002155	11956	GMO					*	@	🌿	+		6 / 300g							
661594 000342	11954	GMO					*	@	🌿	+		6 / 300g							
661594 000434	11946	GMO					*	@	🌿	+		6 / 300g							
661594 000328	11944	GMO					*	@	🌿	+		6 / 300g							
661594 000380	11948	GMO					*	@	🌿	+		6 / 300g							
661594 000274	11941	GMO					*	@	🌿	+		6 / 300g							
661594 000311	11943	GMO					*	@	🌿	+		6 / 300g							
661594 000427	11951	GMO					*	@	🌿	+		6 / 300g							
661594 000359	11953	GMO					*	@	🌿	+		6 / 300g							
661594 000441	11947	GMO					*	@	🌿	+		6 / 300g							
661594 000335	11945	GMO					*	@	🌿	+		6 / 300g							
661594 000120	11929	GMO					*	@	🌿	+		6 / 908g							
661594 000199	11935	GMO					*	@	🌿	+		6 / 908g							

## MOUNT HAGEN | INSTANT COFFEE

4000799 110009	12137	GMO					*	@				6 / 100g							
4000799 109997	12050	GMO							GF	*		6 / 100g							

## SALT SPRING COFFEE

628415 686635	12379	GMO					*	@	BC	+		6 / 20ct							
628415 686161	12380	GMO					*	@	BC	+		6 / 20ct							
628415 686413	12381	GMO					*	@	BC	+		6 / 20ct							
628415 077631	12375	GMO					*	@	BC	+		8 / 284g							
628415 077419	12376	GMO					*	@	BC	+		8 / 284g							
628415 077167	12377	GMO					*	@	BC	+		8 / 284g							
628415 077358	12378	GMO					*	@	BC	+		8 / 284g							
628415 878634	13301	GMO					*	@	BC	+		8 / 400g							
628415 078317	12356	GMO					*	@	BC	+		8 / 400g							
628415 078416	12361	GMO					*	@	BC	+		8 / 400g							
628415 878627	12359	GMO					*	@	BC	+		8 / 400g							
628415 078355	12357	GMO					*	@	BC	+		8 / 400g							
628415 078270	12358	GMO					*	@	BC	+		8 / 400g							
628415 078164	12363	GMO					*	@	BC	+		8 / 400g							
628415 078362	12362	GMO					*	@	BC	+		8 / 400g							
628415 084646	12364	GMO					*	@	BC	+		6 / 908g							
628415 084424	12365	GMO					*	@	BC	+		6 / 908g							
628415 084387	12366	GMO					*	@	BC	+		6 / 908g							

## Coffee Alternatives

### CAF-LIB | GRAIN BEVERAGE

055789 050777	12074	GMO					*					12 / 150g							
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## Hot Chocolate Mixes

### CAMINO | HOT CHOCOLATE

752612 000137	<b>06681</b>	GMO								* @ 🇨🇦 +	Hot Chocolate, Intensely Dark, Organic	6 / 275g
752612 000571	<b>07319</b>	GMO								* @ 🇨🇦 +	Hot Chocolate, Maple, Organic	6 / 275g
752612 000298	<b>06918</b>	GMO								* @ 🇨🇦 +	Hot Chocolate, Simply Dark, Organic	6 / 275g
752612 000045	<b>06665</b>	GMO								* @ 🇨🇦 +	Hot Chocolate, Milk, Organic	6 / 336g
752612 000052	<b>06666</b>	GMO								* @ 🇨🇦 +	Hot Chocolate, Original Dark, Organic	6 / 336g
752612 300428	<b>37080</b>	GMO								* @ 🇨🇦 +	Hot Chocolate, Original Dark, Organic (S/O)	12 / 907g

### COCO | SUPERFOOD HOT CHOCOLATE

817523 000482	<b>53300</b>									BC +	Hot Chocolate, Original	6 / 115g
817523 000499	<b>53302</b>									BC +	Hot Chocolate, Peppermint	6 / 115g
817523 000505	<b>53301</b>									BC +	Hot Chocolate, Salted Caramel	6 / 115g

## Tea Concentrates

### AMBIENT MOON | CHAI TEA CONCENTRATE

066893 355757	<b>17661</b>									@BC +	Natural Chai (1:1 concentrate)	12 / 946ml
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### SAY WHEN | ORGANIC CHAI CONCENTRATE

801009 000028	<b>30808</b>	GMO								* BC +	Chai, Authentic (1:3 concentrate), Organic	12 / 946ml
801009 000042	<b>30805</b>	GMO								* BC +	Chai, Dirty (w/coffee & cocoa [1:1 concentrate]), Organic	12 / 946ml
801009 000011	<b>30806</b>	GMO								* BC +	Chai, Golden (w/turmeric/caffeine-free [1:1 concentrate]), Organic	12 / 946ml
801009 000035	<b>30807</b>	GMO								* BC +	Chai, Spiced (1:1 concentrate), Organic	12 / 946ml
											<b>Buy 8-15 cases</b>	<b>Save 10%</b>
											<b>Buy 16+ cases</b>	<b>Save 15%</b>

### TAZO | LATTE CONCENTRATE

794522 002252	<b>30890</b>										Latte, Chai Black Tea Concentrate (1:1)	6 / 946ml
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## Teas

### DOMO | MICRO-GROUND TEA

817523 000345	<b>04072</b>									+	Pure Japanese Matcha	6 / 60g
817523 000338	<b>04069</b>									BC +	Sweet Dreams Tumeric Tea (caffeine free)	6 / 115g
817523 000215	<b>04037</b>									BC +	Tea Latte, Chai	6 / 115g
817523 000321	<b>04054</b>									BC +	Tea Latte, London Fog Earl Grey	6 / 115g
817523 000192	<b>04034</b>									BC +	Tea Latte, Vanilla Matcha	6 / 115g

### FOUR O'CLOCK | TEA CRAFTERS

779192 402212	<b>12906</b>	GMO								* @ 🇨🇦 +	Black Tea, Classic Earl Grey, Organic	6 / 16ct
779192 402564	<b>12973</b>	GMO								* @ 🇨🇦 +	Black Tea, Morning Blend, Organic	6 / 16ct
779192 402274	<b>12914</b>	GMO								* @ 🇨🇦 +	Chai, Black Tea, Organic	6 / 16ct
779192 402458	<b>12907</b>	GMO								* @ 🇨🇦 +	Chai, Chocolate Spice Herbal Tea, Organic	6 / 16ct
779192 402823	<b>24252</b>	GMO								* @ 🇨🇦 +	Chai, Espresso, Organic	6 / 16ct
779192 402342	<b>12912</b>	GMO								* @ 🇨🇦 +	Chai, Green Tea Decaffeinated, Organic	6 / 16ct
779192 402434	<b>12911</b>	GMO								* @ 🇨🇦 +	Chai, Licorice Spice Herbal Tea, Organic	6 / 16ct
779192 402359	<b>12905</b>	GMO								* @ 🇨🇦 +	Chai, Rooibos Herbal Tea, Organic	6 / 16ct
779192 402298	<b>12921</b>	GMO								* @ 🇨🇦 +	Green Tea, Decaffeinated, Organic	6 / 16ct
779192 402809	<b>24250</b>	GMO								* @ 🇨🇦 +	Green Tea, Japanese Sencha Matcha, Organic	6 / 16ct
779192 402328	<b>12908</b>	GMO								* @ 🇨🇦 +	Green Tea, Japanese, Organic	6 / 16ct
779192 402229	<b>12972</b>	GMO								* @ 🇨🇦 +	Green Tea, Jasmine, Organic	6 / 16ct
779192 202270	<b>24254</b>	GMO								* @ 🇨🇦 +	Herbal Tea, Golden Turmeric, Organic	6 / 16ct
779192 202256	<b>12916</b>	GMO								* @ 🇨🇦 +	Herbal Tea, Lemon Ginger, Organic	6 / 16ct
779192 202232	<b>12909</b>	GMO								* @ 🇨🇦 +	Herbal Tea, PEACEFUL DREAMS, Organic	6 / 16ct
779192 202225	<b>12975</b>	GMO								* @ 🇨🇦 +	Herbal Tea, Peppermint, Organic	6 / 16ct
779192 202263	<b>24253</b>	GMO								* @ 🇨🇦 +	Herbal Tea, Sweet Cinnamon Spice, Organic	6 / 16ct
779192 402724	<b>24114</b>	GMO								* @ 🇨🇦 +	Herbal Tea, Turmeric Cinnamon, Organic	6 / 16ct
779192 402571	<b>12910</b>	GMO								* @ 🇨🇦 +	Rooibos Classic, Organic	6 / 16ct
779192 402816	<b>24251</b>	GMO								* @ 🇨🇦 +	Rooibos, Spicy Orange, Organic	6 / 16ct

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## GENUINE TEA CO. | TEA

854335 001184	21452	GMØ				*		+			8 / 45g			
854335 001191	21453	GMØ						+			8 / 45g			
854335 001221	21456	GMØ				*		+			8 / 37.5g			
854335 001238	21457	GMØ				*		+			8 / 45g			

## GUAYAKI | YERBA MATE

632432 100029	13219	GMØ				*	@				6 / 75bag			
632432 100036	13217	GMØ				*	@				6 / 454g			

## LEVEL GROUND TRADING DIRECT FAIR TRADE | TEA

661594 000229	13007						@	+			12 / 20ct			
661594 000236	13009						@	+			12 / 20ct			
661594 000250	13010						@	+			12 / 20ct			
661594 000243	13008						@	+			12 / 20ct			
661594 001677	12995						@	+			12 / 70g			
661594 001837	12996						@	+			12 / 70g			
661594 002698	13241						@	+			12 / 70g			
661594 001684	12997						@	+			12 / 70g			

## MATEINA | YERBA MATE

628504 157152	20815	GMØ				*		+			10 / 454g			
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## NUMI | ORGANIC TEA

680692 101713	12026	GMØ				*	@				6 / 18ct			
680692 102215	12966	GMØ				*	@				6 / 18ct			
680692 101812	12027	GMØ				*	@				6 / 18ct			
680692 101195	12021	GMØ				*	@				6 / 18ct			
680692 101188	12010	GMØ				*	@				6 / 18ct			
680692 103014	13209	GMØ				*					6 / 18ct			
680692 111507	12023	GMØ				*	@				6 / 18ct			
680692 115000	12007	GMØ				*					6 / 16ct			
680692 101010	12003	GMØ				*	@				6 / 18ct			
680692 116144	12012	GMØ				*	@				6 / 16ct			
680692 116151	12013	GMØ				*	@				6 / 16ct			
680692 116175	12014	GMØ				*	@				6 / 16ct			
680692 101034	12005	GMØ				*					6 / 18ct			
680692 101140	12006	GMØ				*	@				6 / 18ct			
680692 102017	12088	GMØ				*					6 / 18ct			
680692 101126	12004	GMØ				*					6 / 18ct			
680692 116120	12011	GMØ				*	@				6 / 16ct			
680692 115529	13239	GMØ				*	@				6 / 12ct			
680692 115505	13237	GMØ				*	@				6 / 12ct			

## ORGANIC INDIA TEA | HERBAL INFUSIONS

801541 520831	13352	GMØ				*		X			5 / 25ct			
801541 500215	13353	GMØ				*		X			5 / 25ct			
801541 500062	13361	GMØ				*		X			5 / 25ct			
801541 040438	13357	GMØ				*		X			5 / 25ct			
801541 070435	13351	GMØ				*		X			5 / 25ct			
801541 509416	13362	GMØ				*		X			5 / 25ct			
801541 508402	13358	GMØ				*		X			5 / 25ct			
801541 507740	13363	GMØ				*		X			5 / 25ct			
801541 500079	13359	GMØ				*		X			5 / 25ct			
801541 500086	13360	GMØ				*		X			5 / 25ct			
801541 508624	13355	GMØ				*		X			5 / 25ct			
801541 050505	13350	GMØ				*		X			5 / 25ct			
801541 500123	13356	GMØ				*		X			5 / 25ct			
801541 605002	13354	GMØ				*		X			5 / 25ct			

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## PUKKA | ORGANIC TEA

5060229 013798	<b>40804</b>	GMO					*	@	X	Herbal Tea, Chamomile, Vanilla & Manuka Honey, Organic	4	/ 20ct						
5060229 013897	<b>40811</b>	GMO					*	@	X	Herbal Tea, Elderberry & Echinacea, Organic	4	/ 20ct						
5060229 013910	<b>40807</b>	GMO					*	@	X	Herbal Tea, Lemon, Ginger & Manuka Honey, Organic	4	/ 20ct						
5060229 013675	<b>40813</b>	GMO					*	@	X	Herbal Tea, Love, Organic	4	/ 20ct						
5060229 013774	<b>40802</b>	GMO					*	@	X	Herbal Tea, Night Time, Organic	4	/ 20ct						
5060229 013767	<b>40817</b>	GMO					*	@	X	Herbal Tea, Three Ginger, Organic	4	/ 20ct						
5060229 013750	<b>40818</b>	GMO					*	@	X	Herbal Tea, Three Mint, Organic	4	/ 20ct						

## STASH TEA | PREMIUM TEA

077652 082654	<b>13092</b>	GMO								Black Tea, Double Spice Chai	6	/ 18ct						
077652 082289	<b>13124</b>	GMO								Black Tea, English Breakfast	6	/ 20ct						
077652 082692	<b>13099</b>	GMO								Black Tea, Vanilla Chai, Decaf	6	/ 18ct						
077652 083651	<b>13102</b>	GMO								Green Tea & Matcha, Ginger Peach	6	/ 18ct						
077652 082296	<b>13106</b>	GMO								Green Tea, Premium Green	6	/ 20ct						
077652 745948	<b>13128</b>	GMO								Herbal Tea, Cozy Cinnamon Vanilla Chamomile	6	/ 18ct						
077652 082449	<b>13115</b>	GMO								Herbal Tea, Meyer Lemon	6	/ 20ct						
077652 772173	<b>13226</b>	GMO								Herbal Tea, Sunny Orange Ginger	6	/ 18ct						
077652 083552	<b>13122</b>	GMO								Oolong Tea, Coconut Mango Wuyi Oolong	6	/ 20ct						

## TAZO | TEA BAGS

794522 002245	<b>30881</b>									Black Tea, Awake English Breakfast	6	/ 20ct						
794522 002191	<b>30885</b>	GMO					*			Black Tea, Chai, Organic	6	/ 20ct						
794522 002146	<b>30883</b>									Black Tea, Earl Grey	6	/ 20ct						
794522 002214	<b>30886</b>									Green Tea, Green Ginger	6	/ 20ct						
794522 002184	<b>30889</b>									Herbal Tea, Passion (hibiscus, orange peel, rose hips & passion fruit)	6	/ 20ct						
794522 002207	<b>30887</b>									Herbal Tea, Wild Sweet Orange	6	/ 20ct						

## TRADITIONAL MEDICINALS | TEA

032917 007391	<b>12140</b>	GMO								Belly Comfort, Peppermint	6	/ 16ct						
032917 007339	<b>12170</b>	GMO								Breathe Easy Tea	6	/ 16ct						
032917 007346	<b>12169</b>	GMO					*	@		Chamomile w/Lavender Tea, Organic	6	/ 16ct						
032917 007353	<b>12171</b>	GMO					*	@		Chamomile, Organic	6	/ 16ct						
032917 007377	<b>12199</b>	GMO					*	@		Cup of Calm, Organic	6	/ 16ct						
032917 007384	<b>13207</b>	GMO					*			Dandelion Leaf and Root, Organic	6	/ 16ct						
032917 007407	<b>12189</b>	GMO					*			Echinacea Plus Elderberry, Organic	6	/ 16ct						
032917 007414	<b>12177</b>	GMO					*			Echinacea Plus, Organic	6	/ 16ct						
032917 007421	<b>13208</b>	GMO					*			Everyday Detox, Dandelion, Organic	6	/ 16ct						
032917 007438	<b>12942</b>	GMO					*			EveryDay Detox, Lemon, Organic	6	/ 16ct						
032917 007445	<b>12984</b>	GMO	GF				*			Fennel, Organic	6	/ 16ct						
032917 007452	<b>12163</b>	GMO					*			Ginger Aid, Organic	6	/ 16ct						
032917 007476	<b>12103</b>	GMO					*	@		Ginger, Organic	6	/ 16ct						
032917 007483	<b>12186</b>	GMO					*	@		Green Tea w/Ginger, Organic	6	/ 16ct						
032917 007490	<b>12174</b>	GMO					*	@		Green Tea w/Lemongrass, Organic	6	/ 16ct						
032917 007711	<b>31700</b>	GMO					*			Green Tea, Matcha, Organic	6	/ 16ct						
032917 007506	<b>30109</b>	GMO					*	@		Heart Tea w/Hawthorn Hibiscus, Organic	6	/ 16ct						
032917 008220	<b>12164</b>	GMO					*			Herbal Tea, Lemon Ginger, Organic	6	/ 16ct						
032917 007513	<b>12985</b>	GMO	GF				*	@		Hibiscus, Organic	6	/ 16ct						
032917 007520	<b>12983</b>	GMO	GF				*			Lemon Balm, Organic	6	/ 16ct						
032917 007537	<b>12244</b>	GMO					*			Licorice Root, Organic	6	/ 16ct						
032917 007544	<b>13049</b>	GMO					*			Mother's Milk Tea, Organic	6	/ 16ct						
032917 007551	<b>12249</b>	GMO					*			Nettle Leaf, Organic	6	/ 16ct						
032917 007568	<b>12986</b>	GMO	GF				*			Nighty Night Valerian, Organic	6	/ 16ct						
032917 007575	<b>12142</b>	GMO					*	@		Nighty Night, Organic	6	/ 16ct						
032917 007582	<b>12173</b>	GMO					*			Peppermint, Organic	6	/ 16ct						
032917 007599	<b>12143</b>	GMO					*			Raspberry Leaf, Organic	6	/ 16ct						
032917 007643	<b>12952</b>	GMO					*			RELAXATION TEA, Stress Soother, Cinnamon, Organic	6	/ 16ct						
032917 007605	<b>12104</b>	GMO					*			Roasted Dandelion Root, Organic	6	/ 16ct						

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032917 007612	<b>12950</b>	GMO				*					6 / 16ct						
032917 007629	<b>12160</b>	GMO				*					6 / 16ct						
032917 007636	<b>12106</b>	GMO				*	@				6 / 16ct						
032917 007650	<b>12190</b>	GMO				*					6 / 16ct						
032917 007667	<b>12165</b>	GMO				*					6 / 16ct						
032917 007674	<b>12953</b>	GMO				*	@				6 / 16ct						
032917 007681	<b>12954</b>	GMO				*					6 / 16ct						
032917 007698	<b>12155</b>	GMO				*	@				6 / 16ct						

## UNCLE LEE'S TEA

892241 000679	<b>12963</b>	GMO				*					12 / 100ct						
049606 100042	<b>12956</b>										12 / 100ct						
892241 000686	<b>12964</b>	GMO				*					12 / 100ct						
892241 000693	<b>12965</b>	GMO				*					12 / 100ct						
892241 000235	<b>12961</b>	GMO				*					6 / 40ct						
892241 000211	<b>12962</b>	GMO				*					6 / 40ct						
892241 000167	<b>12960</b>	GMO				*					6 / 40ct						

## YOGI | HERBAL TEA

076950 650213	<b>12652</b>	GMO				*					6 / 16ct						
076950 615335	<b>12677</b>	GMO				*					6 / 16ct						
076950 615168	<b>12720</b>	GMO				*					6 / 16ct						
076950 650114	<b>12670</b>	GMO				*					6 / 16ct						
076950 209541	<b>12682</b>	GMO				*					6 / 16ct						
076950 650176	<b>12671</b>	GMO				*					6 / 16ct						
076950 203471	<b>12945</b>	GMO				*					6 / 16ct						
076950 208957	<b>12949</b>	GMO				*					6 / 16ct						
076950 209534	<b>12681</b>	GMO				*					6 / 16ct						
076950 209374	<b>12678</b>	GMO				*					6 / 16ct						
076950 209381	<b>12679</b>	GMO				*					6 / 16ct						
076950 208414	<b>12672</b>	GMO				*					6 / 16ct						
076950 203488	<b>12944</b>	GMO				*					6 / 16ct						
076950 209367	<b>12680</b>	GMO				*					6 / 16ct						
076950 207028	<b>12653</b>	GMO				*					6 / 16ct						
076950 209114	<b>12673</b>	GMO				*					6 / 16ct						

## BEVERAGES, READY-TO-DRINK

**Note: Due to provincial regulation differences regarding beverage container remittance, PSC does not sell beverage outside of B.C.**

**We apologize for any inconvenience.**

### Carbonated Beverages

#### BLUE MONKEY | SPARKLING BEVERAGE

059654 560040	<b>05535</b>										6 / 4x250ml						
059654 590047	<b>05529</b>										6 / 4x250ml						
059654 530043	<b>05531</b>										6 / 4x250ml						
059654 540448	<b>05532</b>										6 / 4x250ml						
059654 550041	<b>05533</b>										6 / 4x250ml						
059654 520044	<b>05530</b>										6 / 4x250ml						
059654 580048	<b>05534</b>										6 / 4x250ml						



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## PHILLIPS | SODA WORKS

818278 009058	11450									6 / 4x355ml								G P U
818278 009034	11448									6 / 4x355ml								G P U
818278 009065	11447									6 / 4x355ml								G P U
818278 009041	11449									6 / 4x355ml								G P U

## SAY IT AIN'T SODA | FRUIT & BOTANICALS SPARKLING SOFT DRINK

801009 100063	11562									6 / 4x355ml								G P U
801009 100049	11561									6 / 4x355ml								G P U
801009 100056	11560									6 / 4x355ml								G P U
										<b>Buy 8-15 cases</b>		<b>Save 10%</b>						
										<b>Buy 16+ cases</b>		<b>Save 15%</b>						

## SPARKMOUTH | SPARKLING WATER & TONIC

818278 003469	11417									3 / 8x355ml								G U
818278 003476	11418									3 / 8x355ml								G U
818278 004787	11432									6 / 4x355ml								G P U
818278 005128	11433									6 / 4x355ml								G P U
818278 004824	11434									6 / 4x355ml								G P U

## THIRSTY BUDDHA | SPARKLING COCONUT WATER

852953 001654	72521	GMQ								+ X Sparkling Coconut Water with Pineapple (can)	12 / 330ml							G P U
852953 001357	72522	GMQ								+ X Sparkling Coconut Water with Watermelon (can)	12 / 330ml							G P U
										<b>Buy 20-49 cases</b>		<b>Save 1.50</b>						
										<b>Buy 50-99 cases</b>		<b>Save 2.25</b>						
										<b>Buy 100+ cases</b>		<b>Save 3.00</b>						

## ZEVIA | ZERO SUGAR SODA

849429 001249	07158	GMQ								Soda, Black Cherry (can)	4 / 6x355ml							G P U
849429 001300	72024	GMQ								Soda, Cherry Cola (can)	4 / 6x355ml							G P U
849429 001201	07106	GMQ								Soda, Cola (can)	4 / 6x355ml							G P U
849429 001287	07111	GMQ								Soda, Cream Soda (can)	4 / 6x355ml							G P U
849429 000013	07160	GMQ								Soda, Creamy Root Beer (can)	4 / 6x355ml							G P U
849429 001263	07161	GMQ								Soda, Dr. Zevia (can)	4 / 6x355ml							G P U
849429 001256	07110	GMQ								Soda, Ginger Ale (can)	4 / 6x355ml							G P U
849429 001232	07109	GMQ								Soda, Ginger Root Beer (can)	4 / 6x355ml							G P U
849429 001270	07159	GMQ								Soda, Grape (can)	4 / 6x355ml							G P U
849429 001218	07107	GMQ								Soda, Lemon Lime Twist (can)	4 / 6x355ml							G P U
849429 001225	07108	GMQ								Soda, Orange (can)	4 / 6x355ml							G P U
849429 003694	72025	GMQ								Soda, Vanilla Cola (can)	4 / 6x355ml							G P U
849429 004097	72060	GMQ								X Soda Sleek Can, Cola	12 / 355ml							G P U
849429 004110	72061	GMQ								X Soda Sleek Can, Ginger Ale	12 / 355ml							G P U
849429 004103	72062	GMQ								X Soda Sleek Can, Orange	12 / 355ml							G P U
849429 004127	72063	GMQ								X Soda Sleek Can, Root Beer	12 / 355ml							G P U

## Cold Brew Coffees, Iced Teas

### GOODDRINK | BOTTLED TEA

853790 001029	04104									X Bottled Tea, Green Tea (w/lemon & honey) (glass bottle)	12 / 473ml							U
853790 001012	04105									X Bottled Tea, Iced Tea (w/black tea & lemon) (glass bottle)	12 / 473ml							U
853790 001067	04106									X Bottled Tea, Lemonade Tea (lemonade & black tea) (glass bottle)	12 / 473ml							U
853790 001036	04107									X Bottled Tea, Mango Tea (w/Hibiscus & Vanilla) (glass bottle)	12 / 473ml							U
853790 001050	04108									X Bottled Tea, Peach Tea (w/white tea & apple) (glass bottle)	12 / 473ml							U
853790 001913	04117									X Bottled Tea, Sweet Tea (black tea & cane sugar) (glass bottle)	12 / 473ml							U





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## Functional Beverages

### BUCHA BREW | KOMBUCHA

628110 435354	17252	GMQ										6 / 4x355ml			G P U
628110 435347	17251	GMQ										6 / 4x355ml			G P U

### COVE | PROBIOTIC SODA

628250 842272	25257	GMQ				*			🇨🇦	+ X Soda, Cherry, Organic		12 / 355ml			G P U
628308 140015	25254	GMQ				*			🇨🇦	+ X Soda, Classic Cola, Organic		12 / 355ml			G P U
628308 140039	25253	GMQ				*			🇨🇦	+ X Soda, Cream Soda, Organic		12 / 355ml			G P U
628308 140190	25258	GMQ				*			🇨🇦	+ X Soda, Dr. Cove, Organic		12 / 355ml			G P U
628308 140176	25259	GMQ				*			🇨🇦	+ X Soda, Ginger Ale, Organic		12 / 355ml			G P U
628250 842524	25260	GMQ				*			🇨🇦	+ X Soda, Grape, Organic		12 / 355ml			G P U
628308 140237	25256	GMQ				*			🇨🇦	+ X Soda, Grapefruit, Organic		12 / 355ml			G P U
628308 140213	25263	GMQ				*			🇨🇦	+ X Soda, Ice Pop, Organic		12 / 355ml			G P U
628250 842500	25261	GMQ				*			🇨🇦	+ X Soda, Lemon Lime, Organic		12 / 355ml			G P U
628250 842180	25262	GMQ				*			🇨🇦	+ X Soda, Orange, Organic		12 / 355ml			G P U
628308 140251	25255	GMQ				*			🇨🇦	+ X Soda, Raspberry, Organic		12 / 355ml			G P U
628308 140022	25252	GMQ				*			🇨🇦	+ X Soda, Root Beer, Organic		12 / 355ml			G P U

### CWENCH | SPORTS HYDRATION DRINK

628123 580126	50453									+ Hydration Drink, Berry Crush Flavour		12 / 500ml			G U
628123 580140	50455									+ Hydration Drink, Blue Raspberry		12 / 500ml			G U
628123 580133	50454									+ Hydration Drink, Cherry Lime		12 / 500ml			G U
628123 580157	50456									+ Hydration Drink, Rainbow Swirl		12 / 500ml			G U
628123 580676	50457									+ Hydration Drink, Tropical Flow		12 / 500ml			G U

### GINGER PEOPLE | GINGER SOOTHER

734027 995017	06177	GMQ								X GINGER SOOTHER, Lemon & Honey		24 / 355ml			G U
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### GOODVIBES JUICE CO | GOODVIBES SHOTS+

628250 941272	80732									🇨🇦 + X Shots, Get Well + Elderberry/Ginger/Hibiscus		12 / 50ml			U
628250 941180	80731									🇨🇦 + X Shots, Sick Day + Echinaces/Ginger/Cayenne		12 / 50ml			U
628250 941296	80733									🇨🇦 + X Shots, Turmeric Daily + Turmeric/Ginger/Chamomile		12 / 50ml			U

### LIVELY | PREBIOTIC POP

628942 435324	66150									🇨🇦 + X Prebiotic Pop, Cool Cola		12 / 355ml			G P U
628942 435348	66151									🇨🇦 + X Prebiotic Pop, Rockin' Root Beer		12 / 355ml			G P U
628942 435355	66152									🇨🇦 + X Prebiotic Pop, Spritzly Lemon Lime		12 / 355ml			G P U

### ROAR ORGANIC | VITAMIN ENHANCED BEVERAGE

628250 053432	19907	GMQ				*				X Blackberry Lemonade, Organic		12 / 532ml			G U
628250 053258	19904	GMQ				*				X Blueberry Acai, Organic		12 / 532ml			G U
628250 053227	19901	GMQ				*				X Cucumber Watermelon, Organic		12 / 532ml			G U
628250 053265	19905	GMQ				*				X Georgia Peach, Organic		12 / 532ml			G U
628250 053241	19903	GMQ				*				X Mango Clementine, Organic		12 / 532ml			G U
628250 053326	19906	GMQ				*				X Strawberry Lemonade, Organic		12 / 532ml			G U

### RVIITA | ENERGY TEA

627987 111873	01200									🇨🇦 + X Energy Tea, Divine Strawberry (pouch)		10 / 355ml			G U
627987 111880	01201									🇨🇦 + X Energy Tea, Midnight Blackberry (pouch)		10 / 355ml			G U
627987 111903	01202									🇨🇦 + X Energy Tea, Royal Elderberry (pouch)		10 / 355ml			G U
627987 111897	01203									🇨🇦 + X Energy Tea, Speechless Peach (pouch)		10 / 355ml			G U

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	X	PACK	SIZE				G	P	U
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## SAPSUCKER | SPARKLING WATER BEVERAGE

898171 000307	<b>56419</b>	GMQ				*	🍁	+ X	The Blackberry One, Organic (sweetened w/maple sap)	12 / 355ml					G		U
898171 000154	<b>56417</b>	GMQ				*	🍁	+ X	The Grapefruit One, Organic (sweetened w/maple sap)	12 / 355ml					G		U
898171 000024	<b>56415</b>	GMQ				*	🍁	+ X	The Lemon One, Organic (sweetened w/maple sap)	12 / 355ml					G		U
898171 000031	<b>56414</b>	GMQ				*	🍁	+ X	The Lime One, Organic (sweetened w/maple sap)	12 / 355ml					G		U
898171 000178	<b>56418</b>	GMQ				*	🍁	+ X	The Orange One, Organic (sweetened w/maple sap)	12 / 355ml					G		U
898171 000017	<b>56413</b>	GMQ				*	🍁	+ X	The Original One, Organic (sweetened w/maple sap)	12 / 355ml					G		U
898171 000284	<b>56416</b>	GMQ				*	🍁	+ X	The Peach One, Organic (sweetened w/maple sap)	12 / 355ml					G		U

**Buy 35+ cases**

**Save 4.50**

## SOTA | SPARKLING TEA + ADAPTOGENS

628176 390932	<b>35450</b>	GMQ				*	🍁	+	Sparkling Tea, Calm (grapefruit + hibiscus), Organic	4 / 6x355ml					G		U
628176 390949	<b>35451</b>	GMQ				*	🍁	+	Sparkling Tea, Focus (orange + chamomile), Organic	4 / 6x355ml					G		U
628176 390956	<b>35452</b>	GMQ				*	🍁	+	Sparkling Tea, Refresh (lime + dandelion), Organic	4 / 6x355ml					G		U

## SPERRI | PLANT-BASED MEAL REPLACEMENT SHAKE

627987 473766	<b>13953</b>	GMQ				*	🍁	+	Meal Replacement Shake, Chocolate, Organic	3 / 4x330ml							
832365 000025	<b>13955</b>	GMQ				*	🍁	+	Meal Replacement Shake, Strawberry, Organic	3 / 4x330ml							
627987 473759	<b>13952</b>	GMQ				*	🍁	+	Meal Replacement Shake, Vanilla Maple, Organic	3 / 4x330ml							

## THRIVE REMEDIES | WELLNESS TEAS

628176 390048	<b>11608</b>	GMQ				*		BC + X	Adaptogenic Rooibos Tea, Calm, Organic	12 / 475ml							U
628176 390062	<b>11609</b>	GMQ				*		BC + X	Adaptogenic Rooibos Tea, Defense, Organic	12 / 475ml							U
628176 390017	<b>11610</b>	GMQ				*		BC + X	Adaptogenic Rooibos Tea, Detox, Organic	12 / 475ml							U
628176 390055	<b>11611</b>	GMQ				*		BC + X	Adaptogenic Rooibos Tea, Recovery, Organic	12 / 475ml							U
628176 390000	<b>11612</b>	GMQ				*		BC + X	Adaptogenic Rooibos Tea, Stress, Organic	12 / 475ml							U

## ZEVIA | ZERO SUGAR ENERGY DRINK

849429 000723	<b>72083</b>	GMQ		GF					X Energy Drink, Kōla	12 / 355ml							G P U
849429 000709	<b>72081</b>	GMQ		GF					X Energy Drink, Mango Ginger	12 / 355ml							G P U
849429 003045	<b>72084</b>	GMQ		GF					X Energy Drink, Pineapple Paradise	12 / 355ml							G P U
849429 000716	<b>72082</b>	GMQ		GF					X Energy Drink, Raspberry Lime	12 / 355ml							G P U
849429 003052	<b>72085</b>	GMQ		GF					X Energy Drink, Strawberry Kiwi	12 / 355ml							G P U

## WAKEWATER | CAFFEINATED SPARKLING WATER

628693 083072	<b>25115</b>						🍁	+	Caffeinated Sparkling Water, Blackberry	6 / 4x355ml					G		U
628693 083058	<b>25113</b>						🍁	+	Caffeinated Sparkling Water, Grapefruit	6 / 4x355ml					G		U
628693 083065	<b>25114</b>						🍁	+	Caffeinated Sparkling Water, Lemon	6 / 4x355ml					G		U
628693 083003	<b>25112</b>						🍁	+ X	Caffeinated Sparkling Water, Blackberry	12 / 355ml					G		U
628055 980896	<b>25110</b>						🍁	+ X	Caffeinated Sparkling Water, Grapefruit	12 / 355ml					G		U
628055 980278	<b>25111</b>						🍁	+ X	Caffeinated Sparkling Water, Lemon	12 / 355ml					G		U
628693 083096	<b>25109</b>						🍁	+ X	Caffeinated Sparkling Water, Peach	12 / 355ml					G		U

## WILD TEA | KOMBUCHA

628055 948445	<b>23727</b>	GMQ				*	🍁	+ X	Kombucha, Cream Soda, Organic (can)	12 / 355ml					G		P U
628055 948469	<b>23726</b>	GMQ				*	🍁	+ X	Kombucha, Rootbeer, Organic (can)	12 / 355ml					G		P U

## Juices & Non - Carbonated Beverages

### BLACK RIVER | JUICE & LEMONADE

771344 001045	<b>02371</b>						🍁	+ X	Juice, Apple + Cranberry	12 / 300ml							U
771344 001083	<b>02372</b>						🍁	+ X	Juice, Apple + Mango	12 / 300ml							U
771344 001137	<b>02373</b>						🍁	+ X	Juice, Bartlett Pear	12 / 300ml							U
771344 001090	<b>02375</b>						🍁	+ X	Juice, Pure Orange	12 / 300ml							U
771344 001069	<b>02376</b>						🍁	+ X	Juice, Pure Red Grapefruit	12 / 300ml							U
771344 001120	<b>02374</b>						🍁	+ X	Lemonade, Classic	12 / 300ml							G U
771344 004091	<b>02613</b>						🍁	+	Juice, Apple Cranberry	6 / 1L							U
771344 004114	<b>02614</b>						🍁	+	Juice, Apple Mango	6 / 1L							U
771344 004237	<b>02608</b>						🍁	+	Juice, Bartlett Pear	6 / 1L							U
771344 004121	<b>02612</b>						🍁	+	Juice, Pineapple	6 / 1L							U
771344 004138	<b>02604</b>						🍁	+	Juice, Pomegranate	6 / 1L							U
771344 004220	<b>02606</b>						🍁	+	Juice, Pure Cranberry	6 / 1L							U
771344 004251	<b>02610</b>						🍁	+	Juice, Pure Red Grapefruit	6 / 1L							U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+ / 🇨🇦	X	PACK	SIZE				G	P	U
771344 004176	<b>02616</b>	GMO				*		🇨🇦	+	Juice, Sweet Apple Cider, Organic	6 / 1L						U
771344 004060	<b>02602</b>								🇨🇦	+	Juice, Tart Cherry	6 / 1L					U
771344 004053	<b>02603</b>								🇨🇦	+	Juice, Black Cherry	6 / 1L					U

## BLUE MONKEY | PURE COCONUT WATER & JUICE

059654 510014	<b>07337</b>	GMO								+ X Juice, 100% Watermelon (can)	12 / 330ml						U
059654 500022	<b>05538</b>									+ Juice Drink, Mango	6 / 1L						U
059654 5000015	<b>07065</b>									+ Juice, Watermelon (PET bottle)	12 / 1L						U
059654 170034	<b>06896</b>	GMO								+ X Pure Coconut Water (can)	24 / 330ml						U
059654 181009	<b>06909</b>	GMO								+ X Pure Coconut Water (can)	24 / 500ml						U
059654 810121	<b>05526</b>	GMO								+ X Pure Coconut Water (can)	12 / 500ml						U
059654 180026	<b>06908</b>	GMO								+ X Pure Coconut Water with Pulp (can)	24 / 500ml						U
059654 820120	<b>05527</b>	GMO								+ X Pure Coconut Water with Pulp (can)	12 / 500ml						U
059654 133336	<b>07072</b>	GMO				*				+ X Pure Coconut Water, Organic (can)	12 / 500ml						U
059654 222221	<b>07241</b>	GMO				*				+ X Pure Coconut Water, Organic (Tetra Pak)	12 / 1L						U

## FRUIT D'OR | CRANBERRY JUICE

662166 000111	<b>18211</b>	GMO							🇨🇦	+	Pure Cranberry Juice (not from concentrate)	6 / 946ml					U
											<b>Buy 12-19 cases</b>	<b>Save 15%</b>					
											<b>Buy 20+ cases</b>	<b>Save 20%</b>					

## KIJU ORGANIC | BEVERAGE

189727 000279	<b>06768</b>	GMO				*		🇨🇦	+	FIT, Pineapple Mango, Organic (Tetra)	8 / 4x200ml						U
189727 000262	<b>06770</b>	GMO				*		🇨🇦	+	FIT, Strawberry Watermelon, Organic (Tetra)	8 / 4x200ml						U
189727 000217	<b>06944</b>	GMO				*		🇨🇦	+	Juice, Apple, Organic (Tetra)	8 / 4x200ml						U
189727 000224	<b>06955</b>	GMO				*		🇨🇦	+	Juice, Grape Apple, Organic (Tetra)	8 / 4x200ml						U
189727 000231	<b>06956</b>	GMO				*		🇨🇦	+	Juice, Lemonade, Organic (Tetra)	8 / 4x200ml						U
189727 000248	<b>06969</b>	GMO				*		🇨🇦	+	Juice, Mango Orange, Organic (Tetra)	8 / 4x200ml						U
189727 000255	<b>06975</b>	GMO				*		🇨🇦	+	Juice, Pomegranate Cherry, Organic (Tetra)	8 / 4x200ml						U
189727 000309	<b>06753</b>	GMO				*		🇨🇦	+	Juice, Tropical Blend, Organic (Tetra)	8 / 4x200ml						U
189727 001016	<b>06757</b>	GMO				*		🇨🇦	+	Juice, Apple, Organic (Tetra)	12 / 1L						U
189727 001023	<b>06758</b>	GMO				*		🇨🇦	+	Juice, Grape Apple, Organic (Tetra)	12 / 1L						U
189727 001047	<b>06759</b>	GMO				*		🇨🇦	+	Juice, Lemonade, Organic (Tetra)	12 / 1L						U
189727 001054	<b>06760</b>	GMO				*		🇨🇦	+	Juice, Mango Orange, Organic (Tetra)	12 / 1L						U
189727 001078	<b>06761</b>	GMO				*		🇨🇦	+	Juice, Pomegranate Cherry, Organic (Tetra)	12 / 1L						U
189727 001146	<b>06752</b>	GMO				*		🇨🇦	+	Juice, Tropical Blend, Organic (Tetra)	12 / 1L						U

## KING ISLAND | COCONUT WATER

8850813 300031	<b>07130</b>	GMO							BC	+	Coconut Water, Pure (gable top)	12 / 1L					U
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## MORNIN' GLORY | PRUNE JUICE

093778 888819	<b>05001</b>	GMO				*				Prune Juice, Organic	12 / 946ml						U
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## NATURAL CABANA | LEMON & LIMEADE

856190 003020	<b>04081</b>									X Lemonade, Cherry	12 / 591ml				G		U
853790 001722	<b>04087</b>									X Lemonade, Coconut & Pineapple	12 / 591ml				G		U
856190 003006	<b>04082</b>									X Lemonade, Original	12 / 591ml				G		U
853790 001715	<b>04088</b>									X Lemonade, Peach	12 / 591ml				G		U
856190 003013	<b>04083</b>									X Lemonade, Strawberry	12 / 591ml				G		U
856190 003037	<b>04084</b>									X Lemonade, Tropical Mango	12 / 591ml				G		U
856190 003136	<b>04085</b>									X Limeade, Original	12 / 591ml				G		U
856190 003204	<b>04086</b>									X Limeade, Raspberry	12 / 591ml				G		U

## PATIENCE | FRUIT JUICE

662166 221103	<b>18209</b>	GMO				*		🇨🇦	+	Pure Cranberry Juice, Organic (not from concentrate)	6 / 946ml						U
662166 222209	<b>18233</b>	GMO				*		🇨🇦	+	Pure Tart Cherry Juice, Organic (not from concentrate)	6 / 946ml						U
662166 223305	<b>18232</b>	GMO				*		🇨🇦	+	Pure Wild Blueberry Juice, Organic (not from concentrate)	6 / 946ml						U
										<b>Buy 12-19 cases</b>	<b>Save 15%</b>						
										<b>Buy 20+ cases</b>	<b>Save 20%</b>						

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<b>R.W. KNUDSEN   FRUIT JUICE &amp; VEGETABLE JUICE</b>																	
074682 000146	<b>07446</b>	GMO				*					6 / 946ml						U
074682 000115	<b>07447</b>	GMO				*					6 / 946ml						U
074682 300123	<b>07433</b>	GMO									6 / 946ml						U
074682 000382	<b>07432</b>	GMO				*					6 / 946ml						U
074682 123098	<b>06303</b>	GMO									6 / 946ml						U
074682 123241	<b>06363</b>										6 / 946ml						U
074682 123500	<b>06361</b>	GMO									6 / 946ml						U
074682 123357	<b>06582</b>	GMO				*					6 / 946ml						U
074682 200645	<b>07445</b>	GMO				*					6 / 946ml						U
074682 300116	<b>07431</b>	GMO				*					6 / 946ml						U
074682 123296	<b>06365</b>										6 / 946ml						U
074682 123128	<b>06581</b>	GMO				*					6 / 946ml						U
074682 000245	<b>07434</b>	GMO									6 / 946ml						U
074682 123180	<b>06580</b>	GMO				*					6 / 946ml						U
074682 000122	<b>07448</b>	GMO									6 / 946ml						U

## SANTA CRUZ ORGANIC | JUICE, LEMONADE & LIMEADE

036192 000467	<b>06388</b>	GMO				*					6 / 946ml						U
036192 000443	<b>06386</b>	GMO				*					6 / 946ml						U
036192 000436	<b>06385</b>	GMO				*					6 / 946ml					G	U
036192 000450	<b>06387</b>	GMO				*					6 / 946ml					G	U
036192 127843	<b>06819</b>	GMO				*					12 / 946ml					G	U
036192 123135	<b>06383</b>	GMO				*					12 / 946ml					G	U
036192 123142	<b>06384</b>	GMO				*					12 / 946ml					G	U

## TASTE NIRVANA | COCONUT WATER

011259 904247	<b>05923</b>					GF					Coconut Water (glass bottle)	6 / 700ml					U
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## THIRSTY BUDDHA | COCONUT WATER

852953 001432	<b>72505</b>	GMO				GF	V				+ X Coconut Water, Natural w/Pulp (can)	12 / 490ml					U
852953 001418	<b>07165</b>	GMO				GF	V				+ X Coconut Water, Natural (can)	12 / 490ml					U
											<b>Buy 30-69 cases</b>	<b>Save 2.15</b>					
											<b>Buy 70-139 cases</b>	<b>Save 3.25</b>					
											<b>Buy 140+ cases</b>	<b>Save 4.30</b>					
852953 001173	<b>07213</b>	GMO				GF	V	*			+ Coconut Water, Natural (tetrapak)	12 / 1L					U
											<b>Buy 70-139 cases</b>	<b>Save 6.60</b>					
											<b>Buy 140+ cases</b>	<b>Save 8.00</b>					

## TRIPLE JIM'S | ALL NATURAL JUICE MADE FROM BC FRUIT

059105 550941	<b>18123</b>										BC + Black Cherry, Pure (glass bottle)	12 / 946ml					U
059105 650757	<b>18133</b>										BC + Cranberry, Pure (glass bottle)	12 / 946ml					U
059105 351005	<b>18132</b>	GMO				*					BC + Juice, Pear, Organic (glass bottle)	12 / 946ml					U
059105 150905	<b>18102</b>										BC + Cider, Apple (glass bottle)	12 / 946ml					U
059105 001009	<b>18135</b>	GMO				*					BC + Cider, Apple, Organic (glass bottle)	12 / 946ml					U
059105 153784	<b>18131</b>										BC + Cider, Apple (glass bottle)	4 / 3.78L					U
059105 003782	<b>18121</b>	GMO				*					BC + Cider, Apple, Organic (glass bottle)	4 / 3.78L					U

## Non-Alcoholic Drinks & Cocktail Mixers

### AELO | ALCOHOL FREE BEVERAGE

628634 740286	<b>13945</b>										BC + Aperitivo Spritz (can)	6 / 4x355ml				G	U
628634 740262	<b>13944</b>										BC + Gin and Tonic (can)	6 / 4x355ml				G	U
628634 740323	<b>13947</b>										BC + Lime Margarita (can)	6 / 4x355ml				G	U
628634 740040	<b>13948</b>										BC + Limoncello Spritz (can)	6 / 4x355ml				G	U
628634 740309	<b>13946</b>										BC + Peach Bellini (can)	6 / 4x355ml				G	U

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	🍁	🌿	X	PACK	SIZE				G	P	U
<b>CLEVER   PREMIUM MOCKTAIL</b>																			
854531 000707	17556								🍁		X		3 / 8x355ml				G	P	U
854531 000844	17557								🍁		X		6 / 4x355ml				G	P	U
854531 000028	17558								🍁		X		6 / 4x355ml				G	P	U
854531 000240	17550								🍁		X		12 / 355ml				G	P	U
854531 000349	17552								🍁		X		12 / 355ml				G	P	U
854531 000837	17555								🍁		X		12 / 355ml				G	P	U
854531 000264	17551								🍁		X		12 / 355ml				G	P	U
854531 000097	17554								🍁		X		12 / 355ml				G	P	U
												<b>Buy 20+ cases</b>	<b>Save 15%</b>						
<b>FEVER-TREE   CLASSIC COCKTAIL MIX</b>																			
812136 032363	07824												6 / 750ml				G		U
812136 032370	07823												6 / 750ml				G		U
812136 032387	07822												6 / 750ml				G		U
<b>NONNY   CRAFT NON-ALCOHOLIC BEER</b>																			
627987 709162	39651								BC	+			6 / 4x355ml				G		U
627987 709148	39650								BC	+			6 / 4x355ml				G		U
628942 740251	39652								BC	+			6 / 4x355ml				G		U
<b>PARTAKE BREWING   NON-ALCOHOLIC BEER</b>																			
628110 465092	06010								🍁	+			6 / 4x355ml				G		U
628110 465283	06015								🍁	+			6 / 4x355ml				G		U
628110 465672	06017								🍁	+			6 / 4x355ml				G		U
628110 465085	06011								🍁	+			6 / 4x355ml				G		U
628110 465078	06012								🍁	+			6 / 4x355ml				G		U
628110 465153	06014								🍁	+			6 / 4x355ml				G		U
628110 465764	06018								🍁	+			2 / 12x355ml				G		U
<b>PARTAKE BREWING   SPARKLING HOP WATER</b>																			
628110 465849	06019								🍁	+			6 / 4x355ml				G		U
<b>PHILLIPS   IOTA NON-ALCOHOLIC CRAFT BEER</b>																			
818278 005944	11453								🌿	+			6 / 4x355ml				G		U
818278 009683	11446								🌿	+			6 / 4x355ml				G		U
818278 009706	11445								🌿	+			6 / 4x355ml				G		U
818278 009690	11444								🌿	+			6 / 4x355ml				G		U
<b>SOBER CARPENTER   NON-ALCOHOLIC CRAFT BEER &amp; CIDER</b>																			
854531 000868	17110								🍁	+			6 / 4x355ml				G		U
854531 000080	17115	GMØ							*	🍁	+		6 / 4x355ml				G		U
854531 000882	17108								🍁	+			6 / 4x355ml				G		U
854531 000905	17109								🍁	+			6 / 4x355ml				G		U
854531 000066	17114	GMØ							*	🍁	+		6 / 4x355ml				G		U
854531 000417	17103								🍁	+			12 / 473ml				G		U
854531 000042	17101								🍁	+			12 / 473ml				G		U
854531 000554	17104	GMØ							*	🍁	+		12 / 473ml				G		U
854531 000226	17102								🍁	+			12 / 473ml				G		U
854531 000103	17111								🍁	+			12 / 473ml				G		U
854531 000035	17100								🍁	+			12 / 473ml				G		U
854531 000745	17105								🍁	+			12 / 473ml				G		U
												<b>Buy 20+ cases</b>	<b>Save 15%</b>						
<b>SPARKMOUTH   MOCKTAILS</b>																			
818278 009980	11420								BC	+			6 / 4x355ml				G	P	U
818278 009973	11421								BC	+			6 / 4x355ml				G	P	U
818278 009997	11422								BC	+			6 / 4x355ml				G	P	U

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## STREET LEGAL | DEALCOHOLIZED BEER

628113 405392	<b>39559</b>									BC +	Dealcoholized Beer, IPA (can)	6 / 4x355ml				G	U
628113 418118	<b>39558</b>									BC +	Dealcoholized Beer, Mango Wheat Ale (can)	6 / 4x355ml				G	U
628113 399967	<b>39556</b>									BC +	Dealcoholized Beer, Pale Ale (can)	6 / 4x355ml				G	U
628113 439984	<b>39555</b>									BC +	Dealcoholized Beer, Pilsner (can)	6 / 4x355ml				G	U

## TWO BEARS | DRINK MIXER

628504 309551	<b>10011</b>									🇨🇦 + X	Cocktail Mixer, Espresso Martini (can)	3 / 4x207ml					P	U
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## Non-Dairy Alternatives For Coffee (shelf stable)

### EARTH'S OWN | PLANT-BASED BARISTA BLEND

626027 114072	<b>07405</b>	GMQ								BC +	Barista, Almond	12 / 946ml					
626027 814422	<b>07404</b>	GMQ								BC +	Barista, Oat Lite	12 / 946ml					
626027 814071	<b>07345</b>									BC +	Barista, Oat	12 / 946ml					
626027 087703	<b>06917</b>									BC +	Barista, Soy	12 / 946ml					

