



Wholesale Catalogue

May 2022



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

Web: 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

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PSC NATURAL FOODS Wholesale Catalogue

- Pricing effective May 2022

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.

ordering + account info | 2022 catalogue | psc natural foods

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 Routes: Vancouver Island, Vancouver and Lower Mainland

Cut-off Times

Monday 'M' Run

Vancouver, Connection to other Mainland points

Main Orders 3:00PM Thursday

Add-ons 12:00 NOON Friday

Tuesday 'B' Run

Nanaimo, Gabriola Island, Lantzville, Nanoose, Parksville, Qualicum, Errington, Coombs

Main Orders 2:00PM Friday

Add-ons 12:00 NOON Monday

Tuesday 'C' Run

Greater Victoria (Victoria City, Oak Bay, Saanich, Esquimalt)

Main Orders 12:00 NOON Monday

Add-ons 2:00PM Monday

Wednesday 'D' Run

Sidney, North Saanich, Saltspring Island

Main Orders 4:00PM Monday

Add-ons 12:00 NOON Tuesday

Wednesday 'E' Run

Greater Victoria

Main Orders 12:00 NOON Tuesday

Add-ons 2:00PM Tuesday

Thursday 'A' Run

Lasqueti Island, Bowser, Denman Island, Hornby Island, Courtenay, Comox, Black Creek, Campbell River, Quadra Island

Main Orders 4:00PM Tuesday

Add-ons 12:00 NOON Wednesday

Thursday 'G' Run

Colwood, Sooke, Langford, Metchosin

Main Orders 12:00 NOON Wednesday

Add-ons 2:00PM Wednesday

Friday 'H' Run

Greater Victoria (Victoria City, Oak Bay, Saanich, Esquimalt), Saanich Peninsula, Brentwood Bay, Saanichton, Cordova Bay

Main Orders 12:00 NOON Thursday

Add-ons 2:00PM Thursday

Friday 'J' Run

Mill Bay, Shawnigan, Cobble Hill, Cowichan Bay, Duncan, Chemainus, Crofton, Ladysmith, Cassidy, Nanaimo

Main Orders 4:00PM Wednesday

Add-ons 12:00 NOON Thursday

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.

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DRY GOODS

1 / ea

Diapers & Wipes

628451 738015	46306			Bamboo Baby Wipes w/ Aloe	16 / 72ct	G P
628451 738046	46308			Bamboo Baby Wipes. Value Pack (S/O)	6 / 3x72ct	G P

732913 342082	46028		Baby Wipes, Unscented, Tub	12 / 64ct	G P
732913 342242	47036	B	Baby Wipes, Unscented, Litho Box	1 / 384ct	G P
732913 448715	15100		Diapers, Newborn (up to 10lb) (disposable)	4 / 31ct	G P
732913 448722	15101		Diapers, Stage 1 (8-14lb) (disposable)	4 / 31ct	G P
732913 448739	15102		Diapers, Stage 2 (12-18lb) (disposable)	4 / 31ct	G P
732913 448746	15103		Diapers, Stage 3 (16-28lb) (disposable)	4 / 27ct	G P
732913 448753	15104		Diapers, Stage 4 (22-37lb) (disposable)	4 / 25ct	G P
732913 448760	15105		Diapers, Stage 5 (27+ lb) (disposable)	4 / 19ct	G P
732913 448777	15106		Diapers, Stage 6 (35+ lb) (disposable)	4 / 17ct	G P
732913 448814	15107		X Value (3) Pack Disposable Diapers, Size 3 (16-28 pounds)	1 / 72ct	G P
732913 448821	15108		X Value (3) Pack Disposable Diapers, Size 4 (22-37 pounds)	1 / 64ct	G P
732913 448838	15109		X Value (3) Pack Disposable Diapers, Size 5 (27+ pounds)	1 / 52ct	G P

Food & Formula

858860 001077	61051	*	+	🍷	Puree, FIRST Apples, Organic (6+ months)	2 / 6x128ml
858860 001084	61052	*	+	🍷	Puree, FIRST Pears, Organic (6+ months)	2 / 6x128ml
858860 001022	61041	*	+	🍷	Puree, Apples, Bananas, Blueberries, Organic (6+ months)	2 / 6x128ml
858860 001626	61063	*	+	🍷	Puree, Apples, Banana's, Spinach, Avocado, Organic (6+ months)	2 / 6x128ml
858860 001060	61045	*	+	🍷	Puree, Apples, Corn, Butternut Squash, Organic (6+ months)	2 / 6x128ml
858860 001015	61040	*	+	🍷	Puree, Apples, Mangos, Organic (6+ months)	2 / 6x128ml
858860 001121	61047	*	+	🍷	Puree, Apples, Spinach, Kiwi, Broccoli, Organic (6+ months)	2 / 6x128ml
858860 001640	61065	*	+	🍷	Puree, Apples, Strawberries, Beets, Blueberries, Organic (6+ months)	2 / 6x128ml
858860 001114	61046	*	+	🍷	Puree, Apples, Sweet Potatoes, Beets, Cinnamon, Organic (6+ months)	2 / 6x128ml
858860 001633	61066	*	+	🍷	Puree, Apples, Sweet Potatoes, Broccoli, Spinach, Organic (6+ months)	2 / 6x128ml
858860 001046	61043	*	+	🍷	Puree, Apples, Sweet Potatoes, Carrots, Blueberries, Organic (6+ months)	2 / 6x128ml
858860 001619	61067	*	+	🍷	Puree, Bananas, Carrots, Mangoes, Coconut, Organic (6+ months)	2 / 6x128ml
858860 001176	61049	*	+	🍷	Puree, Bananas, Pumpkins, Pears, Coconut, Organic (6+ months)	2 / 6x128ml
858860 001039	61042	*	+	🍷	Puree, Bananas, Strawberries, Peaches, Organic (6+ months)	2 / 6x128ml
858860 001053	61044	*	+	🍷	Puree, Pears, Kale, Peas, Organic (6+ months)	2 / 6x128ml
858860 001152	61055	*	+	🍷	Puree with Yogurt, Pears, Bananas, Blackberries, Raspberries, Organic (8+ months)	2 / 6x128ml

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
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BAKERY GOODS

More Breads in Frozen Section

Bread

ENER-G FOODS | BREADS

075119 145713	16214	GMO	GF							X	Brown Rice Loaf	6 / 454g
075119 145898	16191	GMO	GF							X	Hi-Fiber Rice Loaf	6 / 454g
075119 149520	55388		GF							X	Select Bread, Sourdough White	6 / 397g
075119 049103	16212		GF							X	Tapioca Loaf	6 / 454g
075119 145829	16256		GF							X	Yeast Free Brown Rice Loaf	6 / 539g
Buy 5-9 cases												Save 10%
Buy 10+ cases												Save 15%

KINNIKINNICK | PANKO STYLE BREAD CRUMBS

620133 600153	55053		GF					+	P		Panko Style Bread Crumbs	6 / 350g
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PLUM-M-GOOD | BROWN RICE BREADING CRUMBS

069372 006201	16697		GF		*	BC	P				Brown Rice Breading Crumbs, Organic	6 / 100g
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STICKLING'S | BAKERY PRODUCTS

775918 002032	32044		GF					+	P	X	CROUTONS, Herb & Garlic (wheat/gluten/dairy/egg/lactose free)	6 / 175g
775918 002018	32041		GF					+	P		BREAD CRUMBS, Rice (wheat/gluten/lactose free)	6 / 500g
Buy 6-11 cases												Save 5%
Buy 12+ cases												Save 10%

BAKING & PRESERVING

Baking Mixes

ANITA'S ORGANIC | BAKING MIXES

623636 993241	21016			*	BC	P					Cookie Mix, Classic Chocolate Chip, Organic	4 / 428g
623636 993272	21017			*	BC	P					Cookie Mix, Classic Oatmeal Currant, Organic	4 / 461g

BOB'S RED MILL | BAKING MIXES

039978 002259	34225		GF							X	Baking Mix, Biscuit & Baking	4 / 680g
039978 002198	34244		GF							X	Baking Mix, Bread, Homemade Wonderful	4 / 454g
039978 002006	34213		GF							X	Baking Mix, Brownie	4 / 595g
039978 002075	34214		GF							X	Baking Mix, Cookie, Chocolate Chip	4 / 624g
039978 001993	34212		GF							X	Baking Mix, Cornbread	4 / 567g
039978 003003	34251	GMO	GF							X	Baking Mix, Grain Free Blueberry Muffin	5 / 255g
039978 003225	34248	GMO	GF							X	Baking Mix, Grain Free Brownie	5 / 340g
039978 003188	34249	GMO	GF							X	Baking Mix, Grain Free Chocolate Cake	5 / 300g
039978 003294	34250	GMO	GF							X	Baking Mix, Grain Free Flatbread	5 / 200g
039978 002266	34245		GF							X	Baking Mix, Muffin	4 / 454g
039978 002242	34236		GF							X	Baking Mix, Pie Crust	4 / 454g
039978 002082	34215		GF							X	Baking Mix, Pizza Crust	4 / 454g

CLOUD 9 | BAKING MIXES

816512 000045	21056		GF			BC	P				Brownie Mix	8 / 550g
816512 000298	21055		GF			BC	P				Chocolate Cake & Cupcake Mix	8 / 600g
816512 000052	21054		GF			BC	P				Chocolate Chip Cookie Mix	8 / 405g
816512 000502	21037		GF			BC	P				All Purpose Baking Mix	6 / 1.25kg

Baking Supplies

IF YOU CARE | ENVIRONMENT FRIENDLY BAKING CUPS

770009 010484	46382										Baking Cups, Large	24 / 60ct							G	P
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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
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PAPERCHIEF | CULINARY PARCHMENT BAKING PRODUCTS

628689 700303	47014										+ P	Baking Cups, Extra Large	12 / 30ct					G	P
628689 700600	47013										+ P	Baking Cups, Large	12 / 60ct					G	P
628689 700907	47015										+ P	Baking Cups, Mini	12 / 90ct					G	P
628689 700129	21010										+ P	Baking Cups, Lotus	6 / 12ct					G	P
628689 700143	21011										+ P	Baking Cups, Tulip	6 / 12ct					G	P

Baking Ingredients

BAKERS SUPPLY HOUSE | BAKING INGREDIENTS

055853 001803	02218					*					BC P	Baking Powder, Organic (aluminum free) (corn free)	24 / 210g						
055853 001759	02240					*					BC P	Corn Starch, Organic	6 / 250g						
055853 001506	02217					*					BC P	Pure Vanilla Extract, Organic	12 / 100ml						
055853 001308	02176										BC P X	Pure Vanilla Extract	1 / 500ml						
055853 001407	02178										BC P X	Pure Vanilla Extract	1 / 1L						
055853 002206	02266		B			*					BC P X	Baking Powder, Organic (aluminum free) (corn free) (S/O)	1 / 10kg						

BOB'S RED MILL | BAKING INGREDIENTS

039978 313928	34200					GF					X	Baking Powder (aluminum free)	4 / 397g						
039978 323910	34201					GF					X	Baking Soda (aluminum free)	4 / 454g						
039978 306203	34204					GF					X	Gluten Free Egg Replacer	5 / 340g						
039978 325259	20374					GF					X	Potato Starch, Unmodified	4 / 624g						
039978 355553	34205					GF					X	Xanthan Gum	5 / 227g						
039978 315250	20421		B								X	Potato Starch, Unmodified	1 / 11.34kg						

EAGLE INSTAFERM | BAKING INGREDIENTS

067031 109096	02180											Instafirm Instant Yeast	20 / 450g						
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ENER-G FOODS | BAKING INGREDIENTS

075119 124480	16213											Egg Replacer (dairy/casein/egg free)	12 / 454g						
												Buy 5-9 cases	Save 10%						
												Buy 10+ cases	Save 15%						

KINNIKINNICK | GRAHAM STYLE CRUMBS

620133 004340	55052					GF					+ P	Crumbs, Graham Style	6 / 300g						
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LET'S DO...ORGANIC | BAKING INGREDIENTS

043182 005418	24138					*						Arrowroot Starch (Powder), Organic	6 / 170g						
043182 005296	20114					GF					*	Cornstarch, Organic	6 / 170g						
043182 005272	70340											Tapioca, Granules, Organic	6 / 170g						
043182 005937	02008					GF					*	X Sprinklez, Confetti, Organic	12 / 28g						
043182 095297	14542		B			*						X Cornstarch, Organic (S/O)	1 / 25kg						

ORCHID REAL FLAVOUR | BAKING INGREDIENTS

062932 005409	02060											Vanilla Beans, Organic (2pk)	12 / 10g						
062932 001005	02056										BC P	Pure Vanilla Extract	12 / 100ml						
062932 001807	02074					*					BC P	Vanilla Extract, Organic	12 / 100ml						
062932 002002	02071										BC P	Pure Vanilla Extract	6 / 500ml						
062932 001876	02228					*					BC P	Vanilla Extract, Organic	6 / 500ml						
062932 006017	02057										BC P	Pure Almond Extract (S/O)	12 / 100ml						

SIMPLY ORGANIC | FLAVOURINGS & EXTRACTS

089836 186188	02156					*						Almond Extract, Organic	6 / 59ml						
089836 186201	02157					*						Lemon Flavour, Organic (no alcohol)	6 / 59ml						
089836 186225	02159					*						Peppermint Flavour, Organic (no alcohol)	6 / 59ml						
089836 195302	02326					*						Vanilla Extract, Organic (no alcohol)	6 / 59ml						
089836 186232	02154					*						Vanilla Extract, Organic	6 / 59ml						
089836 186195	02172					*						Almond Extract, Organic	6 / 118ml						
089836 195319	02328					*						Vanilla Extract, Organic (no alcohol)	6 / 118ml						
089836 186249	02155					*						Vanilla Extract, Organic	6 / 118ml						

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877693 001504	26141			*		Cacao Nibs, Organic	6 / 250g
877693 001559	26142	GMO	GF	*	🌱	Dark Chocolate Chunks 70%, Organic	6 / 300g
877693 001498	26143		GF	*	🌱	Raw Cacao Powder, Organic	6 / 200g
	60130					Empty Racks (\$/O)	1 / ea

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Flours

ANITA'S ORGANIC | FLOURS

623636 995351	22912	GMQ		GF	*	BC	P					Almond Flour, Organic	4 / 375g
623636 993340	22252			GF	*		P					Coconut Flour, Organic	4 / 680g
623636 720113	22925			GF	*	BC	P					Flour, GF Brown Rice Flour, Organic	4 / 850g
623636 998970	22134	GMQ		GF	*	BC	P					Flour, Gluten Free Tapioca, Organic	4 / 850g
623636 710053	22924			GF	*	BC	P					Flour, GF Oat Flour, Organic	4 / 900g
623636 993395	22251	GMQ			*	BC	P					Einkorn Flour, Organic	4 / 1kg
623636 998956	22133	GMQ		GF	*	BC	P					Flour, Gluten Free All Purpose, Organic	4 / 1kg
623636 101202	22138				*		P					Light Buckwheat, Organic	4 / 1kg
623636 998550	20261				*	BC	P					Sprouted High Protein Flour, Whole Grains & Beans, Organic	4 / 1kg
623636 993500	22238				*	BC	P					Sprouted Kamut Flour, Organic	4 / 1kg
623636 995504	22913				*		P					Sprouted Light Buckwheat Flour, Organic	4 / 1kg
623636 993302	22239				*	BC	P					Sprouted Whole Spelt Flour, Organic	4 / 1kg
623636 993104	22240				*	BC	P					Sprouted Whole Wheat Flour, Hard Red Spring Wheat, Organic	4 / 1kg
623636 930000	22262				*	BC	P					Stoneground Red Fife Wheat Flour, Organic	4 / 1kg
623636 500005	22128				*	BC	P					Stoneground Whole Spelt Flour, Organic	4 / 1kg
623636 200004	22127				*	BC	P					Stoneground Whole Wheat Flour, Hard Red Spring, Organic	4 / 1kg
623636 120203	20101				*		P					Unbleached Cake & Pastry Flour, Organic	4 / 1kg
623636 600705	27000				*		P					Unbleached Pizza & Pasta Flour, Type 00, Organic	4 / 1kg
623636 400008	22126				*	BC	P					Unbleached White Flour, Hard Red Spring, Organic	4 / 1kg
623636 300056	22129	GMQ			V	*	BC	P				Whole Dark Rye Flour, Organic	4 / 1kg
623636 120050	22136	GMQ			*		P					Whole Wheat Pastry Flour, Soft White, Organic	4 / 1kg
623636 998895	21018	GMQ			*	+	P					Flour, 60/40 Bakers Blend, Organic	4 / 2kg
623636 200011	20069				*	BC	P					Stoneground Whole Wheat Flour, Hard Red Spring, Organic	4 / 2kg
623636 400015	20068				*	BC	P					Unbleached White Flour, Hard Red Spring, Organic	4 / 2kg
623636 200028	22922		B		*	BC	P					Flour, Whole Wheat, Stone-ground, Organic	4 / 5kg
623636 400022	22923		B		*	+	P					Flour, Unbleached White, Organic	4 / 5kg
623636 993913	22408				*		P					Unbleached Pizza & Pasta Flour, Type 00, Organic	4 / 5kg
623636 502139	20111		B		*	BC	P	X				Fine Whole Spelt Flour, Organic	1 / 10kg
623636 221146	20201		B		*	BC	P	X				Fine Whole Wheat Flour, Hard Red Spring, Organic	1 / 10kg
623636 999038	20112	GMQ	B	GF	*	+	P					Flour, Gluten Free All Purpose, Organic	1 / 10kg
623636 999045	20113	GMQ	B	GF	*	+	P					Flour, Gluten Free Tapioca, Organic	1 / 10kg
623636 500036	20110		B		*	BC	P	X				Stoneground Whole Spelt Flour, Organic	1 / 10kg
623636 200035	22124	GMQ	B		V	*	BC	P				Stoneground Whole Wheat Flour, Hard Red Spring, Organic	1 / 10kg
623636 400039	20202		B		*	BC	P	X				Unbleached White Flour, Hard Red Spring, Organic	1 / 10kg
623636 300032	20059		B		*	BC	P	X				Whole Dark Rye Flour, Organic	1 / 10kg
623636 180030	20026		B		*		P	X				Corn Flour, Organic	1 / 11.34kg
623636 200042	20048		B		*	BC	P	X				Stoneground Whole Wheat Flour, Hard Red Wheat, Organic	1 / 20kg
623636 400046	20073		B		*	BC	P	X				Unbleached White Flour, Hard Spring Wheat, Organic	1 / 20kg
623636 200301	20108		B		*	BC	P	X				Sprouted Whole Spelt Flour, Organic (S/O)	1 / 10kg
623636 999519	28083		B		*		P	X				Unbleached Pizza & Pasta Flour, Type 00, Organic (S/O)	1 / 20kg

AVENA FOODS | OAT FLOURS

663780 100447	20117		B	GF		+	P					Oat Flour, Wholegrain	1 / 22.7kg
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BOB'S RED MILL | FLOURS

039978 343819	20375							X				Almond Flour, Blanched	4 / 453g
039978 333803	34076							X				Almond Flour, Natural	4 / 453g
039978 002419	34239				*			X				Amaranth Flour, Organic	4 / 510g
039978 335050	20159			GF				X				Arrowroot Starch Flour	4 / 454g
039978 002426	34242			GF	*			X				Brown Rice Flour, Organic	4 / 680g
039978 001870	34218				*			X				Buckwheat Flour, Organic	4 / 624g

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
039978 301789	20150	GMO		GF								4 / 567g							
039978 328151	20355			GF			*	@				4 / 453g							
039978 002150	34220											4 / 624g							
039978 001962	34209											4 / 680g							
039978 002143	34240						*					4 / 680g							
039978 344533	30572	GMO		GF								4 / 623g							
039978 353207	30560			GF			*					4 / 510g							
039978 001986	34211	GMO		GF								4 / 680g							
039978 002280	34232			GF								4 / 624g							
039978 002402	34222			GF								4 / 454g							
039978 002129	34221											4 / 567g							
039978 334527	30574			GF								4 / 623g							
039978 002273	34235			GF								4 / 510g							
039978 002433	34224											4 / 567g							
039978 333490	30570			GF								4 / 454g							
039978 002389	34226	GMO		GF								4 / 680g							
039978 001979	34210			GF								4 / 680g							
039978 002440	34247											4 / 680g							
039978 002136	34227											4 / 680g							
039978 002341	34237			GF								4 / 624g							
039978 002105	34216						*					4 / 567g							
039978 325365	20389											4 / 454g							
039978 002396	34229											4 / 567g							
039978 333810	20238			GF								4 / 907g							
039978 354532	30573	GMO		GF								4 / 1.24kg							
039978 344526	30575			GF								4 / 1.24kg							
039978 333018	20169											4 / 2.26kg							
039978 315052	27002			B								1 / 11.34kg							
039978 314574	27003			B	GF							1 / 11.34kg							
039978 324528	27001			B	GF							1 / 11.34kg							
039978 316424	20415			B	GF							1 / 11.34kg							
039978 103154	20173	GMO		B	GF							1 / 25lb							
039978 109743	20174	GMO		B	GF		*					1 / 25lb							
039978 108159	27005			B	GF		*	@				1 / 25lb							
039978 103123	20422			B	GF							1 / 25lb							
039978 109675	20419			B	GF		*					1 / 25lb							
039978 106087	20424			B	GF							1 / 25lb							
039978 105356	20423			B								1 / 25lb							
039978 105394	20398			B								1 / 25lb							

EL FARO | FLOUR

627987 425659 **20520** BC P Gluten Free Flour 4 / 1.81kg

JOVIAL | EINKORN FLOUR

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

LET'S DO...ORGANIC | FLOURS

043182 015240 **20107** GF * Coconut Flour, Organic 6 / 454g
 043182 015400 **24133** GMO GF * Flour, Green Banana, Organic 6 / 396g

MASECA | CORN MASA FLOUR

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

MILLSTREAM FLOUR MILL | FLOURS

060543 006402 **20097** GF BC P Corn Flour, Yellow Stoneground 10 / 1.8kg
 060543 002121 **07331** B BC P X Chana Flour, Stoneground 1 / 9.07kg
 060543 001100 **20135** BC P Unbleached Enriched White Flour 1 / 20lb

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NUNWEILER'S FLOUR CO | ORGANIC FLOURS

067785 000243	20042					*		+	P		All Purpose & Pastry Flour, Organic	4 / 1kg							
067785 005743	20015	GMQ				*		+	P		Unbleached White Flour, Organic	4 / 1kg							
067785 000045	20043					*		+	P		Whole Wheat Flour, Organic	4 / 1kg							
Buy 10+ cases (Organic Pantry Builder Flours)												Save 15%							
067785 000441	20037					*		+	P		Buckwheat Flour, Organic	4 / 1kg							
067785 000342	20024					*		+	P		Spelt Flour, Whole, Organic	4 / 1kg							
067785 001745	20014	GMQ				*		+	P		Oat Flour, Whole Grain, Organic	4 / 1kg							
Buy 10+ cases (Organic Specialty Flours)												Save 15%							

NUTIVA | COCONUT FLOUR

692752 105685	21043	GMQ		GF		*					Coconut Flour, Organic	6 / 454g							
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ONLY OATS | OAT FLOURS

663780 100041	20116			GF				+	P		Oat Flour, Wholegrain	6 / 1kg							
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PAMELA'S | ARTISAN FLOUR BLENDS

093709 221142	22246	GMQ		GF							Artisan Flour Blend	3 / 1.81kg							
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BREAKFAST FOODS

Breakfast Toppings

ANITA'S ORGANIC | BREAKFAST BOOST TOPPING

623636 995580	20241	GMQ				*		BC	P		BREAKFAST BOOST, Sprouted Buckwheat Chia & Hemp, Organic	4 / 475g							
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Cereals - Hot

ALIMENTS TRIGONE | CEREAL

056142 006134	22290					*		+	P		Cream of the Crop Buckwheat Cereal, Organic	6 / 400g							
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ANITA'S ORGANIC | HOT CEREALS

623636 998994	20103	GMQ		GF		*		BC	P		Oats, Gluten Free Rolled, Old Fashioned, Organic	4 / 900g							
623636 999014	28074	GMQ		GF		*		BC	P		Oats, Gluten Free Steel Cut, Organic	4 / 900g							
623636 700023	22921	GMQ				V	*	BC	P		Rolled Oats, Old Fashioned, Organic	4 / 2.5kg							
623636 998925	28059	GMQ	B	GF		*		+	P		Gluten Free Oats, Regular Rolled, Organic	1 / 11.34kg							

BOB'S RED MILL | HOT CEREALS

039978 001191	22866										X Hot Cereal, 10 Grain	4 / 709g							
039978 001153	22821			GF							X Hot Cereal, 5 Grain	4 / 454g							
039978 001184	22827			GF							X Hot Cereal, 8 Grain	4 / 709g							
039978 001214	22806			GF							X Hot Cereal, Brown Rice Farina	4 / 737g							
039978 001061	20362					*					X Hot Cereal, Creamy Buckwheat, Organic	4 / 510g							
039978 001177	20340			GF							X Hot Cereal, Mighty Tasty	4 / 680g							
039978 341433	30533										X Hot Cereal, Oat Bran	4 / 510g							
039978 329554	30517					*					X Hot Cereal, Oat Bran, Organic	4 / 510g							
039978 341211	30532										X OATMEAL, Scottish	4 / 567g							
039978 329561	30519					*					X OATMEAL, Scottish, Organic	4 / 567g							

NATURE'S PATH | WHOLE GRAIN OATS

729906 410033	22175	GMQ				*				P	Oats, Steel Cut, Quick Cook, Organic	6 / 680g							
729906 410019	22074	GMQ				*				P	Oats, Steel Cut, Coarsely Cut, Organic	6 / 840g							

NATURE'S PATH | INSTANT OATMEAL

058449 450696	22882	GMQ		GF		*				P	Gluten Free Oatmeal, Brown Sugar Maple, Organic	6 / 8x40g							
058449 450719	22884	GMQ		GF		*				P	Gluten Free Oatmeal, Variety Pack, Organic	6 / 8x40g							
058449 450047	22784	GMQ				*				P	Oatmeal, Apple Cinnamon, Organic	6 / 8x50g							
058449 450023	22786	GMQ				*				P	Oatmeal, FLAX PLUS, Organic	6 / 8x50g							
058449 450030	22785	GMQ				*				P	Oatmeal, Maple Nut, Organic	6 / 8x50g							
058449 450016	22787	GMQ				*				P	Oatmeal, Original, Organic	6 / 8x40g							

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
058449 450009	22752	GMQ				*				P	Oatmeal, Variety Pack, Organic	6	/ 8x50g					
058449 154006	25065	GMQ				*				P	QI'A Oatmeal, Superseeds & Grains, Organic	6	/ 228g					
058449 154020	25066	GMQ				*				P	QI'A Oatmeal, Creamy Coconut, Organic	6	/ 228g					
058449 154044	25067	GMQ				*				P	QI'A Oatmeal, Cinnamon Pumpkin Seed, Organic	6	/ 228g					
058449 204084	55730	GMQ				*				P	Superfood Oatmeal, Golden Turmeric, Organic	6	/ 210g					
058449 204091	55731	GMQ				*				P	Superfood Oatmeal, Cacao, Organic	6	/ 210g					

Cereals - Ready To Eat

ANNIE'S HOMEGROWN | CEREAL

065633 173040	38431	GMQ				*					Cereal, Cinnamon Crunch, Organic	10	/ 260g					
065633 173064	38430	GMQ				*					Cereal, Honey Nut O's, Organic	10	/ 235g					
Buy 25-49 cases												Save 3.92						
Buy 50+ cases												Save 5.89						

MIX & MATCH ALLOWED

BOB'S RED MILL | CEREALS & GRANOLAS

039978 303509	22385	GMQ		GF						X	MUESLI, Paleo Style (grain free)	4	/ 396g					
039978 323668	22851									X	MUESLI, Wheat Free	4	/ 453g					
039978 341037	22850									X	MUESLI	4	/ 510g					

FOOD FOR LIFE | EZEKIEL 4:9 CEREALS

073472 002551	22051					*					Original Sprouted Grain Cereal, Organic	6	/ 454g					
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HOLY CRAP | BREAKFAST CEREAL

883831 100008	22226			GF		*	BC	P			Cereal, Apple Cinnamon Superseed Blend, Original	12	/ 225g					
883831 200005	22227			GF		*	BC	P			Cereal, Natural Superseed Blend, Skinny B	12	/ 225g					

MANITOBA HARVEST | HEMP YEAH! GRANOLAS

697658 692260	36626	GMQ			V	*		+	P	X	Granola, Blueberry, Organic	6	/ 283g					
697658 692253	36628	GMQ				*		+	P	X	Granola, Honey & Oats, Organic	6	/ 283g					

NATURE'S PATH | CEREAL

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

NATURE'S PATH | GRANOLA

058449 172048	22886	GMQ				*				P	X Granola, Coconut & Cashew Butter, Organic	8	/ 312g					
058449 890171	22733	GMQ				*				P	X Granola, Hemp Hearts, Organic	6	/ 750g					
058449 890195	22734	GMQ				*				P	X Granola, Pumpkin Seed + Flax, Organic	6	/ 750g					
058449 192145	22146	GMQ				*				P	Granola, Coconut Chia, Organic	6	/ 800g					
058449 779063	22139	GMQ				*				P	Granola, Pumpkin Seed + Flax, Organic	6	/ 800g					
058449 202288	22655	GMQ				*				P	X Superfood Granola, Golden Turmeric, Organic	6	/ 198g					

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE					G	P	U
058449 162063	25069	GMO				*					P X		LOVE CRUNCH Granola, Dark Chocolate & Peanut Butter, Organic	6	/	325g				
058449 771760	25029	GMO				*					P X		LOVE CRUNCH Granola, Dark Chocolate & Red Berries, Organic	6	/	325g				
058449 772019	25055	GMO				*	@				P X		LOVE CRUNCH Granola, Dark Chocolate Macaroon, Organic	6	/	325g				
058449 202233	25054	GMO				*	@				P X		LOVE CRUNCH Granola, Espresso Vanilla Cream, Organic	6	/	325g				
058449 202240	25063	GMO				*	@				P X		LOVE CRUNCH Granola, Salted Caramel Pretzel, Organic	6	/	325g				

PRANA | GRANOLOVE GRANOLA CEREALS

877693 002488	26173	GMO		GF		*		+			P		GRANOLOVE On The Go, Brownie Crunch, Organic	8	/	5x60g				
877693 002471	26172	GMO		GF		*		+			P		GRANOLOVE On The Go, Oatmeal Cookie Crunch, Organic	8	/	5x60g				
877693 001696	26171	GMO		GF		*		+			P X		GRANOLOVE, Maple Spice Crunch, Organic	8	/	300g				
877693 001689	26170	GMO		GF		*		+			P X		GRANOLOVE, Oatmeal Cookie Crunch, Organic	8	/	300g				

PRANA | ORGANIC OVERNIGHT CHIA & OAT MIX

877693 002495	26164	GMO		GF		*		+			P		Overnight Chia, Berry Fairy, Organic	8	/	5x50g				
877693 002501	26165	GMO		GF		*	@	+			P		Overnight Chia, Chocolatey Dream, Organic	8	/	5x50g				

TERRA BREADS | SMALL BATCH GRANOLA

779324 009371	40150	GMO							BC	P			Granola, Pure Crunch	8	/	340g				
779324 002372	40148	GMO							BC	P			Granola, Original	8	/	454g				
779324 009289	40149	GMO							BC	P			Granola, Pistachio	8	/	454g				
779324 002365	40151	GMO							BC	P			Granola, Original	8	/	1kg				
779324 009296	40152	GMO							BC	P			Granola, Pistachio	8	/	1kg				
779324 009531	40153	GMO	B						BC	P			Granola, Original (S/O)	1	/	5kg				
779324 009548	40154	GMO	B						BC	P			Granola, Pistachio (S/O)	1	/	5kg				

Pancake & Waffle Mixes

ANITA'S ORGANIC | PANCAKE & WAFFLE MIXES

623636 999069	02042			GF		*			BC	P			Pancake & Waffle Mix, Organic	4	/	800g				
623636 113007	02263					*			BC	P			Pancake & Waffle Mix, Ancient Grain, Organic	4	/	1kg				
623636 100014	02041					*			BC	P			Pancake & Waffle Mix, Multigrain, Organic	4	/	1kg				

BOB'S RED MILL | PANCAKE & WAFFLE MIXES

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

CLOUD 9 | PANCAKE & WAFFLE MIXES

816512 000908	21058			GF	V				BC	P			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				+			P		Mix, Pancake & Waffle	6	/	454g				
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NUNWEILER'S | PANCAKE & WAFFLE MIXES

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

Buy 10+ cases

Save 15%

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
PAMELA'S PANCAKE MIXES																		
093709 201106	22950			GF								6 / 680g						
093709 201144	22949			GF								3 / 1.81kg						
093709 302513	22976		B	GF						X		1 / 25lb						

BEVERAGES, HOT

For Fresh Non-Dairy Beverages + Coffee Creamers - please see Cooler Section

Coffee, Non-Dairy Creamer (shelf stable) + Coffee Filters

CALIFIA FARMS | DAIRY-FREE COFFEE CREAMER

813636 021130	62208	GMO		GF							Barista Blend Almond Beverage	6 / 946ml						
813636 020959	62206	GMO		GF							BETTERHALF, Coconut Cream & Almond Beverage, Original	6 / 500ml						
813636 020942	62207	GMO		GF							BETTERHALF, Coconut Cream & Almond Beverage, Unsweetened	6 / 500ml						

EARTH'S OWN | BARISTA EDITION OAT BEVERAGE

626027 814071	07345	GMO			V				BC	P	Barista Edition, Oat Beverage	12 / 946ml						
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EMMA | UNBLEACHED COFFEE FILTERS

726286 603307	60304										Unbleached Basket Filters (200ml)	24 / 100ea						G P
092911 041128	60332										Unbleached Cone Filters (2 cup)	36 / 100ea						G P
092911 041142	60334										Unbleached Cone Filters (4 cup)	32 / 100ea						G P
092911 041166	60336										Unbleached Cone Filters (6 cup)	20 / 100ea						G P

ETHICAL BEAN | WHOLE BEAN COFFEES

841631 826016	12877					*	@				Lush Medium Dark Coffee, Organic	6 / 340g						
841631 034800	31298					*	@				Super Dark Roast French Roast Coffee, Whole Bean, Organic	6 / 340g						
841631 826030	12886					*	@				Sweet Espresso, Organic	6 / 340g						

LEVEL GROUND TRADING DIRECT FAIR TRADE | COFFEES

661594 000380	11948					*	@		P		Ground Coffee, Andes Mountains, Medium & Rich, Organic	6 / 300g						
661594 000403	11955					*	@		P		Ground Coffee, Bright Roast, Light	6 / 300g						
661594 000274	11941						@		P		Ground Coffee, Colombia, Dark & Strong, Organic	6 / 300g						
661594 000311	11943						@		P		Ground Coffee, Decaf, Dark & Jitter-Free, Organic	6 / 300g						
661594 000427	11951					*	@		P		Ground Coffee, East Africa, Dark & Balanced, Organic	6 / 300g						
661594 000359	11953					*	@		P		Ground Coffee, Ethiopia, Medium & Lovely, Organic	6 / 300g						
661594 000441	11947						@		P		Ground Coffee, French Roast, Dark & Intense, Organic	6 / 300g						
661594 000335	11945					*	@		P		Ground Coffee, Peru, Medium & Smooth, Organic	6 / 300g						
661594 000366	11949					*	@		P		Whole Bean Coffee, Andes Mountains, Medium & Rich, Organic	6 / 300g						
661594 000397	11952					*	@		P		Whole Bean Coffee, Bright Bean, Light & Juicy, Organic	6 / 300g						
661594 000267	11940						@		P		Whole Bean Coffee, Colombia, Dark & Strong, Organic	6 / 300g						
661594 000304	11942					*	@		P		Whole Bean Coffee, Decaf, Dark & Jitter-Free, Organic	6 / 300g						
661594 000342	11954					*	@		P		Whole Bean Coffee, Ethiopia, Medium & Lovely, Organic	6 / 300g						
661594 000434	11946						@		P		Whole Bean Coffee, French Roast, Dark & Intense, Organic	6 / 300g						
661594 000328	11944					*	@		P		Whole Bean Coffee, Peru, Medium & Smooth, Organic	6 / 300g						
661594 000410	11950					*	@		P		Whole Bean Coffee, East Africa, Dark & Balanced, Organic	6 / 300g						
661594 000182	11934	GMO				*	@		P		Whole Bean Coffee, Andes Mountains, Medium & Rich, Organic	6 / 908g						
661594 000120	11929						@		P		Whole Bean Coffee, Colombia, Dark, Organic	6 / 908g						
661594 002162	11930					*	@		P		Whole Bean Coffee, Congo, Medium, Organic	6 / 908g						
661594 000199	11935	GMO				*	@		P		Whole Bean Coffee, Peru, Medium & Smooth, Organic	6 / 908g						

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MOUNT HAGEN | INSTANT COFFEES

4000799 110009	12137						*	@				Instant Coffee, Decaffeinated, Organic	6 / 100g
4000799 109997	12050			GF			*					Instant Coffee, Organic	6 / 100g

SALT SPRING COFFEE

628415 077631	12375	GMO					*	@	P			Ground Coffee, Blue Heron, Medium Dark, Organic	8 / 284g
628415 077419	12376	GMO					*	@	P			Ground Coffee, French Roast, Darkest Roast, Organic	8 / 284g
628415 077167	12377	GMO					*	@	P			Ground Coffee, Decaf, Dark Roast, Organic	8 / 284g
628415 077358	12378	GMO					*	@	P			Ground Coffee, Peru, Medium Roast, Organic	8 / 284g
628415 878634	13301	GMO					*	@	P			Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	8 / 400g
628415 078317	12356	GMO					*	@	P			Whole Bean Coffee, Canopy Bird, Medium Dark Roast, Organic	8 / 400g
628415 078416	12361	GMO					*	@	P			Whole Bean Coffee, French Roast, Darkest Roast, Organic	8 / 400g
628415 878627	12359	GMO					*	@	P			Whole Bean Coffee, Metta Espresso, Medium Dark Roast, Organic	8 / 400g
628415 078355	12357	GMO					*	@	P			Whole Bean Coffee, Peru, Medium Roast, Organic	8 / 400g
628415 078270	12358	GMO					*	@	P			Whole Bean Coffee, Sumatra, Dark Roast, Organic	8 / 400g
628415 078164	12363	GMO					*	@	P			Whole Bean Coffee, Swiss Water Decaf, Dark Roast, Organic	8 / 400g
628415 078362	12362	GMO					*	@	P			Whole Bean Coffee, Village Trade, Dark Roast, Organic	8 / 400g
628415 084646	12364	GMO					*	@	P			Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	6 / 908g
628415 084424	12365	GMO					*	@	P			Whole Bean Coffee, French Roast, Darkest Roast, Organic	6 / 908g
628415 084387	12366	GMO					*	@	P			Whole Bean Coffee, Village Trade, Dark Roast, Organic	6 / 908g

SILK | BARISTA BEVERAGE FOR COFFEE

036632 076755	08001	GMO										Barista, Almond	6 / 946ml
036632 076540	52238	GMO										Barista, Oat	6 / 946ml
												Buy 10-19 cases	Save 2.25
												Buy 20+ cases	Save 2.88

Note: If you are looking for Silk Creamer, it is found in the Cooler Section

SO NICE | COFFEE CREAMERS (Earth's Own)

626027 087703	06917								P			Barista Blend	12 / 946ml
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XOMA SUPERFOODS | COMPOSTABLE SINGLE-SERVE BREW PODS (Compatible with Keurig K-Cup Brewing Systems)

628678 478329	01211								BC	P		Superfood Drink Mix, Coffee, Keto	6 / 12ct
628678 478312	01212								BC	P		Superfood Drink Mix, Coffee, MCT	6 / 12ct

Hot Chocolate Mixes

CAMINO | HOT CHOCOLATES

752612 000120	06687						*	@	+	P		Hot Chocolate, Chili & Spice, Organic	6 / 275g
752612 000137	06681						*	@	+	P		Hot Chocolate, Intensely Dark, Organic	6 / 275g
752612 000571	07319						*	@	+	P		Hot Chocolate, Maple, Organic	6 / 275g
752612 000298	06918						*	@	+	P		Hot Chocolate, Simply Dark, Organic	6 / 275g
752612 000045	06665						*	@	+	P		Hot Chocolate, Milk, Organic	6 / 336g
752612 000052	06666						*	@	+	P		Hot Chocolate, Original Dark, Organic	6 / 336g
752612 300428	37080	GMO					*	@	+	P		Hot Chocolate, Original Dark, Organic (S/O)	12 / 907g

XOMA SUPERFOODS | COMPOSTABLE SINGLE-SERVE BREW PODS (Compatible with Keurig K-Cup Brewing Systems)

628678 478350	01210								BC	P		Superfood Drink Mix, Cocoa Keto	6 / 12ct
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Teas, Concentrates & Tea Utensils

AMBIENT MOON | CHAI (CONCENTRATES)

855864 001010	17661										BC P	Chai, Natural, Concentrate (tetra brik)	12 / 946ml
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DOMO | STONE GROUND TEA

817523 000345	04072	GMQ		GF							BC P	Stone Ground Tea, Pure Matcha (Green)	6 / 60g
817523 000338	04069	GMQ		GF							BC P	Sweet Dreams Bedtime Tea Latte Blend, (caffeine free)	6 / 120g
817523 000215	04037	GMQ		GF							BC P	Stone Ground Tea Blend, Authentic Chai (Black Tea)	6 / 120g
817523 000321	04054	GMQ		GF							BC P	Stone Ground Tea Blend, London Fog Earl Grey	6 / 120g
817523 000192	04034	GMQ		GF		*					BC P	Stone Ground Tea Blend, Vanilla Matcha (Green Tea), Organic	6 / 120g

FOUR O'CLOCK | TEA

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

GENUINE TEA CO. | TEA

854335 001184	21452	GMQ					*			P		Black Tea, Assam Breakfast, Organic	8 / 45g
854335 001191	21453	GMQ								P		Black Tea, Cream of Earl Grey	8 / 45g
854335 001221	21456	GMQ					*			P		Herbal Tea, Elderberry Hibiscus, Organic	8 / 37.5g
854335 001238	21457	GMQ					*			P		Herbal Tea, Moringa Mint, Organic	8 / 45g

HERBARIA | HERBAL TEA

5997005 343735	40850											Herbal Tea, Agrimony Herb	10 / 25ct
5997005 330100	40852											Herbal Tea, Chamomile Flowers	10 / 25ct
5997005 330933	40853											Herbal Tea, Dandelion Leaves	10 / 25ct
5997005 343605	40854											Herbal Tea, Echinacea Herb	10 / 25ct
5997005 330049	40855											Herbal Tea, Elder Flower	10 / 25ct
5997005 343599	40856											Herbal Tea, Eyebright Herb	10 / 25ct
5997005 324239	40857											Herbal Tea, Fennel	10 / 25ct
5997005 330902	40858											Herbal Tea, Hawthorn Flowers & Leaves	10 / 25ct
5997005 330438	40859											Herbal Tea, Horsetail	10 / 25ct
5997005 343711	40861											Herbal Tea, Lavender Flowers	10 / 25ct
5997005 330063	40862											Herbal Tea, Lemon Balm	10 / 25ct
5997005 330094	40863											Herbal Tea, Linden Flower	10 / 25ct
5997005 330919	40865											Herbal Tea, Milk Thistle	10 / 25ct
5997005 330056	40867											Herbal Tea, Peppermint Leaves	10 / 25ct
5997005 330087	40869											Herbal Tea, Rosehip Leaf	10 / 25ct
5997005 343629	40870											Herbal Tea, Rosemary Leaf	10 / 25ct
5997005 343636	40871											Herbal Tea, Sage Leaves	10 / 25ct
5997005 330896	40872											Herbal Tea, Senna Leaves	10 / 25ct
5997005 343728	40875											Herbal Tea, Spearmint	10 / 25ct
5997005 330766	40876											Herbal Tea, St. John's Wort	10 / 25ct
5997005 330070	40877											Herbal Tea, Stinging Nettle Leaf	10 / 25ct
5997005 330926	40880											Herbal Tea, Valerian Root	10 / 25ct

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JUSTEA | FARMER DIRECT KENYAN TEA

627843 437680	13700	GMO					@		BC	P										Loose Leaf, African Chai (Tin)	6 / 115g
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LEVEL GROUND TRADING DIRECT FAIR TRADE | TEA

661594 001677	12995						@			P										Loose Leaf Tea, Black	12 / 70g
661594 001837	12996						@			P										Loose Leaf Tea, Chai	12 / 70g
661594 002698	13241						@			P										Loose Leaf Tea, Earl Grey	12 / 70g
661594 001684	12997						@			P										Loose Leaf Tea, Green	12 / 70g
661594 003305	13001						@			P										Pyramid bags, Black	12 / 30ct
661594 003541	13002						@			P										Pyramid bags, Chai	12 / 20ct
661594 003329	13004						@			P										Pyramid bags, Green	12 / 20ct
661594 003312	13003						@			P										Tea bags, Earl Grey	12 / 30ct

MATEINA | YERBA MATE

628504 157107	20806	GMO				*				P										Yerba Mate Loose Tea, Original, Organic	6 / 220g
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NUMI | ORGANIC TEA

680692 101713	12026	GMO				*	@													Black Tea, Aged Earl Grey, Organic	6 / 18ct
680692 102215	12966	GMO				*	@													Black Tea, Breakfast Blend, Organic	6 / 18ct
680692 101812	12027	GMO				*	@													Black Tea, Golden Chai, Organic	6 / 18ct
680692 101195	12021	GMO				*	@													Green Tea, Gunpowder Green, Organic	6 / 18ct
680692 101188	12010	GMO				*	@													Green Tea, Jasmine Green, Organic	6 / 18ct
680692 103014	13209	GMO				*														Green Tea, Matcha Toasted Rice, Organic	6 / 18ct
680692 111507	12023	GMO				*	@													Herbal Teasan, Chamomile Lemon, Organic	6 / 18ct
680692 115000	12007	GMO				*														Herbal Teasan, Chocolate Rooibos, Organic	6 / 18ct
680692 101010	12003	GMO				*	@													Herbal Teasan, Dry Desert Lime, Organic	6 / 18ct
680692 101034	12005	GMO				*														Herbal Teasan, Honeybush, Organic	6 / 18ct
680692 101140	12006	GMO				*	@													Herbal Teasan, Moroccan Mint, Organic	6 / 18ct
680692 102017	12088	GMO				*														Herbal Teasan, Rooibos Chai, Organic	6 / 18ct
680692 101126	12004	GMO				*														Herbal Teasan, Rooibos, Organic	6 / 18ct
680692 115529	13239	GMO				*	@													Herbal Teasan, Turmeric Amber Sun, Organic	6 / 12ct
680692 115512	13238	GMO				*	@													Herbal Teasan, Turmeric Golden Tonic, Organic	6 / 12ct
680692 115505	13237	GMO				*	@													Herbal Teasan, Turmeric Three Roots, Organic	6 / 12ct