### MINOR FIGURES | BARISTA OAT MILK

850032 825320	<b>18750</b>										Barista Oat Milk	6 / 946ml					
850032 825344	<b>18751</b>	GMQ								*	Barista Oat Milk, Organic	6 / 946ml					

### NATURA | DAIRY-FREE BARISTA BLEND

063667 201197	<b>06406</b>									🇨🇦 +	Barista, Oat	6 / 946ml					
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### OATLY | BARISTA EDITION OAT DRINK

190646 631390	<b>35506</b>	GMQ								GF	Barista Edition	12 / 946ml					
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### TWO BEARS | DAIRY-FREE BARISTA OAT

628504 309391	<b>10008</b>									🇨🇦 +	Barista Oat (unsweetened)	6 / 946ml					
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## Non-Dairy Beverages (shelf stable)

### BLUE DIAMOND | ALMOND BREEZE ALMOND BEVE

041570 052747	<b>06183</b>	GMQ									ALMOND BREEZE, Chocolate	12 / 946ml					U
041570 052723	<b>16671</b>	GMQ									ALMOND BREEZE, Original	12 / 946ml					U
041570 059609	<b>06731</b>	GMQ									ALMOND BREEZE, Unsweetened Chocolate	12 / 946ml					U
041570 055311	<b>06088</b>	GMQ									ALMOND BREEZE, Unsweetened Original	12 / 946ml					U
041570 055830	<b>06613</b>	GMQ									ALMOND BREEZE, Unsweetened Vanilla	12 / 946ml					U
041570 052730	<b>06181</b>	GMQ									ALMOND BREEZE, Vanilla	12 / 946ml					U

### EARTH'S OWN | PLANT-BASED BEVERAGE

626027 814057	<b>07347</b>	GMQ								BC +	Oat, Chocolate (Tetra)	12 / 946ml					U
626027 814026	<b>07343</b>	GMQ								BC +	Oat, Original (Tetra)	12 / 946ml					U
626027 814040	<b>07344</b>	GMQ								BC +	Oat, Vanilla (Tetra)	12 / 946ml					U
626027 844023	<b>08317</b>	GMQ								BC +	Oat, Zero Sugar Original (Tetra)	12 / 946ml					U
626027 844047	<b>08318</b>	GMQ								BC +	Oat, Zero Sugar Vanilla (Tetra)	12 / 946ml					U
626027 614411	<b>07406</b>	GMQ								BC +	THE ALT. Milk Alternative (Tetra Pak)	12 / 946ml					U

### EDEN | EDENSOY SOYMILK

024182 025101	<b>06604</b>	GMQ								*	EDENSOY, Cocoa, Organic (TetraPak)	12 / 946ml					U
024182 027051	<b>06602</b>	GMQ								*	EDENSOY, Original, Organic (TetraPak)	12 / 946ml					U
024182 027068	<b>06609</b>	GMQ								*	EDENSOY, Unsweetened, Organic (TetraPak)	12 / 946ml					U
024182 027259	<b>06603</b>	GMQ								*	EDENSOY, Vanilla, Organic (TetraPak)	12 / 946ml					U

### NATIVE FOREST | DAIRY FREE MILK POWDER

043182 011013	<b>24134</b>										X Instant Milk Powder, Coconut	6 / 150g					
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## NATURA | DAIRY-FREE BEVERAGE

063667 241087	<b>06408</b>	GMQ				*	🇨🇦	+			8 / 3x200ml						U
063667 431020	<b>06407</b>	GMQ				*	🇨🇦	+			8 / 3x200ml						U
063667 508012	<b>06392</b>	GMQ			V	*	🇨🇦	+			8 / 3x200ml						U
063667 201098	<b>06405</b>	GMQ		GF		*	🇨🇦	+			6 / 946ml						U
063667 090463	<b>07276</b>				V		🇨🇦	+			12 / 946ml						U
063667 090012	<b>07119</b>				V		🇨🇦	+			12 / 946ml						U
063667 090067	<b>07121</b>				V		🇨🇦	+			12 / 946ml						U
063667 090265	<b>07275</b>				V		🇨🇦	+			12 / 946ml						U
063667 201081	<b>06404</b>	GMQ		GF		*	🇨🇦	+			12 / 946ml						U
063667 201012	<b>06402</b>	GMQ		GF		*	🇨🇦	+			12 / 946ml						U
063667 201029	<b>06403</b>	GMQ		GF		*	🇨🇦	+			12 / 946ml						U
063667 006013	<b>06378</b>	GMQ			V	*	🇨🇦	+			12 / 946ml						U
063667 006020	<b>06379</b>	GMQ			V	*	🇨🇦	+			12 / 946ml						U
063667 301859	<b>06374</b>	GMQ			V	*	🇨🇦	+			12 / 946ml						U
063667 301408	<b>06371</b>	GMQ			V	*	🇨🇦	+			12 / 946ml						U
063667 511005	<b>06375</b>	GMQ			V	*	🇨🇦	+			12 / 946ml						U
063667 301552	<b>06372</b>	GMQ			V	*	🇨🇦	+			12 / 946ml						U

## OATLY | OAT DRINK

190646 631369	<b>35508</b>	GMQ		GF	V						12 / 946ml						U
190646 631376	<b>35509</b>	GMQ		GF	V						12 / 946ml						U
190646 631352	<b>35507</b>	GMQ		GF	V						12 / 946ml						U

## TWO BEARS | DAIRY-FREE BEVERAGE

628504 309575	<b>10012</b>						🇨🇦	+			6 / 946ml						U
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## Waters

### FLOW | ALKALINE SPRING WATER

628055 429883	<b>06021</b>	GMQ				*	🇨🇦	+	X		12 / 500ml				G		U
628055 429258	<b>06022</b>	GMQ				*	🇨🇦	+	X		12 / 500ml				G		U
840277 000903	<b>06023</b>	GMQ				*	🇨🇦	+	X		12 / 500ml				G		U
628055 429579	<b>06024</b>	GMQ				*	🇨🇦	+	X		12 / 500ml				G		U
627843 463757	<b>06020</b>						🇨🇦	+	X		12 / 500ml						U
627843 463788	<b>06025</b>						🇨🇦	+			12 / 1L						U

### WHISTLER WATER

620791 125005	<b>06073</b>								BC + X		12 / 500ml						U
620791 000500	<b>06070</b>								BC + X		24 / 500ml						U
620791 000104	<b>06068</b>								BC +		12 / 1L						U
620791 000159	<b>06067</b>								BC +		12 / 1.5L						U
620791 000401	<b>06065</b>		<b>B</b>						BC +		4 / 4L						U

## BREAKFAST FOODS

### Cereals - Hot & Overnight

#### ALIMENTS TRIGONE | CEREAL

056142 006134	<b>22290</b>	GMQ				*	🇨🇦	+			6 / 400g						
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#### BOB'S RED MILL | HOT CEREAL

039978 001191	<b>22866</b>								X		4 / 709g						
039978 001153	<b>22821</b>	GMQ							X		4 / 454g						
039978 001184	<b>22827</b>			GF					X		4 / 709g						
039978 001214	<b>22806</b>	GMQ		GF					X		4 / 737g						
039978 001061	<b>20362</b>	GMQ		GF		*			X		4 / 510g						
039978 001177	<b>20340</b>			GF					X		4 / 680g						
039978 341433	<b>30533</b>			GF					X		4 / 510g						
039978 329554	<b>30517</b>	GMQ				*			X		4 / 510g						



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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	🍁	🌿	X	PACK	SIZE					G	P	U
039978 323668	<b>22851</b>	GMØ		GF									4 / 453g							
039978 341037	<b>22850</b>	GMØ											4 / 510g							
039978 004949	<b>30542</b>	GMØ		GF									4 / 907g							
039978 341211	<b>30532</b>												4 / 567g							
039978 329561	<b>30519</b>	GMØ				*							4 / 567g							

## HOLY CRAP | SUPERSEED CEREAL & OATMEAL

883831 100008	<b>22226</b>	GMØ				*		BC +					12 / 225g							
883831 114449	<b>22230</b>	GMØ				*		BC +					12 / 225g							
883831 200005	<b>22227</b>	GMØ				*		BC +					12 / 225g							
883831 900028	<b>22228</b>	GMØ		GF				BC +					12 / 320g							
883831 900035	<b>22229</b>	GMØ		GF				BC +					12 / 320g							

## NATURE'S PATH | INSTANT OATMEAL

058449 450696	<b>22882</b>	GMØ		GF		*		+					6 / 8x40g							
058449 450047	<b>22784</b>	GMØ				*		+					6 / 8x50g							
058449 450023	<b>22786</b>	GMØ				*		+					6 / 8x50g							
058449 450030	<b>22785</b>	GMØ				*		+					6 / 8x50g							
058449 450016	<b>22787</b>	GMØ				*		+					6 / 8x40g							
058449 450009	<b>22752</b>	GMØ				*		+					6 / 8x50g							
058449 154006	<b>25065</b>	GMØ				*		+					6 / 228g							
058449 154020	<b>25066</b>	GMØ				*		+					6 / 228g							
058449 154044	<b>25067</b>	GMØ				*		+					6 / 228g							
058449 204084	<b>55730</b>	GMØ				*		+					6 / 210g							
058449 204091	<b>55731</b>	GMØ				*		+					6 / 210g							

## PRANA | OVERNIGHT CHIA WITH OATS

877693 004697	<b>26167</b>	GMØ				V	*	@	🍁	+	X		8 / 5x50g							
877693 004680	<b>26166</b>	GMØ				V	*	@	🍁	+	X		8 / 5x50g							
877693 002495	<b>26164</b>	GMØ				*			🍁	+			8 / 5x50g							
877693 002501	<b>26165</b>	GMØ				*	@		🍁	+			8 / 5x50g							
877693 004710	<b>26169</b>	GMØ				V	*	@	🍁	+			8 / 300g							
877693 004703	<b>26168</b>	GMØ				V	*	@	🍁	+			8 / 300g							
877693 005786	<b>26191</b>	GMØ				*			🍁	+			6 / 260g							
877693 005762	<b>26192</b>	GMØ				*			🍁	+			6 / 260g							
877693 005779	<b>26190</b>	GMØ				*			🍁	+			6 / 260g							

## STOKED OATS | SUPERFOOD OATMEAL BLEND

818541 000140	<b>22450</b>	GMØ		GF					🍁	+			8 / 500g							
818541 000119	<b>22451</b>	GMØ		GF					🍁	+			8 / 500g							
818541 000317	<b>22452</b>	GMØ		GF					🍁	+			8 / 500g							
818541 000133	<b>22453</b>	GMØ		GF					🍁	+			8 / 500g							
818541 000126	<b>22454</b>	GMØ		GF					🍁	+			8 / 500g							

## Cereals - Ready To Eat

### ALTER ECO | NO ADDED SUGAR GRANOLA

817670 012741	<b>35220</b>	GMØ				*			🍁		X		6 / 227g							
817670 012710	<b>35221</b>	GMØ				*			🍁		X		6 / 227g							
817670 012727	<b>35222</b>	GMØ				*			🍁		X		6 / 227g							
817670 012734	<b>35223</b>	GMØ				*	@		🍁		X		6 / 227g							

### BOB'S RED MILL | CEREAL & GRANOLA

039978 003638	<b>34264</b>	GMØ		GF							X		6 / 312g							
039978 003614	<b>34263</b>	GMØ		GF							X		6 / 312g							
039978 003706	<b>34265</b>	GMØ		GF							X		6 / 312g							

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## FOOD FOR LIFE | EZEKIEL 4:9 SPROUTED CEREAL

073472 002551	<b>22051</b>	GMO				*												Cereal, EZEKIEL 4:9 Sprouted, Crunchy, Original, Organic	6 / 454g	
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## KIND | WHOLE GRAINS GRANOLA

602652 183119	<b>37494</b>	GMO							X									X Granola, Cinnamon Oat w/Flax Seeds	6 / 312g	G
602652 433177	<b>37498</b>	GMO							X									X Granola, Oats & Dark Chocolate	6 / 312g	G
602652 183133	<b>37496</b>	GMO							X									X Granola, Oats & Honey w/Toasted Coconut	6 / 312g	G
602652 183102	<b>37493</b>	GMO							X									X Granola, Whole Grain & Peanut Butter	6 / 312g	G

## MANITOBA HARVEST | HEMP YEAH! GRANOLA

697658 692260	<b>36626</b>	GMO				V	*	+	X									X Granola, Blueberry, Organic	6 / 283g	
697658 692253	<b>36628</b>	GMO				*		+	X									X Granola, Honey & Oats, Organic	6 / 283g	

## NATURE'S PATH | CEREAL

058449 600565	<b>22760</b>	GMO		GF		*			+	X								Cereal, Corn Flakes, Fruit Juice, Organic	6 / 750g	
058449 770947	<b>22765</b>	GMO		GF		*			+	X								Cereal, Corn Flakes, Honey'd, Organic	6 / 750g	
058449 550020	<b>22761</b>	GMO		GF		*			+	X								Cereal, Crispy Rice, Organic	6 / 750g	
058449 870081	<b>22767</b>	GMO				*			+	X								Cereal, ENVIROKIDZ, Gorilla Munch, Organic	6 / 650g	
058449 870104	<b>22772</b>	GMO		GF		*			+	X								Cereal, ENVIROKIDZ, Koda Crisp, Organic	6 / 725g	
058449 212416	<b>22771</b>	GMO		GF		*			+	X								Cereal, ENVIROKIDZ, Leapin' Lemurs, Organic	6 / 650g	
058449 870098	<b>22770</b>	GMO		GF		*			+	X								Cereal, ENVIROKIDZ, Panda Puffs, Organic	6 / 700g	
058449 241126	<b>22768</b>	GMO		GF		*			+	X								Cereal, ENVIROKIDZ, Red Panda Puffs, Organic	6 / 650g	
058449 771630	<b>22847</b>	GMO				*			+	X								Cereal, FLAX PLUS Cinnamon Flakes, Organic	6 / 907g	
058449 189107	<b>22650</b>	GMO		GF		*			+	X								Cereal, Golden Turmeric, Organic	6 / 300g	
058449 770213	<b>22780</b>	GMO				*			+	X								Cereal, HERITAGE Flakes, Organic	6 / 907g	
058449 770015	<b>22758</b>	GMO				*			+	X								Cereal, HERITAGE O's, Organic	6 / 907g	
058449 770695	<b>22782</b>	GMO				*			+	X								Cereal, Khorsan Wheat Flakes, Organic	6 / 750g	
058449 620044	<b>22044</b>	GMO				*			+	X								Cereal, Khorsan Wheat Puffs, Organic	12 / 170g	
058449 771616	<b>22846</b>	GMO		GF		*			+	X								Cereal, MESA SUNRISE with Raisins, Organic	6 / 825g	
058449 779018	<b>22773</b>	GMO		GF		*			+	X								Cereal, MESA SUNRISE, Organic	6 / 750g	
058449 770084	<b>22766</b>	GMO				*			+	X								Cereal, Millet Rice, Organic	6 / 907g	
058449 602316	<b>22762</b>	GMO				*			+	X								Cereal, Multigrain Oatbran Flakes, Organic	6 / 907g	
058449 620013	<b>22047</b>	GMO				*			+	X								Cereal, Rice Puffs, Organic	12 / 170g	
058449 771524	<b>22641</b>	GMO		GF		*			+	X								Cereal, SUNRISE Crunchy Maple, Organic	12 / 300g	
058449 181125	<b>22699</b>	GMO		GF		*			+	X								Cereal, SUNRISE Crunchy Maple, Organic	6 / 675g	
058449 779124	<b>22260</b>	GMO		GF		*			+	X								Cereal, Whole O's, Organic	6 / 750g	

## NATURE'S PATH | GRANOLA

058449 172048	<b>22886</b>	GMO				*			+	X								Granola, Coconut & Cashew Butter, Organic	8 / 312g	
058449 890171	<b>22733</b>	GMO				*			+	X								Granola, Hemp Hearts, Organic	6 / 750g	
058449 890195	<b>22734</b>	GMO				*			+	X								Granola, Pumpkin Seed + Flax, Organic	6 / 750g	
058449 779063	<b>22139</b>	GMO				*			+	X								Granola, Pumpkin Seed + Flax, Organic	6 / 800g	
058449 772019	<b>25055</b>	GMO				*			+	X								LOVE CRUNCH Granola, Dark Chocolate & Coconut, Organic	6 / 325g	
058449 221364	<b>25077</b>	GMO				*			+	X								LOVE CRUNCH Granola, Dark Chocolate & Hazelnut Butter, Organic	6 / 300g	
058449 162063	<b>25069</b>	GMO				*			+	X								LOVE CRUNCH Granola, Dark Chocolate & Peanut Butter, Organic	6 / 325g	
058449 771760	<b>25029</b>	GMO				*			+	X								LOVE CRUNCH Granola, Dark Chocolate & Red Berries, Organic	6 / 325g	
058449 202233	<b>25054</b>	GMO				*			+	X								LOVE CRUNCH Granola, Espresso Vanilla Cream, Organic	6 / 325g	
058449 251316	<b>25036</b>	GMO				*			+	X								LOVE CRUNCH, Protein, Chocolate Almond Butter, Organic	6 / 312g	
058449 251309	<b>25037</b>	GMO				*			+	X								LOVE CRUNCH, Protein, Peanut Butter, Organic	6 / 312g	

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X	PACK	SIZE					G	P	U			
<b>PRANA ORGANIC   GRANOLOVE GRANOLA CEREAL</b>																					
877693 002945	26174	GMO				*			+	X										+ X GRANOLOVE, Brownie Crunch, Organic	8 / 300g
877693 004659	26185	GMO				*			+	X										+ X GRANOLOVE Gourmet, Almond Butter Crunch, Organic	8 / 300g
877693 004666	26186	GMO				*			+	X										+ X GRANOLOVE Gourmet, Choco Chips Cookie, Organic	8 / 300g
877693 004673	26187	GMO				*			+	X										+ X GRANOLOVE Gourmet, Chocolate Strawberry, Organic	8 / 300g
877693 001696	26171	GMO				*			+	X										+ X GRANOLOVE, Maple Spice Crunch, Organic	8 / 300g
877693 002952	26175	GMO				*			+	X										+ X GRANOLOVE, Mixed Berry Crunch, Organic	8 / 300g
877693 001689	26170	GMO				*			+	X										+ X GRANOLOVE, Oatmeal Cookie Crunch, Organic	8 / 300g
877693 003904	26184	GMO				*			+	X										+ X GRANOLOVE, Mixed Berry Crunch, Organic	6 / 750g
877693 002969	26180	GMO				*			+	X										+ X GRANOLOVE, Oatmeal Cookie Crunch, Organic	6 / 750g

## STOKED OATS | SUPERFOOD GRANOLA

818541 000089	22465			GF					+											Granola, Bucking Eh (apple, mulberries, currants & cinnamon)	8 / 300g
818541 000003	22466			GF					+											Granola, Mountain Maple (maple syrup, chia & flax)	8 / 300g
818541 000706	22467			GF					+											Granola Multipack, Stoked3 (6pk w/3 flavours)	8 / 300g
818541 000096	22468			GF					+											Granola, Stone Age (almonds, walnuts, chia & pumpkin seeds)	8 / 300g

## TERRA BREADS | SMALL BATCH GRANOLA

779324 009371	40150	GMO								BC +										Granola, Pure Crunch	8 / 340g
779324 009227	40163	GMO								BC +										Granola, Original	8 / 340g
779324 009272	40164	GMO								BC +										Granola, Pistachio	8 / 340g
779324 009388	40159	GMO								BC +										Granola, Pure Crunch	8 / 850g
779324 002389	40161	GMO								BC +										Granola, Original	8 / 800g
779324 009562	40162	GMO								BC +										Granola, Pistachio	8 / 800g
779324 009531	40153	GMO								BC +										Granola, Original (S/O)	1 / 5kg
779324 009548	40154	GMO								BC +										Granola, Pistachio (S/O)	1 / 5kg

## Pancake & Waffle Mixes

### ANITA'S ORGANIC MILL | PANCAKE & WAFFLE MIX

623636 999069	02042	GMO		GF		*				BC +										Pancake & Waffle Mix, Organic	4 / 800g
623636 999847	02043	GMO				*				BC +										Pancake & Waffle Mix, Classic, Organic	4 / 900g
623636 100014	02041	GMO				*				BC +										Pancake & Waffle Mix, Multigrain, Organic	4 / 1kg

### BOB'S RED MILL | PANCAKE & WAFFLE MIX

039978 001856	22839	GMO		GF																X Pancake & Waffle Mix, Paleo (grain free)	4 / 368g
039978 001832	22840																			X Pancake & Waffle Mix, Protein (whole grain)	4 / 397g
039978 324627	30581			GF																X Pancake Mix, Gluten Free	4 / 623g
039978 322043	30580																			X Pancake & Waffle Mix, 10 Grain	4 / 680g
039978 318817	30583	GMO																		X Pancake & Waffle Mix, Buckwheat	4 / 680g
039978 328809	30582																			X Pancake & Waffle Mix, Buttermilk	4 / 680g

### CLOUD 9 | PANCAKE & WAFFLE MIX

816512 000908	21058			GF	V					BC +										Pancake & Waffle Mix (gluten free/nut free/dairy-free/soy free/vegan)	8 / 1kg
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### KINNIKINNICK | PANCAKE & WAFFLE MIX

620133 105122	55051			GF					+											Mix, Pancake & Waffle	6 / 454g
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### NUNWEILER'S | PANCAKE & WAFFLE MIX

067785 010440	02190	GMO				*			+											Pancake & Waffle Mix, Buckwheat, Organic	4 / 1kg
067785 011041	02191	GMO				*			+											Pancake & Waffle Mix, Buttermilk, Organic	4 / 1kg
067785 010341	02192	GMO				*			+											Pancake & Waffle Mix, Spelt, Organic	4 / 1kg
067785 010044	02189	GMO				*			+											Pancake & Waffle Mix, Whole Grain, Organic	4 / 1kg

### PAMELA'S | PANCAKE MIX

093709 201106	22950			GF																Pancake & Baking Mix	6 / 680g
093709 201144	22949			GF																Pancake & Baking Mix	3 / 1.81kg

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## STOKED OATS | SUPERFOOD PANCAKE MIX

818541 008313	22470	GMØ		GF						🇨🇦	+	Pancake Mix, Mountain Maple (maple syrup & cinnamon)	6 / 285g
818541 008320	22471	GMØ		GF						🇨🇦	+	Pancake Mix, Bucking-Eh (milled oats, apples, buckwheat & cinnamon)	6 / 285g

## FRUIT SPREADS, NUT BUTTERS & ALTERNATIVES

### Jams & Fruit Spreads

#### BIOITALIA | FRUIT SPREAD

661475 748547	33111	GMØ		GF	V	*						Fruit Spread, Berries (fruit juice sweetened), Organic	8 / 210ml
661475 768545	33115	GMØ		GF	V	*						Fruit Spread, Blueberry (fruit juice sweetened), Organic	8 / 210ml
661475 718540	33113	GMØ		GF	V	*						Fruit Spread, Cherry (fruit juice sweetened), Organic	8 / 210ml
661475 728549	33114	GMØ		GF	V	*						Fruit Spread, Peach (fruit juice sweetened), Organic	8 / 210ml
661475 708541	33112	GMØ		GF	V	*						Fruit Spread, Strawberry (fruit juice sweetened), Organic	8 / 210ml

#### EDEN | APPLE BUTTER

024182 003697	42160	GMØ		GF		*						Apple Butter, Organic	12 / 482g
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### Nut & Seed Butters and Alternatives

#### EDEN | TAHINI

024182 003925	42185	GMØ		GF		*						Roasted Tahini, Organic	12 / 454g
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#### ELIMENTO | NUT & SEED BUTTERS

059443 607406	35384	GMØ				*	BC	+				Sesame Tahini, Roasted, Organic	12 / 365g
059443 607758	35383	GMØ				*	BC	+				Sunflower Seed Butter, Roasted, Organic	12 / 365g
059443 607178	35371	GMØ	B			*	BC	+				Sesame Tahini, Roasted, Organic	1 / 3.5kg

#### ISLAND NUT ROASTERY | FRESH ROAST NUT BUTTER

859805 000056	15754										🌿	+	Almond Butter	12 / 250g	
859805 000025	15751											🌿	+	Peanut Butter, Crunchy	12 / 375g
859805 000001	15750											🌿	+	Peanut Butter, Smooth	12 / 375g
859805 000032	15753											🌿	+	Peanut Butter, Crunchy	12 / 750g
859805 000018	15752											🌿	+	Peanut Butter, Smooth	12 / 750g

#### FATSO | PEANUT BUTTER

055200 194288	42084	GMØ		GF	V						🇨🇦	+	Peanut Butter, Cinnamon	6 / 500g
627843 710691	42077	GMØ		GF	V						🇨🇦	+	Peanut Butter, Classic	12 / 500g
627987 075830	42079	GMØ		GF	V						🇨🇦	+	Peanut Butter, Crunchy Salted Caramel	12 / 500g
627987 075847	42080	GMØ		GF	V						🇨🇦	+	Peanut Butter, Maple	12 / 500g

#### NATURE'S NUTS | NUT & SEED BUTTER

682264 660604	35356						BC	+					Cashew Butter	6 / 340g
682264 600112	35335						BC	+					Almond Butter, Crunchy	12 / 500g
682264 600013	35334						BC	+					Almond Butter, Smooth	12 / 500g
682264 660406	35352	GMØ				*	BC	+					Peanut Butter, Crunchy, Organic	6 / 500g
682264 660208	35351	GMØ				*	BC	+					Peanut Butter, Smooth, Organic	6 / 500g
1068226 460005E	35344	GMØ	B				BC	+					Almond Butter, Smooth	1 / 4.09kg
1068226 460076E	35342	GMØ	B			*	BC	+					Peanut Butter, Smooth, Organic	1 / 4.09kg

#### NUTIVA | COCONUT MANNA CREAMY SPREAD

692752 110054	35250	GMØ				*							Coconut Manna, Organic (Glass Jar)	6 / 425g
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#### OMEGA NUTRITION | PUMPKIN SEED BUTTER

055358 335021	85060	GMØ		GF		*						+	Pumpkin Seed Butter, Organic (plastic jar)	6 / 341g
055358 335014	85059	GMØ		GF		*						+	Pumpkin Seed Butter, Organic (plastic jar)	6 / 568g



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<b>EAT WHOLESOME   TOMATOES &amp; VEGETABLES</b>														
628110 454539	<b>33612</b>	GMØ				*		+			12 / 341ml			
628110 454546	<b>33613</b>	GMØ				*		+			12 / 398ml			
628110 454119	<b>33249</b>	GMØ						+			24 / 398ml			
628110 454409	<b>33230</b>	GMØ				*		+			12 / 796ml			
628110 454379	<b>33231</b>	GMØ				*		+			12 / 796ml			
628110 454386	<b>33232</b>	GMØ				*		+			12 / 796ml			
628110 454393	<b>33233</b>	GMØ				*		+			12 / 680ml			

## EDEN | APPLE SAUCE

024182 003499	<b>31020</b>	GMØ		GF		*					12 / 398ml			
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## FARMER'S MARKET | CANNED PUMPKIN

638882 002043	<b>10105</b>	GMØ				*					12 / 398ml			
638882 002005	<b>10103</b>	GMØ				*					12 / 398ml			

## NATIVE FOREST | CANNED FRUIT & VEGETABLES

043182 008945	<b>10217</b>			GF							6 / 170g			
043182 008914	<b>10428</b>			GF							6 / 400g			
043182 008921	<b>10215</b>			GF							6 / 280g			
043182 008303	<b>10429</b>	GMØ		GF		*					6 / 400g			
043182 018685	<b>10228</b>	GMØ		GF		*					6 / 284ml			
043182 018517	<b>10219</b>	GMØ		GF		*					6 / 398ml			
043182 018524	<b>10220</b>	GMØ		GF		*					6 / 398ml			
043182 018593	<b>10226</b>	GMØ		GF		*					12 / 398ml			

## Canned Seafood & Alternatives

### RAINCOAST TRADING | MSC CERTIFIED SUSTAINABLE SEAFOOD

810757 009160	<b>16819</b>							+			12 / 120g			
810757 003977	<b>16873</b>							+			24 / 142g			
810757 003878	<b>16872</b>							+			24 / 142g			
810757 003991	<b>16827</b>							+			24 / 142g			
810757 003892	<b>16826</b>							+			24 / 142g			
810757 003953	<b>16875</b>							+			24 / 142g			
810757 003854	<b>16874</b>							+			24 / 142g			
810757 000624	<b>16814</b>							* +			12 / 160g			
810757 005629	<b>16815</b>							* +			12 / 160g			
810757 006626	<b>16817</b>							* +			12 / 150g			
810757 000525	<b>16811</b>							* +			12 / 160g			
810757 005520	<b>16812</b>							* +			12 / 160g			
810757 006510	<b>16813</b>							* +			12 / 150g			
810757 000112	<b>16808</b>							* +			12 / 150g			
810757 005117	<b>16809</b>							* +			12 / 150g			

### SAFE CATCH | LOW MERCURY CANNED SEAFOOD

859480 006428	<b>68511</b>	GMØ									6 / 142g			
859480 006442	<b>68510</b>	GMØ									6 / 142g			
859480 006053	<b>68501</b>	GMØ									12 / 142g			
859480 006060	<b>68500</b>	GMØ									12 / 142g			
859480 006732	<b>68530</b>										12 / 125g			
859480 006725	<b>68531</b>										12 / 125g			
859480 006008	<b>68502</b>	GMØ									12 / 142g			
859480 006275	<b>68505</b>	GMØ									6 / 142g			
859480 006282	<b>68504</b>	GMØ									6 / 142g			
859480 006305	<b>68507</b>	GMØ									6 / 142g			

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## Ready to Serve Canned Meals

### AMY'S | CANNED MEALS

042272 905171	<b>10218</b>	GMQ			V														Baked Beans, Organic	12 / 398ml
042272 905119	<b>38222</b>	GMQ			V														Chili, Medium w/Vegetables, Organic	12 / 398ml
042272 905102	<b>38221</b>	GMQ			V														Chili, Medium, Organic	12 / 398ml
042272 905126	<b>38223</b>	GMQ			V														Chili, Spicy, Organic	12 / 398ml

### AUGA | READY TO EAT ORGANIC CURRY

4779039 732348	<b>40916</b>	GMQ				*													Curry, Green w/Mung Beans & Black Rice (mild-med), Organic (pouch)	12 / 283g
4779039 732355	<b>40915</b>	GMQ				*													Curry, Red w/Lentils & Shiitake Mushrooms (mild), Organic (pouch)	12 / 283g
4779039 732331	<b>40917</b>	GMQ				*													Curry, Yellow w/Chickpeas & Chestnut Mushrooms (mild), Organic (pouch)	12 / 283g

### EAT WHOLESOME | BAKED BEANS

628110 454447	<b>33305</b>	GMQ				*		+											Baked Beans in Tomato Sauce, Organic	12 / 398ml
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### EDEN | CANNED BEANS

024182 003857	<b>10451</b>	GMQ				*													Baked Beans w/Sweet Sorghum, Organic	12 / 398ml
024182 003888	<b>10476</b>	GMQ				*													Green Lentils w/Onion & Bay Leaf, Organic	12 / 398ml

### PACIFIC FOODS | PLANT-BASED CHILI

052603 287135	<b>38121</b>	GMQ				*													Chili, Fire-Roasted Vegetable, Organic	12 / 468g
052603 287128	<b>38119</b>	GMQ				*													Chili, Harvest Black Bean, Organic	12 / 468g
052603 287142	<b>38120</b>	GMQ				*													Chili, White Bean Verde, Organic	12 / 468g

**Buy 15+ cases (Mix & Match Plant Based Chili Only) Save 3.86**

## CONDIMENTS & SAUCES

### Condiments

#### ARIZONA PEPPER'S | HOT SAUCE

027328 120548	<b>18182</b>	GMQ		GF		*													Chipotle Habanero Sauce, Organic	12 / 148ml
027328 120296	<b>18181</b>	GMQ		GF		*													Habanero Pepper Sauce, Organic	12 / 148ml
027328 120043	<b>18180</b>	GMQ		GF		*													Jalapeño Pepper Sauce, Organic	12 / 148ml

#### BIOITALIA | PESTO SAUCE

661475 161445	<b>33109</b>	GMQ				*													Pesto, Basil, Organic	12 / 160ml
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#### CHOSEN FOODS | CONDIMENTS

815074 020515	<b>32328</b>	GMQ		GF															Burger Sauce, Sweet & Tangy, w/Avocado Oil	6 / 266ml
815074 020522	<b>32329</b>	GMQ		GF															Chicken Sauce, Sweet & Bold, w/Avocado Oil	6 / 266ml

#### EAT WHOLESOME | CONDIMENTS

5060844 590193	<b>33630</b>	GMQ				*		+											Ketchup, Organic	6 / 500g
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#### GINGER PEOPLE | GINGER SYRUP

734027 904705	<b>14457</b>	GMQ				*													Ginger Syrup, Organic	12 / 237ml
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#### JONNY HETHERINGTON ESSENTIALS | CONDIMENTS

627843 591337	<b>11183</b>						BC +												Habanero Hot Sauce, Original	6 / 237ml
627843 591320	<b>11184</b>						BC +												Habanero Hot Sauce, Peach	6 / 237ml
627843 591344	<b>11185</b>						BC +												Habanero Hot Sauce, Pineapple	6 / 237ml
627843 591351	<b>11187</b>						BC +												Ketchup, French Fry/Malt Vinegar	6 / 237ml
627843 591375	<b>11188</b>						BC +												Ketchup, Original	6 / 237ml

#### MAISON ORPHEE | MUSTARD

069593 120182	<b>32365</b>	GMQ				*		+	🌸										Mustard, Dijon, Organic	12 / 250ml
069593 120199	<b>32366</b>	GMQ				*		+	🌸										Mustard, Old-Fashioned, Organic	12 / 250ml
069593 120175	<b>32364</b>	GMQ				*		+	🌸										Mustard, Yellow w/Turmeric, Organic	12 / 250ml

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## PIKE PIER FISHERMAN | ALL NATURAL SAUCE

031215 203535	<b>14269</b>																	GF	Cocktail Sauce	12 / 255g	
031215 201173	<b>14288</b>																		GF	Horseradish Sauce	12 / 241g
031215 203344	<b>14267</b>																		GF	Tartar Sauce	12 / 241g

## SEOUL | KIMCHI HOT SAUCE

026396 502027	<b>31035</b>																		GMQ	GF	Kimchi Hot Sauce, Spicy, Keto (certified)	6 / 374g
026396 502010	<b>31034</b>																		GMQ	GF	Kimchi Hot Sauce, Sweet & Spicy, Keto (certified)	6 / 374g

## SUNSHINE FARMS | CONDIMENTS

625077 850077	<b>14489</b>																		GMQ	*	𐄌 +	Relish, Sweet, Organic	12 / 500ml
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## WIZARD'S | ORGANIC SAUCE

011206 004198	<b>14039</b>																		GMQ	GF	V *	Vegan Worcestershire Sauce, Organic	12 / 251ml
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## Cooking Sauces

### GINGER PEOPLE | COOKING SAUCE

734027 901377	<b>14390</b>																		GMQ			Sauce, Sweet Ginger Chili	12 / 375ml
734027 901391	<b>14391</b>																		GMQ			Sauce, Spicy Ginger Teriyaki	12 / 375ml

### JONNY HETHERINGTON ESSENTIALS | BBQ SAUCE

627843 591412	<b>11180</b>																				BC +	BBQ Sauce, Smoky Craft Beer	6 / 237ml
627843 591405	<b>11181</b>																				BC +	BBQ Sauce, Smoky Original	6 / 237ml
627843 591399	<b>11182</b>																				BC +	BBQ Sauce, Smoky Pineapple	6 / 237ml

### NAAM | COOKING SAUCE

689499 100042	<b>14460</b>																		GMQ		@BC +	Coconut Curry Sauce	12 / 350ml
689499 100011	<b>14000</b>																				BC +	Miso Gravy (bottle)	12 / 350ml
689499 100080	<b>14459</b>																		GMQ		@BC +	Miso Hot Sauce	12 / 350ml
689499 100066	<b>14461</b>																		GMQ		@BC +	Peanut Sauce	12 / 350ml
689499 100059	<b>14463</b>																		GMQ		@BC +	Thai Sauce	12 / 350ml

### NAKED & SAUCY | COOKING SAUCE

890104 001078	<b>40118</b>																		GMQ	*	BC +	Sauce, Chili Garlic, Organic	6 / 296ml
890104 001313	<b>40122</b>																		GMQ	*	BC +	Sauce, Peanut, Organic	6 / 296ml
890104 001337	<b>40124</b>																		GMQ	*	BC +	Sauce, Sweet & Sour, Organic	6 / 296ml
890104 001306	<b>40121</b>																		GMQ	*	BC +	Sauce, Sweet Thai Chili, Organic	6 / 296ml
890104 001320	<b>40123</b>																		GMQ	*	BC +	Sauce, Teriyaki, Keto, Organic	6 / 296ml
890104 001061	<b>40117</b>																		GMQ	*	BC +	Sauce, Teriyaki, Sesame Ginger, Organic	6 / 296ml
890104 001368	<b>40108</b>																		GMQ	*	BC +	Sauce, Teriyaki Sesame Ginger, Organic	6 / 473ml
890104 001290	<b>40120</b>																		GMQ	V *	+	Sauce, Vegan Oyster, Organic	6 / 296ml

### NAKED & SAUCY | SIMMER SAUCE

890104 001528	<b>40125</b>																		GMQ	*	BC +	Simmer Sauce, Butterless Chicken, Organic	12 / 350g
890104 001535	<b>40128</b>																		GMQ	*	BC +	Simmer Sauce, Mild Vindaloo, Organic	12 / 350g
890104 001559	<b>40127</b>																		GMQ	*	BC +	Simmer Sauce, Thai Curry, Organic	12 / 350g

### SAN-J | COOKING SAUCE

075810 150269	<b>40659</b>																		GMQ	GF		Hoisin Sauce	6 / 296ml
075810 180266	<b>40630</b>																		GMQ	GF		Orange Sauce	6 / 296ml
075810 230268	<b>40647</b>																		GMQ	GF		Mongolian Sauce	6 / 296ml
075810 160268	<b>40636</b>																		GMQ	GF		Sweet & Tangy Polynesian Sauce	6 / 296ml
075810 120262	<b>40635</b>																		GMQ	GF		Szechuan Sauce	6 / 296ml
075810 113264	<b>40628</b>																		GMQ	GF		Teriyaki Sauce, 50% Less Sodium	6 / 296ml
075810 112267	<b>40625</b>																		GMQ	GF		Teriyaki Sauce	6 / 296ml
075810 140260	<b>40645</b>																		GMQ	GF		Thai Peanut Sauce	6 / 296ml



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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	X	PACK	SIZE					G	P	U		
<b>UMI'S KITCHEN   COOKING SAUCE</b>																				
627761 820250	<b>51363</b>									BC +										12 / 450ml
627761 820106	<b>51360</b>									BC +										12 / 450ml
627761 820359	<b>51361</b>									BC +										12 / 450ml
627761 820205	<b>51362</b>									BC +										12 / 450ml
627761 820403	<b>51365</b>									BC +										12 / 450ml

## WHITEWATER COOKS | MARINADE

627843 382164	<b>77800</b>									BC +										12 / 350ml
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## Sauce Mixes & Cubes

### GOBIO! | GRAVY & PESTO CUBES

687789 021138	<b>45330</b>	GMQ				*		+												15 / 60g
687789 021121	<b>45331</b>	GMQ				*		+												15 / 60g
687789 032233	<b>45332</b>	GMQ				*		+												15 / 54g

### SIMPLY ORGANIC | GRAVY MIX

089836 188731	<b>70741</b>	GMQ				*				X										12 / 28g
089836 188755	<b>70751</b>	GMQ				*				X										12 / 24g
089836 188748	<b>70744</b>	GMQ				*				X										12 / 24g
089836 188762	<b>70745</b>	GMQ				*				X										12 / 24g
089836 200075	<b>70761</b>	GMQ				*				X										12 / 28g

## Mayonnaise, Salad Dressings & Toppers

See Cooler section for more Mayonnaise Alternatives

### CHOSEN FOODS | AVOCADO OIL DRESSING & MAYO

815074 023837	<b>32327</b>	GMQ		GF																6 / 237ml
815074 022496	<b>32301</b>	GMQ		GF																6 / 237ml
815074 021437	<b>32303</b>	GMQ		GF																6 / 237ml
815074 022830	<b>32304</b>	GMQ		GF																6 / 237ml
815074 020010	<b>32326</b>	GMQ		GF																6 / 332ml
815074 020003	<b>32313</b>	GMQ		GF																6 / 355ml
815074 020096	<b>32324</b>	GMQ		GF																6 / 710ml
815074 021314	<b>32315</b>	GMQ		GF	V															6 / 355ml

### DAIYA | DAIRY-FREE SALAD DRESSING

871459 009117	<b>50171</b>	GMQ			V		🇨🇦	+												6 / 237ml
871459 009100	<b>50170</b>	GMQ			V		🇨🇦	+												6 / 237ml
											<b>Buy 20-49 cases</b>	<b>Save 2.08</b>								
											<b>Buy 50-74 cases</b>	<b>Save 3.12</b>								
											<b>Buy 75+ cases</b>	<b>Save 4.16</b>								

### MAISON ORPHEE | DRESSING & MARINADE

069593 120816	<b>33489</b>	GMQ					🇨🇦	+												12 / 250ml
069593 122223	<b>33506</b>	GMQ					🇨🇦	+												12 / 250ml
069593 120823	<b>33490</b>	GMQ					🇨🇦	+												12 / 250ml
069593 120854	<b>33493</b>	GMQ					🇨🇦	+												12 / 250ml
069593 120861	<b>33494</b>	GMQ					🇨🇦	+												12 / 250ml

### NAKED & SAUCY | NOOCH NUTRITIONAL YEAST DRESSING

890104 001726	<b>40103</b>	GMQ				*				BC +										12 / 250ml
890104 001702	<b>40104</b>	GMQ				*				BC +										12 / 250ml
890104 001719	<b>40105</b>	GMQ				*				BC +										12 / 250ml

### NATURSOURCE | SALAD TOPPER

068110 940128	<b>58107</b>	GMQ				*	🇨🇦	+												8 / 600g
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## SPECTRUM CULINARY | MAYONNAISE

022506 203044	14003	GMØ		GF		*							Mayonnaise, Organic (soy oil)	12	/ 473ml				
078755 000262	14035			GF		V							Mayo, Vegan	12	/ 473ml				
022506 201286	14015		B	GF									Mayonnaise, Canola	4	/ 3.78L				

## WHITEWATER COOKS | DRESSING & VINAIGRETTE

627843 382140	77801								BC +				Glory Bowl Dressing	12	/ 350ml				
627843 382133	77803								BC +				Honey Curry Vinaigrette	12	/ 350ml				
627843 382157	77802								BC +				Maple Balsamic Vinaigrette	12	/ 350ml				

## YESHI | NUTRITIONAL YEAST DRESSING & DIP

628011 160010	32804												🌿 + Dressing, Caesar	6	/ 350ml				
628011 160041	32805												🌿 + Dressing, Golden Ranch	6	/ 350ml				
627843 808909	32802												🌿 + Dressing, Original	6	/ 350ml				
627843 808923	32801												🌿 + Dressing, Sesame Ginger	6	/ 350ml				
627843 808961	32803												🌿 + Dressing, Smoky Chipotle	6	/ 350ml				

## Pasta & Pizza Sauces

### BIOITALIA | TOMATO SAUCE

661475 523045	33078	GMØ				*							Tomato Sauce, Aglio, Organic	8	/ 660ml				
661475 115509	33043	GMØ				*							Tomato Sauce, Basil, Organic	12	/ 358ml				
661475 505010	33048	GMØ				*							Tomato Sauce, Bolognese, Organic	12	/ 358ml				
661475 521041	33080	GMØ				*							Tomato Sauce, Marinara, Organic	8	/ 660ml				
661475 115530	33045	GMØ				*							Tomato Sauce, Neapolitan, Organic	12	/ 358ml				
661475 522048	33079	GMØ				*							Tomato Sauce, Rosee, Organic	8	/ 660ml				

### EDEN | PIZZA & PASTA SAUCE

024182 033137	33271	GMØ				*							Pizza/Pasta Sauce, Organic (amber glass)	12	/ 398ml				
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### PERFECT CHEF | TOMATO PASTA SAUCE

620988 050387	42402	GMØ				*		🇨🇦	+				Pasta Sauce, Basil, Organic	6	/ 740ml				
620988 050431	42404	GMØ				*		🇨🇦	+				Pasta Sauce, Marinara, Organic	6	/ 740ml				
620988 050370	42401	GMØ				*		🇨🇦	+				Pasta Sauce, Roasted Garlic, Organic	6	/ 740ml				

## Olives & Pickled Vegetables

### BUBBIES | BREAD & BUTTER CHIPS

038261 957504	51201	GMØ								🇨🇦			Pickles, Traditional Bread & Butter Chips	6	/ 1L				
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### DUMET | OLIVES

817861 010044	48030												A La Grecque Moroccan Black (pouch)	10	/ 200g				
817861 010631	48039	GMØ				*							Amphis Green Greek, Pitted, Organic (pouch)	10	/ 270g				
817861 010662	48054	GMØ				*							Cerignola Green Italian, Organic (pouch)	10	/ 270g				
817861 010181	48034												Chalkidiki Greek (pouch)	10	/ 200g				
817861 010051	48031												Chalkidiki Greek, Almond Stuffed (pouch)	10	/ 150g				
817861 010068	48032												Chalkidiki Greek, Garlic Stuffed (pouch)	10	/ 150g				
817861 010006	48035												Hojiblanca Black Spanish, Pitted (pouch)	10	/ 150g				
817861 010013	48036												Hojiblanca Green Spanish, Pitted (pouch)	10	/ 150g				
817861 010037	48037												Kalamata Greek (pouch)	10	/ 200g				
817861 010617	48040	GMØ				*							Kalamata Greek, Organic (pouch)	10	/ 270g				
817861 010686	48055												Leccino Black Italian (pouch)	10	/ 150g				
817861 010020	48038												Manzanilla Green Spanish, Pimento Stuffed (pouch)	10	/ 200g				

### EAT WHOLESOME | PICKLED VEGETABLES

638170 905902	14552	GMØ				*							+ Pickled Baby Beets, Whole, Organic	12	/ 500ml				
638170 905803	33611	GMØ				*							+ Garlic Dill Pickles, Organic	6	/ 750ml				
638170 905810	33244	GMØ				*							+ Sauerkraut, Organic	6	/ 909ml				

### EDEN | PICKLED VEGETABLES

024182 013009	14500	GMØ		GF		*							Sauerkraut, Organic (jar)	12	/ 796ml				
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<b>ILIADA   GREEK OLIVES</b>														
5201043 004047	40928	GMØ				*					12 / 370g			
<b>KRINOS   GREEK OLIVES</b>														
055498 045224	48010	GMØ				*					6 / 375ml			
055498 046023	48018	GMØ				*					6 / 375ml			
055498 046078	48009	GMØ				*					6 / 375ml			
055498 046085	48025	GMØ				*					6 / 375ml			
055498 045200	48011	GMØ				*					6 / 375ml			
<b>MOLISANA   ORGANIC ROASTED PEPPERS</b>														
058723 000463	40929	GMØ				*					12 / 340g			
<b>OCEAN'S HALO   KIMCHI</b>														
811670 032396	10570	GMØ				V *					6 / 480ml			
<b>SUNSHINE FARMS   ORGANIC PICKLES</b>														
625077 850107	14239	GMØ				*	🇨🇦	+			12 / 500ml			
625077 810156	14242	GMØ				*	🇨🇦	+			12 / 1L			

## Salsas

### QUE PASA | SALSA

068826 200042	14455	GMØ		GF		*	BC +				12 / 420ml			
068826 200028	14453	GMØ		GF		*	BC +				12 / 420ml			
068826 200004	14454	GMØ		GF		*	BC +				12 / 420ml			

## Soy Sauce & Alternatives

### AMANO FOODS | SAUCE

067334 250884	40023						BC +				12 / 250ml			
067334 050880	40026						BC +				12 / 500ml			
067334 250327	40024	GMØ				*	BC +				12 / 250ml			
067334 250754	40022						+				12 / 250ml			
067334 050750	40055						+				12 / 500ml			
067334 050323	40025	GMØ				*	BC +				12 / 500ml			
067334 004326	40099	GMØ B				*	BC +				4 / 4L			

### BRAGG | ALL PURPOSE SEASONING

074305 106101	32179	GMØ				*					12 / 296ml			
074305 100161	14071	GMØ		GF							12 / 473ml			
074305 100321	14072	GMØ		GF							12 / 946ml			

### COCONUT SECRET | SOY SAUCE SUBSTITUTE

851492 002047	37386	GMØ		GF		*					12 / 237ml			
851492 002108	14474	GMØ		GF		*					6 / 500ml			

### NAKED & SAUCY | SOY SAUCE SUBSTITUTE

890104 001283	40119	GMØ				*	+				6 / 296ml			
890104 001115	85315	GMØ				*	+				6 / 296ml			
890104 001344	40115	GMØ				*	+				6 / 473ml			
890104 001351	40116	GMØ				*	+				6 / 473ml			

### SAN-J | BREWED SOY SAUCE & ALTERNATIVES

075810 041260	40609	GMØ				V *					6 / 296ml			
075810 024263	40434	GMØ		GF		V					6 / 296ml			
075810 021262	40602	GMØ		GF		V					6 / 296ml			
075810 023266	40435	GMØ		GF		V					6 / 296ml			
075810 004265	40607	GMØ		GF		V *					6 / 296ml			
075810 001264	40600	GMØ		GF		V *					6 / 296ml			
075810 021361	40603	GMØ		GF		V					6 / 592ml			
075810 400265	40614	GMØ		GF		V					6 / 296ml			



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**JOVIAL | COOKIES**

815421 012118	<b>13450</b>	GMQ					*	@					12 / 250g			
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**KINNIKINNICK | COOKIES**

620133 003213	<b>55048</b>			GF					🍁	+			6 / 190g			
620133 003091	<b>55049</b>	GMQ		GF	V				🍁	+			6 / 220g			
620133 003251	<b>38745</b>			GF					🍁	+			6 / 180g			
620133 003497	<b>16691</b>			GF	V				🍁	+			6 / 220g			
620133 003596	<b>16692</b>			GF	V				🍁	+			6 / 220g			
620133 003619	<b>16690</b>	GMQ		GF	V				🍁	+			6 / 220g			
620133 003640	<b>54583</b>	GMQ		GF	V				🍁	+			6 / 220g			
620133 003626	<b>54582</b>	GMQ		GF	V				🍁	+			6 / 220g			

**MADEGOOD | COOKIES**

687456 283111	<b>64018</b>	GMQ		GF	V	*			🍁	+			6 / 5x24g			
687456 283104	<b>64017</b>	GMQ		GF	V	*			🍁	+			6 / 5x24g			
687456 283098	<b>64016</b>	GMQ		GF	V	*			🍁	+			6 / 5x24g			
687456 283449	<b>64027</b>	GMQ		GF	V	*			🍁	+			6 / 5x24g			
687456 283432	<b>64026</b>	GMQ		GF	V	*			🍁	+			6 / 5x24g			
687456 284330	<b>64067</b>	GMQ		GF	V	*			🍁	+	X		6 / 200g			
687456 284323	<b>64068</b>	GMQ		GF	V	*			🍁	+	X		6 / 200g			
687456 284309	<b>64069</b>	GMQ		GF	V	*			🍁	+	X		6 / 200g			

**MARY'S ORGANIC | GRAHAM-STYLE KOOKIES**

853665 005527	<b>17612</b>	GMQ		GF		*							6 / 142g			
853665 005510	<b>17611</b>	GMQ		GF		*							6 / 142g			
853665 005503	<b>17610</b>	GMQ		GF		*							6 / 142g			

**PAMELA'S | COOKIES**

093709 281016	<b>13220</b>			GF									6 / 255g			
093709 230014	<b>16648</b>	GMQ		GF									6 / 213g			

**PRANA ORGANIC | COOKIES**

877693 003591	<b>26181</b>	GMQ		GF		*			🍁	+	X		8 / 120g			G
877693 003607	<b>26182</b>	GMQ		GF		*			🍁	+	X		8 / 120g			G
877693 003614	<b>26183</b>	GMQ		GF		*			🍁	+	X		8 / 120g			G

**WISE BITES | ALLERGEN-FREE COOKIES**

816592 000638	<b>28500</b>	GMQ		GF	V			BC	+				8 / 150g			G
816592 000652	<b>28502</b>	GMQ		GF	V			BC	+				8 / 150g			G
816592 000669	<b>28503</b>	GMQ		GF	V			BC	+				8 / 150g			G
816592 000645	<b>28501</b>	GMQ		GF	V			BC	+				8 / 150g			G

**WOW BAKING COMPANY | COOKIES**

854287 005698	<b>16654</b>	GMQ		GF									12 / 227g			
854287 005797	<b>16655</b>	GMQ		GF									12 / 227g			
854287 005599	<b>16656</b>	GMQ		GF									12 / 227g			
850003 269016	<b>21800</b>	GMQ		GF									12 / 227g			

## Granola & Snack Bars

**CLIF KID | ORGANIC ZBARS**

722252 194336	<b>37599</b>	GMQ				*							6 / 5x36g			G
722252 194343	<b>37611</b>	GMQ				*							6 / 5x36g			G
722252 195326	<b>37612</b>	GMQ				*							6 / 5x36g			G
722252 921086	<b>91666</b>	GMQ				*							56 / 5x36g			G

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## KIND | BREAKFAST BARS, HEALTHY GRAINS BARS, THINS NUT BARS & SOFT BAKED SQUARES

602652 204050	<b>39346</b>										5 / 4x50g						G
602652 204067	<b>39347</b>										5 / 4x50g						G
602652 201066	<b>39348</b>										5 / 4x50g						G
602652 184178	<b>37609</b>	GMO									8 / 5x35g						G
602652 184154	<b>37607</b>	GMO									8 / 5x35g						G
602652 184185	<b>37610</b>	GMO									8 / 5x35g						G
602652 429538	<b>39337</b>										6 / 10x21g						G
602652 429422	<b>39336</b>										6 / 10x21g						G
602652 669798	<b>37481</b>	GMO									8 / 5x40g						G
602652 669804	<b>37480</b>	GMO									8 / 5x40g						G

## MADEGOOD | BARS & BITES

687456 216119	<b>64009</b>	GMO		GF	V	*	🍁	+			4 / 15x24g						G
687456 214139	<b>64055</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 214146	<b>64056</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 214122	<b>64054</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 223650	<b>64048</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 223711	<b>64049</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 213040	<b>64020</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 213019	<b>64023</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 213750	<b>64029</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 213026	<b>64024</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 213170	<b>64021</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 223490	<b>64094</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 223476	<b>64093</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 223506	<b>64090</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 223483	<b>64092</b>	GMO		GF	V	*	🍁	+			6 / 5x24g						G
687456 214313	<b>64063</b>	GMO		GF	V	*	🍁	+			6 / 5x30g						G
687456 214306	<b>64062</b>	GMO		GF	V	*	🍁	+			6 / 5x30g						G
687456 214320	<b>64064</b>	GMO		GF	V	*	🍁	+			6 / 5x30g						G

## NATURE'S BAKERY | SNACK BARS

047495 410167	<b>13343</b>	GMO			V						6 / 6x45g						G
047495 210200	<b>13146</b>	GMO			V						6 / 6x57g						G
047495 210217	<b>13147</b>	GMO			V						6 / 6x57g						G
047495 210224	<b>13148</b>	GMO			V						6 / 6x57g						G
047495 210248	<b>13149</b>	GMO			V						6 / 6x57g						G

## PRANA ORGANIC | GRANOLA BARS

877693 003850	<b>26177</b>	GMO				*	🍁	+			12 / 5x24g						G
877693 003843	<b>26176</b>	GMO				*	🍁	+			12 / 5x24g						G
877693 003867	<b>26178</b>	GMO				*	🍁	+			12 / 5x24g						G

## Toaster Pastries

### NATURE'S PATH | TOASTER PASTRIES

058449 188087	<b>55721</b>	GMO				*		+			6 / 312g						G
058449 188070	<b>55720</b>	GMO				*		+			6 / 312g						G

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## CRACKERS & PUFFED GRAIN CAKES

### Crackers

#### BLUE DIAMOND | NUT THINS CRACKERS

041570 054192	<b>16178</b>	GMQ		GF																Nut Thins, Almond	12 / 120g
041570 099162	<b>16568</b>	GMQ		GF																Nut Thins, Almond, Hint of Sea Salt	12 / 120g
041570 054291	<b>16179</b>			GF																Nut Thins, Pecan	12 / 120g

#### CRICH | CRACKERS WITH EXTRA VIRGIN OLIVE OIL

8008620 071006	<b>40924</b>			GF																X Crackers, Gluten-Free (6pkt)	10 / 200g
8008620 050506	<b>40925</b>	GMQ				*														X Crackers, Salted, Organic (8pkt)	12 / 250g
8008620 050544	<b>40926</b>	GMQ				*														X Crackers, Sesame & Rosemary, Organic (8pkt)	12 / 250g
8008620 050537	<b>40927</b>	GMQ				*														X Crackers, Tomato & Oregano, Organic (8pkt)	12 / 250g

#### EDWARD & SONS | EXOTIC RICE TOASTS & BAKED BROWN RICE SNAPS

039631 000462	<b>16159</b>	GMQ		GF		*														X Brown Rice Snaps, Black Sesame, Organic	12 / 100g
011206 000350	<b>16068</b>																			X Brown Rice Snaps, Tamari Seaweed	12 / 100g
039631 000417	<b>16024</b>	GMQ		GF		*														X Brown Rice Snaps, Unsalted Plain Rice, Organic	12 / 100g
039631 000448	<b>16027</b>	GMQ		GF		*														X Brown Rice Snaps, Vegetable Rice, Organic	12 / 100g
043182 000628	<b>16543</b>			GF																EXOTIC RICE TOAST, Purple Rice & Black Sesame	12 / 65g

#### EVE'S CRACKERS

627843 724971	<b>56100</b>			GF																BC + X Crackers, Black Sesame	12 / 108g
627843 724964	<b>56101</b>			GF																BC + X Crackers, Chili Pepper Pumpkin Seed	12 / 108g
627843 724988	<b>56103</b>			GF																BC + X Crackers, Cracked Pepper	12 / 108g
627843 724957	<b>56102</b>			GF																BC + X Crackers, Savoury Sunflower	12 / 108g

#### FREEYUMM | CRACKERS

816695 004069	<b>10323</b>	GMQ		GF																BC + X Cracker Bites, Cheezy	6 / 120g
816695 004076	<b>10324</b>	GMQ		GF																BC + X Cracker Bites, Pizza	6 / 120g
816695 004038	<b>10322</b>	GMQ		GF																BC + X Crackers, Herb & Seed	6 / 120g
816695 004014	<b>10320</b>	GMQ		GF																BC + X Crackers, Himalayan Salt	6 / 120g
816695 004021	<b>10321</b>	GMQ		GF																BC + X Crackers, Zesty Cheese	6 / 120g

**Buy 20+ cases**

**Save 3.00**

#### GLUTINO | CRACKERS

678523 038512	<b>16421</b>			GF																Crackers (Rounds), Original	6 / 125g
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#### HOT-KID | RICE CRISPS

686352 807063	<b>16236</b>			GF																X Rice Crisps, Cheese	20 / 100g
686352 807070	<b>16261</b>			GF																X Rice Crisps, Natural	20 / 100g
686352 604099	<b>16162</b>	GMQ		GF		*														X Rice Crisps, Natural (salted), Organic	12 / 100g
686352 804895	<b>16199</b>			GF																X Rice Crisps, Sesame	20 / 100g
686352 604105	<b>16163</b>	GMQ		GF		*														X Rice Crisps, Sesame, Organic	12 / 100g

#### LE PAIN DES FLEURS | CRISPBREAD

848206 059565	<b>16606</b>	GMQ		GF		V	*													Crispbread, Buckwheat, Organic	12 / 150g
848206 059572	<b>16607</b>	GMQ		GF		V	*													Crispbread, Buckwheat, Unsalted, Organic	12 / 150g
848206 059596	<b>16643</b>	GMQ		GF		V	*													Crispbread, Chestnut, Organic	12 / 150g
848206 059589	<b>16641</b>	GMQ		GF		V	*													Crispbread, Quinoa, Organic	12 / 150g

#### MADEGOOD | STAR PUFFED CRACKERS

687456 230016	<b>64080</b>	GMQ		GF		V	*	🍁												+ X STAR PUFFED CRACKERS, Cheddar, Organic	6 / 121g
687456 230030	<b>64082</b>	GMQ		GF		V	*	🍁												+ X STAR PUFFED CRACKERS, Pizza Flavour, Organic	6 / 121g
687456 230023	<b>64081</b>	GMQ		GF		V	*	🍁												+ X STAR PUFFED CRACKERS, Sea Salt, Organic	6 / 121g

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## MARY'S ORGANIC | CRACKERS

853665 005862	17620	GMO		GF	V	*					6 / 120g						
853665 005879	17621	GMO		GF	V	*					6 / 120g						
853665 005602	16837	GMO		GF	V	*					6 / 142g						
853665 005596	16838	GMO		GF	V	*					6 / 142g						
853665 005114	16833	GMO		GF	V	*					6 / 156g						
897580 000168	16832	GMO		GF	V	*					6 / 156g						
853665 005091	16834	GMO		GF	V	*					6 / 156g						
897580 000151	16376	GMO		GF	V	*					12 / 184g						
897580 000137	16187	GMO		GF	V	*					12 / 184g						
897580 000106	16185	GMO		GF	V	*					12 / 184g						

## SAN-J | RICE CRACKERS

075810 000151	16350	GMO		GF							12 / 105g						
075810 000168	16352	GMO		GF							12 / 105g						

## WANT-WANT | SUPERSLIM BROWN RICE CRISPS

686352 816614	16150			GF							12 / 100g						
686352 604440	16151			GF							12 / 100g						
686352 808596	16152			GF							12 / 100g						

## Puffed Grain Cakes

### LUNDBERG | WHOLE GRAIN RICE CAKES

073416 200395	16334	GMO		GF		*					6 / 269g						
073416 200142	16331	GMO		GF		*					6 / 241g						
073416 200159	16332	GMO		GF		*					6 / 241g						
073416 200173	16333	GMO		GF		*					6 / 241g						
073416 532700	31225	GMO		GF		*					6 / 168g						
073416 532809	31227	GMO		GF		*					6 / 168g						
073416 532403	31224	GMO		GF		*					6 / 168g						
073416 561601	31230	GMO		GF		*					6 / 168g						

### PLUMM GOOD | WHOLE GRAIN RICE CAKES

069372 007901	16611	GMO				*					12 / 95g						
069372 007666	16668	GMO				*					12 / 95g						
069372 007703	16733	GMO				*					12 / 95g						
069372 007307	16610	GMO				*					12 / 95g						
069372 007628	16666	GMO				*					12 / 95g						
069372 007208	16609	GMO				*					12 / 95g						
069372 007505	16614	GMO				*					12 / 95g						
069372 007109	16608	GMO				*					12 / 95g						
069372 002111	16445	GMO				*					12 / 185g						
069372 002159	16441	GMO				*					12 / 185g						
069372 002173	16446	GMO				*					12 / 185g						
069372 001114	16450	GMO				*					12 / 185g						
069372 001046	16425	GMO				*					12 / 185g						



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## DRIED BEANS, GRAINS, OATS, POPCORN, RICE & SEEDS

### Dried Beans, Legumes & Seeds

#### BULK BEANS

775768 04065	<b>04065</b>	GMØ B	*	X Black Beans, Organic	1 / 11.34kg
	<b>04150</b>	GMØ B	*	X Garbanzo Beans (Chick Peas), Organic	1 / 11.34kg
623636 394093	<b>20054</b>	GMØ B	*	X Lentils, Green, Small French, Organic	1 / 11.34kg

### Popcorns

#### ANGIE'S | BOOMCHICKAPOP MICROWAVE POPCORN

018780 017347	<b>59520</b>			BOOMCHICKAPOP Microwave Popcorn, Real Butter	6 / 4x93g
018780 017354	<b>59521</b>	GMØ		BOOMCHICKAPOP Microwave Popcorn, Sea Salt	6 / 4x93g

#### EDEN | ORGANIC POPCORN

024182 003864	<b>36787</b>	GMØ	GF *	Popcorn, Yellow, Organic	12 / 566g
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#### WHOLE ALTERNATIVES | POPCORN

796259 150497	<b>36297</b>	GMØ	*	Microwave Popcorn, Butter Flavour, Organic	12 / 3x99g
796259 150480	<b>36299</b>	GMØ	*	Microwave Popcorn, Low Fat, Organic	12 / 3x85g
796259 151845	<b>37497</b>	GMØ	*	Popping Corn, Yellow, Organic	12 / 454g

#### BULK POPPING CORN

000000 041332	<b>22070</b>	GMØ B	*	X Popping Corn, Organic	1 / 11.34kg
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### Grains

#### ANITA'S ORGANIC MILL | BULK GRAINS

623636 180061	<b>22148</b>	GMØ B	*	+ X Corn Meal, Medium Grind, Organic	1 / 11.34kg
623636 200097	<b>22105</b>	GMØ B	*	🇨🇦 + X Hard Red Spring Wheat Kernels, Organic	1 / 20kg

#### BOB'S RED MILL | GRAINS

039978 001894	<b>34208</b>	GMØ	GF *	X Buckwheat, Organic	4 / 454g
039978 002488	<b>34219</b>	GMØ		X Bulgur	4 / 680g
039978 002570	<b>34241</b>	GMØ	*	X Polenta, Organic	4 / 680g
039978 002112	<b>34217</b>	GMØ	*	X Farro, Organic	4 / 680g
039978 002532	<b>34223</b>	GMØ	GF	X Millet	4 / 794g

#### BULK GRAINS

775768 22045	<b>22045</b>	GMØ B	*	X Millet, Organic	1 / 11.34kg
000000 041064	<b>41064</b>	GMØ B	*	X Quinoa, Organic	1 / 11.34kg

### Oats

#### ANITA'S ORGANIC MILL | OATS

623636 998994	<b>20103</b>	GMØ	GF *	🇨🇦 + Gluten Free Rolled Oats, Old Fashioned, Organic	4 / 900g
623636 999014	<b>28074</b>	GMØ	GF *	🇨🇦 + Gluten Free Steel Cut Oats, Organic	4 / 900g
623636 700016	<b>20067</b>	GMØ	*	🇨🇦 + Rolled Oats, Old Fashioned, Organic	4 / 1kg
623636 700061	<b>20104</b>	GMØ	*	🇨🇦 + Rolled Oats, Quick, Organic	4 / 1kg
623636 700207	<b>28073</b>	GMØ	*	🇨🇦 + Steel Cut Oats, Organic	4 / 1kg
623636 998925	<b>28059</b>	GMØ B	GF *	🇨🇦 + Gluten Free, Rolled Oats, Old Fashioned, Organic	1 / 11.34kg
623636 710046	<b>20071</b>	GMØ B	*	🇨🇦 + Oat Groats, Organic	1 / 11.34kg
623636 700030	<b>22040</b>	GMØ B	*	🇨🇦 + Rolled Oats, Old Fashioned, Organic	1 / 11.34kg
623636 700245	<b>28058</b>	GMØ B	*	🇨🇦 + Steel Cut Oats, Organic	1 / 11.34kg
623636 700023	<b>22921</b>	GMØ B	*	🇨🇦 + Rolled Oats, Old Fashioned, Organic	4 / 2.5kg

#### AVENA FOODS | OATS

663780 100225	<b>22197</b>	B	GF	🇨🇦 + Rolled Oats	1 / 22.7kg
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## BOB'S RED MILL | OATS

039978 349545	<b>30510</b>	GMQ				*				X Rolled Oats, Extra Thick, Organic	4 / 454g			
039978 349521	<b>30514</b>	GMQ				*				X Rolled Oats, Old Fashioned, Organic	4 / 454g			
039978 339539	<b>30512</b>	GMQ				*				X Rolled Oats, Quick Cooking, Organic	4 / 454g			
039978 341402	<b>30534</b>	GMQ								X Steel Cut Oats	4 / 680g			
039978 329578	<b>30518</b>	GMQ				*				X Steel Cut Oats, Organic	4 / 680g			
039978 323736	<b>30541</b>	GMQ		GF						X Gluten Free Steel Cut Oats	4 / 680g			
039978 323767	<b>30530</b>	GMQ		GF						X Gluten Free Rolled Oats, Quick Cooking	4 / 794g			
039978 323750	<b>30540</b>	GMQ		GF						X Gluten Free Rolled Oats, Old Fashioned	4 / 907g			
039978 351555	<b>34270</b>	GMQ								X Rolled Oats, Extra Thick	4 / 907g			
039978 359544	<b>30511</b>	GMQ				*				X Rolled Oats, Extra Thick, Organic	4 / 907g			
039978 003799	<b>34271</b>	GMQ								X Rolled Oats, Old Fashioned	4 / 907g			
039978 359520	<b>34252</b>	GMQ				*				X Rolled Oats, Old Fashioned, Organic	4 / 907g			
039978 003843	<b>34272</b>	GMQ								X Rolled Oats, Quick Cooking	4 / 907g			
039978 323866	<b>30552</b>	GMQ		GF		*				X Gluten Free Rolled Oats, Extra Thick, Organic	4 / 907g			
039978 323873	<b>30551</b>	GMQ		GF		*				X Gluten Free Rolled Oats, Old Fashioned, Organic	4 / 907g			
039978 313751	<b>20243</b>	GMQ	B	GF						X Gluten Free Rolled Oats, Old Fashioned	1 / 11.34kg			
039978 103734	<b>20244</b>	GMQ	B	GF						X Gluten Free Steel Cut Oats	1 / 11.34kg			

## NATURE'S PATH | WHOLE GRAIN OATS

729906 410033	<b>22175</b>	GMQ				*		+		Oats, Steel Cut, Quick Cook, Organic	6 / 680g			
729906 410019	<b>22074</b>	GMQ				*		+		Oats, Steel Cut, Coarsely Cut, Organic	6 / 850g			

## STOKED OATS | RUN OF THE MILL OATS

818541 000072	<b>22460</b>	GMQ		GF		*	🇨🇦	+		RUN OF THE MILL, Quick Oats, Organic	10 / 810g			
818541 000065	<b>22461</b>	GMQ		GF		*	🇨🇦	+		RUN OF THE MILL, Rolled Oats, Organic	10 / 810g			
818541 008269	<b>22462</b>	GMQ		GF		*	🇨🇦	+		RUN OF THE MILL, Steel cut Oats, Organic	10 / 810g			

## Rice

### LUNDBERG FAMILY FARMS | RICE

073416 004337	<b>31215</b>	GMQ		GF						Rice, Wild Blend, Nutra-Farmed	6 / 454g			
073416 051911	<b>31205</b>			GF						Rice, Arborio, White, Nutra-Farmed	6 / 907g			
073416 405523	<b>31202</b>	GMQ		GF						Rice, Basmati, Brown, Nutra-Farmed	6 / 907g			
073416 406032	<b>31209</b>	GMQ		GF		*				Rice, Basmati, Brown, Organic	6 / 907g			
073416 403536	<b>31203</b>	GMQ		GF						Rice, Basmati, White, Nutra-Farmed	6 / 907g			
073416 404045	<b>31210</b>	GMQ		GF		*				Rice, Basmati, White, Organic	6 / 907g			
073416 040502	<b>31211</b>	GMQ		GF		*				Rice, Jasmine, California Brown, Organic	6 / 907g			
073416 040427	<b>31204</b>	GMQ		GF						Rice, Jasmine, White, Nutra-Farmed	6 / 907g			
073416 040489	<b>31212</b>	GMQ		GF		*				Rice, Jasmine, White, Organic	6 / 907g			
073416 199644	<b>31208</b>	GMQ		GF		*				Rice, Long Grain Brown, Organic	6 / 907g			
073416 250109	<b>31231</b>	GMQ		GF		*				Rice, Long Grain White, Regenerative Organic	6 / 907g			
073416 199637	<b>31206</b>	GMQ		GF		*				Rice, Short Grain, Brown, Organic	6 / 907g			
073416 040434	<b>31207</b>	GMQ		GF		*				Rice, Sushi, White, Organic	6 / 907g			
073416 402010	<b>32098</b>	GMQ	B	GF		*				X Rice, Basmati, Brown, Organic	1 / 11.34kg			
073416 401518	<b>32050</b>	GMQ	B	GF						X Rice, Basmati, White, Eco-Farmed	1 / 11.34kg			
073416 402027	<b>32102</b>	GMQ	B	GF		*				X Rice, Basmati, White, Organic	1 / 11.34kg			
073416 040298	<b>32043</b>	GMQ	B			*				Rice, Jasmine White, Organic	1 / 11.34kg			
073416 401341	<b>32039</b>	GMQ	B	GF		*				X Rice, Long Grain White, Organic	1 / 11.34kg			
073416 401327	<b>32074</b>	GMQ	B	GF		*				X Rice, Long Grain, Brown, Organic	1 / 11.34kg			
073416 401228	<b>32076</b>	GMQ	B	GF		*				X Rice, Short Grain, Brown, Organic	1 / 11.34kg			
073416 401617	<b>32097</b>	GMQ	B	GF		*				X Rice, Sushi, White, Organic	1 / 11.34kg			

### LOTUS FOODS | RICE

708953 508610	<b>39909</b>	GMQ		GF		*				Rice, White Basmati, Organic	6 / 850g			
708953 507613	<b>39908</b>	GMQ		GF		*				Rice, White Jasmine, Organic	6 / 850g			

### OCEAN'S HALO | RICE

811670 031382	<b>10572</b>	GMQ		V		*				Short Grain Sticky Rice, Organic	5 / 907g			
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**UPC CODE | CODE | GMO | B | GF | V | \* | @ | + | X | PACK | SIZE | G | P | U**

## FUNCTIONAL FOODS

### BOB'S RED MILL | NUTRITIONAL YEAST

039978 325464 **34203** GF X Large Flake Nutritional Yeast 4 / 142g

### ELIMENTO | NUTRITIONAL YEAST

059443 607154 **35390** Nutritional Yeast Flakes (shaker) 12 / 100g

### ENGEVITA | NUTRITIONAL YEAST

778659 221038 **02198** **GMO B** \* + ENGEVITA Nutritional Yeast 1 / 2kg

### HUER | HERO PROBIOTIC GUMMIES

771047 599948 **15420** + X HERO Probiotic Gummies, Blueberry Yogurt (1 billion CFU 9 /bag) 12 / 75g G

771047 599931 **15421** + X HERO Probiotic Gummies, Strawberry Yogurt (1 billion CFU 9 /bag) 12 / 75g G

### LEVEL GROUND TRADING | CACAO NIBS

661594 003640 **18108** **GMO** \* @ + Cacao Nibs, Organic 12 / 120g

### MODERN PRODUCTS | BREWERS YEAST

075820 300012 **02013** Brewer's Yeast 6 / 396g

### NAVITAS ORGANICS | PLANT-BASED SUPERFOOD

858847 000291 **37365** **GMO** \* Açai Powder, Organic 1 / 113g

858847 000680 **29023** **GMO** \* @ Cacao Nibs, Organic 1 / 227g

858847 000871 **21004** **GMO** \* @ Cacao Powder, Organic 1 / 227g

858847 000840 **21003** **GMO** \* @ Cacao Powder, Organic 1 / 454g

811961 021849 **21241** **GMO** \* Matcha Powder, Organic 1 / 85g

811961 023232 **24422** **GMO** \* SUPERFOOD+, Adaptogen Blend, Maca+Reishi+Ashwagandha, Organic 1 / 180g

811961 023249 **24423** **GMO** \* SUPERFOOD+, Berry Blend, Acai+Goji+Blueberry, Organic 1 / 150g

811961 023256 **24424** **GMO** \* SUPERFOOD+, Greens Blend, Moringa+Kale+Wheatgrass, Organic 1 / 180g

811961 021856 **21242** **GMO** \* Turmeric Powder, Organic 1 / 227g

### PRANA ORGANIC | FUNCTIONAL FOOD

877693 001504 **26141** **GMO** GF \* + Cacao Nibs, Organic 6 / 250g

877693 003096 **34092** **GMO** GF \* + PROACTIVChia +Probiotics, Ground Black, Organic 6 / 200g

877693 003089 **34091** **GMO** GF \* + PROACTIVChia +Probiotics, Whole Black, Organic 6 / 284g

877693 001498 **26143** **GMO** GF \* + Raw Cacao Powder, Organic 6 / 200g

**60130** Empty Racks (S/O) 1 / ea

### RED STAR | NUTRITIONAL YEAST

017929 746605 **02147** **B** X Nutritional Yeast Flakes, Vegetarian Support Formula 1 / 2.72kg

017929 746312 **02115** **B** X Nutritional Yeast Flakes, Vegetarian Support Formula 1 / 22.7kg

### 7 SUMMITS SNACKS | ENDURANCE BAR

628011 577009 **11354** \* + X Endurance Dark Chocolate Bar, Aconcagua (golden berries & cocoa nibs) 12 / 30g G

628011 577214 **11359** \* + X Endurance Dark Chocolate Bar, Carstensch (coffee beans & Tahitian vanilla) 12 / 30g G

628011 577030 **11355** \* + X Endurance Dark Chocolate Bar, Everest (goji berries & Himalayan salt) 12 / 30g G

628011 577238 **11360** \* + X Endurance Dark Chocolate Bar, Vinson (natural mint flavour) 12 / 30g G

628011 577177 **11353** \* + X Endurance Milk Chocolate Bar, Dendli (P.B & J) 12 / 30g G

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## YESHI | NUTRITIONAL YEAST FLAKES

628011 160072	<b>32806</b>	GMØ								‡ +	Nutritional Yeast Flakes, Original	6	/ 125g					
628011 160089	<b>32807</b>	GMØ								‡ +	Nutritional Yeast Flakes, Roasted Garlic & Parmezan	6	/ 100g					

## HERBS, SPICES, SEASONINGS & SALTS

### Culinary Juices

#### GINGER PEOPLE | GINGER JUICE

734027 901605	<b>06231</b>	GMØ		GF		*					Ginger Juice (condiment), Organic	12	/ 147ml					
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#### SANTA CRUZ ORGANIC | 100% LEMON & LIME JUICE

036192 127157	<b>06311</b>	GMØ				*					100% Lemon Juice, Organic	8	/ 473ml					U
036192 120820	<b>06314</b>	GMØ				*					100% Lime Juice, Organic	8	/ 473ml					U
036192 000191	<b>06308</b>	GMØ				*					100% Lemon Juice, Organic	6	/ 946ml					U
036192 000207	<b>06309</b>	GMØ				*					100% Lime Juice, Organic	6	/ 946ml					U

### Herbs, Spices, Seasoning Mixes & Salts

#### BRAGG | SPRINKLE SEASONING

074305 160028	<b>33119</b>	GMØ		GF		*					Sprinkle, 24 Herbs & Spices Seasoning, Organic (shaker)	12	/ 42.5g					
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#### CHA'S ORGANICS | SPICES

806253 000756	<b>12693</b>	GMØ		GF	V	*	@			+ X	Cinnamon Quills, Ceylon, Organic (S/O)	6	/ 25g					
806253 000770	<b>91237</b>	GMØ		GF	V	*	@			+ X	Clove, Whole, Organic (S/O)	6	/ 25g					
806253 000800	<b>91251</b>	GMØ		GF	V	*	@			+ X	Ginger, Ground, Organic (S/O)	6	/ 30g					
806253 001463	<b>16794</b>	GMØ		GF	V	*	@			+	Turmeric, Ground, Organic (S/O)	6	/ 150g					
806253 000329	<b>91298</b>	GMØ		GF	V	*	@			+ X	Cinnamon Quills, Ceylon, Organic (S/O)	1	/ 350g					
806253 000527	<b>70200</b>	GMØ		GF	V	*				+ X	Cumin, Ground, Organic (S/O)	1	/ 500g					
806253 000336	<b>91299</b>	GMØ		GF	V	*	@			+ X	Ginger, Ground, Organic (S/O)	1	/ 500g					
806253 000466	<b>91317</b>	GMØ		GF	V	*	@			+ X	Turmeric, Ground, Organic (S/O)	1	/ 500g					

#### MAISON ORPHEE | HAND-HARVESTED GREY SEA SALT

069593 100849	<b>33484</b>									+	Grey Sea Salt, Fine	12	/ 500g					
069593 100832	<b>33483</b>									+	Grey Sea Salt, Coarse	12	/ 1kg					
069593 100887	<b>33488</b>									+	Grey Sea Salt, Fine	1	/ 10kg					

#### MODERN PRODUCTS | SEASONINGS

075820 000004	<b>70450</b>			GF							Spike Seasoning	24	/ 85g					
075820 204082	<b>70451</b>			GF							Spike Seasoning	12	/ 198g					

#### REDMOND | REAL SALT

018788 905004	<b>15605</b>										REAL SALT Ancient Seasalt, Fine (shaker)	6	/ 284g					
018788 992615	<b>15600</b>										REAL SALT Ancient Seasalt, Fine (refill pouch)	12	/ 737g					
											<b>Buy 10-17 cases</b>	<b>Save</b>	<b>5%</b>					
											<b>Buy 18+ cases</b>	<b>Save</b>	<b>10%</b>					

#### SIMPLY ORGANIC | PASTA SAUCE MIX

089836 200068	<b>70740</b>	GMØ				*					X Seasoning Mix, Pasta Sauce, Alfredo, Organic (sachets)	12	/ 42g					
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#### SIMPLY ORGANIC | BOTTLED SPICES & GRINDERS

089836 192080	<b>70789</b>	GMØ				*					Basil Leaf, c/s Organic (glass bottle)	6	/ 15g					
089836 192240	<b>70358</b>	GMØ				*					Cayenne Pepper, Organic (glass bottle)	6	/ 71g					
089836 192332	<b>70842</b>	GMØ				*					Ceylon Cinnamon, Organic (glass bottle)	6	/ 59g					
089836 192257	<b>70359</b>	GMØ				*					Chili Powder, Organic (glass bottle)	6	/ 82g					
089836 192363	<b>70840</b>	GMØ				*					Chipotle Ground, Organic (glass bottle)	6	/ 75g					
089836 192110	<b>70791</b>	GMØ				*					Cinnamon, Ground, Organic (glass bottle)	6	/ 69g					
089836 192486	<b>70804</b>	GMØ				*					Coriander, Ground, Organic (glass bottle)	6	/ 65g					
089836 192127	<b>70792</b>	GMØ				*					Cumin Seed, Ground, Organic (glass bottle)	6	/ 65g					
089836 192264	<b>70360</b>	GMØ				*					Curry Powder, Organic (glass bottle)	6	/ 85g					
089836 092502	<b>70806</b>	GMØ				*					Dill Weed, Organic (glass bottle)	6	/ 23g					

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089836 192141	<b>70793</b>	GMO				*					6 / 103g			
089836 192479	<b>70803</b>	GMO				*					6 / 113g			
089836 192158	<b>70794</b>	GMO				*					6 / 46g			
089836 192271	<b>70361</b>	GMO				*					6 / 22g			
089836 192288	<b>70362</b>	GMO				*					6 / 79g			
089836 192165	<b>70795</b>	GMO				*					6 / 21g			
089836 192295	<b>70363</b>	GMO				*					6 / 74g			
089836 192097	<b>70796</b>	GMO				*					6 / 65.5g			
089836 192134	<b>70798</b>	GMO				*					6 / 45g			
089836 192196	<b>70801</b>	GMO				*					6 / 75g			G
089836 192189	<b>70800</b>	GMO				*					6 / 75g			G
089836 192103	<b>70797</b>	GMO				*					6 / 75g			
089836 192462	<b>70802</b>	GMO				*					6 / 55g			
089836 192493	<b>70805</b>	GMO				*					6 / 35g			
089836 192349	<b>70839</b>	GMO				*					6 / 77g			
089836 192318	<b>70365</b>	GMO				*					6 / 31g			
089836 192172	<b>70799</b>	GMO				*					6 / 46g			

## SIMPLY ORGANIC | FINISHING SALT

089836 192530	<b>70846</b>	GMO				*					6 / 62g			
089836 192547	<b>70847</b>	GMO				*					6 / 73g			
089836 192554	<b>70848</b>	GMO				*					6 / 74g			

## SIMPLY ORGANIC | SEASONING MIX

089836 188700	<b>70750</b>	GMO				*			X		12 / 28g			
089836 200020	<b>70742</b>	GMO				*			X		12 / 28g			
089836 200037	<b>70763</b>	GMO				*			X		12 / 32g			
089836 200013	<b>70747</b>	GMO				*			X		12 / 32g			

## SUNDHED | SEA SALT & PURE HIMALAYAN SALT

873778 006174	<b>06169</b>								+		6 / 250g			
873778 006778	<b>06171</b>								+		6 / 750g			
873778 006730	<b>06174</b>								+		6 / 750g			
873778 006099	<b>02252</b>								+		6 / 250g			
873778 006082	<b>02251</b>								+		6 / 250g			
873778 006679	<b>02253</b>								+		6 / 390g			
873778 006129	<b>02255</b>								+		6 / 750g			
873778 006112	<b>02254</b>								+		6 / 750g			
873778 006143	<b>02257</b>								+		6 / 750g			
873778 006549	<b>93037</b>		<b>B</b>						+		1 / 10kg			
873778 006525	<b>93036</b>		<b>B</b>						+		1 / 10kg			

## THE SPICE AGE | SEASONING MIX

628942 152771	<b>58601</b>								+	X	6 / 60g			
725414 024281	<b>58603</b>								+	X	6 / 50g			
628942 152818	<b>58608</b>								+	X	6 / 60g			
628942 152757	<b>58602</b>								+	X	6 / 60g			
795847 848631	<b>58614</b>								+	X	6 / 60g			
725414 024335	<b>58604</b>								+	X	6 / 60g			
725414 024311	<b>58612</b>								+	X	6 / 60g			
628942 152764	<b>58600</b>								+	X	6 / 40g			
699838 983243	<b>58615</b>								+	X	6 / 60g			
725414 024274	<b>58616</b>								+	X	6 / 40g			

## BULK SEA SALT

038400 138542	<b>02179</b>		<b>B</b>							X	1 / 50lb			
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## INTERNATIONAL CUISINE

### Caribbean

#### MAUREEN'S | COOKING SAUCE

627987 503753	<b>14902</b>									BC +	Sauce, Mild Coconut Curry	12	/ 350ml				
841307 000313	<b>14900</b>									BC +	Sauce, The Original Jerk	12	/ 350ml				

### Indian

#### See Frozen Entrées for Vij's

#### JYOTI | INDIAN CUISINE

077502 016105	<b>38545</b>										Delhi Saag, Spinach & Mustard Greens w/ Ginger & Peppers (can)	12	/ 425g				
077502 156153	<b>38542</b>										Madras Sambar, Lentils w/ Vegetables (can)	12	/ 425g				
077502 036103	<b>38546</b>	GMO							*		Matar Paneer, Peas & Home Style Cheese (can)	12	/ 425g				
077502 146154	<b>38541</b>	GMO							*		Punjabi Chhole, Chickpeas w/ Potato & Onions (can)	12	/ 425g				
											<b>Buy 10-14 cases</b>			<b>Save</b>	<b>15%</b>		
											<b>Buy 15+ cases</b>			<b>Save</b>	<b>20%</b>		

#### NANAK | GHEE CLARIFIED BUTTER

797677 707300	<b>24902</b>									+	Ghee, Grass Fed	12	/ 400g				
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### Japanese

#### ATLANTIC MARICULTURE | DULSE

067835 774056	<b>24200</b>	GMO							*	+	Dulse, Organic	12	/ 40g				
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#### CANADIAN KELP RESOURCES | SEA VEGETABLES

776128 000030	<b>32851</b>									🌿	+ X Kombu	16	/ 42g				
776128 000047	<b>32850</b>									🌿	+ X Macro Kelp	16	/ 21g				

#### EAT WHOLESOME | BEAN VERMICELLI

5060844 590285	<b>33631</b>									+	X Mung Bean Vermicelli (glass noodles)	20	/ 180g				
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#### EDEN | JAPANESE PRODUCTS

024182 003093	<b>24052</b>	GMO							*		Gomasio, Seaweed, Organic	12	/ 100g				
024182 000481	<b>24069</b>	GMO								GF	Mirin, Rice Cooking Wine	12	/ 300ml				
024182 425901	<b>02119</b>									GF	Ume Plum Vinegar	12	/ 296ml				
024182 002188	<b>24067</b>										Wasabi Powder, Japanese horseradish (contains genuine wasabi)	6	/ 25g				

#### EDEN | SEA VEGETABLES

024182 157693	<b>24004</b>									GF	X Sushi Nori (7ct)	6	/ 17g				
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#### EDWARD & SONS | MISO SOUP

043182 000987	<b>38689</b>									GF	Miso-Cup, Japanese Restaurant Style - 3ct	6	/ 82g				
043182 000925	<b>38261</b>										Miso-Cup, Traditional w/Tofu, Organic	12	/ 36g				

#### GIMME ORGANIC | ROASTED SEAWEED

855463 005273	<b>24165</b>	GMO									X Roasted Seaweed, Sea Salt & Avocado Oil, Organic	12	/ 9g				G
855463 005280	<b>24166</b>	GMO									X Roasted Seaweed, Sea Salt & Avocado Oil, Organic	8	/ 6x4.5g				G

#### GIMME ORGANIC | ROASTED SEAWEED SNACKS

851093 004327	<b>24135</b>	GMO							*	X	Roasted Seaweed Snacks, Extra Virgin Olive Oil, Organic	8	/ 6x5g				G
851093 004303	<b>24136</b>	GMO							*	X	Roasted Seaweed Snacks, Sea Salt, Organic	8	/ 6x5g				G
851093 004310	<b>24137</b>	GMO							*	X	Roasted Seaweed Snacks, Teriyaki, Organic	8	/ 6x5g				G
851093 004662	<b>25163</b>	GMO							*	X	Roasted Seaweed Snacks, Sea Salt, Organic	12	/ 10g				G
851093 004693	<b>24169</b>	GMO							*	X	Roasted Seaweed Snacks, Teriyaki, Organic	12	/ 10g				G

#### GIMME ORGANIC | ROASTED SUSHI NORI

851093 004372	<b>24164</b>	GMO									X Sushi Nori, Roasted, Organic (10ct)	12	/ 23g				
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## GINGER PEOPLE | MINCED GINGER

734027 904064	<b>14196</b>	GMØ		GF		*							12 / 190g							
734027 904071	<b>14197</b>	GMØ		GF		*							12 / 190g							

## KOYO | JAPANESE PRODUCTS

021009 229025	<b>24019</b>												6 / 25g							
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## LOTUS FOODS | RICE RAMEN NOODLES

708953 622125	<b>39904</b>	GMØ		GF		*							6 / 283g							
708953 622132	<b>39905</b>	GMØ		GF		*							6 / 283g							

## MAINE COAST SEA VEGETABLES | WILD ATLANTIC DULSE

034529 123629	<b>80050</b>	GMØ				*							1 / 56g							
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## MARUKAN | PONZU SAUCE

070641 066314	<b>24039</b>	GMØ											6 / 355ml							
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## MISHIMA | INSTANT SOUP

830757 000325	<b>38551</b>												12 / 27g							
830757 000219	<b>38821</b>												12 / 30g							
830757 000233	<b>38822</b>												12 / 30g							
830757 000226	<b>38655</b>												12 / 30g							

## NIKKEI RAMEN YA | RAMEN SEASONING SAUCE

**Note: for Seasoning "Ramen Building Blocks" available in Frozen Broth & Soup Noodles section**

628693 494212	<b>39191</b>												12 / 145ml							
628693 494052	<b>39188</b>												12 / 145ml							

## NORA | SEAWEED SNACKS

855258 006225	<b>19100</b>	GMØ											12 / 32g							G
855258 006584	<b>19103</b>	GMØ											12 / 32g							G
855258 006232	<b>19102</b>	GMØ											12 / 45g							G
855258 006249	<b>19101</b>	GMØ											12 / 45g							G

## OCEAN'S HALO | THE SEAWEED SNACK

811670 032303	<b>10573</b>	GMØ											5 / 5x4g							
811670 032310	<b>10574</b>	GMØ											5 / 5x4g							

## OCEAN'S HALO | SUSHI NORI

851899 005108	<b>10575</b>	GMØ											12 / 28g							
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## SEASNAX | SEAWEED PRODUCTS

811201 020014	<b>24132</b>	GMØ		GF		*							12 / 10g							G
811201 020021	<b>24141</b>	GMØ		GF		*							12 / 10g							G
728028 023183	<b>24120</b>	GMØ				*							16 / 5g							G
609722 798372	<b>24121</b>	GMØ				*							16 / 5g							G
609722 798839	<b>24123</b>	GMØ				*							16 / 5g							G
728028 023237	<b>24094</b>	GMØ		GF		*							16 / 28g							
728028 012217	<b>24083</b>	GMØ		GF		*							4 / 4x15g							G
728028 012200	<b>24080</b>	GMØ		GF		*							16 / 15g							G
728028 023213	<b>24081</b>	GMØ		GF		*							16 / 15g							G

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## Mediterranean

### CASBAH AUTHENTIC GRAINS | GRAINS, SIDES & SPECIALTY MIXES

072934 692477	<b>38528</b>	GMØ													Couscous, Original (Moroccan)	12 / 340g
072934 000081	<b>38536</b>	GMØ													Couscous, Pearl (Israeli)	12 / 180g
072934 000111	<b>38530</b>	GMØ				*									Couscous, Pearl (Israeli), Organic	6 / 600g
072934 692309	<b>33051</b>	GMØ													Mix, Falafel	12 / 284g
072934 692279	<b>33059</b>	GMØ													Mix, Tabouli Salad	12 / 170g

### HABIBI'S MEDITERRANEAN | LEBANESE GARLIC SAUCE

683830 019369	<b>14323</b>									BC +					Toum - Lebanese Garlic Sauce & Spread	8 / 250g
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## Mexican

### AMY'S | REFRIED BEANS

042272 905515	<b>10266</b>	GMØ				V	*								Refried Beans, Black Beans, Organic	12 / 398ml
042272 905508	<b>10265</b>	GMØ				V	*								Refried Beans, Traditional, Organic	12 / 398ml
042272 905522	<b>10267</b>	GMØ				V	*								Refried Beans, With Green Chiles, Organic	12 / 398ml

### EDEN | REFRIED BEANS

024182 003994	<b>10413</b>	GMØ					*								Refried Beans, Black Beans, Organic	12 / 398ml
024182 003987	<b>10412</b>	GMØ					*								Refried Beans, Pinto Beans, Organic	12 / 398ml

### QUE PASA | TACO SHELLS

068826 212854	<b>37824</b>	GMØ								GF	*				BC + X Taco Shells, Yellow Corn, Organic	12 / 130g
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## Thai

### BLUE MONKEY | COCONUT CREAM & MILK

059654 330018	<b>02297</b>	GMØ					*								+ Coconut Cream, Organic	24 / 400ml
059654 330025	<b>02298</b>	GMØ					*								+ X Coconut Milk, Light, Organic	6 / 400ml

### CHA'S ORGANICS | COCONUT CREAM & MILK

806253 210407	<b>15040</b>	GMØ					*	@							+ Coconut Cream, Full Cream, Organic	12 / 400ml
806253 210414	<b>15080</b>	GMØ					*	@							+ Coconut Milk, Premium, Organic	12 / 400ml
806253 210421	<b>15081</b>	GMØ					*	@							+ Coconut Milk, Light, Organic	12 / 400ml
806253 210483	<b>15041</b>	GMØ					*	@							+ Coconut Whipping Cream, Organic	6 / 400ml

### CHA'S ORGANICS | THAI CURRY PASTE

806253 786223	<b>12732</b>	GMØ					*								+ Curry Paste, Green (hot), Organic	6 / 55g
806253 786209	<b>12730</b>	GMØ					*								+ Curry Paste, Red (med), Organic	6 / 55g
806253 786216	<b>12731</b>	GMØ					*								+ Curry Paste, Yellow (mild), Organic	6 / 55g

### LET'S DO...ORGANIC | COCONUT CREAM & MILK

043182 005258	<b>02246</b>	GMØ					*								Creamed Coconut, Unsweetened, Organic	6 / 200g
043182 022057	<b>24099</b>	GMØ					*								Coconut Milk, Sweetened Condensed, Organic	6 / 195ml
043182 002103	<b>24098</b>	GMØ					*								Coconut Cream, Heavy (30% Fat), Organic	12 / 398ml

### LOTUS FOODS | RICE NOODLES

708953 641133	<b>39903</b>	GMØ								GF	*				Rice Noodles, Pad Thai, Brown Rice, Organic	8 / 227g
708953 641126	<b>39902</b>	GMØ								GF	*				Rice Noodles, Pad Thai, Traditional, Organic	8 / 227g

### NATIVE FOREST | CANNED VEGETABLES & JACKFRUIT

043182 008341	<b>10431</b>	GMØ					*								Bamboo Shoots, Sliced, Organic	6 / 400g
043182 018692	<b>10398</b>	GMØ					*								Jackfruit, Original, Organic	6 / 398ml
043182 008365	<b>10214</b>	GMØ					*								Water Chestnuts, Sliced, Organic	6 / 227g

### NATIVE FOREST | COCONUT MILK

043182 012089	<b>24008</b>	GMØ					*								Coconut Milk, Classic, Organic	12 / 398ml
043182 012010	<b>24097</b>	GMØ	B				*								X Coconut Milk, Organic (can)	6 / 2.84L

### OCEAN'S HALO | SPRING ROLL WRAPS

811670 032174	<b>10571</b>	GMØ													V	X Spring Roll Rice Wraps, Organic (12ct)	12 / 120g
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## THAI KITCHEN | COCONUT CREAM & MILK

737628 011766	14958	GMØ		GF																Coconut Cream	6 / 400ml
737628 011575	14936	GMØ																		Coconut Milk (no guar)	6 / 750ml
737628 011605	14931	GMØ																		Coconut Milk, Lite	12 / 400ml
737628 011551	14937	GMØ																		Coconut Milk, Lite (no guar)	6 / 750ml
737628 082506	14932	GMØ																		Coconut Milk, Lite, Organic	12 / 400ml
737628 011506	14930	GMØ																		Coconut Milk, Premium	12 / 400ml
737628 060504	14424	GMØ																		Coconut Milk, Premium	24 / 160ml
737628 079506	14933	GMØ																		Coconut Milk, Premium, Organic	12 / 400ml

## THAI KITCHEN | PASTE & SAUCE

737628 004003	14950	GMØ		GF																Paste, Green Curry	12 / 112g
737628 003006	14952	GMØ		GF																Paste, Red Curry	12 / 112g
737628 012008	14944	GMØ																		Paste, Yellow Curry	12 / 112g
737628 006007	14956	GMØ		GF																Paste, Roasted Red Chili	12 / 112g
737628 001002	14694	GMØ		GF																Premium Fish Sauce	12 / 200ml
737628 005000	14954			GF																Peanut Satay Sauce	12 / 227ml

## THAI KITCHEN | RICE NOODLES

737628 025251	30303	GMØ		GF																Stir-Fry Rice Noodles	12 / 198g
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## MEAT ALTERNATIVES

### BOB'S RED MILL | TEXTURED VEGETABLE PROTEIN

039978 001290	02556																			X TVP (Textured Vegetable Protein)	4 / 340g
039978 105424	20172			B	GF															X TVP (Textured Vegetable Protein)	1 / 25lbs

### HOME GROWN LIVING FOODS | EASY MAGIC MIX

628110 072443	16304	GMØ				*		* +												U-BAKE Easy Meal Magic Mix, Organic	8 / 500g
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## NUTS, SEEDS & DRIED FRUIT

### Dried Fruit

#### BOB'S RED MILL | SHREDDED COCONUT

039978 335784	02053	GMØ					@													X Coconut, Dried Shredded, Unsweetened	4 / 340g
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#### CAMINO | SHREDDED COCONUT

752612 240038	02258	GMØ				*	@	+												Shredded Coconut, Unsweetened, Organic	8 / 200g
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#### LET'S DO...ORGANIC | SHREDDED COCONUT

043182 015202	02083	GMØ		GF		*														Coconut, Fine Shredded, Unsweetened, Organic	12 / 250g
043182 015226	02264	GMØ		GF		*														Coconut Flakes, Unsweetened, Organic	12 / 200g

#### LEVEL GROUND TRADING DIRECT FAIR TRADE | DRIED FRUIT

661594 003626	18115	GMØ				*	@	+												Dried Banana, Organic	12 / 130g
661594 003633	18112	GMØ				*	@	+												Dried Golden Berry, Organic	12 / 100g
661594 905005	18113	GMØ				*	@	+												Dried Mango, Organic	12 / 100g
661594 904015	18114	GMØ				*	@	+												Dried Pineapple, Organic	12 / 100g

#### MORNIN' GLORY | PRUNES

093778 888826	18333	GMØ				*														Prunes, Pitted, Organic	12 / 340g
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#### NAVITAS ORGANICS | DRIED FRUIT

858847 000703	26116	GMØ				*														Goji Berries, Sun-Dried, Organic	1 / 227g
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## PATIENCE FRUIT & CO | DRIED BERRIES

662166 551996	18202	GMØ				*			🇨🇦 +	Dried Sliced Cranberries, No Added Sugar, Organic	8 / 142g							G
662166 551668	18206	GMØ				*			🇨🇦 +	Dried Sliced Cranberries, Organic	6 / 283g							G
662166 551774	18207	GMØ				*			🇨🇦 +	Dried Sliced Cranberries, Sweetened w/Apple Juice, Organic	6 / 227g							G
662166 551330	18203	GMØ				*			🇨🇦 +	Dried Whole Cranberries, Organic	8 / 142g							G
662166 551446	18204	GMØ				*			🇨🇦 +	Dried Whole Cranberries, Sweetened w/Apple Juice, Organic	8 / 113g							G
662166 551361	18234	GMØ				*			🇨🇦 +	Dried Wild Blueberries, Sweetened w/Apple Juice, Organic	8 / 85g							G
<b>Buy 12+ cases</b>											<b>Save</b>	<b>15%</b>						