PUKKA | ORGANIC TEA

506022 9014450	40808	GMO				*	@													X Green Tea, Clean Matcha Green. Organic	4 / 20ct
506022 9013781	40803	GMO				*	@													X Herbal Tea, After Dinner, Organic	4 / 20ct
506022 9013798	40804	GMO				*	@													X Herbal Tea, Chamomile, Vanilla & Manuka Honey, Organic	4 / 20ct
506022 9013705	40801	GMO				*	@													X Herbal Tea, Cleanse, Organic	4 / 20ct
506022 9013897	40811	GMO				*	@													X Herbal Tea, Elderberry & Echinacea, Organic	4 / 20ct
506051 9144133	40810	GMO				*	@													X Herbal Tea, Feel New, Organic	4 / 20ct
506022 9013910	40807	GMO				*	@													X Herbal Tea, Lemon, Ginger & Manuka Honey, Organic	4 / 20ct
506022 9013804	40812	GMO				*	@													X Herbal Tea, Lemongrass & Ginger, Organic	4 / 20ct
506022 9013811	40805	GMO				*	@													X Herbal Tea, Licorice & Cinnamon, Organic	4 / 20ct
506022 9013675	40813	GMO				*	@													X Herbal Tea, Love, Organic	4 / 20ct
506022 9014849	40809	GMO				*	@													X Herbal Tea, Mint Refresh, Organic	4 / 20ct
506022 9013774	40802	GMO				*	@													X Herbal Tea, Night Time, Organic	4 / 20ct
506022 9013729	40814	GMO				*	@													X Herbal Tea, Original Chai, Organic	4 / 20ct
506022 9013668	40800	GMO				*	@													X Herbal Tea, Relax, Organic	4 / 20ct
506022 9014009	40815	GMO				*	@													X Herbal Tea, Three Chamomile, Organic	4 / 20ct
506022 9013828	40816	GMO				*	@													X Herbal Tea, Three Fennel, Organic	4 / 20ct
506022 9013767	40817	GMO				*	@													X Herbal Tea, Three Ginger, Organic	4 / 20ct
506022 9013750	40818	GMO				*	@													X Herbal Tea, Three Mint, Organic	4 / 20ct
506022 9014566	40819	GMO				*	@													X Herbal Tea, Turmeric Gold, Organic	4 / 20ct
506022 9013712	40820	GMO				*	@													X Herbal Tea, Womankind, Organic	4 / 20ct

RIDGWAYS | BLACK TEA

5060123 606034	12600					*														Black Tea, Organic	6 / 40ct
5060123 606027	12605					*														Earl Grey, Organic	6 / 40ct

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STASH TEA

Premium Teas

077652 082548	13090	GMO																		Black Tea, Chai Spice	6 / 20ct
077652 082098	13091	GMO																		Black Tea, Double Bergamot Earl Grey	6 / 18ct
077652 082654	13092	GMO																		Black Tea, Double Spice Chai	6 / 18ct
077652 082272	13093	GMO																		Black Tea, Earl Grey	6 / 20ct
077652 082289	13124	GMO																		Black Tea, English Breakfast	6 / 20ct
077652 082791	13094	GMO																		Decaf Tea, Chai Spice	6 / 18ct
077652 082432	13095	GMO																		Decaf Tea, Chocolate Hazelnut	6 / 18ct
077652 082777	13096	GMO																		Decaf Tea, Earl Grey	6 / 18ct
077652 082784	13097	GMO																		Decaf Tea, English Breakfast	6 / 18ct
077652 082593	13098	GMO																		Decaf Tea, Premium Green	6 / 18ct
077652 082692	13099																			Decaf Tea, Vanilla Chai	6 / 18ct
077652 082753	13100	GMO																		Decaf Tea, Vanilla Nut Crème	6 / 18ct
077652 082524	13103	GMO																		Green Tea, Chai Green	6 / 20ct
077652 083651	13102	GMO																		Green Tea, Ginger Peach Green w/ Matcha	6 / 18ct
077652 082241	13123	GMO																		Green Tea, Jasmine Blossom	6 / 20ct
077652 082357	13104	GMO																		Green Tea, Moroccan Mint	6 / 20ct
077652 083668	13105																			Green Tea, Pomegranate Raspberry Green w/ Matcha	6 / 18ct
077652 082296	13106	GMO																		Green Tea, Premium Green	6 / 20ct
077652 772197	10087																			Herbal Tea & Mate, Ginger Fire Chai	6 / 18ct
077652 082661	12328	GMO																		Herbal Tea, Blueberry Superfruit	6 / 20ct
077652 082210	13108	GMO																		Herbal Tea, Chamomile	6 / 20ct
077652 082418	13109	GMO																		Herbal Tea, Chamomile Nights	6 / 20ct
077652 082395	13110	GMO																		Herbal Tea, Cinnamon Apple Chamomile	6 / 20ct
077652 772210	13230	GMO																		Herbal Tea, Golden Turmeric Chai	6 / 18ct
077652 082494	13111																			Herbal Tea, Lemon Ginger	6 / 20ct
077652 082258	13112	GMO																		Herbal Tea, Licorice Spice	6 / 20ct
077652 082562	13113																			Herbal Tea, Mango Passionfruit	6 / 20ct
077652 082449	13115																			Herbal Tea, Meyer Lemon	6 / 20ct
077652 772104	10088	GMO																		Herbal Tea, Minty Licorice Delight	6 / 18ct
077652 082227	13116	GMO																		Herbal Tea, Peppermint	6 / 20ct
077652 083095	13156	GMO																		Herbal Tea, Spice Dragon Red Chai	6 / 18ct
077652 082708	12331	GMO																	GF	Herbal Tea, Strawberry Pomegranate with Rooibos	6 / 18ct
077652 772173	13226																			Herbal Tea, Sunny Orange Ginger	6 / 18ct
077652 772883	13225	GMO																		Herbal Tea, Super Mint	6 / 18ct
077652 082463	21085	GMO																		Herbal Tea, Wild Raspberry Hibiscus	6 / 20ct
077652 083538	13121	GMO																		Oolong Tea, Chocolate Mint Wuyi Oolong	6 / 20ct
077652 083552	13122																			Oolong Tea, Coconut Mango Wuyi Oolong	6 / 20ct

Buy 50-99 cases

Save 2.46

Buy 100-199 cases

Save 3.69

Buy 200-349 cases

Save 4.92

Buy 350+ cases

Save 6.15

077652 084818 **13119** Holiday Herbal Tea, Cinnamon Vanilla

6 / 18ct

Buy 25-49 cases

Save 2.58

Buy 50+ cases

Save 3.32

Organic Teas

077652 082807	12218	GMO					*	@												Black Tea, Breakfast Blend, Organic	6 / 18ct
077652 082821	12219	GMO					*													Green Tea, Premium, Organic	6 / 18ct

TAZO | BLACK TEA CONCENTRATE

794522 002252	30890																			Black Tea Concentrate, Chai Latte	6 / 946ml
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TAZO | FILTERBAG TEA

794522 002245	30881																			AWAKE English Breakfast style (wrapped)	6 / 20ct
794522 002191	30885																		*	Chai, Organic (wrapped)	6 / 20ct
794522 002146	30883																			Earl Grey (wrapped)	6 / 20ct
794522 002214	30886																			Green Tea, Green Ginger	6 / 20ct

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794522 002184	30889												6 / 20ct							
794522 002207	30887												6 / 20ct							

TRADITIONAL MEDICINALS | TEA

032917 007391	12140	GMQ											6 / 16ct							
032917 007339	12170	GMQ											6 / 16ct							
032917 007346	12169	GMQ					*	@					6 / 16ct							
032917 007353	12171	GMQ					*	@					6 / 16ct							
032917 007360	12150	GMQ											6 / 16ct							
032917 007377	12199	GMQ					*	@					6 / 16ct							
032917 007384	13207	GMQ					*						6 / 16ct							
032917 007407	12189	GMQ					*						6 / 16ct							
032917 007414	12177	GMQ					*						6 / 16ct							
032917 007421	13208	GMQ					*						6 / 16ct							
032917 007438	12942	GMQ					*						6 / 16ct							
032917 007445	12984	GMQ	GF				*						6 / 16ct							
032917 007452	12163	GMQ					*						6 / 16ct							
032917 007476	12103	GMQ					*	@					6 / 16ct							
032917 007483	12186	GMQ					*	@					6 / 16ct							
032917 007490	12174	GMQ					*	@					6 / 16ct							
032917 007711	31700	GMQ					*						6 / 16ct							
032917 007506	30109	GMQ					*	@					6 / 16ct							
032917 007704	31701	GMQ					*						6 / 16ct							
032917 007513	12985	GMQ	GF				*	@					6 / 16ct							
032917 007520	12983	GMQ	GF				*						6 / 16ct							
032917 007537	12244	GMQ					*						6 / 16ct							
032917 007544	13049	GMQ					*						6 / 16ct							
032917 007551	12249	GMQ					*						6 / 16ct							
032917 007568	12986	GMQ	GF				*						6 / 16ct							
032917 007575	12142	GMQ					*	@					6 / 16ct							
032917 007582	12173	GMQ					*						6 / 16ct							
032917 007599	12143	GMQ					*						6 / 16ct							
032917 007643	12952	GMQ					*						6 / 16ct							
032917 007605	12104	GMQ					*						6 / 16ct							
032917 007612	12950	GMQ					*						6 / 16ct							
032917 007629	12160	GMQ					*						6 / 16ct							
032917 007636	12106	GMQ					*	@					6 / 16ct							
032917 007650	12190	GMQ					*						6 / 16ct							
032917 007667	12165	GMQ					*						6 / 16ct							
032917 007674	12953	GMQ					*	@					6 / 16ct							
032917 007681	12954						*						6 / 16ct							
032917 007698	12155	GMQ					*	@					6 / 16ct							

UNCLE LEE'S | TEA

049606 100042	12956												12 / 100ct							
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XOMA SUPERFOODS | COMPOSTABLE SINGLE-SERVE BREW PODS (Compatible with Keurig K-Cup Brewing Systems)

628678 478343	01213								BC	P			6 / 12ct							
628678 478336	01214								BC	P			6 / 12ct							

YOGI | BEVERAGE TEA

076950 650213	12652												6 / 16ct							
076950 203471	12945						*						6 / 16ct							
076950 615335	12677	GMQ					*						6 / 16ct							
076950 615168	12720	GMQ					*						6 / 16ct							
076950 650114	12670	GMQ					*						6 / 16ct							
076950 650176	12671												6 / 16ct							
076950 203488	12944	GMQ					*						6 / 16ct							
076950 207028	12653	GMQ					*						6 / 16ct							

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812136 030208	07806	Ginger Ale (can)	3 / 8x150ml	G P U
812136 030963	07810	Ginger Beer (can)	3 / 8x150ml	G P U
812136 030215	07807	Soda Water (can)	3 / 8x150ml	G P U
898195 001755	07808	Tonic Water, Indian (can)	3 / 8x150ml	G P U
898195 001762	07809	Tonic Water, Indian Light (can)	3 / 8x150ml	G P U
812136 030185	07805	Cucumber Tonic, Light (glass)	6 / 4x200ml	G P U
898195 001090	06787	Ginger Ale (glass)	6 / 4x200ml	G P U
812136 031038	06788	Ginger Ale, Refreshingly Light (glass)	6 / 4x200ml	G P U
898195 001915	07801	Ginger Ale, Smoky (glass)	6 / 4x200ml	G P U
898195 001885	07800	Ginger Ale, Spiced Orange (glass)	6 / 4x200ml	G P U
898195 001274	07209	Ginger Beer (glass)	6 / 4x200ml	G P U
898195 001687	07804	Ginger Beer, Light (glass)	6 / 4x200ml	G P U
5060108 450058	06786	Lemon Tonic (glass)	6 / 4x200ml	G P U
5060108 450171	07262	Sicilian Lemonade (glass)	6 / 4x200ml	G P U
898195 001137	07208	Soda Water (glass)	6 / 4x200ml	G P U
812136 030925	06790	Sparkling Pink Grapefruit (glass)	6 / 4x200ml	G P U
898195 001014	06785	Tonic Water (glass)	6 / 4x200ml	G P U
898195 001854	07211	Tonic Water, Aromatic (glass)	6 / 4x200ml	G P U
898195 001656	07212	Tonic Water, Elderflower (glass)	6 / 4x200ml	G P U

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5060108 450232	06789											6 / 4x200ml				G	P	U
5060108 450515	07259											6 / 4x200ml				G	P	U
506010 8450287	07210											8 / 500ml				G	P	U
898195 001427	07141											8 / 500ml				G	P	U
898195 001441	07802											8 / 500ml				G	P	U
898195 001342	07092											8 / 500ml				G	P	U
812136 030949	07093											8 / 500ml				G	P	U
898195 001403	07803											8 / 500ml				G	P	U
5060108 450003	07270											24 / 200ml				G	P	U

GOODDRINK | SPRITZER

853790 002026	04057	GMO				*						12 / 355ml				G	P	U
853790 002057	04090	GMO				*						12 / 355ml				G	P	U
853790 002019	04056	GMO				*						12 / 355ml				G	P	U
853790 002033	04058	GMO				*						12 / 355ml				G	P	U
853790 002064	04091	GMO				*						12 / 355ml				G	P	U
853790 002040	04059	GMO				*						12 / 355ml				G	P	U

OPUS | ALCOHOL FREE BEVERAGE

628634 740170	13941								BC	P		6 / 4x355ml				G	P	U
628634 740156	13940								BC	P		6 / 4x355ml				G	P	U

REED'S | ALL-NATURAL GINGER DRINK

008274 444445	10951											6 / 4x355ml				G	P	U
008274 111118	10950											6 / 4x355ml				G	P	U

THIRSTY BUDDHA | SPARKLING COCONUT WATER

852953 001654	72521	GMO									P	12 / 330ml				G	P	U
852953 001357	72522	GMO										12 / 330ml				G	P	U

Buy 10-24 cases (no mix & match allowed between sizes) Save 1.00

Buy 25-49 cases (no mix & match allowed between sizes) Save 1.50

Buy 50+ cases (no mix & match allowed between sizes) Save 2.00

VIRGIL'S | HANDCRAFTED SODA

090341 372003	10963											6 / 4x355ml				G	P	U
090341 373000	10962											6 / 4x355ml				G	P	U
090341 120048	10960											6 / 4x355ml				G	P	U
090341 377008	10964	GMO										6 / 4x355ml				G	P	U
090341 543212	10961											6 / 4x355ml				G	P	U

WIZE COFFEE LEAF | ICED TEA

628250 387315	13652											12 / 355ml						U
628250 387292	13650											12 / 355ml						U
628250 387308	13651											12 / 355ml						U

ZEVI | ZERO CALORIE MIXER & SODA

849429 000815	72040	GMO		GF								4 / 6x222ml				G	P	U
849429 000839	72041	GMO		GF								4 / 6x222ml				G	P	U
849429 001249	07158	GMO		GF								4 / 6x355ml				G	P	U
849429 001201	07106	GMO		GF								4 / 6x355ml				G	P	U
849429 001287	07111	GMO		GF								4 / 6x355ml				G	P	U
849429 000013	07160	GMO		GF								4 / 6x355ml				G	P	U
849429 001263	07161	GMO		GF								4 / 6x355ml				G	P	U
849429 001256	07110	GMO		GF								4 / 6x355ml				G	P	U
849429 001232	07109	GMO		GF								4 / 6x355ml				G	P	U
849429 001270	07159	GMO		GF								4 / 6x355ml				G	P	U
849429 001218	07107	GMO		GF								4 / 6x355ml				G	P	U
849429 001225	07108	GMO		GF								4 / 6x355ml				G	P	U

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Functional Beverages

BUCHA BREW | KOMBUCHA

628110 435354	17252	GMQ				*			BC	P	Kombucha Lite, Grapefruit, Organic	6 / 4x355ml				G	P	U
628110 435330	17250	GMQ				*			BC	P	Kombucha Lite, Lime, Organic	6 / 4x355ml				G	P	U
628110 435347	17251	GMQ				*			BC	P	Kombucha Lite, Lemon, Organic	6 / 4x355ml				G	P	U
628110 435453	17238								BC	P	Kombucha Lite, Lime	12 / 355ml				G	P	U
628110 435460	17239								BC	P	Kombucha Lite, Lemon	12 / 355ml				G	P	U
628110 435477	17240								BC	P	Kombucha Lite, Grapefruit	12 / 355ml				G	P	U

GINGER PEOPLE | GINGER SOOTHER

734027 995017	06177	GMQ									X GINGER SOOTHER, Lemon & Honey	24 / 355ml				G		U
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HAPPY PLANET | MORNIN' OATZ SHAKE

779172 774070	01522								BC	P	MORNIN' OATZ Shake, Chocolate Banana	8 / 3x250ml				G		U
779172 774094	01520								BC	P	MORNIN' OATZ Shake, Field Berry	8 / 3x250ml				G		U
779172 774087	01521								BC	P	MORNIN' OATZ Shake, Mango Peach	8 / 3x250ml				G		U
779172 772076	01502								BC	P	MORNIN' OATZ Shake, Chocolate Banana	12 / 946ml				G		U
779172 772090	01500								BC	P	MORNIN' OATZ Shake, Field Berry	12 / 946ml				G		U
779172 772083	01501								BC	P	MORNIN' OATZ Shake, Mango Peach	12 / 946ml				G		U

MATEINA | READY-TO-DRINK YERBA MATES

628504 157374	20811	GMQ				*	+	P	X	Energy Infusion, Blueberry Haskap, Organic (can)	12 / 355ml							U
628504 157046	20810	GMQ				*	+	P	X	Energy Infusion, Grapefruit Guava, Organic (can)	12 / 355ml							U
628504 157312	20804	GMQ				*	+	P	X	Energy Infusion, Hibiscus & Berries, Organic (can)	12 / 355ml							U
628504 157305	20803	GMQ				*	+	P	X	Energy Infusion, Lemon Original, Organic (can)	12 / 355ml							U
628504 157329	20805	GMQ				*	+	P	X	Energy Infusion, Peach Passion, Organic (can)	12 / 355ml							U

PHAT TEA | MCT INFUSED ICED TEAS

627843 885016	11604								+	P	X Iced Tea, Lemon (MCT Oil)	12 / 355ml				G		U
627843 885009	11603								+	P	X Iced Tea, Peach (MCT Oil)	12 / 355ml				G		U

ROAR ORGANIC | ELECTROLYTE INFUSIONS BEVERAGE

628250 053258	19904	GMQ				GF	V	*			X Blueberry Acai, Organic	12 / 532ml				G		U
628250 053227	19901	GMQ				GF	V	*			X Cucumber Watermelon, Organic	12 / 532ml				G		U
628250 053265	19905	GMQ				GF	V	*			X Georgia Peach, Organic	12 / 532ml				G		U
628250 053241	19903	GMQ				GF	V	*			X Mango Clementine, Organic	12 / 532ml				G		U
628250 053210	19900	GMQ				GF	V	*			X Strawberry Coconut, Organic	12 / 532ml				G		U

RUMBLE | SUPERSHAKE

834642 000247	05311					GF			P	X	Nourishing Drink, Coffee Bean	12 / 355ml						
834642 000223	05309					GF			P	X	Nourishing Drink, Dutch Cocoa	12 / 355ml						
834642 000230	05310					GF			P	X	Nourishing Drink, Vanilla Maple	12 / 355ml						
834642 000285	05312					GF			P	X	Supershake Plant-Based, Cacao	12 / 355ml						
834642 000292	05313					GF			P	X	Supershake Plant-Based, Latté	12 / 355ml						

RUNA | CLEAN ENERGY DRINK

856496 006060	24750	GMQ						*	@		X Brewed Guayusa, Berry Boost, Organic (can)	12 / 355ml				G	P	U
856496 006077	24751	GMQ						*	@		X Brewed Guayusa, Blood Orange, Organic (can)	12 / 355ml				G	P	U
856496 006053	24752	GMQ						*	@		X Brewed Guayusa, Lime Twist, Organic (can)	12 / 355ml				G	P	U

Buy 5-9 cases

Save 1.00

Buy 10-24 cases

Save 2.00

Buy 25+ cases

Save 3.00

RVIITA | ENERGY TEA

627987 111873	01200								BC	P	X DIVINE BERRY, Strawberry (pouch)	10 / 355ml						U
627987 111880	01201								BC	P	X MIDNIGHT, Blackberry (pouch)	10 / 355ml						U
627987 111903	01202								BC	P	X ROYAL, Elderberry (pouch)	10 / 355ml						U
627987 111897	01203								BC	P	X SPEACHLESS, Peach (pouch)	10 / 355ml						U

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THRIVE REMEDIES | ADAPTOGENIC TEAS

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

ZEVIA | ZERO CALORIE ENERGY DRINK

849429 000693	72080	GMQ		GF								X Energy Drink, Grapefruit	12 / 355ml					G	P	U
849429 000723	72083	GMQ		GF								X Energy Drink, Kōla	12 / 355ml					G	P	U
849429 000709	72081	GMQ		GF								X Energy Drink, Mango/Ginger	12 / 355ml					G	P	U
849429 000716	72082	GMQ		GF								X Energy Drink, Raspberry/Lime	12 / 355ml					G	P	U

WAKEWATER | CAFFEINATED SPARKLING WATER

628055 980896	25110							+	P	X		X Caffeinated Sparkling Water, Grapefruit	12 / 355ml					G		U
628055 980278	25111							+	P	X		X Caffeinated Sparkling Water, Lemon	12 / 355ml					G		U

Juices & Non - Carbonated Beverages

BLACK RIVER | JUICE & LEMONADE

771344 001014	02377							+	P	X		X Cider, Sweet Apple	12 / 300ml							U
771344 001045	02371							+	P	X		X Juice, Apple + Cranberry	12 / 300ml							U
771344 001083	02372							+	P	X		X Juice, Apple + Mango	12 / 300ml							U
771344 001137	02373							+	P	X		X Juice, Bartlett Pear	12 / 300ml							U
771344 001090	02375							+	P	X		X Juice, Pure Orange	12 / 300ml							U
771344 001069	02376							+	P	X		X Juice, Pure Red Grapefruit	12 / 300ml							U
771344 001120	02374							+	P	X		X Lemonade, Classic	12 / 300ml						G	U
771344 004091	02361							+	P			Juice, Apple Cranberry	12 / 1L							U
771344 004114	02363							+	P			Juice, Apple Mango	12 / 1L							U
771344 004237	02380							+	P			Juice, Bartlett Pear	12 / 1L							U
771344 004053	02358							+	P			Juice, Black Cherry	12 / 1L							U
771344 004121	02364							+	P			Juice, Pineapple	12 / 1L							U
771344 004138	02365							+	P			Juice, Pomegranate	12 / 1L							U
771344 004220	02390							+	P			Juice, Pure Cranberry	12 / 1L							U
771344 004251	02383							+	P			Juice, Pure Red Grapefruit	12 / 1L							U
771344 004060	02359							+	P			Juice, Tart Cherry	12 / 1L							U
771344 004176	02392					*		+	P			Juice, Sweet Apple Cider, Organic	12 / 1L							U
771344 004015	02394							+	P			Juice, Sweet Apple Cider (S/O)	12 / 1L							U
771344 004213	02381							+	P			Lemonade, Classic (S/O)	12 / 1L						G	U

BLUE MONKEY | PURE COCONUT JUICE & WATER

059654 510014	07337											X 100% Watermelon Juice (can)	12 / 330ml							U
059654 170034	06896											X Coconut Water (can)	24 / 330ml							U
059654 133336	07072	GMQ				*						X Coconut Water, Pure, Organic (can)	12 / 500ml							U
059654 170027	06907											X Coconut Water with Pulp (can)	24 / 520ml							U
059654 170010	07060											X Coconut Water (can)	24 / 520ml							U
059654 222221	07241					*						X Coconut Water, Organic (tetrapak)	12 / 1L							U

BREMNER'S | JUICE

834644 003208	05239					*					BC P	Juice, Blueberry, Organic (bottle)	12 / 946ml							U
834644 003222	05249					*					BC P	Juice, Cranberry, Organic (bottle)	12 / 946ml							U
834644 003055	05086					*					BC P	Juice, Pomegranate, Organic (bottle)	12 / 946ml							U

GOODDRINK | BOTTLED TEA

853790 001029	04104	GMQ										X Green Tea with Lemon & Honey (glass bottle)	12 / 473ml							U
853790 001012	04105	GMQ										X Iced Tea with Lemon (glass bottle)	12 / 473ml							U
853790 001067	04106	GMQ										X Lemonade Tea, Lemonade & Black Tea (glass bottle)	12 / 473ml							U
853790 001036	04107	GMQ										X Mango Tea with Hibiscus & Vanilla (glass bottle)	12 / 473ml							U
853790 001050	04108	GMQ										X Peach Tea with Apple (glass bottle)	12 / 473ml							U
853790 001043	04109	GMQ										X White Tea with Blueberry (glass bottle)	12 / 473ml							U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	℞	X	PACK	SIZE					G	P	U
KIJU ORGANIC BEVERAGE																			
189727 000279	06768	GMO				*		+	℞	FIT, Pineapple Mango, Organic (Tetra)		8 / 4x200ml							U
189727 000262	06770	GMO				*		+	℞	FIT, Strawberry Watermelon, Organic (Tetra)		8 / 4x200ml							U
189727 000217	06944	GMO				*		+	℞	Juice, Apple, Organic (Tetra)		8 / 4x200ml							U
189727 000224	06955	GMO				*		+	℞	Juice, Grape Apple, Organic (Tetra)		8 / 4x200ml							U
189727 000231	06956	GMO				*		+	℞	Juice, Lemonade, Organic (Tetra)		8 / 4x200ml							U
189727 000248	06969	GMO				*		+	℞	Juice, Mango Orange, Organic (Tetra)		8 / 4x200ml							U
189727 000255	06975	GMO				*		+	℞	Juice, Pomegranate Cherry, Organic (Tetra)		8 / 4x200ml							U
189727 003515	06763	GMO				*		+	℞	X Juice, Apple, Organic (glass)		12 / 355ml							U
189727 003546	06766	GMO				*		+	℞	X Juice, Lemonade, Organic (glass)		12 / 355ml							U
189727 003553	06764	GMO				*		+	℞	X Juice, Mango Orange, Organic (glass)		12 / 355ml							U
189727 003577	06762	GMO				*		+	℞	X Juice, Pomegranate Cherry, Organic (glass)		12 / 355ml							U
189727 001016	06757	GMO				*		+	℞	Juice, Apple, Organic (Tetra)		12 / 1L							U
189727 000460	07252	GMO				*		+	℞	Juice, Cranberry Pomegranate Blueberry, Organic (Tetra)		12 / 1L							U
189727 001023	06758	GMO				*		+	℞	Juice, Grape Apple, Organic (Tetra)		12 / 1L							U
189727 001047	06759	GMO				*		+	℞	Juice, Lemonade, Organic (Tetra)		12 / 1L							U
189727 001054	06760	GMO				*		+	℞	Juice, Mango Orange, Organic (Tetra)		12 / 1L							U
189727 001078	06761	GMO				*		+	℞	Juice, Pomegranate Cherry, Organic (Tetra)		12 / 1L							U
KING ISLAND COCONUT WATER																			
8850813 300031	07130							+	℞	Coconut Water, Pure (gable top)		12 / 1L							U
LEMONCOCCO LEMON & COCONUT BEVERAGE																			
620221 280014	06001				V					X Lemon & Coconut, Natural (can)		24 / 355ml					G		U
MORNIN' GLORY PRUNE JUICE																			
093778 888819	05001					*				Prune Juice, Organic		12 / 946ml							U
NATURAL CABANA LEMON & LIMEADE																			
856190 003020	04081									X Lemonade, Cherry		12 / 591ml					G		U
853790 001722	04087									X Lemonade, Coconut & Pineapple		12 / 591ml					G		U
856190 003006	04082									X Lemonade, Original		12 / 591ml					G		U
853790 001715	04088									X Lemonade, Peach		12 / 591ml					G		U
856190 003013	04083									X Lemonade, Strawberry		12 / 591ml					G		U
856190 003037	04084									X Lemonade, Tropical Mango		12 / 591ml					G		U
856190 003136	04085									X Limeade, Original		12 / 591ml					G		U
856190 003204	04086									X Limeade, Raspberry		12 / 591ml					G		U
PATIENCE FRUIT & CO FRUIT JUICES																			
662166 221103	18209	GMO		GF		*		+		Pure Cranberry Juice, Not From Concentrate, Organic		6 / 946ml							U
662166 222209	18233	GMO				*		+	℞	Pure Tart Cherry Juice, Not From Concentrate, Organic		6 / 946ml							U
662166 223305	18232	GMO				*		+	℞	Pure Wild Blueberry Juice, Not From Concentrate, Organic		6 / 946ml							U
662166 001002	18210	GMO		GF				+		Fruit d'Or Pure Cranberry Juice, Not From Concentrate		6 / 1L							U
											Buy 12-19 cases	Save	15%						
											Buy 20+ cases	Save	20%						
R.W. KNUDSEN FRUIT JUICE & VEGETABLE JUICE																			
074682 511017	07440	GMO				*				Beet Juice, Organic		6 / 946ml							U
074682 511024	07430	GMO				*				Carrot, Ginger and Turmeric, Organic		6 / 946ml							U
074682 111125	06583	GMO				*				Concord Grape Juice, Organic		6 / 945ml							U
074682 111187	06586					*				Cranberry Pomegranate Juice, Organic		6 / 946ml							U
074682 123098	06303	GMO								Just Black Cherry Juice		6 / 946ml							U
074682 123241	06363									Just Blueberry (100% Blueberry juice)		6 / 946ml							U
074682 123500	06361	GMO								Just Cranberry (100% Cranberry juice)		6 / 946ml							U
074682 200645	07445	GMO				*				Just Grapefruit, Organic		6 / 946ml							U
074682 123296	06365									Just Pomegranate (100% Pomegranate Juice)		6 / 946ml							U
074682 123180	06580					*				Just Tart Cherry, Organic		6 / 946ml							U

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
074682 123128	06581					*							6 / 946ml						U
074682 123357	06582					*							6 / 946ml						U

SANTA CRUZ ORGANIC | JUICE & LEMONADE

036192 127843	06819	GMQ				*							12 / 946ml				G		U
036192 123135	06383	GMQ				*							12 / 946ml				G		U
036192 123142	06384	GMQ				*							12 / 946ml				G		U
036192 110029	06271	GMQ				*							6 / 946ml						U
036192 125009	06639	GMQ				*							6 / 2.84L						U
036192 127829	05993	GMQ				*							12 / 946ml				G		U
036192 123197	05194	GMQ				*							12 / 946ml				G		U
036192 127867	05999	GMQ				*							12 / 946ml				G		U
036192 127850	06818	GMQ				*							12 / 946ml				G		U

TASTE NIRVANA | COCONUT WATER

011259 806862	05920					GF							12 / 280ml						U
011259 806886	05921					GF							12 / 280ml						U
011259 801133	05922					GF							12 / 280ml						U
011259 904247	05923					GF							6 / 700ml						U

THIRSTY BUDDHA | COCONUT WATER

852953 001432	72505	GMQ				GF							12 / 490ml						U
852953 001418	07165	GMQ				GF							12 / 490ml						U
													Buy 10-24 cases (no mix & match allowed between sizes) Save 1.25						
													Buy 25-49 cases (no mix & match allowed between sizes) Save 1.50						
													Buy 50+ cases (no mix & match allowed between sizes) Save 2.25						
852953 001173	07213	GMQ				GF							12 / 1L						U
													Buy 10-24 cases (no mix & match allowed between sizes) Save 2.00						
													Buy 25-49 cases (no mix & match allowed between sizes) Save 2.50						
													Buy 50+ cases (no mix & match allowed between sizes) Save 3.00						

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

059105 550941	18123							+	P				12 / 946ml						U
059105 650757	18133							+	P				12 / 946ml						U
059105 060945	18150					*		BC	P				12 / 946ml						U
059105 351005	18132					*		BC	P				12 / 946ml						U
059105 150905	18102							BC	P				12 / 946ml						U
059105 001009	18135					*		BC	P				12 / 946ml						U
059105 153784	18131							BC	P				4 / 3.78L						U
059105 003782	18121					*		BC	P				4 / 3.78L						U

TRUE CITRUS | DRINK MIX

810979 001478	70369												12 / 32ct						
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TWO BEARS | COLD BREW COFFEE & OAT MILK TEA LATTES

627843 482598	10050							@	+	P			6 / 250ml						U
627843 482604	10051							@	+	P			6 / 250ml						U
627843 482628	10053							@	+	P			6 / 250ml						U
628504 309032	10060							+	P				6 / 250ml						U
628504 309094	10064							+	P				6 / 250ml						U
628504 309346	10004							+	P				6 / 207ml						U
628504 309063	10057							+	P				6 / 946ml						U
628504 309070	10062							+	P				6 / 250ml						U
628504 309384	10006							+	P				6 / 207ml						U

ZEVIA | STEVIA SWEETENED TEA BEVERAGE

849429 001539	72030	GMQ				GF		*	@				12 / 355ml						U
849429 001546	72031	GMQ				GF		*	@				12 / 355ml						U
849429 001560	72032	GMQ				GF		*	@				12 / 355ml						U
849429 001577	72033	GMQ				GF		*	@				12 / 355ml						U

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
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Non-Dairy Beverages (shelf stable)

BLUE DIAMOND | ALMOND BREEZE NON-DAIRY BEVERAGE

041570 500262	07000	GMQ										ALMOND BREEZE, Chocolate	6 / 4x240ml					U
041570 500279	07001	GMQ										ALMOND BREEZE, Unsweetened Vanilla	6 / 4x240ml					U
041570 094464	16673	GMQ										ALMOND BREEZE, Almond Coconut, Unsweetened	12 / 946ml					U
041570 052747	06183	GMQ										ALMOND BREEZE, Chocolate	12 / 946ml					U
041570 052723	16671	GMQ										ALMOND BREEZE, Original	12 / 946ml					U
041570 059609	06731	GMQ										ALMOND BREEZE, Unsweetened Chocolate	12 / 946ml					U
041570 055311	06088	GMQ										ALMOND BREEZE, Unsweetened Original	12 / 946ml					U
041570 055830	06613	GMQ										ALMOND BREEZE, Unsweetened Vanilla	12 / 946ml					U
041570 052730	06181	GMQ										ALMOND BREEZE, Vanilla	12 / 946ml					U
041570 054314	06816	GMQ										ALMOND BREEZE, Original	8 / 1.89L					U
041570 054505	06817	GMQ										ALMOND BREEZE, Unsweetened Original	8 / 1.89L					U
041570 057957	06999	GMQ										ALMOND BREEZE, Unsweetened Vanilla	8 / 1.89L					U

EARTH'S OWN | NON-DAIRY BEVERAGE

626027 814057	07347	GMQ										BC P Oat, Chocolate	12 / 946ml					U
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EARTH'S OWN (SO FRESH) | NON-DAIRY BEVERAGE

626027 700121	07145											+ P SO FRESH, Almond, Unsweetened Original	12 / 946ml					U
626027 814026	07343	GMQ										+ P SO FRESH, Oat, Original	12 / 946ml					U
626027 814040	07344	GMQ										+ P SO FRESH, Oat, Vanilla	12 / 946ml					U

EDEN | NON-DAIRY BEVERAGE

024182 027051	06602	GMQ										*	EdenSoy, Original, Organic	12 / 946ml				U
024182 027068	06609	GMQ										GF *	EdenSoy, Unsweetened, Organic	12 / 946ml				U

NATIVE FOREST | DAIRY FREE MILK POWDER

043182 001021	24096												Instant Milk Powder, Cashew	6 / 100g				
043182 011013	24134												Instant Milk Powder, Coconut	6 / 150g				

NATURA | DAIRY-FREE BEVERAGE

063667 090463	07276											V	+ P Almond & Coconut, Unsweetened	12 / 946ml				U
063667 090081	07122											V	+ P Almond, Chocolate	12 / 946ml				U
063667 090012	07119											V	+ P Almond, Original	12 / 946ml				U
063667 090067	07121											V	+ P Almond, Unsweetened	12 / 946ml				U
063667 090265	07275											V	+ P Almond, Unsweetened, Vanilla	12 / 946ml				U
063667 201081	06404	GMQ										GF *	+ P Oat, Chocolate, Organic	12 / 946ml				U
063667 201012	06402	GMQ										GF *	+ P Oat, Unsweetened Original, Organic	12 / 946ml				U
063667 201029	06403	GMQ										GF *	+ P Oat, Unsweetened Vanilla, Organic	12 / 946ml				U
063667 006013	06378	GMQ										V *	+ P Rice, Original, Organic	12 / 946ml				U
063667 006020	06379	GMQ										V *	+ P Rice, Vanilla, Organic	12 / 946ml				U
063667 301859	06374	GMQ										V *	+ P Soy, Chocolate, Organic	12 / 946ml				U
063667 301408	06371	GMQ										V *	+ P Soy, Original, Organic	12 / 946ml				U
063667 511005	06375	GMQ										V *	+ P Soy, Unsweetened, Organic	12 / 946ml				U
063667 301552	06372	GMQ										V *	+ P Soy, Vanilla, Organic	12 / 946ml				U

Buy 15-29 cases

Save 3%

Buy 30-74 cases

Save 5%

Buy 75+ cases

Save 7%

SILK | DAIRY-FREE BEVERAGE

025293 005525	08000	GMQ											Almond Beverage, Dark Chocolate	12 / 946ml				U
025293 002180	07190	GMQ											Almond Beverage, Original	12 / 946ml				U
025293 001817	07136	GMQ											Almond Beverage, Unsweetened	12 / 946ml				U
025293 002197	07191	GMQ											Almond Beverage, Vanilla	12 / 946ml				U
025293 001800	07137	GMQ											Almond Beverage, Unsweetened, Vanilla	12 / 946ml				U
036632 074638	07138	GMQ										*	Coconut Beverage, Original, Organic	12 / 946ml				U
036632 074614	07139	GMQ										*	Coconut Beverage, Unsweetened, Organic	12 / 946ml				U

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056800 715811	52243	GMO						+				12 / 946ml							U
056800 658903	52236	GMO						+				12 / 946ml							U
056800 660814	52237	GMO						+				12 / 946ml							U
025293 005532	08010	GMO				*						12 / 946ml							U
025293 005549	08011	GMO				*						12 / 946ml							U
Buy 10-19 cases											Save 2.11								
Buy 20-49 cases											Save 3.17								
Buy 50+ cases											Save 4.23								

TWO BEARS | BARISTA FRIENDLY DAIRY ALTERNATIVE

628504 309308	10059							+	P		Oat Milk, Unsweetened, Vanilla	6 / 946ml							U
628504 309391	10008							+	P		Oat Milk, Unsweetened	6 / 946ml							U

Alcohol-free Alternatives

CLEVER | PREMIUM MOCKTAIL

854531 000240	17550							+	P	X	Mocktail, G & Tonic	12 / 355ml					G	P	U
854531 000349	17552							+	P	X	Mocktail, G & Tonic, Pink	12 / 355ml					G	P	U
854531 000264	17551							+	P	X	Mocktail, Mojito	12 / 355ml					G	P	U
854531 000288	17553							+	P	X	Mocktail, Moscow Mule	12 / 355ml					G	P	U
Buy 10-24 cases											Save 10%								
Buy 25+ cases											Save 15%								

PARTAKE BREWING | NON-ALCOHOLIC BEER

628110 465337	06016							+	P		Non-Alcoholic Beer, Pale	2 / 12x355ml					G		U
628110 465092	06010							+	P		Non-Alcoholic Beer, Blonde	6 / 4x355ml					G		U
628110 465283	06015							+	P		Non-Alcoholic Beer, Gose, Peach	6 / 4x355ml					G		U
628110 465085	06011							+	P		Non-Alcoholic Beer, IPA	6 / 4x355ml					G		U
628110 465078	06012							+	P		Non-Alcoholic Beer, Pale	6 / 4x355ml					G		U
628110 465153	06014							+	P		Non-Alcoholic Beer, Red	6 / 4x355ml					G		U
628110 465108	06013							+	P		Non-Alcoholic Beer, Stout	6 / 4x355ml					G		U

R.W. KNUDSEN | CELEBRATORY SPARKLING BEVER

074682 128376	06738	GMO				*					Sparkling Juice, Apple, Organic (bottle) (S/O)	12 / 750ml					G	P	U
074682 128369	06695	GMO									Sparkling Juice, Cranberry (bottle) (S/O)	12 / 750ml					G	P	U

SOBER CARPENTER | NON-ALCOHOLIC CRAFT BEER

854531 000417	17103							+	P		XBeer, Blonde Ale	12 / 473ml					G		U
854531 000042	17101							+	P		XBeer, IPA	12 / 473ml					G		U
854531 000554	17104	GMO				*		+	P		X Beer, IPA, Organic (can)	12 / 473ml					G		U
854531 000226	17102							+	P		XBeer, Irish Red	12 / 473ml					G		U
854531 000035	17100							+	P		XBeer, White	12 / 473ml					G		U

Waters

FLOW | ALKALINE SPRING WATER

628055 429883	06021	GMO				*		+	P	X	Spring Water, Blackberry Hibiscus, Organic (Tetra)	12 / 500ml					G		U
628055 429258	06022	GMO				*		+	P	X	Spring Water, Cucumber Mint, Organic (Tetra)	12 / 500ml					G		U
840277 000903	06023	GMO				*		+	P	X	Spring Water, Peach Blueberry, Organic (Tetra)	12 / 500ml					G		U
628055 429579	06024	GMO				*		+	P	X	Spring Water, Strawberry Rose, Organic (Tetra)	12 / 500ml					G		U
627843 463757	06020							+	P		X Spring Water, Original (Tetra)	12 / 500ml							U
627843 463788	06025							+	P		Spring Water, Original (Tetra)	12 / 1L							U

ICEFIELD GLACIAL | SPRING WATER

777311 011048	06591							BC	X		Glacial Spring Water	24 / 500ml							U
777311 019013	03008							BC	X		Glacial Spring Water	6 / 2L							U

NATURO AQUA | MOUNTAIN SPRING WATER

628055 063070	50332							BC	P	X	Natural Spring Water	4 / 4L							U
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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
WHISTLER WATER																		
620791 000104	06068										BC P	Glacial Spring Water w/Sports Cap	12 / 1L					U
620791 000159	06067										BC P	Glacial Spring Water	12 / 1.5L					U
620791 000401	06065		B								BC P	Glacial Spring Water	4 / 4L					U

CANNED & PACKAGED GOODS

Look for "canned soups" in Soups & Broths Section

Canned Beans

EDEN | CANNED BEANS

024182 003529	10456	GMQ		GF	*							Adzuki Beans, Organic	12 / 398ml					
024182 003536	10458	GMQ		GF	*							Black Beans, Organic	12 / 398ml					
024182 003574	10461	GMQ		GF	*							Black Eye Peas, Organic	12 / 398ml					
024182 003208	10455	GMQ		GF	*							Black Soy Beans, Organic	12 / 398ml					
024182 003598	10449	GMQ		GF	*							Butter Beans (Baby Lima), Organic	12 / 398ml					
024182 003581	10475	GMQ		GF	*							Cannellini (White Kidney) Beans, Organic	12 / 398ml					
024182 003512	10450	GMQ		GF	*							Garbanzo Beans (Chick Peas), Organic	12 / 398ml					
024182 003871	10448	GMQ		GF	*							Great Northern Beans, Organic	12 / 398ml					
024182 003543	10452	GMQ		GF	*							Kidney Beans, Organic	12 / 398ml					
024182 003550	10460	GMQ		GF	*							Navy Beans, Organic	12 / 398ml					
024182 003505	10454	GMQ		GF	*							Pinto Beans, Organic	12 / 398ml					
024182 003567	10447	GMQ		GF	*							Small Red Beans, Organic	12 / 398ml					
024182 283532	10440			GF	*							Black Beans, Organic	12 / 796ml					
024182 283587	10444	GMQ		GF	*							Cannellini (White Kidney) Beans, Organic	12 / 796ml					
024182 283549	10442	GMQ		GF	*							Dark Red Kidney Beans, Organic	12 / 796ml					
024182 283518	10441			GF	*							Garbanzo Beans (Chick Peas), Organic	12 / 796ml					
024182 283501	10443	GMQ		GF	*							Pinto Beans, Organic	12 / 796ml					

UNICO | CHICKPEAS

067800 002474	10107											Chickpeas	6 / 2.84L					
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Canned Fruits & Vegetables

BIOITALIA | TOMATO PRODUCTS

661475 310010	33068				*							Chopped Tomatoes, Organic (can)	12 / 398ml					
661475 300011	33049				*							Whole Tomatoes, Peeled, Organic (can)	12 / 398ml					
Buy 20-29 cases													Save 10%					
Buy 30+ cases													Save 15%					
661475 003387	33108				*							Tomato Paste, Organic (jar)	12 / 300ml					
661475 105708	33069				*							Tomato Purée, Organic (bottle)	12 / 700ml					
Buy 20-29 cases													Save 10%					
Buy 30+ cases													Save 15%					

EAT WHOLESOME FOOD CO. | ITALIAN TOMATOES

628110 454119	33249	GMQ										Cherry Tomatoes, No Salt	24 / 398ml					
628110 454393	33233				*							Strained Tomatoes, No Salt, Organic	12 / 680ml					
628110 454409	33230				*							Crushed Tomatoes, No Salt, Organic	12 / 796ml					
628110 454379	33231				*							Diced Tomatoes, No Salt, Organic	12 / 796ml					
628110 454386	33232				*							Whole Tomatoes, No Salt, Organic	12 / 796ml					
628110 454560	90172		B									Tomatoes, Diced (S/O)	3 / 2.84L					
528110 454553	90173		B									Tomatoes, Whole (S/O)	3 / 2.84L					

EAT WHOLESOME FOOD CO. | VEGETABLES

628110 454539	33612	GMQ		V	*						P	Corn, Whole Kernal, Organic	12 / 341ml					
628110 454546	33613	GMQ		V	*						P	Sweet Peas, Organic	12 / 398ml					