## PRANA ORGANIC | DRIED FRUIT

877693 000224	18111	GMØ		GF		*			+	Dates, Medjool, Organic	6 / 250g							
877693 000217	18155	GMØ		GF		*			+	Figs, Organic	6 / 250g							
877693 000187	18110	GMØ		GF		*			+	Goji Berries, Organic	6 / 200g							
877693 001450	18152	GMØ		GF		*			+	Mango Cheeks, Organic	6 / 150g							
877693 001405	18171	GMØ		GF		*			+	Mulberries, White, Organic	6 / 250g							
877693 000279	18154	GMØ		GF		*			+	Prunes, Pitted, Organic	6 / 250g							
877693 000194	26139	GMØ				*			X	Raisins, Sultana, Organic (S/O)	6 / 300g							
	60130									Empty Racks (S/O)	1 / ea							

## TRIPLE JIM'S | ORGANIC DRIED FRUIT

059105 051707	36658	GMØ				*	BC	+		Apple Chips, Cinnamon, Organic	24 / 70g							G
059105 050755	36657	GMØ				*	BC	+		Apple Chips, Organic	24 / 75g							G

## Nuts & Seeds

### BOB'S RED MILL | SEEDS

039978 308443	34207	GMØ		GF		*			X	Chia Seeds, Whole, Organic	5 / 340g							
039978 339379	02019	GMØ		GF		*			X	Flaxseed Meal, Organic	4 / 453g							
039978 333308	34048	GMØ		GF		*			X	Flaxseed Meal	4 / 453g							
039978 343307	34054	GMØ		GF		*			X	Flaxseed Meal	4 / 907g							
039978 336200	34202	GMØ		GF		*			X	Flaxseed, Whole	4 / 368g							

### HOME GROWN LIVING FOODS | SPROUTED NUTS & SEEDS

628110 072085	16270	GMØ				*			X	Sprouted Almonds (unpasteurized), Organic	8 / 120g							
628110 072450	16301	GMØ				*			X	Sprouted Cashews, Organic	8 / 120g							
628110 072405	16300	GMØ				*			X	Sprouted Pumpkin Seeds, Heirloom, Organic	8 / 120g							
628110 072108	16271	GMØ				*			X	Sprouted Pumpkin Seeds, Organic	8 / 120g							
628110 072092	16273	GMØ				*			X	Sprouted Sunflower Seeds, Organic	8 / 130g							
628110 072122	16272	GMØ				*			X	Sprouted Walnuts, Organic	8 / 100g							
628110 072993	16274	GMØ				*			X	Sprouted Walnuts, Salted, Organic	8 / 100g							G

### MANITOBA HARVEST | HEMP SEED

697658 201554	37352	GMØ							🇨🇦 +	Ground Hemp Seed (Keto certified)	8 / 227g							
697658 000034	36352	GMØ		GF					🇨🇦 +	Hemp Hearts Shelled Hemp Seeds (Paleo certified)	12 / 60g							
697658 000010	36348	GMØ		GF					🇨🇦 +	Hemp Hearts Shelled Hemp Seeds (Paleo certified)	8 / 227g							
697658 201196	37349	GMØ		GF					🇨🇦 +	Hemp Hearts Shelled Hemp Seeds (Paleo certified)	6 / 454g							
697658 410765	37351	GMØ		GF					🇨🇦 +	Hemp Hearts Shelled Hemp Seeds (Paleo certified)	6 / 700g							
697658 691164	37026	GMØ	B	GF					🇨🇦 +	Hemp Hearts Shelled Hemp Seeds (Paleo certified)	1 / 2.27kg							
697658 000072	37197	GMØ		GF		*			🇨🇦 +	Hemp Hearts Shelled Hemp Seeds, Organic (Paleo certified)	8 / 200g							
697658 220012	36907	GMØ		GF		*			🇨🇦 +	Hemp Hearts Shelled Hemp Seeds, Organic (Paleo certified)	6 / 340g							
697658 691157	37140	GMØ	B	GF		*			🇨🇦 +	Hemp Hearts Shelled Hemp Seeds, Organic (S/O)	1 / 2.27kg							



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069593 120328	30195	GMQ											6 / 750ml			
069593 120038	30190	GMQ							🍁				6 / 500ml			
069593 120113	30207	GMQ				*			🍁				6 / 500ml			
069593 120151	30210	GMQ				*			🍁				6 / 750ml			
069593 122087	30212	GMQ							🍁				6 / 500ml			
<b>MANITOBA HARVEST   HEMP SEED OIL</b>																
697658 200014	36603	GMQ				*			🍁				12 / 250ml			
697658 000027	36353	GMQ							🍁				12 / 355ml			
697658 201615	36351	GMQ							🍁				6 / 500ml			
697658 200021	36897	GMQ				*			🍁				6 / 500ml			
<b>NORTH PRAIRIE GOLD   OIL</b>																
628451 482055	20236	GMQ							🍁				12 / 500ml			
<b>NUTIVA   OIL</b>																
692752 108938	15209	GMQ				*							6 / 236ml			
692752 106927	30673	GMQ				*							6 / 414ml			
692752 105418	30667	GMQ				*							6 / 860ml			
692752 106804	30672	GMQ				*							4 / 3.79L			
692752 200014	30661	GMQ				*							12 / 444ml			
692752 200021	30662	GMQ				*							6 / 860ml			
692752 200052	30663	GMQ				*							6 / 1.6L			
692752 108273	30685	GMQ				*							6 / 1.6L			
<b>OIL   OIL</b>																
810042 990210	32321	GMQ											6 / 250ml			
810042 990227	32322	GMQ											4 / 750ml			
<b>OMEGA NUTRITION   OIL</b>																
055358 350024	85050	GMQ		GF		*			+				6 / 454g			
055358 350031	85051	GMQ		GF		*			+				6 / 908g			
055358 350055	28047	GMQ		B	GF	*			+				4 / 3.17kg			
055358 351014	28031	GMQ		GF		*			+				6 / 283g			
055358 351021	85052	GMQ		GF		*			+				6 / 454g			
055358 670009	85048	GMQ		GF		*			+				12 / 355ml			
<b>PHOEAPOLIS ORGANICS   TUNISIAN OLIVE OIL</b>																
627843 417910	14150	GMQ				*			+				12 / 250ml			
627843 417903	14151	GMQ				*			+				12 / 500ml			
627843 417873	14152	GMQ				*			+				12 / 750ml			
<b>SPECTRUM   OIL</b>																
<b>Refined Oils</b>																
022506 255104	28024	GMQ											6 / 236ml			
022506 155305	28187	GMQ											6 / 236ml			
022506 471757	28175	GMQ				*							6 / 750ml			
022506 974692	28022	GMQ				*							12 / 414ml			
022506 062900	28026	GMQ				*							6 / 473ml			
022506 068803	28028	GMQ											6 / 473ml			
<b>Unrefined Oils</b>																
022506 135642	28044	GMQ				*							6 / 857ml			
022506 662001	28025	GMQ				*							6 / 473ml			
022506 721753	28135	GMQ				*							6 / 750ml			
022506 063303	28027	GMQ											6 / 473ml			
022506 022041	28136	GMQ				*							6 / 946ml			

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## SPECTRUM | SPRAY OIL

022506 065604	<b>28107</b>										6 / 170g			
022506 265813	<b>28127</b>										6 / 170g			

## TERRA DELYSSA | OLIVE OIL

6191509 903641	<b>05223</b>	GMØ		GF							6 / 500ml			
6191509 903726	<b>05229</b>	GMØ		GF		*					6 / 500ml			
6191509 903719	<b>05220</b>	GMØ		GF		*					6 / 750ml			
6191509 903627	<b>05228</b>	GMØ		GF							6 / 1L			
6191509 903702	<b>05221</b>	GMØ		GF		*					6 / 1L			

## UNICO | OLIVE OIL

067800 002214	<b>28033</b>							+	Olive Oil		6 / 3L			
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## PACKAGED MEALS & SIDE DISHES

### DAIYA | DAIRY-FREE MAC & CHEESE

871459 002347	<b>50162</b>	GMØ		GF	V			BC	+	Deluxe Mac & Cheese Sauce, Alfredo Flavour	8 / 300g			
871459 002330	<b>50161</b>	GMØ		GF	V			BC	+	Deluxe Mac & Cheese Sauce, Cheddar Flavour	8 / 300g			
871459 002354	<b>50163</b>	GMØ		GF	V			BC	+	Deluxe Mac & Cheese Sauce, White Cheddar Flavour	8 / 300g			
										<b>Buy 20-49 cases</b>	<b>Save 2.52</b>			
										<b>Buy 50-74 cases</b>	<b>Save 3.78</b>			
										<b>Buy 75+ cases</b>	<b>Save 5.04</b>			
871459 002255	<b>50326</b>	GMØ		GF	V				+	Mac & Cheese, Cheddar	12 / 156g			
871459 002279	<b>50327</b>	GMØ		GF	V				+	Mac & Cheese, White Cheddar	12 / 156g			
										<b>Buy 20-49 cases</b>	<b>Save 3.63</b>			
										<b>Buy 50-74 cases</b>	<b>Save 5.45</b>			
										<b>Buy 75+ cases</b>	<b>Save 7.27</b>			

### LUNDBERG FAMILY FARMS | ENTREES & SIDES

073416 020252	<b>38723</b>	GMØ		GF						Risotto, Butternut Squash, Eco-Farmed	6 / 164g			
073416 579101	<b>32104</b>	GMØ				*	@			Ready to Heat Rice, Thai Jasmine Brown, Regenerative Organic	6 / 227g			
073416 579804	<b>32105</b>	GMØ				*	@			Ready to Heat Rice, Thai Jasmine Cilantro Lime, Regenerative Organic	6 / 227g			
073416 579002	<b>32103</b>	GMØ				*	@			Ready to Heat Rice, Thai Jasmine White, Regenerative Organic	6 / 227g			
073416 587502	<b>38724</b>	GMØ		GF		*				Rice Mix, Chicken & Herb w/Long Grain White Rice, Regenerative Organic	6 / 156g			
073416 587601	<b>38725</b>	GMØ		GF		*				Rice Mix, Cilantro Lime w/Long Grain White Rice, Regenerative Organic	6 / 156g			

### STOKED OATS | OATRICE RICE ALTERNATIVE

818541 008603	<b>22476</b>	GMØ				*		+	🇨🇦	Oatrice Herby Garlic, Organic	8 / 454g			
818541 008597	<b>22475</b>	GMØ				*		+	🇨🇦	Oatrice Pure, Organic	8 / 454g			

## PASTAS

### Pastas

See Cooler & International Cuisine Sections for more Pasta Selections

### BIOITALIA | PASTA

661475 033148	<b>30121</b>	GMØ				*				X Pasta, Farfalle, Organic	12 / 500g			
661475 112126	<b>30104</b>	GMØ				*				X Pasta, Fusilli, Organic	12 / 500g			
661475 025143	<b>33174</b>	GMØ				*				X Pasta, Lasagne, Organic	16 / 375g			
661475 112058	<b>30101</b>	GMØ				*				X Pasta, Linguine, Organic	24 / 500g			
661475 003400	<b>30102</b>	GMØ				*				X Pasta, Macaroni, Organic	12 / 500g			
661475 046049	<b>33176</b>	GMØ		GF		*				X Pasta, Multigrain Fusilli, Organic	12 / 340g			
661475 071041	<b>33177</b>	GMØ		GF		*				X Pasta, Multigrain Penne Rigate, Organic	12 / 340g			
661475 014048	<b>33175</b>	GMØ		GF		*				X Pasta, Multigrain Spaghetti, Organic	15 / 340g			

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	X	PACK	SIZE	G	P	U
661475 020049	<b>33173</b>	GMQ				*				X Pasta, Orzo, Organic	12 / 500g			
661475 112102	<b>30103</b>	GMQ				*				X Pasta, Penne Rigate, Organic	12 / 500g			
661475 112010	<b>30089</b>	GMQ				*				X Pasta, Spaghetti, Organic	24 / 500g			
661475 008047	<b>30091</b>	GMQ				*				X Pasta, Spaghettini, Organic	24 / 500g			
661475 005008	<b>33171</b>	GMQ				*				X Pasta, Vegetable, Fusilli, Organic	12 / 500g			

## JOVIAL | ITALIAN PASTA

815421 011302	<b>17523</b>	GMQ		GF		*				Pasta, Brown Rice Egg Tagliatelle, Organic	12 / 255g			
815421 011227	<b>17521</b>	GMQ		GF		*				Pasta, Brown Rice Penne, Organic	12 / 340g			
815421 011937	<b>17532</b>	GMQ		GF		*				Pasta, Grain Free Cassava Orzo, Organic	12 / 227g			
815421 011944	<b>17533</b>	GMQ		GF		*			X	Pasta, Grain Free Cassava Elbows, Organic	6 / 227g			
815421 011913	<b>17530</b>	GMQ		GF		*				Pasta, Grain Free Cassava Fusilli, Organic	6 / 227g			
815421 011920	<b>17531</b>	GMQ		GF		*				Pasta, Grain Free Cassava Penne, Organic	6 / 227g			
815421 011906	<b>17529</b>	GMQ		GF		*				Pasta, Grain Free Cassava Spaghetti, Organic	12 / 227g			

## KASLO SOURDOUGH PASTA | PASTA FERMENTATA

779605 022716	<b>42187</b>	GMQ								BC + X PASTA FERMENTATA, Radiatori, Classic	12 / 227g			
779605 022747	<b>42190</b>	GMQ								BC + X PASTA FERMENTATA, Radiatori, Whole Wheat	12 / 227g			
779605 022723	<b>42188</b>	GMQ								BC + X PASTA FERMENTATA, Rotini	12 / 227g			
779605 332273	<b>42189</b>	GMQ								BC + X PASTA FERMENTATA, Spaghetti	12 / 227g			
779605 336448	<b>42192</b>	GMQ								BC + X PASTA FERMENTATA, Elbow Mac	12 / 454g			
779605 336400	<b>42178</b>	GMQ								BC + X PASTA FERMENTATA, Radiatori, Classic	12 / 454g			
779605 337407	<b>42183</b>	GMQ								BC + X PASTA FERMENTATA, Radiatori, Whole Wheat	12 / 454g			
779605 336424	<b>42179</b>	GMQ								BC + X PASTA FERMENTATA, Rotini, Classic	12 / 454g			
779605 330071	<b>42191</b>	GMQ								BC + X PASTA FERMENTATA, Spaghetti	12 / 454g			

## LIVIVA | CERTIFIED KETO PASTAS

628110 422422	<b>30720</b>	GMQ		GF		V		+		Dried Shirataki, Instant Rice	6 / 120g			
628110 422408	<b>30721</b>	GMQ		GF		V		+		Dried Shirataki, Noodles	6 / 120g			
628110 422415	<b>30722</b>	GMQ		GF		V		+		Dried Shirataki, Spaghetti	6 / 120g			
628110 422019	<b>30723</b>	GMQ		GF		V	*	+	X	Bean Pasta, Black Bean Fettuccine, Organic	6 / 200g			
628110 422002	<b>30724</b>	GMQ		GF		V	*	+	X	Bean Pasta, Black Bean Spaghetti, Organic	6 / 200g			
628110 422026	<b>30725</b>	GMQ		GF		V	*	+	X	Bean Pasta, Edamame Spaghetti, Organic	6 / 200g			
628110 422224	<b>30726</b>	GMQ				V		+		Keto Pasta, Fettuccine	6 / 225g			
628110 422217	<b>30727</b>	GMQ				V		+		Keto Pasta, Linguine	6 / 225g			
628110 422200	<b>30728</b>	GMQ				V		+		Keto Pasta, Spaghetti	6 / 225g			
628110 422538	<b>30729</b>	GMQ		GF		V		+		Shirataki, Fettuccine (water packed)	6 / 520g			
628110 422576	<b>30730</b>	GMQ		GF		V		+		Shirataki, Penne (water packed)	6 / 520g			
628110 422552	<b>30731</b>	GMQ		GF		V		+		Shirataki, Rice shaped (water packed)	6 / 520g			
628110 422521	<b>30732</b>	GMQ		GF		V		+		Shirataki, Spaghetti (water packed)	6 / 520g			

## RIZOPIA | RICE PASTA

833125 001153	<b>40364</b>	GMQ		GF		*	🇨🇦	+	X	Brown Rice Elbows, Organic	12 / 454g			
833125 001122	<b>40361</b>	GMQ		GF		*	🇨🇦	+	X	Brown Rice Fettuccine, Organic	12 / 454g			
833125 001139	<b>40362</b>	GMQ		GF		*	🇨🇦	+	X	Brown Rice Fusilli, Organic	12 / 454g			
833125 001146	<b>40363</b>	GMQ		GF		*	🇨🇦	+	X	Brown Rice Penne, Organic	12 / 454g			
833125 001115	<b>40360</b>	GMQ		GF		*	🇨🇦	+	X	Brown Rice Spaghetti, Organic	12 / 454g			
833125 001054	<b>40377</b>			GF			🇨🇦	+	X	Brown Rice Elbows	12 / 454g			
833125 001023	<b>40374</b>			GF			🇨🇦	+	X	Brown Rice Fettuccine	12 / 454g			
833125 001030	<b>40375</b>			GF			🇨🇦	+	X	Brown Rice Fusilli	12 / 454g			
833125 001085	<b>40380</b>			GF			🇨🇦	+	X	Brown Rice Lasagna	12 / 340g			
833125 001047	<b>40376</b>			GF			🇨🇦	+	X	Brown Rice Penne	12 / 454g			
833125 001016	<b>40373</b>			GF			🇨🇦	+	X	Brown Rice Spaghetti	12 / 454g			
833125 001078	<b>40379</b>			GF			🇨🇦	+	X	Brown Rice Spirals	12 / 454g			
833125 003034	<b>40383</b>			GF			🇨🇦	+	X	Vegetable Rice Fusilli	12 / 454g			

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	X	PACK	SIZE	G	P	U
<b>TINKYADA   RICE PASTA</b>														
621683 910556	<b>30903</b>			GF					🇨🇦 + X Elbows, Brown Rice		12 / 454g			
621683 010553	<b>30930</b>	GMØ		GF		*			🇨🇦 + X Elbows, Brown Rice, Organic		12 / 340g			
621683 920258	<b>30901</b>			GF					🇨🇦 + X Fettucine, Brown Rice		12 / 397g			
621683 910655	<b>30037</b>			GF					🇨🇦 + X Fusilli, Brown Rice		12 / 454g			
621683 911355	<b>30908</b>			GF					🇨🇦 + X Lasagna, Brown Rice		12 / 283g			
621683 011352	<b>30925</b>	GMØ		GF		*			🇨🇦 + X Lasagna, Brown Rice, Organic		12 / 280g			
621683 911454	<b>30918</b>			GF					🇨🇦 + X Little Dreams, Brown Rice (kids' shapes)		12 / 397g			
621683 921156	<b>30907</b>			GF					🇨🇦 + X Penne, Brown Rice		12 / 454g			
621683 021153	<b>30922</b>	GMØ		GF		*			🇨🇦 + X Penne, Brown Rice, Organic		12 / 340g			
621683 910754	<b>30924</b>			GF					🇨🇦 + X Shells, Brown Rice		12 / 454g			
621683 910150	<b>30900</b>			GF					🇨🇦 + X Spaghetti, Brown Rice		12 / 454g			
621683 020156	<b>30920</b>	GMØ		GF		*			🇨🇦 + X Spaghetti, Brown Rice, Organic		12 / 340g			
621683 520151	<b>30916</b>			GF					🇨🇦 + X Spaghetti, White Rice		12 / 454g			
621683 921255	<b>30902</b>			GF					🇨🇦 + X Spirals, Brown Rice		12 / 454g			
621683 021252	<b>30921</b>	GMØ		GF		*			🇨🇦 + X Spirals, Brown Rice, Organic		12 / 340g			
621683 711252	<b>30923</b>			GF					🇨🇦 + X Spirals, Vegetable, Brown Rice		12 / 340g			
621683 021146	<b>30039</b>	GMØ	B	GF		*			🇨🇦 + X Penne, Brown Rice, Organic		2 / 2.27kg			
621683 020149	<b>90312</b>	GMØ	B	GF		*			🇨🇦 + X Spaghetti, Brown Rice, Organic		2 / 2.27kg			
621683 021245	<b>30038</b>	GMØ	B	GF		*			🇨🇦 + X Spirals, Brown Rice, Organic		2 / 2.27kg			

## SAVORY DIPS & SPREADS

### SIMPLY ORGANIC | DIP MIX

089836 188786 **70753** GMØ \* X Dip Mix, French Onion, Organic (sachets) 12 / 31g

## SNACKS

### Snack and Energy Bars & Bites

See Cooler Snacks Section for More Selections

#### BLISS BALLS | ENERGY TRUFFLE BALLS

059443 252514	<b>31400</b>								BC + X Energy Balls, Chocolate (2pk)		12 / 50g			G
059443 252569	<b>31402</b>								BC + X Energy Balls, Coconut (2pk)		12 / 50g			G
059443 251012	<b>31401</b>								BC + Energy Balls, Chocolate (6pk)		6 / 150g			G
059443 251111	<b>31403</b>								BC + Energy Balls, Coconut (6pk)		6 / 150g			G

#### BOB'S RED MILL | BOB'S BAR

039978 249029	<b>34261</b>	GMØ		GF					X BOB'S BAR, Peanut Butter & Chocolate		12 / 50g			G
039978 003713	<b>34262</b>	GMØ		GF					X BOB'S BAR, Peanut Butter & Honey		12 / 50g			G
039978 259028	<b>34260</b>	GMØ		GF					X BOB'S BAR, Peanut Butter & Jelly Flavour		12 / 50g			G

#### CLIF | PERFORMANCE BARS & CHEWS

722252 101082	<b>37914</b>	GMØ				*			X BLOKS Energy Chews, Margarita, Organic		18 / 60g			G
722252 101051	<b>37915</b>	GMØ				*			X BLOKS Energy Chews, Mountain Berry, Organic		18 / 60g			G
722252 100993	<b>37916</b>	GMØ				*			X BLOKS Energy Chews, Salted Watermelon, Organic		18 / 60g			G
722252 101174	<b>37917</b>	GMØ				*			X BLOKS Energy Chews, Strawberry, Organic		18 / 60g			G
722252 069863	<b>37920</b>			GF					X BUILDERS Low Sugar Protein Bar, Almond Salted Caramel		12 / 56g			G
722252 069849	<b>37921</b>			GF					X BUILDERS Low Sugar Protein Bar, Peanut Butter Chocolate		12 / 56g			G
722252 606426	<b>37132</b>								X BUILDERS Protein Bar, Chocolate		12 / 68g			G
722252 626615	<b>37341</b>								X BUILDERS Protein Bar, Chocolate Chip Cookie Dough (+Caffeine)		12 / 68g			G
722252 606440	<b>37340</b>								X BUILDERS Protein Bar, Chocolate Mint		12 / 68g			G
722252 606419	<b>37133</b>								X BUILDERS Protein Bar, Chocolate Peanut Butter		12 / 68g			G
722252 068835	<b>37343</b>								X BUILDERS Protein Bar, Vanilla Almond		12 / 68g			G
722252 165176	<b>91477</b>								BUILDER's Protein Bar Shipper (S/O)		96 / 68g			G
722252 120229	<b>36249</b>								X CLIF BAR, Chocolate Almond Fudge		12 / 68g			G
722252 121066	<b>37890</b>								X CLIF BAR, Chocolate Brownie		12 / 68g			G
722252 120045	<b>36256</b>								X CLIF BAR, Chocolate Chip		12 / 68g			G
722252 069474	<b>37918</b>								X CLIF BAR, Cookies & Creme		12 / 68g			G

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+ / 🇨🇦	BC	🌳	X	PACK	SIZE	G	P	U
722252 140036	<b>36259</b>												12 / 68g			G
722252 120083	<b>36262</b>												12 / 68g			G
722252 102706	<b>36761</b>												12 / 68g			G
722252 217950	<b>37900</b>												12 / 68g			G
722252 121097	<b>37425</b>												12 / 68g			G
722252 602299	<b>90924</b>												96 / 68g			G
722252 342997	<b>37911</b>	GMQ											12 / 50g			G
722252 128102	<b>37735</b>	GMQ											12 / 50g			G
722252 028037	<b>37737</b>	GMQ											12 / 50g			G

## GOMACRO | MACROBAR

853555 006689	<b>10910</b>	GMQ		GF	V	*							12 / 65g			G
810039 910115	<b>10912</b>	GMQ		GF	V	*							12 / 65g			G
181945 000154	<b>10908</b>	GMQ		GF	V	*							12 / 65g			G
853555 006412	<b>10914</b>	GMQ		GF	V	*							12 / 65g			G
181945 000062	<b>10900</b>	GMQ		GF	V	*							12 / 65g			G
181945 000147	<b>10905</b>	GMQ		GF	V	*							12 / 65g			G
810039 910085	<b>10911</b>	GMQ		GF	V	*							12 / 65g			G
810039 910146	<b>10913</b>	GMQ		GF	V	*							12 / 65g			G
810039 910894	<b>10915</b>	GMQ		GF	V	*							12 / 65g			G

## GOOD TO GO | SOFT BAKED BARS, BLONDIES & BROWNIES

687456 993423	<b>64138</b>	GMQ		GF	V	*	🇨🇦						6 / 2x20g			G
687456 993416	<b>64137</b>	GMQ		GF	V	*	🇨🇦						6 / 2x20g			G
687456 924885	<b>64116</b>	GMQ		GF	V	*	🇨🇦						9 / 40g			G
687456 924908	<b>64117</b>	GMQ		GF	V	*	🇨🇦						9 / 40g			G
687456 924892	<b>64115</b>	GMQ		GF	V	*	🇨🇦						9 / 40g			G
687456 924878	<b>64114</b>	GMQ		GF	V	*	🇨🇦						9 / 40g			G

## HONEY STINGER | SPORTS NUTRITION

810815 020854	<b>36563</b>	GMQ		GF		*							12 / 50g			G
810815 020823	<b>36562</b>	GMQ		GF		*							12 / 50g			G
810815 021004	<b>36565</b>	GMQ		GF		*							12 / 50g			G
810815 020946	<b>36566</b>	GMQ		GF		*							12 / 50g			G
810815 020977	<b>36564</b>	GMQ		GF		*							12 / 50g			G
810815 020403	<b>36570</b>	GMQ				*							24 / 31g			G
810815 020434	<b>36571</b>	GMQ				*							24 / 31g			G
810815 021431	<b>36583</b>	GMQ		GF		*	🇨🇦						12 / 30g			G
810815 025323	<b>36584</b>	GMQ		GF		*	🇨🇦						12 / 30g			G
810815 021035	<b>36580</b>	GMQ				*	🇨🇦						12 / 30g			G
810815 021370	<b>36582</b>	GMQ		GF		*	🇨🇦						12 / 30g			G
810815 021097	<b>36581</b>	GMQ				*	🇨🇦						12 / 30g			G
810815 023022	<b>36585</b>	GMQ				*							6 / 150g			G
810815 023039	<b>36586</b>	GMQ				*							6 / 150g			G

## HORNBY ORGANIC | ENERGY BAR

628055 058359	<b>37550</b>	GMQ		GF		*	🌳						12 / 45g			G
628055 058311	<b>37551</b>	GMQ		GF		*	🌳						12 / 45g			G
628055 058328	<b>37552</b>	GMQ		GF		*	🌳						12 / 45g			G
628055 058335	<b>37553</b>	GMQ		GF		*	🌳						12 / 45g			G



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628055 058052	<b>37535</b>	GMQ		GF		*		🌲	+ X	Energy Bar, Carob Peanut Butter, Organic	12 / 80g			G
628055 058076	<b>37534</b>	GMQ		GF		*		🌲	+ X	Energy Bar, Chocolate Chip Peanut Butter, Organic	12 / 80g			G
628055 058090	<b>37538</b>	GMQ		GF		*		🌲	+ X	Energy Bar, Chocolate Espresso, Organic	12 / 80g			G
628055 058083	<b>37537</b>	GMQ		GF		*		🌲	+ X	Energy Bar, Oatmeal Raisin, Organic	12 / 80g			G
628055 058113	<b>37539</b>	GMQ		GF		*		🌲	+ X	Energy Bar, Pumpkin Fudge, Organic	12 / 80g			G
628055 058120	<b>37540</b>	GMQ		GF		*		🌲	+ X	Energy Bar, Sunflower Cranberry, Organic	12 / 80g			G

## HUNGRY BUDDHA | KETO BAR

627561 000807	<b>07360</b>				V				+ X	Keto Bar, Chocolate Chip	12 / 40g			G
627561 000814	<b>07361</b>				V				+ X	Keto Bar, Coconut Cocoa	12 / 40g			G
										<b>Buy 20-39 cases</b>	<b>Save 2.00</b>			
										<b>Buy 40-59 cases</b>	<b>Save 3.60</b>			
										<b>Buy 60+ cases</b>	<b>Save 4.50</b>			

## KIND | NUT BAR

602652 669385	<b>37477</b>	GMQ							X	Nut Bars, Almond Cranberry	12 / 40g			G
602652 281242	<b>39331</b>									Nut Bars, Almond Sea Salt & Dark Chocolate	10 / 5x40g			G
602652 281112	<b>39329</b>									Nut Bars, Peanut Butter & Dark Chocolate	10 / 5x40g			G
602652 669378	<b>37478</b>	GMQ								Nut Bars, Pumpkin Seeds, Raspberry & Dark Chocolate	10 / 5x40g			G
602652 669392	<b>37479</b>	GMQ								Nut Bars, Sunflower Seeds & Strawberry	10 / 5x40g			G
602652 248535	<b>37746</b>								X	Nut Bars, Almond Mint & Dark Chocolate	12 / 40g			G
602652 170751	<b>37490</b>								X	Nut Bars, Almond, Sea Salt & Dark Chocolate	12 / 40g			G
602652 170942	<b>37605</b>								X	Nut Bars, Caramel Almond & Sea Salt	12 / 40g			G
602652 170713	<b>37474</b>								X	Nut Bars, Cherry Cashew & Dark Chocolate	12 / 40g			G
602652 240232	<b>37685</b>								X	Nut Bars, Honey Roasted Nuts & Sea Salt	12 / 40g			G
602652 170959	<b>37606</b>								X	Nut Bars, Maple Glazed Pecan & Sea Salt	12 / 40g			G
602652 170706	<b>37475</b>								X	Nut Bars, Peanut Butter & Dark Chocolate	12 / 40g			G
602652 431388	<b>39345</b>								X	Nut Bars, Peanuts Salted Caramel w/Dark Chocolate	12 / 40g			G
602652 207075	<b>39322</b>								X	PLUS+ Nut Bars, Crunchy Peanut Butter	12 / 50g			G
602652 207082	<b>39323</b>								X	PLUS+ Nuts Bar, Dark Chocolate Nut	12 / 50g			G

## LOVE GOOD FATS | KETO BAR

840659 000729	<b>11533</b>	GMQ						🇨🇦	+ X	CHEWY NUTTY Keto Bar, Dark Chocolate Sea Salt Almond	12 / 40g			G
840659 000774	<b>11534</b>	GMQ						🇨🇦	+ X	CHEWY NUTTY Keto Bar, Peanut Chocolatey	12 / 40g			G
840659 000675	<b>11532</b>	GMQ						🇨🇦	+ X	CHEWY NUTTY Keto Bar, Salted Caramel	12 / 40g			G
840659 001450	<b>11546</b>	GMQ						🇨🇦	+ X	CHEWY NUTTY Keto Bar, White Chocolate Strawberry	12 / 40g			G
628055 997009	<b>11502</b>	GMQ						🇨🇦	+ X	Keto Bar, Coconut Chocolate Chip	12 / 39g			G
840659 000118	<b>11507</b>	GMQ						🇨🇦	+ X	Keto Bar, Lemon Mousse	12 / 39g			G
628055 997115	<b>11500</b>	GMQ						🇨🇦	+ X	Keto Bar, Mint Chocolate Chip	12 / 39g			G
628055 997030	<b>11503</b>	GMQ						🇨🇦	+ X	Keto Bar, Peanut Butter Chocolatey	12 / 39g			G
										<b>Buy 10-19 cases</b>	<b>Save 1.80</b>			
										<b>Buy 20-49 cases</b>	<b>Save 2.40</b>			
										<b>Buy 50+ cases</b>	<b>Save 3.00</b>			

## PROBAR | NUTRITIONAL FOOD BAR

853152 100414	<b>37525</b>	GMQ		GF					X	Protein Bar, Cookie Dough	12 / 70g			G
853152 100384	<b>37524</b>	GMQ		GF					X	Protein Bar, Mint Chocolate	12 / 70g			G
853152 100391	<b>37522</b>	GMQ		GF					X	Protein Bar, Peanut Butter Chocolate	12 / 70g			G
853152 800079	<b>37191</b>								X	Superfood Slam Bar	12 / 85g			G

## ZIMT | MACAROONS

628055 532088	<b>21100</b>	GMQ				*		BC	+ X	Macaroon, Double Chocolate, Organic (2 pack)	9 / 82g			G
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## Chips & Savoury Snacks

### ANGIE'S | BOOMCHICKAPOP RTE POPCORN & CORN PUFFS

018780 015356	59516			GF					*	X BOOMCHICKAPOP, Popcorn, Real Butter	8 / 125g			G
018780 090050	59501	GMO		GF					*	X BOOMCHICKAPOP, Popcorn, Sea Salt	12 / 35g			G
892773 000246	59504	GMO		GF					*	X BOOMCHICKAPOP, Popcorn, Sea Salt	8 / 136g			G
018780 110949	59502	GMO		GF					*	X BOOMCHICKAPOP, Popcorn, Sweet & Salty Kettle Corn	12 / 64g			G
892773 000208	59513	GMO		GF					*	X BOOMCHICKAPOP, Popcorn, Sweet & Salty Kettle Corn	8 / 198g			G
018780 013123	59512			GF					*	X BOOMCHICKAPOP, Puffs, Sweet Chili	12 / 170g			G
018780 010627	59503			GF					*	X BOOMCHICKAPOP, Puffs, White Cheddar	12 / 50g			G
018780 012935	59518			GF					*	X BOOMCHICKAPOP, Puffs, White Cheddar	12 / 170g			G

### BARBARA'S BAKERY | CHEESE PUFFS

070617 004722	36111									X Cheese Puffs, Baked, Original	12 / 155g			G
070617 004739	36128									X Cheese Puffs, Baked, White Cheddar	12 / 155g			G
070617 004708	36109									X Cheese Puffs, Original	12 / 198g			G
070617 004715	36110									X Cheese Puffs, Jalapeño	12 / 198g			G

### CEDAR VALLEY | PITA CHIPS

893594 001788	40402	GMO							*	+ X Pita Chips, Cinnamon Sugar	12 / 180g			G
893594 001757	40401	GMO							*	+ X Pita Chips, Classic Spice	12 / 180g			G
893594 001764	40403	GMO							*	+ X Pita Chips, Garlic Herb	12 / 180g			G
893594 001825	40400	GMO							*	+ X Pita Chips, Sea Salt	12 / 180g			G
893594 001849	40404	GMO							*	+ X Pita Chips, Za'atar Mediterranean	12 / 180g			G

### GLUTINO | PRETZELS

678523 040119	37333			GF						X Pretzel Sticks	12 / 400g			G
678523 040072	36160			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

### HARDBITE | HANDCRAFTED STYLE CHIPS

673513 240500	37459	GMO								BC + X Potato Chips, All Natural	30 / 50g			G
673513 242504	37461	GMO								BC + X Potato Chips, Rock Salt & Vinegar	30 / 50g			G
673513 241507	37460	GMO								BC + X Potato Chips, Smokin' BBQ	30 / 50g			G
673513 406500	36427	GMO								BC + X Potato Chips, Avocado Oil, Apple Cider Vinegar	15 / 128g			G
673513 401505	36420	GMO								BC + X Potato Chips, Avocado Oil, Black Sea Salt	15 / 128g			G
673513 407002	36458	GMO								BC + X Potato Chips, Avocado Oil, Black Truffle Sea Salt	15 / 128g			G
673513 400508	36419	GMO								BC + X Potato Chips, Avocado Oil, Honey Dijon	15 / 128g			G
673513 404506	36424	GMO								BC + X Potato Chips, Avocado Oil, Smoked Paprika & Garlic	15 / 128g			G
673513 402502	36421	GMO								BC + X Potato Chips, Avocado Oil, Sweet Ghost Pepper	15 / 128g			G
673513 405503	36450	GMO								BC + X Potato Chips, Avocado Oil, Wasabi Ranch	15 / 128g			G
673513 104505	36411	GMO								BC + X Potato Chips, All Dressed	15 / 150g			G
673513 001507	36412	GMO								BC + X Potato Chips, All Natural	15 / 150g			G
673513 103508	37748	GMO								BC + X Potato Chips, Avocado & Lime	15 / 150g			G
673513 101504	37517	GMO								BC + X Potato Chips, Ketchup	15 / 150g			G
673513 021505	36414	GMO								BC + X Potato Chips, Rock Salt & Vinegar	15 / 150g			G
673513 091508	37516	GMO								BC + X Potato Chips, Sea Salt & Pepper	15 / 150g			G
673513 011506	36413	GMO								BC + X Potato Chips, Smokin' BBQ	15 / 150g			G
673513 107506	36428	GMO								BC + X Potato Chips, Southwest Chili	15 / 150g			G
673513 106509	36425	GMO								BC + X Potato Chips, Spicy Dill Pickle	15 / 150g			G
673513 108503	36429	GMO								BC + X Potato Chips, Spicy Ketchup	15 / 150g			G
673513 101108	37515	GMO								BC + X Potato Chips, Tikka Masala	15 / 150g			G
673513 041503	36417	GMO								BC + X Potato Chips, Wild Onion & Yogurt	15 / 150g			G
673513 113552	37638	GMO								BC + X Vegetable Chips, 18 Carrot Gold	15 / 150g			G
673513 118557	36422	GMO								BC + X Vegetable Chips, Dressed To Dill, Dill Flavoured Carrot	15 / 150g			G
673513 112555	37637	GMO								BC + X Vegetable Chips, Drop 'N Mad Beets	15 / 150g			G
673513 111558	37518	GMO								BC + X Vegetable Chips, Eat Your Parsnips	15 / 150g			G
673513 114559	37749	GMO								BC + X Vegetable Chips, Sweet Spud Of Mine, Sweet Potato	15 / 150g			G
673513 120550	36451	GMO								BC + X Vegetable Chips, Sweet To The Beet, Sweet Potato & Beet	15 / 150g			G

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+ / 🏝️	X	PACK	SIZE	G	P	U
673513 117550	<b>36423</b>	GMQ									15 / 150g			G
673513 121557	<b>36453</b>	GMQ									15 / 150g			G
673513 501908	<b>36457</b>	GMQ		GF							12 / 275g			G
673513 501809	<b>36456</b>	GMQ		GF							12 / 275g			G

## HARVEST SNAPS | BAKED CRISPS

071146 012486	<b>11666</b>	GMQ		GF							12 / 85g			G
071146 012462	<b>11664</b>			GF							12 / 85g			G
071146 012455	<b>11663</b>	GMQ		GF							12 / 94g			G
071146 012479	<b>11665</b>			GF							12 / 85g			G
071146 109117	<b>11667</b>			GF							12 / 85g			G
071146 013018	<b>11662</b>	GMQ		GF							12 / 85g			G
071146 106406	<b>11668</b>			GF							12 / 71g			G
071146 106413	<b>11669</b>			GF							12 / 71g			G

## HUMBLE | ORGANIC POTATO CHIPS

628678 211247	<b>34309</b>	GMQ				*		🇨🇦	+ X Potato Chips, Creamy Dill, Organic		12 / 135g			G
628678 211261	<b>34310</b>	GMQ				*		🇨🇦	+ X Potato Chips, Honey Mustard, Organic		12 / 135g			G
628678 211278	<b>34312</b>	GMQ				*		🇨🇦	+ X Potato Chips, Jalapeno, Organic		12 / 135g			G
628678 211353	<b>34311</b>	GMQ				*		🇨🇦	+ X Potato Chips, Ketchup, Organic		12 / 135g			G
628678 211223	<b>34307</b>	GMQ				*		🇨🇦	+ X Potato Chips, Sea Salt and Cider Vinegar, Organic		12 / 135g			G
628678 211230	<b>34308</b>	GMQ				*		🇨🇦	+ X Potato Chips, Smokey BBQ, Organic		12 / 135g			G
628678 211216	<b>34306</b>	GMQ				*		🇨🇦	+ X Potato Chips, The Original, Organic		12 / 135g			G
628678 211520	<b>34314</b>	GMQ				*		🇨🇦	+ X RUMBLES Ridged Potato Chips, All Dressed, Organic		12 / 135g			G
628678 211513	<b>34313</b>	GMQ				*		🇨🇦	+ X RUMBLES Ridged Potato Chips, Sea Salt, Organic		12 / 135g			G
628678 211537	<b>34315</b>	GMQ				*		🇨🇦	+ X RUMBLES Ridged Potato Chips, Sour Cream & Onion, Organic		12 / 135g			G

## INDIANLIFE | CHIPS & SAVOURY SNACKS

777762 004293	<b>37601</b>	GMQ							BC + X Chips, Masala		12 / 170g			G
777762 004378	<b>10073</b>	GMQ							BC + X Chips, Palak Spinach		12 / 170g			G
777762 004330	<b>58045</b>	GMQ							BC + X Snack Mix, Dal		8 / 200g			G
777762 004323	<b>58046</b>	GMQ							BC + X Snack Mix, Hot Punjabi		8 / 200g			G

## KETTLE BRAND | POTATO CHIPS

084114 902894	<b>39240</b>			GF					X Potato Chips, Single Serve, Cheddar		24 / 56g			G
084114 902696	<b>39239</b>			GF					X Potato Chips, Single Serve, Honey Dijon		24 / 56g			G
084114 902900	<b>39242</b>	GMQ		GF					X Potato Chips, Single Serve, Salt & Vinegar		24 / 56g			G
084114 902887	<b>39241</b>	GMQ		GF					X Potato Chips, Single Serve, Sea Salt		24 / 56g			G
084114 902917	<b>39243</b>	GMQ		GF					X Potato Chips, Air Fried, Himalayan Salt		12 / 156g			G
084114 902924	<b>39244</b>	GMQ		GF					X Potato Chips, Air Fried, Sea Salt & Vinegar		12 / 156g			G
084114 903754	<b>39245</b>	GMQ		GF					X Potato Chips, Air Fried, Texas BBQ		12 / 156g			G
084114 902726	<b>39220</b>			GF					X Potato Chips, Gourmet, Backyard BBQ		12 / 198g			G
084114 902931	<b>39222</b>			GF					X Potato Chips, Gourmet, Honey Dijon		12 / 198g			G
084114 902764	<b>39223</b>	GMQ		GF					X Potato Chips, Gourmet, Jalapeño		12 / 198g			G
084114 902801	<b>39224</b>	GMQ		GF					X Potato Chips, Gourmet, Natural, Low Sodium		12 / 198g			G
084114 902702	<b>39226</b>	GMQ		GF					X Potato Chips, Gourmet, Natural, Salted		12 / 198g			G
084114 902832	<b>39232</b>	GMQ		GF					X Potato Chips, Gourmet, Parmesan Garlic		12 / 198g			G
084114 902825	<b>39229</b>	GMQ		GF					X Potato Chips, Gourmet, Pepperoncini		12 / 198g			G
084114 902788	<b>39231</b>	GMQ		GF					X Potato Chips, Gourmet, Ranch		12 / 198g			G
084114 902719	<b>39227</b>	GMQ		GF					X Potato Chips, Gourmet, Sea Salt & Vinegar		12 / 198g			G
084114 902757	<b>39228</b>			GF					X Potato Chips, Gourmet, Yogurt & Green Onion		12 / 198g			G
084114 902740	<b>39221</b>			GF					X Potato Chips, Gourmet, Cheddar		12 / 198g			G
084114 902795	<b>39233</b>	GMQ		GF					X Potato Chips, Krinkle Cut, Truffle & Sea Salt		12 / 198g			G
084114 902771	<b>39230</b>	GMQ		GF					X Potato Chips, Krinkle Cut, Dill Pickle		12 / 198g			G
084114 902849	<b>39234</b>	GMQ		GF					X Potato Chips, Krinkle Cut, Habanero Lime		12 / 198g			G
084114 902733	<b>39225</b>	GMQ		GF					X Potato Chips, Krinkle Cut, Salt & Fresh Ground Pepper		12 / 198g			G
084114 902863	<b>39236</b>			GF					X Potato Chips, Gourmet, Sea Salt & Vinegar		9 / 368g			G
084114 902870	<b>39238</b>	GMQ		GF					X Potato Chips, Honey Dijon		9 / 368g			G
084114 902818	<b>39235</b>	GMQ		GF					X Potato Chips, Krinkle Cut, Salt & Fresh Ground Pepper		9 / 368g			G
084114 902856	<b>39237</b>	GMQ		GF					X Potato Chips, Sea Salt		9 / 368g			G

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## LUNDBERG | RICE CAKE MINIS

073416 570900	<b>16336</b>	GMO		GF		*				X Rice Cake Minis, Apple Pie, Organic	6 / 142g						
073416 571006	<b>16337</b>	GMO		GF		*				X Rice Cake Minis, Sea Salt, Organic	6 / 142g						
073416 570801	<b>16338</b>	GMO		GF		*				X Rice Cake Minis, White Cheddar, Organic	6 / 142g						

## NOOCHPOP! | VEGAN CHEESY POPCORN

627843 956662	<b>17820</b>	GMO		GF	V					BC + X Popcorn, Kinda Cheesy	12 / 20g						G
627843 956709	<b>17824</b>	GMO		GF	V					BC + X Popcorn, Kinda Chili Lime & Cheesy	12 / 20g						G
628504 091012	<b>17825</b>	GMO		GF	V					BC + X Popcorn, Kinda Dill Pickled & Cheesy	12 / 20g						G
627843 956693	<b>17821</b>	GMO		GF	V					BC + X Popcorn, Kinda Garlic & Cheesy	12 / 20g						G
627843 956679	<b>17822</b>	GMO		GF	V					BC + X Popcorn, Kinda Nacho & Cheesy	12 / 20g						G
627843 956686	<b>17823</b>	GMO		GF	V					BC + X Popcorn, Kinda Sweet & Savoury	12 / 20g						G
627843 956624	<b>17800</b>	GMO		GF	V					BC + X Popcorn, Kinda Cheesy	12 / 120g						G
628504 091005	<b>17808</b>	GMO		GF	V					BC + X Popcorn, Kinda Chili Lime & Cheesy	12 / 120g						G
628504 091029	<b>17809</b>	GMO		GF	V					BC + X Popcorn, Kinda Dill Pickled & Cheesy	12 / 120g						G
627843 956655	<b>17802</b>	GMO		GF	V					BC + X Popcorn, Kinda Garlic & Cheesy	12 / 120g						G
627843 956631	<b>17801</b>	GMO		GF	V					BC + X Popcorn, Kinda Nacho	12 / 120g						G
627843 956648	<b>17803</b>	GMO		GF	V					BC + X Popcorn, Kinda Sweet & Savoury	12 / 120g						G

## POPTASTIC | POPCORN

673513 800100	<b>30403</b>	GMO		GF						BC + X Popcorn, Black Sea Salt	8 / 130g						G
673513 800209	<b>30404</b>	GMO		GF						BC + X Popcorn, Buffah for Days	8 / 130g						G
673513 800308	<b>30405</b>	GMO		GF						BC + X Popcorn, Honey Salt	8 / 130g						G
673513 800407	<b>30406</b>	GMO		GF						BC + X Popcorn, Spicy Canadian Cheddah	8 / 130g						G

## QUE PASA | TORTILLA CHIPS

068826 176002	<b>37382</b>	GMO		GF		*				BC + X Chips, Blue Corn, Organic	12 / 350g						G
068826 176118	<b>37755</b>	GMO		GF		*				BC + X Chips, Carnival - tri-colour, Organic	12 / 300g						G
068826 252584	<b>37818</b>	GMO		GF		*				BC + X Chips, Garden Salsa, Organic	12 / 156g						G
068826 212649	<b>37812</b>	GMO		GF		*				BC + X Chips, Grain Free Nacho, Organic	12 / 142g						G
068826 212564	<b>37813</b>	GMO		GF		*				BC + X Chips, Grain Free Sea Salt, Organic	12 / 142g						G
068826 222587	<b>37815</b>	GMO		GF		*				BC + X Chips, Jalapeno & Lime, Organic	12 / 156g						G
068826 176019	<b>37383</b>	GMO		GF		*				BC + X Chips, Red Corn, Organic	12 / 300g						G
068826 242547	<b>37816</b>	GMO		GF		*				BC + X Chips, Rounds, Salted, Organic	12 / 300g						G
068826 242554	<b>37817</b>	GMO		GF		*				BC + X Chips, Rounds, Unsalted, Organic	12 / 300g						G
068826 176033	<b>37384</b>	GMO		GF		*				BC + X Chips, Salted, Organic	12 / 350g						G
068826 166096	<b>37686</b>	GMO		GF		*				BC + X Chips, Thin & Crispy Sea Salt, Organic	12 / 300g						G
068826 166102	<b>37687</b>	GMO		GF		*				BC + X Chips, Thin & Crispy Twist of Lime, Organic	12 / 300g						G
068826 166171	<b>37721</b>	GMO		GF		*				BC + X Chips, Thin and Crispy Nacho, Organic	12 / 156g						G
068826 166188	<b>37722</b>	GMO		GF		*				BC + X Chips, Thin and Crispy Sweet & Spicy Ranch, Organic	12 / 156g						G
068826 176026	<b>37385</b>	GMO		GF		*				BC + X Chips, Unsalted, Organic	12 / 350g						G

## RICEWORKS | GOURMET RICE SNACKS

815506 014556	<b>17907</b>			GF						X Gourmet Rice Snacks, Avocado Ranch	12 / 155g						G
815506 014709	<b>17908</b>	GMO		GF						X Gourmet Rice Snacks, Honey Habanero	12 / 155g						G
060816 093238	<b>17902</b>	GMO		GF						x Gourmet Rice Snacks, Salsa Fresca	12 / 155g						G
060816 093214	<b>17900</b>	GMO		GF						x Gourmet Rice Snacks, Sea Salt	12 / 155g						G
037578 616296	<b>17903</b>	GMO		GF						x Gourmet Rice Snacks, Sea Salt & Brown Golden Flax	12 / 155g						G
060816 093283	<b>17901</b>	GMO		GF						x Gourmet Rice Snacks, Sweet Chili	12 / 155g						G
815506 014716	<b>17909</b>	GMO		GF						X Gourmet Rice Snacks, Sweet Cinnamon Churro	12 / 155g						G

## SENSIBLE PORTIONS | GARDEN VEGGIE STRAWS & CHIPS

829515 324537	<b>37276</b>			GF						X GARDEN VEGGIE STRAWS, BBQ	12 / 120g						G
829515 323516	<b>37283</b>	GMO		GF						X GARDEN VEGGIE STRAWS, Cheddar	12 / 120g						G
829515 308582	<b>37280</b>									X GARDEN VEGGIE STRAWS, Original	12 / 142g						G
829515 324636	<b>37284</b>									X GARDEN VEGGIE STRAWS, Rosemary & Olive Oil	12 / 120g						G
829515 323813	<b>37277</b>			GF						X GARDEN VEGGIE STRAWS, Screamin' Hot	12 / 120g						G
829515 324520	<b>37278</b>			GF						X GARDEN VEGGIE STRAWS, Sour Cream & Onion	12 / 120g						G
829515 324629	<b>37285</b>									X GARDEN VEGGIE STRAWS, Zesty Ranch	12 / 120g						G
829515 301378	<b>37279</b>			GF						X GARDEN VEGGIE WAVY CHIPS, Sea Salt	12 / 142g						G

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	X	PACK	SIZE				G	P	U
<b>VEGAN ROB'S   PLANT BASED SNACKS</b>																	
859941 005915	<b>10125</b>	GMØ		GF	V							X Puffs, Cauliflower	12 / 99g				G
816678 020154	<b>10127</b>	GMØ		GF	V							X Puffs, Cheddar	12 / 99g				G
816678 021090	<b>10143</b>	GMØ		GF	V							X Puffs, Dragon	12 / 99g				G
												<b>Buy 10-20 cases</b>	<b>Save 15%</b>				
												<b>Buy 21-40 cases</b>	<b>Save 20%</b>				
												<b>Buy 41+ cases</b>	<b>Save 25%</b>				

## Chocolate

### ALTER ECO | CHOCOLATE BARS

817670 012628	<b>35314</b>	GMØ		GF		*	@					X Dark Chocolate, Blackout, Almond (85% Cacao), Organic	12 / 75g				G
817670 010204	<b>35232</b>	GMØ		GF	V	*	@					X Dark Chocolate, Blackout, Classic (85% Cacao), Organic	12 / 80g				G
817670 011720	<b>35311</b>	GMØ		GF		*	@					X Dark Chocolate, Blackout, Mint (90% Cacao), Organic	12 / 75g				G
817670 011188	<b>35312</b>	GMØ		GF		*	@					X Dark Chocolate, Blackout, Super (90% Cacao), Organic	12 / 75g				G
817670 012499	<b>35313</b>	GMØ		GF		*	@					X Dark Chocolate, Blackout, Total (100% Cacao), Organic	12 / 75g				G
817670 010525	<b>35285</b>	GMØ		GF		*	@					X Dark Chocolate, Brown Butter (70% Cacao), Organic	12 / 80g				G
817670 010532	<b>35286</b>	GMØ		GF		*	@					X Dark Chocolate, Burnt Caramel (70% Cacao), Organic	12 / 80g				G
817670 010259	<b>35237</b>	GMØ		GF		*	@					X Dark Chocolate, Coconut Toffee (47% Cacao), Organic	12 / 80g				G
817670 010242	<b>35236</b>	GMØ		GF		*	@					X Dark Chocolate, Quinoa Crunch (60% Cacao), Organic	12 / 80g				G
817670 010518	<b>35284</b>	GMØ		GF		*	@					X Dark Chocolate, Sea Salt (70% Cacao), Organic	12 / 80g				G
817670 012697	<b>35317</b>	GMØ		GF		*	@					X TRUFFLE THINS, Crème Brûlée, Organic	12 / 85g				G
817670 012604	<b>35315</b>	GMØ		GF		*	@					X TRUFFLE THINS, Dark Chocolate, Mint Crème, Organic	12 / 84g				G
817670 012611	<b>35316</b>	GMØ		GF		*	@					X TRUFFLE THINS, Dark Chocolate, Salted Caramel, Organic	12 / 84g				G
817670 012703	<b>35318</b>	GMØ		GF		*	@					X TRUFFLE THINS, Orange Crème, Organic	12 / 85g				G
817670 012680	<b>35319</b>	GMØ		GF		*	@					X TRUFFLE THINS, Raspberry Crème, Organic	12 / 85g				G

### CAMINO | CHOCOLATE BARS

752612 100660	<b>37683</b>	GMØ				*	@		+	X		Dark Chocolate, 55% Cacao, Salted Caramel Crunch, Organic	14 / 80g				G
752612 100653	<b>37684</b>	GMØ				*	@			+	X	Dark Chocolate, 88% Cacao, Intensely Dark, Organic	14 / 80g				G
752612 100691	<b>37011</b>	GMØ				*	@			+	X	Dark Chocolate, 92% Cacao, Night Fall, Organic	14 / 80g				G
752612 100813	<b>37013</b>	GMØ			V	*	@			+	X	Milk-Style Chocolate (oat-based), Hazelnuts & Salted Caramel, Organic	14 / 80g				G
752612 100677	<b>37009</b>	GMØ				*	@			+	X	Dark Chocolate, 55% Cacao, Almond & Sea Salt, Organic	12 / 100g				G
752612 100165	<b>36476</b>	GMØ				*	@			+	X	Dark Chocolate, 55% Cacao, Almonds, Organic	12 / 100g				G
752612 100240	<b>37007</b>	GMØ				*	@			+	X	Dark Chocolate, 65% Cacao, Orange, Organic	12 / 100g				G
752612 100202	<b>36735</b>	GMØ				*	@			+	X	Dark Chocolate, 67% Cacao, Mint, Organic	12 / 100g				G
752612 100172	<b>36475</b>	GMØ				*	@			+	X	Dark Chocolate, 71% Cacao, Bittersweet, Organic	12 / 100g				G
752612 100349	<b>37258</b>	GMØ				*	@			+	X	Dark Chocolate, 80% Cacao, Extra Dark, Organic	12 / 100g				G
752612 100356	<b>37259</b>	GMØ				*	@			+	X	Milk Chocolate, Sea Salt, Organic	12 / 100g				G
752612 100158	<b>36474</b>	GMØ				*	@			+	X	Milk Chocolate, Organic	12 / 100g				G

### DIVINE | CHOCOLATE BARS

852749 004074	<b>35606</b>				V	@						X Dark Chocolate w/Ginger & Orange, 70% Cocoa	12 / 85g				G
852749 004067	<b>35601</b>	GMØ			V	@						X Dark Chocolate w/Mint, 70% Cocoa	12 / 85g				G
852749 004050	<b>35608</b>	GMØ			V	@						X Dark Chocolate w/Pink Himalayan Salt, 60% Cocoa	12 / 85g				G
852749 004081	<b>35605</b>	GMØ			V	@						X Dark Chocolate w/Raspberries, 70% Cocoa	12 / 85g				G
852749 004043	<b>35600</b>	GMØ			V	@						X Dark Chocolate, 70% Cocoa	12 / 85g				G
852749 004036	<b>35607</b>	GMØ			V	@						X Dark Chocolate, 85% Cocoa	12 / 85g				G
852749 004012	<b>35602</b>				@							X Milk Chocolate	12 / 85g				G
852749 004029	<b>35604</b>				@							X Milk Chocolate w/ Sea Salt and Toffee	12 / 85g				G
852749 004791	<b>35603</b>				@							X White Chocolate w/Strawberries	12 / 85g				G

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## ENDANGERED SPECIES CHOCOLATE | CHOCOLATE BARS

037014 000139	<b>37450</b>	GMØ		GF	V		@		X	Dark Chocolate, Almonds & Sea Salt (72% Cocoa)	12 / 85g							G
037014 000528	<b>37745</b>	GMØ		GF			@		X	Dark Chocolate, Caramel & Sea Salt (60% Cocoa)	12 / 85g							G
037014 242300	<b>36221</b>	GMØ		GF	V		@		X	Dark Chocolate, Cranberry & Almonds (72% Cocoa)	12 / 85g							G
037014 242478	<b>36661</b>	GMØ		GF	V		@		X	Dark Chocolate, Extreme Dark (88% Cocoa)	12 / 85g							G
037014 242263	<b>36212</b>	GMØ		GF	V		@		X	Dark Chocolate, Forest Mint (72% Cocoa)	12 / 85g							G
037014 100136	<b>37451</b>	GMØ		GF			@		X	Dark Chocolate, Hazelnut Toffee (72% Cocoa)	12 / 85g							G
037014 242287	<b>36213</b>	GMØ		GF	V		@		X	Dark Chocolate, Raspberries (72% Cocoa)	12 / 85g							G
037014 000696	<b>36662</b>	GMØ		GF	V		@		X	Dark Chocolate, Raspberry Filling (60% cocoa)	12 / 85g							G
037014 242379	<b>36219</b>	GMØ		GF	V		@		X	Dark Chocolate, Smooth (72% Cocoa)	12 / 85g							G
037014 000610	<b>36663</b>	GMØ		GF			@		X	Milk Chocoate, Fudgy Peanut Butter (48% cocoa)	12 / 85g							G
037014 242317	<b>36216</b>	GMØ		GF			@		X	Milk Chocolate (48% Cocoa)	12 / 85g							G
037014 000627	<b>36664</b>	GMØ		GF			@		X	Milk Chocolate, Caramel (48% cocoa)	12 / 85g							G

## HUMMINGBIRD | BEAN TO BAR CHOCOLATE

875132 000095	<b>57119</b>								🇨🇦 + X	Dark Chocolate Peanut Butter Cups (2ct)	12 / 32g							G
875132 000132	<b>57110</b>								🇨🇦 + X	Milk Chocolate Peanut Butter Cups (2ct)	12 / 32g							G
628451 966029	<b>57113</b>								🇨🇦 + X	Dark Chocolate, Fleur de Sel w/Van Isle sea salt (70% cacao)	12 / 30g							G
628451 966074	<b>57103</b>								🇨🇦 + X	Dark Chocolate, Fleur de Sel w/Van Isle sea salt (70% cacao)	12 / 60g							G
628451 966104	<b>57104</b>								🇨🇦 + X	Dark Chocolate, Hispaniola (70% cacao)	12 / 60g							G
628451 966098	<b>57112</b>								🇨🇦 + X	Dark Chocolate, Hispaniola 85 (85% cacao)	12 / 30g							G
628451 966050	<b>57114</b>								🇨🇦 + X	Dark Chocolate, PB & Joy (65% cacao)	12 / 30g							G
628451 966173	<b>57107</b>								🇨🇦 + X	Dark Chocolate, PB & Joy (65% cacao)	12 / 60g							G
628451 966142	<b>57109</b>								🇨🇦 + X	Dark Chocolate, Zorzal (70% cacao)	12 / 60g							G
628451 966371	<b>57102</b>								🇨🇦 + X	Milk Chocolate, Dark Milk (60% cacao)	12 / 60g							G
875132 000026	<b>57118</b>								🇨🇦 + X	Milk Chocolate, London Fog (55% cacao)	12 / 60g							G
628451 966180	<b>57105</b>								🇨🇦 + X	Super Dark Chocolate, Hispaniola 85 (85% cacao)	12 / 60g							G

## JUSTIN'S | NUT BUTTER CUPS

840379 153668	<b>10562</b>	GMØ		GF		*				Peanut Butter Cups, Mini Dark Chocolate, Organic	6 / 120g							G
840379 128451	<b>10563</b>	GMØ		GF		*				Peanut Butter Cups, Mini Milk Chocolate, Organic	6 / 120g							G
840379 188455	<b>10561</b>	GMØ		GF		*			X	Cashew Butter Cups, Dark Chocolate, Organic	12 / 40g							G
840379 100051	<b>10560</b>	GMØ		GF		*			X	Peanut Butter Cups, Dark Chocolate, Organic	12 / 40g							G

## KIND | CHOCOLATE DIPPED CLUSTERS

602652 430527	<b>39342</b>								X	DIPPED CLUSTERS, Dark Chocolate Almond Butter	8 / 113g							G
602652 430503	<b>39343</b>								X	DIPPED CLUSTERS, Dark Chocolate Nuts & Berries	8 / 113g							G
602652 430558	<b>39344</b>								X	DIPPED CLUSTERS, Dark Chocolate Vanilla Cashew	8 / 113g							G

## PRANA ORGANIC | CHOCOLATE TREATS

877693 003331	<b>26151</b>	GMØ		GF		*	@	🇨🇦	+ X	CHIC CHOC Bites, Chocolate Caramel, Organic	8 / 125g							G
877693 003355	<b>26153</b>	GMØ		GF		*	@	🇨🇦	+ X	CHIC CHOC Bites, Double Chocolate, Organic	8 / 125g							G
877693 003348	<b>26152</b>	GMØ		GF		*	@	🇨🇦	+ X	CHIC CHOC Bites, Vanilla Almond, Organic	8 / 125g							G
877693 003195	<b>26086</b>	GMØ		GF		*	@	🇨🇦	+ X	Chocolate Barks, Algarve (almonds & sea salt), Organic	8 / 100g							G
877693 003201	<b>26087</b>	GMØ		GF		*	@	🇨🇦	+ X	Chocolate Barks, Carazel (caramelized nuts & sea salt), Organic	8 / 100g							G
877693 003232	<b>26091</b>	GMØ		GF		*	@	🇨🇦	+ X	Chocolate Barks, Matcha Magic (sesame, crispy rice & matcha), Organic	8 / 100g							G
877693 003225	<b>26089</b>	GMØ		GF		*	@	🇨🇦	+ X	Chocolate Barks, No Mylk'n hazelnuts & crispy rice, Organic	8 / 95g							G
	<b>60130</b>									Empty Racks (S/O)	1 / ea							

## THEO | CHOCOLATE

874492 002411	<b>11981</b>	GMØ					@		X	Dark Chocolate 85%, Pure Dark, Organic	12 / 85g							G
874492 002459	<b>11978</b>	GMØ					@		X	Dark Chocolate 70%, Salted Almond, Organic	12 / 85g							G
874492 003258	<b>11993</b>	GMØ					@		X	Dark Chocolate 70%, Sea Salt, Organic	12 / 85g							G
874492 004200	<b>11995</b>	GMØ					@		X	Dark Chocolate 70%, Coffee Toffee, Organic	12 / 85g							G
874492 002633	<b>11987</b>	GMØ					@		X	Dark Chocolate 70%, Coconut, Organic	12 / 85g							G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X	PACK	SIZE	G	P	U
874492 002534	11985	GMO					*	@	X		12 / 85g			G
874492 002558	11986	GMO					*	@	X		12 / 85g			G
874492 003814	11994	GMO					*	@	X		12 / 85g			G
874492 005405	11997	GMO					*	@	X		12 / 85g			G
874492 005375	11996	GMO					*	@	X		12 / 85g			G
874492 002374	11979	GMO					*	@	X		12 / 85g			G
874492 002510	11984	GMO					*	@	X		12 / 85g			G
<b>Buy 15+ cases</b>											<b>Save</b>	<b>9.98</b>		
874492 003210	11991	GMO					*	@	X		12 / 38g			G
874492 003227	11992	GMO					*	@	X		12 / 38g			G
<b>Buy 15+ cases</b>											<b>Save</b>	<b>6.03</b>		

## ZAZUBEAN | CHOCOLATE BARS

872227 001135	14773	GMO					@	+	X		15 / 35g			G
872227 001159	14774	GMO					@	+	X		15 / 35g			G
872227 000602	14763						@	+	X		12 / 80g			G
872227 000541	14760						@	+	X		12 / 80g			G
872227 000640	14765						@	+	X		12 / 80g			G
872227 000626	14764						@	+	X		12 / 80g			G
872227 000367	14742	GMO					*	@	+	X	12 / 85g			G
872227 000206	14739	GMO					*	@	+	X	12 / 85g			G
872227 000343	14750	GMO					*	@	+	X	12 / 85g			G
872227 000244	14741	GMO					*	@	+	X	12 / 85g			G
872227 000183	14738	GMO					*	@	+	X	12 / 85g			G
872227 000220	14740	GMO					*	@	+	X	12 / 85g			G
872227 000145	07189	GMO					*	@	+	X	12 / 85g			G
872227 001098	14751	GMO					*	@	+	X	12 / 85g			G
872227 000107	14737	GMO					*	@	+	X	12 / 85g			G
872227 000060	14734	GMO					*	@	+	X	12 / 85g			G
872227 000015	14733	GMO					*	@	+	X	12 / 85g			G
872227 000046	14731	GMO					*	@	+	X	12 / 85g			G
872227 000169	14732	GMO					*	@	+	X	12 / 85g			G
872227 000084	14735	GMO					*	@	+	X	12 / 85g			G
872227 000121	14736	GMO					*	@	+	X	12 / 85g			G

## ZORAW CHOCOLATES | FUNCTIONAL CHOCOLATE BARS

628678 987074	27024						*	+	X		12 / 52g			G
627987 164503	27020						*	+	X		12 / 52g			G
628678 987036	27023						*	+	X		12 / 52g			G
627987 164527	27022						*	+	X		12 / 52g			G
627987 164510	27021						*	+	X		12 / 52g			G

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## Confectionery

### CHIMES | CANDY

051299 110802	<b>35272</b>											X Ginger Chews, Mango	12 / 42.5g				G
051299 110765	<b>35324</b>	GMØ										X Ginger Chews, Meyer Lemon	12 / 42.5g				G
051299 110772	<b>35269</b>	GMØ										X Ginger Chews, Original	12 / 42.5g				G
051299 111076	<b>35362</b>											X Ginger Chews, Mango	12 / 100g				G
051299 111038	<b>35361</b>	GMØ										X Ginger Chews, Meyer Lemon	12 / 100g				G
051299 111083	<b>35363</b>	GMØ										X Ginger Chews, Orange	12 / 100g				G
051299 111045	<b>35360</b>	GMØ										X Ginger Chews, Original	12 / 100g				G
051299 111519	<b>35267</b>											Ginger Chews, Mango	20 / 141.8g				G
051299 111311	<b>35264</b>	GMØ										Ginger Chews, Original	20 / 141.8g				G
051299 111649	<b>35326</b>	GMØ										Hard Toffee, Spiced Chai	12 / 100g				G
051299 111663	<b>35279</b>	GMØ										Hard Toffee, Toasted Coconut	12 / 100g				G
051299 111069	<b>35327</b>											X Herbal Chews, Dark Cocoa	6 / 72g				G
051299 111052	<b>35328</b>											X Herbal Chews, Tranquil Turmeric	6 / 72g				G

### CLAWHAMMER | ORGANIC MINTS

628371 190481	<b>35119</b>	GMØ				*	+	X Mints, Black Licorice, Organic				12 / 30g					G
628371 190313	<b>35120</b>	GMØ				*	+	X Mints, Hot Cinnamon, Organic				12 / 30g					G
628371 190320	<b>35121</b>	GMØ				*	+	X Mints, Spicy Ginger Root, Organic				12 / 30g					G
628371 190306	<b>35122</b>	GMØ				*	+	X Mints, Strong Peppermint, Organic				12 / 30g					G

### DANDIES | VEGAN MARSHMALLOWS

897581 000372	<b>02370</b>	GMØ						V	X Marshmallows, Mini Vanilla Flavoured			12 / 283g					G
897581 000365	<b>02260</b>	GMØ						V	X Marshmallows, Vanilla Flavoured			12 / 283g					G

### DEEBEE'S ORGANICS | FREEZER POPS

838913 001100	<b>39092</b>	GMØ				*			+ X Gelato Pops, Organic (made w/coconut milk) (shelf-stable)			12 / 8x40ml					G
838913 000202	<b>39090</b>	GMØ				*			+ X SUPERFRUIT Freezie Pops, Organic (shelf stable)			14 / 10x40ml					G
838913 00509	<b>39089</b>	GMØ				*			+ X SUPERFRUIT Freezie Pops, Tropical, Organic (shelf stable)			14 / 10x40ml					G

### EFRUTI | FRUIT JUICE GUMMI CANDIES

055976 104016	<b>35066</b>								X Fruit Juice Candies, Fruit Bears			36 / 100g					G
055976 104023	<b>35067</b>								X Fruit Juice Candies, Fruit Berries			36 / 100g					G
	<b>37922</b>		<b>B</b>						X Fruit Juice Candies, Fruit Bears			1 / 3kg					G
	<b>37018</b>		<b>B</b>						X Fruit Juice Candies, Fruit Berries			1 / 3kg					G

### KOOCHIKOO | TAPIOCA SWEETENED CANDY

851686 002877	<b>57304</b>							V	X Candy Drops, Lemon Lime			10 / 56g					G
851686 002884	<b>57305</b>							V	X Candy Drops, Peppermint			10 / 56g					G
851686 002891	<b>57300</b>							V	X Lollipops, Assorted (blueberry-lemon, pineapple-orange, apple, pomegranate-blueberry)			10 / 60g					G
851686 002020	<b>57303</b>							V	X Lollipops, Watermelon			10 / 60g					G

### THE GINGER PEOPLE | GINGER CANDY

734027 905016	<b>35010</b>	GMØ							Crystallized Ginger			12 / 100g					G
734027 920514	<b>35029</b>	GMØ				*			Crystallized Ginger, Organic			12 / 112g					G
734027 905337	<b>35703</b>	GMØ							X Gin Gins, Ginger Candy, Double Strength			12 / 60g					G
734027 905054	<b>35012</b>	GMØ							Gin Gins, Ginger Candy, Hard			12 / 84g					G
734027 902039	<b>35018</b>	GMØ							X Gin Gins, Ginger Candy, Super Strength Caramels			12 / 31g					G
734027 905023	<b>35011</b>	GMØ							Gin Gins, Ginger Chews, Original			12 / 84g					G
734027 905320	<b>35702</b>	GMØ							X Gin Gins, Ginger Chews, Original			12 / 60g					G
734027 902053	<b>35025</b>	GMØ							X Gin Gins, Ginger Chews, Original			12 / 45g					G
734027 901551	<b>35019</b>	GMØ							Gin Gins, Ginger Chews, Original			12 / 128g					G
734027 551459	<b>35027</b>	GMØ	<b>B</b>						X Gin Gins, Ginger Chews, Original (S/O)			1 / 5kg					G
734027 905344	<b>35701</b>	GMØ							X Gin Gins, Ginger Chews, Spicy Turmeric			12 / 60g					G



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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	X	PACK	SIZE	G	P	U
<b>HUER   NATURAL CANDY</b>														
771047 301039	15417										12 / 150g			G
771047 004749	15413								X		12 / 50g			G
771047 004756	15412								X		12 / 50g			G
771047 004787	15414										12 / 150g			G
771047 301022	15418										12 / 150g			G
771047 301015	15419										12 / 170g			G
771047 302005	15415				V						12 / 150g			G
771047 302012	15416				V						12 / 150g			G
<b>PANDA   LICORICES</b>														
075172 079451	35074										20 / 32g			G
075172 079475	35075										20 / 32g			G
075172 079734	35069										12 / 125g			G
075172 071646	35076										8 / 170g			G
075172 078560	35071		B								1 / 1.8kg			G
<b>PATIENCE FRUIT &amp; CO   SOUR CRAN DRIED CRANBERRIES</b>														
662166 557028	18556	GMØ							X		12 / 60g			G
662166 557011	18555	GMØ							X		12 / 60g			G
662166 557042	18558	GMØ							X		12 / 60g			G
662166 557035	18557	GMØ							X		12 / 60g			G
662166 557059	18559	GMØ							X		12 / 60g			G
											<b>Buy 12-19 cases</b>			<b>Save 20%</b>
											<b>Buy 20+ cases</b>			<b>Save 25%</b>

## Snack Foods

<b>BOB SNAIL   FRUIT SNACKS</b>														
628693 669016	18370	GMØ							X		16 / 20g			G
628693 669399	18372	GMØ							X		5 / 100g			G
628693 669382	18371	GMØ							X		5 / 100g			G
628693 669375	18373	GMØ							X		5 / 100g			G
628693 669597	18374	GMØ							X		5 / 100g			G
628693 669368	18375	GMØ							X		5 / 100g			G
628693 669405	18376	GMØ							X		5 / 100g			G
628693 669641	18377	GMØ							X		12 / 40g			G
628693 669962	18378	GMØ							X		12 / 40g			G
628693 669658	18379	GMØ							X		12 / 40g			G
628693 669634	18380	GMØ							X		12 / 40g			G
628693 669528	18381	GMØ							X		7 / 84g			G
628693 669481	18382	GMØ							X		7 / 84g			G
628693 669511	18383	GMØ							X		7 / 84g			G
628693 669580	18384	GMØ							X		7 / 84g			G
628693 669504	18385	GMØ							X		7 / 84g			G
628693 669498	18386	GMØ							X		7 / 84g			G
628693 669566	18387	GMØ							X		5 / 90g			G
628693 669573	18388	GMØ							X		5 / 90g			G
<b>EDEN   PACKAGED SNACK FOOD</b>														
024182 020847	35061	GMØ		GF		*			X		15 / 113g			G
<b>FERIDIES   PEANUTS</b>														
045518 001125	34702	GMØ									12 / 255g			G
<b>HOME GROWN LIVING FOODS   SPROUTED TRAIL MIX</b>														
628110 072115	16266	GMØ				*			X		8 / 150g			G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X	PACK	SIZE	G	P	U
<b>LAID BACK SNACKS   SNACK MIXES</b>														
628011 958006	<b>26300</b>										20 / 45g			G
628011 958990	<b>26311</b>										20 / 45g			G
628011 958013	<b>26301</b>										20 / 45g			G
628011 958020	<b>26303</b>										20 / 45g			G
628011 958037	<b>26304</b>										20 / 45g			G
628011 958105	<b>26305</b>										10 / 130g			G
628011 958983	<b>26310</b>										10 / 130g			G
628011 958112	<b>26306</b>										10 / 130g			G
628011 958129	<b>26308</b>										10 / 130g			G
628011 958136	<b>26309</b>										10 / 140g			G
<b>NATURSOURCE   SNACKS</b>														
068110 500032	<b>58111</b>									🍁 +	Almonds, Maple Praline Crunch	8 / 150g		G
068110 500018	<b>58109</b>									🍁 +	Almonds, Olio d'Oliiva - Olive Oil & Sea Salt (keto certified)	8 / 150g		G
068110 500001	<b>58108</b>									🍁 +	Almonds, Tamari (keto certified)	8 / 150g		G
068110 330615	<b>58105</b>									🍁 +	Nut Mix, Pecan Pie Flavoured	8 / 500g		G
068110 530046	<b>58106</b>									🍁 +	Nut Mix, Salted Hot Cocoa - Chocolate & Cinnamon	8 / 500g		G
068110 530015	<b>58110</b>									🍁 +	Nut Mix, So Smart Trail Mix - Dark Chocolate & Wild Blueberries	8 / 135g		G
068110 330325	<b>58103</b>									🍁 +	Nut Mix, Weekend Tamari - w/Pretzels & Sesame Sticks	6 / 550g		G
<b>ORIGO   FREEZE DRIED FRUIT</b>														
628693 376006	<b>18030</b>	GMO									BC + X 100% Freeze-Dried Apple	6 / 20g		G
628693 376020	<b>18031</b>	GMO									BC + X 100% Freeze-Dried Blueberry	6 / 25g		G
628693 376044	<b>18032</b>	GMO									BC + X 100% Freeze-Dried Raspberry	6 / 20g		G
628693 376051	<b>18033</b>	GMO									BC + X 100% Freeze-Dried Strawberry	6 / 20g		G
<b>PRANA   SNACK NUTS &amp; MIXES</b>														
877693 005816	<b>34105</b>	GMO								🍁 +	BEAN ME UP, Bean and Nut Mix, Cheddar Jalapeno	12 / 325g		G
877693 005809	<b>34104</b>	GMO								🍁 +	BEAN ME UP, Bean and Nut Mix, Spicy Dill Pickle	12 / 325g		G
877693 005793	<b>34103</b>	GMO								🍁 +	BEAN ME UP, Bean and Nut Mix, Sriracha	12 / 325g		G
877693 002662	<b>26133</b>	GMO								🍁 +	Loka Roasted Pumpkin Seeds w/Sea Salt (Grown in Quebec)	8 / 130g		G
877693 001641	<b>26108</b>	GMO		GF		*				🍁 +	Nuts, Alegria Hickory BBQ Almonds, Organic	8 / 150g		G
877693 000033	<b>26102</b>	GMO		GF		*				🍁 +	Nuts, Amandine Maple Almonds, Organic	8 / 150g		G
877693 000118	<b>26105</b>	GMO		GF		*				🍁 +	Nuts, Extaze Sea Salted Cashews, Organic	8 / 150g		G
877693 000019	<b>26103</b>	GMO		GF		*				🍁 +	Nuts, Kabana, Maple Sea Salt Nuts, Organic	8 / 150g		G
877693 000149	<b>26107</b>	GMO		GF		*				🍁 +	Nuts, Nirvana Sea Salted Almonds, Organic	8 / 150g		G
877693 000132	<b>26106</b>	GMO		GF		*				🍁 +	Nuts, Samadhi Tamari Almonds, Organic	8 / 150g		G
877693 003928	<b>26110</b>	GMO					@			🍁 +	Snack Mix, Chocolate w/salted almonds, cranberries, raisins	12 / 350g		G
877693 003935	<b>26111</b>	GMO								🍁 +	Snack Mix, Edamame w/almonds, dried fruit, pumpkin seeds	12 / 400g		G
877693 003942	<b>26112</b>	GMO								🍁 +	Snack Mix, Spicy Peas & Favas w/almonds, edamame, pumpkin seeds	12 / 400g		G
877693 001863	<b>26109</b>	GMO		GF		*	@			🍁 +	Sumsuma Sesame Bites, Chocolate, Organic	8 / 150g		G
877693 000071	<b>26101</b>	GMO		GF		*	@			🍁 +	Sumsuma Sesame Bites, Organic	8 / 150g		G
877693 001672	<b>34102</b>	GMO		GF		*	@			🍁 +	Sumsuma Sesame Bites, Organic	6 / 325g		G
877693 000125	<b>26104</b>	GMO		GF		*				🍁 +	Trail Mix, Annapurna Superfruit Mix, Organic	8 / 150g		G
877693 003065	<b>26063</b>	GMO		GF		*				🍁 +	Trail Mix, Fuji Salted Mix, Organic	8 / 150g		G
877693 003058	<b>26062</b>	GMO		GF		*				🍁 +	Trail Mix, Kilimanjaro Chocolate Mix, Organic	8 / 150g		G
877693 001665	<b>34101</b>	GMO		GF		*				🍁 +	Trail Mix, Kilimanjaro Chocolate Mix, Organic	6 / 310g		G
877693 003072	<b>26059</b>	GMO		GF		*				🍁 +	Trail Mix, Machu Pichu Exotic Mix, Organic	8 / 150g		G
	<b>60130</b>										Empty Racks (S/O)	1 / ea		



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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	X	PACK	SIZE					G	P	U
065493 064410	39113									+ X	Rice Ramen Noodle Cup, Garlic Vegetable (gluten free)	6	/ 57g					
065493 064427	39114									+ X	Rice Ramen Noodle Cup, Spicy Kimchi (gluten free)	6	/ 59g					
065493 064434	39115									+ X	Rice Ramen Noodle Cup, Spicy Szechuan (gluten free)	6	/ 58g					
065493 064403	39116									+ X	Rice Ramen Noodle Cup, Wakame Miso (gluten free)	6	/ 60g					
065493 064335	39106									+ X	Ramen, Asian Vegetables	12	/ 60g					

## LOTUS FOODS | RICE RAMEN MISO SOUP

708953 601113	39900	GMØ		GF							X Soup, Forbidden Rice Ramen w/White Miso	10	/ 80g					
708953 601120	39910	GMØ		GF							X Soup, Jade Pearl Rice Ramen w/Wakame Miso	10	/ 80g					
708953 601137	39901	GMØ		GF							X Soup, Millet & Brown Rice Ramen w/Red Miso	10	/ 80g					

## Ready-To-Serve Soups

### AMY'S | CANNED SOUP

042272 905140	38321	GMØ				*					Soup, Alphabet, Organic	12	/ 398ml					
042272 905041	38157	GMØ		GF		*					Soup, Black Bean, Organic	12	/ 398ml					
042272 905867	38609	GMØ		GF		*					Soup, Chunky Tomato Bisque, Lower in Sodium, Organic	12	/ 398ml					
042272 905362	38067	GMØ		GF		*					Soup, Chunky Tomato Bisque, Organic	12	/ 398ml					
042272 905409	38668	GMØ		GF		*					Soup, Chunky Vegetable, Organic	12	/ 398ml					
042272 905010	38156	GMØ		GF		*					Soup, Cream of Tomato, Organic	12	/ 398ml					
042272 905478	38669	GMØ		GF		*					Soup, Fire Roasted Southwestern Vegetable, Organic	12	/ 398ml					
042272 905935	38715	GMØ		GF		*					Soup, Golden Lentil Dal, Organic	12	/ 398ml					
042272 906277	38605	GMØ			V	*					Soup, Hearty Minestrone, Organic	12	/ 398ml					
042272 905836	38666	GMØ		GF		*					Soup, Lentil Low Sodium, Organic	12	/ 398ml					
042272 905829	38607	GMØ		GF		*					Soup, Lentil Vegetable, Lower in Sodium, Organic	12	/ 398ml					
042272 905355	38330	GMØ		GF		*					Soup, Lentil Vegetable, Organic	12	/ 398ml					
042272 905027	38152	GMØ		GF		*					Soup, Lentil, Organic	12	/ 398ml					
042272 905850	38667	GMØ				*					Soup, Minestrone, Low Sodium, Organic	12	/ 398ml					
042272 905072	38154	GMØ				*					Soup, Minestrone, Organic	12	/ 398ml					
042272 905034	38153	GMØ				*					Soup, No Chicken Noodle, Organic	12	/ 398ml					
042272 906697	38783	GMØ		GF		*					Soup, Quinoa, Kale & Red Lentil, Organic	12	/ 398ml					
042272 905843	38608	GMØ		GF		*					Soup, Split Pea, Lower in Sodium, Organic	12	/ 398ml					
042272 905058	38216	GMØ		GF		*					Soup, Split Pea, Organic	12	/ 398ml					
042272 907755	38606	GMØ			V	*					Soup, Tortilla, Organic	12	/ 398ml					
042272 905089	38217	GMØ				*					Soup, Vegetable Barley, Organic	12	/ 398ml					

### AUGA | READY TO EAT ORGANIC SOUPS

4779039 732300	40918	GMØ				*					Soup, Creamy Butternut Squash w/Sweet Potatoes, Organic (pouch)	10	/ 400g					
4779039 731105	40920	GMØ				*					Soup, Creamy Mushroom, Organic (pouch)	10	/ 400g					
4779039 732270	40922	GMØ				*					Soup, Creamy Sweet Corn, Organic (pouch)	10	/ 400g					
4779039 732324	40921	GMØ				*					Soup, Spicy Curry w/Coconut Cream & Shiitake Mushrooms, Organic (pouch)	10	/ 400g					
4779039 732317	40923	GMØ				*					Soup, Three Lentil, Organic (pouch)	10	/ 400g					

### EAT WHOLESOME | CANNED SOUP

5060844 590346	33615	GMØ				*				+ X	Soup, Italian Bean & Vegetable, Organic	12	/ 398ml					
5060844 590360	33616	GMØ				*				+ X	Soup, Italian Tomato & Basil, Organic	12	/ 398ml					
5060844 590353	33617	GMØ				*				+ X	Soup, Lentil & Zucchini, Organic	12	/ 398ml					

### IMAGINE FOODS | NATURAL SOUP

084253 241441	38749	GMØ		GF		*					Soup, Creamy Broccoli, Family Size, Organic	12	/ 1L					
084253 242417	38272	GMØ		GF		*					Soup, Creamy Butternut Squash, Family Size, Organic	12	/ 1L					
084253 246514	38644	GMØ		GF		*					Soup, Creamy Garden Tomato, Reduced Sodium, Family Size, Organic	12	/ 1L					
084253 242479	38278	GMØ		GF		*					Soup, Creamy Tomato, Family Size, Organic	12	/ 1L					

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<b>PACIFIC FOODS   SOUP</b>																
052603 281393	<b>38092</b>												12 / 284ml			
052603 279543	<b>38090</b>	GMØ				*							12 / 284ml			
<b>Buy 15+ cases (Mix &amp; Match Condensed Can Soups Only) Save 3.04</b>																
052603 290609	<b>38122</b>	GMØ				*							12 / 440ml			
052603 290616	<b>38123</b>	GMØ				*							12 / 440ml			
052603 290623	<b>38124</b>	GMØ				*							12 / 440ml			
<b>Buy 15+ cases (Mix &amp; Match Hearty Can Soups Only) Save 3.57</b>																
052603 281287	<b>38083</b>	GMØ				*							12 / 946ml			
052603 054218	<b>38269</b>	GMØ				*							12 / 1L			
052603 054034	<b>38214</b>	GMØ				*							12 / 1L			
052603 054584	<b>38638</b>	GMØ				*							12 / 1L			
052603 054096	<b>38132</b>	GMØ				*							12 / 1L			
052603 054577	<b>38639</b>	GMØ				*							12 / 1L			
052603 054041	<b>38218</b>	GMØ				*							12 / 1L			
<b>Buy 30+ cases (Mix &amp; Match with any 1L/946ml Broth &amp; Soup) Save 6.17</b>																

## Soup Mixes

### BOB'S RED MILL | SOUP MIX

039978 001283	<b>38938</b>	GMØ											4 / 794g			
039978 001276	<b>38934</b>	GMØ											4 / 822g			

## SWEETENERS

### BEE-MINDFUL HUNNIE | VEGAN HONEY ALTERNATIVE

627987 843965	<b>29100</b>	GMØ				*	BC +						6 / 460g			
627987 844016	<b>29101</b>	GMØ				*	BC +						6 / 460g			

### CAMINO | SUGAR

752612 200025	<b>44297</b>	GMØ				*	@	+					6 / 1kg			
752612 220023	<b>44298</b>	GMØ				*	@	+					6 / 1kg			
752612 300169	<b>44299</b>	GMØ	B			*	@	+	X				1 / 25kg			

### CANADIAN HERITAGE ORGANICS | MAPLE BUTTER & SYRUP

620892 000140	<b>44259</b>	GMØ				*	🍁	+					12 / 160g			
620892 000065	<b>44262</b>	GMØ				*	🍁	+					12 / 250ml			
620892 000232	<b>44264</b>	GMØ				*	🍁	+					12 / 250ml			
620892 999994	<b>44287</b>	GMØ				*	🍁	+					12 / 375ml			
620892 000072	<b>44263</b>	GMØ				*	🍁	+					12 / 500ml			
620892 000249	<b>44265</b>	GMØ				*	🍁	+					12 / 500ml			
620892 000294	<b>44266</b>	GMØ				*	🍁	+					12 / 500ml			
620892 000089	<b>44285</b>	GMØ				*	🍁	+					6 / 1L			
620892 000256	<b>44284</b>	GMØ				*	🍁	+					6 / 1L			
620892 000300	<b>44286</b>	GMØ				*	🍁	+					6 / 1L			
<b>Buy 10+ cases Save 25%</b>																

### CRAVE | SWEETENER

884063 000678	<b>23030</b>	GMØ				*	🌿	+					6 / 380g			
884063 000661	<b>23031</b>	GMØ				*	🌿	+					6 / 380g			
884063 000500	<b>23034</b>	GMØ				*	🌿	+					6 / 45g			
884063 300013	<b>23033</b>	GMØ				*		+					6 / 400g			

### EDEN | BARLEY MALT SYRUP

024182 493153	<b>44050</b>	GMØ				*							12 / 566g			
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### ELIAS | HONEY

055013 000318	<b>44069</b>						🍁	+					12 / 375g			
055013 000226	<b>44068</b>						🍁	+					12 / 500g			
055013 000127	<b>44067</b>						🍁	+					12 / 1kg			

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	🇨🇦	X	PACK	SIZE	G	P	U
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## ESCUMINAC | FARM BOTTLED ORGANIC MAPLE SYRUP

187248 000266	<b>44229</b>	GMØ				*			🇨🇦	+			6 / 200ml			
187248 000204	<b>44228</b>	GMØ				*			🇨🇦	+			6 / 200ml			
187248 000273	<b>44234</b>	GMØ				*			🇨🇦	+			6 / 500ml			
187248 000228	<b>44233</b>	GMØ				*			🇨🇦	+			6 / 500ml			

## FLORIDA CRYSTALS | SUGAR

075779 311145	<b>44083</b>	GMØ				*							6 / 907g			
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## KRISDA | SUGAR-FREE SWEETENER

688120 024542	<b>23022</b>									+			6 / 454g			
688120 034541	<b>23021</b>									+			6 / 454g			

## LAKANTO | MONKFRUIT BLEND SWEETENER & SYRUP

843076 001201	<b>44223</b>	GMØ											8 / 384ml			
843076 000105	<b>44221</b>	GMØ											8 / 235g			
843076 000099	<b>44217</b>	GMØ											8 / 235g			
843076 003472	<b>44222</b>	GMØ											8 / 454g			
843076 000129	<b>44220</b>	GMØ											8 / 800g			
843076 000112	<b>44215</b>	GMØ											8 / 800g			

## LEVEL GROUND TRADING DIRECT FAIR TRADE | SUGAR

661594 712306	<b>44307</b>	GMØ				*	@	+					12 / 500g			
661594 812303	<b>44310</b>	GMØ				*	@	+					6 / 2kg			
661594 000083	<b>44314</b>	GMØ				*	@	+					1 / 20kg			

## LUNDBERG | BROWN RICE SYRUP

073416 001800	<b>24108</b>	GMØ		GF		*							12 / 595g			
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## MCKENZIE'S | COUNTRY FARM HONEY

056113 001700	<b>44084</b>								🇨🇦	+			12 / 500g			
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## ONEEARTH FUNCTIONAL FOODS | COCONUT PALM SUGAR

182583 000025	<b>22214</b>	GMØ		GF		*		+					12 / 475g			
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## ST. MICHAEL | HONEY

771901 101355	<b>44005</b>		B						🇨🇦	+	X		1 / 3kg			
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## SWERVE SWEETENER

852700 300191	<b>32701</b>	GMØ											6 / 340g			
852700 300290	<b>32702</b>	GMØ											6 / 340g			
852700 300399	<b>32703</b>	GMØ											6 / 340g			

## WHOLESOME | NATURAL & ORGANIC SWEETENER

012511 971069	<b>44158</b>	GMØ		GF		*	@						6 / 454g			
012511 320041	<b>44018</b>	GMØ		GF		*	@						6 / 454g			
012511 446529	<b>44037</b>	GMØ		GF		*	@						6 / 680g			
012511 446413	<b>44036</b>	GMØ		GF		*	@						6 / 680g			
012511 444716	<b>44029</b>	GMØ		GF		*	@						6 / 680g			
012511 406004	<b>44127</b>	GMØ		GF		*	@						6 / 907g			
012511 470715	<b>44198</b>	GMØ		GF		@							6 / 680g			
012511 600006	<b>44072</b>	GMØ		GF		*	@						12 / 662g			
012511 700003	<b>44199</b>	GMØ		GF		*	@						6 / 1.33kg			
012511 471217	<b>44091</b>	GMØ		GF		*	@						6 / 240ml			
012511 472313	<b>44093</b>	GMØ		GF		*	@						6 / 480ml			
012511 473235	<b>44094</b>	GMØ		GF		*	@						6 / 480ml			
012511 945005	<b>44191</b>	GMØ		GF		*							1000 / 1g			



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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	X	PACK	SIZE					G	P	U
778177 499650	50107	GMØ				*	🇨🇦	+			8 / 200g							
778177 499810	50401	GMØ				*	🇨🇦	+			8 / 180g							
778177 499605	50020	GMØ				*	🇨🇦	+			8 / 200g							
778177 149814	50406	GMØ				*	🇨🇦	+			8 / 325g							
	50057	GMØ	B			*	🇨🇦	+			1 / 2kg							
	50412	GMØ				*	🇨🇦	+			1 / 1kg							
	50411	GMØ	B			*	🇨🇦	+			1 / 1kg							
	50055	GMØ	B			*	🇨🇦	+			1 / 2kg							
	50054	GMØ	B			*	🇨🇦	+			1 / 2kg							
	91213										1 / ea							

## Eggs (REFRIGERATED)

### RABBIT RIVER FARMS | EGGS (REFRIGERATED)

620580 000018	61075	GMØ				*			BC + X Eggs, Free Range, Extra Large Brown, Organic		15 / 12ct							
620580 000025	61076	GMØ				*			BC + X Eggs, Free Range, Large Brown, Organic		15 / 12ct							
620580 000094	61078	GMØ				*			BC + X Eggs, Free Range, Large Brown, Organic		30 / 6ct							
620580 000070	61081								BC + X Eggs, Free Range, Medium Brown		15 / 12ct							
620580 000469	61083								BC + X Eggs, Free Run, Large Brown		15 / 12ct							

## Preserving Supplies

### YOGOURMET | CULTURES (REFRIGERATED)

819122 000252	52038							+	Dairy, Kefir Starter		6 / 18g							
819122 000207	52036							+	Dairy, Yogurt Starter		6 / 18g							
819122 000238	52037							+	Dairy, Yogurt Starter, Probiotics (Casei Bifidus Acidophilus)		6 / 18g							

## Yogurts & Sour Creams

### GREEK GODS | GREEK STYLE YOGURT (REFRIGERATED)

078355 471103	52351	GMØ				*			Yogurt, Honey Flavour, Organic		6 / 500g							
078355 471158	52350	GMØ				*			Yogurt, Honey Vanilla Flavour, Organic		6 / 500g							
078355 450009	52084	GMØ				*			Yogurt, Traditional Plain, Organic		6 / 500g							

### SAUGEEN COUNTRY DAIRY | KEFIR & YOGURT (REFRIGERATED)

778716 065018	52303	GMØ				*	🇨🇦	+	Yogurt, Organic		6 / 650g							
778716 090812	52305	GMØ				*	🇨🇦	+	Yogurt, 4% MF, Organic		6 / 908g							
778716 090829	52306	GMØ				*	🇨🇦	+	Kefir, Organic (Sometimes as Kefir culture ferments it produces a gas which can cause the lid to puff a bit. Please note this product is still good)		6 / 908g							
	52301	GMØ	B			*	🇨🇦	+	Yogurt, 4% MF, Organic		1 / 3.5kg							

## Non-Dairy Butter Alternatives

### See Frozen Section for More Selection

### EARTH BALANCE | SPREAD & STICKS (REFRIGERATED)

033776 011840	51100	GMØ				V	*		Traditional Spread, Organic		12 / 368g							
033776 011727	42003					V			Traditional Spread, Original		12 / 425g							
033776 011888	51102					V			Traditional Spread, Original		6 / 1.3kg							
033776 011697	51104					V			Traditional Spread, Soy Free		12 / 425g							
033776 011826	42004					V			Vegan Cooking & Baking Sticks (4 pk)		18 / 454g							

### EARTH'S OWN | DAIRY-FREE BUTTER ALTERNATIVE (REFRIGERATED)

626027 916119	08310	GMØ				*		BC +	Butter Spread		6 / 340g							
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### MELT ORGANIC | PLANT BUTTER (REFRIGERATED)

856014 002079	10761	GMØ				*			Plant Butter, Salted Sticks, Organic (4 sticks)		12 / 454g							
856014 002024	10760	GMØ				*			Plant Butter, Spread, Organic		12 / 368g							

### NUTS FOR CHEESE | NUTS FOR BUTTER CULTURED CASHEW PRODUCT (REFRIGERATED)

842232 008023	18660	GMØ				*	🇨🇦	+	Cashew Butter, Salted Original, Organic (2 sticks)		6 / 227g							
842232 009020	18661	GMØ				*	🇨🇦	+	Cashew Butter, Herb & Garlic, Organic (2 sticks)		6 / 227g							



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## Non-Dairy Cheese Alternatives

### DAIYA | DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)

871459 001128	<b>50134</b>	GMQ		GF	V					BC +	Block, Cheddar	8	/ 200g
871459 001142	<b>50154</b>	GMQ		GF	V					BC +	Block, Smoked Gouda	8	/ 200g
871459 000824	<b>50010</b>	GMQ		GF	V					BC +	Crumbles, Feta Cheeze Flavour	6	/ 170g
871459 003245	<b>50184</b>	GMQ		GF	V					BC +	Shreds, Cheddar	12	/ 200g
871459 003153	<b>50132</b>	GMQ		GF	V					BC +	Shreds, Chipotle Cheddar	12	/ 200g
871459 003177	<b>50131</b>	GMQ		GF	V					BC +	Shreds, Italian Blend	12	/ 200g
871459 003658	<b>50189</b>	GMQ		GF	V					BC +	Shreds, Mexican Blend	12	/ 200g
871459 003238	<b>50185</b>	GMQ		GF	V					BC +	Shreds, Mozza	12	/ 200g
871459 003665	<b>50130</b>	GMQ		GF	V					BC +	Shreds, Parmesan	12	/ 200g
871459 003252	<b>50186</b>	GMQ		GF	V					BC +	Shreds, Spicy Monterey Jack	12	/ 200g
871459 000329	<b>50139</b>	GMQ		GF	V					BC +	Slices, Cheddar	8	/ 220g
871459 000374	<b>50306</b>	GMQ		GF	V					BC +	Slices, Pepper Jack	8	/ 220g
871459 000343	<b>50003</b>	GMQ		GF	V					BC +	Slices, Smoked Gouda	8	/ 220g
871459 000305	<b>50138</b>	GMQ		GF	V					BC +	Slices, Swiss	8	/ 220g
871459 001494	<b>50305</b>	GMQ		GF	V					BC +	Cream Cheese, Cinnamon Twist	6	/ 227g
871459 001197	<b>50143</b>	GMQ		GF	V					BC +	Creamy Spread, Chive & Onion	6	/ 227g
871459 001173	<b>50141</b>	GMQ		GF	V					BC +	Creamy Spread, Plain	6	/ 227g
	<b>92000</b>										Display Tray	1	/ ea

### EARTH'S OWN | DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)

626027 917147	<b>08312</b>	GMQ								*	BC +	Cream Cheese Style Spread, Original	6	/ 227g
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### FIELD ROAST | CHAO PLANT BASED CHEESE (REFRIGERATED)

638031 705702	<b>65115</b>				V							CHAO slices, Creamy Original (10 slices)	8	/ 200g
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### LE GRAND | PLANT BASED CHEESE (REFRIGERATED)

773798 101562	<b>19483</b>	GMQ								*	+	Mac 'N Cheeze Sauce, Original (spoutPak)	6	/ 227g
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### MOOCHO | DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)

025583 119123	<b>57092</b>											Shreds, Cheddar Style	6	/ 198g
025583 119093	<b>57093</b>											Shreds, Mozzarella Style	6	/ 198g

### NUTS FOR CHEESE | FERMENTED CASHEW PRODUCT (REFRIGERATED)

627843 729624	<b>18652</b>	GMQ								*	+	Artichoke and Herb, Organic	6	/ 120g
842232 006012	<b>18655</b>	GMQ								*	+	Black Garlic, Organic	6	/ 120g
627843 729600	<b>18653</b>	GMQ								*	+	Cheddar Style, Chipotle, Organic	6	/ 120g
842232 020018	<b>18656</b>	GMQ								*	+	Sharp Cheddar, Organic	6	/ 120g
627843 729631	<b>18651</b>	GMQ								*	+	Super Blue, Organic	6	/ 120g
627843 729594	<b>18654</b>	GMQ								*	+	Un-brie-lievable, Organic	6	/ 120g

**Buy 5-9 cases**

**Save 5.35**

**Buy 10-14 cases**

**Save 8.00**

**Buy 15+ cases**

**Save 10.70**

842232 013027	<b>18664</b>	GMQ			V	*	+			*	+	Cream Cheese Style Spread, Garlic & Herb, Organic	6	/ 210g
842232 014024	<b>18665</b>	GMQ			V	*	+			*	+	Cream Cheese Style Spread, Lemon Dill, Organic	6	/ 210g
842232 012020	<b>18663</b>	GMQ			V	*	+			*	+	Cream Cheese Style Spread, Original, Organic	6	/ 210g