EDEN | APPLE SAUCE

024182 003499	31020			GF	*							Apple Sauce, Organic (jar)	12 / 398ml					
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FARMER'S MARKET | CANNED PUMPKIN

638882 002043	10105	GMQ				*													
638882 002005	10103	GMQ				*													

Pumpkin Pie Mix, Organic

12 / 398ml

Pumpkin, Organic

12 / 398ml

MUIR GLEN | CANNED TOMATOES

065633 471672	33208	GMQ				*													
065633 471740	33211	GMQ				*													

Tomatoes, Crushed, Fire Roasted, Organic

12 / 796ml

Tomatoes, Diced, Fire Roasted, Organic

12 / 796ml

NATIVE FOREST | CANNED FRUIT & VEGETABLES

043182 008945	10217			GF															
043182 008914	10428			GF															
043182 008921	10215			GF															
043182 008303	10429			GF		*													
043182 018685	10228			GF		*		+											
043182 018517	10219			GF		*													
043182 018524	10220			GF		*													
043182 018593	10227			GF		*													

Artichoke Hearts, Marinated

6 / 170g

Artichoke Hearts, Quartered

6 / 400g

Artichoke Hearts, Whole

6 / 280g

Cut Baby Corn, Organic

6 / 400g

Mandarin Oranges, Organic

6 / 284ml

Pineapple, Chunks, Organic

6 / 398ml

Pineapple, Slices, Organic

6 / 398ml

Sliced Peaches, Organic

6 / 398ml

Canned Seafood

RAINCOAST | SUSTAINABLE WILD CANNED & PACKAGED SEAFOOD

810757 000624	16814			BC	P														
810757 005629	16815			BC	P														
810757 006626	16817			BC	P														
810757 007623	16816			BC	P														
810757 000525	16811			BC	P														
810757 005520	16812			BC	P														
810757 006510	16813			BC	P														
810757 009160	16819				P														
810757 000112	16808			BC	P														
810757 005117	16809			BC	P														
810757 009115	16810			BC	P														
810757 003892	16826				P														
810757 003991	16827				P														

Salmon, Pink

12 / 160g

Salmon, Pink, No Salt

12 / 160g

Salmon, Pink, Skinless Boneless

12 / 150g

Salmon, Pink, Skinless, Boneless & Smoked

12 / 150g

Salmon, Sockeye

12 / 160g

Salmon, Sockeye, No Salt

12 / 160g

Salmon, Sockeye, Skinless Boneless

12 / 150g

Sardines, in spring water

12 / 120g

Tuna, Albacore

12 / 150g

Tuna, Albacore, No Salt

12 / 150g

Tuna, Albacore, Smoked

12 / 150g

Tuna, Skipjack, chunk in water, with Sea Salt

24 / 142g

Tuna, Skipjack, chunk in water, No Salt Added

24 / 142g

SAFE CATCH | LOW MERCURY CANNED SEAFOOD

859480 006428	68511	GMQ																	
859480 006442	68510	GMQ																	
859480 006459	68509	GMQ																	
859480 006541	68520	GMQ																	
859480 006053	68501	GMQ																	
859480 006060	68500	GMQ																	
859480 006732	68530																		
859480 006725	68531																		
859480 006008	68502	GMQ																	
859480 006268	68503	GMQ																	
859480 006275	68505	GMQ																	
859480 006282	68504	GMQ																	
859480 006305	68507	GMQ																	
859480 006312	68508	GMQ																	

Wild Pink Salmon

6 / 142g

Wild Pink Salmon, No Salt

6 / 142g

Wild Yellowfin Ahi Tuna

6 / 142g

Wild Yellowfin Ahi Tuna in Extra Virgin Olive Oil

6 / 142g

Wild Albacore Tuna, Solid

12 / 142g

Wild Albacore Tuna, Solid, No Salt

12 / 142g

Wild Sardines, in Water

12 / 125g

Wild Sardines, in Extra Virgin Olive Oil

12 / 125g

Elite Wild Skipjack Tuna, Solid

12 / 142g

Elite Wild Skipjack Tuna, Cajun

6 / 142g

Elite Wild Skipjack Tuna, Chili Lime

6 / 142g

Elite Wild Skipjack Tuna, Citrus Pepper

6 / 142g

Elite Wild Skipjack Tuna, Garlic Herb

6 / 142g

Elite Wild Skipjack Tuna, Habanero Mint

6 / 142g

Ready to Serve Canned Meals

AMY'S | CANNED BEANS

042272 905119	38222			GF		*	
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EDEN | CANNED BEANS

024182 003857	10451	GMO		GF		*													
024182 003888	10476					*													

BAKED BEANS, w/Sweet Sorghum, Organic

12 / 398ml

LENTILS, w/Onion & Bay Leaf, Organic

12 / 398ml

CONDIMENTS & SAUCES

Condiments

ARIZONA PEPPER'S | HOT SAUCES

027328 120548	18182			GF		*													
027328 120296	18181			GF		*													
027328 120043	18180			GF		*													

Chipotle Habanero Sauce, Organic

12 / 148ml

Habanero Pepper Sauce, Organic

12 / 148ml

Jalapeno Pepper Sauce, Organic

12 / 148ml

GINGER PEOPLE | GINGER SYRUP

734027 904705	14457					*													

Ginger Syrup, Organic

12 / 237ml

HEE-HAW HORSERADISH

628110 106087	11171			GF			BC	P											
628110 106094	11172			GF			BC	P											

Horseradish, Damn Hot

12 / 250ml

Horseradish, Double Damn Hot

12 / 250ml

MAISON ORPHEE | MUSTARD

069593 120182	32365					*		+	P										
069593 120199	32366					*		+	P										
069593 120175	32364					*		+	P										

Mustard, Dijon, Organic (raw) (jar)

12 / 250ml

Mustard, Old Fashioned, Organic (raw) (jar)

12 / 250ml

Mustard, Yellow w/Turmeric, Organic (raw) (jar)

12 / 250ml

PIKE PIER FISHERMAN | ALL NATURAL SAUCES

031215 203535	14269			GF															
031215 201173	14288			GF															
031215 203344	14267			GF															
031215 204099	14268																		

Cocktail Sauce

12 / 255g

Horseradish Sauce

12 / 241g

Tartar Sauce

12 / 241g

Tartar Sauce, Alder Smoked Walla Walla Onion

12 / 241g

PRAIRIE HARVEST | KETCHUP

624756 995115	30065	GMO				*			P										

Ketchup, Organic

12 / 575ml

SEOUL KIMCHI | HOT SAUCE

026396 502027	31035	GMO		GF															
026396 502010	31034	GMO		GF															

Kimchi Hot Sauce, Spicy

6 / 374g

Kimchi Hot Sauce, Sweet & Spicy

6 / 374g

WIZARD'S | ORGANIC SAUCES

011206 004051	32700					*													
011206 004082	14541					V	*												
011206 004198	14039			GF		V	*												

Hot Stuff, Organic

12 / 147ml

Vegan Worcestershire Sauce, Organic

12 / 147ml

Vegan Worcestershire Sauce, Organic

12 / 251ml

Cooking Sauces

COCONUT SECRET | SOY-FREE SAUCE

851492 002245	14700	GMO		GF		*													
851492 002993	14702	GMO		GF		*													
851492 002368	14701	GMO		GF		*													

Soy-Free Sauce, Garlic, Organic

12 / 296ml

Soy-Free Sauce, Spicy, Organic

12 / 296ml

Soy-Free Sauce, Teriyaki, Organic

12 / 296ml

GINGER PEOPLE | COOKING SAUCE

734027 901377	14390	GMO																	
734027 901391	14391	GMO																	

Sauce, Sweet Ginger Chili

12 / 375ml

Sauce, Spicy Ginger Teriyaki

12 / 375ml

G

MAISON ORPHEE | MARINADE

069593 120816	33489	GMO		GF	V			+	P										
069593 120823	33490	GMO		GF	V			+	P										
069593 120854	33493	GMO		GF	V			+	P										
069593 121653	32393	GMO		GF				+	P										
069593 120861	33494	GMO		GF	V			+	P										

Marinade, Caesar Vinaigrette

12 / 250ml

Marinade, Maple & Dijon Vinaigrette

12 / 250ml

Marinade, Olive & Balsamic Vinaigrette

12 / 250ml

Marinade, Ranch Vinaigrette

12 / 240ml

Marinade, Sesame & Tamari Vinaigrette

12 / 250ml

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NAAM | COOKING SAUCE

689499 100042	14460	GMO					@	BC	P			Coconut Curry Sauce	12	/ 350ml					
689499 100080	14459	GMO					@	BC	P			Miso Hot Sauce	12	/ 350ml					
689499 100066	14461	GMO					@	BC	P			Peanut Sauce	12	/ 350ml					
689499 100059	14463	GMO					@	BC	P			Thai Sauce	12	/ 350ml					

NAKED & SAUCY | COOKING SAUCE

890104 001078	40118	GMO				*		BC	P			Sauce, Chili Garlic, Organic	6	/ 296ml					
890104 001313	40122	GMO				*		BC	P			Sauce, Peanut, Organic	6	/ 296ml					
890104 001337	40124	GMO				*		BC	P			Sauce, Sweet & Sour, Organic	6	/ 296ml					
890104 001306	40121	GMO				*		BC	P			Sauce, Sweet Thai Chili, Organic	6	/ 296ml					
890104 001320	40123	GMO				*		BC	P			Sauce, Teriyaki, Keto, Organic	6	/ 296ml					
890104 001061	40117	GMO				*		BC	P			Sauce, Teriyaki, Sesame Ginger, Organic	6	/ 296ml					
890104 001290	40120	GMO				V	*			P		Sauce, Vegan Oyster, Organic	6	/ 296ml					

SAN-J | COOKING SAUCE

075810 150269	40659	GMO	GF	Hoisin Sauce	6 / 296ml
075810 180266	40630	GMO	GF	Orange Sauce	6 / 296ml
075810 230268	40647	GMO	GF	Mongolian Sauce	6 / 296ml
075810 160268	40636	GMO	GF	Sweet & Tangy Polynesian Sauce	6 / 296ml
075810 120262	40635	GMO	GF	Szechuan Sauce	6 / 296ml
075810 113264	40628	GMO	GF	Teriyaki Sauce, 50% Less Sodium	6 / 296ml
075810 112267	40625	GMO	GF	Teriyaki Sauce	6 / 296ml
075810 140260	40645	GMO	GF	Thai Peanut Sauce	6 / 296ml
Buy 10-19 cases					Save 1.74
Buy 20+ cases					Save 2.32

SEOUL | KOREAN BBQ SAUCE

026396 501013	31046	GMO		GF								BBQ Sauce, Kalbi	6	/ 350ml					
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UMI'S KITCHEN | COOKING SAUCE

627761 820250	51363							BC	P			Marinade, Tandoori	12	/ 450ml					
627761 820106	51360							BC	P			Simmer Sauce, Butter Chicken	12	/ 450ml					
627761 820359	51361							BC	P			Simmer Sauce, Coconut Curry	12	/ 450ml					
627761 820205	51362							BC	P			Simmer Sauce, Jeera Cumin	12	/ 450ml					

WHITEWATER COOKS | MARINADE

627843 382164	77800							BC	P			Marinade, Miso Ginger	12	/ 350ml					
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Gravy & Sauce Mixes

NAAM | MISO GRAVY

689499 100011	14000							BC	P			Miso Gravy (bottle)	12	/ 350ml					
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SIMPLY ORGANIC | GRAVY MIX

089836 188731	70741					*						X Gravy Mix, Brown, Organic (sachets)	12	/ 28g					
089836 188755	70751					*						X Gravy Mix, Mushroom Sauce, Organic (sachets)	12	/ 24g					
089836 188748	70744					*						X Gravy Mix, Roasted Chicken, Organic (sachets)	12	/ 24g					
089836 188762	70745					*						X Gravy Mix, Roasted Turkey, Organic (sachets)	12	/ 24g					
089836 200075	70761					*						X Gravy Mix, Brown, Vegetarian, Organic (sachets)	12	/ 28g					

Mayonnaise, Salad Dressings & Toppers

See Cooler section for more Mayonnaise Alternatives

BRAGG | DRESSING

074305 131127	32122	GMO	GF	Dressing, Ginger & Sesame	6 / 355ml
074305 130120	32121	GMO	GF	Dressing, Healthy Vinaigrette	6 / 355ml
				Buy 10-19 cases	Save 1.11
				Buy 20+ ases	Save 2.40

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Pasta & Pizza Sauces

Olives & Pickled Vegetables

817861 010044	48030	GMO		A La Grecque Moroccan Black (pouch)	10 / 200g
817861 010631	48039	GMO	*	Amphis Green Greek, Pitted, Organic (pouch)	10 / 270g
817861 010181	48034	GMO		Chalkidiki Greek (pouch)	10 / 200g
817861 010051	48031	GMO		Chalkidiki Greek, Almond Stuffed (pouch)	10 / 150g
817861 010068	48032	GMO		Chalkidiki Greek, Garlic Stuffed (pouch)	10 / 150g

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817861 010006	48035	GMO										10 / 150g							
761218 8001545	48051	GMO										10 / 500g							
817861 010013	48036	GMO										10 / 150g							
761218 8001552	48052	GMO										10 / 500g							
817861 010037	48037	GMO										10 / 200g							
817861 010617	48040	GMO				*						10 / 270g							
817861 010020	48038	GMO										10 / 200g							

EAT WHOLESOME | PICKLED VEGETABLES

638170 905803	33611					*						6 / 750ml							
638170 905810	33244					*						6 / 909ml							

EDEN | PICKLED VEGETABLES

024182 013009	14500	GMO		GF		*						12 / 796ml							
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KRINOS FOODS | GREEK OLIVES

055498 046078	48009					*						6 / 375ml							
055498 046023	48018					*						6 / 375ml							
055498 046085	48025					*						6 / 375ml							

Salsas

QUE PASA | SALSA

068826 200042	14455	GMO		GF		*	BC	P				12 / 420ml							
068826 200028	14453	GMO		GF		*	BC	P				12 / 420ml							
068826 200004	14454	GMO		GF		*	BC	P				12 / 420ml							

Soy Sauce & Alternatives

AMANO | SAUCE

067334 250884	40023						BC	P				12 / 250ml							
067334 050880	40026						BC	P				12 / 500ml							
067334 250327	40024					*	BC	P				12 / 250ml							
067334 250754	40022						BC	P				12 / 250ml							
067334 050750	40055						BC	P				12 / 500ml							
067334 050323	40025					*	BC	P				12 / 500ml							
067334 004326	40099			B		*	BC	P				4 / 4L							
0673340 50750	40066			B			BC	P	X			1 / 18L							

BRAGG | ALL PURPOSE SEASONING

074305 106101	32179					*						12 / 296ml							
												Buy 10-19 cases							
												Save 2.58							
												Buy 20+ cases							
074305 100161	14071	GMO		GF								12 / 473ml							
												Buy 10-19 cases							
												Save 1.84							
												Buy 20+ cases							
												Save 3.69							
074305 100321	14072	GMO		GF								12 / 946ml							
												Buy 10-19 cases							
												Save 3.02							
												Buy 20+ cases							
												Save 6.05							

COCONUT SECRET | SOY SAUCE SUBSTITUTE

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

NAKED & SAUCY | SOY SAUCE SUBSTITUTE

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

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055358 314002	85028	GF	*	🚫	Apple Cider Vinegar, Organic (plastic bottle)	12 / 355ml
055358 314101	85027	GF	*	🚫	Apple Cider Vinegar, Organic (plastic bottle)	6 / 946ml
055358 314200	65026	B GF	*	🚫	Apple Cider Vinegar, Organic (plastic jug)	4 / 3.78L
055358 314200	91586	B	*	🚫	Apple Cider Vinegar, Organic (S/O)	1 / 18.9L

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COOKIES, SNACK BARS & TOASTER PASTRIES

065633	178687	16110		*	Granola Bars, Chocolate Dipped Caramel, Organic	12 / 5x26g	G
065633	178670	16111		*	Granola Bars, Chocolate Dipped Chocolate Chip, Organic	12 / 5x26g	G
065633	178618	16112		*	Granola Bars, Chocolate Drizzle Chocolate Chip, Organic	12 / 5x26g	G

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CLIF KID | ORGANIC ZBARS

722252 192336	37599	GMO				*						6 / 5x36g						G
722252 192343	37611	GMO				*						6 / 5x36g						G
722252 192326	37612	GMO				*						6 / 5x36g						G
722252 921086	91666	GMO				*						56 / 5x36g						G

KIND | GRANOLA & BREAKFAST BAR

602652 204050	37766											8 / 4x50g						G
602652 204067	37767											8 / 4x50g						G
602652 201066	37768											8 / 4x50g						G
602652 184178	37609	GMO										8 / 5x35g						G
602652 184154	37607	GMO										8 / 5x35g						G
602652 184185	37610	GMO										8 / 5x35g						G
602652 296574	37600	GMO										8 / 5x35g						G

MADEGOOD | GRANOLA SNACK

687456 213040	64020	GMO		GF	*		+	P				6 / 5x24g						G
687456 213019	64023	GMO		GF	*		+	P				6 / 5x24g						G
687456 213750	64029	GMO		GF	*		+	P				6 / 5x24g						G
687456 213026	64024	GMO		GF	*		+	P				6 / 5x24g						G

NO MIX & MATCH BETWEEN CATEGORIES

Buy 25-49 cases	Save 1.50	
Buy 50-74 cases	Save 2.10	
Buy 75+ cases	Save 3.00	

687456 223490	64094	GMO		GF	*		+	P				6 / 5x24g						G
687456 223476	64093	GMO		GF	*		+	P				6 / 5x24g						G
687456 223506	64090	GMO		GF	*		+	P				6 / 5x24g						G
687456 223483	64092	GMO		GF	*		+	P				6 / 5x24g						G

Buy 25-49 cases	Save 1.50	
Buy 50-74 cases	Save 2.10	
Buy 75+ cases	Save 3.00	

687456 214139	64055	GMO		GF	*		+	P				6 / 5x24g						G
687456 214146	64056	GMO		GF	*		+	P				6 / 5x24g						G
687456 214122	64054	GMO		GF	*		+	P				6 / 5x24g						G

Buy 25-49 cases	Save 1.50	
Buy 50-74 cases	Save 2.10	
Buy 75+ cases	Save 3.00	

NATURE'S BAKERY | FIG BAR

047495 491531	13132	GMO				V						12 / 57g						G
047495 491555	13135	GMO				V						12 / 57g						G

Buy 15-24 cases	Save 0.75	
Buy 25+ cases	Save 0.93	

047495 210200	13136	GMO				V						12 / 6x57g						
047495 210217	13137	GMO				V						12 / 6x57g						
047495 210224	13138	GMO				V						12 / 6x57g						
047495 210248	13140	GMO				V						12 / 6x57g						

Buy 15-24 cases	Save 4.20	
Buy 25+ cases	Save 5.52	

Toaster Pastries

NATURE'S PATH | TOASTER PASTRIES

058449 188087	55721	GMO				*	@	P				6 / 312g						
058449 188070	55720	GMO				*	@	P				6 / 312g						

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CRACKERS & PUFFED GRAIN CAKES

Crackers

687456 230276	64085	GMO	GF V *	+		STAR PUFFED CRACKERS, Cheddar, Organic	6 / 5x20g
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069372 007642	16667	GF	*	BC  X THINS, Brown Rice Cakes, 5 Rice Blend, Organic	12 / 95g
069372 007666	16668	GF	*	BC  X THINS, Brown Rice Cakes, Canadian Wild Rice, Organic	12 / 95g
069372 007703	16733 GMO	GF	*	BC  X THINS, Brown Rice Cakes, Chia, Unsalted, Organic	12 / 95g
069372 007741	16735 GMO	GF	*	BC  X THINS, Brown Rice Cakes, Flax, Unsalted, Organic	12 / 95g
069372 007727	16734 GMO	GF	*	BC  X THINS, Brown Rice Cakes, Hemp, Unsalted, Organic	12 / 95g
069372 007307	16610	GF	*	BC  X THINS, Brown Rice Cakes, Multigrain, Unsalted, Organic	12 / 95g
069372 007628	16666	GF	*	BC  X THINS, Brown Rice Cakes, Quinoa, Unsalted, Organic	12 / 95g
069372 007208	16609	GF	*	BC  X THINS, Brown Rice Cakes, Sea-Salt, Organic	12 / 95g
069372 007505	16614	GF	*	BC  X THINS, Brown Rice Cakes, Sesame, Unsalted, Organic	12 / 95g
069372 007109	16608	GF	*	BC  X THINS, Brown Rice Cakes, Unsalted, Organic	12 / 95g

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
069372 002111	16445					*			BC	P	X		12 / 185g						
069372 002159	16441					*			BC	P	X		12 / 185g						
069372 002173	16446					*			BC	P	X		12 / 185g						
069372 001114	16450					*			BC	P	X		12 / 185g						
069372 001046	16425					*			BC	P	X		12 / 185g						

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

Dried Beans, Legumes & Seeds

BOB'S RED MILL | BEANS

039978 002617	34246												4 / 680g						
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BULK BEANS

775768 04065	04065		B			*							1 / 11.34kg						
	04150		B			*							1 / 11.34kg						
623636 394093	20054		B			*							1 / 11.34kg						
775768 041557	04155		B			*							1 / 11.34kg						
	04055		B			*							1 / 11.34kg						

Popcorns

ANGIE'S | BOOMCHICKAPOP MICROWAVE POPCORN

018780 017347	59520												6 / 4X93g						
018780 017354	59521	GMO											6 / 4X93g						

ANITA'S ORGANIC | POPCORN

623636 397216	28084					*				P			4 / 630g						
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BOB'S RED MILL | POPCORN

039978 323071	22364												4 / 850g						
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CENTRAL ROAST | POPCORN

685220 007178	17503	GMO		GF	*		+		P				6 / 425g						G
685220 007185	17502	GMO		GF	*		+		P				6 / 425g						

EDEN | ORGANIC POPCORN

024182 003864	36787	GMO		GF	*								12 / 566g						
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PRAIRIE HARVEST | POPCORN

624756 933469	37289					*							12 / 454g						
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SKINNYPOP | POPCORN

816925 021958	38962	GMO		GF	V								6 / 6x80g						
816925 021965	38963	GMO		GF	V								6 / 6x80g						

WHOLE ALTERNATIVES | POPCORN

796259 150497	36297					*							12 / 3x99g						
796259 150480	36299	GMO				*							12 / 3x85g						
796259 151845	37497					*							12 / 454g						

BULK POPPING CORN

000000 041332	22070		B			*							1 / 11.34kg						
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Grains

ANITA'S ORGANIC | BULK GRAINS

623636 180061	22148		B			*				P	X		1 / 11.34kg						
623636 200097	22105		B			*		+		P	X		1 / 20kg						
623636 398084	22100		B			*		+		P	X		1 / 11.34kg						

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882369	110329	38601	B	X White Basmati Rice	1 / 8lb
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1 / 350g

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
806253 000527	70200	GMO		GF	V	*				P	X	Cumin, Ground, Organic (S/O)	1	/	500g				
806253 000336	91299	GMO		GF	V	*	@			P	X	Ginger, Ground, Organic (S/O)	1	/	500g				
806253 000466	91317	GMO		GF	V	*	@			P	X	Turmeric, Ground, Organic (S/O)	1	/	500g				

FRONTERA GOURMET | MEXICAN GUACAMOLE MIX

604183 110572 **20162** X Original Guacamole Mix (pouch) 8 / 127g

FRONTIER | HERBS & SPICES

089836 210197 **70557** * X Chili, Powder, Organic 6 / 36g
 089836 210210 **70559** * X Cinnamon, Sticks, Organic 6 / 22g
 089836 210371 **70575** * X Oregano Leaf, Flakes, Organic 6 / 10g

MAISON ORPHEE | HAND-HARVESTED GREY SEA SALT

069593 100832 **33483** P Grey Sea Salt, Coarse 12 / 1kg
 069593 100849 **33484** P Grey Sea Salt, Fine 12 / 500g

MODERN PRODUCTS | SEASONINGS

075820 000004 **70450** GF Spike Seasoning 24 / 85g
 075820 204082 **70451** GF Spike Seasoning 12 / 198g

REDMOND REAL SALT

018788 905004 **15605** REAL SALT, Fine (Shaker) 6 / 284g
 018788 992615 **15600** B Sea Salt, Unrefined, Fine (pouch w/spout) 12 / 737g
Buy 10-17 cases Save 5%
Buy 18+ cases Save 10%

SIMPLY ORGANIC | GUACAMOLE MIX

089836 192448 **70854** GMO V * X Mix, Guacamole, Spicy, Organic 6 / 113g
 089836 192431 **70855** GMO V * X Mix, Guacamole, Organic 6 / 113g

SIMPLY ORGANIC | PASTA SAUCE MIX

089836 200068 **70740** * X Seasoning Mix, Pasta Sauce, Alfredo, Organic (sachets) 12 / 42g

SIMPLY ORGANIC | BOTTLED SPICES & GRINDERS

089836 192080 **70789** * Basil Leaf, c/s Organic (glass bottle) 6 / 15g
 089836 192240 **70358** * Cayenne Pepper, Organic (glass bottle) 6 / 71g
 089836 192332 **70842** * Ceylon Cinnamon, Organic (glass bottle) 6 / 59g
 089836 192257 **70359** * Chili Powder, Organic (glass bottle) 6 / 82g
 089836 192363 **70840** * Chipotle Ground, Organic (glass bottle) 6 / 75g
 089836 192110 **70791** * Cinnamon, Ground, Organic (glass bottle) 6 / 69g
 089836 192127 **70792** * Cumin Seed, Ground, Organic (glass bottle) 6 / 65g
 089836 192264 **70360** * Curry Powder, Organic (glass bottle) 6 / 85g
 089836 192141 **70793** * Garlic Powder, Organic (glass bottle) 6 / 103g
 089836 192158 **70794** * Ginger Root, Ground, Organic (glass bottle) 6 / 46.5g
 089836 192271 **70361** * Italian Seasoning, Organic (glass bottle) 6 / 22g
 089836 192288 **70362** * Onion, Minced, Organic (glass bottle) 6 / 79g
 089836 192165 **70795** * Oregano Leaf c/s, Organic (glass bottle) 6 / 21g
 089836 192295 **70363** * Paprika Ground, Organic (glass bottle) 6 / 74g
 089836 192097 **70796** * Pepper, Black, Medium, Organic (glass bottle) 6 / 65.5g
 089836 192134 **70798** * Pepper, Red, Crushed, Organic (glass bottle) 6 / 45g
 089836 192196 **70801** * Peppercorn Blend, Organic (glass bottle) 6 / 75g G
 089836 192189 **70800** * Peppercorns, Black, Organic (glass bottle w/adjustable grinder) 6 / 75g G
 089836 192103 **70797** * Peppercorns, Black, Organic (glass bottle) 6 / 75g
 089836 192349 **70839** * Smoked Paprika, Organic (glass bottle) 6 / 77g
 089836 192318 **70365** * Thyme Leaf, Organic (glass bottle) 6 / 31g
 089836 192172 **70799** * Turmeric Root, Ground, Organic (glass bottle) 6 / 67.5g

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UPC CODE | CODE | GMO | B | GF | V | * | @ | + | P | X | PACK | SIZE | | | | G | P | U

SIMPLY ORGANIC | SEASONING MIX

089836 188700	70750		*									X Seasoning Mix, Chili, Veggie, Organic (sachets)	12 / 33g
089836 200020	70742		*									X Seasoning Mix, Fajita, Organic (sachets)	12 / 28g
089836 200037	70763		*									X Seasoning Mix, Spicy Taco, Organic (sachets)	12 / 32g
089836 200013	70747		*									X Seasoning Mix, Taco, Organic (sachets)	12 / 32g

SUNDHED | SEA SALT & PURE HIMALAYAN SALT

873778 006174	06169											Sea Salt Grinder	6 / 250g
873778 006778	06171											Sea Salt, Coarse	6 / 750g
873778 006730	06174											Sea Salt, Fine Iodized	6 / 750g
873778 006099	02252											Himalayan Pink Salt Grinder	6 / 250g
873778 006082	02251											Himalayan Pink Salt, Fine	6 / 250g
873778 006679	02253											Himalayan Pink Salt Grinder	6 / 390g
873778 006129	02255											Himalayan Pink Salt, Coarse	6 / 750g
873778 006112	02254											Himalayan Pink Salt, Fine	6 / 750g
873778 006143	02257											Himalayan White Salt, Fine Iodized	6 / 750g
873778 006549	93037		B									Himalayan Pink Salt, Coarse (S/O)	1 / 10kg
873778 006525	93036		B									Himalayan Pink Salt, Fine (S/O)	1 / 10kg

BULK SEA SALT

038400 138542	02179		B									X Sea Salt, Refined (solar evaporated)	1 / 50lb
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INTERNATIONAL CUISINE

Caribbean

MAUREEN SIMON FOODS CORP | COOKING SAUCES

627987 503753	14902											BC P Sauce, Mild Coconut Curry	12 / 350ml
841307 000313	14900											BC P Sauce, The Original Jerk	12 / 350ml

Indian

See Frozen Entrées for Vij's

JYOTI NATURAL FOODS | INDIAN CUISINE

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

NANAK | BUTTER

797677 707300	24902											BC P Pure Desi Ghee (Clarified Butter), Grass-Fed	12 / 400g
797677 300105	24900											BC P Pure Desi Ghee (Clarified Butter)	12 / 400g

TASTY BITE | INDIAN CUISINE

782733 000365	38792	GMO		*								X Heat & Serve, Hot & Spicy, Coconut Vegetables, Organic (microwavable pouch)	6 / 285g
782733 000389	38798	GMO										X Heat & Serve, Hot & Spicy Madras Lentils (microwavable pouch)	6 / 285g
782733 000372	38793	GMO		*								X Heat & Serve, Hot & Spicy, Vindaloo, Organic (microwavable pouch)	6 / 285g
782733 000013	38231	GMO										X Heat & Serve, Bombay Potatoes (microwavable pouch)	6 / 285g
782733 000266	38711	GMO										X Heat & Serve, Channa Masala (microwavable pouch)	6 / 285g
782733 000051	38236	GMO										X Heat & Serve, Jaipur Vegetables (microwavable pouch)	6 / 285g
782733 000037	38233	GMO										X Heat & Serve, Kashmir Spinach (microwavable pouch)	6 / 285g
782733 000020	38232	GMO										X Heat & Serve, Madras Lentils (microwavable pouch)	6 / 285g
782733 000044	38234	GMO										X Heat & Serve, Punjab Eggplant (microwavable pouch)	6 / 285g

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
782733 000259	38712	GMQ									X	Heat & Serve, Vegetable Korma (microwavable pouch)	6	/	285g				
782733 000341	37697	GMQ									X	Heat & Serve, Vegetable Tikka Masala (microwavable pouch)	6	/	285g				

Japanese

ATLANTIC MARICULTURE | DULSE

067835 774056	24200					*		+	P			Dulse, Organic	12	/	40g				
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CANADIAN KELP RESOURCES | SEA VEGETABLES

776128 000030	32851										BC	P	X	Kombu	16	/	42g		
776128 000047	32850										BC	P	X	Macro Kelp	16	/	21g		

EDEN | JAPANESE PRODUCTS

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

EDEN | SEA VEGETABLES

024182 157693	24004					GF						X	Sushi Nori (7ct)	6	/	17g			
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EDWARD & SONS | MISO SOUPS

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

GIMME ORGANIC | ROASTED SEAWEED

855463 005273	24165	GMQ				GF	V	*				X	Roasted Seaweed, Sea Salt & Avocado Oil, Organic	12	/	9g			G
855463 005280	24166	GMQ				GF	V	*				X	Roasted Seaweed, Sea Salt & Avocado Oil, Organic	8	/	6x4.5g			G

GIMME ORGANIC | ROASTED SEAWEED SNACKS

851093 004327	24135	GMQ				GF		*				X	Roasted Seaweed Snacks, Extra Virgin Olive Oil, Organic	8	/	6x5g			G
851093 004303	24136	GMQ				GF		*				X	Roasted Seaweed Snacks, Sea Salt, Organic	8	/	6x5g			G
851093 004310	24137	GMQ				GF		*				X	Roasted Seaweed Snacks, Teriyaki, Organic	8	/	6x5g			G
851093 004679	24162	GMQ				GF		*				X	Roasted Seaweed Snacks, Sesame, Organic	12	/	10g			G
851093 004662	25163	GMQ				GF		*				X	Roasted Seaweed Snacks, Sea Salt, Organic	12	/	10g			G
851093 004693	24169	GMQ				GF		*				X	Roasted Seaweed Snacks, Teriyaki, Organic	12	/	10g			G

GIMME ORGANIC | ROASTED SUSHI NORI

851093 004372	24164	GMQ				GF	V	*				X	Sushi Nori, Roasted, Organic (10ct)	12	/	23g			
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GINGER PEOPLE | MINCED GINGER

734027 904064	14196					GF		*				Ginger, Minced (jar), Organic	12	/	190g				
734027 904071	14197					GF		*				Ginger, Natural Pickled Sushi (jar), Organic	12	/	190g				

KOYO | JAPANESE PRODUCTS

065493 062522	24210											Arame	10	/	50g				
065493 062607	24235											Wakame	10	/	50g				
021009 229025	24019											Wasabi Powder	6	/	25g				

MISHIMA | INSTANT SOUP

830757 000325	38551											X	Instant Hot and Sour Soup	12	/	27g			
830757 000219	38821											X	Instant Miso Soup, Red	12	/	30g			
830757 000233	38822											X	Instant Miso Soup, White	12	/	30g			
830757 000226	38655											X	Instant Mixed Miso soup (red & white)	12	/	30g			

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NORA | SEAWEED SNACKS

855258 006225	19100	GMO										X	Crispy Seaweed, Original	12 / 32g						G
855258 006232	19102	GMO										X	Tempura Seaweed, Original	12 / 45g						G
855258 006249	19101	GMO										X	Tempura Seaweed, Spicy	12 / 45g						G

SEASNAX | SEAWEED PRODUCTS

811201 020014	24132	GMO		GF	*							X	BIG GRAB, SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic	12 / 10g						G
811201 020021	24141	GMO		GF	*							X	BIG GRAB, SeaSnax, Roasted Seasoned Seaweed, Lime, Organic	12 / 10g						G
728028 023183	24120	GMO			*							X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic	16 / 5g						G
609722 798372	24121	GMO			*							X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Toasty Onion, Organic	16 / 5g						G
609722 798839	24123	GMO			*							X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Wasabi, Organic	16 / 5g						G
728028 023237	24094	GMO		GF	*							X	SEAWEED, Raw Sheets, Organic	16 / 28g						
728028 012217	24083	GMO		GF	*							X	SEAWEED, Roasted Olive, Organic	4 / 4x15g						G
728028 012200	24080	GMO		GF	*							X	SEAWEED, Roasted Olive, Organic	16 / 15g						G
728028 023213	24081	GMO		GF	*							X	SEAWEED, Roasted Onion, Organic	16 / 15g						G
													Buy 10-49 cases (mix & match allowed)	Save 10%						
													Buy 50-99 cases (mix & match allowed)	Save 15%						
													Buy 100-119 cases (mix & match allowed)	Save 20%						
													Buy 120+ cases (mix & match allowed)	Save 25%						

SOBAYA | PASTAS

057443 307029	30160				*		+						Soba, Kamut and Buckwheat, Organic	12 / 230g						
057443 309023	30169				*		+						Soba, Spelt and Buckwheat, Organic	12 / 230g						
057443 401017	30140						+						Soba, Wheat and Buckwheat	12 / 454g						
057443 302024	30130				*		+						Soba, Wheat and Buckwheat, Organic	12 / 230g						
057443 309047	30154				*		+						Udon, Spelt, Organic	12 / 230g						

SUSHI NORI

6290211 203022	24041											P	Sushi Nori	48 / 25g						
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Mediterranean

CASBAH | AUTHENTIC GRAINS

072934 000104	38532	GMO											Couscous, Multigrain	8 / 180g						
072934 692477	38528	GMO											Couscous, Original	12 / 340g						
072934 000081	38531	GMO											Couscous, Pearl	8 / 180g						
072934 000111	38530	GMO			*								Couscous, Pearl, Organic	6 / 600g						

CASBAH | AUTHENTIC MIX

072934 692309	33051	GMO											Mix, Falafel	12 / 284g						
072934 692279	33059	GMO											Mix, Tabouli Salad	12 / 170g						

HABIBI'S MEDITERRANEAN | LEBANESE GARLIC SAUCE

683830 019123	14303											BC P	Toum - Lebanese Garlic Sauce & Spread	6 / 400g						
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Mexican

EDEN | REFRIED BEANS

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

FRONTERA | GOURMET MEXICAN COOKING SAUCE

604183 121431	29073												X Enchilada Sauce, Medium Green Chile (pouch)	6 / 226g						
604183 121424	20163												X Enchilada Sauce, Mild Red Chile (pouch)	6 / 226g						

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
604183 121745	20164										X Skillet Sauce, Medium Fajita (pouch)	6 / 226g							
604183 121714	29069										X Skillet Sauce, Mild Taco, Chicken (pouch)	6 / 226g							
604183 121707	20165										X Skillet Sauce, Mild Taco, Texas Original (pouch)	6 / 226g							

LA PREFERIDA | ORGANIC MEXICAN INGREDIENTS

071524 180066	47206					*					Refried Beans, Organic	12 / 398ml							
071524 180073	47207					*					Refried Black Beans, Organic	12 / 398ml							
											Buy 10+ cases	Save 10%							
071524 180103	47210					*					Diced Green Chiles, Mild, Organic (can)	12 / 118ml							
071524 180080	47208					*					Jalapeno Nacho Slices, Hot, Organic (jar)	12 / 250ml							
071524 180097	47209					*					Jalapeno Nacho Slices, Mild, Organic (jar)	12 / 250ml							
											Buy 10+ cases	Save 10%							

QUE PASA | TACO SHELLS

068826 212861	37825	GMO		GF	*		BC	P	X	Taco Shells, Blue Corn, Organic	12 / 130g								
068826 212854	37824	GMO		GF	*		BC	P	X	Taco Shells, Yellow Corn, Organic	12 / 130g								

SIMPLY ORGANIC | SIMMER SAUCE

089836 192424	70850	GMO			V	*				X Simmer Sauce, Classic Fajita, Organic (pouch)	6 / 227g								
089836 192455	70851	GMO			V	*				X Simmer Sauce, Green Enchilada, Organic (pouch)	6 / 227g								
089836 192400	70852	GMO			V	*				X Simmer Sauce, Taco, Mild, Organic (pouch)	6 / 227g								
089836 192417	70853	GMO			V	*				X Simmer Sauce, Taco, Southwest, Organic (pouch)	6 / 227g								

Thai

BLUE MONKEY | COCONUT CREAM

059654 330018	02297	GMO			*					Coconut Cream, Organic	24 / 400ml								
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CHA'S ORGANICS | COCONUT CREAM & MILK

806253 210407	15040	GMO			*	@		P		Coconut Cream, Full Cream, Organic	12 / 400ml								
806253 210414	15080	GMO			*	@		P		Coconut Milk, Premium, Organic	12 / 400ml								
806253 210421	15081	GMO			*	@		P		Coconut Milk, Light, Organic	12 / 400ml								
806253 210483	15041	GMO			*	@		P		Coconut Whipping Cream, Organic	6 / 400ml								

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

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

NATIVE FOREST | CANNED VEGETABLES & JACKFRUIT

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

NATIVE FOREST | COCONUT MILK

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

TASTY BITE | THAI ENTREES

782733 010050	38794	GMO								X Thai Vegetable Curry	6 / 285g								
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THAI KITCHEN | COCONUT MILK

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

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THAI KITCHEN | PASTES & SAUCES

737628 004003	14950	GMQ		GF								12 / 112g						
737628 003006	14952	GMQ		GF								12 / 112g						
737628 006007	14956	GMQ		GF								12 / 112g						
737628 012008	14944	GMQ										12 / 112g						
737628 001002	14694	GMQ		GF								12 / 200ml						
737628 005000	14954			GF								12 / 227ml						
Buy 30-49 cases												Save 15%						
Buy 50+ cases												Save 20%						

THAI KITCHEN | RICE NOODLES

737628 025251	30303	GMQ		GF								12 / 198g						
Buy 30-49 cases												Save 15%						
Buy 50+ cases												Save 20%						

THAI KITCHEN | STIRFRY NOODLE DISHES

737628 064502	30316											12 / 155g						
Buy 30-49 cases												Save 15%						
Buy 50+ cases												Save 20%						

BUTTER ALTERNATIVES, NUT BUTTERS & FRUIT SPREADS

Jams, Jellies & Fruit Spreads

CROFTER'S ORGANIC | FRUIT SPREAD

067275 000661	42662	GMQ		*		+	P	X	JUST FRUIT Juice Sweetened, Apricot, Organic,	6 / 235ml								
067275 000623	42660	GMQ		*		+	P	X	JUST FRUIT Juice Sweetened, Raspberry, Organic	6 / 235ml								
067275 000586	42119	GMQ		*		+	P	X	JUST FRUIT Juice Sweetened, Seville Orange, Organic	6 / 235ml								
067275 000616	42658	GMQ		*		+	P	X	JUST FRUIT Juice Sweetened, Strawberry, Organic	6 / 235ml								
067275 000654	42659	GMQ		*		+	P	X	JUST FRUIT Juice Sweetened, Wild Blueberry, Organic	6 / 235ml								
067275 006106	42677	GMQ		*		+	P	X	Premium Spread, Apricot, Organic	6 / 383ml								
067275 006052	42670	GMQ		*		+	P	X	Premium Spread, Berry Harvest, Organic	6 / 383ml								
067275 006113	42678	GMQ		*		+	P	X	Premium Spread, Blackberry, Organic	6 / 383ml								
067275 006120	42676	GMQ		*		+	P	X	Premium Spread, Four Fruit, Organic	6 / 383ml								
067275 006137	42680	GMQ		*		+	P	X	Premium Spread, Mango, Organic	6 / 383ml								
067275 006144	42679	GMQ		*		+	P	X	Premium Spread, Morello Cherry, Organic	6 / 383ml								
067275 006083	42674	GMQ		*		+	P	X	Premium Spread, Peach, Organic	6 / 383ml								
067275 006014	42654	GMQ		*		+	P	X	Premium Spread, Seedless Raspberry, Organic	6 / 383ml								
067275 006090	42675	GMQ		*		+	P	X	Premium Spread, Strawberry Banana, Organic	6 / 383ml								
067275 006021	42652	GMQ		*		+	P	X	Premium Spread, Strawberry, Organic	6 / 383ml								
067275 006045	42672	GMQ		*		+	P	X	Premium Spread, Wild Blueberry, Organic	6 / 383ml								
067275 006069	42671	GMQ		*		+	P	X	SUPERFRUIT, Blueberry Blast, Organic	6 / 383ml								
067275 006076	42673	GMQ		*		+	P	X	SUPERFRUIT, Pomegranate Power, Organic	6 / 383ml								

EDEN | APPLE BUTTER

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

EARTH BALANCE | COCONUT & PEANUT SPREAD

033776 100926	42145	GMQ		GF					Coconut & Peanut Spread, Creamy	12 / 500g								
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EDEN | TAHINI

024182 003925	42185	GMQ		GF	*				Roasted Tahini, Organic	12 / 454g								
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FATSO | NUT & SEED BUTTER

691428 005007	42081	GMQ		GF	V		+	P	Almond and Seed Butter, Classic	6 / 454g								
691428 005021	42083	GMQ		GF	V		+	P	Almond and Seed Butter, Maple	6 / 454g								
691428 005014	42082	GMQ		GF	V		+	P	Almond and Seed Butter, Salted Caramel	6 / 454g								

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627843 710691	42077	GMQ		GF	V			+	P			Peanut Butter, Classic	12	/	500g			
627987 075830	42079	GMQ		GF	V			+	P			Peanut Butter, Crunchy Salted Caramel	12	/	500g			
627987 075847	42080	GMQ		GF	V			+	P			Peanut Butter, Maple	12	/	500g			

NATURE'S NUTS | NUT & SEED BUTTER

682264 660604	35356								BC	P		Cashew Butter	6	/	340g			
682264 650100	35337	GMQ				*			BC	P		Almond Butter, Crunchy, Organic	12	/	340g			
682264 650001	35336	GMQ				*			BC	P		Almond Butter, Smooth, Organic	12	/	340g			
682264 600112	35335								BC	P		Almond Butter, Crunchy	12	/	500g			
682264 600013	35334								BC	P		Almond Butter, Smooth	12	/	500g			
682264 660406	35352	GMQ				*			BC	P		Peanut Butter, Crunchy, Organic	6	/	500g			
682264 660208	35351	GMQ				*			BC	P		Peanut Butter, Smooth, Organic	6	/	500g			
1068226 460005	35344	GMQ	B						BC	P		Almond Butter, Smooth	1	/	4.09kg			
1068226 460076	35342	GMQ	B			*			BC	P		Peanut Butter, Smooth, Organic	1	/	4.09kg			

NEW WORLD | NUT & SEED BUTTER

059443 607383	35370								BC	P		Cashew Butter	1	/	4kg			
059443 401172	35371	GMQ	B			*			BC	P		Sesame Tahini, Roasted, Organic	1	/	3.5kg			

NUTIVA | HAZELNUT SPREAD

692752 107375	30658	GMQ		GF		*						Hazelnut Spread, Classic, Organic	6	/	369g			
692752 107573	30659	GMQ		GF		*						Hazelnut Spread, Dark, Organic	6	/	369g			

NUTIVA | COCONUT MANNA CREAMY SPREAD

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

055358 335021	85060			GF		*			P			Pumpkin Seed Butter, Organic (plastic jar)	6	/	341g			
055358 335014	85059			GF		*			P			Pumpkin Seed Butter, Organic (plastic jar)	6	/	568g			
055358 216207	91504		B			*			P			Pumpkin Butter, Organic (S/O)	4	/	3.4kg			

WOWBUTTER | NUT FREE BUTTER

773948 200008	42075			GF								Creamy, Wowbutter (Peanut Butter Replacement)	6	/	500g			
773948 200015	42076			GF								Crunchy, Wowbutter (Peanut Butter Replacement)	6	/	500g			

NUTS, SEEDS & DRIED FRUIT

Dried Fruit

BOB'S RED MILL | FLAKED & SHREDDED COCONUT

039978 325815	22368						@		X			Coconut, Dried Flakes, Unsweetened	4	/	285g			
039978 335784	02053						@		X			Coconut, Dried Shredded, Unsweetened	4	/	340g			

CHA'S ORGANICS | 100% REAL FRUIT SNACKS

806253 304106	12742	GMQ				*						Watermelon Chips, Organic	6	/	40g			
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CAMINO | SHREDDED COCONUT

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

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

LEVEL GROUND TRADING DIRECT FAIR TRADE | DRIED FRUIT

661594 003626	18115					*	@		P			Dried Banana, Organic	12	/	130g			
661594 003688	18100					*	@		P			Dried Dragon Fruit, Organic	12	/	90g			
661594 003633	18112					*	@		P			Dried Golden Berry, Organic	12	/	100g			
661594 905005	18113					*	@		P			Dried Mango, Organic	12	/	100g			
661594 904015	18114					*	@		P			Dried Pineapple, Organic	12	/	100g			

MORNIN' GLORY | PRUNES

093778 888826	18333					*						Prunes, Pitted, Organic	12	/	340g			
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697658 201196	37349	GMO	GF V	+	Hemp Hearts	6 / 454g
697658 000034	36352	GMO	GF V	+	Shelled Hemp Hearts	12 / 60g
697658 000010	36348	GMO	GF V	+	Shelled Hemp Hearts	8 / 227g
697658 220012	36907	GMO	GF V *	+	Shelled Hemp Hearts, 100% Organic	6 / 340g
697658 000072	37197	GMO	GF V *	+	Shelled Hemp Hearts, 100% Organic	8 / 200g
697658 410765	37351	GMO	GF V	+	HEMP HEARTS (Paleo Certified)	6 / 700g
697658 691164	37026	GMO B	GF V	+	X Shelled Hemp Hearts	1 / 2.27kg
697658 691157	37140	GMO B	GF V *	+	X Hemp Hearts (Raw Shelled Hemp Seeds), Organic (S/O)	1 / 2.27kg
697658 102189	60122	GMO	GF V	+	Shelled Hemp Hearts Shipper (S/O)	36 / 227g

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NATURE'S PATH | FLAXPLUS FLAX SEEDS

058449 300014	34016	GMQ				*				P	Flax Seeds, Organic	6 / 425g							
058449 300007	34015	GMQ				*				P	Flax Seed Meal, Organic	6 / 425g							

NUTIVA | SEEDS

692752 223259	29731	GMQ									Chia Seeds (Pouch)	6 / 400g							
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PRANA ORGANIC | NUTS & SEEDS

877693 000156	26131	GMQ		GF		*				P	Nuts, Almonds, Raw European, Organic	6 / 250g							
877693 000163	26129	GMQ		GF		*				P	Nuts, Brazil, Organic	6 / 250g							
877693 000170	26130	GMQ		GF		*				P	Nuts, Cashews, Non-Roasted, Organic	6 / 250g							
877693 001344	26132	GMQ		GF		*				P	Nuts, Pecans, Organic	6 / 180g							
877693 001351	26136	GMQ		GF		*				P	Nuts, Pistachios, Raw Shelled, Organic	6 / 200g							
877693 000200	26128	GMQ		GF		*				P	Nuts, Walnuts, Organic	6 / 180g							
877693 000330	34063	GMQ		GF		*				P	Seeds, Chia, Ground Black, Organic	6 / 200g							
877693 000316	34061	GMQ		GF		*				P	Seeds, Chia, Ground White, Organic	6 / 200g							
877693 000323	34062	GMQ		GF		*				P	Seeds, Chia, Whole Black, Organic	6 / 300g							
877693 000293	34060	GMQ		GF		*				P	Seeds, Chia, Whole White, Organic	6 / 300g							
877693 000583	34097	GMQ		GF		*				P	Seeds, Chia, Whole Black, Organic	4 / 1kg							
877693 001375	26138	GMQ		GF		*				P	Seeds, Pumpkin, Organic	6 / 250g							
	60130										Empty Racks (S/O)	1 / ea							

BULK NUTS

000000 036102	36700									B	X Cashews, Large White Pieces	1 / 25lb							
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BULK SEEDS

	34019									B	X Pumpkin Seeds	1 / 10kg							
	34029									B	X Sunflower Seeds, Raw, Hulled	1 / 11.34kg							

OILS

BIOITALIA | OIL

661475 101106	33182					*					Extra Virgin Olive Oil, Organic	6 / 750ml							
											Buy 10-19 cases	Save 10%							
											Buy 20+ cases	Save 15%							

CHA'S ORGANICS | COCONUT OIL

806253 600512	15042	GMQ					*	@		P	Coconut Oil, Deodorized, Organic	6 / 500ml							
806253 600505	15043	GMQ					*	@		P	Coconut Oil, Virgin, Organic	6 / 500ml							

CHOSEN FOODS | CULINARY OIL

815074 020737	32307	GMQ									All-Purpose Cooking Oil, 100% Pure Avocado	6 / 250ml							
853807 005064	32308	GMQ									All-Purpose Cooking Oil, 100% Pure Avocado	6 / 500ml							
853807 005828	32309	GMQ									All-Purpose Cooking Oil, 100% Pure Avocado	6 / 750ml							
853807 005033	32312	GMQ									All-Purpose Cooking Spray, 100% Pure Avocado Oil	6 / 134g							
853807 005231	32310	GMQ									Avocado Oil, Virgin	6 / 250ml							
853807 005859	32311	GMQ					*				Avocado, Coconut & Safflower Oil Blend, Organic	4 / 750ml							
815074 022915	32318	GMQ									Cooking Oil Spray, Pure Avocado Oil	6 / 383g							
815074 021857	32320	GMQ									Oil Spray, Avocado Oil, Garlic Infused	6 / 134g							
815074 023516	32319	GMQ					*				Oil Spray, Chosen Blend, Organic	6 / 134g							
810042 990210	32321	GMQ									Oil, Toasted Sesame	6 / 250ml							
810042 990227	32322	GMQ									Oil, Toasted Sesame	4 / 750ml							

EDEN | SESAME OIL

024182 000306	28007									GF	Sesame Oil, Toasted	12 / 148ml							
024182 000290	28006									GF	Sesame Oil, Extra Virgin, Organic	12 / 473ml							

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MAISON ORPHEE | OIL

069593 120014	30188							+	P			Olive Oil, Extra Virgin, Balanced	6 / 500ml						
069593 121066	30186	GMO				*		+	P			Olive Oil, Extra Virgin, Balanced, Organic	6 / 500ml						
069593 120021	30189							+	P			Olive Oil, Extra Virgin, Delicate	6 / 500ml						
069593 120083	30204	GMO				*		+	P			Olive Oil, Extra Virgin, Delicate, Organic	6 / 500ml						
069593 120113	30207	GMO				*		+	P			Sesame Oil, Virgin, Organic	6 / 500ml						
069593 120038	30190							+	P			Toasted Sesame Oil, Virgin	6 / 500ml						
069593 120144	30209	GMO				*		+	P			Canola Oil, Virgin, Organic	6 / 750ml						
069593 120328	30195							+	P			Grapeseed Oil	6 / 750ml						
069593 120069	30193							+	P			Olive Oil, Extra Virgin, Balanced	6 / 750ml						
069593 120076	30194							+	P			Olive Oil, Extra Virgin, Delicate	6 / 750ml						
069593 120137	30208	GMO				*		+	P			Olive Oil, Extra Virgin, Delicate, Organic	6 / 750ml						
069593 120151	30210	GMO				*		+	P			Sunflower Oil, Virgin, Organic	6 / 750ml						

NORTH PRAIRIE GOLD | OIL

628451 482055	20236	GMO						+	P			Virgin Canola Oil, Cold-Pressed	12 / 500ml						
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NUTIVA | OIL

692752 108938	15209	GMO				*						Coconut Oil Liquid, Organic (Glass Bottle)	6 / 236ml						
692752 106927	30673	GMO				*						Coconut Oil, Refined, Buttery Flavour, Organic (Glass Jar)	6 / 414ml						
692752 105418	30667	GMO				*						Coconut Oil, Refined, Organic (PET Jar)	6 / 860ml						
692752 106804	30672					*						Coconut Oil, Refined, Organic (PET Jar)	4 / 3.79L						
692752 200014	30661					*						Coconut Oil, Virgin, Organic (PET Jar)	12 / 444ml						
692752 200021	30662	GMO				*						Coconut Oil, Virgin, Organic (PET Jar)	6 / 860ml						
692752 200052	30663	GMO				*						Coconut Oil, Virgin, Organic (PET Jar)	6 / 1.6L						
692752 108273	30685	GMO				*						Coconut Oil, Refined, Organic (PET Jar) (S/O)	6 / 1.6L						

OLIVADO | OIL

9421009 030316	37591						*	@				Avocado Oil, Extra Virgin, Organic	6 / 250ml						
9421009 030446	37593											Macadamia Nut Oil, Extra Virgin	6 / 250ml						

OMEGA NUTRITION | OIL

055358 350024	85050		GF		*			P				Coconut Oil, Aroma Free, Organic (plastic jar)	6 / 454g						
055358 350031	85051		GF		*			P				Coconut Oil, Aroma Free, Organic (plastic jar)	6 / 908g						
055358 351014	28031		GF		*			P				Coconut Oil, Virgin, Organic (plastic jar)	6 / 283g						
055358 670009	85048		GF		*			P				Pumpkin Seed Oil, Organic (plastic bottle)	12 / 355ml						
055358 353179	91501		B		*			P				Coconut Oil, Virgin, Organic (S/O)	4 / 3.17kg						
055358 350048	91500		B		*			P				Coconut Oil, Neutral, Organic (S/O)	1 / 18.9L						
055358 983178	91503		B		*			P				Pumpkin Oil, Organic (S/O)	4 / 3.78L						

SPECTRUM | OIL

Refined Oils

022506 410374	28114	GMO										Almond Oil	6 / 375ml						
022506 155305	28187	GMO										Avocado Oil, Refined	6 / 236ml						
022506 471757	28175	GMO				*						Canola Oil, Organic	6 / 750ml						
022506 974692	28022	GMO				*						Coconut Oil, Organic	12 / 414ml						
022506 403376	28176	GMO				*						Safflower Oil, Organic	6 / 375ml						
022506 416376	28198	GMO										Walnut Oil	6 / 375ml						

Unrefined Oils

022506 135642	28044					*						Coconut Oil, Virgin, Organic	6 / 857ml						
022506 721371	28130	GMO				*						Olive Oil, Extra Virgin, Organic (Arbequina)	6 / 375ml						
022506 721753	28135	GMO				*						Olive Oil, Extra Virgin, Organic (Arbequina)	6 / 750ml						
022506 404373	28185	GMO										Sesame Oil	6 / 375ml						
022506 022041	28136	GMO				*						Olive Oil, Extra Virgin, Mediterranean, Organic	6 / 1L						

SPECTRUM | SPRAY OIL

022506 065604	28107											Spray, Coconut Oil	6 / 170g						
022506 265813	28127											Spray, Olive Oil	6 / 170g						

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TERRA DELYSSA | OIL

6191509 903726	05229						*					6 / 500ml							
6191509 903627	05228											6 / 1L							

UNICO | OLIVE OIL

067800 002214	28033											6 / 3L							
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PACKAGED MEALS & SIDE DISHES

Meals & Sides

BOB'S RED MILL | VEGETABLE PROTEIN

039978 001290	02556											4 / 340g							
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FULLGREEN | READY-TO-EAT RICED VEGETABLES

817142 020359	15905	GMO					V					6 / 200g							
817142 020342	15903	GMO					V					6 / 200g							
817142 020366	15904	GMO					V					6 / 200g							

LUNDBERG | ENTREES & SIDES

073416 020252	38723	GMO					GF					6 / 164g							
073416 020245	38722	GMO					GF					6 / 156g							
Buy 20-39 cases (Mix & Match w/ Risotto & Entree)													Save	1.33					
Buy 40-79 cases (Mix & Match w/ Risotto & Entree)													Save	2.00					
Buy 80+ cases (Mix & Match w/ Risotto & Entree)													Save	2.66					
073416 512603	38726	GMO					GF	*				6 / 156g							
073416 512801	38728	GMO					GF	*				6 / 167g							
Buy 20-39 cases (Mix & Match w/ Risotto & Entree)													Save	1.55					
Buy 40-79 cases (Mix & Match w/ Risotto & Entree)													Save	2.32					
Buy 80+ cases (Mix & Match w/ Risotto & Entree)													Save	3.10					
073416 515000	38732	GMO					GF	*				6 / 170g							
Buy 20-39 cases (Mix & Match w/ Risotto & Entree)													Save	1.52					
Buy 40-79 cases (Mix & Match w/ Risotto & Entree)													Save	2.29					
Buy 80+ cases (Mix & Match w/ Risotto & Entree)													Save	3.05					

TASTY BITE | HEAT & SERVE RICE

782733 012276	38796	GMO					*			X	Heat & Serve, Ancient Grains, Organic (microwavable pouch)	6 / 250g							
782733 012139	38799	GMO					*			X	Heat & Serve, Rice, Basmati Rice, Organic (microwavable pouch)	12 / 250g							
782733 012115	38779	GMO					*			X	Heat & Serve, Rice, Brown Rice, Organic (microwavable pouch)	6 / 250g							
782733 311119	37695	GMO					*			X	Heat & Serve, Rice, Brown w/Lentils with Herbs, Organic (microwavable pouch)	6 / 250g							
782733 012061	38766	GMO					*			X	Heat & Serve, Rice, Tandoori, Organic (microwavable pouch)	6 / 250g							
782733 012085	38778	GMO					*			X	Heat & Serve, Rice, Thai Lime, Organic (microwavable pouch)	6 / 250g							
782733 012269	38797	GMO					*			X	Heat & Serve, Sticky Rice, Organic (microwavable pouch)	6 / 250g							

Pasta Dinners

ANNIE'S HOMEGROWN | PASTA DINNER

013562 104222	38423											4 / 4x170g							
013562 104239	38422											4 / 4x170g							
Buy 25-49 cases													Save	1.00					
Buy 50+ cases													Save	2.00					

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
013562 000258	38356												12 / 170g						
013562 000500	38649												12 / 170g						
013562 000203	38421												12 / 170g						
013562 000395	38482												12 / 170g						
013562 498857	38790												12 / 156g						
013562 498840	38791												12 / 149g						
												Buy 25-49 cases	Save 1.96						
												Buy 50+ cases	Save 2.93						
013562 000432	38485			GF									12 / 170g						
013562 000425	38670			GF									12 / 170g						
												Buy 25-49 cases	Save 2.35						
												Buy 50+ cases	Save 3.53						
013562 049080	16757					*							12 / 170g						
013562 049073	16758					*							12 / 170g						
												Buy 25-49 cases	Save 2.83						
												Buy 50+ cases	Save 4.26						
013562 001071	16676	GMQ									X		12 / 57g						
												Buy 25-49 cases	Save 1.56						
												Buy 50+ cases	Save 2.34						
013562 119035	38424												12 / 312g						
013562 119042	38425												12 / 312g						
												Buy 25-49 cases	Save 3.13						
												Buy 50+ cases	Save 4.70						

DAIYA | DELUXE CHEEZY MAC

871459 002347	50162	GMQ		GF	V				BC	P			8 / 300g						
871459 002330	50161	GMQ		GF	V				BC	P			8 / 300g						
871459 002439	50008	GMQ		GF	V				BC	P			8 / 300g						
871459 002415	50009	GMQ		GF	V				BC	P			8 / 309g						
871459 002354	50163	GMQ		GF	V				BC	P			8 / 300g						
												Buy 20-49 cases	Save 2.38						
												Buy 50-74 cases	Save 3.57						
												Buy 75+ cases	Save 4.77						

PASTAS

Pastas

See Cooler & International Cuisine Sections for more Pasta Selections

ARTESIAN ACRES | KAMUT PASTA

771506 002071	30285					*		+		P	X		12 / 454g						
771506 002095	30295					*		+		P	X		12 / 454g						
771506 002088	30290					*		+		P	X		12 / 454g						
771506 002064	30280					*		+		P	X		12 / 454g						

JOVIAL | ITALIAN PASTA

815421 011302	17523			GF		*							12 / 255g						
815421 011234	17522			GF		*							12 / 340g						
815421 011203	17520			GF		*							12 / 340g						

KASLO | SOURDOUGH PASTA

779605 022730	42186	GMQ							BC	P	X		12 / 227g						
779605 022716	42187	GMQ							BC	P	X		12 / 227g						
779605 022747	42190	GMQ							BC	P	X		12 / 227g						
779605 022723	42188	GMQ							BC	P	X		12 / 227g						
779605 332273	42189	GMQ							BC	P	X		12 / 227g						
779605 330071	42191	GMQ							BC	P	X		12 / 454g						

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
779605 336400	42178	GMQ									BC P X	Pasta Fermentata, Radiatori, Classic	12	/	560g				
779605 337407	42183	GMQ									BC P X	Pasta Fermentata, Radiatori, Semolina & Whole Wheat	12	/	560g				
779605 336424	42179	GMQ									BC P X	Pasta Fermentata, Rotini, Classic	12	/	560g				

PRAIRIE HARVEST | PASTA

624756 331609	30052					*		+		P X	Elbow Macaroni, Organic	12	/	454g					
624756 337489	30057					*		+		P X	Lasagna, Organic	12	/	454g					
624756 330237	30051					*		+		P X	Linguine, Organic	12	/	454g					
624756 334273	30054					*		+		P X	Penne Rigate, Organic	12	/	454g					
624756 333740	30053					*		+		P X	Rotini, Organic	12	/	454g					
624756 883740	30099					*		+		P X	Rotini, Whole Wheat, Organic	12	/	454g					
624756 332194	30055					*		+		P X	Small Shells, Organic	12	/	454g					
624756 330114	30050					*		+		P X	Spaghetti, Organic	12	/	454g					
624756 340113	30060		B			*		+		P X	Spaghetti, Organic	1	/	4.54kg					

RIZOPIA | RICE PASTA

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

SAN ZENONE | PASTA

624756 663991	30234		GF		*			P X	Brown Rice Fusilli, Organic	12	/	340g							
624756 664271	30233				*			P X	Brown Rice Penne Rigate, Organic	12	/	340g							
624756 660112	30232		GF		*			P X	Brown Rice Spaghetti, Organic	12	/	340g							
624756 553995	30231		GF		*			P X	Corn Fusilli, Organic	12	/	340g							
624756 554275	30230		GF		*			P X	Corn Penne Rigate, Organic	12	/	340g							
624756 550116	30229		GF		*			P X	Corn Spaghetti, Organic	12	/	340g							

TINKYADA | RICE PASTA

621683 920555	30903		GF			+		P X	Elbows, Brown Rice	12	/	454g							
621683 010553	30930		GF		*	+		P X	Elbows, Brown Rice, Organic	12	/	340g							
621683 920258	30901		GF			+		P X	Fettuccine, Brown Rice	12	/	397g							
621683 920654	30037		GF			+		P X	Fusilli, Brown Rice	12	/	454g							
621683 910952	30909		GF			+		P X	Grand Shells, Brown Rice	12	/	227g							
621683 921354	30908		GF			+		P X	Lasagna, Brown Rice	12	/	283g							
621683 011352	30925		GF		*	+		P X	Lasagna, Brown Rice, Organic	12	/	280g							
621683 911454	30918		GF			+		P X	Little Dreams, Brown Rice (kids' shapes)	12	/	397g							
621683 921156	30907		GF			+		P X	Penne, Brown Rice	12	/	454g							
621683 021153	30922		GF		*	+		P X	Penne, Brown Rice, Organic	12	/	340g							
621683 920753	30924		GF			+		P X	Shells, Brown Rice	12	/	454g							
621683 920159	30900		GF			+		P X	Spaghetti, Brown Rice	12	/	454g							
621683 020156	30920		GF		*	+		P X	Spaghetti, Brown Rice, Organic	12	/	340g							
621683 520151	30916		GF			+		P X	Spaghetti, White Rice	12	/	454g							
621683 921255	30902		GF			+		P X	Spirals, Brown Rice	12	/	454g							
621683 021252	30921		GF		*	+		P X	Spirals, Brown Rice, Organic	12	/	340g							
621683 721251	30923		GF			+		P X	Spirals, Vegetable, Brown Rice	12	/	340g							
621683 021146	30039		B GF		*	+		P X	Penne, Brown Rice, Organic	2	/	2.27kg							
621683 020149	90312		B GF		*	+		P X	Spaghetti, Brown Rice, Organic	2	/	2.27kg							
621683 021245	30038		B GF		*	+		P X	Spirals, Brown Rice, Organic	2	/	2.27kg							

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PET CARE

Pet Clean-up Products

ABSORBENT WCAT | LITTER

058633 001055	40039										BC P	X Cat Litter, Regular	5 / 5kg						G
058633 000102	16701		B								BC P	X Cat Litter, Regular	1 / 10kg						G

ECOPOOCH | COMPOSTABLE DOGGIE BAGS

678526 913014	46274											X Doggie Bags, Leash Dispenser Roll (9"x13")	18 / 48ct						G P
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Food & Snacks

FOLEY'S | VITALITY DOG GOURMET DOG TREATS

627843 425908	48000										BC P	VITALITY DOG, Angus Beef w/Blueberry	6 / 400g						G P
627843 425861	48001										BC P	VITALITY DOG, Bison w/Saskatoon Berries	6 / 400g						G P
627843 425885	48002										BC P	VITALITY DOG, Duck Honey Banana	6 / 400g						G P
627843 425915	48003										BC P	VITALITY DOG, Liver w/Harvest Pumpkin	6 / 400g						G P
627843 425878	48004										BC P	VITALITY DOG, Salmon w/Honey Carrot	6 / 400g						G P
627843 425892	48005										BC P	VITALITY DOG, Venison w/Blueberry & Apple	6 / 400g						G P

HAPPY PAWS | CAT & DOG FOOD

831043 000142	48085										BC P	Holistic Cat Food	12 / 1.4kg						G P
831043 000159	48086										BC P	Holistic Cat Food	6 / 3.2kg						G P
831043 000166	48084										BC P	X Holistic Cat Food	1 / 7.5kg						G P
831043 000104	48017										BC P	Holistic Dog Food	6 / 3.2kg						G P
831043 000111	48015										BC P	X Holistic Dog Food	1 / 7.5kg						G P
831043 000128	48016										BC P	X Holistic Dog Food	1 / 16.3kg						G P
831043 000135	48083										BC P	X Holistic Cat Food Trial Size (S/O)	24 / 155g						G P
831043 000098	48014										BC P	X Holistic Dog Food Trial Size (S/O)	24 / 155g						G P

LICK YOUR CHOPS | CAT & DOG FOOD

032976 270026	48080											Canned Cat Food, Distinctive Delicacies, Chicken & Catfish	24 / 85g						G P
032976 270033	48081											Canned Cat Food, Distinctive Delicacies, Chicken & Crab	24 / 85g						G P
032976 270019	48079											Canned Cat Food, Distinctive Delicacies, Salmon & Whitefish	24 / 85g						G P
032976 270002	48078											Canned Cat Food, Distinctive Delicacies, Turkey & Sweet Potato	24 / 85g						G P
												Buy 15-24 cases	Save 10%						
												Buy 25+ cases	Save 15%						
032976 168569	48022											Canned Dog Food, Lamb Dinner with Brown Rice & Carrots	12 / 369g						G P
032976 169726	48024											Canned Dog Food, Turkey Dinner with Brown Rice & Carrots	12 / 369g						G P
												Buy 15-24 cases	Save 10%						
												Buy 25+ cases	Save 15%						

SNACK 21 | DOG & CAT SNACKS

623572 111884	48135										BC P	Salmon Strips for Dogs	1 / 140g						G P
623572 102417	48133										BC P	Salmon Skin Crisps for Dogs	1 / 200g						G P
623572 707254	48134										BC P	X Salmon Skin Rolls for Dogs	6 / 6pk						G P
623572 657023	48139										BC P	X Salmon Jumbo Fillets for Dogs	8 / 65g						G P
623572 077258	48132										BC P	X Hawaiian Tuna Treats for Dogs	12 / 25g						G P
623572 200069	48137										BC P	X Pacific Whiting for Dogs	12 / 25g						G P
623572 061295	48138										BC P	X Salmon Snacks for Cats	12 / 25g						G P
623572 091599	48136										BC P	X Salmon Snacks for Dogs	12 / 25g						G P

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711841	743307	48062	⌘	Dog Treat, Kangaroo	1 / 85g	G P
799441	440727	48065	BC ⌘	Dog Treat, Wild Salmon	1 / 85g	G P
799441	440703	48060	+ ⌘	Dog & Cat Treat, Bison Heart	1 / 100g	G P
799441	440666	48061	+ ⌘	Dog & Cat Treat, Bison Liver	1 / 100g	G P
799441	440680	48063	⌘	Dog & Cat Treat, Lamb Heart	1 / 100g	G P
799441	440697	48064	⌘	Dog & Cat Treat, Lamb Liver	1 / 100g	G P

089836 188786	70753	*	X Dip Mix, French Onion, Organic (sachets)	12 /31g
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059443 252514	31400	BC X Energy Balls, Chocolate (2pk)	12 / 50g	G
059443 252569	31402	BC X Energy Balls, Coconut (2pk)	12 / 50g	G
059443 251012	31401	BC Energy Balls, Chocolate (6pk)	6 / 150g	G
059443 251111	31403	BC Energy Balls, Coconut (6pk)	6 / 150g	G

722252 606426	37132	GMO			X BUILDER's Protein Bar, Chocolate	12 / 68g	G
722252 606440	37340	GMO			X BUILDER's Protein Bar, Chocolate Mint	12 / 68g	G
722252 606419	37133	GMO			X BUILDER's Protein Bar, Chocolate Peanut Butter	12 / 68g	G
722252 606488	37487	GMO			X BUILDER's Protein Bar, Crunchy Peanut Butter	12 / 68g	G
722252 165176	91477	GMO			BUILDER's Protein Bar Shipper (S/O)	96 / 68g	G
722252 432018	37907	GMO			Energy Bar, Chocolate Chip	3 / 16x68g	
722252 432070	37908	GMO			Energy Bar, Crunchy Peanut Butter	3 / 16x68g	
722252 120229	36249	GMO			X Energy Bar, Chocolate Almond Fudge	12 / 68g	
722252 121066	37890	GMO			X Energy Bar, Chocolate Brownie	12 / 68g	
722252 120045	36256	GMO			X Energy Bar, Chocolate Chip	12 / 68g	
722252 120090	36264	GMO			X Energy Bar, Chocolate Chip Peanut Crunch	12 / 68g	
722252 120038	37426	GMO			X Energy Bar, Coconut Chocolate Chip	12 / 68g	
722252 140036	36259	GMO			X Energy Bar, Cool Mint Chocolate	12 / 68g	
722252 120083	36262	GMO			X Energy Bar, Crunchy Peanut Butter	12 / 68g	
722252 102706	36761	GMO			X Energy Bar, Oatmeal Raisin Walnut	12 / 68g	
722252 217950	37900	GMO			X Energy Bar, Peanut Butter Banana w/ Dark Chocolate	12 / 68g	
722252 121097	37425	GMO			X Energy Bar, White Chocolate Macadamia	12 / 68g	
722252 128003	37734	GMO	*	+	X Nut Butter Filled Energy Bar, Chocolate Hazelnut Butter, Organic	12 / 50g	G
722252 128102	37735	GMO	*	+	X Nut Butter Filled Energy Bar, Chocolate Peanut Butter, Organic	12 / 50g	G
722252 028020	37736	GMO	*	+	X Nut Butter Filled Energy Bar, Coconut Almond Butter, Organic	12 / 50g	G
722252 128263	37780	GMO	*		X Nut Butter Filled Energy Bar, Maple Almond Butter, Organic	12 / 50g	G
722252 028037	37737	GMO	*	+	X Nut Butter Filled Energy Bar, Peanut Butter, Organic	12 / 50g	G
722252 342966	37904				X SWEET & SALTY, Chocolate Chunk with Sea Salt	12 / 68g	G
722252 342935	37905				X SWEET & SALTY, Dark Chocolate Almond with Sea Salt	12 / 68g	G
722252 602299	90924	GMO			Energy Bar Shipper (S/O)	96 / 68g	

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GOOD TO GO | KETO BAR

687456 111216	64103	GMQ		GF	V			+	P	X	Bar, Cinnamon Pecan	9 / 40g						G
687456 111193	64101	GMQ		GF	V			+	P	X	Bar, Cocoa Coconut	9 / 40g						G
687456 111278	64104	GMQ		GF	V			+	P	X	Bar, Double Chocolate	9 / 40g						G
687456 111209	64102	GMQ		GF	V			+	P	X	Bar, Raspberry Lemon	9 / 40g						G
687456 111186	64100	GMQ		GF	V			+	P	X	Bar, Vanilla Almond	9 / 40g						G
Buy 25-49 cases												Save 2.52						
Buy 50-74 cases												Save 3.60						
Buy 75+ cases												Save 4.05						

HORNBY ORGANIC | ENERGY BAR

628055 058359	37550	GMQ		GF	*				BC	P	X	O SNACK, Chocolate Chip Banana, Organic	12 / 45g					G
628055 058311	37551	GMQ		GF	*				BC	P	X	O SNACK, Chocolate Chip Peanut Butter, Organic	12 / 45g					G
628055 058328	37552	GMQ		GF	*				BC	P	X	O SNACK, Chocolate Espresso, Organic	12 / 45g					G
628055 058335	37553	GMQ		GF	*				BC	P	X	O SNACK, Peanut Butter & Jam, Organic	12 / 45g					G
628055 058052	37535			GF	*				BC	P	X	Energy Bar, Carob Peanut Butter, Organic	12 / 80g					G
628055 058076	37534			GF	*				BC	P	X	Energy Bar, Chocolate Chip Peanut Butter, Organic	12 / 80g					G
628055 058090	37538			GF	*				BC	P	X	Energy Bar, Chocolate Espresso, Organic	12 / 80g					G
628055 058083	37537			GF	*				BC	P	X	Energy Bar, Oatmeal Raisin, Organic	12 / 80g					G
628055 058113	37539			GF	*				BC	P	X	Energy Bar, Pumpkin Fudge, Organic	12 / 80g					G
628055 058120	37540			GF	*				BC	P	X	Energy Bar, Sunflower Cranberry, Organic	12 / 80g					G

HUNGRY BUDDHA | KETO BAR

627561 000807	07360			V							P	X	Keto Bar, Chocolate Chip	12 / 40g				G
627561 000814	07361			V							P	X	Keto Bar, Coconut Cocoa	12 / 40g				G
627561 000838	07362			V							P	X	Keto Bar, Espresso Brownie	12 / 40g				G
Buy 10-19 cases												Save 3.00						
Buy 20+ cases												Save 3.50						

KIND | NUT BAR

602652 281242	39331											Nut Bar, Almond Sea Salt & Dark Chocolate	10 / 5x40g					G
602652 281112	39329											Nut Bar, Peanut Butter & Dark Chocolate	10 / 5x40g					G
602652 170447	37470										X	Nut Bar, Almond & Coconut	12 / 40g					G
602652 401619	39341										X	Nut Bar, Almond Milk Chocolate	12 / 40g					G
602652 248535	37746										X	Nut Bar, Almond Mint & Dark Chocolate	12 / 40g					G
602652 248542	37743										X	Nut Bar, Almond Mocha & Dark Chocolate	12 / 40g					G
602652 170751	37490										X	Nut Bar, Almond, Sea Salt & Dark Chocolate	12 / 40g					G
602652 170942	37605										X	Nut Bar, Caramel Almond & Sea Salt	12 / 40g					G
602652 170713	37474										X	Nut Bar, Cherry Cashew & Dark Chocolate	12 / 40g					G
602652 170355	37466										X	Nut Bar, Fruit & Nut	12 / 40g					G
602652 240232	37685										X	Nut Bar, Honey Roasted Nuts & Sea Salt	12 / 40g					G
602652 170959	37606										X	Nut Bar, Maple Glazed Pecan & Sea Salt	12 / 40g					G
602652 288104	37465										X	Nut Bar, Peanut Butter	12 / 40g					G
602652 170706	37475										X	Nut Bar, Peanut Butter & Dark Chocolate	12 / 40g					G
602652 401565	39340										X	Nut Bar, Peanut Butter Milk Chocolate	12 / 40g					G
602652 207068	39324										X	PLUS+ Nut Bar, Almond Butter Dark Chocolate	12 / 50g					G
602652 207075	39322										X	PLUS+ Nut Bar, Crunchy Peanut Butter	12 / 50g					G
602652 207082	39323										X	PLUS+ Nuts Bar, Dark Chocolate Nut	12 / 50g					G
602652 268168	91552										X	MINIS Changemaker Gravity Feed Display, Display	2 / 48x20g					G
	60009											Display Rack	1 / ea					

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LARABAR | ENERGY BAR

021908 509518	37320	GMO		GF								X Fruit & Nut Bar, Apple	16 / 45g						G
021908 507989	37370	GMO		GF								X Fruit & Nut Bar, Blueberry	16 / 45g						G
021908 509532	37322	GMO		GF								X Fruit & Nut Bar, Cashew Bar	16 / 48g						G
021908 511740	37547	GMO		GF								X Fruit & Nut Bar, Chocolate Brownie	16 / 45g						G
021908 507699	37371	GMO		GF								X Fruit & Nut Bar, Chocolate Chip	16 / 45g						G
021908 509587	37328	GMO		GF								X Fruit & Nut Bar, Coconut Cream	16 / 48g						G
065633 185784	37321	GMO										X Fruit & Nut Bar, Lemon	16 / 45g						G
021908 509624	37329	GMO		GF								X Fruit & Nut Bar, Peanut Butter	16 / 48g						G
021908 509396	37335	GMO										X Fruit & Nut Bar, Peanut Butter Chocolate Chip	16 / 45g						G
												Buy 20-49 cases	Save 1.60						
												Buy 50+ cases	Save 2.40						

LOVE GOOD FATS | SNACK BAR

840659 000729	11533	GMO		GF								+ P X CHEWY-NUTTY Nut Bar, Dark Chocolate Sea Salt Almond	12 / 40g						G
840659 000774	11534	GMO		GF								+ P X CHEWY-NUTTY Nut Bar, Peanut Chocolatey	12 / 40g						G
840659 000675	11532	GMO		GF								+ P X CHEWY-NUTTY Nut Bar, Salted Caramel	12 / 40g						G
628055 997320	11505	GMO		GF	V							+ P X Snack Bar, Chocolate Chip Cookie Dough	12 / 39g						G
628055 997009	11502	GMO		GF								+ P X Snack Bar, Coconut Chocolate Chip	12 / 39g						G
840659 000057	11506	GMO		GF								+ P X Snack Bar, Cookies & Cream	12 / 39g						G
840659 000118	11507	GMO		GF								+ P X Snack Bar, Lemon Mousse	12 / 39g						G
628055 997115	11500	GMO		GF								+ P X Snack Bar, Mint Chocolate Chip	12 / 39g						G
628055 997030	11503	GMO		GF								+ P X Snack Bar, Peanut Butter Chocolatey	12 / 39g						G
628055 997085	11501	GMO		GF								+ P X Snack Bar, Rich Chocolatey Almond	12 / 39g						G
												Buy 35-59 cases	Save 1.80						
												Buy 60-107 cases	Save 2.40						
												Buy 108+ cases	Save 3.00						

LUNA | BAR

722252 664822	36932			GF								X LUNA Bar, Caramel Walnut Brownie Flavour	15 / 48g						G
722252 238726	36930			GF								X LUNA Bar, Lemonzest™	15 / 48g						G

MOCOLATE | SNACK BAR

627843 997436	37449											BC P X Snack Bar, Chocolate Lion's Mane	9 / 50g						G
627843 997399	37440											BC P X Snack Bar, Roasted Carob & Chaga	9 / 50g						G

PROBAR | NUTRITIONAL FOOD BAR

853152 100414	37525	GMO		GF								X Protein Bar, Cookie Dough	12 / 70g						G
853152 100384	37524	GMO		GF								X Protein Bar, Mint Chocolate	12 / 70g						G
853152 100391	37522	GMO		GF								X Protein Bar, Peanut Butter Chocolate	12 / 70g						G
853152 800529	37356											X Peanut Butter Chocolate Chip Bar	12 / 85g						G
853152 800079	37191											X Superfood Slam Bar	12 / 85g						G

RATIO | KETO FRIENDLY SNACK BAR

065633 291133	39151											+ X Crunchy Bar, Lemon Almond	12 / 41g						G
065633 284555	39150											+ X Crunchy Bar, Toasted Almond	12 / 41g						G
												Buy 20-49 cases	Save 1.60						
												Buy 50+ cases	Save 2.40						

Chips & Savory Snacks

ANGIE'S BOOMCHICKAPOPOP | POPCORN & PUFFS

892773 000215	59508	GMO		GF								+ X BOOMCHICKAPOPOP, Popcorn, Lightly Sweet	8 / 142g						G
818780 015356	59516			GF								+ X BOOMCHICKAPOPOP, Popcorn, Real Butter	8 / 125g						G
892773 000246	59504	GMO		GF								+ X BOOMCHICKAPOPOP, Popcorn, Sea Salt	8 / 136g						G
892773 000208	59513	GMO		GF								+ X BOOMCHICKAPOPOP, Sweet & Salty Kettle Corn Popcorn	8 / 198g						G
818780 012935	59518			GF								+ X BOOMCHICKAPOPOP, Puffs, White Cheddar	12 / 170g						G

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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
BEANFIELDS BEAN CHIPS																			
852565 003343	10081	GMO		GF									X Bean Chips, Black Bean w/Sea Salt	6	/ 156g				G P
850008 457401	10019	GMO		GF									X Bean Chips, Himalayan Pink Salt	6	/ 156g				G
850008 457128	10018	GMO		GF									X Bean Chips, Himalayan Salt + Vinegar	6	/ 156g				G
852565 003367	10082	GMO		GF									X Bean Chips, Jalapeno Nacho	6	/ 156g				G
852565 003077	10017	GMO		GF									X Bean Chips, Nacho	6	/ 156g				G
852565 003039	10016	GMO		GF									X Bean Chips, Pico De Gallo	6	/ 156g				G
CHEDZ CHEESE SNACKS																			
861258 000163	17920			GF									X Oven Baked Cheese Snack, Gluten Free Chia	6	/ 113g				G
861258 000132	17921			GF									X Oven Baked Cheese Snack, Gluten Free Mild	6	/ 113g				G
861258 000125	17922			GF									X Oven Baked Cheese Snack, Gluten Free Spicy	6	/ 113g				G
861258 000118	17923												X Oven Baked Cheese Snack, Mild	6	/ 113g				G
861258 000101	17924												X Oven Baked Cheese Snack, Spicy	6	/ 113g				G
DJ&A VEGETABLE SNACKS																			
853496 008056	31500												X Crisps, Shiitake Mushroom	10	/ 65g				G
853496 008407	31505												X Crispy Beetroot Slices	14	/ 35g				G
853496 008841	31503												X Crispy Broccoli Florets	14	/ 25g				G
853496 008261	31504												X NATURE'S PROTEIN, Edamame	14	/ 52g				G
853496 008858	31502												X Potato Wedges, Sweet Chilli	10	/ 100g				G
853496 008032	31501												X Veggie Crisps, Original	10	/ 90g				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	P			X Potato Chips, All Natural	30	/ 50g				G
673513 242504	37461	GMO							BC	P			X Potato Chips, Rock Salt & Vinegar	30	/ 50g				G
673513 241507	37460	GMO							BC	P			X Potato Chips, Smokin' BBQ	30	/ 50g				G
673513 406500	36427	GMO							BC	P			X Potato Chips, Avo Oil, Apple Cider Vinegar	15	/ 128g				G
673513 401505	36420	GMO							BC	P			X Potato Chips, Avo Oil, Black Sea Salt	15	/ 128g				G
673513 400508	36419	GMO							BC	P			X Potato Chips, Avo Oil, Honey Dijon	15	/ 128g				G
673513 404506	36424	GMO							BC	P			X Potato Chips, Avo Oil, Smoked Paprika & Garlic	15	/ 128g				G
673513 402502	36421	GMO							BC	P			X Potato Chips, Avo Oil, Sweet Ghost Pepper	15	/ 128g				G
673513 405503	36450	GMO							BC	P			X Potato Chips, Avo Oil, Wasabi Ranch	15	/ 128g				G
673513 104505	36411	GMO							BC	P			X Potato Chips, All Dressed	15	/ 150g				G
673513 001507	36412	GMO							BC	P			X Potato Chips, All Natural	15	/ 150g				G
673513 103508	37748	GMO							BC	P			X Potato Chips, Avocado & Lime	15	/ 150g				G
673513 031504	36416	GMO							BC	P			X Potato Chips, Jalapeño	15	/ 150g				G
673513 101504	37517	GMO							BC	P			X Potato Chips, Ketchup	15	/ 150g				G
673513 105502	36410	GMO							BC	P			X Potato Chips, Pepper Jack	15	/ 150g				G
673513 021505	36414	GMO							BC	P			X Potato Chips, Rock Salt & Vinegar	15	/ 150g				G
673513 091508	37516	GMO							BC	P			X Potato Chips, Sea Salt & Pepper	15	/ 150g				G
673513 011506	36413	GMO							BC	P			X Potato Chips, Smokin' BBQ	15	/ 150g				G
673513 107506	36428	GMO							BC	P			X Potato Chips, Southwest Chili	15	/ 150g				G
673513 106509	36425	GMO							BC	P			X Potato Chips, Spicy Dill Pickle	15	/ 150g				G
673513 041503	36417	GMO							BC	P			X Potato Chips, Wild Onion & Yogurt	15	/ 150g				G

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673513 113552	37638	GMQ									BC P X	Vegetable Chips, 18 Carrot Gold	15 / 150g					G
673513 119554	36426	GMQ									BC P X	Vegetable Chips, Berry Smokey Parsnips, Chipotle	15 / 150g					G
673513 118557	36422	GMQ									BC P X	Vegetable Chips, Dressed To Dill, Dill Flavoured Carrot	15 / 150g					G
673513 112555	37637	GMQ									BC P X	Vegetable Chips, Drop 'N Mad Beets	15 / 150g					G
673513 111558	37518	GMQ									BC P X	Vegetable Chips, Eat Your Parsnips	15 / 150g					G
673513 114559	37749	GMQ									BC P X	Vegetable Chips, Sweet Spud Of Mine, Sweet Potato	15 / 150g					G
673513 120550	36451	GMQ									BC P X	Vegetable Chips, Sweet To The Beet, Sweet Potato & Beet	15 / 150g					G
673513 117550	36423	GMQ									BC P X	Vegetable Chips, Smokin' Sweet Spud, BBQ Sweet	15 / 150g					G
673513 121557	36453	GMQ									BC P X	Vegetable Chips, The Beet Goes On	15 / 150g					G

HUMBLE | POTATO CHIPS

628678 211049	34303	GMQ		GF	*						+	P	X	Potato Chips, Creamy Dill, Organic	12 / 150g			G
628678 211063	34305	GMQ		GF	*						+	P	X	Potato Chips, Honey Mustard, Organic	12 / 150g			G
628678 211025	34301	GMQ		GF	*						+	P	X	Potato Chips, Sea Salt and Cider Vinegar, Organic	12 / 150g			G
628678 211032	34302	GMQ		GF	*						+	P	X	Potato Chips, Smokey BBQ, Organic	12 / 150g			G
628678 211018	34300	GMQ		GF	*						+	P	X	Potato Chips, The Original, Organic	12 / 150g			G

INDIANLIFE | CHIPS

777762 004293	37601	GMQ									BC P	X	Masala Chips, Family Size	12 / 170g				G
777762 004378	10073	GMQ									BC P	X	Palak Spinach Chips, Family Size	12 / 170g				G

KETTLE BRAND | POTATO CHIPS

084114 117786	37243			GF							X	Potato Chips, Single Serve, Cheddar (formerly New York Cheddar)	24 / 45g					G
084114 117793	37244			GF							X	Potato Chips, Single Serve, Honey Dijon	24 / 45g					G
084114 117809	37245	GMQ		GF							X	Potato Chips, Single Serve, Salt & Vinegar	24 / 45g					G
084114 117816	37246	GMQ		GF							X	Potato Chips, Single Serve, Sea Salt	24 / 45g					G
084114 900814	36068	GMQ		GF	*						X	Potato Chips, Jalapeno, Organic	15 / 142g					G
084114 900807	36067	GMQ		GF	*						X	Potato Chips, Sea Salt & Vinegar, Organic	15 / 142g					G
084114 900791	36066	GMQ		GF	*						X	Potato Chips, Sea Salt, Organic	15 / 142g					G
084114 119117	37266			GF							X	Potato Chips, Gourmet, Backyard BBQ	12 / 220g					G
084114 119056	37263			GF							X	Potato Chips, Gourmet, Honey Dijon	12 / 220g					G
084114 119100	37268	GMQ		GF							X	Potato Chips, Gourmet, Jalapeño	12 / 220g					G
084114 129604	37729	GMQ		GF							X	Potato Chips, Gourmet, Korean Barbeque	12 / 220g					G
084114 119032	37260	GMQ		GF							X	Potato Chips, Gourmet, Natural, Salted	12 / 220g					G
084114 119087	37261	GMQ		GF							X	Potato Chips, Gourmet, Natural, Low Sodium	12 / 220g					G
084114 901255	36070	GMQ		GF							X	Potato Chips, Gourmet, Parmesan Garlic	12 / 220g					G
084114 126566	37633	GMQ		GF							X	Potato Chips, Gourmet, Pepperoncini	12 / 220g					G
084114 901248	36071	GMQ		GF							X	Potato Chips, Gourmet, Ranch	12 / 220g					G
084114 119049	37262	GMQ		GF							X	Potato Chips, Gourmet, Sea Salt & Vinegar	12 / 220g					G
084114 119063	37264			GF							X	Potato Chips, Gourmet, Yogurt & Green Onion	12 / 220g					G
084114 119070	37265			GF							X	Potato Chips, Gourmet, Cheddar (formerly New York Cheddar)	12 / 220g					G
084114 901682	37667	GMQ		GF							X	Potato Chips, Krinkle Cut, Habanero Lime	12 / 220g					G
084114 901712	37666	GMQ		GF							X	Potato Chips, Krinkle Cut, Truffle & Sea Salt	12 / 220g					G
084114 128003	37665	GMQ		GF							X	Potato Chips, Krinkle Cut, Dill Pickle	12 / 220g					G
084114 119131	37270	GMQ		GF							X	Potato Chips, Krinkle Cut, Salt & Fresh Ground Pepper	12 / 220g					G
084114 125767	37137			GF							X	Potato Chips, Gourmet, Sea Salt & Vinegar	9 / 397g					G
084114 901897	39210	GMQ		GF							X	Potato Chips, Honey Dijon	9 / 397g					G
084114 115973	37186	GMQ		GF							X	Potato Chips, Krinkle Cut, Salt & Fresh Ground Pepper	9 / 397g					G
084114 901873	39211	GMQ		GF							X	Potato Chips, Sea Salt	9 / 397g					G