**Buy 5-9 cases**

**Save 4.50**

**Buy 10-14 cases**

**Save 6.75**

**Buy 15+ cases**

**Save 9.15**

### PARMELA CREAMERY | PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)

857751 008003	<b>21407</b>	GMQ										Shreds, Mozzarella Style	8	/ 198g
857751 008010	<b>21406</b>	GMQ										Shreds, Old Cheddar Style	8	/ 198g
857751 008034	<b>21411</b>	GMQ										Slices, Old Cheddar Style	8	/ 198g
857751 008171	<b>21409</b>	GMQ										Slices, Smoky Gouda Style	8	/ 198g

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X	PACK	SIZE				G	P	U
<b>SPREAD 'EM KITCHEN CO.   CASHEW CHEESE (REFRIGERATED)</b>																	
628176 337227	14677										6 / 200g						
628176 337210	14674										6 / 200g						
628176 337197	14675										6 / 200g						
628176 337203	14676										6 / 200g						
628176 337395	14678										6 / 200g						
6281763 37067	14662										8 / 185g						

## Non-dairy Sour Cream & Yogurts

### COCOFINO | PLANT-BASED YOGURT (REFRIGERATED)

710497 530637	56083									🌿 +	Coconut Yogurt, Blueberry & Ginger	8 / 450g					
710497 530620	56081									🌿 +	Coconut Yogurt, Mango & Turmeric	8 / 450g					
710497 530613	56080									🌿 +	Coconut Yogurt, Plain	8 / 450g					
710497 530644	56082									🌿 +	Coconut Yogurt, Strawberry & Rhubarb	8 / 450g					

### EARTH'S OWN | DAIRY-FREE SOUR CREAM ALTERNATIVE (REFRIGERATED)

626027 916126	08311	GMO								*	BC +	Sour Cream Alternative	6 / 340ml				
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### KEFIRKULT | COCONUT KEFIR YOGURT (REFRIGERATED)

628634 998106	39504									🌿 +	Coconut Kefir Yogurt	6 / 359ml					
628634 998113	39505									🌿 +	Coconut Kefir Yogurt	6 / 630ml					
628634 998120	39506									🌿 +	Coconut Kefir Yogurt, Mango	6 / 359ml					

### SIMPLA | COCONUT PLANT-BASED YOGURT (REFRIGERATED)

627987 786477	25363									🌿 + X	Coconut Yogurt, Chocolate	12 / 113g					
627987 786453	25362									🌿 + X	Coconut Yogurt, Lemon	12 / 113g					
627987 786484	25360									🌿 + X	Coconut Yogurt, Original	12 / 113g					
627987 786491	25364									🌿 + X	Coconut Yogurt, Raspberry	12 / 113g					
627987 786460	25361									🌿 + X	Coconut Yogurt, Vanilla	12 / 113g					
627987 786439	25353									🌿 +	Coconut Yogurt, Chocolate	6 / 450g					
627987 786422	25352									🌿 +	Coconut Yogurt, Lemon	6 / 450g					
627987 786408	25350									🌿 +	Coconut Yogurt, Original	6 / 450g					
628942 855528	25354									🌿 +	Coconut Yogurt, Raspberry	6 / 450g					
627987 786446	25351									🌿 +	Coconut Yogurt, Vanilla	6 / 450g					

### YOGGU! | PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED)

627987 070835	56004										BC +	Coconut Yogurt, Lemon	6 / 450g				
627987 070811	56000										BC +	Coconut Yogurt, Mango	6 / 450g				
627987 070767	56001										BC +	Coconut Yogurt, Original	6 / 450g				
627987 070774	56002										BC +	Coconut Yogurt, Strawberry	6 / 450g				
627987 070804	56003										BC +	Coconut Yogurt, Vanilla	6 / 450g				

## FERMENTED VEGETABLES

### BUBBIES | FERMENTED CONDIMENTS (REFRIGERATED)

038261 957368	51200	GMO								🌿	Pickles, Kosher Dill	6 / 1L					
038261 957474	51204	GMO								🌿	Sauerkraut, Fermented	6 / 750ml					
038261 954473	51206	GMO								🌿	Sauerkraut with Pickled Hot Peppers	6 / 739ml					

### GREEN TABLE FERMENTS | CONDIMENTS (REFRIGERATED)

180071 000274	19606									🌿 +	Dill Pickles	6 / 750ml					
180071 000199	19601									🌿 +	Kimchi, Kale	6 / 500ml					
180071 000182	19600	GMO								🌿 +	Kimchi, organic	6 / 500ml					

### ISLAND KRAUT | RAW KRAUT (REFRIGERATED)

068532 487928	14434									🌿 +	Kimchi Kraut	12 / 750ml					
068532 478919	14433									🌿 +	Sauerkraut	12 / 750ml					

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	🇨🇦	X	PACK	SIZE	G	P	U
<b>KARTHEIN'S ORGANIC   UNPASTEURIZED KIMCHI &amp; SAUERKRAUT (REFRIGERATED)</b>															
620892 809927	30225	GMØ				*			🇨🇦	+		12 / 375ml			
620892 809934	30376	GMØ				*			🇨🇦	+		12 / 750ml			
620892 809903	30184	GMØ				*			🇨🇦	+		12 / 375ml			
620892 809941	30182	GMØ				*			🇨🇦	+		12 / 375ml			
620892 809989	30221	GMØ				*			🇨🇦	+		12 / 375ml			
620892 809965	30223	GMØ				*			🇨🇦	+		12 / 375ml			
620892 809910	30377	GMØ				*			🇨🇦	+		12 / 750ml			
620892 809958	30375	GMØ				*			🇨🇦	+		12 / 750ml			
620892 809996	30185	GMØ				*			🇨🇦	+		12 / 750ml			
620892 809972	30227	GMØ				*			🇨🇦	+		12 / 750ml			

## SEOUL | KIMCHI (REFRIGERATED)

026396 908256	31036	GMØ		GF								6 / 396g			
026396 909109	31038	GMØ		GF	V							6 / 396g			

## WILDBRINE | FERMENTED VEGETABLES (REFRIGERATED)

858159 002051	32156	GMØ										6 / 500ml			
858159 002068	32157	GMØ										6 / 500ml			
858159 002686	32242	GMØ										6 / 500ml			
858159 002013	32151	GMØ				*						6 / 500ml			
858159 002419	32220	GMØ				*						6 / 500ml			
858159 002044	32154	GMØ				*						6 / 500ml			

## WILDVINE | PICKLED VEGETABLES (REFRIGERATED)

857859 007625	32247	GMØ										6 / 591ml			
857859 007632	32246	GMØ										6 / 591ml			

# FRESH CONDIMENTS, DIPS & SAUCES

## ANTOINETTE'S | DIP & SAUCE (REFRIGERATED)

628399 100295	23122							BC	+			Dip & Sauce, Salt Spring	6 / 375ml		
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## BUBBIES | CONDIMENTS (REFRIGERATED)

038261 957665	51205								🇨🇦			Prepared Horseradish	12 / 250ml		
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## HABIBI'S MEDITERRANEAN | DIPS & HUMMUS (REFRIGERATED)

683830 002224	14301							BC	+			Dip, Baba Ganoush	6 / 200g		
683830 007779	14300							BC	+			Dip, Tzatziki	6 / 200g		
683830 011233	14591							BC	+			Hummus, Beirut Style w/Za'atar & Cumin	6 / 240g		
683830 011240	14592							BC	+			Hummus, Fire Roasted Red Pepper	6 / 240g		
683830 009995	14590							BC	+			Hummus, Kalamata Olive Tapenade	6 / 240g		
683830 005553	14302							BC	+			Hummus, Sriracha Jalapeno	6 / 240g		
683830 009117	14531							BC	+			Hummus, Lebanese	6 / 450g		
683830 004440	14441							BC	+			Hummus, Basil & Garlic	12 / 240g		
683830 001111	14440							BC	+			Hummus, Lebanese Style	12 / 240g		

## ISLANDERS MEXICAN SAUCE | FRESH AUTHENTIC SALSA (REFRIGERATED)

628942 343155	14435									🌿	+	Salsa, Sassy Tomato (mild)	12 / 250ml		
628942 343117	14436									🌿	+	Salsa, Savoury Jalapeno (medium)	12 / 250ml		
628942 343124	14437									🌿	+	Salsa, Spicy Lovers (hot)	12 / 250ml		

## LE GRAND | PESTO (REFRIGERATED)

773798 100220	19451									🇨🇦	+	Pesto, Classic (spoutPak)	6 / 170g		
773798 100121	19450							V		🇨🇦	+	Pesto, Garden (spoutPak)	6 / 170g		

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## MAISON ORPHEE | FRESH MAYONNAISE (REFRIGERATED)

069593 121462	33451										6 / 440ml			
069593 121479	33452										6 / 440ml			
069593 121684	33454										6 / 440ml			

## NUTS FOR CHEESE | CREAMY CASHEW DIP (REFRIGERATED)

842232 021022	18670										6 / 210g			
842232 022029	18671	GMQ				*					6 / 210g			
842232 023026	18672	GMQ				*					6 / 210g			
											<b>Buy 5-9 cases</b>	<b>Save 4.50</b>		
											<b>Buy 10-14 cases</b>	<b>Save 6.75</b>		
											<b>Buy 15+ cases</b>	<b>Save 9.15</b>		

## RUBY'S AUTHENTIC | CHUTNEY (REFRIGERATED)

627843 533610	14040										8 / 225g			
627843 533641	14041		B								4 / 900g			

## SPREAD 'EM KITCHEN CO. | CASHEW DIP (REFRIGERATED)

628176 337081	14663			GF					BC +	Cashew Dip & Crackers, Chives & Garlic	6 / 68g			
627843 428213	14652								BC +	Cashew Dip, Beet & Balsamic	8 / 185g			
627843 428275	14656								BC +	Creamy Cashew Dip, Chives & Garlic	8 / 185g			
627843 428305	14660								BC +	Creamy Cashew Dip, Dill Pickle & Truffle	8 / 185g			
628176 337333	14651								BC +	Creamy Cashew Dip, French Onion	8 / 185g			
627843 428282	14657								BC +	Creamy Cashew Dip, Garlic Tzatziki	8 / 185g			
627843 428251	14655								BC +	Creamy Cashew Dip, Jalapeno & Lemon	8 / 185g			
627843 428299	14659								BC +	Creamy Cashew Dip, Spinach & Artichoke	8 / 185g			
627843 428220	14654								BC +	Pesto Dip, Cilantro & Pumpkin Seed	8 / 185g			

## SUNFLOWER KITCHEN | DIP & SAUCE (REFRIGERATED)

679514 310105	14273	GMQ		GF						🇨🇦 +	Babaghanouj Roasted Eggplant Dip	6 / 227g		
679514 310068	14281	GMQ		GF		*				🇨🇦 +	Hummus, Organic	6 / 227g		
679514 310013	14276	GMQ		GF						🇨🇦 +	Hummus, Classic	6 / 227g		
679514 410010	14419	GMQ		GF						🇨🇦 +	Hummus, Classic	8 / 500g		
679514 310112	14287	GMQ		GF		*				🇨🇦 +	Hummus, Beets & Dill, Organic	6 / 227g		
679514 410058	14420	GMQ		GF						🇨🇦 +	Hummus, Garlic & Onion	8 / 500g		
679514 310020	14278	GMQ		GF						🇨🇦 +	Hummus, Jerusalem w/Fresh Herbs	6 / 227g		
679514 310044	14279	GMQ		GF						🇨🇦 +	Hummus, Mediterranean w/Olives	6 / 227g		
679514 310051	14280	GMQ		GF						🇨🇦 +	Hummus, Roasted Garlic and Onion	6 / 227g		
679514 310075	14284	GMQ		GF		*				🇨🇦 +	Hummus, Roasted Garlic & Spinach, Organic	6 / 227g		
679514 310082	14285	GMQ		GF		*				🇨🇦 +	Hummus, Smokey Red Pepper, Organic	6 / 227g		
679514 310037	14277	GMQ		GF						🇨🇦 +	Hummus, Spicy	6 / 227g		
679514 310099	14286	GMQ		GF		*				🇨🇦 +	Hummus, Turmeric Masala Lentil, Organic	6 / 227g		
679514 311010	14274	GMQ		GF						🇨🇦 +	Pesto, Basil	6 / 227g		
679514 311041	14275	GMQ		GF						🇨🇦 +	Pesto, Kale & Oregano	6 / 227g		
679514 311102	14282	GMQ		GF						🇨🇦 +	Pesto, Sundried Tomato & Olive	6 / 227g		

**(May ship with down to one week dating)**

## WILDBRINE | FERMENTED SAUCE (REFRIGERATED)

858159 002716	32238	GMQ									8 / 241g			
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# FRESH MEALS & SOUPS

## HAPPY PLANET | SOUP (REFRIGERATED)

779172 611054	38884	GMQ				*			BC +	Soup, Berkeley Butternut Squash, Organic	6 / 650ml			
779172 611030	38883	GMQ				*			BC +	Soup, Louisiana Sweetcorn & Red Pepper, Organic	6 / 650ml			
779172 611016	38881	GMQ				*			BC +	Soup, Thai Coconut, Organic	6 / 650ml			
779172 611061	38885	GMQ				*			BC +	Soup, Tuscan Tomato, Organic	6 / 650ml			

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	🌿	X	PACK	SIZE					G	P	U
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## MEAT & SEAFOOD ALTERNATIVES

### BIG MOUNTAIN | PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)

777744 000084	<b>38008</b>	V	BC +	Bites, MMM Mighty Mushroom	8 / 300g
777744 000077	<b>38009</b>	V	BC +	Bites, Sunny Superfood Breakfast	8 / 300g
777744 000138	<b>38017</b>	V	BC +	Burger, Lion's Mane Mushroom (2pk)	8 / 240g
777744 000060	<b>38004</b>	V	BC +	Links, Veggie Big Brat	12 / 300g
777744 000022	<b>38006</b>	V	BC +	Links, Veggie Fiesta	12 / 300g
777744 000008	<b>38012</b>	V	BC +	Mushroom Crumble, Lion's Mane	8 / 300g
777744 000046	<b>38007</b>	V	BC +	Veggie Grounds, Cauli Crumble	8 / 340g
777744 000015	<b>38011</b>	V	BC +	Veggie Patty, The Original	8 / 400g

### FIELD ROAST | PLANT BASED MEAT (REFRIGERATED)

638031 266739	<b>65249</b>	GMØ	V	Field Burger (2pk)	6 / 184g
638031 612284	<b>65251</b>	GMØ	V	Frankfurters (4pk)	12 / 340g
638031 612154	<b>65252</b>	GMØ	V	Sausages, Italian (4pk)	12 / 368g
638031 612161	<b>65254</b>	GMØ	V	Sausages, Mexican Chipotle (4pk)	12 / 368g
638031 612178	<b>65253</b>	GMØ	V	Sausages, Smoked Apple Sage (4pk)	12 / 368g

### GUSTA | PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)

627552 108017	<b>54760</b>		🌿 +	Fish Free Tuna	12 / 260g
627552 105092	<b>54749</b>		🌿 + X	Seitan Kebab, Shredded	12 / 200g
627552 101070	<b>54742</b>		🌿 +	Seitan Pizzaroni	12 / 200g
627552 101094	<b>54734</b>		🌿 +	Seitan Sausages, Apple Maple (4pk)	12 / 320g
627843 577843	<b>54730</b>		🌿 +	Seitan Sausages, Italiana (4pk)	12 / 350g
627843 577867	<b>54732</b>		🌿 +	Seitan Sausages, Oktoberfest (4pk)	12 / 350g
627552 101131	<b>54735</b>		🌿 +	Seitan Sausages, Sage and Lemon (4pk)	12 / 320g
627843 577874	<b>54733</b>		🌿 +	Seitan Sausages, Smoked (4pk)	12 / 350g
627843 577850	<b>54731</b>		🌿 +	Seitan Sausages, Smoked Paprika (4pk)	12 / 350g
627552 104057	<b>54747</b>	V	🌿 +	Veggie Ground, Original	12 / 340g

### HORNBY ISLAND | VEGGIE PÂTÉ (REFRIGERATED)

627843 360605	<b>14403</b>		🌿 +	Veggie Pate, Herb	12 / 225g
627843 382843	<b>14451</b>		🌿 +	Veggie Pate, Red Pepper Garlic	12 / 225g

### SAVE DA SEA | PLANT-BASED SEAFOOD (REFRIGERATED)

627987 308266	<b>40453</b>		🌿 +	Creamy Cashew Spread, Carrot Lox	6 / 185g
627987 308273	<b>40454</b>		🌿 +	Creamy Cashew Spread, Tuna	6 / 185g
627987 308181	<b>40450</b>		🌿 +	Smoked Salmon	6 / 100g
627987 308228	<b>40452</b>		🌿 +	Smoked Salmon, w/Dill & Capers	6 / 100g
627987 308204	<b>40451</b>		🌿 +	Tuna Salad	6 / 100g

### TOFURKY | MEAT ALTERNATIVE (REFRIGERATED)

025583 119079	<b>57089</b>			Chick'N, Barbecue, Plant-Based	5 / 227g
025583 119109	<b>57090</b>			Chick'N, Butter, Plant-Based	5 / 227g
025583 004313	<b>57072</b>			Deli Slices, Hickory Smoked, Plant-Based	12 / 156g
025583 004306	<b>57071</b>			Deli Slices, Oven Roasted Tofurky, Plant-Based	12 / 156g
025583 119062	<b>57091</b>			Sausages, Chorizo, Plant-based	8 / 227g
025583 120310	<b>57078</b>	GMØ		Sausages, Italian, Plant-Based	12 / 369g
025583 005303	<b>54605</b>			Slow Roasted Chick'n, Lightly Seasoned, Plant-Based	5 / 227g

### YVES | VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)

060822 000084	<b>40518</b>	GMØ	V	🌿 Veggie Dogs (6pk)	12 / 275g
060822 003016	<b>40560</b>	GMØ	V	🌿 Veggie Ground Round, Original	12 / 340g

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## NUTRITIONAL SUPPLEMENTS & PROBIOTICS

### BIO-K PLUS | PROBIOTIC (REFRIGERATED)

626608 000091	<b>07312</b>			GF					🇨🇦	X BIO-KIDZ, Fermented Dairy Probiotic, Strawberry	6 / 98g						G
626608 007113	<b>07453</b>	GMO		GF					🇨🇦	X Active Probiotic Shot, Raspberry (12.5 billion CFU)	6 / 98g						G
626608 007090	<b>07454</b>	GMO		GF					🇨🇦	X Active Probiotic Shot, Strawberry (12.5 billion CFU)	6 / 98g						G
626608 017013	<b>07389</b>								🇨🇦	X Capsules, IBS Pro (50 Billion)	1 / 30ct						G
626608 000770	<b>07302</b>			GF					🇨🇦	X Fermented Dairy Probiotic, Original	12 / 98g						G
626608 000442	<b>07306</b>			GF					🇨🇦	X Fermented Dairy Probiotic, Vanilla	12 / 98g						G
626608 008028	<b>07451</b>	GMO		GF		*			🇨🇦	X Extra, Fermented Oat & Pumpkin Seeds, Cereboost Peach & Turmeric, Organic	6 / 98g						G
626608 008066	<b>07450</b>	GMO		GF		*			🇨🇦	X Extra, Fermented Oat & Pumpkin Seeds, Wellmune Elderberry, Organic	6 / 98g						G
626608 000763	<b>07301</b>			GF					🇨🇦	X Fermented Dairy Probiotic, Original	6 / 98g						G
626608 000961	<b>07307</b>			GF					🇨🇦	X Fermented Dairy Probiotic, Strawberry	6 / 98g						G
626608 000336	<b>07305</b>			GF					🇨🇦	X Fermented Dairy Probiotic, Vanilla	6 / 98g						G
626608 000022	<b>07384</b>	GMO		GF					🇨🇦	X Fermented Pea Probiotic, Raspberry	6 / 98g						G
626608 000268	<b>07309</b>	GMO		GF		*			🇨🇦	X Fermented Rice Probiotic, Blueberry, Organic	6 / 98g						G
626608 000862	<b>07303</b>	GMO		GF					🇨🇦	X Fermented Soy Probiotic, Mango	6 / 98g						G
626608 000978	<b>07308</b>	GMO		GF					🇨🇦	X Fermented Dairy Probiotic, Strawberry	12 / 98g						G
626608 002125	<b>07310</b>	GMO		GF		*			🇨🇦	X Fermented Rice Probiotic, Blueberry, Organic	12 / 98g						G
626608 000879	<b>07304</b>			GF					🇨🇦	X Fermented Soy Probiotic, Mango	12 / 98g						G

### THE CULTURED COCONUT | PROBIOTIC (REFRIGERATED)

628250 991017	<b>14851</b>	GMO				*		🇨🇦	+	Fermented Coconut Milk Probiotic (made w/organic ingredients)	6 / 460ml						G
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## OILS

### OMEGA NUTRITION | EFA OIL (REFRIGERATED)

055358 114404	<b>85039</b>	GMO		GF		*			+	Essential Balance Oil Blend, Organic (plastic bottle)	12 / 355ml						G
055358 114459	<b>85040</b>	GMO		GF		*			+	Essential Balance Oil Blend, Organic (plastic bottle)	6 / 946ml						G
055358 117009	<b>85032</b>	GMO		GF		*			+	Flax Oil, Garlic-Chili, Organic (plastic bottle)	12 / 355ml						
055358 114107	<b>85036</b>	GMO		GF		*			+	Flax Oil, Organic (plastic bottle)	12 / 355ml						
055358 114206	<b>85046</b>	GMO		GF		*			+	Flax Oil, Organic (plastic bottle)	6 / 946ml						

## REFRIGERATED BEVERAGES

**Note: Due to provincial regulation differences regarding beverage container remittance, PSC does not sell beverage outside of B.C.**

**We apologize for any inconvenience.**

### Fresh Juices & Smoothies

#### CHASERS | 100% COLD-PRESSED JUICE (REFRIGERATED)

628242 710268	<b>58576</b>								BC + X	Juice, Alkaline Me (apple, blueberry, cranberry, strawberry, apple vinegar)	6 / 500ml						U
628242 712101	<b>58578</b>								BC + X	Juice, Basic Peach (peach, turmeric, orange, lemon, apple)	6 / 500ml						U
628242 710084	<b>58556</b>								BC + X	Juice, Beet Rejuvenation - orange/carrot/beet/ginger	6 / 500ml						U
628242 710343	<b>58580</b>								BC + X	Juice, Citrus Greens (spinach, apple, orange, cucumber, celery, lemon, ginger, mint, turmeric)	6 / 500ml						U
628242 710091	<b>58582</b>								BC + X	Juice, Cold K - lemon/ginger/honey	6 / 500ml						U
628242 712088	<b>58568</b>								BC + X	Juice, Cosmos (pineapple, kale, lime, apple, chlorophyll)	6 / 500ml						U
628242 710183	<b>58570</b>								BC + X	Juice, Green Detox (green apple, orange, mint, fennel)	6 / 500ml						U
628242 710206	<b>58564</b>								BC + X	Juice, Orange	6 / 500ml						U
628242 717113	<b>58592</b>								BC + X	Juice, Pure BC Apple	6 / 500ml						U
628242 710428	<b>58566</b>								BC + X	Juice, Summer Rain (apple, passion fruit, mango, coconut water, ginger, carrot)	6 / 500ml						U
628242 710213	<b>58558</b>								BC + X	Juice, Supercharge	6 / 500ml						U
628242 710060	<b>58572</b>								BC + X	Juice, Supremely Kale - kale/spinach/apple/ginger/cucumber/celery/lemon	6 / 500ml						U







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UPC CODE	CODE	GMØ	B	GF	V	*	@	+ / 🇨🇦	🌺	X	PACK	SIZE				G	P	U
<b>GT'S   ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)</b>																		
722430 241173	05120	GMØ										12 / 480ml						G P U
722430 251172	05121	GMØ										12 / 480ml						G P U
722430 231174	05186	GMØ										12 / 480ml						G P U
<b>GT'S   SYNERGY RAW KOMBUCHA (REFRIGERATED)</b>																		
722430 760179	05406	GMØ										12 / 480ml						G P U
722430 300177	05138	GMØ										12 / 480ml						G P U
722430 800172	05137	GMØ										12 / 480ml						G P U
722430 200170	05135	GMØ										12 / 480ml						G P U
722430 600178	05182	GMØ										12 / 480ml						G P U
722430 420172	05400	GMØ										12 / 480ml						G P U
722430 900179	05215	GMØ										12 / 480ml						G P U
722430 790176	05407	GMØ										12 / 480ml						G P U
722430 140179	05136	GMØ										12 / 480ml						G P U
722430 500171	05214	GMØ										12 / 480ml						G P U
722430 750170	05130	GMØ										12 / 480ml						G P U
722430 000176	05134	GMØ										12 / 480ml						G P U
722430 910178	05403	GMØ										12 / 480ml						G P U
722430 400174	05131	GMØ										12 / 480ml						G P U
722430 110172	05139	GMØ										12 / 480ml						G P U
722430 800479	05267	GMØ										6 / 1.4L						G P U
722430 200477	05260	GMØ										6 / 1.4L						G P U
722430 600475	05263	GMØ										6 / 1.4L						G P U
722430 900476	05264	GMØ										6 / 1.4L						G P U
722430 500478	05266	GMØ										6 / 1.4L						G P U
722430 110479	05261	GMØ										6 / 1.4L						G P U
<b>HEALTH-ADE   KOMBUCHA (REFRIGERATED)</b>																		
811184 031885	17709	GMØ		GF	V	*						12 / 473ml						G P U
811184 030048	17704	GMØ		GF	V	*						12 / 473ml						G P U
811184 030031	17700	GMØ		GF	V	*						12 / 473ml						G P U
811184 030000	17701	GMØ		GF	V	*						12 / 473ml						G P U
811184 031892	17708	GMØ		GF	V	*						12 / 473ml						G P U
811184 030017	17702	GMØ		GF	V	*						12 / 473ml						G P U
811184 032042	17703	GMØ		GF	V	*						12 / 473ml						G P U
<b>HOOCHY 'BOOCH   KOMBUCHA (REFRIGERATED)</b>																		
628504 732205	17315											12 / 355ml						G P U
628504 732274	17314											12 / 355ml						G P U
628504 732229	17319											12 / 355ml						G P U
628504 732298	17316											12 / 355ml						G P U
628504 732212	17317											12 / 355ml						G P U
628504 732243	17318											12 / 355ml						G P U
<b>KINDRED CULTURES   PROBIOTIC WATER KEFIR (REFRIGERATED)</b>																		
628504 073377	23632											12 / 355ml						G P U
628504 073391	23633											12 / 355ml						G P U
628504 073414	23634											12 / 355ml						G P U
628504 073438	23635											12 / 355ml						G P U
<b>LOOP MISSION   PROBIOTIC SODA (REFRIGERATED)</b>																		
056719 900377	11232	GMØ										12 / 355ml						G P U
056719 900087	11233	GMØ										12 / 355ml						G P U
056719 900094	11231	GMØ										12 / 355ml						G P U
056719 900070	11230	GMØ										12 / 355ml						G P U

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	X	PACK	SIZE				G	P	U
<b>LOOP MISSION   WELLNESS SHOT (REFRIGERATED)</b>																	
056719 900551	11266	GMQ										12 / 60ml					U
056719 900834	11267	GMQ										12 / 60ml					U
056719 900575	11265	GMQ										12 / 60ml					U
<b>RISE   KOMBUCHA &amp; BOTANICALS (REFRIGERATED)</b>																	
818762 006235	15332	GMQ				*			🇨🇦		+	Botanicals, Boost (Cocoa Chai), Organic	12 / 414ml				G P U
818762 005429	15333	GMQ				*			🇨🇦		+	Botanicals, Focus (Orange Mango), Organic	12 / 414ml				G P U
818762 004613	15334	GMQ				*			🇨🇦		+	Botanicals, Relax (Lime Ginger), Organic	12 / 414ml				G P U
818762 007515	15335	GMQ				*			🇨🇦		+	Botanicals, Renew (Coffee Caramel), Organic	12 / 414ml				G P U
818762 001803	15322	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Kiwi & Pineapple, Organic (glass)	12 / 414ml				G P U
818762 001810	15323	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Mango & Papaya, Organic (glass)	12 / 414ml				G P U
818762 003029	15341	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Pineapple & Coconut, Organic (glass)	12 / 414ml				G P U
818762 001827	15324	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Raspberry & Vanilla, Organic (glass)	12 / 414ml				G P U
818762 003005	15340	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Strawberry & Lemon, Organic (glass)	12 / 414ml				G P U
818762 001834	15325	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Watermelon & Mint, Organic (glass)	12 / 414ml				G P U
818762 001902	15315	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Kiwi & Pineapple, Organic (glass)	6 / 1L				G P U
818762 001919	15316	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Mango & Papaya, Organic (glass)	6 / 1L				G P U
818762 003067	15343	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Pineapple & Coconut, Organic (glass)	6 / 1L				G P U
818762 001926	15317	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Raspberry & Vanilla, Organic (glass)	6 / 1L				G P U
818762 003043	15342	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Strawberry & Lemon, Organic (glass)	6 / 1L				G P U
818762 001933	15318	GMQ				*			🇨🇦		+	Kombucha, Low-Sugar Watermelon & Mint, Organic (glass)	6 / 1L				G P U
818762 000042	15304	GMQ				*			🇨🇦		+	Kombucha, Blueberry & Maple, Organic (glass)	12 / 414ml				G P U
818762 000011	15301	GMQ				*			🇨🇦		+	Kombucha, Fresh Ginger, Organic (glass)	12 / 414ml				G P U
818762 000035	15302	GMQ				*			🇨🇦		+	Kombucha, Hibiscus & Rosehips, Organic (glass)	12 / 414ml				G P U
818762 002008	15327	GMQ				*			🇨🇦		+	Kombucha, Lemon & Lime, Organic (glass) (formerly Lime & Matcha)	12 / 414ml				G P U
818762 001063	15320	GMQ				*			🇨🇦		+	Kombucha, Lychee & Jasmine, Organic (glass)	12 / 414ml				G P U
818762 001032	15305	GMQ				*			🇨🇦		+	Kombucha, Mint Chlorophyll, Organic (glass)	12 / 414ml				G P U
818762 001056	15321	GMQ				*			🇨🇦		+	Kombucha, Orange & Turmeric, Organic (glass)	12 / 414ml				G P U
818762 002015	15326	GMQ				*			🇨🇦		+	Kombucha, Peach & Mango, Organic (glass)	12 / 414ml				G P U
818762 000370	15310	GMQ				*			🇨🇦		+	Kombucha, Blueberry & Maple, Organic (glass)	6 / 1L				G P U
818762 000349	15307	GMQ				*			🇨🇦		+	Kombucha, Fresh Ginger, Organic (glass)	6 / 1L				G P U
818762 000363	15308	GMQ				*			🇨🇦		+	Kombucha, Hibiscus & Rosehips, Organic (glass)	6 / 1L				G P U
818762 002046	15331	GMQ				*			🇨🇦		+	Kombucha, Lemon & Lime, Organic (glass) (formerly Lime & Matcha)	6 / 1L				G P U
818762 001070	15313	GMQ				*			🇨🇦		+	Kombucha, Lychee & Jasmine, Organic (glass)	6 / 1L				G P U
818762 001049	15311	GMQ				*			🇨🇦		+	Kombucha, Mint Chlorophyll, Organic (glass)	6 / 1L				G P U
818762 001087	15314	GMQ				*			🇨🇦		+	Kombucha, Orange & Turmeric, Organic (glass)	6 / 1L				G P U
818762 002053	15330	GMQ				*			🇨🇦		+	Kombucha, Peach & Mango, Organic (glass)	6 / 1L				G P U
<b>SQUAMISH WATER KEFIR   PROBIOTIC SODA &amp; WATER KEFIR (REFRIGERATED)</b>																	
628451 426219	23604											BC +	Probiotic Soda, Berry Berry (can)	12 / 355ml			G P U
628451 426028	23606											BC +	Probiotic Soda, Blood Orange (can)	12 / 355ml			G P U
628451 426257	23616											BC +	Probiotic Soda, Cola (can)	12 / 355ml			G P U
628451 426240	23617											BC +	Probiotic Soda, Cream Soda (can)	12 / 355ml			G P U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X	PACK	SIZE				G	P	U	
628451 426004	<b>23605</b>									BC +	Probiotic Soda, Lemon Ginger (can)	12 / 355ml						G P U
628451 426059	<b>23609</b>									BC +	Probiotic Soda, Lemonade Iced Tea (can)	12 / 355ml						G P U
628451 426035	<b>23608</b>									BC +	Probiotic Soda, Mojito Mint (can)	12 / 355ml						G P U
628451 426233	<b>23618</b>									BC +	Probiotic Soda, Root Beer (can)	12 / 355ml						G P U
628451 426066	<b>23610</b>									BC +	Water Kefir (plastic bottle)	6 / 1L						U

## TOFINO | RAW KOMBUCHA (REFRIGERATED)

628176 608136	<b>17243</b>	GMO				*				🌿 + X	Kombucha, Apple Honeybush, Organic (can)	12 / 355ml						G P U
628176 608068	<b>17233</b>	GMO				*				🌿 + X	Kombucha, Apricot & Rose, Organic (can)	12 / 355ml						G P U
628176 608082	<b>17234</b>	GMO				*				🌿 + X	Kombucha, Blueberry & Lavender, Organic (can)	12 / 355ml						G P U
628176 608020	<b>17235</b>	GMO				*				🌿 + X	Kombucha, Ginger & lemon, Organic (can)	12 / 355ml						G P U
628176 608044	<b>17236</b>	GMO				*				🌿 + X	Kombucha, Jasmine & Hibiscus, Organic (can)	12 / 355ml						G P U
628176 608112	<b>17242</b>	GMO				*				🌿 + X	Kombucha, Organic, Mix Pack (can)	12 / 355ml						G P U
628176 608105	<b>17237</b>	GMO				*				🌿 + X	Kombucha, Raspberry, Organic (can)	12 / 355ml						G P U
628176 608150	<b>17244</b>	GMO				*				🌿 + X	Kombucha, Turmeric Raspberry, Organic (can)	12 / 355ml						G P U

## Non-dairy Beverages

### BLUE DIAMOND | ALMOND BREEZE ALMOND BEVERAGE (REFRIGERATED)

041570 109175	<b>07220</b>										ALMOND BREEZE, Original	6 / 1.89L						U
041570 109182	<b>07221</b>										ALMOND BREEZE, Unsweetened Original	6 / 1.89L						U
041570 109168	<b>07223</b>										ALMOND BREEZE, Unsweetened Vanilla	6 / 1.89L						U
041570 109151	<b>07222</b>										ALMOND BREEZE, Vanilla	6 / 1.89L						U

### EARTH'S OWN | DAIRY-FREE CREAMER (REFRIGERATED)

626027 712384	<b>08324</b>	GMO								BC +	Oat Creamer, Cinnamon Cookie Dough	6 / 946ml						
626027 712179	<b>08321</b>	GMO								BC +	Oat Creamer, French Vanilla	6 / 946ml						
626027 712155	<b>08320</b>	GMO								BC +	Oat Creamer, Original	6 / 946ml						
626027 712186	<b>08322</b>	GMO								BC +	Oat Creamer, Salted Caramel	6 / 946ml						

### EARTH'S OWN | PLANT-BASED BEVERAGE (REFRIGERATED)

626027 871401	<b>07349</b>	GMO								BC +	NAKED Oat, Original (no oils or gums) (gable)	6 / 1.75L						U
626027 811056	<b>07346</b>	GMO								BC +	Oat, Chocolate (gable)	6 / 1.75L						U
626027 811025	<b>07327</b>	GMO								BC +	Oat, Original (gable)	6 / 1.75L						U
626027 811049	<b>07328</b>	GMO								BC +	Oat, Vanilla (gable)	6 / 1.75L						U
626027 841022	<b>08313</b>	GMO								BC +	Oat, Zero Sugar, Original (gable)	6 / 1.75L						U
626027 841046	<b>08319</b>	GMO								BC +	Oat, Zero Sugar, Vanilla (gable)	6 / 1.75L						U
626027 611410	<b>08325</b>	GMO								BC +	THE ALT. Milk Alternative	6 / 1.75L						U
626027 087802	<b>07232</b>	GMO				*				BC +	SO NICE Almond Original, Organic (gable top)	6 / 1.75L						U
626027 087819	<b>07233</b>	GMO				*				BC +	SO NICE Almond Unsweetened, Original, Organic	6 / 1.75L						U
626027 121049	<b>07602</b>	GMO				*				BC +	SO NICE Almond Unsweetened, Vanilla, Organic	6 / 1.75L						U
626027 221015	<b>08331</b>	GMO				*				BC +	Soy, Original, Organic (gable)	6 / 1.75L						U
626027 221022	<b>08330</b>	GMO				*				BC +	Soy, Unsweetened Original, Organic (gable)	6 / 1.75L						U
626027 700015	<b>06901</b>	GMO								BC +	Almond, Original (gable top)	6 / 1.89L						U
626027 700039	<b>06905</b>	GMO								BC +	Almond Unsweetened, Original (gable top)	6 / 1.89L						U
626027 700060	<b>07248</b>	GMO								BC +	Almond Unsweetened, Vanilla (gable top)	6 / 1.89L						U
626027 700022	<b>06903</b>	GMO								BC +	Almond, Vanilla (gable top)	6 / 1.89L						U

## SNACKS

### MID-DAY SQUARES | FUNCTIONAL CHOCOLATE (REFRIGERATED)

877977 000292	<b>50259</b>	GMO				V	@	🇨🇦	+		Squares, Cookie Dough	5 / 4x33g						G
877977 000407	<b>50260</b>	GMO				V	@	🇨🇦	+		Squares, Crunchy Peanut	5 / 4x33g						G
877977 000278	<b>50258</b>	GMO				V	@	🇨🇦	+		Squares, Peanut Butta	5 / 4x33g						G
877977 000032	<b>50255</b>	GMO				V	@	🇨🇦	+	X	Squares, Almond Crunch	12 / 33g						G
877977 000001	<b>50254</b>	GMO				V	@	🇨🇦	+	X	Squares, Brownie Batter	12 / 33g						G
877977 000186	<b>50257</b>	GMO				V	@	🇨🇦	+	X	Squares, Cookie Dough	12 / 33g						G
877977 000353	<b>50261</b>	GMO				V	@	🇨🇦	+	X	Squares, Crunchy Peanut	12 / 33g						G
877977 000063	<b>50256</b>	GMO				V	@	🇨🇦	+	X	Squares, Peanut Butta	12 / 33g						G

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## TOFU & ASIAN CUISINE

### AMANO FOODS | MISO (REFRIGERATED)

067334 070024	<b>40005</b>	GMQ				*							12 / 400g							
067334 070031	<b>40010</b>	GMQ				*							12 / 400g							
067334 070048	<b>40007</b>	GMQ				*							12 / 400g							
067334 070017	<b>40015</b>	GMQ				*							12 / 400g							
067334 001028	<b>40061</b>	GMQ				*							10 / 1kg							
067334 001035	<b>40059</b>	GMQ				*							10 / 1kg							
067334 001011	<b>40062</b>	GMQ				*							10 / 1kg							
067334 005026	<b>40065</b>	GMQ	B			*							1 / 2.27kg							
067334 005019	<b>40060</b>	GMQ	B			*							1 / 2.27kg							
067334 025024	<b>40063</b>	GMQ	B			*							1 / 11.36kg							

### BIG MOUNTAIN | SOY-FREE TOFU (REFRIGERATED)

777744 000107	<b>38013</b>	GMQ			V								8 / 340g							
777744 000121	<b>38014</b>	GMQ			V								8 / 280g							

### GREEN CUISINE | MOCHI, TEMPEH & TOFU (REFRIGERATED)

See Frozen meat alternatives for more selections

068532 730017	<b>24054</b>					*			🌳 +				1 / 284g							
068532 730024	<b>24055</b>					*			🌳 +				1 / 284g							
068532 006174	<b>40538</b>					*			🌳 +				1 / 170g							
068532 000271	<b>40536</b>					*			🌳 +				1 / 170g							
068532 765477	<b>40530</b>								🌳 +				1 / 225g							
068532 654368	<b>40531</b>								🌳 +				1 / 225g							
068532 700034	<b>40537</b>					*			🌳 +				1 / 225g							
068532 113926	<b>40526</b>					*			🌳 +				1 / 225g							
068532 700041	<b>40541</b>					*			🌳 +				1 / 225g							
068532 612344	<b>40540</b>								🌳 +				1 / 225g							
068532 000264	<b>40542</b>					*			🌳 +				1 / 225g							
068532 000547	<b>40544</b>					*			🌳 +				1 / 225g							
068532 000998	<b>40230</b>					*			🌳 +				1 / 454g							
068532 000103	<b>40228</b>					*			🌳 +				1 / 454g							
	<b>40106</b>		B			*			🌳 +				1 / 5.4kg							
	<b>91032</b>												1 / 1ea							

### OOME | SMOKED TOFU (REFRIGERATED)

627987 908923	<b>40340</b>	GMQ							BC +				6 / 220g							
627987 909005	<b>40343</b>	GMQ							BC +				6 / 220g							
627987 908947	<b>40341</b>	GMQ							BC +				6 / 220g							
627987 908978	<b>40342</b>	GMQ							BC +				6 / 220g							

### SOYA NOVA | TOFU (REFRIGERATED)

813696 000120	<b>40317</b>								🌳 +				1 / 400g							
813696 000939	<b>40316</b>								🌳 +				1 / 200g							
813696 000144	<b>40314</b>								🌳 +				1 / 225g							
813696 001561	<b>40315</b>								🌳 +				1 / 300g							

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## SUPERIOR NATURAL | TOFU (REFRIGERATED)

777433 001064	<b>40322</b>	GMØ				*							12 / 350g							
777433 012404	<b>40323</b>	GMØ				*							12 / 454g							
777433 000302	<b>40335</b>	GMØ											12 / 360g							
777433 012411	<b>40324</b>	GMØ				*							12 / 454g							
777433 012480	<b>40325</b>	GMØ				*							12 / 454g							

## WILDWOOD ORGANICS | TOFU (REFRIGERATED)

030871 704417	<b>55081</b>	GMØ		GF		*							12 / 439g							
030871 701041	<b>55082</b>	GMØ		GF		*							12 / 439g							

## FROZEN

### FROZEN BREAD

#### Breads, Bagels, Buns & English Muffins

##### ALKEME FOODS | GLUTEN FREE SOURDOUGH (FROZEN)

854278 001210	<b>40754</b>	GMØ		GF									10 / 660g							
854278 001203	<b>40755</b>	GMØ		GF									10 / 660g							
854278 001036	<b>40751</b>	GMØ		GF									10 / 725g							
854278 001029	<b>40750</b>	GMØ		GF									10 / 725g							
854278 001319	<b>40760</b>	GMØ		GF									8 / 900g							
854278 001111	<b>40752</b>	GMØ		GF									10 / 2ct							
854278 001128	<b>40753</b>	GMØ		GF									10 / 2ct							

##### FOOD FOR LIFE | BREAD & ENGLISH MUFFINS (FROZEN)

073472 001691	<b>55538</b>	GMØ											6 / 680g							
073472 001318	<b>55532</b>	GMØ				*							6 / 680g							
073472 001240	<b>55519</b>	GMØ				*							6 / 680g							
073472 001530	<b>55534</b>	GMØ				*							6 / 680g							
073472 001202	<b>55530</b>	GMØ				*							6 / 680g							
073472 001233	<b>55531</b>	GMØ				*							6 / 680g							
073472 001417	<b>55533</b>	GMØ				*							6 / 680g							
073472 001851	<b>55595</b>	GMØ											6 / 510g							
073472 001196	<b>55546</b>	GMØ				*							6 / 454g							

##### KINNIKINNICK | GLUTEN FREE BREAD PRODUCTS (FROZEN)

620133 000540	<b>58078</b>			GF									6 / 354g							
620133 000458	<b>54348</b>			GF	V								6 / 454g							
620133 000441	<b>54342</b>			GF	V								6 / 454g							
620133 000762	<b>58075</b>			GF	V								6 / 504g							
620133 000748	<b>54343</b>			GF	V								6 / 285g							
620133 000731	<b>54345</b>			GF	V								6 / 245g							

##### MANNA ORGANICS | MIGHTY MANNA BREAD (FROZEN)

058449 000037	<b>54814</b>	GMØ				*							8 / 400g							
058449 708018	<b>54819</b>	GMØ				*							8 / 400g							
058449 000266	<b>54832</b>	GMØ				*							8 / 350g							
058449 000099	<b>54818</b>	GMØ				*							8 / 400g							
058449 000051	<b>54816</b>	GMØ				*							8 / 400g							

##### O'DOUGHES | BREAD, BUNS & BAGELS (FROZEN)

698433 000003	<b>54598</b>	GMØ		GF	V								6 / 700g							
698433 000027	<b>54599</b>	GMØ		GF	V								6 / 700g							
698433 000744	<b>54613</b>	GMØ		GF	V								6 / 400g							
698433 001208	<b>54651</b>	GMØ		GF	V								6 / 300g							
698433 000843	<b>54616</b>	GMØ		GF	V								6 / 300g							
698433 001192	<b>54650</b>	GMØ		GF	V								6 / 300g							

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	X		PACK	SIZE					G	P	U	
698433 000850	54617	GMQ		GF	V					+	X	THINS, Bagel, Sprouted Whole Grain Flax	6	/ 300g						
698433 001116	54621	GMQ		GF	V					+	X	THINS, Sandwich, Multigrain	6	/ 510g						
698433 001109	54619	GMQ		GF	V					+	X	THINS, Sandwich, Original	6	/ 510g						

## OZERY FAMILY BAKERY | BUNS (FROZEN)

664164 100091	55357	GMQ								+	X	MORNING ROUNDS Breakfast Buns, Apple Cinnamon	6	/ 450g							
664164 100084	55356	GMQ								+	X	MORNING ROUNDS Breakfast Buns, Muesli	6	/ 450g							
664164 100411	55359	GMQ								+	X	ONEBUN Pre-sliced Sandwich Buns, Multigrain	6	/ 600g							
664164 100510	55364	GMQ								+	X	ONEBUN Pre-sliced Sandwich Buns, Multigrain 100 Calorie	6	/ 320g							

## PORTOFINO BAKERY | BREAD & BUNS (FROZEN)

661172 020397	40174									+	X	Artisan Buns, Brioche Deluxe	12	/ 480g							
661172 022889	40177									+	X	Artisan Buns, Brioche Hot Dog Deluxe	12	/ 390g							
661172 022841	40175									+	X	Artisan Buns, Golden Potato	12	/ 540g							
661172 018080	40178									+	X	Artisan Loaf, European Dark Rye, sliced	10	/ 630g							
661172 023022	40193									+	X	Artisan Loaf, French White, sliced 5/8" (food service loaf)	8	/ 970g							
661172 018165	40170									+	X	Artisan Loaf, Peasant, sliced	10	/ 585g							
661172 018189	40171									+	X	Artisan Loaf, Roasted Garlic & Cracked Pepper, sliced	10	/ 585g							
661172 018097	40179									+	X	Artisan Loaf, Rustic Multigrain, sliced	10	/ 700g							
661172 018110	40173									+	X	Artisan Loaf, Seeded Hearth, sliced	10	/ 600g							
661172 018158	40172									+	X	Artisan Loaf, Sourdough, sliced	10	/ 585g							
661172 022803	40180									+	X	Artisan Loaf, West Coast 5 Grain, sliced	10	/ 585g							
661172 020687	40181									+	X	Artisan Loaf, Western Harvest, sliced	10	/ 675g							
661172 000061	40182									+	X	Pan Loaf, Multigrain, sliced	12	/ 810g							
661172 000092	40183									+	X	Pan Loaf, Sourdough, sliced	12	/ 810g							
661172 020694	40184									+	X	Pan Loaf, Western Harvest, sliced	12	/ 810g							
661172 000115	40185									+	X	Pan Loaf, White, sliced	12	/ 720g							
661172 000122	40186									+	X	Pan Loaf, Whole Wheat, sliced	12	/ 720g							

**If sold thawed: sell-by date is 10 days**

## TERRA | ARTISAN BREAD (FROZEN)

779324 000507	40133									BC	+	X	French Baguette	20	/ 290g						
779324 000125	40134									BC	+	X	French Loaf	15	/ 450g						
779324 008268	40139									BC	+	X	Pizza Bianca Flatbread	24	/ 250g						
779324 000316	40140									BC	+	X	Sourdough Loaf, (made w/organic flour)	15	/ 480g						
779324 100054	40130									BC	+	X	Sourdough Loaf, Cheese	15	/ 500g						
779324 000194	40135									BC	+	X	Sourdough Loaf, Green Olive	15	/ 500g						
779324 009197	40136									BC	+	X	Sourdough Loaf, Heritage (made w/ organic flour)	8	/ 700g						
779324 100108	40137									BC	+	X	Sourdough Loaf, Multigrain (made w/organic ingredients)	15	/ 500g						
779324 100153	40157									BC	+	X	Sourdough Loaf, Walnut	15	/ 500g						

**If sold thawed: sell-by date is 7 days**

## Flat Breads

### BUENO FOODS | TORTILLAS (FROZEN)

082256 601125	58005	GMQ										X	Tortillas, Stoneground Yellow Corn, Organic (12ct)	24	/ 226g					
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### FOOD FOR LIFE | TORTILLAS (FROZEN)

073472 003695	55545	GMQ										X	Tortillas, Brown Rice (gluten free) (6ct)	12	/ 340g					
073472 002001	55541	GMQ										*	X	Tortillas, EZEKIEL 4:9 Sprouted Grain, Organic (6ct)	12	/ 340g				
073472 003701	55548	GMQ										*	X	Tortillas, Sprouted Corn, Organic (12ct)	12	/ 283g				

### INDIANLIFE | FLAT BREADS, WRAPS & TORTILLAS (FROZEN)

777762 001377	58023	GMQ								BC	+	X	Chapati (6ct)	12	/ 284g					
777762 001360	58022	GMQ								BC	+	X	Tortillas (7")	12	/ 284g					
777762 001322	58014	GMQ								BC	+	X	Naan, Coriander & Herbs	12	/ 500g					
777762 001285	58017	GMQ								BC	+	X	Naan, Garlic	12	/ 500g					
777762 001292	58016	GMQ								BC	+	X	Naan, Plain	12	/ 500g					
777762 001315	58018	GMQ								BC	+	X	Naan, Spinach	12	/ 500g					

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	X	PACK	SIZE	G	P	U
777762 000530	58013	GMQ									12 / 250g			
777762 001650	58019	GMQ									12 / 500g			
777762 001872	58038	GMQ				*					12 / 500g			
777762 001629	58020	GMQ									12 / 500g			
777762 001643	58021	GMQ									12 / 500g			
777762 001612	58028	GMQ									12 / 500g			

## LITA'S MEXICAN FOODS | FLOUR TORTILLAS (FROZEN)

627843 777960	15635	GMQ			V	*					12 / 280g			
627843 777977	15636	GMQ			V	*					12 / 280g			

## OASIS | PITA BREAD (FROZEN)

777762 002459	58024									BC	X Pita Bread (made with organic ingredients)	12 / 325g		
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## O'DOUGHS | BITE SIZED NAAN STYLE O'DIPPERS (FROZEN)

698433 100185	54627	GMQ			GF	V			🍁	+	X O'DIPPERS, Garlic & Chive	6 / 210g		
698433 100178	54626	GMQ			GF	V			🍁	+	X O'DIPPERS, Original	6 / 210g		