LATE JULY SNACKS | TORTILLA CHIPS

890444 000236	20620	GMQ		GF	V	*					X	Tortilla Chips Clasicos, Jalapeño Lime, Organic	12 / 156g					G
890444 000274	20625	GMQ		GF	V	*					X	Tortilla Chips Restaurant Style. Sea Salt & Lime, Organic	9 / 312g					G

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LUNDBERG | RICE CAKE MINIS

073416 570900	16336	GMQ		GF		*					X Rice Cake Minis, Apple Pie, Organic	6 / 142g							
073416 571006	16337	GMQ		GF		*					X Rice Cake Minis, Sea Salt, Organic	6 / 142g							
073416 570801	16338	GMQ		GF		*					X Rice Cake Minis, White Cheddar, Organic	6 / 142g							
Buy 22-65 cases												Save	1.34						
Buy 66-109 cases												Save	2.02						
Buy 110+ cases												Save	2.69						

LUNDBERG | RICE CHIPS

073416 035447	36750	GMQ		GF							X Rice Chips, Fiesta Lime	12 / 170g							G
073416 035409	36269	GMQ		GF							X Rice Chips, Original Sea Salt	12 / 170g							G
073416 035430	36267	GMQ		GF							X Rice Chips, Santa Fe Barbecue	12 / 170g							G
073416 035423	36271	GMQ		GF							X Rice Chips, Sesame Seaweed	12 / 170g							G
Buy 24-47 cases												Save	2.86						
Buy 48-95 cases												Save	4.28						
Buy 96+ cases												Save	5.71						

NOOCHPOP! | VEGAN CHEESY POPCORN

627843 956624	17800	GMQ		GF	V					BC P	X Popcorn, Kinda Cheesy	12 / 120g							G
628504 091005	17808	GMQ		GF	V					BC P	X Popcorn, Kinda Chili Lime & Cheesy	12 / 120g							G
627843 956655	17802	GMQ		GF	V					BC P	X Popcorn, Kinda Garlic 'n Cheesy	12 / 120g							G
627843 956631	17801	GMQ		GF	V					BC P	X Popcorn, Kinda Nacho	12 / 120g							G
627843 956648	17803	GMQ		GF	V					BC P	X Popcorn, Kinda Sweet 'n Savoury	12 / 120g							G

PAQUI | TORTILLA CHIPS

810002 650055	38944	GMQ		GF							X Tortilla Chips, Fiery Chile Limón	12 / 155g							G
891760 002331	38935	GMQ		GF							X Tortilla Chips, Haunted Ghost Pepper	12 / 155g							G
810002 650062	38945	GMQ		GF							X Tortilla Chips, Jalapeño Tropicale	12 / 155g							G
891760 002577	38916	GMQ		GF							X Tortilla Chips, Mucho Nacho Cheese	12 / 155g							G
891760 002591	38917	GMQ		GF							X Tortilla Chips, Zesty Salsa Verde	12 / 155g							G

POW! PUFFS | PLANT-BASED PUFFS

627987 603415	18807	GMQ								+	P	X POW! PUFFS, Blazin' Hot	12 / 100g						G
627987 603408	18806	GMQ								+	P	X POW! PUFFS, Chedda' Cheeze	12 / 100g						G

QUE PASA | TORTILLA CHIPS

068826 212649	37812	GMQ		GF	V	*				BC P	X Tortilla Chips, Grain Free Nacho, Organic (Made with Cassava)	12 / 142g							G
068826 212564	37813	GMQ		GF	V	*				BC P	X Tortilla Chips, Grain Free Sea Salt, Organic (Made with Cassava)	12 / 142g							G
068826 212632	37814	GMQ		GF	V	*				BC P	X Tortilla Chips, Grain Free Squeeze of Lime, Organic (Made with Cassava)	12 / 142g							G
068826 166171	37721	GMQ		GF		*				BC P	X Tortilla Chips, Nacho, Organic	12 / 156g							G
068826 166188	37722	GMQ		GF		*				BC P	X Tortilla Chips, Sweet & Spicy Ranch, Organic	12 / 156g							G
068826 166096	37686	GMQ		GF		*				BC P	X Thin & Crispy Tortilla Chips, Sea Salt, Organic	12 / 300g							G
068826 176002	37382	GMQ		GF		*				BC P	X Tortilla Chips, Blue, Salted, Organic	12 / 350g							G
068826 176118	37755	GMQ		GF		*				BC P	X Tortilla Chips, Carnival Tri-Colour, Organic	12 / 300g							G
068826 176033	37384	GMQ		GF		*				BC P	X Tortilla Chips, Natural, Salted, Organic	12 / 350g							G
068826 176026	37385	GMQ		GF		*				BC P	X Tortilla Chips, Natural, Unsalted, Organic	12 / 350g							G
068826 176019	37383	GMQ		GF		*				BC P	X Tortilla Chips, Red, Salted, Organic	12 / 300g							G
068826 166102	37687	GMQ		GF		*				BC P	X Tortilla Chips, Twist of Lime, Organic	12 / 300g							G

RICEWORKS | GOURMET RICE CHIPS

815506 014327	17905			GF							x Gourmet Rice Chips, Black Japonica	12 / 155g							G
060816 093238	17902			GF							x Gourmet Rice Chips, Salsa Fresca	12 / 155g							G
060816 093214	17900			GF							x Gourmet Rice Chips, Sea Salt	12 / 155g							G
037578 616296	17903			GF							x Gourmet Rice Chips, Sea Salt & Black Sesame	12 / 155g							G
060816 093283	17901			GF							x Gourmet Rice Chips, Sweet Chili	12 / 155g							G
060816 093825	17906			GF							x Gourmet Rice Chips, Sweet Chili	6 / 454g							G

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SENSIBLE PORTIONS | GARDEN VEGGIE STRAWS

829515 323516	37283	GMQ		GF							X GARDEN VEGGIE STRAWS, Cheddar	12 / 120g							G
829515 308582	37280										X GARDEN VEGGIE STRAWS, Original	12 / 142g							G
829515 324636	37284										X GARDEN VEGGIE STRAWS, Rosemary & Olive Oil	12 / 120g							G
829515 324629	37285										X GARDEN VEGGIE STRAWS, Zesty Ranch	12 / 120g							G

SKINNYPOP | POPCORN

850251 004148	38913	GMQ		GF	V						X Popcorn, Original	10 / 6x18g							G
850251 004117	38915	GMQ		GF	V						X Popcorn, Original	12 / 125g							G
850251 004360	38914	GMQ		GF	V						X Popcorn, Sea Salt & Pepper	12 / 125g							G
816925 021088	38954	GMQ		GF	V						X Popcorn, Sweet & Salty Kettle	12 / 150g							G
850251 004346	38912	GMQ		GF	V						X Popcorn, White Cheddar	12 / 125g							G

SKIPPY'S KETTLE CORN

627843 308140	17931										BC P X PERFECT POP, Butter	12 / 135g							G
737332 876750	17932										BC P X PERFECT POP, Caramel	12 / 180g							G
737332 876743	17933										BC P X PERFECT POP, Cheddar	12 / 135g							G
627843 308157	17930										BC P X PERFECT POP, Sweet & Salty	12 / 180g							G
627843 308232	90960										BC P X CRUNCH, Dark Chocolate Sea Salt (S/O)	18 / 250g							G
627843 308195	90961										BC P X CRUNCH, Original Blue Ribbon (S/O)	18 / 250g							G
627843 308188	90962										BC P X CRUNCH, Peanut (S/O)	18 / 250g							G

SOUTHERN RECIPE | SMALL BATCH PORK RINDS

077079 004222	37400										X Pork Rinds, Korean Kimchi BBQ	15 / 85g							G
077079 004529	37402										X Pork Rinds, Pineapple Ancho Chile	15 / 85g							G
077079 004239	37401										X Pork Rinds, Sea Salt & Cracked Black Pepper	15 / 85g							G
077079 004512	37403										x Pork Rinds, Spicy Dill	15 / 85g							G

VEGAN ROB'S | PLANT BASED SNACKS

816678 020727	10142	GMQ		GF	V						X Puffs, Beet	12 / 99g							G
816678 020109	10126	GMQ		GF	V						X Puffs, Brussel Sprout	12 / 99g							G
859941 005915	10125	GMQ		GF	V						X Puffs, Cauliflower	12 / 99g							G
816678 020154	10127	GMQ		GF	V						X Puffs, Cheddar	12 / 99g							G
816678 021090	10143	GMQ		GF	V						X Puffs, Dragon	12 / 99g							G
Buy 20-40 cases												Save 15%							
Buy 41-71 cases												Save 20%							
Buy 72+ cases												Save 25%							

Chocolate

ALTER ECO | CHOCOLATE TREAT

817670 011188	35312	GMQ		GF		*	@				X Bar, Dark Chocolate, Super Blackout, 90% Cacao, Organic	12 / 75g							G
817670 012499	35313	GMQ		GF		*	@				X Bar, Dark Chocolate, Total Blackout, 100% Cacao, Organic	12 / 75g							G
817670 012109	35240	GMQ		GF		*	@				X Bar, Grass Fed Milk Chocolate, Classic, 46% Cacao, Organic	12 / 75g							G
817670 012116	35241	GMQ		GF		*	@				X Bar, Grass Fed Milk Chocolate, Almond, 46% Cacao, Organic	12 / 75g							G
817670 011720	35311	GMQ		GF		*	@				X Bar, Dark Chocolate, Mint Blackout, 90% Cacao, Organic	12 / 75g							G
817670 010204	35232	GMQ		GF	V	*	@				X Bar, Dark Chocolate, Classic Blackout, 85% Cacao, Organic	12 / 80g							G
817670 011164	35310	GMQ		GF	V	*	@				X Bar, Dark Chocolate, Salted Almonds, 70% Cacao, Organic	12 / 80g							G
817670 010518	35284	GMQ		GF	V	*	@				X Bar, Dark Chocolate, Sea Salt, 70% Cacao, Organic	12 / 80g							G
817670 010259	35237	GMQ		GF		*	@				X Bar, Dark Chocolate, Coconut Toffee, 47% Cacao, Organic	12 / 80g							G
817670 010242	35236	GMQ		GF	V	*	@				X Bar, Dark Chocolate, Quinoa Crunch, 60% Cacao, Organic	12 / 80g							G
817670 010525	35285	GMQ		GF		*	@				X Bar, Dark Chocolate, Brown Butter, 70% Cacao, Organic	12 / 80g							G

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817670 010532	35286	GMQ		GF		*	@			X	Bar, Dark Chocolate, Burnt Caramel, 70% Cacao, Organic	12 / 80g						G
817670 010396	14449	GMQ		GF		*	@				Truffles, Dark Chocolate, Classic, 58% Cacao, Organic (10ct)	8 / 120g						G
817670 010648	14476	GMQ		GF		*	@				Truffles, Dark Chocolate, Salted Caramel, 58% Cacao, Organic (10ct)	8 / 120g						G
817670 010631	14475	GMQ		GF		*	@				Truffles, Dark Chocolate, Sea Salt, 58% Cacao, Organic (10ct)	8 / 120g						G
817670 010402	14450	GMQ		GF		*	@				Truffles, Dark Milk Chocolate, Silk Velvet, 39% Cacao, Organic (10ct)	8 / 120g						G

CAMINO | CHOCOLATE BAR

752612 100684	37010					*	@		P	X	Dark Chocolate, 55% Cacao, Coconut Milk, Organic (Dairy Alternative)	14 / 80g						G
752612 100660	37683					*	@		P	X	Dark Chocolate, 55% Cacao, Salted Caramel Crunch, Organic	14 / 80g						G
752612 100653	37684					*	@		P	X	Dark Chocolate, 88% Cacao, Intensely Dark, Organic	14 / 80g						G
752612 100691	37011					*	@		P	X	Dark Chocolate, 92% Cacao, Night Fall, Organic	14 / 80g						G
752612 100677	37009					*	@		P	X	Dark Chocolate, 55% Cacao, Almond & Sea Salt, Organic	12 / 100g						G
752612 100165	36476					*	@		P	X	Dark Chocolate, 55% Cacao, Almonds, Organic	12 / 100g						G
752612 100196	36734					*	@		P	X	Dark Chocolate, 55% Cacao, Organic	12 / 100g						G
752612 100240	37007					*	@		P	X	Dark Chocolate, 65% Cacao, Orange, Organic	12 / 100g						G
752612 100363	37273					*	@		P	X	Dark Chocolate, 65% Cacao, Raspberries, Organic	12 / 100g						G
752612 100202	36735					*	@		P	X	Dark Chocolate, 67% Cacao, Mint, Organic	12 / 100g						G
752612 100172	36475					*	@		P	X	Dark Chocolate, 71% Cacao, Bittersweet, Organic	12 / 100g						G
752612 100349	37258					*	@		P	X	Dark Chocolate, 80% Cacao, Extra Dark, Organic	12 / 100g						G
752612 100356	37259					*	@		P	X	Milk Chocolate, Sea Salt, Organic	12 / 100g						G
752612 100158	36474					*	@		P	X	Milk Chocolate, Organic	12 / 100g						G

DIVINE | CHOCOLATE BAR

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

ENDANGERED SPECIES | CHOCOLATE BAR

037014 242379	36219	GMQ		GF		V	@			X	Dark Chocolate Chimp Bar (72% Cocoa)	12 / 85g						G
037014 000528	37745	GMQ		GF		@				X	Dark Chocolate Eagle Bar, Caramel & Sea Salt (60% Cocoa)	12 / 85g						G
037014 242287	36213	GMQ		GF		V	@			X	Dark Chocolate Grizzly Bar, Raspberries (72% Cocoa)	12 / 85g						G
037014 000139	37450	GMQ		GF		V	@			X	Dark Chocolate Owl Bar, Sea Salt & Almonds (72% Cocoa)	12 / 85g						G
037014 242478	36661	GMQ		GF		V	@			X	Dark Chocolate Panther Bar (88% Cocoa)	12 / 85g						G
037014 242263	36212	GMQ		GF		V	@			X	Dark Chocolate Rainforest, Forest Mint (72% Cocoa)	12 / 85g						G
037014 100136	37451	GMQ		GF		@				X	Dark Chocolate Rhino Bar, Hazelnut Toffee (72% Cocoa)	12 / 85g						G
037014 242300	36221	GMQ		GF		V	@			X	Dark Chocolate Wolf Bar, Cranberries & Almonds (72% Cocoa)	12 / 85g						G
037014 242317	36216	GMQ		GF		@				X	Milk Chocolate Otter Bar (48% Cocoa)	12 / 85g						G
037014 321029	36224	GMQ		GF		V	@			X	Oat Milk Dark Chocolate Bumble Bee Bar, Sea Salt & Almonds (55% Cocoa)	12 / 85g						G
037014 321012	36223	GMQ		GF		V	@			X	Oat Milk Dark Chocolate Gorilla Bar, Rice Crisp (55% Cocoa)	12 / 85g						G

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
037014 321050	36214	GMQ		GF	V		@			X		Oat Milk Dark Chocolate Koala Bar, Coconut & Almonds (75% cocoa)	12 / 85g					G
037014 321005	36222	GMQ		GF	V		@			X		Oat Milk Dark Chocolate Zebra Bar (55% Cocoa)	12 / 85g					G
JUSTIN'S NUT BUTTER CUPS																		
840379 153668	10562	GMQ		GF		*						Peanut Butter Cups, Mini Dark Chocolate, Organic	6 / 120g					G
840379 188455	10561	GMQ		GF		*				X		Cashew Butter Cups, Dark Chocolate, Organic	12 / 40g					G
840379 100051	10560	GMQ		GF		*				X		Peanut Butter Cups, Dark Chocolate, Organic	12 / 40g					G
LILY'S NO SUGAR ADDED CHOCOLATE BAR																		
810003 460486	21358			GF			@			X		Dark Chocolate Style, Almond (55% Cocoa)	12 / 85g					G
810003 460462	21356			GF			@			X		Dark Chocolate Style, Coconut (55% Cocoa)	12 / 85g					G
810003 460479	21357			GF			@			X		Dark Chocolate Style, Crispy Rice (55% Cocoa)	12 / 85g					G
810003 460455	21355			GF			@			X		Dark Chocolate Style, Original (55% Cocoa)	12 / 85g					G
810003 460912	21362			GF			@			X		Extra Dark Chocolate Style, Sea Salt (70% Cocoa)	12 / 80g					G
810003 460929	21363			GF			@			X		Extremely Dark Chocolate Style (85% Cocoa)	12 / 80g					G
810003 460493	21359			GF			@			X		Milk Chocolate Style, Creamy Milk (40% Cocoa)	12 / 85g					G
810003 460509	21360			GF			@			X		Milk Chocolate Style, Salted Almond (40% Cocoa)	12 / 85g					G
810003 460905	21361			GF			@			X		Milk Chocolate Style, Salted Caramel (40% Cocoa)	12 / 80g					G
PRANA CHOCOLATE BARK																		
877693 003195	26086	GMQ		GF		*	@	+	P	X		ALGARVE Chocolate Bark, Almonds & Sea Salt, 62% Cacao, Organic	8 / 100g					G
877693 003201	26087	GMQ		GF		*	@	+	P	X		CARAZEL Chocolate Bark, Caramelized Nuts with Sea Salt, 62% Cacao, Organic	8 / 100g					G
877693 003232	26091	GMQ		GF		*	@	+	P	X		MATCHA MAGIC Chocolate Bark, Sesame, Crispy Rice & Matcha, 62% Cacao, Organic	8 / 100g					G
877693 003225	26089	GMQ		GF		*	@	+	P	X		NO MYLK'N Chocolate Bark, Hazelnuts & Crispy Rice, 40% Cacao, Organic	8 / 95g					G
877693 008640	17764	GMQ		GF	V	*	@			P	X	CARAZEL Chocolate Bark, Caramelized Nuts with Sea Salt, 62% Cacao, Organic (S/O)	4 / 412g					G
	60130											Empty Racks (S/O)	1 / ea					
THEO CHOCOLATE																		
874492 002411	11981	GMQ				*	@			X		Dark Chocolate 85%, Pure Dark, Organic	12 / 85g					G
874492 002459	11978	GMQ				*	@			X		Dark Chocolate 70%, Salted Almond, Organic	12 / 85g					G
874492 003258	11993	GMQ				*	@			X		Dark Chocolate 70%, Sea Salt, Organic	12 / 85g					G
874492 004200	11995	GMQ				*	@			X		Dark Chocolate 70%, Coffee Toffee, Organic	12 / 85g					G
874492 002633	11987	GMQ				*	@			X		Dark Chocolate 70%, Coconut, Organic	12 / 85g					G
874492 002534	11985	GMQ				*	@			X		Dark Chocolate 70%, Mint, Organic	12 / 85g					G
874492 003814	11994	GMQ				*	@			X		Dark Chocolate 55%, Salted Toffee, Organic	12 / 85g					G
874492 005375	11996	GMQ				*	@			X		Milk Chocolate 45%, Hazelnut Crisp, Organic	12 / 85g					G
874492 002374	11979	GMQ				*	@			X		Milk Chocolate 45%, Pure Milk, Organic	12 / 85g					G
874492 002510	11984	GMQ				*	@			X		Milk Chocolate 45%, Salted Almond, Organic	12 / 85g					G
												Buy 10-19 cases	Save 5.16					
												Buy 20+ cases	Save 6.48					
874492 003210	11991	GMQ				*	@			X		Peanut Butter Cups, Dark Chocolate	12 / 38g					G
874492 004910	11990	GMQ				*	@			X		Peanut Butter Cups, Dark Chocolate Peanut Butter & Jelly, Organic	12 / 38g					G
874492 003227	11992	GMQ				*	@			X		Peanut Butter Cups, Milk Chocolate	12 / 38g					G
												Buy 10-19 cases	Save 3.00					
												Buy 20+ cases	Save 3.78					
ZAZUBEAN CHOCOLATE BAR																		
872227 000589	14762						@		P	X		SLINKY, Dark Chocolate Style, Nuts & Berries, Half the Sugar (67% Cacao)	12 / 80g					G
872227 000565	14761	GMQ				*	@		P	X		SLINKY, Dark Chocolate Style, Salted Almonds, Half the Sugar, Organic (70% Cacao)	12 / 80g					G
872227 000541	14760						@		P	X		SLINKY, Milk Chocolate Style, Swiss Milk, No Added Sugar (50% Cacao)	12 / 80g					G

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
872227 000602	14763						@				P X		SLINKY, Oat Milk, Creamy Hazelnut, No Added Sugar (44% Cacao)	12 / 80g					G
872227 000640	14765						@				P X		SLINKY, Oat, Hazelnut Mocha Latte	12 / 80g					G
872227 000626	14764						@				P X		SLINKY, Super Dark Panama, No Added Sugar (85% Cacao)	12 / 80g					G
872227 000107	14737	GMQ					*@				P X		Dark Chocolate, CHEEKY Salted Toffee & Banana w/Maca, Organic, (70% Cacao)	12 / 85g					G
872227 000060	14734	GMQ					*@				P X		Dark Chocolate, FLIRT Raspberry & Cherry w/Acai, Organic (70% Cacao)	12 / 85g					G
872227 000015	14733	GMQ					*@				P X		Dark Chocolate, HOTTIE Chili & Cinnamon w/Yerba Mate, Organic (71% Cacao)	12 / 85g					G
872227 000244	14741	GMQ					*@				P X		Dark Chocolate, KIKI Fig & Sea Salt, Organic (65% Cacao)	12 / 85g					G
872227 000046	14731	GMQ					*@				P X		Dark Chocolate, LUNATIC Mint & Cocoa Nibs w/Maca, Organic (73% Cacao)	12 / 85g					G
872227 000169	14732	GMQ					*@				P X		Dark Chocolate, NAKID Cocoa Nibs & Vanilla, Organic (73% Cacao)	12 / 85g					G
872227 000084	14735	GMQ					*@				P X		Dark Chocolate, NUTBAR Coconut & Almond Dark w/Camu Camu, Organic (70% Cacao)	12 / 85g					G
872227 000220	14740	GMQ					*@				P X		Dark Chocolate, SALTRY Sea Salt & Almonds, Organic (65% Cacao)	12 / 85g					G
872227 000121	14736	GMQ					*@				P X		Dark Chocolate, SQUEEZE, Orange & Ginger w/Turmeric, Organic (70% Cacao)	12 / 85g					G
872227 000367	14742	GMQ					*@				P X		Coconut Milk Chocolate, PUNCH Pineapple & Coconut, Organic (55% Cacao)	12 / 85g					G
872227 000206	14739	GMQ					*@				P X		Coconut Milk Chocolate, SASSY Pomegranate & Hazelnut, Organic (55% Cacao)	12 / 85g					G
872227 000183	14738	GMQ					*@				P X		Extra Dark Chocolate, NUDIE, Organic (80% Cacao)	12 / 85g					G
872227 000145	07189	GMQ					*@				P X		Milk Chocolate, SMOOCH Vanilla Caramel Crunch, Organic (46% Cacao)	12 / 85g					G
872227 000343	14750	GMQ					*@				P X		Strong Chocolate, BUFF, Organic (90% Cacao)	12 / 85g					G
872227 000442	99998	GMQ B					*@				P		Gravity Feed Box TEEZERS, Bite-Sized Saltry & Nudie (5.5g) (S/O)	1 / 273ct					G

ZIMT | CHOCOLATE BAR

628055 532033	11003	GMQ		GF	*	BC	P X						Raw Chocolate, Peppermint Nib'd, Organic	12 / 40g					G
628055 532026	11002	GMQ		GF	*	BC	P X						Raw Chocolate, Salt of the Earth, Organic	12 / 40g					G
628055 532354	11011				V	*	BC	P X					Raw Chocolate, The White Stuff (White Chocolate), Organic	12 / 40g					G

Confectionery

ANNIE'S HOMEGROWN | BUNNY FRUIT SNACKS

013562 111510	16526	GMQ		GF	*								BUNNY FRUIT, Berry Patch, Organic	12 / 5x23g					G
013562 111503	16525	GMQ		GF	*								BUNNY FRUIT, Summer Strawberry, Organic	12 / 5x23g					G

MIX & MATCH ALLOWED

Buy 25-49 cases

Save 3.92

Buy 50+ cases

Save 5.89

CHIMES | CANDY

051299 111236	35325	GMQ									X		Ginger Chews, Cayenne Lemon	12 / 42.5g					G
051299 111298	35272	GMQ									X		Ginger Chews, Mango	12 / 42.5g					G
051299 111243	35324	GMQ									X		Ginger Chews, Meyer Lemon	12 / 42.5g					G
051299 111304	35273	GMQ									X		Ginger Chews, Orange	12 / 42.5g					G
051299 111267	35269	GMQ									X		Ginger Chews, Original	12 / 42.5g					G
051299 111281	35271	GMQ									X		Ginger Chews, Peppermint	12 / 42.5g					G
051299 111519	35267	GMQ											Ginger Chews, Mango	20 / 141.8g					G
051299 111311	35264	GMQ											Ginger Chews, Original	20 / 141.8g					G
051299 111649	35326	GMQ											Hard Toffee, Spiced Chai	12 / 100g					G
051299 111663	35279	GMQ											Hard Toffee, Toasted Coconut	12 / 100g					G

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
CLAWHAMMER ORGANIC MINTS																		
628371 190481	35119	GMQ				*		+	P	X	Mints, Black Licorice, Organic	12 / 30g						G
628371 190313	35120	GMQ				*		+	P	X	Mints, Hot Cinnamon, Organic	12 / 30g						G
628371 190320	35121	GMQ				*		+	P	X	Mints, Spicy Ginger Root, Organic	12 / 30g						G
628371 190306	35122	GMQ				*		+	P	X	Mints, Strong Peppermint, Organic	12 / 30g						G
DANDIES VEGAN MARSHMALLOWS																		
897581 000372	02370	GMQ		GF	V						X Vegan Marshmallows, Minis	12 / 283g						G
897581 000365	02260			GF	V						X Vegan Marshmallows	12 / 283g						G
EFRUTI FRUIT JUICE GUMMI CANDIES																		
055976 104016	35064										X Fruit Juice Candies, Fruit Bears	24 / 100g						G
055976 104023	35065										X Fruit Juice Candies, Fruit Berries	24 / 100g						G
	37922								B		X Fruit Juice Candies, Fruit Bears	1 / 3kg						G
	37018								B		X Fruit Juice Candies, Fruit Berries	1 / 3kg						G
GINGER PEOPLE GINGER CANDY																		
734027 905016	35010	GMQ									Crystallized Ginger	12 / 100g						G
734027 905337	35703	GMQ									Gin Gins, Ginger Candy, Double Strength	12 / 60g						G
734027 905054	35012	GMQ									Gin Gins, Ginger Candy, Hard	12 / 84g						G
734027 902039	35018	GMQ									Gin Gins, Ginger Candy, Super Strength Caramels	12 / 31g						G
734027 905023	35011	GMQ									Gin Gins, Ginger Chews, Original	12 / 84g						G
734027 905320	35702	GMQ									Gin Gins, Ginger Chews, Original	12 / 60g						G
734027 902053	35025	GMQ									X Gin Gins, Ginger Chews, Original	12 / 45g						G
734027 901551	35019	GMQ									Gin Gins, Ginger Chews, Original	12 / 128g						G
734027 551459	35027								B	GF	X Gin Gins, Ginger Chews, Original (S/O)	1 / 5kg						G
734027 905344	35701	GMQ									Gin Gins, Ginger Chews, Spicy Turmeric	12 / 60g						G
GINGER PEOPLE CRYSTALLIZED GINGER																		
734027 920514	35029					*					Ginger, Crystallized, Organic (Box)	12 / 112g						G
HEALTHY HIPPO LOW SUGAR CANDY																		
628176 040240	17654										BC P X Fizzy Cola, Sweetened w/Monk Fruit	12 / 50g						G
628176 040103	17650										BC P X Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g						G
628176 040127	17651										BC P X Sour Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g						G
628176 040110	17652										BC P X Sour Keys. Sweetened w/Monk Fruit	12 / 50g						G
628176 040134	17653										BC P X Swedish Hippos, Sweetened w/Monk Fruit	12 / 50g						G
HUER SENSIBLE SWEETS																		
771047 004633	15407										P SENSIBLE SWEETS, Allsorts	12 / 170g						G
771047 004664	15406										P SENSIBLE SWEETS, Jelly Babies	12 / 170g						G
771047 004503	15404								V		P SENSIBLE SWEETS, Soft Fruits Gelées	12 / 130g						G
771047 004725	15408										P SENSIBLE SWEETS, Sour Wine Gums	12 / 170g						G
771047 004565	15405										P SENSIBLE SWEETS, Teddy Bears (20% Fruit Juice)	12 / 170g						G
771047 004695	15409								V		P SENSIBLE SWEETS, Vegan Bears	12 / 150g						G
771047 004602	15410										P SENSIBLE SWEETS, Wine Gums	12 / 170g						G
771047 022972	90663	GMQ	B						V		P SENSIBLE SWEETS, Vegan Bears (S/O)	6 / 1kg						G
771047 961387	90660										P SENSIBLE SWEETS, Allsorts (S/O)	3 / 3kg						G
771047 961325	90661										P SENSIBLE SWEETS, Jelly Babies (S/O)	4 / 3kg						G
771047 961509	90662										P SENSIBLE SWEETS, Soft Fruits Gelées (S/O)	2 / 3kg						G
771047 961394	90664										P SENSIBLE SWEETS, Wine Gums (S/O)	4 / 3kg						G
MINTIQ SUGAR FREE MINTS																		
628371 110014	35123	GMQ									+ P X Mints, Farwest Spearmint (no aspartame)	6 / 15.6g						G
628371 110038	35124	GMQ									+ P X Mints, Pomegranate (no aspartame)	6 / 15.6g						G
628371 110021	35125	GMQ									+ P X Mints, Spicy Cinnamon (no aspartame)	6 / 15.6g						G

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PANDA | LICORICES

075172 076733	35074											X Bars, Natural Black	20 / 32g					G
075172 078102	35148											X Bars, Natural Raspberry	36 / 32g					G
075172 079734	35069											X Chews, Bear Shaped, Natural Black (bag)	12 / 125g					G
075172 071646	35068											Chews, Natural Black (bag)	12 / 170g					G
075172 078560	35071		B									X Chews, Natural Black	1 / 1.8kg					G

Snack Foods

BIOITALIA | PUREES

661475 205040	33145					*						X Purée, Energy, Apple, Kiwi & Spinach, Organic (pouch)	6 / 120g					
661475 202049	33142					*						X Purée, Energy, Apple, Strawberry & Banana, Organic (pouch)	6 / 120g					
												Buy 10-19 cases	Save 10%					
												Buy 20+ cases	Save 15%					
661475 200045	33140					*						X Purée, Purity, Apple, Organic (pouch) (S/O)	6 / 120g					
661475 201042	33141					*						X Purée, Purity, Plum, Organic (pouch) (S/O)	6 / 120g					

CHIWIS | KIWI CHIPS

628451 225010	11307											P X Kiwi Chips, Original	12 / 50g					G
628451 225027	11308											P X Kiwi Chips, Tropical	12 / 50g					G

EDEN | PACKAGED SNACK FOOD

024182 020847	35061		GF			*						X Pumpkin Seeds, Dry Roasted, Organic	15 / 113g					G
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FERIDIES | PEANUTS

045518 011261	34700	GMO										Virginia Peanuts, Honey Roasted	12 / 255g					G
045518 009022	34702	GMO										Virginia Peanuts, Salted	12 / 255g					G

KIND | CLUSTERS

602652 289095	39333											X Nuts & Fruit, Almond Cranberry Cashew	8 / 113g					G
602652 298127	39334											X Nuts & Seeds, Almond Pumpkin Chia	8 / 113g					G
602652 298158	39335											X Coconut & Seeds, Pumpkin Sunflower Chia	8 / 113g					G

PATIENCE FRUIT & CO | SOUR CRAN DRIED CRANBERRIES

662166 557028	18551	GMO					+	P	X	SOUR CRAN, Sour Cherry		8 / 60g						G
662166 557011	18550	GMO					+	P	X	SOUR CRAN, Sour Peach		8 / 60g						G
662166 557035	18552	GMO					+	P	X	SOUR CRAN, Sour Strawberry		8 / 60g						G

PRANA | ORGANIC SNACKS

877693 003331	26151	GMO	GF			*	@	+	P	X	CHIC CHOC Bites, Chocolate Caramel, Organic	8 / 125g						G
877693 003355	26153	GMO	GF			*	@	+	P	X	CHIC CHOC Bites, Double Chocolate, Organic	8 / 125g						G
877693 003348	26152	GMO	GF			*		+	P	X	CHIC CHOC Bites, Vanilla Almond, Organic	8 / 125g						G
877693 001641	26108	GMO	GF			*		+	P		Nuts, Alegria Hickory BBQ Almonds, Organic	8 / 150g						G
877693 000033	26102	GMO	GF			*		+	P		Nuts, Amandine Maple Almonds, Organic	8 / 150g						G
877693 000118	26105	GMO	GF			*		+	P		Nuts, Extaze Sea Salted Cashews, Organic	8 / 150g						G
877693 000019	26103	GMO	GF			*		+	P		Nuts, Go Nuts Maple Nuts, Organic	8 / 150g						G
877693 000149	26107	GMO	GF			*		+	P		Nuts, Nirvana Sea Salted Almonds, Organic	8 / 150g						G
877693 000132	26106	GMO	GF			*		+	P		Nuts, Samadhi Tamari Almonds, Organic	8 / 150g						G
877693 001863	26109	GMO	GF			@		+	P		SUMSUMA Chocolate Sesame Bites, Organic	8 / 150g						G
877693 000071	26101	GMO	GF			*	@	+	P		SUMSUMA Sesame Squares, Organic	8 / 150g						G
877693 001672	34102	GMO	GF			*		+	P		SUMSUMA Sesame Squares, Organic	6 / 325g						G
877693 000125	26104	GMO	GF			*		+	P		Trail Mix, ANNAPURNA, Almond Gogi Cranberry Mix, Organic	8 / 150g						G
877693 003065	26063	GMO	GF			*		+	P		Trail Mix, FUJI, Premium Salty Mix, Organic	8 / 150g						G
877693 003058	26062	GMO	GF			*		+	P		Trail Mix, KILIMANJARO, Deluxe Chocolate Mix, Organic	8 / 150g						G
877693 001665	34101	GMO	GF			*		+	P		Trail Mix, KILIMANJARO, Deluxe Chocolate Mix, Organic	6 / 310g						G
877693 003072	26059	GMO	GF			*		+	P		Trail Mix, MACHU PICHU, Exotic Fruit & Nut Mix, Organic	8 / 150g						G
	60130											Empty Racks (S/O)	1 / ea					

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WILDMADE ORGANIC FRUITROLLS

853079 005755	13602					*						Fruit Punch, Organic (5ct)	8 / 60g					G
853079 005731	13600					*						Grape, Organic (5ct)	8 / 60g					G
853079 005748	13601					*						Tropical Fruit, Organic (5ct)	8 / 60g					G

ZIMT | MACAROONS

628055 532088	21100					*						BC P X Macaroon, Double Chocolate, Organic (2 pack)	9 / 82g					G
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SOUPS & BROTHS

Broths & Bouillons

BLUEBIRD PROVISIONS | BONE BROTH (FROZEN)

627843 623564	68604					*						BC P X Bone Broth, Beef, Organic	6 / 420ml					
627843 623571	68605					*						BC P X Bone Broth, Chicken, Organic	6 / 420ml					

BO & MARROW | BROTH (FROZEN)

627843 674382	66000					GF						+ P X Bone Broth, Classic Beef (resealable bag)	6 / 591ml					
627843 674306	66001					GF						+ P X Bone Broth, Classic Chicken (resealable bag)	6 / 591ml					
627843 674320	66003					GF						+ P X Bone Broth, Little Munchkins (Beef) (resealable bag)	6 / 591ml					
627843 674337	66002					GF						+ P X Bone Broth, Pho Real (Beef) (S/O)	6 / 591ml					
627843 674375	66004					GF V						+ P X Vegan Broth, Mushroom & The Sea (resealable bag) (S/O)	6 / 591ml					

IMAGINE FOODS | BROTH

084253 773560	37800					GMO						Bone Broth, Chicken	12 / 1L					
084253 241243	38636					GF		*				Broth, Beef, Low Sodium, Organic	12 / 1L					
084253 242943	38411					GF		*				Broth, Chicken, Low Sodium, Organic	12 / 1L					
084253 242493	38280					GF		*				Broth, Chicken, Organic	12 / 1L					
084253 773546	38785					GF		*				Broth, Miso, Organic	12 / 1L					
084253 242486	38279					GMO		GF		*		Broth, Vegetable, Organic	12 / 1L					
084253 242950	38449					GMO		V		*		Broth, Vegetable, Low Sodium, Organic	12 / 1L					

PACIFIC FOODS | BROTH

052603 055178	38737					GF		*				Broth, Chicken Low Sodium, Organic	6 / 4x236ml					
052603 055154	38736					GF		*				Broth, Vegetable, Organic	6 / 4x250ml					
													Buy 20+ cases (Mix & Match Small Broths Only)					
													Save 2.64					
052603 067249	38082											Bone Broth, Chicken, Unsalted	12 / 946ml					
													Buy 30+ cases (Mix & Match with any 1L/946ml Non-Dairy Beverages, Broth & Soup)					
													Save 3.96					
052603 067256	38080					GMO		*				Broth, Beef, Organic	12 / 946ml					
052603 054089	38069					GF		*				Broth, Chicken, Low Sodium, Organic	12 / 946ml					
052603 054072	38079					GF		*				Broth, Chicken, Organic	12 / 946ml					
052603 054058	38811					GF		*				Broth, Mushroom, Organic	12 / 1L					
052603 054379	38118					GF		*				Broth, Vegetable, Low Sodium, Organic	12 / 1L					
052603 054119	38183					GF		*				Broth, Vegetable, Organic	12 / 1L					
													Buy 30+ cases (Mix & Match with any 1L/946ml Non-Dairy Beverages, Broth & Soup)					
													Save 5.04					
052603 067232	38081											Bone Broth, Chicken, Unsalted	12 / 237ml					

HARVEST SUN | BOUILLON CUBES & BROTH POWDER

621234 905604	38404					GF		*				Bouillon Cubes, Chicken, Organic	15 / 6ea					
621234 966018	38706					GF		*				Bouillon Cubes, Chicken, Low Sodium, Organic	15 / 6ea					
621234 905109	38397					GF V		*				Bouillon Cubes, Herbal, Organic	15 / 6ea					
621234 905406	38400					GF V		*				Bouillon Cubes, Vegetable, Low Sodium, Organic	15 / 6ea					
621234 905000	38398					GF V		*				Bouillon Cubes, Vegetable, Organic	15 / 6ea					
621234 966100	38709							*				Broth Powder, Chicken, Yeast-Free, Organic	6 / 120g					
621234 966025	38707							V		*		Broth Powder, Vegetable, Organic	6 / 180g					

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KOYO | RAMEN

THAI KITCHEN | RICE NOODLE SOUPS

Ready-To-Serve Soups

AMY'S | CANNED SOUP

IMAGINE FOODS | NATURAL SOUP

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

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PACIFIC FOODS | SOUP

052603 281409	38091	GMO				*						X Soup, Condensed Cream of Cauliflower, Organic (can)	12 / 284ml					
052603 281393	38092											X Soup, Condensed Cream of Chicken (can)	12 / 284ml					
052603 279543	38090	GMO				*						X Soup, Condensed Cream of Mushroom, Organic (can)	12 / 284ml					
Buy 15+ cases (Mix & Match Condensed Can Soups Only) Save 3.04																		
052603 054973	38812	GMO				*						Bisque, Cashew Carrot Ginger, Organic	12 / 472ml					
052603 054959	38814	GMO				*						Bisque, Hearty Tomato, Organic	12 / 472ml					
052603 054966	38813	GMO				*						Bisque, Roasted Red Pepper & Tomato, Organic	12 / 472ml					
052603 054805	38673	GMO				*						Soup, Vegetable Lentil & Roasted Red Pepper, Organic	12 / 472ml					
Buy 20+ cases (Mix & Match with any 320ml/472ml Soups or 365ml/480ml Beans) Save 4.80																		
052603 281287	38083	GMO				*						Soup, Creamy Tomato Basil, Organic	12 / 946ml					
052603 054218	38269	GMO				*						Soup, Cashew Carrot Ginger, Organic	12 / 1L					
052603 054034	38214	GMO				*						Soup, Butternut Squash, Organic	12 / 1L					
052603 054584	38638	GMO				*						Soup, Tomato, Light Sodium, Organic	12 / 1L					
052603 054096	38132	GMO				*						Soup, Tomato, Organic	12 / 1L					
052603 054577	38639	GMO				*						Soup, Red Pepper & Tomato, Light Sodium, Organic	12 / 1L					
052603 054041	38218	GMO				*						Soup, Red Pepper & Tomato, Organic	12 / 1L					
Buy 30+ cases (Mix & Match with any 1L/946ml Non-Dairy Beverages, Broth & Soup) Save 6.17																		

Soup Mixes

BOB'S RED MILL | SOUP MIX

039978 001283	38938	GMO										X Soup Mix, Vegi	4 / 794g					
039978 001276	38934	GMO										X Soup Mix, 13 Bean	4 / 822g					

SWEETENERS

CAMINO | SUGAR

752612 200025	44297					*	@					Golden Cane Sugar (Turbinado), Organic	6 / 1kg					
752612 220023	44298					*	@					Whole Brown Sugar (Muscovado), Organic	6 / 1kg					
752612 300169	44299		B			*	@					X Golden Cane Sugar (Turbinado), Organic	1 / 25kg					

CANADIAN HERITAGE ORGANICS | MAPLE BUTTER & SYRUP

620892 000140	44259	GMO				*		+	P			Maple Butter, Organic	12 / 160g					
620892 000065	44262	GMO				*		+	P			Maple Syrup, Amber, Organic	12 / 250ml					
620892 000232	44264	GMO				*		+	P			Maple Syrup, Dark, Organic	12 / 250ml					
620892 000072	44263	GMO				*		+	P			Maple Syrup, Amber, Organic	12 / 500ml					
620892 000249	44265	GMO				*		+	P			Maple Syrup, Dark, Organic	12 / 500ml					
620892 000294	44266	GMO				*		+	P			Maple Syrup, Very Dark, Organic	12 / 500ml					
620892 000089	44258	GMO				*		+	P			Maple Syrup, Amber, Organic	12 / 1L					
620892 000256	44257	GMO				*		+	P			Maple Syrup, Dark, Organic	12 / 1L					
620892 000300	44267	GMO				*		+	P			Maple Syrup, Very Dark, Organic	12 / 1L					
Buy 15+ cases Save 20%																		

CRAVE | SWEETENER

884063 000678	23030	GMO				*		BC	P			Stevia Bakers Blend, Brown, Organic	6 / 380g					
884063 000661	23031	GMO				*		BC	P			Stevia Bakers Blend, White, Organic	6 / 380g					
884063 000500	23034	GMO				*		BC	P			Stevia, Natural (shaker jar), Organic	6 / 45g					
884063 300013	23033	GMO				*			P			SWEETNESS, Pure Erythritol, Organic	6 / 400g					

EDEN FOODS | BARLEY MALT SYRUP

024182 493153	44050					*						Barley Malt Syrup, Organic	12 / 566g					
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ELIAS | HONEY

055013 000318	44069							+	P			Liquid Squeeze Honey Bear, Unpasteurized, Canada #1 White	12 / 375g					
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ESCUMINAC | FARM BOTTLED ORGANIC MAPLE SYRUP

187248 000266	44229					*		+	P			Maple Syrup, Late Harvest, Organic	6	/	200ml				
187248 000204	44228					*		+	P			Maple Syrup, Great Harvest, Organic	6	/	200ml				
187248 000273	44234					*		+	P			Maple Syrup, Late Harvest, Organic	6	/	500ml				
187248 000228	44233					*		+	P			Maple Syrup, Great Harvest, Organic	6	/	500ml				

FLORIDA CRYSTALS | SUGAR

075779 311145	44083					*						Cane Sugar, Organic (bag)	6	/	907g				
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KRISDA | SUGAR-FREE SWEETENER

688120 044540	23023	GMO				*			P			Sweetener, Erythritol, Organic	6	/	454g				
688120 003042	23018								P			Sweetener, Monk Fruit (packets)	6	/	80x1g				
688120 024542	23022								P			Sweetener, Monk Fruit	6	/	454g				
688120 014543	23020								P			Sweetener, Stevia	6	/	454g				
688120 034541	23021								P			Sweetener, Xylitol	6	/	454g				
1068812 020023	93041		B						X			Sweetener, Monk Fruit (S/O)	1	/	10kg				
													Buy 45+ cases (mix & match)		Save 20%				

LAKANTO | MONKFRUIT BLEND SWEETENER

843076 000105	44221	GMO										Sweetener, Classic	8	/	235g				
843076 000099	44217	GMO										Sweetener, Golden	8	/	235g				
843076 001225	44218	GMO										Sweetener, Classic	8	/	454g				
843076 001232	44219	GMO										Sweetener, Golden	8	/	454g				
843076 000525	44216	GMO										Sweetener, Powdered	8	/	453g				
843076 000129	44220	GMO										Sweetener, Classic	8	/	800g				
843076 000112	44215	GMO										Sweetener, Golden	8	/	800g				

LEVEL GROUND TRADING DIRECT FAIR TRADE | SUGAR

661594 712306	44307					*	@		P			Cane Sugar, Unrefined, Organic	12	/	500g				
661594 812303	44310					*	@		P			Cane Sugar, Unrefined, Organic	6	/	2kg				
661594 000083	44314					*	@		P			Cane Sugar, Unrefined, Organic	1	/	20kg				

LUNDBERG | BROWN RICE SYRUP

073416 001800	24108		GF			*						Brown Rice Syrup, Sweet Dreams, Organic	12	/	460ml				
													Buy 32-63 cases		Save 5.57				
													Buy 64-95 cases		Save 8.35				
													Buy 96+ cases		Save 11.14				
073416 001657	24109	GMO	B	GF					X			Brown Rice Syrup, Sweet Dreams, Eco-Farmed	1	/	25kg				
													Buy 50+ cases		Save 11.53				

MCKENZIE'S | COUNTRY FARM HONEY

056113 001700	44084								+	P		Raw Natural Honey, Canada No 1 White	12	/	500g				
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ONEEARTH FUNCTIONAL FOODS | COCONUT PALM SUGAR

182583 000025	22214		GF			*			P			Coconut Palm Sugar, Organic	12	/	475g				
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ST. MICHAEL | HONEY

771901 101355	44005		B						+	P	X	Liquid Honey Pail, Canada No 1 White	1	/	3kg				
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SWERVE SWEETENER

852700 300191	32701	GMO										Granular	6	/	340g				
852700 300290	32702	GMO										Icing Sugar	6	/	340g				
852700 300399	32703	GMO										Sugar, Brown	6	/	340g				

WHOLESOME | NATURAL & ORGANIC SWEETENER

012511 971069	44158	GMO		GF		*	@					COCONUT PALM SUGAR, Organic	6	/	454g				
012511 320041	44018	GMO		GF		*	@					ICING SUGAR, Powdered, Organic	6	/	454g				
012511 446529	44037	GMO		GF		*	@					SUGAR, Dark Brown, Organic	6	/	680g				
012511 446413	44036	GMO		GF		*	@					SUGAR, Light Brown, Organic	6	/	680g				
012511 444716	44029	GMO		GF		*	@					SUGAR, Turbinado, Organic	6	/	680g				

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621234 600165	44107	+ 🍯	Buckwheat Honey, Canada #1 Amber	12 / 500g
621234 610041	44109	+ 🍯	Pure Raw Honey, Canada #1 White	12 / 500g
621234 600400	44108	+ 🍯	Wild Blossom Honey, Canada #1 Golden	12 / 500g
621234 600196	44106	+ 🍯	Clover Honey, Canada #1 White (S/O)	12 / 500g
621234 600035	44210	+ 🍯	Honey w/Bee Pollen, Unpasteurized (S/O)	12 / 500g
621234 600042	44212	+ 🍯	Honey w/Royal Jelly, Unpasteurized (S/O)	12 / 500g

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Invoices will reflect the price based on the actual case weight multiplied by the price per kilogram.

055498 028937	59181	GF	*	Greek Sheep & Goat Feta Cheese, Organic	12 / 150g
055498 120105	59180	B GF	+	Traditional Feta Cheese, Pail (S/O)	1 / 3kg

778177 009057	50106	GMO	GF	*	+	⌘	Baluchon, Cheese	8 / 145g
778177 499377	50061		GF	*	+	⌘	Cheddar, 1 Year, Organic (raw milk)	8 / 200g
778177 499391	50049	GMO		*	+	⌘	Cheddar, Aged 3 years, Organic	8 / 200g
778177 499346	50093		GF	*	+	⌘	Cheddar, Extra Sharp, Organic (raw milk)	8 / 200g
778177 149340	50041		GF	*	+	⌘	Cheddar, Extra Sharp, Organic (raw milk)	8 / 325g
778177 499322	50091		GF	*	+	⌘	Cheddar, Medium, Organic (raw milk)	8 / 200g
778177 149326	50035		GF	*	+	⌘	Cheddar, Medium, Organic (raw milk)	8 / 325g
	50057		B GF	*	+	⌘ X	Cheddar, Medium, Organic (raw milk)	1 / 2kg
778177 499360	50014		GF	*	+	⌘	Cheddar, Mild Marbled, Organic	8 / 200g
778177 149364	50028		GF	*	+	⌘	Cheddar, Mild Marbled, Organic	8 / 325g
778177 499315	50090		GF	*	+	⌘	Cheddar, Mild, Organic (raw milk)	8 / 200g
778177 149319	50029		GF	*	+	⌘	Cheddar, Mild, Organic (raw milk)	8 / 325g
778177 499339	50092		GF	*	+	⌘	Cheddar, Old, Organic (raw milk)	8 / 200g
778177 149333	50038		GF	*	+	⌘	Cheddar, Old, Organic (raw milk)	8 / 325g
778177 108002	50089		GF	*	+	⌘	Cheese Curds, Organic	8 / 200g
778177 499452	50096		GF	*	+	⌘	Cheddar, LE BOUCANÉ BIO (Smoked), Organic (raw milk)	8 / 190g
778177 499810	50401		GF	*	+	⌘	Emmental, Sliced, Organic (raw milk)	8 / 180g
778177 499605	50020		GF	*	+	⌘	Emmental, Organic (raw milk)	8 / 200g
778177 499926	50098	GMO		*		⌘	Feta, Greek Sheep's Milk, Organic	16 / 150g
778177 499933	50021	GMO		*		⌘	Feta with Herbs, Greek Sheep's Milk, Organic	16 / 150g
778177 111965	50094		GF	*	+	⌘	FRUGAL Skim Milk (7% MF), Organic	8 / 200g
778177 499902	50060		GF	*		⌘	Goat Cheese, Soft Unripened, Organic	6 / 125g
778177 499919	50097				+	⌘	Goat Cheese, Ripened Firm (Cheddar style)	8 / 190g
778177 499957	50101		GF	*	+	⌘	Gouda (6 mos), Organic	8 / 170g
778177 509014	50099		GF	*		⌘	Gouda, Dutch Aged (12 mos), Organic	8 / 175g
778177 112979	50095		GF	*	+	⌘	Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 200g
778177 149388	50042		GF	*	+	⌘	Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 325g
	50059		B GF	*	+	⌘ X	Mozzarella, Partlally Skimmed (15% MF), Organic	1 / 2kg
778177 112962	50013			*	+	⌘	Mozzarella (28% MF), Organic	8 / 200g
778177 149425	50044			*	+	⌘	Mozzarella (28% MF), Organic	8 / 325g
778177 499728	50023		GF	*	+	⌘	Parmesan, Organic (raw milk)	8 / 200g
778177 499704	50027		GF	*	+	⌘	Parmesan, Grated, Organic (raw milk)	8 / 125g
778177 499858	50104	GMO		*	+	⌘	Shredded, Mozzarella, (28% MF) Organic	8 / 200g
778177 499575	50102	GMO		*	+	⌘	Shredded, Triple Cheddar Blend, Organic	8 / 200g
778177 499414	50022	GMO		*	+	⌘	Cheddar, Aged 4 Years, Organic S/O	8 / 200g
778177 009019	90844	GMO	B	V	+	⌘ X	Baluchon, Cheese Wheel, Organic S/O	1 / 1.8kg
	91215		B GF	*	+	⌘	Mozzarella (28% MF), Organic (S/O)	1 / 2kg
	91213						Plastic Trays 80/1ea (S/O)	1 / ea

Egg Alternatives (REFRIGERATED)

See Frozen Section for More Selections

049568 471143	52133	GMO	GF V	VeganEgg, Soy-Based	8 / 114g
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191011 000919	68902	GMO	+	Plant Egg, Scramble liquid	9 / 340g
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Non-dairy Beverages (REFRIGERATED)

BLUE DIAMOND | ALMOND BREEZE NON-DAIRY BEVERAGE (REFRIGERATED)

041570 109175	07220											6 / 1.89L						U
041570 109182	07221											6 / 1.89L						U
041570 109151	07222											6 / 1.89L						U
041570 109168	07223											6 / 1.89L						U

CALIFIA FARMS | DAIRY-FREE BEVERAGE (REFRIGERATED)

813636 020553	62200	GMO										6 / 1.4L						U
813636 020614	62202	GMO										6 / 1.4L						U
813636 020577	62203	GMO										6 / 1.4L						U
813636 022359	62240	GMO										6 / 1.4L						U
813636 022977	62241	GMO										6 / 1.4L						U
813636 021741	62232	GMO										6 / 1.4L						U

EARTH'S OWN | NON-DAIRY BEVERAGE (REFRIGERATED)

626027 087819	07233	GMO				*						6 / 1.75L						U
626027 871029	07353	GMO				V	*		+	P		6 / 1.75L						U
626027 700015	06901	GMO				BC	P					6 / 1.89L						U
626027 700039	06905	GMO				BC	P					6 / 1.89L						U
626027 700060	07248	GMO				BC	P					6 / 1.89L						U
626027 700022	06903	GMO				BC	P					6 / 1.89L						U
626027 811025	07327	GMO				BC	P					6 / 1.75L						U
626027 811049	07328	GMO				BC	P					6 / 1.75L						U

NOT MILK | NON-DAIRY BEVERAGE (REFRIGERATED)

850020 078134	18862	GMO				GF	V					6 / 1.89L						U
850020 078127	18861	GMO				GF	V					6 / 1.89L						U
850020 078110	18860	GMO				GF	V					6 / 1.89L						U

RIPPLE | DAIRY-FREE PEA BEVERAGE (REFRIGERATED)

855643 006236	05272	GMO				GF						6 / 1.42L						U
855643 006229	05271	GMO				GF						6 / 1.42L						U
855643 006212	05270	GMO				GF						6 / 1.42L						U

SILK | DAIRY-FREE BEVERAGE (REFRIGERATED)

025293 001503	07055	GMO										6 / 1.89L						U
036632 072399	52230	GMO										6 / 1.75L						U
036632 072405	52232	GMO										6 / 1.75L						U
036632 075321	52233	GMO										6 / 1.75L						U
056800 727494	52239	GMO							+			6 / 1.75L						U
036632 072412	52231	GMO										6 / 1.75L						U
Buy 5-9 cases												Save 0.88						
Buy 10-14 cases												Save 1.24						
Buy 15+ cases												Save 1.77						

Non-dairy Cream & Creamers (REFRIGERATED)

CALIFIA FARMS | DAIRY-FREE COFFEE CREAMER (REFRIGERATED)

813636 022984	62250	GMO										6 / 750ml						
813636 022991	62251	GMO										6 / 750ml						

EARTH'S OWN | CREAMER ALTERNATIVES (REFRIGERATED)

626027 818154	07354	GMO				V			+	P		8 / 473ml						
626027 818161	07355	GMO				V			+	P		8 / 473ml						

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871459 001128	50134	GMO	GF V	BC FD	Blocks, Cheddar Style	8 / 200g
871459 001111	50133	GMO	GF V	BC FD	Blocks, Jack Style	8 / 200g
871459 001135	50135	GMO	GF V	BC FD	Blocks, Jalapeño Havarti Style	8 / 200g
871459 001142	50154	GMO	GF V	BC FD	Blocks, Smoked Gouda Style	8 / 200g
871459 003245	50184	GMO	GF V	BC FD	CUTTING BOARD Shreds, Cheddar Style	12 / 200g
871459 003177	50131	GMO	GF V	+ FD	CUTTING BOARD Shreds, Italian 4 Cheeze Blend	12 / 200g
871459 003658	50189	GMO	GF V	BC FD	CUTTING BOARD Shreds, Mexican 4 Cheeze	12 / 200g
871459 003238	50185	GMO	GF V	BC FD	CUTTING BOARD Shreds, Mozza Style	12 / 200g
871459 003665	50130	GMO	GF V	BC FD	CUTTING BOARD Shreds, Parmesan Style	12 / 200g
871459 003252	50186	GMO	GF V	BC FD	CUTTING BOARD Shreds, Spicy Monterey Jack	12 / 200g
871459 000329	50139	GMO	GF V	BC FD	Slices, Cheddar Style	8 / 220g
871459 000336	50002	GMO	GF V	BC FD	Slices, Mozza Style	8 / 220g
871459 000343	50003	GMO	GF V	BC FD	Slices, Smoked Gouda Style	8 / 220g
871459 000305	50138	GMO	GF V	BC FD	Slices, Swiss Style	8 / 220g

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871459 001203	50500	GMQ		GF	V				BC	P			6 / 227g							
871459 001197	50143	GMQ		GF	V				BC	P			6 / 227g							
871459 001173	50141	GMQ		GF	V				BC	P			6 / 227g							
871459 001913	50113	GMQ	B	GF	V				BC	P			3 / 2.27kg							
871459 001935	50114	GMQ	B	GF	V				BC	P			3 / 2.27kg							
	92000								BC	P	X		1 / ea							

EARTH ISLAND | DAIRY-FREE CHEESE ALTERNATIVES (REFRIGERATED)

049568 391700	32453	GMQ											8 / 170g							
049568 622279	52090	GMQ											8 / 227g							
049568 341729	32450	GMQ											8 / 170g							
049568 151984	32451	GMQ											8 / 198g							
049568 161983	32452	GMQ											8 / 198g							
049568 601427	52130	GMQ											8 / 142g							
049568 601137	52129	GMQ											8 / 113g							
049568 222271	52121	GMQ											12 / 200g							
049568 232270	52122	GMQ											12 / 200g							
049568 272276	52134	GMQ											12 / 200g							
049568 292274	52135	GMQ											12 / 200g							
049568 572277	52116	GMQ											8 / 227g							
049568 612270	52128	GMQ											8 / 227g							

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

626027 927146	07358	GMQ				*			BC	P			6 / 227g							
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FIELD ROAST | CHAO SLICES (REFRIGERATED)

638031 705702	65115				V								8 / 200g							
638031 705726	65117				V								8 / 200g							

LE GRAND | CHEESE SPREAD ALTERNATIVES (REFRIGERATED)

773798 012028	19482	GMQ		GF	V	*		+	P				4 / 227g							
773798 012004	19480	GMQ		GF	V	*		+	P				4 / 227g							
773798 012011	19481	GMQ		GF	V	*		+	P				4 / 227g							

MIYOKO'S | NON-DAIRY CHEESE ALTERNATIVES (REFRIGERATED)

857554 005926	19154				V	*							6 / 184g							
857554 005919	19153				V	*							6 / 184g							
857554 005902	19152				V	*							6 / 184g							
857554 005896	19151				V	*							6 / 227g							

NUTS FOR CHEESE | FERMENTED CASHEW PRODUCT (REFRIGERATED)

627843 729624	18652				V	*		+	P				6 / 120g							
842232 006012	18655				V	*		+	P				6 / 120g							
627843 729600	18653				V	*		+	P				6 / 120g							
627843 729631	18651				V	*		+	P				6 / 120g							
627843 729594	18654				V	*		+	P				6 / 120g							
													Buy 10-14 cases							
													Save 10%							
													Buy 15-19 cases							
													Save 15%							
													Buy 20+ cases							
													Save 20%							

SILK | DAIRY-FREE CHEESE ALTERNATIVES (REFRIGERATED)

036632 076939	08102	GMQ				*			BC	P	X		6 / 200g							
036632 076922	08101	GMQ											6 / 200g							

SPREAD 'EM KITCHEN CO. | CASHEW CHEEZE (REFRIGERATED)

628176 337081	14663			GF					BC	P			6 / 98g							
627843 428275	14656								BC	P			8 / 183g							
6281763 37067	14662								BC	P			8 / 183g							
627843 428305	14660								BC	P			8 / 183g							

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627843 428251	14655								BC	P			8 / 183g							
627843 428268	14658								BC	P			8 / 183g							
628176 337043	14673								BC	P			6 / 200g							
628176 337012	14671								BC	P			6 / 200g							
628176 337036	14670								BC	P			6 / 200g							
628176 337029	14672								BC	P			6 / 200g							

THE VERY GOOD CHEESE CO. | PLANT-BASED CHEESE (REFRIGERATED)

628176 694627	56321								BC	P			6 / 190g							
628176 694658	56324								BC	P			6 / 190g							
628176 694634	56322								BC	P			6 / 190g							
628176 694641	56323								BC	P			6 / 190g							
628176 694610	56320								BC	P			6 / 190g							

WILDBRINE | WILD CREAMERY CULTURED CREAM CHEESE ALTERNATIVE (REFRIGERATED)

857859 007236	32256	GMO						V *					8 / 241g							
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WILDCREAMERY, Cream Cheese

Non-dairy Sour Cream & Yogurts

EARTH ISLAND | SOUR CREAM ALTERNATIVE (REFRIGERATED)

049568 634548	52137	GMO						V					4 / 473ml							
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Sour Cream Alternative

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

626027 926125	07357	GMO						*	BC	P			6 / 340g							
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Sour Cream Alternative, Organic

SILK | DAIRY-FREE YOGURT (REFRIGERATED)

036632 072245	52223	GMO											8 / 150g							
036632 072252	52224	GMO											8 / 150g							
025293 005389	52201	GMO											6 / 640g							
025293 005365	52202	GMO											6 / 640g							
036632 074928	52229	GMO											6 / 680g							
025293 003897	52131	GMO											6 / 680g							
025293 003903	52132	GMO											6 / 680g							
036632 075840	52241	GMO											6 / 640g							
036632 076212	52242	GMO											6 / 640g							

Yogurt Style Almond, Peach

Yogurt Style Almond, Strawberry

Yogurt Style Almond, Berries & Acai

Yogurt Style Almond, Vanilla

Yogurt Style Coconut, Raspberry

Yogurt Style Coconut, Unsweetened, Plain

Yogurt Style Coconut, Unsweetened, Vanilla

Yogurt Style Oat, Plain

Yogurt Style Oat, Vanilla

YOGGU! | PLANT-BASED YOGURT ALTERNATIVES (REFRIGERATED)

627987 070811	56000								BC	P			6 / 450g							
627987 070767	56001								BC	P			6 / 450g							
627987 070774	56002								BC	P			6 / 450g							
627987 070804	56003								BC	P			6 / 450g							

Coconut Yogurt, Mango

Coconut Yogurt, Original

Coconut Yogurt, Strawberry

Coconut Yogurt, Vanilla

WILDBRINE | WILD CREAMERY CULTURED SOUR CREAM ALTERNATIVE (REFRIGERATED)

857859 007243	32255	GMO						V *					8 / 241g							
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WILDCREAMERY, Sour Cream

SALAD DRESSINGS & MAYONNAISE

EARTH ISLAND | SALAD DRESSING & VEGENAISE (REFRIGERATED)

049568 643557	32195	GMO						*					6 / 355ml							
049568 423555	32198	GMO											6 / 355ml							
049568 683553	32199	GMO						*					6 / 355ml							
049568 053554	32225	GMO											6 / 355ml							
049568 093550	32192	GMO											6 / 355ml							
049568 673554	32227	GMO						*					6 / 355ml							
049568 403557	32228	GMO											6 / 355ml							
049568 173559	32226	GMO											6 / 355ml							
049568 784731	32206	GMO											6 / 473ml							
049568 774732	14120	GMO						*					6 / 473ml							
049568 220161	15198	GMO											6 / 473ml							
049568 280165	14119	GMO						*					6 / 473ml							
049568 210162	14118	GMO											6 / 473ml							
049568 240169	32205	GMO											6 / 473ml							

Salad Dressing, Balsamic, Organic

Salad Dressing, Bleu Cheese Style

Salad Dressing, Caesar, Organic

Salad Dressing, Creamy Garlic

Salad Dressing, Honey Mustard

Salad Dressing, Miso Ginger, Organic

Salad Dressing, Ranch Style

Salad Dressing, Thousand Island Style

VEGENAISE Better than Mayo, Avocado Oil

VEGENAISE Better than Mayo, Garlic Aioli, Organic

VEGENAISE Better than Mayo, Grapeseed Oil

VEGENAISE Better than Mayo, Organic

VEGENAISE Better than Mayo, Original

VEGENAISE Better than Mayo, Reduced Fat

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
049568 260167	32208	GMO										6 / 473ml							
049568 733555	32211	GMO										6 / 355ml							
049568 703558	32209	GMO										6 / 355ml							
049568 763552	52127	GMO										6 / 355ml							
049568 723556	32210	GMO										6 / 355ml							
049568 289465	32140	GMO										6 / 946ml							
049568 219462	32137	GMO				*						6 / 946ml							
049568 269467	32139	GMO										6 / 946ml							
049568 216409	90130	GMO	B									1 / 18.9L							

MAISON ORPHEE | MAYONNAISE (REFRIGERATED)

069593 121479	33452							+	P		Fresh Mayonnaise w/Extra Virgin Olive Oil	6 / 440ml							
069593 121684	33454							+	P		Vegan Mayonnaise-Style Dressing (egg free/vegan)	6 / 440ml							

FRESH DIPS & SAUCES

ANTOINETTE'S | DIP & SAUCE (REFRIGERATED)

628399 100295	23122							BC	P		Dip & Sauce, Salt Spring	6 / 375ml							
											Buy 10+ cases								
																			Save 15%

EARTH'S OWN | DAIRY-FREE DIPS (REFRIGERATED)

626027 927139	07359	GMO				*		BC	P		Dip, Creamy Ranch, Organic	6 / 227g							
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HABIBI'S MEDITERRANEAN | DIPS & HUMMUS (REFRIGERATED)

683830 018935	14313							BC	P		Cashew Hummus, Sweet Onion & Cumin	6 / 200g							
683830 008950	14312							BC	P		Cashew Hummus, Thai Chili	6 / 200g							
683830 002224	14301							BC	P		Dip, Baba Ganoush	6 / 200g							
683830 007779	14300							BC	P		Dip, Tzatziki	6 / 200g							
683830 011233	14591							BC	P		Hummus, Beirut Style w/Za'atar & Cumin	6 / 240g							
683830 001111	14440							BC	P		Hummus, Lebanese Style	12 / 240g							
683830 005553	14302							BC	P		Hummus, Sriracha Jalapeno	6 / 240g							

LE GRAND | PESTOS (REFRIGERATED)

773798 100220	19451	GMO				V		+	P		Pesto, Classic	6 / 170g							
773798 100121	19450	GMO				V		+	P		Pesto, Garden	6 / 170g							
773798 010123	19454	GMO				GF	V	+	P		Pesto, Chimichurri	6 / 156g							

RUBY'S AUTHENTIC | CHUTNEY (REFRIGERATED)

627843 533610	14040							BC	P	X	Mango & Apple Chutney	8 / 225g							
627843 533641	14041							B			BC P X Mango & Apple Chutney	4 / 900g							

SPREAD 'EM KITCHEN CO. | PLANT-BASED DIP (REFRIGERATED)

627843 428282	14657							BC	P		Cashew Dip, Garlic Tzatziki	8 / 183g							
627843 428237	14661							BC	P		Cashew Dip, Nacho Cheeze	8 / 183g							
627843 428299	14659							BC	P		Cashew Dip, Spinach & Artichoke	8 / 183g							
627843 428213	14652							BC	P		Cashew Veggie Dip, Beet & Balsamic	8 / 183g							
627843 428244	14653							BC	P		Cashew Veggie Dip, Carrot & Chilli	8 / 183g							
627843 428220	14654							BC	P		Pesto, Cilantro & Sunflower Seed	8 / 183g							

SUNFLOWER KITCHEN | DIP & SAUCE (REFRIGERATED)

679514 310105	14273	GMO				GF		+	P		Babaghanouj	6 / 227g							
679514 310068	14281	GMO				GF	*	+	P		Hummus, Classic, Organic	6 / 227g							
679514 310013	14276	GMO				GF		+	P		Hummus, Classic	6 / 227g							
679514 410010	14419	GMO				GF		+	P		Hummus, Classic	8 / 500g							
679514 310112	14287	GMO				GF	V *	+	P		Hummus, Beets & Dill, Organic	6 / 227g							
679514 310020	14278	GMO				GF		+	P		Hummus, Jerusalem w/Fresh Herbs	6 / 227g							
679514 310044	14279	GMO				GF		+	P		Hummus, Mediterranean w/Olives	6 / 227g							
679514 310051	14280	GMO				GF		+	P		Hummus, Roasted Garlic and Onion	6 / 227g							
679514 310075	14284	GMO				GF	V *	+	P		Hummus, Roasted Garlic & Spinach, Organic	6 / 227g							
679514 310082	14285	GMO				GF	V *	+	P		Hummus, Smokey Red Pepper, Organic	6 / 227g							
679514 310099	14286	GMO				GF	V *	+	P		Hummus, Turmeric Masala Lentil, Organic	6 / 227g							

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
679514 311010	14274	GMO		GF				+	P				6 / 227g						
679514 311041	14275	GMO		GF				+	P				6 / 227g						
679514 311102	14282	GMO		GF				+	P				6 / 227g						
679514 310129	14289	GMO		GF									6 / 227g						

(May ship with down to one week dating)

WILDBRINE | FERMENTED SAUCE (REFRIGERATED)

858159 002082	32159	GMO											6 / 510ml						
858159 002716	32238	GMO											8 / 241g						

FRESH MEALS & SOUPS

HAPPY PLANET | SOUPS (REFRIGERATED)

779172 611054	38884	GMO				*			BC	P			6 / 650ml						
779172 611030	38883	GMO				*			BC	P			6 / 650ml						
779172 611023	38882	GMO				*			BC	P			6 / 650ml						
779172 611016	38881	GMO				*			BC	P			6 / 650ml						
779172 611061	38885	GMO				*			BC	P			6 / 650ml						
779172 667266	38894								BC	P			6 / 500ml						
779172 667501	38893								BC	P			6 / 500ml						
779172 667525	38899								BC	P			6 / 500ml						

SUNFLOWER KITCHEN | VEGETARIAN SOUP & CHILI (REFRIGERATED)

679514 120117	14523	GMO		GF				+	P				6 / 925ml						
679514 120063	14518	GMO		GF				+	P				6 / 925ml						
679514 120018	14519	GMO		GF				+	P				6 / 925ml						
679514 120056	14520	GMO		GF				+	P				6 / 925ml						
679514 120032	14524	GMO		GF				+	P				6 / 925ml						
679514 120162	14525	GMO		GF				+	P				6 / 925ml						
679514 120131	14507	GMO		GF				+	P				6 / 925ml						
679514 120209	14526	GMO		GF		*		+	P				6 / 925ml						

VEGGIE PÂTÉS

HORNBY ISLAND | VEGGIE PÂTÉ (REFRIGERATED)

627843 360605	14403								BC	P			12 / 225g						
627843 382843	14451								BC	P			12 / 225g						

SALTSPRING HARVEST | VÉGÉ PATÉS (REFRIGERATED)

627843 699071	14470								BC	P			12 / 200g						
627843 699088	14471								BC	P			12 / 200g						
627843 699095	14472								BC	P			12 / 200g						
627843 699064	14473								BC	P			12 / 200g						

VEGGIE FAST FOODS | VEGGIE PÂTÉ (REFRIGERATED)

627059 000708	42113								BC	P			12 / 227g						
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COLD COFFEES, JUICES, SMOOTHIES & FUNCTIONAL 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.

BREW DR.KOMBUCHA | KOMBUCHA (REFRIGERATED)

851107 003872	16218	GMO				*							6 / 4x355ml					G	P	U
857161 008686	16219	GMO				*							6 / 4x355ml					G	P	U
851107 003001	15221	GMO				*							12 / 414ml					G	P	U
851107 003629	15222	GMO				*							12 / 414ml					G	P	U
857161 008464	16216	GMO				*							12 / 414ml					G	P	U
851107 003049	15223	GMO				*							12 / 414ml					G	P	U
851107 003070	15224	GMO				*							12 / 414ml					G	P	U
851107 003032	15227	GMO				*							12 / 414ml					G	P	U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
857161 008600	15252	GMO				*						12 / 414ml				G	P	U
857161 008457	16215	GMO				*						12 / 414ml				G	P	U
851107 003155	16217											12 / 414ml				G	P	U

BUCHA BREW | KOMBUCHA (REFRIGERATED)

628110 435293	17227								BC	P		12 / 355ml				G	P	U
628110 435262	17225								BC	P		12 / 355ml				G	P	U
628110 435286	17229								BC	P		12 / 355ml				G	P	U
628110 435224	17216								BC	P		12 / 355ml				G	P	U
628110 435231	17215								BC	P		12 / 355ml				G	P	U
628110 435415	17241								BC	P		12 / 355ml				G	P	U
628110 435279	17226								BC	P		12 / 355ml				G	P	U
628110 435323	17219								BC	P		12 / 1L				G	P	U
628110 435132	17218								BC	P		12 / 1L				G	P	U

CALIFIA FARMS | COLD BREW COFFEE (REFRIGERATED)

813636 020584	62205											6 / 1.4L						U
813636 020591	62204	GMO										6 / 1.4L						U

FARMHOUSE CULTURE | GUT SHOT BEVERAGE (REFRIGERATED)

850273 005956	32505	GMO				*						6 / 473ml						U
850273 005970	32507	GMO				*						6 / 473ml						U
850273 005994	32508	GMO				*						6 / 473ml						U

GT'S LIVING FOODS | ALIVE ADAPTOGENIC TEA DRINK (REFRIGERATED)

722430 170084	05184					*						12 / 480ml						P U
722430 170022	05185					*						12 / 480ml						P U
722430 170039	05186					*						12 / 480ml						P U

GT'S LIVING FOODS | RAW KOMBUCHA (REFRIGERATED)

722430 000176	05134					*						12 / 480ml						G P U
722430 200170	05135					*						12 / 480ml						G P U
722430 140179	05136					*						12 / 480ml						G P U
722430 800172	05137					*						12 / 480ml						G P U
722430 300177	05138					*						12 / 480ml						G P U
722430 110172	05139					*						12 / 480ml						G P U
722430 600178	05182					*						12 / 480ml						G P U
722430 920177	05187					*						12 / 480ml						G P U
722430 500171	05214					*						12 / 480ml						G P U
722430 900179	05215					*						12 / 480ml						G P U
722430 340173	05258					*						12 / 480ml						G P U
722430 420172	05400					*						12 / 480ml						G P U
722430 910178	05403					*						12 / 480ml						G P U
722430 170176	05404	GMO				*						12 / 480ml						G P U
722430 200477	05260					*						6 / 1.4L						G P U
722430 110479	05261					*						6 / 1.4L						G P U
722430 600475	05263					*						6 / 1.4L						G P U
722430 900476	05264					*						6 / 1.4L						G P U
722430 500478	05266	GMO				*						6 / 1.4L						G P U
722430 800479	05267	GMO				*						6 / 1.4L						G P U

HAPPY PLANET | JUICE & SMOOTHIES (REFRIGERATED)

Please note: Organic Lemonade is a seasonal product and only available in the summer months

779172 121010	06266	GMO							BC	P	X	6 / 325ml						U
779172 231610	01308	GMO							BC	P	X	6 / 325ml						U
779172 231627	01309	GMO							BC	P	X	6 / 325ml						U
779172 231108	06237	GMO							BC	P	X	6 / 325ml						U
779172 221666	01340	GMO							BC	P	X	6 / 325ml						U

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
779172 221635	01310	GMQ										BC P X	Smoothie, Mango and Passionfruit (plastic bottle)	6 / 325ml					U
779172 221659	01311	GMQ										BC P X	Smoothie, Raspberry and Cherry (plastic bottle)	6 / 325ml					U
779172 233614	01302	GMQ										BC P	Smoothie, Extreme C (plastic bottle)	6 / 900ml					U
779172 233621	01303	GMQ										BC P	Smoothie, Extreme Energy (plastic bottle)	6 / 900ml					U
779172 233027	01350	GMQ										BC P	Smoothie, Extreme Gold (plastic bottle)	6 / 900ml					U
779172 233102	01301	GMQ										BC P	Smoothie, Extreme Green (plastic bottle)	6 / 900ml					U
779172 223646	01306	GMQ										BC P	Smoothie, Blackberry, Boysenberry & Black Currant (plastic bottle)	6 / 900ml					U
779172 223660	01305	GMQ										BC P	Smoothie, Coconut and Pineapple (plastic bottle)	6 / 900ml					U
779172 223639	01304	GMQ										BC P	Smoothie, Mango and Passionfruit (plastic bottle)	6 / 900ml					U
779172 223288	01307											BC P	Protein Smoothie, Chocolate and Banana (plastic bottle)	6 / 900ml			G		U
779172 243903	01342	GMQ					@		BC	P			Clean Protein Smoothie, Fair Trade Chocolate & Coconut (plastic bottle)	6 / 900ml					U
779172 243910	01341	GMQ							BC	P			Clean Protein Smoothie, Banana Cashew (plastic bottle)	6 / 900ml					U
779172 225664	07323	GMQ							BC	P			Smoothie, Coconut and Pineapple (plastic bottle)	6 / 1.5L					U
779172 229105	07322	GMQ							BC	P			Smoothie, Extreme Green (plastic bottle)	6 / 1.5L					U
779172 417199	06260	GMQ				*			BC	P			Juice, Mango & Peach, Organic (gable carton)	6 / 1.75L					U
779172 417366	06506	GMQ				*			BC	P			Juice, Pomegranate & Blueberry, Organic (gable carton)	6 / 1.75L					U
779172 417021	06258	GMQ				*			BC	P			Juice, Valencia Orange, Organic (gable carton)	6 / 1.75L					U

HEALTH-ADE | KOMBUCHA (REFRIGERATED)

811184 030048	17704	GMQ				GF	V	*					Blood Orange, Carrot, Ginger, Organic	12 / 473ml			G	P	U
811184 030031	17700	GMQ				GF	V	*					Cayenne Cleanse, Organic	12 / 473ml			G	P	U
811184 030000	17701	GMQ				GF	V	*					Ginger Lemon, Organic	12 / 473ml			G	P	U
811184 030017	17702	GMQ				GF	V	*					Pink Lady Apple, Organic	12 / 473ml			G	P	U
811184 030024	17703	GMQ				GF	V	*					Pomegranate, Organic	12 / 473ml			G	P	U

KINDRED CULTURES | WATER KEFIR (REFRIGERATED)

628504 073049	23620								BC	P			Water Kefir, Activated Charcoal	12 / 250ml			G	P	U
628504 073018	23621								BC	P			Water Kefir, Cranberry Turmeric	12 / 250ml			G	P	U
628504 073032	23622								BC	P			Water Kefir, Mango Ginger	12 / 250ml			G	P	U
628504 073001	23623								BC	P			Water Kefir, Spirulina	12 / 250ml			G	P	U
628504 073025	23624								BC	P			Water Kefir, Strawberry Rosehip	12 / 250ml			G	P	U
628504 073148	23625								BC	P			Water Kefir, Activated Charcoal	6 / 1L			G	P	U
628504 073117	23626								BC	P			Water Kefir, Cranberry Turmeric	6 / 1L			G	P	U
628504 073131	23627								BC	P			Water Kefir, Mango Ginger	6 / 1L			G	P	U
628504 073100	23628								BC	P			Water Kefir, Spirulina	6 / 1L			G	P	U
628504 073124	23629								BC	P			Water Kefir, Strawberry Rosehip	6 / 1L			G	P	U

LOOP | SPARKLING KEFIR WATER (REFRIGERATED)

056719 900377	11232											+	P	X	Ginger Lemon + Northern Plants (can)	12 / 355ml			G	P	U
056719 900094	11231											+	P	X	Orange Clementine + Northern Plants (can)	12 / 355ml			G	P	U
056719 900070	11230											+	P	X	Strawberry + Northern Plants (can)	12 / 355ml			G	P	U

RISE BOTANICALS | SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)

818762 006235	15332	GMQ				*			+	P			Botanicals, Boost (Cocoa Chai), Organic	12 / 414ml			G	P	U
818762 005429	15333	GMQ				*			+	P			Botanicals, Focus (Orange Mango), Organic	12 / 414ml			G	P	U
818762 004613	15334	GMQ				*			+	P			Botanicals, Relax (Lime Ginger), Organic	12 / 414ml			G	P	U
818762 007515	15335	GMQ				*			+	P			Botanicals, Renew (Coffee Caramel), Organic	12 / 414ml			G	P	U

RISE | KOMBUCHA (REFRIGERATED)

818762 001803	15322					V	*		+	P			Low Sugar, Kiwi & Pineapple, Organic (glass)	12 / 414ml			G	P	U
818762 001810	15323					V	*		+	P			Low Sugar, Mango & Papaya, Organic (glass)	12 / 414ml			G	P	U
818762 001827	15324					V	*		+	P			Low Sugar, Raspberry & Vanilla, Organic (glass)	12 / 414ml			G	P	U
818762 001834	15325					V	*		+	P			Low Sugar, Watermelon & Mint, Organic (glass)	12 / 414ml			G	P	U
818762 001902	15315	GMQ				V	*		+	P			Low Sugar, Kiwi & Pineapple, Organic (glass)	6 / 1L			G	P	U
818762 001919	15316	GMQ				V	*		+	P			Low Sugar, Mango & Papaya, Organic (glass)	6 / 1L			G	P	U
818762 001926	15317	GMQ				V	*		+	P			Low Sugar, Raspberry & Vanilla, Organic (glass)	6 / 1L			G	P	U
818762 001933	15318	GMQ				V	*		+	P			Low Sugar, Watermelon & Mint, Organic (glass)	6 / 1L			G	P	U

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818762 000042	15304	GMQ		GF	V	*		+			P		12 / 414ml				G	P	U
818762 000011	15301	GMQ		GF	V	*		+			P		12 / 414ml				G	P	U
818762 000035	15302	GMQ		GF	V	*		+			P		12 / 414ml				G	P	U
818762 000028	15303	GMQ		GF	V	*		+			P		12 / 414ml				G	P	U
818762 002008	15327	GMQ				*		+			P		12 / 414ml				G	P	U
818762 001063	15320	GMQ			V	*		+			P		12 / 414ml				G	P	U
818762 001032	15305	GMQ		GF	V	*		+			P		12 / 414ml				G	P	U
818762 001056	15321	GMQ			V	*		+			P		12 / 414ml				G	P	U
818762 002015	15326	GMQ				*		+			P		12 / 414ml				G	P	U
818762 001018	15306	GMQ		GF	V	*		+			P		12 / 414ml				G	P	U
818762 000370	15310	GMQ		GF	V	*		+			P		6 / 1L				G	P	U
818762 000349	15307	GMQ		GF	V	*		+			P		6 / 1L				G	P	U
818762 000363	15308	GMQ		GF	V	*		+			P		6 / 1L				G	P	U
818762 002046	15331	GMQ				*		+			P		6 / 1L				G	P	U
818762 001070	15313	GMQ			V	*		+			P		6 / 1L				G	P	U
818762 001049	15311	GMQ		GF	V	*		+			P		6 / 1L				G	P	U
818762 001087	15314	GMQ			V	*		+			P		6 / 1L				G	P	U
818762 002053	15330	GMQ				*		+			P		6 / 1L				G	P	U
818762 001025	15312	GMQ		GF	V	*		+			P		6 / 1L				G	P	U

SQUAMISH | WATER KEFIR (REFRIGERATED)

628451 426028	23606								BC	P			12 / 355ml				G	P	U
628451 426004	23605								BC	P			12 / 355ml				G	P	U
628451 426035	23608								BC	P			12 / 355ml				G	P	U
628451 426059	23609								BC	P			12 / 355ml				G	P	U

TOFINO | RAW KOMBUCHA (REFRIGERATED)

628176 608136	17243	GMQ				*			BC	P	X		12 / 355ml				G	P	U
628176 608068	17233					*			BC	P	X		12 / 355ml				G	P	U
628176 608082	17234					*			BC	P	X		12 / 355ml				G	P	U
628176 608020	17235					*			BC	P	X		12 / 355ml				G	P	U
628176 608044	17236					*			BC	P	X		12 / 355ml				G	P	U
628176 608112	17242												12 / 355ml				G	P	U
628176 608105	17237					*			BC	P	X		12 / 355ml				G	P	U
628176 608150	17244	GMQ				*			BC	P	X		12 / 355ml				G	P	U

MEAT ALTERNATIVES

BIG MOUNTAIN | PLANT-BASED MEAT ALTERNATIVES (REFRIGERATED)

777744 000008	38012					V			BC	P			8 / 300g						
777744 000084	38008					V			BC	P			8 / 300g						
777744 000077	38009					V			BC	P			8 / 300g						
777744 000053	38003					V			BC	P			12 / 300g						
777744 000060	38004					V			BC	P			12 / 300g						
777744 000022	38006					V			BC	P			12 / 300g						
777744 000039	38005					V			BC	P			12 / 300g						
777744 000091	38010					V			BC	P			8 / 340g						
777744 000046	38007					V			BC	P			8 / 340g						
777744 000015	38011					V			BC	P			8 / 400g						

TOFURKY | MEAT ALTERNATIVES (REFRIGERATED)

025583 004313	57072												12 / 156g						
025583 004306	57071												12 / 156g						
025583 004320	57080												12 / 156g						
025583 006119	57077												12 / 397g						
025583 006126	57078	GMQ											12 / 397g						
025583 006133	57079	GMQ											12 / 397g						
025583 005303	54605												5 / 227g						
025583 005334	54607												5 / 227g						
025583 005358	54606												5 / 227g						

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068532 478919	14433	GF	*	BC		Sauerkraut, Organic (raw)	12 / 750ml
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GREEN TABLE FOODS | CONDIMENTS (REFRIGERATED)

180071 000199	19601	GMQ		GF	V			+	P		Kimchi, Kale	6	/ 500ml						
180071 000182	19600	GMQ		GF	V	*		+	P		Kimchi, organic	6	/ 500ml						
180071 000229	19603	GMQ		GF	V	*		+	P		Living Beets, Organic	6	/ 500ml						
Buy 15+ cases												Save	15%						

KARTHEIN'S ORGANIC | UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)

620892 809927	30225					*		+	P		Kimchi, Raw, Unpasteurized, Organic	12	/ 375ml						
620892 809934	30376					*		+	P		Kimchi, Raw, Unpasteurized, Organic	12	/ 750ml						
620892 809903	30184					*		+	P		Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12	/ 375ml						
620892 809941	30182					*		+	P		Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12	/ 375ml						
620892 809989	30221					*		+	P		Sauerkraut, Simple, Raw Unpasteurized, Organic	12	/ 375ml						
620892 809965	30223					*		+	P		Sauerkraut, Traditional, Raw Unpasteurized, Organic	12	/ 375ml						
620892 809910	30377					*		+	P		Sauerkraut, Beets & Ginger, Raw Unpasteurized, Organic	12	/ 750ml						
620892 809958	30375					*		+	P		Sauerkraut, Carrots & Ginger, Raw Unpasteurized, Organic	12	/ 750ml						
620892 809996	30185					*		+	P		Sauerkraut, Simple, Raw Unpasteurized, Organic	12	/ 750ml						
620892 809972	30227					*		+	P		Sauerkraut, Traditional, Raw Unpasteurized, Organic	12	/ 750ml						

SEOUL | KIMCHI (REFRIGERATED)

026396 908256	31036	GMQ		GF							Kimchi, Original	6	/ 396g						
026396 909109	31038	GMQ		GF	V						Kimchi, Vegan	6	/ 396g						

SOYA NOVA | TOFU (REFRIGERATED)

813696 000120	40317					BC	P				Tofu, Finest Medium Firm (made w/organic soybeans)	1	/ 400g						
813696 000939	40316					BC	P				Tofu, Smoked, Garlic, Dill & Chilli Pepper (made w/organic soybeans)	1	/ 200g						
813696 000144	40314					BC	P				Tofu, Smoked, Westcoast (made w/organic soybeans)	1	/ 225g						
813696 001561	40315					BC	P				Tofu, Sprouted Soybean (made w/organic soybeans)	1	/ 300g						

SUPERIOR NATURAL | TOFU (REFRIGERATED)

777433 001064	40322	GMQ				*		BC	P		Tofu, Extra Firm, Organic	12	/ 350g						
777433 012404	40323	GMQ				*			P		Tofu, Firm, Organic	12	/ 454g						
777433 000302	40335	GMQ						BC	P		Tofu, Fried	12	/ 360g						
777433 012411	40324	GMQ				*			P		Tofu, Medium Firm, Organic	12	/ 454g						
777433 001101	40012	GMQ				*		BC	P		Tofu, Pressed, Organic	12	/ 280g						
777433 012480	40325	GMQ				*			P		Tofu, Silken (water pack), Organic	12	/ 454g						

TOFURKY | MARINATED TEMPEH STRIPS (REFRIGERATED)

025583 001619	57085	GMQ									Marinated Tempeh Strips, Sesame Garlic	10	/ 198g						
025583 001664	57086	GMQ				V					Marinated Tempeh Strips, Smoky Maple Bacon	10	/ 198g						

WILDBRINE | FERMENTED CONDIMENTS (REFRIGERATED)

858159 002686	32242	GMQ									Kimchi, Mild w/ turmeric (raw)	6	/ 500ml						
858159 002020	32152	GMQ				*					Sauerkraut, Arame & Ginger, Organic	6	/ 500ml						
858159 002013	32151	GMQ				*					Sauerkraut, Dill & Garlic, Organic	6	/ 500ml						
858159 002419	32220	GMQ				*					Sauerkraut, Raw, Green, Organic	6	/ 500ml						
858159 002044	32154	GMQ				*					Sauerkraut, Red Beet & Cabbage, Organic	6	/ 500ml						

WILDBRINE | FERMENTED VEGETABLES (REFRIGERATED)

858159 002051	32156	GMQ				V					Kimchi, Japanese	6	/ 500ml						
858159 002068	32157	GMQ				V					Kimchi, Korean	6	/ 500ml						

WILDWOOD ORGANICS | SPROUTED TOFU (REFRIGERATED)

030871 704417	55081	GMQ		GF		*					Tofu, Firm, Organic (2-pack) (made w/sprouted soybeans)	12	/ 439g						
030871 701041	55082	GMQ		GF		*					Tofu, Extra Firm, Organic (2-pack) (made w/sprouted soybeans)	12	/ 439g						

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FLOURS & OILS

4 / 396g

NUTRITIONAL SUPPLEMENTS & PROBIOTICS

628250 991017	14851	* + 	Fermented Coconut Milk Probiotic (made w/organic ingredients)	6 / 460ml	G
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FROZEN

FROZEN BREAD

Breads, Bagels, Buns & English Muffins

073472 001691	55538			X BREAD, Brown Rice, Fruit Juice Sweetened	6 / 680g
073472 001318	55532		*	X BREAD, Ezekiel 4:9, Cinnamon Raisin, Organic	6 / 680g
073472 001530	55534		*	X BREAD, Ezekiel 4:9, Low Sodium, Organic	6 / 680g
073472 001202	55530		*	X BREAD, Ezekiel 4:9, Organic	6 / 680g
073472 001233	55531		*	X BREAD, Ezekiel 4:9, Sesame, Organic	6 / 680g
073472 001417	55533		*	X BREAD, Genesis 1:29, Sprouted Grain & Seed, Organic	6 / 680g
073472 001851	55595			X ENGLISH MUFFINS, Brown Rice	6 / 510g
073472 001172	55547		*	X ENGLISH MUFFINS, Ezekiel 4:9, Cinnamon Raisin, Organic	6 / 454g
073472 001196	55546		*	X ENGLISH MUFFINS, Ezekiel 4:9, Sprouted Whole Grain, Organic	6 / 454g

678523 375488	55611	GF	+ 🍞 X ENGLISH MUFFINS	6 / 480g
678523 036211	55046	GF	+ 🍞 X BREAD, Sandwich, Multigrain	8 / 369g
678523 036204	55045	GF	+ 🍞 X BREAD, Sandwich, White	8 / 369g