*If sold thawed: sell-by date is 7 days*

## FROZEN BUTTER

### L'ANCÊTRE | BUTTER (REFRIGERATED)

778177 106961	43000	GMQ					*		🍁	+	Butter, 84% MF, Salted, Organic	12 / 250g		
778177 106978	43001	GMQ					*		🍁	+	Butter, 84% MF, Unsalted, Organic	12 / 250g		
778177 107968	43002	GMQ					*		🍁	+	Butter, Salted, Organic	12 / 250g		
778177 107975	43003	GMQ					*		🍁	+	Butter, Unsalted, Organic	12 / 250g		
778177 106985	43005	GMQ					*		🍁	+	Butter, Salted, Organic	6 / 454g		
778177 106992	43006	GMQ					*		🍁	+	Butter, Unsalted, Organic	6 / 454g		

### ORGANIC MEADOW | BUTTER (FREEZER)

062325 084004	50625	GMQ					*		🍁	+	X Butter, Grass Fed 84% MF, lightly salted, Organic	25 / 250g		
062325 011116	50623	GMQ					*		🍁	+	X Butter, Cultured, unsalted, Organic	15 / 454g		
062325 011161	50624	GMQ					*		🍁	+	X Butter, Salted, Organic	15 / 454g		

### ROLLING MEADOW | BUTTER (FROZEN)

062325 800857	05931	GMQ					*		🍁	+	X Butter, Grass Fed, Salted	15 / 454g		
838143 001819	05992	GMQ					*		🍁	+	X Butter, Grass Fed, Salted	25 / 250g		
062325 800864	05930	GMQ					*		🍁	+	X Butter, Grass Fed, Unsalted	15 / 454g		
838143 001802	05991	GMQ					*		🍁	+	X Butter, Grass Fed, Unsalted	25 / 250g		

## FROZEN DESSERTS

### Bakery Goods

#### DAIYA | CHEEZECAKE (FROZEN)

871459 002385	50160	GMQ			GF	V					BC + X Cheezecake, Chocolate	8 / 400g		
871459 002378	50158	GMQ			GF	V					BC + X Cheezecake, Key Lime	8 / 400g		
871459 002361	50157	GMQ			GF	V					BC + X Cheezecake, New-York	8 / 400g		
871459 002392	50159	GMQ			GF	V					BC + X Cheezecake, Strawberry	8 / 400g		

#### KINNIKINNICK | DONUTS (FROZEN)

620133 002247	51004				GF				🍁	+	X Donuts, Chocolate Dipped (6pk)	8 / 320g		
620133 002230	54346				GF				🍁	+	X Donuts, Cinnamon Sugar (6pk)	8 / 270g		
620133 002216	51005				GF				🍁	+	X Donuts, Maple Glazed (6pk)	8 / 320g		
620133 002209	51003				GF				🍁	+	X Donuts, Vanilla Glazed (6pk)	8 / 320g		

#### RAWMBAS | VEGAN MUFFINS (FROZEN)

628176 576220	56517				GF	V			🌿	+	X Muffins, Apple Raspberry (4pk)	4 / 340g		G
628176 576268	56518				GF	V			🌿	+	X Muffins, Bountiful Blueberry (4pk)	4 / 340g		G
628176 576305	56519				GF	V			🌿	+	X Muffins, Double Chocolate (4pk)	4 / 340g		G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+ / 🌳	X	PACK	SIZE				G	P	U
628176 576237	<b>56523</b>			GF	V			🌳	+ X	Muffins, Apple Raspberry (4pk)	12 / 340g						G
628176 576091	<b>56524</b>			GF	V			🌳	+ X	Muffins, Bountiful Blueberry (4pk)	12 / 340g						G
628176 576312	<b>56525</b>			GF	V			🌳	+ X	Muffins, Chocolate Chip (4pk)	12 / 340g						G

*If sold thawed: sell-by date is 3 days*

## WISE BITES | ALLERGEN-FREE BAKED GOODS (FROZEN)

816592 000584	<b>28510</b>			GF	V			BC	+ X	Oat & Quinoa Snowy Lemon Treats	8 / 150g						G
816592 000546	<b>28511</b>			GF	V			BC	+ X	Oat & Quinoa Super Cookie, Chocolate Chip	2 / 12x75g						G
816592 000218	<b>28512</b>			GF	V			BC	+ X	Quinoa Bars, Chocolate Chip (12pk)	12 / 300g						
816592 000232	<b>28513</b>			GF	V			BC	+ X	Quinoa Bars, Triple Fudge (12pk)	12 / 300g						

## Dessert Toppings & Ice Cream Cones

### LET'S DO | ICE CREAM CONES

043182 003520	<b>35182</b>	GMO		GF	V					X Ice Cream Cones, Gluten Free (cups)	6 / 36g						
043182 003537	<b>35183</b>			GF						X Sugar Cones, Gluten Free (S/O)	6 / 132g						

### LET'S DO...ORGANIC | ICE CREAM CONES

043182 003551	<b>35042</b>	GMO			V	*				X Ice Cream Cones, Organic (cups)	12 / 36g						
043182 003575	<b>35043</b>	GMO				V	*			X Sugar Cones, Organic	12 / 132g						

## Ice Cream, Frozen Yogurt & Gelato

### AVALON | ORGANIC ICE CREAM (FROZEN)

066939 093094	<b>40975</b>	GMO				*		BC		X Ice Cream, Black Cherry, Organic	6 / 946ml						
066939 093056	<b>40971</b>	GMO				*		BC		X Ice Cream, Chocolate, Organic	6 / 946ml						
066939 093018	<b>40970</b>	GMO				*		BC		X Ice Cream, French Vanilla Bean, Organic	6 / 946ml						
066939 093254	<b>40972</b>	GMO				*		BC		X Ice Cream, Mocha Fudge, Organic	6 / 946ml						
066939 093247	<b>40973</b>	GMO				*		BC		X Ice Cream, Mountain Blueberry, Organic	6 / 946ml						
066939 093155	<b>40974</b>	GMO				*		BC		X Ice Cream, Strawberries & Cream, Organic	6 / 946ml						
066939 093001	<b>40976</b>	GMO				*		BC		X Ice Cream, Vanilla Bean, Organic	6 / 500ml						

### BETTER ACRES | CREAM ICE CREAM (FROZEN)

628055 217176	<b>53184</b>							BC	+ X	Ice Cream, Caramel Cream	8 / 473ml						G
628055 217169	<b>53183</b>							BC	+ X	Ice Cream, Coffee Cream	8 / 473ml						G
628055 217152	<b>53182</b>							BC	+ X	Ice Cream, Milk Chocolate	8 / 473ml						G
628055 217190	<b>53180</b>							BC	+ X	Ice Cream, Sea Salted Cream	8 / 473ml						G
628055 217183	<b>53185</b>							BC	+ X	Ice Cream, Summer Strawberry	8 / 473ml						G
628055 217145	<b>53181</b>							BC	+ X	Ice Cream, Vanilla Bean	8 / 473ml						G

### ORGANIC MEADOW | ICE CREAM (FROZEN)

062325 610074	<b>50620</b>	GMO				*	🇨🇦		+ X	Ice Cream, Chocolate, Organic	6 / 946ml						
062325 610067	<b>50619</b>	GMO				*	🇨🇦		+ X	Ice Cream, Strawberry, Organic	6 / 946ml						
062325 610081	<b>50618</b>	GMO				*	🇨🇦		+ X	Ice Cream, Vanilla, Organic	6 / 946ml						

### SALT SPRING GELATO | ITALIAN ICE CREAM (FROZEN)

628451 883104	<b>53028</b>							🌳	+ X	Gelato, Belgian Chocolate	8 / 450ml						G
628451 883302	<b>53030</b>							🌳	+ X	Gelato, Hazelnut	8 / 450ml						G
628451 883487	<b>53029</b>							🌳	+ X	Gelato, Vanilla Bean	8 / 450ml						G
628451 883050	<b>53093</b>	GMO				*		🌳	+ X	Gelato, Vanilla Bean, Organic	8 / 450ml						G

## Non-Dairy Frozen Desserts & Sorbets

### NORA'S | DAIRY-FREE DESSERT (FROZEN)

627843 814214	<b>32924</b>			GF	V			BC	+ X	Cashew Frozen Dessert, Cookies & Crème	8 / 500ml						
627843 814245	<b>32920</b>				V			BC	+ X	Cashew Frozen Dessert, Mint Chip	8 / 500ml						
627843 814221	<b>32921</b>				V			BC	+ X	Cashew Frozen Dessert, Peanut Butter & Chocolate	8 / 500ml						
627843 814207	<b>32922</b>				V			BC	+ X	Cashew Frozen Dessert, Strawberries & Crème	8 / 500ml						
627843 814238	<b>32923</b>				V			BC	+ X	Cashew Frozen Dessert, Vanilla Bean	8 / 500ml						

### SALT SPRING GELATO | SORBETTO (FROZEN)

628451 883142	<b>53098</b>	GMO				*		BC	+ X	Sorbetto, Raspberry, Organic	8 / 450ml							G
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## Frozen Novelties

### EVIVE | SMOOTHIE POPS (FROZEN)

628110 947543	<b>24716</b>	GMO										8 / 250g							G
628110 947550	<b>24715</b>	GMO										8 / 250g							G

### SQUAMISH WATER KEFIR | FROZEN PROBIOTIC POPS

628451 426165	<b>23612</b>											6 / 4x80ml							G
628451 426158	<b>23613</b>											6 / 4x80ml							G
628451 426141	<b>23614</b>											6 / 4x80ml							G
628451 426134	<b>23615</b>											6 / 4x80ml							G
628451 426226	<b>23619</b>											6 / 4x80ml							G

## FROZEN DOUGH, PASTRY & READY-TO-BAKE

### CAULIPOWER | CAULIFLOWER PIZZA CRUST (FROZEN)

854934 007082	<b>32400</b>			GF								8 / 310g							
													<b>Save 5.20</b>						
														<b>Save 8.00</b>					

### HOLY NAPOLI | PIZZA DOUGH (FROZEN)

628110 552013	<b>17300</b>											8 / 300g							
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### KINNIKINNICK | DINNER ROLLS & PIE CRUSTS (FROZEN)

620133 000694	<b>58083</b>			GF	V							6 / 294g							
620133 005996	<b>58069</b>			GF	V							6 / 390g							

### VANCOUVER CROISSANT | READY-TO-BAKE CROISSANTS (FROZEN)

626639 113043	<b>55193</b>	GMO								*		12 / 480g							
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### WHOLLY WHOLESOME | PIE SHELLS (FROZEN)

074677 990339	<b>54589</b>			GF								6 / 425g							
074677 990100	<b>54590</b>	GMO								*		12 / 396g							

## FROZEN PREPARED FOODS

### Appetizers

#### CHEF BOMBAY | INDIAN APPETIZERS (FROZEN)

818745 005217	<b>81243</b>											8 / 240g							
818745 004517	<b>81244</b>											8 / 290g							
818745 004319	<b>81245</b>											8 / 350g							
818745 003312	<b>81246</b>											8 / 250g							

#### KAN'S | APPETIZERS (FROZEN)

189120 000524	<b>54364</b>	GMO			V							12 / 330g							
189120 000531	<b>54367</b>	GMO			V							12 / 330g							
189120 000548	<b>54643</b>				V							12 / 320g							
189120 000517	<b>54363</b>				V							12 / 320g							

#### LITA'S MEXICAN FOODS | VEGAN TAQUITOS (FROZEN)

627843 778028	<b>15646</b>											6 / 280g							
627843 778011	<b>15645</b>											6 / 280g							

#### LUCKY FOODS | SPRING ROLLS (FROZEN)

078487 462727	<b>31027</b>	GMO			GF							8 / 241g							
078487 452773	<b>31025</b>	GMO			V							8 / 241g							
078487 452711	<b>31024</b>	GMO										8 / 241g							

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## RUBY'S AUTHENTIC | APPETIZERS (FROZEN)

627843 533580	<b>54800</b>									🌿 + X	Pakora, Vegetable	9	/ 220g				
627843 533573	<b>54802</b>		<b>B</b>							🌿 + X	Pakora, Vegetable	1	/ 5kg				
627843 533658	<b>54801</b>									🌿 + X	Frozen)	9	/ 140g				

## VIJ'S | INDIAN APPETIZERS (FROZEN)

628011 353917	<b>54330</b>									🌿 + X	Cauliflower Wings w/Chilli Garlic Sauce	12	/ 460g				
628011 353948	<b>54332</b>									🌿 + X	Masala Spring Rolls w/Spicy Szechuan Sauce (12pcs)	12	/ 420g				
628011 353900	<b>54331</b>									🌿 + X	Samosa, Crispy Potato & Peas w/Chutney (10pcs)	12	/ 460g				

## Broth & Soup Noodles

### BLUEBIRD PROVISIONS | BONE BROTH (FROZEN)

627843 623564	<b>68604</b>	GMO								*	BC + X Bone Broth, Beef, Organic	6	/ 420ml				
627843 623571	<b>68605</b>	GMO								*	BC + X Bone Broth, Chicken, Organic	6	/ 420ml				

### BO & MARROW | BONE BROTH (FROZEN)

627843 674382	<b>66000</b>			GF						🌿 + X	Bone Broth, Classic Beef (resealable bag)	6	/ 591ml				
627843 674306	<b>66001</b>			GF						🌿 + X	Bone Broth, Classic Chicken (resealable bag)	6	/ 591ml				

### NIKKEI RAMEN YA | AUTHENTIC RAMEN (FROZEN)

**Note: Seasoning Sauce for "Ramen Building Blocks" available in Japanese section**

628693 494229	<b>39193</b>									🌿 + X	Instant Ramen Puck, Ichiban Miso (pork)	8	/ 650g				
628693 494243	<b>39194</b>									🌿 + X	Instant Ramen Puck, Miso Yasai (vegetarian)	8	/ 650g				
628693 494236	<b>39195</b>									🌿 + X	Instant Ramen Puck, Shoyu (pork)	8	/ 620g				
628693 494083	<b>39180</b>									🌿 + X	Ramen Kit, Hakata Tonkotsu	12	/ 450g				
628693 494182	<b>39181</b>									🌿 + X	Ramen Kit, Tokyo Shoyu	12	/ 460g				
628693 494076	<b>39182</b>									🌿 + X	Ramen Kit, Vegan Shoyu	12	/ 460g				
628693 494175	<b>39183</b>									🌿 + X	Ramen Kit, Yuzu Shio	12	/ 460g				
628693 494014	<b>39185</b>									🌿 + X	Ramen Noodles, Hakata Style (extra thin - 4pk)	12	/ 480g				
628693 494199	<b>39190</b>									🌿 + X	Ramen Noodles, Sapporo Style (3pk)	12	/ 450g				
628693 494007	<b>39184</b>									🌿 + X	Ramen Noodles, Tokyo Style (medium thickness - 4pk)	12	/ 520g				
628693 494205	<b>39192</b>									🌿 + X	Ramen Soup Stock, Marudori (chicken)	8	/ 1.2L				
628693 494021	<b>39186</b>									🌿 + X	Ramen Soup Stock, Tonkotsu (pork bone)	8	/ 1.2L				
628693 494038	<b>39187</b>									🌿 + X	Ramen Soup Stock, Yasai (vegan)	8	/ 1.2L				

## Entrées

### AMY'S | ENTRÉES (FROZEN)

042272 910564	<b>54645</b>			GF						X	Bowls, 3 Cheese & Kale	12	/ 241g				
042272 912193	<b>54490</b>									V	X Bowls, Asian Dumplings	12	/ 241g				
042272 908110	<b>54485</b>			GF						X	Bowls, Broccoli & Cheddar	12	/ 269g				
042272 910571	<b>54677</b>			GF						X	Bowls, Chili Mac	12	/ 255g				
042272 901623	<b>54679</b>									X	Bowls, Country Cheddar	12	/ 269g				
042272 913206	<b>56160</b>			GF						X	Bowls, Mac & 3 Cheese w/Cauliflower	12	/ 234g				
042272 901630	<b>54678</b>									X	Bowls, Mexican Casserole	12	/ 269g				
042272 908332	<b>54569</b>									X	Bowls, Mushroom Risotto	12	/ 269g				
042272 914104	<b>56162</b>									X	Bowls, Penne with Mushrooms & Spinach in three cheese sauce	12	/ 255g				
042272 901760	<b>54484</b>									X	Bowls, Pesto Tortellini	12	/ 269g				
042272 911295	<b>54646</b>									X	Bowls, Ravioli	12	/ 241g				
042272 900800	<b>54459</b>									X	Enchilada, Cheese	12	/ 255g				
042272 913985	<b>54256</b>									X	Family Size, Broccoli & Cheddar Bake (gluten free)	8	/ 860g				
042272 909643	<b>54257</b>									X	Family Size, Cheese Enchilada	8	/ 765g				
042272 913961	<b>54258</b>									X	Family Size, Vegetable Lasagna	8	/ 920g				
042272 900589	<b>54433</b>									X	Indian Meal, Mattar Paneer	12	/ 284g				
042272 900596	<b>54432</b>									X	Indian Meal, Palak Paneer	12	/ 283g				
042272 900329	<b>54465</b>									X	Pasta, Vegetable Lasagna	12	/ 269g				
042272 908141	<b>54420</b>									V	X Pasta, Vegetable Lasagna, Vegan (gluten free)	12	/ 255g				
042272 900305	<b>54460</b>									X	Pasta, Macaroni & Cheese	12	/ 255g				
042272 900541	<b>54567</b>	GMO								V *	X Meal, Veggie Scramble w/hash browns, Organic	12	/ 255g				
042272 900459	<b>54259</b>			GF						X	Pasta, Rice Mac & Cheese (gluten free)	12	/ 255g				
042272 913893	<b>56161</b>									V	X Pasta, Rice Mac & Cheese, Vegan (gluten free)	12	/ 227g				



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## Meat & Egg Alternatives

### BEYOND MEAT | PLANT-BASED MEAT ALTERNATIVE (FROZEN)

850004 207291	<b>56205</b>	GMØ		V							X Beef, Ground	12 / 340g
810057 290237	<b>56208</b>	GMØ		V							X Burger (6/pkg)	8 / 678g
850004 207017	<b>56200</b>	GMØ		V							X Burger (2/pkg)	8 / 226g
<b>If sold thawed: sell-by date is 10 days</b>												
810057 290275	<b>56209</b>	GMØ		V							X Breakfast Sausage, Classic Links	8 / 235g
850004 207376	<b>56207</b>	GMØ		V							X Sausage, Hot Italian	8 / 400g
850004 207277	<b>56206</b>	GMØ		V							X Sausage, Mild Italian	8 / 400g
<b>If sold thawed: sell-by date is 7 days</b>												
810057 290749	<b>56210</b>			V							X Chicken, Breaded Tenders, Original	8 / 226g
810057 291159	<b>56212</b>	GMØ		V							X Steak Tips	8 / 283g

### GARDEIN | MEAT-FREE ALTERNATIVE (FROZEN)

842234 001091	<b>65000</b>	GMØ									X Beefless Ground	8 / 390g
842234 402003	<b>65042</b>	GMØ									X Breakfast Saus'age Patties, Original	8 / 190g
842234 003200	<b>54270</b>	GMØ									X Chick'n Strips	8 / 225g
842234 000872	<b>54273</b>	GMØ									X Crispy Chick'n, Mandarin Orange	8 / 300g
842234 000896	<b>54275</b>	GMØ									X Crispy Fingers, Chipotle Lime	8 / 270g
842234 000643	<b>54534</b>	GMØ									X Crispy Tenders, Seven Grain	8 / 255g
842234 002227	<b>65037</b>	GMØ									X Fish-Free Crabless Cakes	8 / 205g
842234 001701	<b>65009</b>	GMØ									X Fish-Free Golden Fillets	8 / 288g
842234 001718	<b>65028</b>	GMØ									X Meatless Meatballs, Classic	8 / 360g
842234 003224	<b>54271</b>	GMØ									X Porkless Bites, Sweet & Sour	8 / 255g
842234 007147	<b>65013</b>	GMØ									X SUPREME Burger (2pk)	8 / 226g
842234 001756	<b>65014</b>	GMØ									X SUPREME Burger, Black Bean (2pk)	8 / 226g
842234 001824	<b>65015</b>	GMØ									X SUPREME Burger, Falafel (2pk)	8 / 226g
842234 409972	<b>65046</b>	GMØ									X SUPREME Chick'n, Filets	6 / 425g
842234 409965	<b>65047</b>	GMØ									X SUPREME Chick'n, Nuggets	6 / 417g
842234 001145	<b>65036</b>	GMØ									X Turk'y Cutlets w/Gravy	8 / 300g
	<b>91796</b>										Plastic Display Trays	1 / ea

### GREEN CUISINE | TEMPEH (FROZEN)

**See Cooler Tofu & Asian Cuisine Section for more selections**

068532 020002	<b>54462</b>										🌳 + X Tempeh, 7 Grain (made w/organic soybeans & grains) (frozen)	1 / 227g
068532 010003	<b>54464</b>										🌳 + X Tempeh, Soybean (made w/organic soybeans) (frozen)	1 / 227g

### JUST EGG | PLANT EGG (FROZEN)

191011 000988	<b>68900</b>	GMØ									X Plant Egg, Folded	6 / 227g
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### THE BETTER BUTCHERS | FORAGER'S FINEST MUSHROOM POWERED GROUND (FROZEN)

628719 411018	<b>56330</b>										🌳 + X FORAGER'S FINEST, Chorizo	6 / 300g
628719 411025	<b>56331</b>										🌳 + X FORAGER'S FINEST, Italian	6 / 300g
628719 411001	<b>56332</b>										🌳 + X FORAGER'S FINEST, Natural	6 / 300g
<b>If sold thawed: sell-by date is 30 days</b>												

### VG GOURMET | ARTISAN VEGAN BURGERS (FROZEN)

627843 517412	<b>54596</b>	V									🌳 + X Burgers, Lentil & Walnut (4 pk)	12 / 400g
627843 517375	<b>54594</b>	V									🌳 + X Burgers, Quinoa & Chickpea (4 pk)	12 / 400g
628110 150080	<b>54952</b>	V									🌳 + X Burgers, Eggplant & Tahini (4pk)	12 / 400g
627843 517399	<b>54595</b>	V									🌳 + X Burgers, Mexican 3-Bean (4pk)	12 / 400g
627843 517436	<b>54644</b>	V									🌳 + X Burgers, Sweet Potato and Black Bean (4 pk)	12 / 400g

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## Pizzas

### AMY'S | PIZZA (FROZEN)

042272 901036	<b>54445</b>									X Pizza, Roasted Vegetable, No Cheese (non-dairy)	8 / 340g			
042272 901012	<b>54443</b>									X Pizza, Cheese	8 / 369g			
042272 901999	<b>54421</b>									X Pizza, Margherita	8 / 369g			
042272 912452	<b>54436</b>				V					X Pizza, Meatless Suprême	8 / 397g			
042272 901029	<b>54444</b>									X Pizza, Spinach	8 / 397g			

### CAULIPOWER | PIZZA (FROZEN)

854934 007075	<b>32401</b>	GF				🇨🇦				X Pizza, Cheese Lover's	8 / 315g			
854934 007099	<b>32402</b>	GF				🇨🇦				X Pizza, Margherita	8 / 310g			
										<b>Buy 20-47 cases</b>	<b>Save 5.20</b>			
										<b>Buy 48+ cases</b>	<b>Save 8.00</b>			
854934 007846	<b>32405</b>	GF				🇨🇦				X Pizza, Buffalo-Chicken Style	8 / 310g			
854934 007853	<b>32404</b>	GF				🇨🇦				X Pizza, Pepperoni	8 / 320g			
										<b>Buy 20-47 cases</b>	<b>Save 6.40</b>			
										<b>Buy 48+ cases</b>	<b>Save 9.60</b>			

### DAIYA | DAIRY-FREE PIZZA & FLATBREAD (FROZEN)

871459 002552	<b>50317</b>	GMØ	GF	V	BC + X					Flatbread, Meatless Italian Sausage flavored Crumbles, Roasted Pepper & Kale	8 / 322g			
871459 002538	<b>50316</b>	GMØ	GF	V	BC + X					Flatbread, Mushroom, Caramelized Onion & Fig	8 / 346g			
871459 002576	<b>50318</b>	GMØ	GF	V	BC + X					Flatbread, Plant-Based Chicken, Smoked Bacon & Ranch Flavour	8 / 331g			
871459 002972	<b>50319</b>	GMØ	GF	V	BC + X					Pizza, BBQ Plant-Based Chicken Flavour	8 / 433g			
871459 002965	<b>50329</b>	GMØ	GF	V	BC + X					Pizza, Cheeseburger Flavour	8 / 363g			
871459 002989	<b>50173</b>	GMØ	GF	V	BC + X					Pizza, Classic w/ Meatless Pepperoni Flavoured Slices, Dairy-Free	8 / 472g			
871459 002323	<b>50144</b>	GMØ	GF	V	BC + X					Pizza, Cheeze Lover's, Dairy-Free	8 / 444g			
871459 002958	<b>50328</b>	GMØ	GF	V	BC + X					Pizza, Diavola	8 / 369g			
871459 002521	<b>50147</b>	GMØ	GF	V	BC + X					Pizza, Fire-Roasted Vegetable, Dairy-Free	8 / 492g			
871459 002828	<b>50155</b>	GMØ	GF	V	BC + X					Pizza, Supreme, Dairy-Free	8 / 550g			

### HOLY NAPOLI | NEAPOLITAN PIZZA (FROZEN)

628110 552044	<b>17303</b>				BC + X					Pizza, Calabrese	8 / 425g			
628110 552099	<b>17304</b>				BC + X					Pizza, Funghi	8 / 385g			
673334 100045	<b>17306</b>				BC + X					Pizza, Hot Honey & Pepperoni	8 / 362g			
628110 552020	<b>17301</b>				BC + X					Pizza, Margherita	8 / 365g			
628110 552037	<b>17302</b>				BC + X					Pizza, Pesto Roast Vegetable	8 / 425g			
628110 552112	<b>17305</b>				BC + X					Pizza, Quattro Formaggi	8 / 385g			
673334 100052	<b>17307</b>				BC + X					Pizza, Truffle Bianco	8 / 375g			

## Toaster Waffles

### NATURE'S PATH | WAFFLES (FROZEN)

058449 590576	<b>55702</b>	GMØ	GF	*	BC + X					Waffles, Buckwheat Wildberry, Organic (6pk)	12 / 210g			
058449 590743	<b>55708</b>	GMØ	GF	*	BC + X					Waffles, Chia Plus, Organic (6pk)	12 / 210g			
058449 167006	<b>55711</b>	GMØ	GF	*	BC + X					Waffles, Dark Chocolate Chip, Organic (6pk)	12 / 210g			
058449 590521	<b>55699</b>	GMØ	GF	*	BC + X					Waffles, Homestyle, Organic (6pk)	12 / 210g			

## FROZEN PRODUCE, COCONUT WATER, JUICE, SMOOTHIE CUBES & TEAS

### Smoothie Cubes

#### EVIVE | BLENDER FREE SMOOTHIE CUBES (FROZEN)

628110 947048	<b>24703</b>	GMØ								+ X Asana	8 / 405g			
628110 947055	<b>24704</b>	GMØ								+ X Pure	8 / 405g			
628110 947017	<b>24700</b>	GMØ								+ X Samourai	8 / 405g			
628110 947239	<b>24707</b>	GMØ								+ X Saphir	8 / 405g			
628110 947253	<b>24709</b>	GMØ								+ X Sunrize	8 / 405g			

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	X	PACK	SIZE					G	P	U
628110 947024	24701	GMØ				*			+	X	Touk-Touk, Organic	8	/	405g				
628110 947079	24706	GMØ				*			+	X	Viva	8	/	405g				
628110 947031	24702	GMØ				*			+	X	Yogi, Organic	8	/	405g				

## Fruit

### BREMNER'S | FRUIT (FROZEN)

834644 005363	55066	GMØ				*			+	X	BC + X Blackberries, Organic	12	/	300g				
834644 005318	55065	GMØ				*				X	BC + X Blueberries, Organic	12	/	300g				
834644 005424	55071	GMØ				*				X	BC + X Pineapple Chunks, Organic	12	/	300g				
834644 005400	55067	GMØ				*				X	BC + X Raspberries, Organic	12	/	300g				
834644 005394	55068	GMØ				*				X	BC + X Strawberries, Organic	12	/	300g				
834644 005028	55017	GMØ				*				X	BC + X Blackberries, Organic (stand-up pouch)	12	/	600g				
834644 005066	55001									X	BC + X Blueberries (stand-up pouch)	12	/	600g				
834644 005035	55018	GMØ				*				X	BC + X Mangos, Organic (stand-up pouch)	12	/	600g				
834644 005615	55079	GMØ	B			*				X	BC + X Mango Chunks, Organic	8	/	1.5kg				

### EARTHBOUND FARM | ORGANIC FRUIT (FROZEN)

032601 025311	63013	GMØ				*				X	Berry Blend, Organic	12	/	300g				
032601 025304	63009	GMØ				*				X	Blueberries, Organic	12	/	300g				
032601 025298	63010	GMØ				*				X	Cherries, Sweet Dark, Organic	12	/	300g				
032601 025335	63014	GMØ				*				X	Mango Chunks, Organic	12	/	300g				
032601 025281	63011	GMØ				*				X	Strawberries, Organic	12	/	300g				
032601 954154	63040	GMØ				*				X	Blueberries, Organic	6	/	900g				
032601 954161	63041	GMØ				*				X	Mango Chunks, Organic	6	/	900g				
032601 954185	63043	GMØ				*				X	Strawberries, Sliced, Organic	6	/	900g				
032601 954178	63042	GMØ				*				X	Triple Berry Blend - blueberries/blackberries/raspberries, Organic	6	/	900g				

### STAHLBUSH ISLAND FARMS | FRUIT (FROZEN)

638882 000070	54015	GMØ				*				X	Blueberries (bag)	12	/	300g				
638882 000179	54017	GMØ				*				X	Cranberries, Organic (bag)	12	/	284g				
638882 000599	54014	GMØ				*				X	Marion Blackberries (bag)	12	/	284g				
638882 000933	54690	GMØ				*				X	Northwest Berry Blend	12	/	300g				
638882 000575	54016	GMØ				*				X	Red Raspberries (bag)	12	/	284g				
638882 000551	54013	GMØ				*				X	Strawberries, Whole (bag)	12	/	300g				

## Vegetables

### EARTHBOUND FARM | ORGANIC VEGETABLES (FROZEN)

032601 954277	63030	GMØ				*				X	Broccoli, Florets, Organic	12	/	255g				
032601 954253	63031	GMØ				*				X	Butternut Squash, Organic	12	/	300g				
032601 954246	63033	GMØ				*				X	Corn, Sweet, Organic	12	/	300g				
032601 025212	63018	GMØ				*				X	Green Beans, Whole, Organic	12	/	300g				
032601 025540	63028	GMØ				*				X	Kale, Organic	12	/	300g				
032601 954741	63008	GMØ				*				X	Mixed Vegetables (carrots, corn, peas), Organic	12	/	300g				
032601 954239	63032	GMØ				*				X	Peas, Green, Organic	12	/	300g				
032601 025243	63021	GMØ				*				X	Spinach, Cut, Organic	12	/	300g				
032601 954192	63044	GMØ				*				X	Broccoli Florets, Organic	6	/	750g				
032601 954208	63045	GMØ				*				X	Corn, Sweet, Organic	6	/	900g				
032601 954215	63046	GMØ				*				X	Peas, Green, Organic	6	/	900g				

### MACKELLAR FARMS | EDAMAME (FROZEN)

185820 000017	63026	GMØ				*			+	X	Edamame, Whole Pods (Product of Canada)	12	/	400g				
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### STAHLBUSH ISLAND FARMS | VEGETABLES (FROZEN)

638882 000155	54026	GMØ				*				X	Broccoli Florets, Organic (bag)	12	/	300g				
638882 210806	54011	GMØ				*				X	Butternut Squash, Diced (bag)	12	/	284g				
638882 000704	54052	GMØ				*				X	Classic Mixed Vegetables (bag)	12	/	300g				
638882 000520	54012	GMØ				*				X	Corn, Super Sweet (bag)	12	/	350g				

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638882 000193	54207	GMO				*			X		12 / 300g			
638882 000544	54010	GMO							X		12 / 350g			
638882 000612	54061	GMO							X		12 / 300g			
638882 000216	54027	GMO							X		12 / 284g			
	60069	GMO							X		1 / 1ea			

## VITAMINS, SUPPLEMENTS & HERBAL REMEDIES

Find Refrigerated Flax Seeds in Cooler Section

### HERBAL REMEDIES

#### BACH REMEDIES | RESCUE FORMULA

741273 005216	80830								X		1 / 20ml			G
741273 002499	03844										1 / 28caps			G P
741273 105619	03833								X		6 / 35ct			G
741273 002598	03834								X		6 / 35ct			G
741273 005193	85012										1 / 20ml			G
741273 000020	80092										1 / 20ml			G

### VITAMINS & SUPPLEMENTS

#### BIO-K PLUS | PROBIOTIC CAPSULES

626608 017020	07388								X		1 / 15ct			G
626608 014012	07387								X		1 / 30ct			G
626608 016016	07385								X		1 / 15ct			G
626608 016023	07386								X		1 / 30ct			G

#### CWENCH | HYDRATION DRINK MIX

628123 580041	50464								+		12 / 70g			G
628123 580065	50466								+		12 / 70g			G
628123 580058	50465								+		12 / 70g			G
628123 580072	50467								+		12 / 70g			G
											<b>Buy 10-19 cases</b>	<b>Save</b>	<b>2.15</b>	
											<b>Buy 20-49 cases</b>	<b>Save</b>	<b>3.25</b>	
											<b>Buy 50+ cases</b>	<b>Save</b>	<b>4.30</b>	

#### MANITOBA HARVEST | PROTEIN POWDER

697658 690044	37199	GMO				*			+		6 / 454g			G
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#### NUUN | HYDRATION SUPPLEMENTS

811660 024493	40736	GMO							V		12 / 10ct			G
811660 024479	40735	GMO							V		12 / 10ct			G
811660 022482	40740	GMO							X		8 / 10ct			G
811660 022499	40741	GMO							X		8 / 10ct			G
811660 024424	40717	GMO							X		8 / 10ct			G
811660 024387	40716	GMO							X		8 / 10ct			G
811660 024448	40718	GMO							X		8 / 10ct			G
811660 024400	40719	GMO							X		8 / 10ct			G
811660 021935	40724	GMO							X		8 / 12ct			G
811660 021942	40725	GMO							X		8 / 12ct			G

#### OMEGA NUTRITION | FLAX & PUMPKIN SEED POWDER

055358 216009	85055	GMO				*			+		6 / 454g			G
055358 219505	37237	GMO				*			+		6 / 600g			G

#### OMEGA 3 NUTRACLEANSE | FIBRE BLEND

839266 000024	21851	GMO							*	BC +	8 / 420g			G
839266 000017	21850	GMO							*	BC +	6 / 1kg			G





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628055 186106	<b>82248</b>									BC +	Shampoo & Soap Bar, Rasta-Bar-Hemp	6 / 135g		G P
628055 186090	<b>46195</b>									BC +	Shower Soap, Moroccan Argan	6 / 135g		G P
											Soap Best Sellers Display (S/O) (4 Moroccan Argan, 4			
689186 127024	<b>91538</b>									BC +	Charcoal Cleanse, 4 Herbal Pine Eucalyptus, 4 Kali Spice, 4 Lavender Dream, 4 Rasta)	24 / 135g		G P

## NATUREBEE | CONCENTRATED FOAMING HAND SOAP TABLETS

628176 082516	<b>30614</b>									+	Foaming Hand Soap Tablets, Eucalyptus Mint	12 / 2x8g		G P
628176 082165	<b>30604</b>									+	Tablets, Foaming Hand Soap, Honey Clementine	12 / 2x8g		G P
628176 082493	<b>30605</b>									+	Tablets, Foaming Hand Soap, Sweet Citrus	12 / 2x8g		G P
628176 082158	<b>30606</b>									+	Tablets, Foaming Hand Soap, Unscented	12 / 2x8g		G P
628176 082172	<b>30607</b>									+	Tablets, Foaming Hand Soap, Warm Coconut	12 / 2x8g		G P
628176 082196	<b>30600</b>									+	Hand Soap Kit, Honey Clementine (350ml glass dispenser w/soap tablet)	12 / 1kit		G P
628176 082738	<b>30601</b>									+	Hand Soap Kit, Sweet Citrus (350ml glass dispenser w/soap tablet)	12 / 1kit		G P
											Hand Soap Kit, Warm Coconut (350ml glass dispenser w/soap tablet)			
628176 082202	<b>30617</b>									+	w/soap tablet)	12 / 1kit		G P

## NATURE CLEAN | HAND SOAP

058951 307556	<b>81122</b>									🇨🇦 +	Face & Body Bar, Fragrance Free/Hypoallergenic	12 / 99g		G P
058951 395027	<b>80543</b>									🇨🇦 +	Liquid Hand Soap, Citrus	6 / 500ml		G P
058951 395010	<b>80486</b>									🇨🇦 +	Liquid Hand Soap, Fragrance Free	6 / 500ml		G P
058951 395157	<b>80145</b>									🇨🇦 +	Liquid Hand Soap Refill, Citrus	6 / 1L		G P
058951 395119	<b>80144</b>									🇨🇦 +	Liquid Hand Soap Refill, Fragrance Free	6 / 1L		G P

## NOVA SCOTIA FISHERMAN | XTREME LIP & SKIN CARE

883161 500004	<b>80768</b>									🇨🇦 +	X Lip Care, Nova Scotia Sea Kelp	1 / 9.9g		G P
883161 590012	<b>80769</b>									🇨🇦 +	X Lip Care, Sea Salt & Caramel	1 / 9.9g		G P
883161 500011	<b>80770</b>									🇨🇦 +	X Moisturizing Hand & Body Cream, Sea Kelp (tube)	1 / 100ml		G P
883161 500035	<b>80772</b>									🇨🇦 +	X Rescue Balm (tin)	1 / 28.4g		G P
883161 400021	<b>80777</b>									🇨🇦 +	X Body Scrub, Salt-N-Sea	1 / 153g		G P
883161 400038	<b>80776</b>									🇨🇦 +	X Soap, Fundy Clay & Mint	1 / 136g		G P
883161 500080	<b>80775</b>									🇨🇦 +	X Soap, Sea Fennel & Bayberry	1 / 136g		G P
883161 500097	<b>80774</b>									🇨🇦 +	X Soap, Seabuckthorn & Shea	1 / 136g		G P
883161 500066	<b>81005</b>									🇨🇦 +	STEM TO STERN Mini Size Pack (Gift bag contains: Rescue Balm, Lotion, Soap, Minnow lip balm)	1 / 4pc		G P

## TOM'S OF MAINE | DEODORANT

035000 968425	<b>80674</b>										Deodorant For Men, Mountain Spring	1 / 79g		G P
827854 012863	<b>81527</b>										Antiperspirant, Cucumber Aloe	1 / 92g		G P
827854 012870	<b>81528</b>										Antiperspirant, Men's, North Woods	1 / 92g		G P
827854 012849	<b>81529</b>										Deodorant, Men's, Mountain Spring	1 / 92g		G P
827854 012894	<b>81530</b>										Deodorant, Men's, North Woods	1 / 92g		G P
827854 012801	<b>81531</b>										Deodorant, Rose Vanilla	1 / 92g		G P
827854 012818	<b>81532</b>										Deodorant, Unscented	1 / 92g		G P

## DENTAL CARE

### SYNERGY ORGANICS | DENTAL CARE

874321 000021	<b>81017</b>									🌴 +	Fresh Kiss All Natural Mouthwash, Citrus	12 / 250ml		G P
874321 000038	<b>80554</b>									🌴 +	Sexy Mouth All Natural Mouthwash, Lavender Spice	12 / 250ml		G P

### TOM'S OF MAINE | DENTAL CARE

035000 970633	<b>81511</b>										Fluoride Toothpaste, Children's, Silly Strawberry	1 / 90ml		G P
827854 004479	<b>81510</b>										Fluoride Toothpaste, PurActiv, Fresh & Bright	1 / 85ml		G P
077326 830031	<b>81522</b>										Fluoride Toothpaste, WHOLE CARE, Peppermint	1 / 85ml		G P
077326 832226	<b>81505</b>										Fluoride-Free Toothpaste, Children's, Silly Strawberry	1 / 90ml		G P
077326 102404	<b>81515</b>										Fluoride-Free Toothpaste, Clean & Fresh, Fennel	1 / 85ml		G P

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X	PACK	SIZE				G	P	U	
077326 455562	81525										1 / 76ml						G	P
077326 159408	81506										1 / 85ml						G	P
077326 834176	80779										1 / 473ml						G	P

## FEMININE CARE

### NATRACARE | FEMININE CARE

782126 200150	80896	GMO				*					1 / 12ea						G	P
782126 003409	03081										1 / 10ea							
782126 003041	80892										1 / 10ea							
782126 003027	80886										1 / 14ea							
782126 003034	80887										1 / 12ea							
782126 003256	80873										1 / 12ea							
782126 003119	80877										1 / 12ea							
782126 003089	80895										1 / 12ea							
782126 003058	80894										1 / 14ea							
782126 003102	80876										1 / 10ea							
782126 003065	80883										1 / 30ea							
782126 003126	80173										1 / 18ea							
782126 003140	80871										1 / 16ea							
782126 003003	80884										1 / 30ea							
782126 003072	80888										1 / 30ea							
782126 003096	80878	GMO				*					1 / 22ea							
782126 001009	80880	GMO				*					1 / 20ea							
782126 002020	80882	GMO				*					1 / 20ea							
782126 008008	80889	GMO				*					1 / 16ea							
782126 009005	80890	GMO				*					1 / 16ea							
782126 002006	80881	GMO				*					1 / 20ea							
782126 191038	80872	GMO				*					1 / 10ea							

## HAIR CARE

### JASON | HAIR CARE

078522 800255	80240										1 / 473ml						G	P
078522 800293	80227										1 / 473ml						G	P
078522 800057	80241										1 / 473ml						G	P
078522 800095	80229										1 / 473ml						G	P
078522 800781	80263										1 / 517ml						G	P

### NATURE CLEAN | SHAMPOO & CONDITIONER

058951 502807	81118						🇨🇦	+			6 / 300ml						G	P
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## HOUSEHOLD & PET CARE

### DISHWASHING PRODUCTS

#### BIOVERT | DISHWASHING PRODUCTS

776622 011211	80550										6 / 480g						G	P
776622 011068	80528						🇨🇦	+			2 / 4.43L						G	P
776622 120098	80534		B				🇨🇦	+	X		2 / 10L						G	P

#### EARTH FRIENDLY | DISHWASHING PRODUCTS

749174 097217	80737										6 / 739ml						G	P
749174 097224	80672										6 / 739ml						G	P

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## ECO LIVING CLUB | DISHWASHER STRIPS

627987 344905	<b>28514</b>									+ X Dishwasher Detergent Strips, Unscented	12 / 32ct							G P
										<b>Buy 12+ cases</b>	<b>Save 10%</b>							

## ECO-MAX | DISHWASHING PRODUCTS

853907 001102	<b>80913</b>									🍁 + Dish Wash, Hypoallergenic	6 / 740ml							G P
853907 001072	<b>80910</b>									🍁 + Dish Wash, Natural Lavender	6 / 740ml							G P
853907 001096	<b>80912</b>									🍁 + Dish Wash, Natural Orange	6 / 740ml							G P
853907 001089	<b>80911</b>									🍁 + Dish Wash, Natural Tea Tree	6 / 740ml							G P
853907 001737	<b>80916</b>									🍁 + Dish Wash Refill, Hypoallergenic	2 / 4L							G P
853907 001744	<b>80917</b>									🍁 + Dish Wash Refill, Natural Orange	2 / 4L							G P
853907 001263	<b>80727</b>									🍁 + Dishwasher Pacs (20 pacs)	8 / 360g							G P

## IF YOU CARE | CONCENTRATED DISHWASHING PRODUCTS

770009 250897	<b>46390</b>									Automatic Dishwasher Tablets, Free & Clear, Biodegradable (40 tabs)	8 / 520g							G P
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## NATURE CLEAN | DISHWASHING PRODUCTS

058951 403746	<b>80580</b>									🍁 + Dish Soap, Fragrance Free	6 / 740ml							G P
058951 403364	<b>80443</b>									🍁 + Dish Soap, Fragrance Free	4 / 3.63L							G P
058951 351825	<b>80400</b>									🍁 + Dishwasher Gel	6 / 1.8L							G P
058951 380184	<b>80570</b>									🍁 + Dishwasher Pods (24ct)	8 / 432g							G P
058951 380207	<b>80835</b>									🍁 + Dishwasher Pods (60ct)	4 / 1.08kg							G P
058951 232506	<b>80429</b>									🍁 + Dishwasher Rinse Agent	12 / 250ml							G P
058951 197409	<b>80581</b>									🍁 + Dish Soap, Lavender Tea-Tree	6 / 740ml							G P
058951 403784	<b>80583</b>									🍁 + Dish Soap, Lemon Verbena	6 / 740ml							G P
058951 187400	<b>80582</b>									🍁 + Dish Soap, Mandarin Grapefruit	6 / 740ml							G P
058951 184652	<b>80489</b>									🍁 + Foaming Dish Spray, Fragrance-Free	6 / 500ml							G P

## FOOD PACKAGING & WRAP

### ECOSAFE~6400 | COMPOSTABLE SANDWICH BAGS

678526 500078	<b>46275</b>									+ Sandwich Bags, Fold Top (6.5" x 5.5")	12 / 100ct							G P
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### IF YOU CARE | ENVIROMENT FRIENDLY COOKING PRODUCTS

770009 120114	<b>46385</b>									Aluminum Foil, 100% Recycled	12 / 50ft <sup>2</sup>							G P
770009 250255	<b>46387</b>									Unbleached Waxed Paper	12 / 75ft <sup>2</sup>							G P
770009 010200	<b>46380</b>									Parchment Baking Paper	12 / 70ft <sup>2</sup>							G P
770009 011924	<b>46388</b>									Parchment Baking Sheets (12.5" x 16")	12 / 24ct							G P
770009 250262	<b>60346</b>									Sandwich Bags, Paper Snack & Sandwich	12 / 48ct							G P

### PAPERCHEF | CULINARY PARCHMENT PAPER

628689 000014	<b>47011</b>									Parchment Paper, FSC Certified (roll) (41 square feet)	12 / 41ft <sup>2</sup>							G P
628689 700983	<b>47010</b>									Parchment Paper, FSC Certified (roll) (123 square feet)	12 / 123ft <sup>2</sup>							G P

## GARBAGE BAGS

### BAG TO EARTH | FOOD WASTE BAGS

777080 001004	<b>70215</b>									🍁 + Food Waste Bag, Large, 100% Compostable (22"H x 12"W x 8"D)	12 / 5ea							G P
777080 001011	<b>70213</b>									🍁 + Food Waste Bag, Small, 100% Compostable (12"H x 7"W x 4"D)	20 / 10ea							G P

### ECOSAFE~6400 | COMPOSTABLE BAGS

678526 600013	<b>46271</b>									+ X Food Scraps Bag, Small (16" x 17")	24 / 30ct							G P
678526 600020	<b>46272</b>									+ X Food Scraps Bag, Tall (24" x 35")	15 / 12ct							G P
678526 316174	<b>46299</b>									+ Club Pack, Compostable Bags (16" x 17")	10 / 90ct							G P
678526 243265	<b>46279</b>								<b>B</b>	+ X Commercial Bin Liner (24" x 32")	24 / 12ct							G P

### IF YOU CARE | FOOD WASTE BAGS

770009 250644	<b>60347</b>									Food Waste Bags, 3 Gal (11.4L) (certified compostable)	12 / 30ct							G P
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## LAUNDRY PRODUCTS

### ASPEN CLEAN | EWG VERIFIED LAUNDRY PRODUCTS

876805 000459	<b>80833</b>	BC +	Laundry Detergent, Eucalyptus & Rosemary	3 / 1.9L	G P
876805 000442	<b>80832</b>	BC +	Laundry Detergent, Lavender & Lemongrass	3 / 1.9L	G P
876805 000435	<b>80831</b>	BC +	Laundry Detergent, Unscented	3 / 1.9L	G P

### BIOVERT | LAUNDRY PRODUCTS

776622 011044	<b>80523</b>	✿ +	Laundry Liquid, Fragrance Free, HE (High Efficiency) Certified	2 / 4.43L	G P
				<b>Buy 20+ cases</b>	<b>Save 12%</b>

### ECO LIVING CLUB | LAUNDRY DETERGENT STRIPS

627987 344929	<b>28508</b>	+ X	Laundry Detergent Strips, Spring Scent	12 / 40ct	G P
627987 344912	<b>28507</b>	+ X	Laundry Detergent Strips, Unscented	12 / 40ct	G P
				<b>Buy 12+ cases</b>	<b>Save 10%</b>

### ECO-MAX | LAUNDRY PRODUCTS

853907 001058	<b>80701</b>	✿ +	Laundry Wash, Hypoallergenic (scent free)	4 / 3L	G P
853907 001065	<b>80702</b>	✿ +	Laundry Wash, Natural Lavender	4 / 3L	G P
853907 001171	<b>80707</b>	✿ +	Laundry Wash, Natural Orange	4 / 3L	G P

### NATURE CLEAN | LAUNDRY PRODUCTS

058951 308881	<b>80475</b>	+ X	Laundry Detergent Sheets, White Linen	12 / 32ct	G P
058951 308850	<b>80471</b>	✿ +	Laundry Detergent Sheets, Fragrance Free (32 Loads)	12 / 32ct	G P
058951 308867	<b>80472</b>	✿ +	Laundry Detergent Sheets, WildFlower (32 Loads)	12 / 32ct	G P
058951 308959	<b>80476</b>	+ X	Laundry Stain Remover Sheets, Fragrance Free	12 / 32ct	G P
058951 310358	<b>80480</b>	✿ +	Laundry Liquid Concentrated, Fragrance Free (66 loads)	6 / 1L	G P
058951 310372	<b>80481</b>	✿ +	Laundry Liquid Concentrated, Lavender Fields (66 loads)	6 / 1L	G P
058951 308034	<b>80461</b>	✿ +	Laundry Liquid, Fragrance Free	4 / 3L	G P
058951 308584	<b>80722</b>	✿ +	Laundry Liquid, Lavender	4 / 3L	G P
058951 308638	<b>80734</b>	✿ +	Laundry Liquid, Lemon Verbana	4 / 3L	G P
058951 307204	<b>80867</b>	✿ +	Odour Remover Pacs for Laundry	6 / 180g	G P
058951 309345	<b>80569</b>	✿ +	OxyPower+ Laundry Booster (24 pods)	8 / 432g	G P
058951 394013	<b>80500</b>	✿ +	Oxygen Liquid Bleach	6 / 1L	G P
058951 394105	<b>80451</b>	✿ +	Oxygen Liquid Bleach	4 / 3.63L	G P
058951 309307	<b>80439</b>	✿ +	Oxy Stain Remover Powder	6 / 700g	G P

## PAPER PRODUCTS

### CABOO | TREE-FREE PAPER PRODUCTS

627843 202738	<b>46291</b>	GMØ	+ Bath Tissue (300 sheets per roll)	10 / 4pk	G P
627843 202776	<b>46293</b>	GMØ	+ Bath Tissue (300 sheets per roll)	6 / 12pk	G P
628451 738510	<b>46311</b>	GMØ	+ Bath Tissue (300 sheets per roll)	6 / 9pk	G P
627843 347897	<b>46305</b>	GMØ	+ Bath Tissue, Plastic Free Wap (300 sheets per roll)	3 / 24pk	G P
628451 738459	<b>46309</b>	GMØ	+ X Bath Tissue (500 sheets per roll)	24 / 1ea	G P
627843 202783	<b>46452</b>	GMØ	+ Facial Tissue Cube	12 / 60ct	G P
627843 347835	<b>46451</b>	GMØ	+ Facial Tissue	12 / 120ct	G P
627843 202813	<b>46296</b>	GMØ	+ Napkins	16 / 1x250ct	G P
627843 202790	<b>46450</b>	GMØ	+ Paper Towels (75 sheets per roll)	12 / 2x75ct	G P
628451 738176	<b>46312</b>	GMØ	+ Paper Towels, Plastic Free Wrap (75 sheets per roll)	8 / 3pk	G P
628451 738084	<b>46310</b>	GMØ	+ Paper Towels (75 sheets per roll)	4 / 6pk	G P
				<b>Buy 50+ cases</b>	<b>Save 20%</b>

### SILK'N SOFT | BAMBOO BATHROOM TISSUE

876791 000044	<b>46201</b>	+	Bathroom Tissue, 3 Ply (200 sheets)	8 / 12pk	G P
876791 000099	<b>46202</b>	+	Bathroom Tissue, Oh Natural Unbleached, 3 Ply (200 sheets) (box)	8 / 12pk	G P

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## PET CARE

### Clean up Products

ECOPOOCH   COMPOSTABLE DOGGIE BAGS																		
678526	913014	<b>46274</b>								+ X Doggie Bags, Leash Dispenser Roll (9"x13")	48 / 18ct							G P
WUNDERCAT   ALL NATURAL CAT LITTER																		
058633	001918	<b>16703</b>	<b>B</b>							BC + X Cat Litter, Non-Clumping	1 / 10kg							G P

### Food & Treats

HAPPY PAWS   CAT & DOG FOOD																		
831043	000142	<b>48085</b>								BC + Holistic Cat Food	12 / 1.4kg							G P
831043	000159	<b>48086</b>								BC + Holistic Cat Food	6 / 3.2kg							G P
831043	000166	<b>48084</b>								BC + X Holistic Cat Food	1 / 7.5kg							G P
831043	000104	<b>48017</b>								BC + Holistic Dog Food	6 / 3.2kg							G P
831043	000111	<b>48015</b>								BC + X Holistic Dog Food	1 / 7.5kg							G P
831043	000128	<b>48016</b>								BC + X Holistic Dog Food	1 / 16.3kg							G P
HEALTHY SHORES   CANNED SEAFOOD FOR CATS & DOGS																		
810757	001416	<b>48210</b>								🌲 + Cat Food, Minced, Albacore Tuna	24 / 100g							G P
810757	001423	<b>48211</b>								🌲 + Cat Food, Minced, Pacific Hake	24 / 100g							G P
810757	001409	<b>48213</b>								🌲 + Cat Food, Minced, Wild Salmon	24 / 100g							G P
810757	001515	<b>48214</b>								🌲 + Cat Food, Pate, Albacore Tuna	24 / 100g							G P
810757	001522	<b>48215</b>								🌲 + Cat Food, Pate, Pacific Hake	24 / 100g							G P
810757	001508	<b>48217</b>								🌲 + Cat Food, Pate, Wild Salmon	24 / 100g							G P
810757	001126	<b>48223</b>								🌲 + Dog Food, Pacific Hake	24 / 170g							G P
810757	001829	<b>48226</b>								🌲 + NOOTKA PURE Supplemental Food, 100% Albacore Tuna, Soft Bones & Meat	24 / 160g							G P
810757	001812	<b>48227</b>								🌲 + NOOTKA PURE Supplemental Food, 100% Black Cod Liver Pate	24 / 100g							G P
810757	001805	<b>48228</b>								🌲 + NOOTKA PURE Supplemental Food, 100% Wild Salmon, Soft Bones & Meat	24 / 170g							G P
LICK YOUR CHOPS   CAT & DOG FOOD																		
032976	270026	<b>48080</b>								Canned Cat Food, Distinctive Delicacies, Chicken & Catfish	24 / 85g							G P
032976	270033	<b>48081</b>								Canned Cat Food, Distinctive Delicacies, Chicken & Crab	24 / 85g							G P
032976	270019	<b>48079</b>								Canned Cat Food, Distinctive Delicacies, Salmon & Whitefish	24 / 85g							G P
032976	270002	<b>48078</b>								Canned Cat Food, Distinctive Delicacies, Turkey & Sweet Potato	24 / 85g							G P
032976	168569	<b>48022</b>								Canned Dog Food, Lamb Dinner with Brown Rice & Carrots	12 / 369g							G P
032976	169726	<b>48024</b>								Canned Dog Food, Turkey Dinner with Brown Rice & Carrots	12 / 369g							G P
SNACK 21   DOG & CAT SNACKS																		
623572	111884	<b>48135</b>								BC + Salmon Strips for Dogs	1 / 140g							G P
623572	102417	<b>48133</b>								BC + Salmon Skin Crisps for Dogs	1 / 200g							G P
623572	657023	<b>48139</b>								BC + X Salmon Jumbo Fillets for Dogs	8 / 65g							G P
623572	061295	<b>48138</b>								BC + X Salmon Snacks for Cats	12 / 25g							G P
623572	091599	<b>48136</b>								BC + X Salmon Snacks for Dogs	12 / 25g							G P
623572	724251	<b>48131</b>								+ Whole Sardines for Dogs, Small	1 / 90g							G P
623572	429309	<b>48125</b>								+ Whole Sardines for Dogs, Large	1 / 90g							G P

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<b>YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS</b>														
711841 743307	<b>48062</b>										1 / 85g		G	P
799441 440727	<b>48065</b>										1 / 85g		G	P
799441 440703	<b>48060</b>										1 / 100g		G	P
799441 440666	<b>48061</b>										1 / 100g		G	P
799441 440680	<b>48063</b>										1 / 100g		G	P
628634 618097	<b>48066</b>										1 / 85g		G	P

## Health Products

### BACH REMEDIES | RESCUE PET FORMULA

741273 002529	<b>03845</b>										1 / 10ml		G	
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## SURFACE CLEANING PRODUCTS

### ASPEN CLEAN | EWG VERIFIED HOUSEHOLD CLEANERS

876805 000183	<b>80852</b>										6 / 650ml		G	P
876805 000152	<b>80853</b>										6 / 650ml		G	P

### ECO LIVING CLUB | CLEANER STRIPS

627987 344936	<b>28509</b>										12 / 39ct		G	P
											<b>Buy 12+ cases</b>			
											<b>Save 10%</b>			

### ECO-MAX | SURFACE CLEANING PRODUCTS

667838 010146	<b>80963</b>										4 / 800ml		G	P
853907 001386	<b>80294</b>										6 / 1L		G	P

### IF YOU CARE | ENVIROMENT FRIENDLY CLEANING PRODUCTS

770009 250286	<b>46394</b>										12 / 1pr		G	P
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### NATUREBEE | REUSABLE SPONGE CLOTHS

628176 082912	<b>30613</b>										12 / 1ea		G	P
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### NATURE CLEAN | HOUSEHOLD CLEANERS

058951 807001	<b>80450</b>										12 / 1L		G	P
058951 140252	<b>80473</b>										12 / 36ct		G	P
058951 217404	<b>80496</b>										6 / 740ml		G	P
058951 225003	<b>80490</b>										6 / 500ml		G	P
058951 637400	<b>80571</b>										6 / 740ml		G	P
058951 308904	<b>80474</b>										12 / 36ct		G	P

# PSC Wholesale Catalogue - May 2025

7 SUMMITS SNACKS   ENDURANCE BAR	43
AELO   ALCOHOL FREE BEVERAGE	21
ALIMENTS TRIGONE   CEREAL	24
ALKEME FOODS   GLUTEN FREE SOURDOUGH (FROZEN)	85
ALTER ECO   CHOCOLATE BARS	61
ALTER ECO   NO ADDED SUGAR GRANOLA	25
AMANO FOODS   MISO (REFRIGERATED)	84
AMANO FOODS   SAUCE	35
AMBIENT MOON   CHAI TEA CONCENTRATE	11
AMY'S   BURRITOS & WRAPS (FROZEN)	91
AMY'S   CANNED MEALS	31
AMY'S   CANNED SOUP	68
AMY'S   ENTRÉES (FROZEN)	90,91
AMY'S   PIZZA (FROZEN)	93
AMY'S   REFRIED BEANS	48
ANGIE'S   BOOMCHICKAPOP MICROWAVE POPCORN	41
ANGIE'S   BOOMCHICKAPOP RTE POPCORN & CORN PUFFS	58
ANITA'S ORGANIC MILL   BULK GRAINS	41
ANITA'S ORGANIC MILL   FLOUR	8
ANITA'S ORGANIC MILL   PANCAKE & WAFFLE MIX	27
ANITA'S ORGANIC MILL   OATS	41
ANTOINETTE'S   DIP & SAUCE (REFRIGERATED)	75
ARIZONA PEPPER'S   HOT SAUCE	31
ASPEN CLEAN   EWG VERIFIED HOUSEHOLD CLEANERS	102
ASPEN CLEAN   EWG VERIFIED LAUNDRY PRODUCTS	100
ATLANTIC MARICULTURE   DULSE	46
AUGA   READY TO EAT ORGANIC CURRY	31
AUGA   READY TO EAT ORGANIC SOUPS	68
AURA CACIA   BATH FOAM	96
AURA CACIA   SKIN CARE	96
AVALON   ORGANIC ICE CREAM (FROZEN)	88
AVENA FOODS   OAT FLOUR	8
AVENA FOODS   OATS	41
BACH REMEDIES   RESCUE PET FORMULA	102
BACH REMEDIES   RESCUE FORMULA	95
BAG TO EARTH   FOOD WASTE BAGS	99
BAKERS SUPPLY HOUSE   BAKING INGREDIENTS	6
BARBARA'S BAKERY   CHEESE PUFFS	58
BEE-MINDFUL HUNNIE   VEGAN HONEY ALTERNATIVE	69
BETTER ACRES   CREAM ICE CREAM (FROZEN)	88
BEYOND MEAT   PLANT-BASED MEAT ALTERNATIVE (FROZEN)	92
BEYOND THE OLIVE   CALIFORNIA OLIVE OIL	51
BIG MOUNTAIN   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	77
BIG MOUNTAIN   SOY-FREE TOFU (REFRIGERATED)	84
BIOITALIA   CANNED BEANS	29
BIOITALIA   FRUIT SPREAD	28
BIOITALIA   OIL	51
BIOITALIA   PASTA	53,54
BIOITALIA   PESTO SAUCE	31
BIOITALIA   TOMATO SAUCE	34
BIOITALIA   TOMATOES	29
BIO-K PLUS   PROBIOTIC (REFRIGERATED)	78
BIO-K PLUS   PROBIOTIC CAPSULES	95
BIOVERT   DISHWASHING PRODUCTS	98
BIOVERT   LAUNDRY PRODUCTS	100
BLACK RIVER   JUICE & LEMONADE	19,20
BLISS BALLS   ENERGY TRUFFLE BALLS	55
BLUE DIAMOND   ALMOND BREEZE ALMOND BEVERAGE	23
BLUE DIAMOND   ALMOND BREEZE ALMOND BEVERAGE (REFRIGERATED)	83
BLUE DIAMOND   ALMOND FLOUR	8
BLUE DIAMOND   NUT THINS CRACKERS	39
BLUE MONKEY   COCONUT CREAM & MILK	48
BLUE MONKEY   PURE COCONUT WATER & JUICE	20
BLUE MONKEY   SPARKLING BEVERAGE	14,15
BLUEBIRD PROVISIONS   BONE BROTH (FROZEN)	90
BLUEBIRD PROVISIONS   INSTANT BONE BROTH MIX	67
BO & MARROW   BONE BROTH (FROZEN)	90
BOB SNAIL   FRUIT SNACKS	65
BOB'S RED MILL   BAKING INGREDIENTS	6
BOB'S RED MILL   BAKING MIX	6
BOB'S RED MILL   BOB'S BAR	55
BOB'S RED MILL   CEREAL & GRANOLA	25
BOB'S RED MILL   FLOUR	8,9
BOB'S RED MILL   GRAINS	41
BOB'S RED MILL   HOT CEREAL	24,25
BOB'S RED MILL   NUTRITIONAL YEAST	43
BOB'S RED MILL   OATS	42
BOB'S RED MILL   PANCAKE & WAFFLE MIX	27
BOB'S RED MILL   SEEDS	50
BOB'S RED MILL   SHREDDED COCONUT	49
BOB'S RED MILL   SOUP MIX	69

# PSC Wholesale Catalogue - May 2025

BOB'S RED MILL   TEXTURED VEGETABLE PROTEIN	49
BRAGG   ALL PURPOSE SEASONING	35
BRAGG   APPLE CIDER VINEGAR	36
BRAGG   SPRINKLE SEASONING	44
BREMNER'S   FRUIT (FROZEN)	94
BREW DR.KOMBUCHA   KOMBUCHA (REFRIGERATED)	80
BUBBIES   BREAD & BUTTER CHIPS	34
BUBBIES   CONDIMENTS (REFRIGERATED)	75
BUBBIES   FERMENTED CONDIMENTS (REFRIGERATED)	74
BUCHA BREW   KOMBUCHA	18
BUCHA BREW   KOMBUCHA (REFRIGERATED)	80
BUENO FOODS   TORTILLAS (FROZEN)	86
BULK BEANS	41
BULK GRAINS	41
BULK NUTS	51
BULK POPPING CORN	41
BULK SEA SALT	45
BULK SEEDS	51
CABOO   BAMBOO BABY WIPES	5
CABOO   TREE-FREE PAPER PRODUCTS	100
CAF-LIB   GRAIN BEVERAGE	10
CAMINO   CHOCOLATE BAKING PRODUCTS	7
CAMINO   CHOCOLATE BARS	61
CAMINO   HOT CHOCOLATE	11
CAMINO   SHREDDED COCONUT	49
CAMINO   SUGAR	69
CANADIAN HERITAGE ORGANICS   MAPLE BUTTER & SYRUP	69
CANADIAN KELP RESOURCES   SEA VEGETABLES	46
CASBAH AUTHENTIC GRAINS   GRAINS, SIDES & SPECIALTY MIXES	48
CAULIPOWER   CAULIFLOWER PIZZA CRUST (FROZEN)	89
CAULIPOWER   PIZZA (FROZEN)	93
CEDAR VALLEY   PITA CHIPS	58
CHA'S ORGANICS   CANNED FRUIT	29
CHA'S ORGANICS   COCONUT CREAM & MILK	48
CHA'S ORGANICS   COCONUT OIL	51
CHA'S ORGANICS   SPICES	44
CHA'S ORGANICS   THAI CURRY PASTE	48
CHASERS   100% COLD-PRESSED JUICE (REFRIGERATED)	78,79
CHEF BOMBAY   INDIAN APPETIZERS (FROZEN)	89
CHEF BOMBAY   INDIAN ENTREES (FROZEN)	91
CHIMES   CANDY	64
CHOSEN FOODS   AVOCADO OIL DRESSING & MAYO	33
CHOSEN FOODS   CONDIMENTS	31
CHOSEN FOODS   CULINARY OIL	51
CLAWHAMMER   ORGANIC MINTS	64
CLEVER   PREMIUM MOCKTAIL	22
CLIF   PERFORMANCE BARS & CHEWS	55,56
CLIF KID   ORGANIC ZBARS	37
CLOUD 9   GLUTEN-FREE BAKING MIX	6
CLOUD 9   PANCAKE & WAFFLE MIX	27
CÖCO   SUPERFOOD HOT CHOCOLATE	11
COCOFINO   PLANT-BASED YOGURT (REFRIGERATED)	74
COCONUT SECRET   SOY SAUCE SUBSTITUTE	35
COOLER CO KOMBUCHA (REFRIGERATED)	80
COVE   PROBIOTIC SODA	18
CRAVE   SWEETENER	69
CRICH   CRACKERS WITH EXTRA VIRGIN OLIVE OIL	39
CWENCH   HYDRATION DRINK MIX	95
CWENCH   SPORTS HYDRATION DRINK	18
DAIYA   CHEEZECAKE (FROZEN)	87
DAIYA   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	73
DAIYA   DAIRY-FREE MAC & CHEESE	53
DAIYA   DAIRY-FREE PIZZA & FLATBREAD (FROZEN)	93
DAIYA   DAIRY-FREE SALAD DRESSING	33
DANDIES   VEGAN MARSHMALLOWS	64
DEEBEE'S ORGANICS   FREEZER POPS	64
DIVINE   CHOCOLATE BARS	61
DOMO   MICRO-GROUND TEA	11
DOM'S DEODORANT	96
DUMET   OLIVES	34
EARTH BALANCE   SPREAD & STICKS (REFRIGERATED)	72
EARTH FRIENDLY   DISHWASHING PRODUCTS	98
EARTHBOUND FARM   ORGANIC FRUIT (FROZEN)	94
EARTHBOUND FARM   ORGANIC VEGETABLES (FROZEN)	94
EARTH'S OWN   DAIRY-FREE BUTTER ALTERNATIVE (REFRIGERATED)	72
EARTH'S OWN   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	73
EARTH'S OWN   DAIRY-FREE CREAMER (REFRIGERATED)	83
EARTH'S OWN   DAIRY-FREE SOUR CREAM ALTERNATIVE (REFRIGERATED)	74
EARTH'S OWN   PLANT-BASED BARISTA BLEND	23
EARTH'S OWN   PLANT-BASED BEVERAGE	23
EARTH'S OWN   PLANT-BASED BEVERAGE (REFRIGERATED)	83



# PSC Wholesale Catalogue - May 2025

EAT WHOLESOME   BAKED BEANS	31
EAT WHOLESOME   BEAN VERMICELLI	46
EAT WHOLESOME   CANNED BEANS	29
EAT WHOLESOME   CANNED SOUP	68
EAT WHOLESOME   CONDIMENTS	31
EAT WHOLESOME   PICKLED VEGETABLES	34
EAT WHOLESOME   TOMATOES & VEGETABLES	30
EAT WHOLESOME   VINEGAR	36
ECO LIVING CLUB   CLEANER STRIPS	102
ECO LIVING CLUB   DISHWASHER STRIPS	99
ECO LIVING CLUB   LAUNDRY DETERGENT STRIPS	100
ECO-MAX   DISHWASHING PRODUCTS	99
ECO-MAX   LAUNDRY PRODUCTS	100
ECO-MAX   SURFACE CLEANING PRODUCTS	102
ECOPOOCH   COMPOSTABLE DOGGIE BAGS	101
ECOSAFE~6400   COMPOSTABLE BAGS	99
ECOSAFE~6400   COMPOSTABLE SANDWICH BAGS	99
EDEN   APPLE BUTTER	28
EDEN   APPLE SAUCE	30
EDEN   BARLEY MALT SYRUP	69
EDEN   CANNED BEANS	31
EDEN   CANNED BEANS	29
EDEN   EDENSOY SOYMILK	23
EDEN   JAPANESE PRODUCTS	46
EDEN   ORGANIC POPCORN	41
EDEN   PACKAGED SNACK FOOD	65
EDEN   PICKLED VEGETABLES	34
EDEN   PIZZA & PASTA SAUCE	34
EDEN   REFRIED BEANS	48
EDEN   SEA VEGETABLES	46
EDEN   SESAME OIL	51
EDEN   TAHINI	28
EDEN   VINEGAR	36
EDWARD & SONS   EXOTIC RICE TOASTS & BAKED BROWN RICE SNAPS	39
EDWARD & SONS   MISO SOUP	46
EFRUTI   FRUIT JUICE GUMMI CANDIES	64
ELIAS   HONEY	69
ELIMENTO   NUT & SEED BUTTERS	28
ELIMENTO   NUTRITIONAL YEAST	43
EMMA   UNBLEACHED COFFEE FILTERS	9
ENDANGERED SPECIES CHOCOLATE   CHOCOLATE BARS	62
ENDANGERED SPECIES CHOCOLATE   OAT MILK BAKING CHIPS	7
ENGEVITA   NUTRITIONAL YEAST	43
ENJOY LIFE   BAKING CHOCOLATE	7
ESCUMINAC   FARM BOTTLED ORGANIC MAPLE SYRUP	70
EVE'S CRACKERS	39
EVIVE   BLENDER FREE SMOOTHIE CUBES (FROZEN)	93,94
EVIVE   SMOOTHIE POPS (FROZEN)	89
FARMER'S MARKET   CANNED PUMPKIN	30
FARMHOUSE CULTURE   GUT SHOT BEVERAGE (REFRIGERATED)	80
FATSO   PEANUT BUTTER	28
FENTIMANS   BOTANICALLY BREWED SOFT DRINKS & MIXERS	15
FERIDIES   PEANUTS	65
FEVER-TREE   CLASSIC COCKTAIL MIX	22
FEVER-TREE   PREMIUM COCKTAIL MIXERS	15
FIELD ROAST   CHAO PLANT BASED CHEESE (REFRIGERATED)	73
FIELD ROAST   PLANT BASED MEAT (REFRIGERATED)	77
FILSINGER'S ORGANIC FOODS   APPLE CIDER VINEGAR	36
FLORIDA CRYSTALS   SUGAR	70
FLOW   ALKALINE SPRING WATER	24
FOOD FOR LIFE   BREAD & ENGLISH MUFFINS (FROZEN)	85
FOOD FOR LIFE   EZEKIEL 4:9 SPROUTED CEREAL	26
FOOD FOR LIFE   TORTILLAS (FROZEN)	86
FOUR O'CLOCK   TEA CRAFTERS	11
FREEYUMM   ALLERGEN-FREE COOKIES	36
FREEYUMM   CRACKERS	39
FRUIT D'OR   CRANBERRY JUICE	20
GARDEIN   MEAT-FREE ALTERNATIVE (FROZEN)	92
GARDEIN   PLANT-BASED BOWLS (FROZEN)	91
GENUINE TEA CO.   TEA	12
GIMME ORGANIC   ROASTED SEAWEED	46
GIMME ORGANIC   ROASTED SEAWEED SNACKS	46
GIMME ORGANIC   ROASTED SUSHI NORI	46
GINGER PEOPLE   COOKING SAUCE	32
GINGER PEOPLE   GINGER JUICE	44
GINGER PEOPLE   GINGER SOOTHER	18
GINGER PEOPLE   GINGER SYRUP	31
GINGER PEOPLE   MINCED GINGER	47
GLUTINO   COOKIES	36
GLUTINO   CRACKERS	93
GLUTINO   PRETZELS	58

# PSC Wholesale Catalogue - May 2025

GOBIO!   BOUILLON CUBES & BROTH POWDER	67
GOBIO!   GRAVY & PESTO CUBES	33
GOMACRO   MACROBAR	56
GOOD TO GO   SOFT BAKED BARS, BLONDIES & BROWNIES	56
GOODDRINK   BOTTLED TEA	16,17
GOODDRINK   SPRITZER	15
GOODVIBES JUICE CO   GOODVIBES SHOTS+	18
GREEK GODS   GREEK STYLE YOGURT (REFRIGERATED)	72
GREEN CUISINE   MOCHI, TEMPEH & TOFU (REFRIGERATED)	84
GREEN CUISINE   TEMPEH (FROZEN)	92
GREEN TABLE FERMENTS   CONDIMENTS (REFRIGERATED)	74
GT'S   SYNERGY RAW KOMBUCHA (REFRIGERATED)	81
GT'S   ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)	81
GUAYAKI   YERBA MATE	12
GUAYAKI   YERBA MATE BEVERAGE	17
GUSTA   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	77
HABIBI'S MEDITERRANEAN   DIPS & HUMMUS (REFRIGERATED)	75
HABIBI'S MEDITERRANEAN   LEBANESE GARLIC SAUCE	48
HAPPY PAWS   CAT & DOG FOOD	101
HAPPY PLANET   JUICE & SMOOTHIES (REFRIGERATED)	79
HAPPY PLANET   SOUP (REFRIGERATED)	76
HARDBITE   HANDCRAFTED STYLE CHIPS	58,59
HARMLESS HARVEST   COCONUT BEVERAGES (REFRIGERATED)	79,80
HARVEST SNAPS   BAKED CRISPS	59
HEALTH-ADE   KOMBUCHA (REFRIGERATED)	81
HEALTHY SHORES   CANNED SEAFOOD FOR CATS & DOGS	101
HOLY CRAP   SUPERSEED CEREAL & OATMEAL	25
HOLY NAPOLI   PIZZA DOUGH (FROZEN)	89
HOLY NAPOLI   NEAPOLITAN PIZZA (FROZEN)	93
HOME GROWN LIVING FOODS   EASY MAGIC MIX	49
HOME GROWN LIVING FOODS   EASY U-BAKE MIX	6
HOME GROWN LIVING FOODS   SPROUTED NUTS & SEEDS	50
HOME GROWN LIVING FOODS   SPROUTED TRAIL MIX	65
HONEY STINGER   SPORTS NUTRITION	56
HOOCHY 'BOOCH   KOMBUCHA (REFRIGERATED)	81
HORNBY ISLAND   VEGGIE PÂTÉ (REFRIGERATED)	77
HORNBY ORGANIC   ENERGY BAR	56,57
HOT-KID   RICE CRISPS	39
HOUSE OF YEE   GLUTEN FREE DUMPLINGS (FROZEN)	91
HUER   HERO PROBIOTIC GUMMIES	43
HUER   NATURAL CANDY	65
HUMBLE   ORGANIC POTATO CHIPS	59
HUMMINGBIRD   BEAN TO BAR CHOCOLATE	62
HUNGRY BUDDHA   KETO BAR	57
IF YOU CARE   COFFEE FILTERS	9
IF YOU CARE   CONCENTRATED DISHWASHING PRODUCTS	99
IF YOU CARE   ENVIROMENT FRIENDLY BAKING CUPS	6
IF YOU CARE   ENVIROMENT FRIENDLY CLEANING PRODUCTS	102
IF YOU CARE   ENVIROMENT FRIENDLY COOKING PRODUCTS	99
IF YOU CARE   FOOD WASTE BAGS	99
ILIADA   GREEK OLIVES	35
IMAGINE FOODS   BROTH	67
IMAGINE FOODS   NATURAL SOUP	68
INDIANLIFE   CHIPS & SAVOURY SNACKS	59
INDIANLIFE   ENTRÉES (FROZEN)	91
INDIANLIFE   FLAT BREADS, WRAPS & TORTILLAS (FROZEN)	86,87
INSTAFERM   INSTANT YEAST	7
ISLAND ESSENTIALS   NATURAL BODY CARE	96
ISLAND KRAUT   RAW KRAUT (REFRIGERATED)	74
ISLAND NUT ROASTERY   FRESH ROAST NUT BUTTER	28
ISLANDERS MEXICAN SAUCE   FRESH AUTHENTIC SALSA (REFRIGERATED)	75
ITO EN   UNSWEETENED READY TO DRINK TEA	17
JASON   HAIR CARE	98
JONNY HETHERINGTON ESSENTIALS   BBQ SAUCE	32
JONNY HETHERINGTON ESSENTIALS   CONDIMENTS	31
JOVIAL   COOKIES	37
JOVIAL   EINKORN FLOUR	9
JOVIAL   ITALIAN PASTA	54
JUST EGG   PLANT EGG (FROZEN)	92
JUSTIN'S   NUT BUTTER CUPS	62
JYOTI   INDIAN CUISINE	46
KAN'S   APPETIZERS (FROZEN)	89
KARTHEIN'S ORGANIC   UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	75
KASLO SOURDOUGH PASTA   PASTA FERMENTATA	54
KEFIRKULT   COCONUT KEFIR YOGURT (REFRIGERATED)	74
KETTLE BRAND   POTATO CHIPS	59
KIJU ORGANIC   BEVERAGE	20
KIND   BREAKFAST BARS, HEALTHY GRAINS BARS, THINS NUT BARS & SOFT BAKED SQUARES	38
KIND   CHOCOLATE DIPPED CLUSTERS	62
KIND   NUT BAR	57
KIND   WHOLE GRAINS GRANOLA	2626

# PSC Wholesale Catalogue - May 2025

KINDRED CULTURES   PROBIOTIC WATER KEFIR (REFRIGERATED)	81
KING ISLAND   COCONUT WATER	20
KINNIKINNICK   COOKIES	37
KINNIKINNICK   DINNER ROLLS & PIE CRUSTS (FROZEN)	89
KINNIKINNICK   DONUTS (FROZEN)	87
KINNIKINNICK   GLUTEN FREE BREAD PRODUCTS (FROZEN)	85
KINNIKINNICK   GRAHAM STYLE CRUMBS	7
KINNIKINNICK   PANCAKE & WAFFLE MIX	27
KINNIKINNICK   PANKO STYLE BREAD CRUMBS	5
KONSCIOUS   PLANT-BASED SEAFOOD MEALS (FROZEN)	91
KOOCHIKOO   TAPIOCA SWEETENED CANDY	64
KOYO   JAPANESE PRODUCTS	47
KOYO   RAMEN	67,68
KRINOS   FETA CHEESE (REFRIGERATED)	71
KRINOS   GREEK OLIVES	35
KRINOS FOODS   GREEK OLIVE OIL	51
KRISDA   SUGAR-FREE CHOCOLATELY CHIPS	7
KRISDA   SUGAR-FREE SWEETENER	70
LAID BACK SNACKS   SNACK MIXES	66
LAKANTO   MONKFRUIT BLEND SWEETENER & SYRUP	70
L'ANCÊTRE   BUTTER (REFRIGERATED)	87
L'ANCÊTRE   CHEESE (REFRIGERATED)	71,72
LE GRAND   PESTO (REFRIGERATED)	75
LE GRAND   PLANT BASED CHEESE (REFRIGERATED)	73
LE PAIN DES FLEURS   CRISPBREAD	39
LET'S DO   ICE CREAM CONES	88
LET'S DO...ORGANIC   BAKING INGREDIENTS	7
LET'S DO...ORGANIC   COCONUT CREAM & MILK	48
LET'S DO...ORGANIC   SHREDDED COCONUT	49
LET'S DO...ORGANIC   ICE CREAM CONES	88
LEVEL GROUND COFFEE ROASTERS   CRAFT COFFEE	9,10
LEVEL GROUND TRADING   CACAO NIBS	43
LEVEL GROUND TRADING DIRECT FAIR TRADE   DRIED FRUIT	49
LEVEL GROUND TRADING DIRECT FAIR TRADE   SUGAR	70
LEVEL GROUND TRADING DIRECT FAIR TRADE   TEA	12
LICK YOUR CHOPS   CAT & DOG FOOD	101
LITA'S MEXICAN FOODS   FLOUR TORTILLAS (FROZEN)	87
LITA'S MEXICAN FOODS   VEGAN TAQUITOS (FROZEN)	89
LIVELY   PREBIOTIC POP	18
LIVIVA   CERTIFIED KETO PASTAS	54
LOOP MISSION   COLD-PRESSED JUICE & SMOOTHIES (REFRIGERATED)	80
LOOP MISSION   PROBIOTIC SODA (REFRIGERATED)	81
LOOP MISSION   WELLNESS SHOT (REFRIGERATED)	82
LOTUS FOODS   RICE	42
LOTUS FOODS   RICE NOODLES	48
LOTUS FOODS   RICE RAMEN MISO SOUP	68
LOTUS FOODS   RICE RAMEN NOODLES	47
LOVE CHILD ORGANICS   BABY FOOD & SNACKS	5
LOVE GOOD FATS   KETO BAR	57
LUCKY FOODS   SPRING ROLLS (FROZEN)	89
LUNDBERG   BROWN RICE SYRUP	70
LUNDBERG   RICE CAKE MINIS	60
LUNDBERG   WHOLE GRAIN RICE CAKES	40
LUNDBERG FAMILY FARMS   ENTREES & SIDES	53
LUNDBERG FAMILY FARMS   RICE	42
MACKELLAR FARMS   EDAMAME (FROZEN)	94
MADEGOOD   BARS & BITES	38
MADEGOOD   COOKIES	37
MADEGOOD   STAR PUFFED CRACKERS	39
MAINE COAST SEA VEGETABLES   WILD ATLANTIC DULSE	47
MAISON ORPHEE   CULINARY OIL	51,52
MAISON ORPHEE   DRESSING & MARINADE	33
MAISON ORPHEE   FRESH MAYONNAISE (REFRIGERATED)	76
MAISON ORPHEE   HAND-HARVESTED GREY SEA SALT	44
MAISON ORPHEE   MUSTARD	31
MAISON ORPHEE   VINEGAR	36
MANITOBA HARVEST   HEMP SEED	50
MANITOBA HARVEST   HEMP SEED OIL	52
MANITOBA HARVEST   HEMP YEAH! GRANOLA	26
MANITOBA HARVEST   PROTEIN POWDER	95
MANNA ORGANICS   MIGHTY MANNA BREAD (FROZEN)	85
MARUKAN   PONZU SAUCE	47
MARUKAN   RICE VINEGAR	36
MARY'S ORGANIC   CRACKERS	40
MARY'S ORGANIC   GRAHAM-STYLE KOOKIES	37
MASECA   CORN MASA FLOUR	9
MATEINA   INFUSED YERBA MATE TEA	17
MATEINA   YERBA MATE	12
MAUREEN'S   COOKING SAUCE	46
MCKENZIE'S   COUNTRY FARM HONEY	70
MELT ORGANIC   PLANT BUTTER (REFRIGERATED)	72

# PSC Wholesale Catalogue - May 2025

MID-DAY SQUARES   FUNCTIONAL CHOCOLATE (REFRIGERATED)	83
MINOR FIGURES   BARISTA OAT MILK	23
MISHIMA   INSTANT SOUP	47
MODERN PRODUCTS   BREWERS YEAST	43
MODERN PRODUCTS   SEASONINGS	44
MOLISANA   ORGANIC ROASTED PEPPERS	35
MOOCHO   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	73
MORNIN' GLORY   PRUNE JUICE	20
MORNIN' GLORY   PRUNES	49
MOUNT HAGEN   INSTANT COFFEE	10
MOUNTAIN SKY   BODY CARE	96,97
NAAM   COOKING SAUCE	32
NAKED & SAUCY   COOKING SAUCE	32
NAKED & SAUCY   NOOCH NUTRITIONAL YEAST DRESSING	33
NAKED & SAUCY   SIMMER SAUCE	32
NAKED & SAUCY   SOY SAUCE SUBSTITUTE	35
NANAK   GHEE CLARIFIED BUTTER	46
NATIVE FOREST   CANNED FRUIT & VEGETABLES	30
NATIVE FOREST   CANNED VEGETABLES & JACKFRUIT	48
NATIVE FOREST   COCONUT MILK	48
NATIVE FOREST   DAIRY FREE MILK POWDER	23
NATRACARE   FEMININE CARE	98
NATURA   DAIRY-FREE BARISTA BLEND	23
NATURA   DAIRY-FREE BEVERAGE	24
NATURAL CABANA   LEMON & LIMEADE	20
NATURE CLEAN   DISHWASHING PRODUCTS	99
NATURE CLEAN   HAND SOAP	97
NATURE CLEAN   HOUSEHOLD CLEANERS	102
NATURE CLEAN   LAUNDRY PRODUCTS	100
NATURE CLEAN   SHAMPOO & CONDITIONER	98
NATUREBEE   CONCENTRATED FOAMING HAND SOAP TABLETS	97
NATUREBEE   REUSABLE SPONGE CLOTHS	102
NATUREBEE   SHOWER STEAMERS	96
NATURE'S BAKERY   SNACK BARS	38
NATURE'S NUTS   NUT & SEED BUTTER	28
NATURE'S PATH   CEREAL	26
NATURE'S PATH   GRANOLA	26
NATURE'S PATH   INSTANT OATMEAL	25
NATURE'S PATH   TOASTER PASTRIES	38
NATURE'S PATH   WAFFLES (FROZEN)	93
NATURE'S PATH   WHOLE GRAIN OATS	42
NATURSOURCE   SALAD TOPPER	33
NATURSOURCE   SNACKS	66
NAVITAS ORGANICS   DRIED FRUIT	49
NAVITAS ORGANICS   PLANT-BASED SUPERFOOD	43
NIKKEI RAMEN YA   AUTHENTIC RAMEN (FROZEN)	90
NIKKEI RAMEN YA   RAMEN SEASONING SAUCE	47
NONNY   CRAFT NON-ALCOHOLIC BEER	22
NOOCHPOP!   VEGAN CHEESY POPCORN	60
NORA   SEAWEED SNACKS	47
NORA'S   DAIRY-FREE DESSERT (FROZEN)	88
NORTH PRAIRIE GOLD   OIL	52
NOVA SCOTIA FISHERMAN   XTREME LIP & SKIN CARE	97
NUMI   ORGANIC TEA	12
NUNWEILER'S   PANCAKE & WAFFLE MIX	27
NUNWEILER'S FLOUR CO   ORGANIC FLOUR	9
NUTIVA   COCONUT MANNA CREAMY SPREAD	28
NUTIVA   OIL	52
NUTS FOR CHEESE   CREAMY CASHEW DIP (REFRIGERATED)	76
NUTS FOR CHEESE   FERMENTED CASHEW PRODUCT (REFRIGERATED)	73
NUTS FOR CHEESE   NUTS FOR BUTTER CULTURED CASHEW PRODUCT (REFRIGERATED)	72
NUUN   HYDRATION SUPPLEMENTS	95
OASIS   PITA BREAD (FROZEN)	87
OATLY   BARISTA EDITION OAT DRINK	23
OATLY   OAT DRINK	24
OCEAN'S HALO   KIMCHI	35
OCEAN'S HALO   RICE	42
OCEAN'S HALO   SPRING ROLL WRAPS	48
OCEAN'S HALO   SUSHI NORI	47
OCEAN'S HALO   THE SEAWEED SNACK	47
O'DOUGHS   BITE SIZED NAAN STYLE O'DIPPERS (FROZEN)	87
O'DOUGHS   BREAD, BUNS & BAGELS (FROZEN)	85,86
OIL   OIL	52
OMEGA 3 NUTRACLEANSE   FIBRE BLEND	95
OMEGA NUTRITION   APPLE CIDER VINEGAR	36
OMEGA NUTRITION   EFA OIL (REFRIGERATED)	78
OMEGA NUTRITION   FLAX & PUMPKIN SEED POWDER	95
OMEGA NUTRITION   OIL	52
OMEGA NUTRITION   PUMPKIN SEED BUTTER	28
ONEEARTH FUNCTIONAL FOODS   COCONUT PALM SUGAR	70
OOME   SMOKED TOFU (REFRIGERATED)	84

# PSC Wholesale Catalogue - May 2025

ORCHID REAL FLAVOUR   BAKING INGREDIENTS	7
ORGANIC INDIA TEA   HERBAL INFUSIONS	12
ORGANIC MEADOW   BUTTER (FREEZER)	87
ORGANIC MEADOW   ICE CREAM (FROZEN)	88
ORIGO   FREEZE DRIED FRUIT	66
OZERY FAMILY BAKERY   BUNS (FROZEN)	86
PACIFIC FOODS   BROTH	67
PACIFIC FOODS   PLANT-BASED CHILI	31
PACIFIC FOODS   SOUP	69
PAMELA'S   ARTISAN FLOUR BLENDS	9
PAMELA'S   COOKIES	37
PAMELA'S   PANCAKE MIX	27
PANDA   LICORICES	65
PAPERCHEF   CULINARY PARCHMENT BAKING PRODUCTS	6
PAPERCHEF   CULINARY PARCHMENT PAPER	99
PARMELA CREAMERY   PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)	73
PARTAKE BREWING   NON-ALCOHOLIC BEER	22
PARTAKE BREWING   SPARKLING HOP WATER	22
PATIENCE   FRUIT JUICE	20
PATIENCE FRUIT & CO   DRIED BERRIES	50
PATIENCE FRUIT & CO   SOUR CRAN DRIED CRANBERRIES	65
PEARL'S   PEROGIES (FROZEN)	91
PERFECT CHEF   TOMATO PASTA SAUCE	34
PHILLIPS   IOTA NON-ALCOHOLIC CRAFT BEER	22
PHILLIPS   SODA WORKS	16
PHOEAPOLIS ORGANICS   TUNISIAN OLIVE OIL	52
PIKE PIER FISHERMAN   ALL NATURAL SAUCE	32
PLUMM GOOD   WHOLE GRAIN RICE CAKES	40
PLUMM GOOD   GLUTEN FREE BREADING CRUMBS	5
POMONA'S   UNIVERSAL PECTIN	7
POPTASTIC   POPCORN	60
PORTOFINO BAKERY   BREAD & BUNS (FROZEN)	86
PRANA   OVERNIGHT CHIA WITH OATS	25
PRANA   SNACK NUTS & MIXES	66
PRANA ORGANIC   CHOCOLATE CHUNKS	7
PRANA ORGANIC   CHOCOLATE TREATS	62
PRANA ORGANIC   COOKIES	37
PRANA ORGANIC   DRIED FRUIT	50
PRANA ORGANIC   FUNCTIONAL FOOD	43
PRANA ORGANIC   GRANOLA BARS	38
PRANA ORGANIC   GRANOLOVE GRANOLA CEREAL	27
PRANA ORGANIC   NUTS & SEEDS	51
PROBAR   NUTRITIONAL FOOD BAR	57
PUKKA   ORGANIC TEA	13
QUE PASA   SALSA	35
QUE PASA   TACO SHELLS	48
QUE PASA   TORTILLA CHIPS	60
R.W. KNUDSEN   FRUIT JUICE & VEGETABLE JUICE	21
RABBIT RIVER FARMS   EGGS (REFRIGERATED)	72
RAINCOAST TRADING   MSC CERTIFIED SUSTAINABLE SEAFOOD	30
RANGELAND   NATURALLY SMOKED MEAT SNACKS	67
RAWMBAS   VEGAN MUFFINS (FROZEN)	87
RED STAR   NUTRITIONAL YEAST	43
REDMOND   REAL SALT	44
RICEWORKS   GOURMET RICE SNACKS	60
RISE   KOMBUCHA & BOTANICALS (REFRIGERATED)	82
RIZOPIA   RICE PASTA	54
ROAR ORGANIC   VITAMIN ENHANCED BEVERAGE	18
ROAR PLUS   VITAMIN & ELECTROLYTE DRINK MIX	96
ROLLING MEADOW   BUTTER (FROZEN)	87
RUBY'S AUTHENTIC   APPETIZERS (FROZEN)	90
RUBY'S AUTHENTIC   CHUTNEY (REFRIGERATED)	76
RVIITA   ENERGY TEA	18
SAFE CATCH   LOW MERCURY CANNED SEAFOOD	30
SALT SPRING COFFEE	10
SALT SPRING GELATO   ITALIAN ICE CREAM (FROZEN)	88
SALT SPRING GELATO   SORBETTO (FROZEN)	88
SAN-J   BREWED SOY SAUCE & ALTERNATIVES	35,36
SAN-J   COOKING SAUCE	32
SAN-J   RICE CRACKERS	40
SANTA CRUZ ORGANIC   100% LEMON & LIME JUICE	44
SANTA CRUZ ORGANIC   JUICE, LEMONADE & LIMEADE	21
SAPSUCKER   SPARKLING WATER BEVERAGE	19
SAUGEEN COUNTRY DAIRY   KEFIR & YOGURT (REFRIGERATED)	72
SAVE DA SEA   PLANT-BASED SEAFOOD (REFRIGERATED)	77
SAY IT AIN'T SODA   FRUIT & BOTANICALS SPARKLING SOFT DRINK	16
SAY WHEN   ORGANIC CHAI CONCENTRATE	11
SEASNAX   SEAWEED PRODUCTS	47
SENSIBLE PORTIONS   GARDEN VEGGIE STRAWS & CHIPS	60
SEOUL   KIMCHI (REFRIGERATED)	75
SEOUL   KIMCHI HOT SAUCE	32

# PSC Wholesale Catalogue - May 2025

SILK'N SOFT   BAMBOO BATHROOM TISSUE	100
SIMPLA   COCONUT PLANT-BASED YOGURT (REFRIGERATED)	74
SIMPLY ORGANIC   BOTTLED SPICES & GRINDERS	44,45
SIMPLY ORGANIC   DIP MIX	55
SIMPLY ORGANIC   FINISHING SALT	45
SIMPLY ORGANIC   FLAVOURINGS & EXTRACTS	7
SIMPLY ORGANIC   GRAVY MIX	33
SIMPLY ORGANIC   PASTA SAUCE MIX	44
SIMPLY ORGANIC   SEASONING MIX	45
SNACK 21   DOG & CAT SNACKS	101
SOBER CARPENTER   NON-ALCOHOLIC CRAFT BEER & CIDER	22
SOTA   SPARKLING TEA + ADAPTOGENS	19
SOYA NOVA   TOFU (REFRIGERATED)	84
SPARKMOUTH   MOCKTAILS	22
SPARKMOUTH   SPARKLING WATER & TONIC	16
SPECTRUM   OIL	52
SPECTRUM   SPRAY OIL	53
SPECTRUM CULINARY   MAYONNAISE	34
SPERRI   PLANT-BASED MEAL REPLACEMENT SHAKE	19
SPREAD 'EM KITCHEN CO.   CASHEW CHEESE (REFRIGERATED)	74
SPREAD 'EM KITCHEN CO.   CASHEW DIP (REFRIGERATED)	76
SQUAMISH WATER KEFIR   FROZEN PROBIOTIC POPS	89
SQUAMISH WATER KEFIR   PROBIOTIC SODA & WATER KEFIR (REFRIGERATED)	82,83
ST. MICHAEL   HONEY	70
STAHLBUSH ISLAND FARMS   FRUIT (FROZEN)	94
STAHLBUSH ISLAND FARMS   VEGETABLES (FROZEN)	94,95
STASH TEA   PREMIUM TEA	13,14
STELLA'S   PEROGIES (FROZEN)	91
STICKLING'S BAKERY   GLUTEN FREE BREAD CRUMBS & CROUTONS	5
STOKED OATS   OATRICE RICE ALTERNATIVE	53
STOKED OATS   RUN OF THE MILL OATS	42
STOKED OATS   SUPERFOOD GRANOLA	27
STOKED OATS   SUPERFOOD OATMEAL BLEND	25
STOKED OATS   SUPERFOOD PANCAKE MIX	28
STREET LEGAL   DEALCOHOLIZED BEER	23
SUNDHED   SEA SALT & PURE HIMALAYAN SALT	45
SUNFLOWER KITCHEN   DIP & SAUCE (REFRIGERATED)	76
SUNSHINE FARMS   CONDIMENTS	32
SUNSHINE FARMS   ORGANIC PICKLES	35
SUNSHINE FARMS   VINEGAR	36
SUPERIOR NATURAL   TOFU (REFRIGERATED)	85
SWERVE SWEETENER	70
SYNERGY ORGANICS   DENTAL CARE	97
TASTE NIRVANA   COCONUT WATER	21
TAZO   LATTE CONCENTRATE	11
TAZO   TEA BAGS	14
TERRA   ARTISAN BREAD (FROZEN)	86
TERRA BREADS   SMALL BATCH GRANOLA	27
TERRA DELYSSA   OLIVE OIL	53
THAI KITCHEN   COCONUT CREAM & MILK	49
THAI KITCHEN   PASTE & SAUCE	49
THAI KITCHEN   RICE NOODLES	49
THE BETTER BUTCHERS   FORAGER'S FINEST MUSHROOM POWERED GROUND (FROZEN)	92
THE CULTURED COCONUT   PROBIOTIC (REFRIGERATED)	78
THE GINGER PEOPLE   GINGER CANDY	64
THE SPICE AGE   SEASONING MIX	45
THEO   CHOCOLATE	62,63
THIRSTY BUDDHA   COCONUT WATER	21
THIRSTY BUDDHA   SPARKLING COCONUT WATER	16
THRIVE REMEDIES   WELLNESS TEAS	19
TINKYADA   RICE PASTA	55
TOFINO   RAW KOMBUCHA (REFRIGERATED)	83
TOFURKY   MEAT ALTERNATIVE (REFRIGERATED)	77
TOM'S OF MAINE   DENTAL CARE	97,98
TOM'S OF MAINE   DEODORANT	97
TRADITIONAL MEDICINALS   TEA	14
TRIPLE JIM'S   ORGANIC DRIED FRUIT	50
TRIPLE JIM'S   ALL NATURAL JUICE MADE FROM BC FRUIT	21
TWO BEARS   COLD BREW COFFEE & LATTE	17
TWO BEARS   DAIRY-FREE BARISTA OAT	23
TWO BEARS   DAIRY-FREE BEVERAGE	24
TWO BEARS   DRINK MIXER	23
UMI'S KITCHEN   COOKING SAUCE	33
UNCLE LEE'S TEA	14
UNICO   CHICKPEAS	29
UNICO   OLIVE OIL	53
VANCOUVER CROISSANT   READY-TO-BAKE CROISSANTS (FROZEN)	89
VEGAN ROB'S   PLANT BASED SNACKS	61
VG GOURMET   ARTISAN VEGAN BURGERS (FROZEN)	92
VIJ'S   INDIAN APPETIZERS (FROZEN)	90
VIJ'S   INDIAN CUISINE (FROZEN)	91

# PSC Wholesale Catalogue - May 2025

WAKEWATER   CAFFEINATED SPARKLING WATER	19
WANT-WANT   SUPERSLIM BROWN RICE CRISPS	40
WHISTLER WATER	24
WHITewater COOKS   DRESSING & VINAIGRETTE	34
WHITewater COOKS   MARINADE	33
WHOLE ALTERNATIVES   POPCORN	41
WHOLESOME   NATURAL & ORGANIC SWEETENER	70
WHOLLY WHOLESOME   PIE SHELLS (FROZEN)	89
WILD COUNTRY   HONEY	71
WILD TEA   KOMBUCHA	19
WILDBRINE   FERMENTED SAUCE (REFRIGERATED)	76
WILDBRINE   FERMENTED VEGETABLES (REFRIGERATED)	75
WILDVINE   PICKLED VEGETABLES (REFRIGERATED)	75
WILDWOOD ORGANICS   TOFU (REFRIGERATED)	85
WISE BITES   ALLERGEN-FREE BAKED GOODS (FROZEN)	88
WISE BITES   ALLERGEN-FREE COOKIES	37
WIZARD'S   ORGANIC SAUCE	32
WIZE   SPARKLING ICED TEA	17
WOW BAKING COMPANY   COOKIES	37
WOWBUTTER   PEANUT FREE SPREAD	29
WUNDERCAT   ALL NATURAL CAT LITTER	101
YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS	102
YESHI   NUTRITIONAL YEAST DRESSING & DIP	34
YESHI   NUTRITIONAL YEAST FLAKES	44
YOGGU!   PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED)	74
YOGI   HERBAL TEA	14
YOGOURMET   CULTURES (REFRIGERATED)	72
YVES   VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)	77
ZAZUBEAN   CHOCOLATE BARS	63
ZEVIA   NO SUGAR TEA	17
ZEVIA   ZERO SUGAR ENERGY DRINK	19
ZEVIA   ZERO SUGAR SODA	16
ZIMT   MACAROONS	57
ZORAW CHOCOLATES   FUNCTIONAL CHOCOLATE BARS	63