620133 000502	54344	GF	+ 🍞 X English Muffins	6 / 375g
620133 000809	58074	GF V	+ 🍞 X Bread, Cinnamon Raisin	6 / 560g
620133 000458	54348	GF V	+ 🍞 X Bread, Multigrain	6 / 454g
620133 000441	54342	GF V	+ 🍞 X Bread, White	6 / 454g
620133 000762	58075	GF V	+ 🍞 X Bread, Whole Grain	6 / 504g
620133 000748	54343	GF V	+ 🍞 X Buns, Hotdog	6 / 285g
620133 000731	54345	GF V	+ 🍞 X Buns, Hamburger	6 / 245g
620133 001721	54684		+ 🍞 X Soft Bagels, Blueberry (4pk)	6 / 344g
620133 001714	54685		+ 🍞 X Soft Bagels, Cinnamon Raisin (4pk)	6 / 352g
620133 001707	54683		+ 🍞 X Soft Bagels, Plain (4pk)	6 / 344g

058449 000037	54814		*	X MIGHTY MANNA, Carrot Raisin, Organic	8 / 400g
058449 708018	54819		*	X MIGHTY MANNA, Cinnamon Date, Organic	8 / 400g
058449 000266	54832		*	X MIGHTY MANNA, Fig Fennel & Flax, Organic	8 / 350g
058449 000099	54818		*	X MIGHTY MANNA, Fruit & Nut, Organic	8 / 400g
058449 000150	54811		*	X MIGHTY MANNA, Millet Rice, Organic	8 / 400g
058449 000051	54816		*	X MIGHTY MANNA, Whole Rye, Organic	8 / 400g

698433 000744	54613	GMO	GF V	+	🌾	X Buns, Hamburger	6 / 400g
698433 001208	54651	GMO	GF V	+	🌾	X THINS, Bagel, Everything	6 / 300g
698433 000843	54616	GMO	GF V	+	🌾	X THINS, Bagel, Original	6 / 300g
698433 001192	54650	GMO	GF V	+	🌾	X THINS, Bagel, Sesame	6 / 300g
698433 000850	54617	GMO	GF V	+	🌾	X THINS, Bagel, Sprouted Whole Grain Flax	6 / 300g

661172 018165	40170	BC  X Artisan Loaf, Peasant	10 / 585g
661172 018189	40171	BC  X Artisan Loaf, Roasted Garlic & Cracked Pepper	10 / 585g
661172 018110	40173	BC  X Artisan Loaf, Seeded Hearth	10 / 600g
661172 018158	40172	BC  X Artisan Loaf, Sourdough	10 / 585g
661172 020397	40174	BC  X Buns, Deluxe Brioche Burger	12 / 480g
661172 022841	40175	BC  X Buns, Golden Potato	12 / 540g
661172 012309	40176	BC  X Buns, Pretzel Kaiser	12 / 660g

Sell By Date if thawed and sold fresh is 10 days

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TERRA ARTISAN BREAD (FROZEN)

779324 008268	40139										BC P X	Pizza Bianca Flatbread	24	/ 270g					
779324 000507	40133										BC P X	French Baguette	20	/ 290g					
779324 000125	40134										BC P X	French Loaf	15	/ 450g					
779324 000316	40140										BC P X	Sourdough Loaf, (made w/organic flour)	15	/ 480g					
779324 100054	40130										BC P X	Sourdough Loaf, Cheese	15	/ 500g					
779324 000194	40135										BC P X	Sourdough Loaf, Green Olive	15	/ 500g					
779324 100108	40137										BC P X	Sourdough Loaf, Multigrain (made w/organic ingredients)	15	/ 500g					
779324 100153	40157										BC P X	Sourdough Loaf, Walnut	15	/ 500g					
779324 009197	40136										BC P X	Sourdough Loaf, Heritage (made w/ organic flour)	8	/ 700g					

UDI'S | BAGELS, BREADS & BUNS (FROZEN)

698997 809548	54353											GF	X Bagels, Plain (5ct)	8	/ 395g				
698997 809647	54285											GF	X Bagels, Whole Grain (5ct)	8	/ 395g				
698997 809104	54287											GF	X Bread, White Sandwich	8	/ 340g				
698997 829157	54290											GF	X Bread, Whole Grain Sandwich Loaf	8	/ 340g				
698997 809135	55036											GF	X Buns, Hamburger, Classic (4ct)	8	/ 295g				

Please note: Shelf life once thawed 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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CAULIPOWER | TORTILLAS (FROZEN)

Slack-Out Instructions: Keep refrigerated. Use By Date of 28 days from slacking

854934 007532	32410	GMQ										GF	X Cauliflower Tortilla, Original	12	/ 200g				
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FOOD FOR LIFE | TORTILLAS (FROZEN)

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

INDIANLIFE | FLAT BREADS, WRAPS & TORTILLAS (FROZEN)

777762 001377	58023	GMQ											BC P X	Chapati (6ct)	12	/ 284g			
777762 001360	58022	GMQ											BC P X	Tortillas (7")	12	/ 284g			
777762 001322	58014	GMQ											BC P X	Naan, Coriander & Herbs	12	/ 500g			
777762 001285	58017	GMQ											BC P X	Naan, Garlic	12	/ 500g			
777762 001292	58016	GMQ											BC P X	Naan, Plain	12	/ 500g			
777762 001315	58018	GMQ											BC P X	Naan, Spinach	12	/ 500g			
777762 000530	58013	GMQ											BC P X	Roti	12	/ 250g			
777762 001650	58019	GMQ											BC P X	Wrap, Masala (11")	12	/ 500g			
777762 001872	58038	GMQ										*	BC P X	Wrap, Sprouted Spelt Flour, Organic (11")	12	/ 500g			
777762 001629	58020	GMQ											BC P X	Wrap, Spinach (11")	12	/ 500g			
777762 001643	58021	GMQ											BC P X	Wrap, Sundried Tomato (11")	12	/ 500g			
777762 001612	58028	GMQ											BC P X	Wrap, Tortilla (11")	12	/ 500g			

OASIS | PITA BREAD (FROZEN)

777762 002459	58024	GMQ											+	X Pita Bread (made with organic ingredients)	12	/ 325g			
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OZERY | BAKERY BUNS (FROZEN)

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

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FROZEN DESSERTS

Bakery Goods

DAIYA | CHEEZECAKE (FROZEN)

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

KINNIKINNICK | DONUTS (FROZEN)

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

RAWMBAS | VEGAN MUFFINS (FROZEN)

628176 576008	56510			GF	V					BC P X	Muffins, Apple Raspberry (single serve)	24 / 125g							G
627843 823490	56511			GF	V					BC P X	Muffins, Apple Raspberry (4pk)	12 / 400g							G
627843 823506	56512			GF	V					BC P X	Muffins, Bountiful Blueberry (4pk)	12 / 400g							G
627843 823520	56513			GF	V					BC P X	Muffins, Double Chocolate (4pk)	12 / 400g							G

Dessert Toppings & Ice Cream Cones

LET'S DO | ICE CREAM CONES

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

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

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

SO DELICIOUS | COCOWHIP (FROZEN)

744473 299973	52118	GMQ		GF							X COCOWHIP, Coconut Whipped Topping, Original	12 / 266ml							
												Buy 10-24 cases	Save 3.12						
												Buy 25+ cases	Save 4.56						

Ice Cream, Frozen Yogurt & Gelato

BETTERWITH | CREAM ICE CREAM (FROZEN)

628055 217053	53184									BC P X	Caramel Ice Cream	8 / 500ml							
628055 217039	53182									BC P X	Chocolate Ice Cream	8 / 500ml							
628055 217046	53183									BC P X	Coffee Ice Cream	8 / 500ml							
628055 217015	53180									BC P X	Cream Ice Cream	8 / 500ml							
628055 217060	53185									BC P X	Strawberry Ice Cream	8 / 500ml							
628055 217022	53181									BC P X	Vanilla Ice Cream	8 / 500ml							

SALT SPRING GELATO | ITALIAN ICE CREAM (FROZEN)

628451 883180	53028									BC P X	Gelato, Belgian Chocolate	8 / 450ml							G
628451 883302	53030									BC P X	Gelato, Hazelnut	8 / 450ml							G
628451 883395	53029									BC P X	Gelato, Vanilla Bean	8 / 450ml							G
628451 883050	53093					*				BC P X	Gelato, Vanilla Bean, Organic	8 / 450ml							G

UDDERLY RIDICULOUS | GOAT'S MILK ICE CREAM CO.

628504 859063	40954									+	P X	Ice Cream, Coffee & Craft Brew	8 / 473ml						G
628504 859032	40952									+	P X	Ice Cream, Lemon Cream	8 / 473ml						G
628504 859056	40953									+	P X	Ice Cream, Mango Tango	8 / 473ml						G
628504 859018	40950									+	P X	Ice Cream, Vanilla Bean Lavender	8 / 473ml						G
628504 859025	40951									+	P X	Ice Cream, Wine & Dark Chocolate	8 / 473ml						G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
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Non-Dairy Frozen Desserts & Sorbets

NADAMOO! | DAIRY-FREE COCONUT DESSERT (FROZEN)

854758 001570	32907	GMO		GF	V						X	Birthday Cake Cookie Dough	8 / 473ml						G
854758 001532	32903	GMO		GF	V							X Cookie Dough Fudge	8 / 473ml						G
854758 001501	32900	GMO		GF	V	*						X Lotta Mint Chip, Organic	8 / 473ml						G
854758 001518	32901	GMO		GF	V	*						X Vanilla...Ahhh, Organic	8 / 473ml						G

NORA'S | DAIRY-FREE DESSERT (FROZEN)

627843 814245	32920				V						BC P	X Cashew Frozen Dessert, Mint Chip	8 / 500ml						
627843 814221	32921				V						BC P	X Cashew Frozen Dessert, Peanut Butter & Chocolate	8 / 500ml						
627843 814207	32922				V						BC P	X Cashew Frozen Dessert, Strawberries & Crème	8 / 500ml						
627843 814238	32923				V						BC P	X Cashew Frozen Dessert, Vanilla Bean	8 / 500ml						

SALT SPRING GELATO | SORBETOS (FROZEN)

628451 883142	53098					*						BC P	X Sorbetto, Raspberry, Organic	8 / 450ml					G
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SCREAMIN BROTHERS | DAIRY-FREE TREAT (FROZEN)

814697 000096	53153											+ P	X Frozen Treat, Chocolate	8 / 473ml					G
814697 000256	53154											+ P	X Frozen Treat, Key Lime	8 / 473ml					G
814697 000102	53157											+ P	X Frozen Treat, Mint Chocolate	8 / 473ml					G
814697 000126	37996											+ P	X Frozen Treat, Raspberry	8 / 473ml					G
814697 000072	53152											+ P	X Frozen Treat, Vanilla	8 / 473ml					G

SO DELICIOUS | DAIRY-FREE DESSERT (FROZEN)

744473 000913	55444	GMO		GF	V							X Cashew Dessert, Chocolate Banana Flambe	8 / 500ml						
744473 000685	55437	GMO		GF	V							X Cashew Dessert, Cinnamon Cookie Dough	8 / 500ml						
744473 000678	55438	GMO		GF	V							X Cashew Dessert, Creamy Chocolate	8 / 500ml						
744473 276219	55376	GMO		GF	V							X Cashew Dessert, Dark Chocolate Truffle	8 / 500ml						
744473 276134	55375	GMO		GF	V							X Cashew Dessert, Salted Caramel Cluster	8 / 500ml						
744473 000661	55439	GMO		GF	V							X Cashew Dessert, Simply Vanilla	8 / 500ml						
744473 000906	55300	GMO		GF	V							X Coconut Dessert, Cold Brew Coffee	8 / 500ml						
744473 270460	55314	GMO		GF	V							X Coconut Dessert, Cookie Dough	8 / 500ml						
744473 270118	55299	GMO		GF	V							X Coconut Dessert, Vanilla Bean	8 / 500ml						
036632 072993	56250	GMO		GF	V							X Oat Dessert, Oatmeal Cookie	8 / 500ml						
036632 072979	56251	GMO		GF	V							X Oat Dessert, Peanut Butter and Raspberry	8 / 500ml						
036632 077585	55449	GMO		GF	V							X Oat Dessert, S'mores	8 / 500ml						

Buy 10-24 cases

Save 2.96

Buy 25+ cases

Save 4.48

Frozen Novelties

DAIYA | COCONUT NON-DAIRY DESSERT (FROZEN)

871459 009612	50323	GMO			V							P	X Dipped Dessert Bar, Chocolate Fudge Crunch	8 / 4x75ml					G
871459 009605	50324	GMO			V							P	X Dipped Dessert Bar, Classic Vanilla Bean	8 / 4x75ml					G
871459 009629	50325	GMO			V							P	X Dipped Dessert Bar, Salted Caramel Swirl	8 / 4x75ml					G
871459 009841	50320	GMO										P	X Frozen Dessert, Classic Vanilla Cream	8 / 473ml					G
871459 009810	50321	GMO										P	X Frozen Dessert, Salted Caramel Chip	8 / 473ml					G
871459 009803	50322	GMO										P	X Frozen Dessert, Triple Fudge Chunk	8 / 473ml					G

DEEBEE'S ORGANICS | SUPERFRUIT FREEZIE

838913 000202	39099	GMO				*						P	X SUPERFRUIT Freezie, Organic (shelf stable)	18 / 10x40ml					G
8389130 00509	39094	GMO				*						P	X SUPERFRUIT Freezie, Tropical, Organic (shelf stable)	18 / 10x40ml					G

SO DELICIOUS | NON-DAIRY NOVELTIES (FROZEN)

744473 000258	56255	GMO		GF								X	ALMOND MILK, Minis Bars, Mocha Almond Fudge	6 / 4x68ml					G
744473 000746	56256	GMO		GF								X	CASHEW MILK, Frozen Dessert Bars, Dipped Salted Caramel	6 / 4x68ml					G
744473 274123	56254	GMO		GF								X	COCONUT MILK, Minis Bars, Coconut Almond, Chocolate Covered	6 / 4x68ml					G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	BC	P	X	PACK	SIZE				G	P	U
744473 274116	56253	GMO		GF								X	COCONUT MILK, Minis Bars, Vanilla, Chocolate Covered	6 / 4x68ml					G
744473 274307	56252	GMO										X	COCONUT MILK, Minis Sandwiches, Chocolate Cookie, Coconut	6 / 8x68ml					G
													Buy 10-24 cases						Save 1.86
													Buy 25+ cases						Save 2.76

FROZEN DOUGH, CREPES, PASTRY SHELLS & PIZZA CRUSTS

CAULIPOWER | PIZZA CRUST (FROZEN)

854934 007082 **32400** GF X Cauliflower Pizza Crust 8 / 310g

FILLO FACTORY | PASTRY (FROZEN)

785002 324131 **02184** * X Fillo Dough, Organic (13"x18" sheets) 12 / 454g

HOLY NAPOLI | PIZZA DOUGH (FROZEN)

628110 552013 **17300** BC P X Pizza Dough 8 / 300g

KINNIKINNICK | PIZZA & PIE CRUST (FROZEN)

620133 005996 **58069** GF V + P X Pie Crusts 9" (2ct) 6 / 390g

620133 005590 **58070** GF + P X Pizza Crusts (2ct) 6 / 300g

ROCKY MOUNTAIN | FLATBREAD PIZZA CRUST (FROZEN)

180659 000184 **54629** GMO V + P X Pizza Crusts, Par Baked (2 pack) 6 / 370g

UDI'S | PIZZA CRUSTS (FROZEN)

698997 809173 **54289** GF X Pizza Crusts (2ct) 8 / 227g

WHOLLY WHOLESOME | PIE SHELLS (FROZEN)

074677 990339 **54589** GF X Pie Shells, Gluten Free, 9" (2-pk) 6 / 396g

074677 990100 **54590** * X Pie Shells, Traditional, Organic, 9" (2-pk) 12 / 396g

FROZEN PREPARED FOODS

Appetizers

FIELD ROAST MEAT & CHEESE CO. | PLANT BASED APPETIZERS (FROZEN)

638031 213238 **65112** GMO V X FRUFFALO WINGS, Original 8 / 283g

638031 212385 **65111** GMO V X Miniature Corn Dogs 8 / 283g

638031 684175 **65106** GMO V X Nuggets 8 / 283g

KAN'S GOURMET FOODS | APPETIZERS (FROZEN)

189120 000524 **54364** GMO V BC P X Falafel, Mini Lentil, w/dipping sauce 12 / 330g

189120 000531 **54367** GMO V BC P X Pakoras, Spinach & Kale (baked), w/dipping sauce 12 / 330g

189120 000548 **54643** V BC P X Pakoras, Yam, w/dipping sauce 12 / 320g

189120 000517 **54363** V BC P X Samosas, Fresh Veggie & Lentil, w/dipping sauce 12 / 320g

LUCKY FOODS | SPRING ROLLS (FROZEN)

078487 452780 **31028** GMO V X Spring Rolls, Curry 8 / 241g

078487 462765 **31029** GMO GF V X Spring Rolls, Gluten Free Curry 8 / 241g

078487 462727 **31027** GMO GF X Spring Rolls, Gluten Free, Thai Style, w/Sweet & Sour Sauce 8 / 241g

078487 452773 **31025** GMO V Spring Rolls, Kimchi, w/Sweet & Sour Sauce 8 / 241g

078487 452711 **31024** GMO X Spring Rolls, Original, w/Traditional Sauce 8 / 241g

RUBY'S AUTHENTIC | APPETIZERS (FROZEN)

627843 533580 **54800** BC P X Pakora, Vegetable 9 / 220g

627843 533573 **54802** B BC P X Pakora, Vegetable 1 / 5kg

627843 533658 **54801** BC P X Samosa, Potato & Onion (for Best Quality Please Sell) 9 / 140g

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Entrées

627843 778004	15642		V	BC	Ⓡ	x	Bean Taco Kit, Pinto Beans & Mild Ancho Chili Filling w/6 Flour Tortillas	6 / 480g
627843 777984	15641		V	BC	Ⓡ	x	Cochinita Taco Kit, Enoki Mushroom & Mild Achiote Sauce Filling w/6 Flour Tortillas	6 / 480g
627843 778028	15646			BC	Ⓡ	x	Taquito, Bean & Cheeze	6 / 280g
627843 778011	15645			BC	Ⓡ	x	Taquito, Potato & Chorizo	6 / 280g
627843 777991	15640		V	BC	Ⓡ	x	Tinga Taco Kit, Enoki Mushroom, Jackfruit & Chipotle Sauce Filling w/6 Flour Tortillas	6 / 480g
627843 777960	15635	GMO	V *	BC	Ⓡ	x	Tortillas, White Flour, Uncooked, Organic (7") (8pk)	12 / 280g
627843 777977	15636	GMO	V *	BC	Ⓡ	x	Tortillas, Whole Wheat Flour, Uncooked, Organic (7") (8pk)	12 / 280g

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
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PEARL'S | PEROGIES (FROZEN)

062066 000158	54428		BC	P	X							12 / 600g							
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Cheddar Cheese & Potato Perogies

SPICE IT UP FOODS | CRAZY GOOD MEATBALLS (FROZEN)

180356 000913	60170		BC	P	X							6 / 850g							
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CRAZY GOOD MEATBALLS, Butter Chicken Style Sauce

STELLA'S | PEROGIES (FROZEN)

878431 000049	30351	GF										12 / 520g							
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X Perogies, Cheddar Cheese

878431 000018	30348	GF										12 / 520g							
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X Perogies, Just Potato

VIJ'S | INDIAN CUISINE (FROZEN)

673984 001419	54412											6 / 400g							
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X Everyday Chana Masala

673984 001396	54410	GF										6 / 400g							
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X Green Beans, Coconut Ginger

673984 001303	54400											6 / 400g							
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X Kalonji Chicken Curry

673984 001815	54419											6 / 400g							
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X Maharaja Paneer

673984 001426	54413											6 / 400g							
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X Slow-Cooked Punjabi Daal

673984 001327	54402											6 / 400g							
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X Vij's Masala Chicken

Meat & Egg Alternatives

BEYOND MEAT | PLANT-BASED MEAT ALTERNATIVES (FROZEN)

850004 207291	56205	GMQ		V								12 / 340g							
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X BEYOND BEEF, Ground

810057 290237	56208	GMQ		V								8 / 678g							
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X BEYOND BURGER

850004 207017	56200	GMQ		V								8 / 226g							
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X BEYOND BURGER

810057 290275	56209	GMQ		V								8 / 235g							
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X BEYOND BREAKFAST SAUSAGE, Classic Links

850004 207376	56207	GMQ		V								8 / 400g							
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X BEYOND SAUSAGE, Hot Italian

850004 207277	56206	GMQ		V								8 / 400g							
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X BEYOND SAUSAGE, Mild Italian

FIELD ROAST CO. | PLANT BASED MEAT ALTERNATIVES (FROZEN)

Please thaw before placing in your refrigerated section. Sell by date: 65 days after thawing.

638031 226160	65107	GMQ		V								8 / 241g							
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X Breakfast Sausage Patties (4pk)

638031 606504	65022	GMQ		V								12 / 368g							
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X FIELDBURGER (4pk)

638031 612284	65104	GMQ		V								12 / 340g							
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X Frankfurters (6pk)

638031 612154	65100	GMQ		V								12 / 368g							
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X Sausages, Italian (4pk)

638031 612161	65101	GMQ		V								12 / 368g							
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X Sausages, Mexican Chipotle (4pk)

638031 612178	65102	GMQ		V								12 / 368g							
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X Sausages, Smoked Apple Sage (4pk)

638031 622511	65109	GMQ		V								8 / 283g							
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X Signature Stadium Dog

GARDEIN | MEAT-FREE ALTERNATIVES (FROZEN)

842234 000889	54274	GMQ										8 / 255g							
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X Barbecue Wings, Sweet and Tangy

842234 001091	65000	GMQ										8 / 390g							
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X Beefless Ground

842234 000636	54533	GMQ										8 / 255g							
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X Beefless Tips

842234 401990	65041	GMQ										8 / 190g							
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X Breakfast Saus'age Patties, Maple

842234 402003	65042	GMQ										8 / 190g							
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X Breakfast Saus'age Patties, Original

842234 401983	65043	GMQ										8 / 190g							
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X Breakfast Saus'age Patties, Spicy

842234 007147	65013	GMQ										8 / 226g							
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X Burger, Supreme

842234 003248	54272	GMQ										8 / 255g							
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X Burger, Veggie

842234 001350	65052	GMQ										8 / 245g							
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X Chick'n Nuggets

842234 003231	54269	GMQ										8 / 350g							
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X Chick'n Patties

842234 001411	65006	GMQ										6 / 320g							
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X Chick'n Sliders Mini Burgers w/buns

842234 003200	54270	GMQ										8 / 225g							
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X Chick'n Strips

842234 001374	65050	GMQ										8 / 230g							
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X Chick'n Tenders, Nashville-Style Hot

842234 001558	65051	GMQ										8 / 240g							
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X Chick'n Wings, Spicy Gochujang Style

842234 000872	54273	GMQ										8 / 300g							
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X Crispy Chick'n, Mandarin Orange

842234 000896	54275	GMQ										8 / 270g							
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X Crispy Fingers, Chipotle Lime

842234 000643	54534	GMQ										8 / 255g							
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X Crispy Tenders, Seven Grain

842234 002227	65037	GMQ										8 / 205g							
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X Fish-Free Crabless Cakes

842234 001701	65009	GMQ										8 / 288g							
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X Fish-Free Golden Fillets

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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
842234 001718	65028	GMQ								+	X Meatless Meatballs, Classic	8	/ 360g						
842234 001671	65011	GMQ									X Patties, Black Bean, Chipotle	8	/ 340g						
842234 003224	54271	GMQ								+	X Porkless Bites, Sweet & Sour	8	/ 255g						
842234 001145	65036	GMQ									X Turk'y Cutlets w/Gravy	8	/ 300g						
	91796										Plastic Display Trays	1	/ ea						

GREEN CUISINE | TEMPEH (FROZEN)

See Cooler Tofu & Asian Cuisine Section for more selections

068532 020002	54462					*				BC P	X Tempeh, 7 Grain, Organic (frozen)	1	/ 227g						
068532 010003	54464					*				BC P	X Tempeh, Soybean, Organic (frozen)	1	/ 227g						

HILARY'S | VEGGIE BURGERS (FROZEN)

854262 003398	42501	GMQ				GF		*			X Burger, Adzuki Bean, Organic (2 patties)	12	/ 181g						
854262 003404	42503	GMQ				GF		*			X Burger, Hemp & Greens, Organic (2 patties)	12	/ 181g						
854262 003411	42502	GMQ				GF		*			X Burger, Root Veggie, Organic (2 patties)	12	/ 181g						
854262 003381	42500	GMQ				GF		*			X Burger, World's Best Veggie, Organic (2 patties)	12	/ 181g						
											Buy 8-15 cases						Save 10%		
											Buy 16-19 cases						Save 15%		
											Buy 20+ cases						Save 20%		

JUST EGG | PLANT EGG (FROZEN)

191011 000988	68900	GMQ									X Plant Egg, Folded	6	/ 227g						
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MODERN MEAT | PLANT-BASED MEAT ALTERNATIVES (FROZEN)

847004 000908	65210									BC P	X Breakfast Sausage Patties	10	/ 360g						
847004 000557	65206									BC P	X Burgers. Mini	10	/ 240g						
847004 000540	65205									BC P	X Burgers	10	/ 452g						
847004 000786	65208									BC P	X Crabless Cakes	10	/ 300g						
847004 000571	65209									BC P	X Crumble	10	/ 454g						

SOL CUISINE | MEATLESS BURGERS (FROZEN)

628025 019328	54555	GMQ				GF			+	P	X Burger, Extreme Griller (4/pkg)	12	/ 284g						
628025 019250	54561	GMQ				GF			+	P	X Burger, Mushroom & Wild Rice (4/pkg)	12	/ 284g						
628025 019298	54558	GMQ				GF			+	P	X Burger, Spicy Black Bean (4/pkg)	12	/ 284g						

SPICE IT UP FOODS | MEATLESS MEATBALLS (FROZEN)

180356 000906	60175									BC P	X Meatless Meatballs, Butter Chicken Style Sauce	12	/ 400g						
180356 000890	60176									BC P	X Meatless Meatballs, Indian Marinara Style Sauce	12	/ 400g						

THE VERY GOOD BUTCHERS | PLANT BASED BUTCHERY (FROZEN)

628176 694191	56311									BC P	X BUTCHER'S SELECT Flipin' Good Burger	10	/ 226g						
628176 694146	56312	GMQ				GF				BC P	X BUTCHER'S SELECT Ground, Beefy	10	/ 340g						
628176 694139	56313	GMQ				GF				BC P	X BUTCHER'S SELECT Ground, Porky	10	/ 340g						
628176 694184	56310									BC P	X BUTCHER'S SELECT Mmm Meatballs, Classic Italian	6	/ 400g						
628176 694511	56314	GMQ				GF				BC P	X BUTCHER'S SELECT Mmm Meatballs, Spicy Italian	6	/ 400g						
628176 694061	56307									BC P	X BUTCHER'S SELECT Sausage, Bratwurst	8	/ 400g						
628176 694924	56308									BC P	X BUTCHER'S SELECT Sausage, Breakfast	10	/ 360g						
628176 694085	56309									BC P	X BUTCHER'S SELECT Sausage, Cajun	8	/ 400g						
627843 817055	56300									BC P	X Burger, The Smokin' Burger (4pk)	6	/ 430g						
627843 817024	56301									BC P	X Burger, The Very Good Burger (4pk)	6	/ 432g						
627843 817048	56302									BC P	X Sausage, Smokin' Bangers (4pk)	6	/ 400g						
627843 817017	56303									BC P	X Sausage, Very British Bangers (4pk)	6	/ 400g						
627843 817031	56304									BC P	X Taco Stuff'er	6	/ 300g						
628176 694115	56306									BC P	X Very Good Dog (4pk)	6	/ 300g						
628176 694092	56305									BC P	X Very Good Pepperoni	12	/ 200g						
628176 694313	56315	GMQ								BC P	X Very Good Steak	6	/ 400g						

We ship The Very Good Butchers line frozen but recommend retailing fresh in cooler. Shelf life once thawed is 30 days.

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628110 552099	17304	BC  X Pizza, Funghi	8 / 385g
628110 552044	17303	BC  X Pizza, Calabrese	8 / 425g
628110 552020	17301	BC  X Pizza, Margherita	8 / 365g
628110 552037	17302	BC  X Pizza, Pesto Roast Vegetable	8 / 425g
628110 552112	17305	BC  X Pizza, Quattro Formaggi	8 / 385g

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ROCKY MOUNTAIN | FLATBREAD PIZZA (FROZEN)

180659 000115	54640										+ P X	Flatbread Pizza, All Beef Pepperoni (54640 cannot be sold outside of B.C)	6 / 420g
180659 000160	54638										+ P X	Flatbread Pizza, Basil Bocconcini	6 / 420g
180659 000108	54630										+ P X	Flatbread Pizza, Sundried Tomato Goat Cheese	6 / 430g
180659 000085	54628										+ P X	Flatbread Pizza, The Four Cheese Classic	6 / 405g

UDI'S | PIZZA (FROZEN)

698997 810483	54293										GF	X Pizza, Four Cheese	6 / 497g
698997 810490	54294										GF	X Pizza, Margherita	6 / 493g
698997 810506	54295										GF	X Pizza, Pepperoni	6 / 522g
698997 810513	54292										GF	X Pizza, Supreme	6 / 542g

Toaster Waffles

KINNIKINNICK | HOMESTYLE WAFFLES (FROZEN)

620133 001974	58071										GF	+ P X Waffles, Blueberry	8 / 222g
620133 001967	58072										GF	+ P X Waffles, Cinnamon & Brown Sugar	8 / 222g
620133 001950	58073										GF	+ P X Waffles, Original	8 / 222g

NATURE'S PATH | WAFFLES (FROZEN)

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

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

Coconut Water & Juice

EVERGREEN | WHEATGRASS JUICE (FROZEN)

778702 598001	82051	GMO									*	+ P X Wheatgrass Juice, Organic	10 / 5x30ml
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Smoothie Cubes & Teas

EVIVE | SMOOTHIE CUBES (FROZEN)

628110 947048	24703	GMO										+ P X Asana	8 / 405g
628110 947055	24704	GMO									*	+ P X Pure, Organic	8 / 405g
628110 947017	24700	GMO										+ P X Samourai	8 / 405g
628110 947239	24707	GMO										+ P X Saphir	8 / 405g
628110 947024	24701	GMO									*	+ P X Touk-Touk, Organic	8 / 405g
628110 947079	24706	GMO										+ P X Viva	8 / 405g
628110 947031	24702	GMO									*	+ P X Yogi, Organic	8 / 405g

Fruit

BREMNER'S | FRUIT (FROZEN)

834644 005363	55066										*	BC P X Blackberries, Organic	12 / 300g
834644 005318	55065										*	BC P X Blueberries, Organic	12 / 300g
834644 005424	55071										*	BC P X Pineapple Chunks, Organic	12 / 300g
834644 005400	55067										*	BC P X Raspberries, Organic	12 / 300g
834644 005394	55068										*	BC P X Strawberries, Organic	12 / 300g
834644 005028	55017										*	BC P X Blackberries, Organic (stand-up pouch)	12 / 600g
834644 005066	55001											BC P X Blueberries (stand-up pouch)	12 / 600g
834644 005042	05253										*	BC P X Dark Tart Cherries, Organic (stand-up pouch)	12 / 600g
834644 005035	55018										*	BC P X Mangos, Organic (stand-up pouch)	12 / 600g
834644 005615	55079	B									*	BC P X Mango Chunks, Organic	8 / 1.5kg
834644 002379	91847	B									*	BC P X Pineapple Chunks, Organic (S/O)	1 / 13.6kg
834644 002393	91845	B									*	BC P X Strawberries, Organic (S/O)	1 / 13.6kg

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638882 000506	54026	GMO	X Broccoli Florets (bag)	12 / 300g
638882 210806	54011	GMO	X Butternut Squash, Diced (bag)	12 / 284g
638882 000704	54052	GMO	X Classic Mixed Vegetables (bag)	12 / 300g
638882 000520	54012	GMO	X Corn, Super Sweet (bag)	12 / 350g
638882 000537	54207	GMO	X Green Beans, Cut (bag)	12 / 300g
638882 000544	54010	GMO	X Green Peas (bag)	12 / 350g
638882 000612	54061	GMO	X Spinach, Cut (bag)	12 / 300g
638882 125773	54027	GMO	X Sweet Potato, Diced (bag)	12 / 284g
	60069	GMO	X Freezer Display Box	1 / 1ea

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PERSONAL CARE

BODY CARE

AURA CACIA | BODY CARE

051381 382612	83001											Aromatherapy Bubble Bath, Tranquility	1 / 384ml					G	P
051381 285968	83004											X Aromatherapy Foam Bath for Kids, Calming	6 / 70.9g					G	P
051381 285791	83002											X Aromatherapy Foam Bath, Lavender	6 / 70.9g					G	P
051381 285753	83003											X Aromatherapy Foam Bath, Tangerine/Grapefruit	6 / 70.9g					G	P
051381 902148	80759					*						X Skin Care Oils, Argan, Organic	1 / 30ml					G	P
051381 311711	83006											X Skin Care Oils, Grapeseed	1 / 118ml					G	P
051381 311728	80657											X Skin Care Oils, Jojoba	1 / 118ml					G	P
051381 902131	80763					*						X Skin Care Oils, Rosehip, Organic	1 / 30ml					G	P
051381 311445	83007											X Skin Care Oils, Sweet Almond	1 / 118ml					G	P

DOM'S DEODORANT

628176 500126	88008	GMO							BC	P		Cream Deodorant, Lavender & Rosemary	12 / 50ml					G	P
628176 500119	88007	GMO							BC	P		Cream Deodorant, Lemongrass & Cedar	12 / 50ml					G	P
628176 500140	88010	GMO							BC	P		Cream Deodorant, Natural, Unscented	12 / 50ml					G	P

ISLAND ESSENTIALS | NATURAL BODY CARE

884169 001241	30633								BC	P		Bar Soap, BERGAMOT BLISS	12 / 97g					G	P
884169 001258	30634								BC	P		Bar Soap, Cedar	12 / 97g					G	P
884169 001265	30635								BC	P		Bar Soap, ForTHAVE'S Chai	12 / 97g					G	P
884169 001272	30636								BC	P		Bar Soap, Lavender	12 / 97g					G	P
884169 001289	30637								BC	P		Bar Soap, Lemongrass	12 / 97g					G	P
884169 001319	30638								BC	P		Bar Soap, Tea Tree	12 / 97g					G	P
884169 000015	30639								BC	P		Castile Soap, SERENE DREAM	9 / 473ml					G	P
884169 001364	30645								BC	P		Shampoo Bar, AWAKEN WITHIN	12 / 97g					G	P
884169 000459	30640								BC	P		Hand & Body Cream, SERENE DREAM	8 / 100ml					G	P
884169 000466	30641								BC	P		Hand & Body Cream, WEST COAST	8 / 100ml					G	P
884169 000428	30642								BC	P		Hand & Body Lotion, Lavender	9 / 450ml					G	P
884169 000763	30643								BC	P		X Lip Balm, Peppermint	24 / 4g					G	P
884169 000756	30644								BC	P		X Lip Balm, Vanilla	24 / 4g					G	P

JASON | BODY CARE PRODUCTS

078522 840138	80269											X Aloe Vera 98% Gel w/Pump	1 / 227g					G	P
078522 090250	80259											X Deodorant, Aloe Vera (stick)	1 / 71g					G	P
078522 090557	80260											X Deodorant, Apricot (stick)	1 / 71g					G	P
078522 090656	80797											X Deodorant, Lavender (stick)	1 / 71g					G	P
078522 090458	80261											X Deodorant, Tea Tree (stick)	1 / 71g					G	P
078522 901976	80799											Dry Spray Deodorant, Fresh Cucumber	1 / 113ml					G	P
078522 901990	80798											Dry Spray Deodorant, Soft Rose	1 / 113ml					G	P

MOUNTAIN SKY | BODY CARE

628055 186007	82249								BC	P		Handmade Bath Soap, Anise	6 / 135g					G	P
628055 186069	46194								BC	P		Handmade Bath Soap, Goat Milk & Oats	6 / 135g					G	P
628055 186083	82242								BC	P		Handmade Bath Soap, Lavender Dream	6 / 135g					G	P
628055 186137	82245								BC	P		Handmade Bath Soap, Vanilla Cream	6 / 135g					G	P
628055 186144	82247								BC	P		Handmade Bath Soap, Wild Rose	6 / 135g					G	P
628055 186038	80678								BC	P		Handmade Body Soap, Charcoal Cleanse, Ancient Asian	6 / 135g					G	P
628055 186045	82239								BC	P		Handmade Body Soap, Herbal Pine Eucalyptus	6 / 135g					G	P
628055 186076	82241								BC	P		Handmade Body Soap, Kali Spice	6 / 135g					G	P
628055 186106	82248								BC	P		Shampoo & Soap Bar, Rasta-Bar-Hemp	6 / 135g					G	P
628055 186090	46195								BC	P		Shower Soap, Moroccan Argan	6 / 135g					G	P
689186 127024	91538								BC	P		Soap Best Sellers Display (S/O) (4 Moroccan Argan, 4 Charcoal Cleanse, 4 Herbal Pine Eucalyptus, 4 Kali Spice, 4 Lavender Dream, 4 Rasta)	24 / 135g					G	P

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NATURE CLEAN | BODY CARE

058951 395010	80486											6 / 500ml						G	P
058951 395027	80543											6 / 500ml						G	P
058951 395034	80542											6 / 500ml						G	P
058951 307556	81122											12 / 99g						G	P

NOVA SCOTIA FISHERMAN | XTREME LIP & SKIN CARE

883161 500004	80768											1 / 9.9g						G	P
883161 590012	80769											1 / 9.9g						G	P
883161 500011	80770											1 / 100ml						G	P
883161 500035	80772											1 / 28.4g						G	P
883161 400021	80777											1 / 153g						G	P
883161 400038	80776											1 / 136g						G	P
883161 500080	80775											1 / 136g						G	P
883161 500097	80774											1 / 136g						G	P
883161 500066	81005											1 / 4pc						G	P

PAPOUTSANIS | OLIVE OIL HAND SOAP BAR

5201109 655022	89999											4 / 125g						G	P
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SAPADILLA | BODY CARE

677141 010023	70381											6 / 354ml						G	P
677141 010016	70380											6 / 354ml						G	P
677141 010030	70382											6 / 354ml						G	P

THAYERS REMEDIES | WITCH HAZELS

041507 067035	85306											1 / 355ml						G	P
041507 065765	85307											1 / 355ml						G	P
041507 070035	85308											1 / 355ml						G	P
041507 070066	85310											1 / 355ml						G	P
Buy 48-71 units												Save 10%							
Buy 72-95 units												Save 15%							
Buy 96+ units												Save 20%							

THOMPSON'S HOMEOPATHIC | CRÈME

628977 000016	82000											1 / 40ml						G	P
628977 000498	82001											1 / 40ml						G	P

TOM'S OF MAINE | DEODORANTS

077326 832295	81075											1 / 64g						G	P
077326 665251	81555											1 / 64g						G	P
077326 613252	81537											1 / 64g						G	P
077326 614259	81552											1 / 64g						G	P
077326 612255	80793											1 / 64g						G	P
035000 968425	80674											1 / 79g						G	P

DENTAL CARE

JASON | DENTAL CARE

078522 015154	80266											1 / 119g						G	P
078522 015000	80175											1 / 170g						G	P
078522 015109	80185											1 / 170g						G	P

SYNERGY ORGANICS | DENTAL CARE

874321 000021	81017	BC P										12 / 250ml						G	P
874321 000038	80554	BC P										12 / 250ml						G	P

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TOM'S OF MAINE | DENTAL CARE

035000 987372	81526											Fluoride Toothpaste, LUMINOUS WHITE w/Activated Charcoal, Wintergreen	1 / 85ml						G	P
077326 830031	81522											Fluoride Toothpaste, WHOLE CARE, Peppermint	1 / 85ml						G	P
077326 832226	81505											Fluoride-Free Toothpaste, Children's, Silly Strawberry	1 / 90ml						G	P
077326 102404	81515											Fluoride-Free Toothpaste, Clean & Fresh, Fennel	1 / 85ml						G	P
077326 101407	81509											Fluoride-Free Toothpaste, Clean & Fresh, Spearmint	1 / 85ml						G	P
077326 455562	81525											Fluoride-Free Toothpaste, Rapid Relief Sensitive, Fresh	1 / 76ml						G	P
077326 159408	81506											Fluoride-Free Toothpaste, SIMPLY WHITE, Peppermint	1 / 85ml						G	P
077326 834176	80779											Mouthwash, WICKED FRESH, Cool Mountain Mint	1 / 473ml						G	P

FEMININE CARE

NATRACARE | FEMININE CARE

782126 200150	80896	*										X Intimate Wipes, 100% Organic Cotton	1 / 12ea							G	P
782126 003409	03081											Maternity Pads	1 / 10ea								
782126 003041	80892											Maxi Pads, Night Time	1 / 10ea								
782126 003027	80886											X Maxi Pads, Regular	1 / 14ea								
782126 003034	80887											X Maxi Pads, Super	1 / 12ea								
782126 003256	80873											X Pads, Ultra Extra, Normal w/Wings	1 / 12ea								
782126 003119	80877											X Pads, Ultra Super Plus (FSC sustainable products)	1 / 12ea								
782126 003089	80895											X Pads, Ultra Super w/Wings (FSC sustainable products)	1 / 12ea								
782126 003058	80894											X Pads, Ultra w/Wings (FSC sustainable products)	1 / 14ea								
782126 003102	80876											X Pads, Ultra w/Wings Long (FSC sustainable products)	1 / 10ea								
782126 003065	80883											X Panty Liners, Curved	1 / 30ea								
782126 003126	80173											X Panty Liners, Individually Wrapped NORMAL	1 / 18ea								
782126 003140	80871											X Panty Liners, Long, Individually Wrapped	1 / 16ea								
782126 003003	80884											X Panty Liners, Mini	1 / 30ea								
782126 003072	80888											X Panty Liners, Tanga	1 / 30ea								
782126 003096	80878	*										X Panty Liners, ultra thin 100% Organic Cotton	1 / 22ea								
782126 001009	80880	*										X Tampons, Regular, Non-Applicator, 100% Organic Cotton	1 / 20ea								
782126 002020	80882	*										X Tampons, Super Plus, 100% Organic Cotton	1 / 20ea								
782126 008008	80889	*										X Tampons, Regular w/Applicator, 100% Organic Cotton	1 / 16ea								
782126 009005	80890	*										X Tampons, Super w/Applicator, 100% Organic Cotton	1 / 16ea								
782126 002006	80881	*										X Tampons, Super, Non-Applicator, 100% Organic Cotton	1 / 20ea								
782126 191038	80872	*										X Tampons, Super, Non-Applicator, 100% Organic Cotton	1 / 10ea								

HAIR CARE

JASON | HAIR CARE

078522 800255	80240											X Shampoo, 84% Aloe Vera	1 / 473ml							G	P
078522 800293	80227											X Conditioner, 84% Aloe Vera	1 / 473ml							G	P
078522 800057	80241											X Shampoo, Apricot	1 / 473ml							G	P
078522 800095	80229											X Conditioner, Apricot Keratin	1 / 473ml							G	P
078522 870050	80245											X Shampoo, Biotin	1 / 473ml							G	P
078522 870098	80236											X Conditioner, Biotin	1 / 473ml							G	P
078522 850052	80257											X Shampoo, Sea Kelp	1 / 473ml							G	P
078522 850090	80239											X Conditioner, Sea Kelp	1 / 473ml							G	P
078522 800781	80263											X Shampoo, Normalizing, Tea Tree Scalp	1 / 517ml							G	P

NATURE CLEAN | SHAMPOO & CONDITIONER

058951 402800	81117	+	P									Pure Sensitive Unscented Conditioner	6 / 300ml							G	P
058951 502807	81118	+	P									Pure Sensitive Unscented Shampoo	6 / 300ml							G	P

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VITAMINS, SUPPLEMENTS, FUNCTIONAL FOODS & HERBAL/MEDICINAL REMEDIES

Find Refrigerated Flax Seeds in Cooler Section

FUNCTIONAL FOODS

BOB'S RED MILL | FUNCTIONAL FOODS

039978 325464	34203										X Nutritional Yeast, Large Flake	4 / 142g							
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BRAGG | NUTRITIONAL YEAST SEASONING

074305 066009	14409			GF							Nutritional Yeast Seasoning	12 / 127g							
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ENGEVITA | NUTRITIONAL YEAST

02198	B										X Nutritional Yeast (powder)	1 / 2kg							
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MODERN PRODUCTS | BREWERS YEAST

075820 300012	02013										Brewer's Yeast	6 / 396g							
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NAVITAS ORGANICS | FUNCTIONAL FOOD

858847 000291	37365	GMO		GF		*					X Açaí Powder, Organic	1 / 113g							
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OM MUSHROOMS | POWDER

856210 008639	74002	GMO				*					Mushroom Powder, Chaga, Organic	6 / 60g							G
856210 008615	74000	GMO				*					Mushroom Powder, Lions Mane, Organic	6 / 60g							G
856210 008622	74001	GMO				*					Mushroom Powder, Reishi, Organic	6 / 60g							G

PRANA | FUNCTIONAL FOOD

877693 003089	34091	GMO		GF		*		+	P		PROACTIVChia +Probiotics, Whole Black, Organic	6 / 284g							
877693 003096	34092	GMO		GF		*		+	P		PROACTIVChia +Probiotics, Ground Black, Organic	6 / 200g							
877693 001467	91963					*				P	X Maca Powder, Raw, Organic (S/O)	6 / 200g							
	60130										Empty Racks (S/O)	1 / ea							

RED STAR | NUTRITIONAL YEAST

017929 746605	02147										X Nutritional Yeast, Vegetarian Support Formula (flakes)	1 / 2.72kg							
017929 746312	02115										X Nutritional Yeast, Vegetarian Support Formula (flakes)	1 / 22.7kg							

SUNSORYA | SPIRULINA SPRINKLES

627843 978923	37448										P Spirulina Sprinkles	10 / 200g							
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HERBAL REMEDIES

BACH | RESCUE REMEDIES

741273 005193	85012										X Rescue Remedy	1 / 20ml							G
741273 000020	80092										X Rescue Remedy, Spray	1 / 20ml							G
741273 005216	80830										X Rescue Night Spray	1 / 20ml							G
741273 002598	03834										X Rescue Pastilles, Original Flavour	6 / 35ct							G
741273 105619	03833										X Rescue Pastilles, Black Currant	6 / 50g							G
741273 005179	85011										X Rescue Remedy, Cream	1 / 30g							G
741273 002499	03844										RESCUE Night, Liquid Melts	1 / 28caps							G P
741273 002529	03845										RESCUE REMEDY, Pet	1 / 10ml							G

VITAMINS & SUPPLEMENTS

ENER-C | DRINK MIX

873024 001069	80751	GMO		GF				BC	P	X Multivitamin, Cranberry	30 / 10.3g								G
873024 001014	80715	GMO		GF				BC	P	X Multivitamin, Lemon Lime	30 / 9.5g								G
873024 001007	80714	GMO		GF				BC	P	X Multivitamin, Orange	30 / 8.63g								G
873024 002073	80845	GMO		GF				BC	P	X Multivitamin, Peach Mango	30 / 9.64g								G
873024 001052	80785	GMO		GF				BC	P	X Multivitamin, Pineapple Coconut	30 / 9.4g								G
873024 001021	80716	GMO		GF				BC	P	X Multivitamin, Raspberry	30 / 9.25g								G
873024 001304	14350	GMO						BC	P	X Multivitamin, Sugar Free, Orange	30 / 5.35g								G

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873024 001038	80717	GMQ		GF						BC P X		30 / 9.4g						G
873024 001045	80736	GMQ		GF						BC P X		30 / 1ea						G
873024 001205	80844	GMQ		GF						BC P X		12 / 3.43g						G
	91195											Ener-C Shipper (12ea of Orange & 6ea of Lemon Lime, Tangerine Grapefruit & Raspberry) (S/O)						G
												1 / ea						G

MANITOBA HARVEST | HEMP YEAH! PROTEIN POWDER

697658 690044	37199	GMQ			V	*		+	P			Max Protein Powder, Unsweetened, Organic						G
												6 / 454g						G

MOCOLATE | PLANT BASED PROTEIN POWDER

627843 997443	37446									BC P		Morning Glow, Mushroom Blend, Caramel						G
627843 997429	37447									BC P		Morning Glow, Mushroom Blend, Chocolate						G
												1 / 224g						G
												1 / 224g						G

NUUN | HYDRATION DRINK TABLETS

811660 022482	40740	GMQ		GF	V							X Immunity, Blueberry Tangerine						G
811660 022499	40741	GMQ		GF	V							X Immunity, Orange Citrus						G
811660 021089	40717	GMQ		GF	V							X Sport, Citrus Fruit						G
811660 021072	40716	GMQ		GF	V							X Sport, Lemon Lime						G
811660 021065	40718	GMQ		GF	V							X Sport, Tri-Berry						G
811660 021096	40719	GMQ		GF	V							X Sport, Strawberry Lemonade						G
811660 021188	40730	GMQ		GF	V							X Sport, Watermelon						G
811660 021935	40724	GMQ		GF	V							X VITAMINS, Blueberry Pomegranate						G
811660 021942	40725	GMQ		GF	V							X VITAMINS, Tangerine Lime						G
												8 / 10ct						G
												8 / 10ct						G
												8 / 10ct						G
												8 / 10ct						G
												8 / 10ct						G
												8 / 10ct						G
												8 / 10ct						G
												8 / 12ct						G
												8 / 12ct						G

OMEGA NUTRITION | PROTEIN POWDER

055358 219505	37237			GF	*					P		Pumpkin Seed Protein Powder, Organic (plastic jar)						G
	37452			B	*					P		Pumpkin Seed Protein Powder, Organic (S/O)						G
055358 335342	91505			B	*					P		Pumpkin Protein, Organic (S/O)						G
												6 / 600g						G
												1 / 11.34kg						G
												4 / 2kg						G

HOUSEHOLD & PACKAGING MATERIALS

PAPER PRODUCTS

CABOO | PAPER TOWELS, TISSUE & BATHROOM TISSUE

627843 347835	46298											Bamboo & Sugar Cane Facial Tissue, 100% Biodegradable, 2-Ply						G P
627843 202783	46295											Bamboo & Sugar Cane Facial Tissue, 100% Biodegradable, 2-Ply						G P
627843 202738	46291											Bamboo & Sugarcane Bathroom Tissue 4 pack, 2 Ply, 300 sheets						G P
627843 202776	46293											Bamboo & Sugarcane Bathroom Tissue, 12 pack, 2 Ply, 300 sheets						G P
627843 347897	46305	GMQ										Bamboo & Sugarcane Bathroom Tissue, 2 Ply, 300 sheets						G P
627843 202745	46292											X Bamboo & Sugarcane Bathroom Tissue, 2 Ply, 550 sheets						G P
627843 202813	46296											Bamboo & Sugarcane Paper Napkins, 1 Ply, 250 sheets						G P
627843 202790	46294											Bamboo & Sugarcane Paper Towel, 2 pack, 75 sheets						G P
628451 738510	46311											Bath Tissue, Plastic Free Wrap, 2 Ply, 300 sheets						G P
628451 738459	46309											X Bathroom Tissue, 2 Ply, 500 sheets						G P
628451 738084	46310	GMQ										Paper Towel, 75 sheets						G P
												16 / 1x250ct						G P
												20 / 2x75ct						G P
												6 / 9pk						G P
												24 / 1ea						G P
												4 / 6pk						G P

SILK'N SOFT | BAMBOO BATHROOM TISSUE

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

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DISHWASHING PRODUCTS

BIOVERT | DISHWASHING PRODUCTS

776622 011082	80550										+	P	Automatic Dishwasher Tabs, Biodegradable (30 tabs)	6 / 540g					G	P
776622 011068	80528										+	P	Dishwashing Liquid, Citrus Fresh, Refill	2 / 4.43L					G	P
													Buy 15-19 cases	Save 10%						
													Buy 20-34 cases	Save 12%						
													Buy 35+ cases	Save 15%						
776622 120098	80534		B								+	P	X Dishwashing Liquid, Citrus Fresh (S/O)	2 / 10L					G	P

EARTH FRIENDLY | DISHWASHING PRODUCTS

749174 097217	80737												Dishmate™ Free & Clear Dish Liquid	6 / 739ml					G	P
749174 097224	80672												Dishmate™ Grapefruit Dish Liquid	6 / 739ml					G	P
749174 097279	80699												Dishmate™ Lavender Dish Liquid	6 / 739ml					G	P

ECO-MAX | DISHWASHING PRODUCTS

853907 001263	80727										+	P	Automatic Dishwasher Pacs, Biodegradable (20 pacs)	8 / 360g					G	P
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IF YOU CARE | CONCENTRATED DISHWASHING PRODUCTS

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

058951 380184	80570										+	P	Automatic Dishwasher Pacs (24pacs)	8 / 432g					G	P
058951 380207	80835										+	P	Automatic Dishwasher Pacs, 60ct	4 / 1.08kg					G	P
058951 232506	80429										+	P	Dishwasher Rinse Agent	12 / 250ml					G	P
058951 403746	80580										+	P	Dishwashing Liquid, Unscented	6 / 740ml					G	P
058951 403364	80443										+	P	Dishwashing Liquid	4 / 3.63L					G	P

SAPADILLA | ECO-CLEANERS DISH PRODUCTS

677141 000024	70327												Dish Soap, Grapefruit & Bergamot	12 / 473ml					G	P
677141 000017	70305												Dish Soap, Rosemary & Peppermint	12 / 473ml					G	P

SEVENTH GENERATION | DISHWASHING PRODUCTS

732913 228188	46247												Dishwasher Detergent Packs, Free & Clear,	12 / 360g					G	P
732913 449866	46181												Dish Liquid, Free & Clear (unscented)	6 / 561ml					G	P
732913 449828	46180												Dish Liquid, Lavender Floral & Mint	6 / 561ml					G	P
732913 449835	46182												Dish Liquid, Fresh Citrus & Ginger	6 / 561ml					G	P
732913 449859	46183												Dish Liquid, Lemongrass & Clementine Zest	6 / 561ml					G	P

SURFACE CLEANING PRODUCTS

ECOFORCE | RECYCLED SCOURERS

013931 014300	80566												X Green Scourer Pads (3 Pack)	10 / 3pk					G	P
013931 014317	80567												X White Scourer Pads (3 Pack)	10 / 3pk					G	P

IF YOU CARE | ENVIROMENT FRIENDLY CLEANING PRODUCTS

770009 250279	46393										@		Rubber Gloves, Small (Certified Natural Rubber)	12 / 1pr					G	P
770009 250286	46394										@		Rubber Gloves, Medium (Certified Natural Rubber)	12 / 1pr					G	P
770009 250293	46395										@		Rubber Gloves, Large (Certified Natural Rubber)	12 / 1pr					G	P
770009 250613	46396												Sponge Cloths (Machine Washable)	12 / 5ct					G	P

NATURE CLEAN | HOUSEHOLD CLEANERS

058951 217404	80496										+	P	Fruit & Veggie Wash Concentrate	6 / 740ml					G	P
058951 225003	80490										+	P	Fruit & Veggie Wash Spray	6 / 500ml					G	P
058951 308003	80502										+	P	Toilet Cleaner	6 / 1L					G	P

SAPADILLA | CLEANING PRODUCTS

677141 002011	70332												All Purpose Cleaner, Rosemary & Peppermint	6 / 739ml					G	P
677141 001014	70329												Countertop Cleanser Spray, Rosemary & Peppermint	12 / 473ml					G	P

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SEVENTH GENERATION | HOUSEHOLD CLEANERS

732913 229178	46165											12 / 35ct				G	P	
732913 450077	47060											12 / 35ct				G	P	
732913 449972	47061											6 / 70ct				G	P	
732913 446872	47059											12 / 37ct				G	P	
732913 229185	46062											8 / 768ml				G	P	
732913 447114	46066											8 / 680ml				G	P	
732913 447749	47029											8 / 768ml				G	P	

GARBAGE BAGS

BAG TO EARTH | FOOD WASTE BAGS

777080 001004	70215											12 / 5ea				G	P	
777080 001011	70213											20 / 10ea				G	P	

ECOSAFE-6400 | COMPOSTABLE BAGS

678526 600037	46273											15 / 12ct				G	P	
678526 600013	46271											24 / 30ct				G	P	
678526 600020	46272											15 / 12ct				G	P	
678526 316174	46299											10 / 90ct				G	P	
678526 243265	46279		B									24 / 12ct				G	P	
678526 334802	46270											6 / 15ct				G	P	

FOOD PACKAGING & WRAP

ECOSAFE-6400 | COMPOSTABLE SANDWICH BAGS

678526 500078	46275											12 / 100ct				G	P	
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IF YOU CARE | ENVIROMENT FRIENDLY COOKING PRODUCTS

770009 050046	46384					*						24 / 1.67m ²				G	P	
770009 120114	46385											12 / 50ft ²				G	P	
770009 250255	46387											12 / 75ft ²				G	P	
770009 010200	46380											12 / 70ft ²				G	P	
770009 011924	46388											12 / 24ct				G	P	
770009 250262	60346											12 / 48ct				G	P	

PAPERCHEF | CULINARY PARCHMENT PAPER

628689 000014	47011											12 / 41ft ²				G	P	
628689 700983	47010											12 / 123ft ²				G	P	
628689 700242	47016											12 / 24ct				G	P	

LAUNDRY PRODUCTS

ASPEN CLEAN | LAUNDRY PRODUCTS

876805 000459	80833											3 / 1.9L				G	P	
876805 000442	80832											3 / 1.9L				G	P	
876805 000435	80831											3 / 1.9L				G	P	

BIOVERT | LAUNDRY PRODUCTS

776622 011044	80523											2 / 4.43L				G	P	

CLEANER PLANET | SOAP NUTS

806494 000676	46196											6 / 250g				G	P	
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ECO-MAX | LAUNDRY PRODUCTS

853907 001058	80701											4 / 3L					G	P	
853907 001065	80702											4 / 3L					G	P	
853907 001171	80707											4 / 3L					G	P	

NATURE CLEAN | LAUNDRY PRODUCTS

058951 307839	80507											4 / 1.5L					G	P	
058951 308850	80505											2 / 12x32ea					G	P	
058951 308867	80506											2 / 12x32ea					G	P	
058951 308034	80461											4 / 3L					G	P	
058951 308614	80725											4 / 3L					G	P	
058951 308089	80205											2 / 4.5L					G	P	
058951 308508	80449											4 / 1.83L					G	P	
058951 307204	80867											6 / 180g					G	P	
058951 394013	80500											6 / 1L					G	P	
058951 394105	80451											4 / 3.63L					G	P	
058951 309307	80439											6 / 700g					G	P	

SAPADILLA | ECO-CLEANERS LAUNDRY PRODUCTS

677141 003025	70343											6 / 946ml					G	P	
677141 003018	70342											6 / 946ml					G	P	

SEVENTH GENERATION | LAUNDRY PRODUCTS

732913 447053	47004											6 / 683ml					G	P	
732913 447381	47006											6 / 683ml					G	P	
732913 450800	47071											6 / 683ml					G	P	
732913 450923	47070											6 / 683ml					G	P	
732913 227709	46138											6 / 1.47L					G	P	
732913 227693	46137											6 / 1.47L					G	P	
732913 228270	46197											6 / 1.47L					G	P	
732913 228287	46198											6 / 1.47L					G	P	
732913 447107	46169											4 / 2.95L					G	P	
732913 450626	47081											4 / 2.6L					G	P	
732913 450633	47080											4 / 2.6L					G	P	

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ABSORBENT WCAT LITTER	55
AK-MAK SESAME CRACKERS	37
ALIMENTS TRIGONE CEREAL	11
ALTER ECO CHOCOLATE TREAT	62,63
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AMANO SAUCE	33
AMBIENT MOON CHAI (CONCENTRATES)	16
AMY'S BURRITOS, WRAPS & POCKETS (FROZEN)	91
AMY'S CANNED BEANS	29
AMY'S CANNED SOUP	69
AMY'S ENTRÉES (FROZEN)	91
AMY'S PIZZA (FROZEN)	94
ANGIE'S BOOMCHICKAPOP MICROWAVE POPCORN	39
ANGIE'S BOOMCHICKAPOP POPCORN & PUFFS	58
ANITA'S ORGANIC BAKING MIXES	6
ANITA'S ORGANIC BREAKFAST BOOST TOPPING	11
ANITA'S ORGANIC BULK GRAINS	39
ANITA'S ORGANIC COCOA POWDER	8
ANITA'S ORGANIC FLOURS	9
ANITA'S ORGANIC HOT CEREALS	11
ANITA'S ORGANIC OATS	40
ANITA'S ORGANIC PANCAKE & WAFFLE MIXES	13
ANITA'S ORGANIC POPCORN	39
ANNIE'S GRANOLA BARS	35
ANNIE'S HOMEGROWN BUNNY FRUIT SNACKS	65
ANNIE'S HOMEGROWN BUNNY GRAHAMS SNACKS & COOKIES	35
ANNIE'S HOMEGROWN CEREAL	12
ANNIE'S HOMEGROWN CHEDDAR CRACKERS	37
ANNIE'S HOMEGROWN PASTA DINNER	52,53
ANTOINETTE'S DIP & SAUCE (REFRIGERATED)	78
ARIZONA PEPPER'S HOT SAUCES	30
ARTESIAN ACRES KAMUT PASTA	53
ASPEN CLEAN LAUNDRY PRODUCTS	103
ATLANTIC MARICULTURE DULSE	44
AURA CACIA BODY CARE	97
AVENA FOODS OAT FLOURS	9
AVENA FOODS OATS	40
BACH RESCUE REMEDIES	100
BAG TO EARTH FOOD WASTE BAGS	103
BAKERS SUPPLY HOUSE BAKING INGREDIENTS	7
BARBARA'S BAKERY CHEESE PUFFS	59
BEANFIELDS BEAN CHIPS	59
BETTERWITH CREAM ICE CREAM (FROZEN)	88
BEYOND MEAT PLANT-BASED MEAT ALTERNATIVES (FROZEN)	92
BIG MOUNTAIN PLANT-BASED MEAT ALTERNATIVES (REFRIGERATED)	82
BIG MOUNTAIN SOY-FREE TOFU (REFRIGERATED)	83
BIOITALIA OIL	50
BIOITALIA PUREES	67
BIOITALIA TOMATO PRODUCTS	28
BIO-K PLUS PROBIOTIC (REFRIGERATED)	85
BIOVERT DISHWASHING PRODUCTS	102
BIOVERT LAUNDRY PRODUCTS	103
BLACK RIVER JUICE & LEMONADE	23
BLISS BALLS ENERGY TRUFFLE BALLS	56
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGE	26
BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGE (REFRIGERATED)	74
BLUE DIAMOND NUT THINS CRACKERS	37
BLUE MONKEY COCONUT CREAM	46
BLUE MONKEY PURE COCONUT JUICE & WATER	23
BLUE MONKEY SPARKLING BEVERAGE	20
BLUEBIRD PROVISIONS BONE BROTH (FROZEN)	68
BO & MARROW BROTH (FROZEN)	68
BOB'S RED MILL BAKING INGREDIENTS	7
BOB'S RED MILL BAKING MIXES	6
BOB'S RED MILL BEANS	39
BOB'S RED MILL CEREALS & GRANOLAS	12
BOB'S RED MILL FLAKED & SHREDDED COCONUT	48

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BOB'S RED MILL FLOURS	9,10
BOB'S RED MILL FUNCTIONAL FOODS	100
BOB'S RED MILL GRAINS & INGREDIENTS	40
BOB'S RED MILL HAZELNUT MEAL FLOUR (REFRIGERATED)	85
BOB'S RED MILL HOT CEREALS	11
BOB'S RED MILL OATS	40
BOB'S RED MILL PANCAKE & WAFFLE MIXES	13
BOB'S RED MILL POPCORN	39
BOB'S RED MILL SEEDS	49
BOB'S RED MILL SEEDS (REFRIGERATED)	85
BOB'S RED MILL SOUP MIX	70
BOB'S RED MILL VEGETABLE PROTEIN	52
BRAGG ALL PURPOSE SEASONING	33
BRAGG APPLE CIDER VINEGAR	34
BRAGG DRESSING	31
BRAGG NUTRITIONAL YEAST SEASONING	100
BRAGG SPRINKLE SEASONING	41
BREMNER'S CAESAR MIXER	20
BREMNER'S JUICE	23
BREMNER'S FRUIT (FROZEN)	95
BREW DR.KOMBUCHA KOMBUCHA (REFRIGERATED)	79,80
BUCHA BREW KOMBUCHA	22
BUCHA BREW KOMBUCHA (REFRIGERATED)	80
BUENO FOODS TORTILLAS (FROZEN)	87
BULK BEANS	39
BULK DRIED FRUIT	49
BULK GRAINS	40
BULK NUTS	50
BULK POPPING CORN	39
BULK SEA SALT	43
BULK SEEDS	50
CABOO BAMBOO BABY WIPES	5
CABOO PAPER TOWELS, TISSUE & BATHROOM TISSUE	101
CALIFIA FARMS COLD BREW COFFEE (REFRIGERATED)	80
CALIFIA FARMS DAIRY-FREE BEVERAGE (REFRIGERATED)	74
CALIFIA FARMS DAIRY-FREE COFFEE CREAMER	14
CALIFIA FARMS DAIRY-FREE COFFEE CREAMER (REFRIGERATED)	74
CAMINO CHOCOLATE BAKING PRODUCTS	8
CAMINO CHOCOLATE BAR	63
CAMINO HOT CHOCOLATES	15
CAMINO SHREDDED COCONUT	48
CAMINO SUGAR	70
CANADIAN HERITAGE ORGANICS MAPLE BUTTER & SYRUP	70
CANADIAN KELP RESOURCES SEA VEGETABLES	44
CASBAH AUTHENTIC GRAINS	45
CASBAH AUTHENTIC MIX	45
CAULIPOWER PIZZA (FROZEN)	94
CAULIPOWER PIZZA CRUST (FROZEN)	90
CAULIPOWER TORTILLAS (FROZEN)	87
CENTRAL ROAST POPCORN	39
CHA'S ORGANICS 100% REAL FRUIT SNACKS	48
CHA'S ORGANICS COCONUT CREAM & MILK	46
CHA'S ORGANICS COCONUT OIL	50
CHA'S ORGANICS SPICES	41,42
CHEDZ CHEESE SNACKS	59
CHIMES CANDY	65
CHIWI'S KIWI CHIPS	67
CHOSEN FOODS AVOCADO OIL DRESSING	32
CHOSEN FOODS CLASSIC MAYO	32
CHOSEN FOODS CULINARY OIL	50
CLAWHAMMER ORGANIC MINTS	66
CLEANER PLANET SOAP NUTS	103
CLEVER PREMIUM MOCKTAIL	27
CLIF BAR	56
CLIF KID ORGANIC ZBARS	36
CLOUD 9 BAKING MIXES	6
CLOUD 9 PANCAKE & WAFFLE MIXES	13

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COCONUT SECRET SOY SAUCE SUBSTITUTE	33
COCONUT SECRET SOY-FREE SAUCE	30
CRAVE STEVIA CHOCOLATE CHIPS	8
CRAVE SWEETENER	70
CROFTER'S ORGANIC FRUIT SPREAD	47
DAIYA CHEEZECAKE (FROZEN)	88
DAIYA COCONUT NON-DAIRY DESSERT (FROZEN)	89
DAIYA DAIRY-FREE CHEESE ALTERNATIVES (REFRIGERATED)	75,76
DAIYA DAIRY-FREE PIZZA (FROZEN)	94
DAIYA DAIRY-FREE SALAD DRESSING	32
DAIYA DELUXE CHEEZY MAC	53
DAIYA ENTRÉES (FROZEN)	91
DANDIES VEGAN MARSHMALLOWS	66
DEEBEE'S ORGANICS SUPERFRUIT FREEZIE	89
DIVINE CHOCOLATE BAR	63
DJ&A VEGETABLE SNACKS	59
DOMO STONE GROUND TEA	16
DOM'S DEODORANT	97
DUMET OLIVES	32,33
EAGLE INSTAFERM BAKING INGREDIENTS	7
EARTH BALANCE COCONUT & PEANUT SPREAD	47
EARTH BALANCE SPREAD & STICKS (REFRIGERATED)	75
EARTH FRIENDLY DISHWASHING PRODUCTS	102
EARTH ISLAND DAIRY-FREE CHEESE ALTERNATIVES (REFRIGERATED)	76
EARTH ISLAND SALAD DRESSING & VEGENAISE (REFRIGERATED)	77,78
EARTH ISLAND SOUR CREAM ALTERNATIVE (REFRIGERATED)	77
EARTH ISLAND VEGAN EGG ALTERNATIVE (REFRIGERATED)	73
EARTHBOUND FARM ORGANIC FRUIT (FROZEN)	96
EARTHBOUND FARM ORGANIC VEGETABLES (FROZEN)	96
EARTH'S OWN (SO FRESH) NON-DAIRY BEVERAGE	26
EARTH'S OWN BARISTA EDITION OAT BEVERAGE	14
EARTH'S OWN CREAMER ALTERNATIVES (REFRIGERATED)	74
EARTH'S OWN DAIRY-FREE BUTTER ALTERNATIVE (REFRIGERATED)	75
EARTH'S OWN DAIRY-FREE CHEESE ALTERNATIVES (REFRIGERATED)	76
EARTH'S OWN DAIRY-FREE DIPS (REFRIGERATED)	78
EARTH'S OWN DAIRY-FREE SOUR CREAM ALTERNATIVE (REFRIGERATED)	77
EARTH'S OWN NON-DAIRY BEVERAGE	26
EARTH'S OWN NON-DAIRY BEVERAGE (REFRIGERATED)	74
EAT WHOLESOME PICKLED VEGETABLES	33
EAT WHOLESOME FOOD CO. CANNED BEANS	29
EAT WHOLESOME FOOD CO. ITALIAN TOMATOES	28
EAT WHOLESOME FOOD CO. VEGETABLES	28
ECOFORCE RECYCLED SCOURERS	103
ECO-MAX DISHWASHING PRODUCTS	102
ECO-MAX LAUNDRY PRODUCTS	104
ECOPOOCH COMPOSTABLE DOGGIE BAGS	55
ECOSAFE~6400 COMPOSTABLE BAGS	103
ECOSAFE~6400 COMPOSTABLE SANDWICH BAGS	103
EDEN APPLE BUTTER	47
EDEN APPLE SAUCE	28
EDEN CANNED BEANS	30
EDEN CANNED BEANS	28
EDEN JAPANESE PRODUCTS	44
EDEN NON-DAIRY BEVERAGE	26
EDEN ORGANIC POPCORN	39
EDEN PACKAGED SNACK FOOD	67
EDEN PICKLED VEGETABLES	33
EDEN PIZZA & PASTA SAUCE	32
EDEN REFRIED BEANS	45
EDEN SEA VEGETABLES	44
EDEN SESAME OIL	50
EDEN TAHINI	47
EDEN VINEGAR	34
EDEN FOODS BARLEY MALT SYRUP	70
EDWARD & SONS EXOTIC RICE TOASTS & BAKED BROWN RICE SNAPS	37
EDWARD & SONS MISO SOUPS	44
EFRUTI FRUIT JUICE GUMMI CANDIES	66

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EL FARO FLOUR	10
ELIAS HONEY	70
EMMA UNBLEACHED COFFEE FILTERS	14
ENDANGERED SPECIES CHOCOLATE BAR	63,64
ENDANGERED SPECIES OAT MILK BAKING CHIPS	8
ENER-C DRINK MIX	100,101
ENER-G FOODS BAKING INGREDIENTS	7
ENER-G FOODS BREADS	6
ENGEVITA NUTRITIONAL YEAST	100
ENJOY LIFE BAKING CHOCOLATE	8
ESCUMINAC FARM BOTTLED ORGANIC MAPLE SYRUP	71
ETHICAL BEAN WHOLE BEAN COFFEES	14
EVERGREEN WHEATGRASS JUICE (FROZEN)	95
EVE'S CRACKERS	37
EVIVE SMOOTHIE CUBES (FROZEN)	95
FARMER'S MARKET CANNED PUMPKIN	29
FARMHOUSE CULTURE GUT SHOT BEVERAGE (REFRIGERATED)	80
FATSO NUT & SEED BUTTER	47,48
FENTIMANS BOTANICALLY BREWED BEVERAGE	20
FERIDIES PEANUTS	67
FEVER-TREE DRINK MIXER	20,21
FIELD ROAST CHAO SLICES (REFRIGERATED)	76
FIELD ROAST CO. PLANT BASED MEAT ALTERNATIVES (FROZEN)	92
FIELD ROAST MEAT & CHEESE CO. PLANT BASED APPETIZERS (FROZEN)	90
FIELD ROAST® CHAO CREAMERY ENTRÉES (FROZEN)	91
FILLO FACTORY PASTRY (FROZEN)	90
FILSINGER'S ORGANIC FOODS APPLE CIDER VINEGAR	34
FLORIDA CRYSTALS SUGAR	71
FLOW ALKALINE SPRING WATER	27
FOLEY'S VITALITY DOG GOURMET DOG TREATS	55
FOOD FOR LIFE BREADS, BUNS & ENGLISH MUFFINS (FROZEN)	86
FOOD FOR LIFE EZEKIEL 4:9 CEREALS	12
FOOD FOR LIFE TORTILLAS (FROZEN)	87
FOUR O'CLOCK TEA	16
FREEYUMM ALLERGEN-FREE COOKIES	35
FRONTERA GOURMET MEXICAN COOKING SAUCE	45
FRONTERA GOURMET MEXICAN GUACAMOLE MIX	42
FRONTIER HERBS & SPICES	42
FULLGREEN READY-TO-EAT RICED VEGETABLES	52
GARDEIN MEAT-FREE ALTERNATIVES (FROZEN)	92,93
GARDEIN MEAT-FREE ENTRÉES (FROZEN)	91
GENUINE TEA CO. TEA	16
GIA BASMATI RICE IN A BAG	40
GIMME ORGANIC ROASTED SEAWEED	44
GIMME ORGANIC ROASTED SEAWEED SNACKS	44
GIMME ORGANIC ROASTED SUSHI NORI	44
GINGER PEOPLE COOKING SAUCE	30
GINGER PEOPLE CRYSTALLIZED GINGER	66
GINGER PEOPLE GINGER CANDY	66
GINGER PEOPLE GINGER JUICE	41
GINGER PEOPLE GINGER SOOTHER	22
GINGER PEOPLE GINGER SYRUP	30
GINGER PEOPLE MINCED GINGER	44
GLUTINO BREADS & ENGLISH MUFFINS (FROZEN)	86
GLUTINO COOKIES	35
GLUTINO CRACKERS	37
GLUTINO PRETZELS	59
GOLD RUSH POTATO PRODUCTS (FROZEN)	96
GOOD TO GO KETO BAR	57
GOODDRINK BOTTLED TEA	23
GOODDRINK SPRITZER	21
GREEK GODS GREEK STYLE YOGURT (REFRIGERATED)	72
GREEN CUISINE MOCHI, TEMPEH & TOFU (REFRIGERATED)	83
GREEN CUISINE RAW SUPERFOOD (REFRIGERATED)	83
GREEN CUISINE TEMPEH (FROZEN)	93
GREEN TABLE FOODS CONDIMENTS (REFRIGERATED)	84
GT'S LIVING FOODS ALIVE ADAPTOGENIC TEA DRINK (REFRIGERATED)	80

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GT'S LIVING FOODS RAW KOMBUCHA (REFRIGERATED)	80
HABIBI'S MEDITERRANEAN DIPS & HUMMUS (REFRIGERATED)	78
HABIBI'S MEDITERRANEAN LEBANESE GARLIC SAUCE	45
HAPPY PAWS CAT & DOG FOOD	55
HAPPY PLANET JUICE & SMOOTHIES (REFRIGERATED)	80,81
HAPPY PLANET MORNIN' OATZ SHAKE	22
HAPPY PLANET SOUPS (REFRIGERATED)	79
HARDBITE HANDCRAFTED STYLE CHIPS	59,60
HARVEST SUN BOUILLON CUBES & BROTH POWDER	68
HEALTH-ADE KOMBUCHA (REFRIGERATED)	81
HEALTHY HIPPO LOW SUGAR CANDY	66
HEE-HAW HORSERADISH	30
HERBARIA HERBAL TEA	16
HILARY'S VEGGIE BURGERS (FROZEN)	93
HOLY CRAP BREAKFAST CEREAL	12
HOLY NAPOLI PIZZA DOUGH (FROZEN)	90
HOLY NAPOLI NEAPOLITAN PIZZA (FROZEN)	94
HORNBY ISLAND VEGGIE PÂTÉ (REFRIGERATED)	79
HORNBY ORGANIC ENERGY BAR	57
HOT KID RICE CRACKERS	37
HUER SENSIBLE SWEETS	66
HUMBLE POTATO CHIPS	60
HUNGRY BUDDHA KETO BAR	57
ICEFIELD GLACIAL SPRING WATER	27
IF YOU CARE CONCENTRATED DISHWASHING PRODUCTS	102
IF YOU CARE ENVIROMENT FRIENDLY BAKING CUPS	6
IF YOU CARE ENVIROMENT FRIENDLY CLEANING PRODUCTS	103
IF YOU CARE ENVIROMENT FRIENDLY COOKING PRODUCTS	103
IMAGINE FOODS BROTH	68
IMAGINE FOODS NATURAL SOUP	69
INDIANLIFE CHIPS	60
INDIANLIFE ENTRÉES (FROZEN)	91
INDIANLIFE FLAT BREADS, WRAPS & TORTILLAS (FROZEN)	87
ISLAND ESSENTIALS NATURAL BODY CARE	97
JASON BODY CARE PRODUCTS	97
JASON DENTAL CARE	98
JASON HAIR CARE	99
JOVIAL EINKORN FLOUR	10
JOVIAL ITALIAN PASTA	53
JUST EGG PLANT EGG (FROZEN)	93
JUST EGG PLANT EGG (REFRIGERATED)	73
JUSTEA FARMER DIRECT KENYAN TEA	17
JUSTIN'S NUT BUTTER CUPS	64
JYOTI NATURAL FOODS INDIAN CUISINE	43
KAN'S GOURMET FOODS APPETIZERS (FROZEN)	90
KARTHEIN'S ORGANIC UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	84
KASLO SOURDOUGH PASTA	53,54
KETTLE BRAND POTATO CHIPS	60
KIJU ORGANIC BEVERAGE	24
KIND CLUSTERS	67
KIND GRANOLA & BREAKFAST BAR	36
KIND NUT BAR	57
KINDRED CULTURES WATER KEFIR (REFRIGERATED)	81
KING ISLAND COCONUT WATER	24
KINNIKINNICK BREADS, BUNS, ENGLISH MUFFINS & SOFT BAGELS (FROZEN)	86
KINNIKINNICK COOKIES	35
KINNIKINNICK DONUTS (FROZEN)	88
KINNIKINNICK GRAHAM STYLE CRUMBS	7
KINNIKINNICK HOMESTYLE WAFFLES (FROZEN)	95
KINNIKINNICK PANCAKE & WAFFLE MIX	13
KINNIKINNICK PANKO STYLE BREAD CRUMBS	6
KINNIKINNICK PIZZA & PIE CRUST (FROZEN)	90
KOYO JAPANESE PRODUCTS	44
KOYO RAMEN	69
KRINOS FOODS CHEESE (REFRIGERATED)	73
KRINOS FOODS GREEK OLIVES	33
KRISDA SUGAR-FREE CHOCOLATELY CHIPS	8

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KRISDA SUGAR-FREE SWEETENER	71
LA PREFERIDA ORGANIC MEXICAN INGREDIENTS	46
LAKANTO MONKFRUIT BLEND SWEETENER	71
L'ANCÊTRE BUTTER (REFRIGERATED)	72
L'ANCÊTRE CHEESE (REFRIGERATED)	73
LARABAR ENERGY BAR	58
LATE JULY SNACKS CRACKERS	37
LATE JULY SNACKS TORTILLA CHIPS	60
LE GRAND CHEESE SPREAD ALTERNATIVES (REFRIGERATED)	76
LE GRAND PESTOS (REFRIGERATED)	78
LE PAIN DES FLEURS CRISPBREAD	37
LEMONCOCO LEMON & COCONUT BEVERAGE	24
LET'S DO ICE CREAM CONES	88
LET'S DO...ORGANIC BAKING INGREDIENTS	7
LET'S DO...ORGANIC COCONUT CREAM & MILK	46
LET'S DO...ORGANIC FLOURS	10
LET'S DO...ORGANIC SHREDDED COCONUT	48
LET'S DO...ORGANIC ICE CREAM CONES	88
LEVEL GROUND TRADING DIRECT FAIR TRADE CACAO NIBS	8
LEVEL GROUND TRADING DIRECT FAIR TRADE COFFEES	14
LEVEL GROUND TRADING DIRECT FAIR TRADE DRIED FRUIT	48
LEVEL GROUND TRADING DIRECT FAIR TRADE SUGAR	71
LEVEL GROUND TRADING DIRECT FAIR TRADE TEA	17
LICK YOUR CHOPS CAT & DOG FOOD	55
LILY'S NO SUGAR ADDED BAKING CHIPS	8
LILY'S NO SUGAR ADDED CHOCOLATE BAR	64
LITA'S MEXICAN FOODS ENTRÉES (FROZEN)	91
LOOP SPARKLING KEFIR WATER (REFRIGERATED)	81
LOVE CHILD ORGANICS BABY FOODS	5
LOVE GOOD FATS SNACK BAR	58
LUCKY FOODS SPRING ROLLS (FROZEN)	90
LUNA BAR	58
LUNDBERG BROWN RICE SYRUP	71
LUNDBERG ENTREES & SIDES	52
LUNDBERG GRAINS	40
LUNDBERG RICE CAKE MINIS	61
LUNDBERG RICE CHIPS	61
LUNDBERG RICES	41
LUNDBERG FAMILY FARMS WHOLE GRAIN RICE CAKES	38
MACKELLAR FARMS EDAMAME (FROZEN)	96
MADEGOOD GRANOLA SNACK	36
MADEGOOD STAR PUFFED CRACKERS	37
MAISON ORPHEE HAND-HARVESTED GREY SEA SALT	42
MAISON ORPHEE MARINADE	30
MAISON ORPHEE MAYONNAISE (REFRIGERATED)	78
MAISON ORPHEE MUSTARD	30
MAISON ORPHEE OIL	51
MAISON ORPHEE VINEGAR	34
MANITOBA HARVEST HEMP SEED OIL (REFRIGERATED)	85
MANITOBA HARVEST HEMP YEAH! GRANOLAS	12
MANITOBA HARVEST HEMP YEAH! PROTEIN POWDER	101
MANITOBA HARVEST SHELLLED HEMP SEEDS	49
MANNA ORGANICS MIGHTY MANNA BREAD (FROZEN)	86
MARUKAN RICE VINEGAR	34
MARY'S ORGANIC GOURMET CRACKERS	38
MASECA CORN MASA FLOUR	10
MATEINA READY-TO-DRINK YERBA MATES	22
MATEINA YERBA MATE	17
MAUREEN SIMON FOODS CORP COOKING SAUCES	43
MCKENZIE'S COUNTRY FARM HONEY	71
MID-DAY SQUARES FUNCTIONAL CHOCOLATE (REFRIGERATED)	83
MILLSTREAM FLOUR MILL FLOURS	10
MINTIQ SUGAR FREE MINTS	66
MISHIMA INSTANT SOUP	44
MIYOKO'S NON-DAIRY CHEESE ALTERNATIVES (REFRIGERATED)	76
MIYOKO'S VEGAN BUTTER (REFRIGERATED)	75
MOCOLATE PLANT BASED PROTEIN POWDER	101

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MOCOLATE SNACK BAR	58
MODERN MEAT PLANT-BASED MEAT ALTERNATIVES (FROZEN)	93
MODERN PRODUCTS BREWERS YEAST	100
MODERN PRODUCTS SEASONINGS	42
MORNIN' GLORY PRUNE JUICE	24
MORNIN' GLORY PRUNES	48
MOUNT HAGEN INSTANT COFFEES	15
MOUNTAIN SKY BODY CARE	97
MUIR GLEN CANNED TOMATOES	29
MYLKO OAT BUTT'R (FROZEN)	94
NAAM COOKING SAUCE	31
NAAM MISO GRAVY	31
NADAMOO! DAIRY-FREE COCONUT DESSERT (FROZEN)	89
NAKED & SAUCY COOKING SAUCE	31
NAKED & SAUCY SOY SAUCE SUBSTITUTE	33
NANAK BUTTER	43
NATIVE FOREST CANNED FRUIT & VEGETABLES	29
NATIVE FOREST CANNED VEGETABLES & JACKFRUIT	46
NATIVE FOREST COCONUT MILK	46
NATIVE FOREST DAIRY FREE MILK POWDER	26
NATRACARE FEMININE CARE	99
NATURA DAIRY-FREE BEVERAGE	26
NATURAL CABANA LEMON & LIMEADE	24
NATURE CLEAN BODY CARE	98
NATURE CLEAN DISHWASHING PRODUCTS	102
NATURE CLEAN HOUSEHOLD CLEANERS	103
NATURE CLEAN LAUNDRY PRODUCTS	104
NATURE CLEAN SHAMPOO & CONDITIONER	99
NATURE'S BAKERY FIG BAR	36
NATURE'S NUTS NUT & SEED BUTTER	48
NATURE'S PATH CEREAL	12
NATURE'S PATH FLAXPLUS FLAX SEEDS	50
NATURE'S PATH GRANOLA	12,13
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NATURE'S PATH TOASTER PASTRIES	36
NATURE'S PATH WAFFLES (FROZEN)	95
NATURE'S PATH WHOLE GRAIN OATS	11
NATURO AQUA MOUNTAIN SPRING WATER	27
NAVITAS ORGANICS CACAO NIBS & POWDER	8
NAVITAS ORGANICS DRIED FRUIT	49
NAVITAS ORGANICS FUNCTIONAL FOOD	100
NEW WORLD NUT & SEED BUTTER	48
NOOCHPOP! VEGAN CHEESY POPCORN	61
NORA SEAWEED SNACKS	45
NORA'S DAIRY-FREE DESSERT (FROZEN)	89
NORTH PRAIRIE GOLD OIL	51
NOT MILK NON-DAIRY BEVERAGE (REFRIGERATED)	74
NOVA SCOTIA FISHERMAN XTREME LIP & SKIN CARE	98
NUMI ORGANIC TEA	17
NUNWEILER'S PANCAKE & WAFFLE MIXES	13
NUNWEILER'S FLOUR CO ORGANIC FLOURS	11
NUTIVA COCONUT FLOUR	11
NUTIVA COCONUT MANNA CREAMY SPREAD	48
NUTIVA HAZELNUT SPREAD	48
NUTIVA OIL	51
NUTIVA SEEDS	50
NUTS FOR CHEESE DAIRY-FREE NUTS FOR BUTTER (REFRIGERATED)	75
NUTS FOR CHEESE FERMENTED CASHEW PRODUCT (REFRIGERATED)	76
NUUN HYDRATION DRINK TABLETS	101
OASIS PITA BREAD (FROZEN)	87
O'DOUGHS BUNS & BAGELS (FROZEN)	86
OLIVADO OIL	51
OM MUSHROOMS POWDER	100
OMEGA NUTRITION APPLE CIDER VINEGAR	34
OMEGA NUTRITION COCONUT & EFA OIL (REFRIGERATED)	85
OMEGA NUTRITION NUTRI-FLAX POWDER	85
OMEGA NUTRITION OIL	51

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OMEGA NUTRITION PUMPKIN SEED BUTTER	48
ONEEARTH FUNCTIONAL FOODS COCONUT PALM SUGAR	71
ONLY OATS	40
ONLY OATS OAT FLOURS	11
OPUS ALCOHOL FREE BEVERAGE	21
ORCHID REAL FLAVOUR BAKING INGREDIENTS	7
OZERY BAKERY BUNS (FROZEN)	87
PACIFIC FOODS BROTH	68
PACIFIC FOODS SOUP	70
PAMELA'S ARTISAN FLOUR BLENDS	11
PAMELA'S COOKIES	35
PAMELA'S PANCAKE MIXES	14
PANDA LICORICES	67
PAPERCHEF CULINARY PARCHMENT BAKING PRODUCTS	7
PAPERCHEF CULINARY PARCHMENT PAPER	103
PAPOUTSANIS OLIVE OIL HAND SOAP BAR	98
PAQUI TORTILLA CHIPS	61
PARTAKE BREWING NON-ALCOHOLIC BEER	27
PATIENCE FRUIT & CO DRIED BERRIES	49
PATIENCE FRUIT & CO SOUR CRAN DRIED CRANBERRIES	67
PATIENCE FRUIT & CO FRUIT JUICES	24
PEARL'S PEROGIES (FROZEN)	92
PERFECT BAR (REFRIGERATED)	83
PERFECT CHEF TOMATO PASTA SAUCE	32
PHAT TEA MCT INFUSED ICED TEAS	22
PIKE PIER FISHERMAN ALL NATURAL SAUCES	30
PLUM-M-GOOD BROWN RICE BREADING CRUMBS	6
PLUM-M-GOOD RICE CAKES	38,39
POMONA'S UNIVERSAL PECTIN	8
PORTOFINO EUROPEAN BAKERY LOAFS & BUNS (FROZEN)	86
POW! PUFFS PLANT-BASED PUFFS	61
PRAIRIE HARVEST KETCHUP	30
PRAIRIE HARVEST PASTA	54
PRAIRIE HARVEST PASTA SAUCE	32
PRAIRIE HARVEST POPCORN	39
PRANA CHOCOLATE BAKING PRODUCTS	8
PRANA CHOCOLATE BARK	64
PRANA DRIED FRUIT	49
PRANA FUNCTIONAL FOOD	100
PRANA GRANOLOVE GRANOLA CEREALS	13
PRANA ORGANIC OVERNIGHT CHIA & OAT MIX	13
PRANA ORGANIC SNACKS	67
PRANA ORGANIC NUTS & SEEDS	50
PROBAR NUTRITIONAL FOOD BAR	58
PUKKA ORGANIC TEA	17
QUE PASA SALSA	33
QUE PASA TACO SHELLS	46
QUE PASA TORTILLA CHIPS	61
R.W. KNUDSEN CELEBRATORY SPARKLING BEVERAGE	27
R.W. KNUDSEN FRUIT JUICE & VEGETABLE JUICE	24,25
RAINCOAST SUSTAINABLE WILD CANNED & PACKAGED SEAFOOD	29
RATIO KETO FRIENDLY SNACK BAR	58
RAWMBAS VEGAN MUFFINS (FROZEN)	88
RED STAR NUTRITIONAL YEAST	100
REDMOND REAL SALT	42
REED'S ALL-NATURAL GINGER DRINK	21
RICEWORKS GOURMET RICE CHIPS	61
RIDGWAYS BLACK TEA	17
RIPPLE DAIRY-FREE PEA BEVERAGE (REFRIGERATED)	74
RISE KOMBUCHA (REFRIGERATED)	81,82
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RIZOPIA RICE PASTA	54
ROAR ORGANIC ELECTROLYTE INFUSIONS BEVERAGE	22
ROCKY MOUNTAIN FLATBREAD PIZZA (FROZEN)	95
ROCKY MOUNTAIN FLATBREAD PIZZA CRUST (FROZEN)	90
RUBY RED FARMS ORGANIC BLUEBERRIES (FROZEN)	96

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RUBY'S AUTHENTIC APPETIZERS (FROZEN)	90
RUBY'S AUTHENTIC CHUTNEY (REFRIGERATED)	78
RUMBLE SUPERSHAKE	22
RUNA CLEAN ENERGY DRINK	22
RVIITA ENERGY TEA	22
SAFE CATCH LOW MERCURY CANNED SEAFOOD	29
SALT SPRING COFFEE	15
SALT SPRING GELATO ITALIAN ICE CREAM (FROZEN)	88
SALT SPRING GELATO SORBETTOS (FROZEN)	89
SALTSPRING HARVEST VÉGÉ PATÉS (REFRIGERATED)	79
SAN ZENONE PASTA	54
SAN-J COOKING SAUCE	31
SAN-J RICE CRACKERS	38
SAN-J SAUCE	34
SANTA CRUZ ORGANIC 100% LEMON & LIME JUICE	41
SANTA CRUZ ORGANIC JUICE & LEMONADE	25
SAPADILLA BODY CARE	98
SAPADILLA CLEANING PRODUCTS	103
SAPADILLA ECO-CLEANERS DISH PRODUCTS	102
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