



Wholesale Catalogue

August 2024



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



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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

Accounting Information Payment

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

Past Due Accounts

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

Delivery & Pick-up Information

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

Order Pick-ups

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

Quick Pick-Up Policy

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

Back Order Policy

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

Ordering Information

* prices subject to change without notice

Order Lead Time - Please see next pg.

Split Cases

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

Minimum Order Amounts

– on scheduled days, where applicable.

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

Claims

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

All Claims>Returns

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

Pricing/Shipping Errors

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

Guaranteed Sales

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

Damaged/Dated Items and Items Not Received

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

PSC Freight Rates	PSC Minimum Order Levels for Zone 2 and 3 Shipping
Highly competitive freight rates. <i>We deliver the goodness for less.</i> Vancouver Island and Other Islands Vancouver Island, Saltspring Island <i>Minimum order, no charge</i> Gabriola/Denman, Hornby, Port Alberni, Tofino & points north of Campbell River <i>Orders < \$1500, freight collect Orders > \$1500, prepaid</i> Mainland Greater Vancouver <i>Minimum order, no charge</i> Zone 1 Lower Fraser Valley, Sunshine Coast <i>Orders < \$1,000, freight collect Orders > \$1,000, prepaid</i> Zone 2 Other BC and Alberta points, Kelowna, Prince George, Revelstoke, Penticton, Calgary, Edmonton <i>Refer to Zone 2 and 3 Table</i> Zone 3 Regina, Saskatoon, Winnipeg <i>Refer to Zone 2 and 3 Table</i> 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.	Lower Minimum Orders for Prepaid Freight Take advantage of our Partnership with Horizon Distributors for the Lower Minimum Order Requirements for Prepaid Freight. Place your PSC order by the following cut-off times for shipping with your Horizon order. Order placed by 3:00PM Thursday Shipped from Horizon on Tuesday Please ensure that your Horizon order is placed with an enclosure notice informing Horizon of your PSC order. Your PSC order will arrive at Horizon the day before ship out. Please note: Orders to be co-shipped with Horizon are delivered on the ‘M’ run only. Zone 2 See locations in Freight Rates Table (left) If shipped with Horizon order \$500 min. If shipped separately \$2,500, prepaid Under \$2,500 will be shipped freight collect Zone 3 See locations in Freight Rates Table (left) If shipped with Horizon order \$500 min. If shipped separately \$4,000, prepaid Under \$4,000 will be shipped freight collect

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

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

SHIP OUT \$1500 MINIMUM (Free Freight) BUY GROUP \$650 MINIMUM *NO SHIP OUTS TO PENDER ISLAND Split Cases • 1/2 case minimum. Frozen items are sold in full cases only.	Order Pick-ups • Monday–Thursday 9:00AM–4:00PM • Friday 9:00AM–2:30PM • Minimum 24 hours notice required. • Call by 10:00AM, pick up next business day after 12PM. • Please note that our minimum order for pick-up is \$100. • Order a maximum of ten cases before 10AM and you can pick up your order the same day after 2:00PM
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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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G = GST / P = PST / U = Container Recycling Fee / (S/O) = Special Order (See Rep for Lead Time & Pricing)

DRY GOODS

1 / ea

BABY CARE

Diapers & Wipes

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

Food & Formula

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

BAKERY GOODS

Bread

620133 600153	55053	GF	+		Panko Style Bread Crumbs	6 / 350g
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069372 006201	16697	GMO	GF	*	BC		Brown Rice Breeding Crumbs, Organic	6 / 100g
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775918 002032	32044	GF	+ X	CROUTONS, Herb & Garlic (wheat/gluten/dairy/egg/lactose free)	6 / 175g
775918 002018	32041	GF	+	BREAD CRUMBS, Rice (wheat/gluten/lactose free)	6 / 500g
					Buy 6-11 cases
					Save 5%
					Buy 12+ cases
					Save 10%

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

Baking Mixes

BOB'S RED MILL | BAKING MIX

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, Combread	4 / 567g					
039978 003003	34251	GMO		GF								X Baking Mix, Grain Free Blueberry Muffin	5 / 255g					
039978 003294	34250	GMO		GF								X Baking Mix, Grain Free Flatbread	5 / 200g					
039978 002266	34245	GF										X Baking Mix, Muffin	4 / 454g					
039978 002082	34215	GF										X Baking Mix, Pizza Crust	4 / 454g					

CLOUD 9 | GLUTEN-FREE BAKING MIX

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

HOME GROWN LIVING FOODS | EASY U-BAKE MIX

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

Baking Supplies

IF YOU CARE | ENVIRONMENT FRIENDLY BAKING CUPS

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

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

Baking Ingredients

BAKERS SUPPLY HOUSE | BAKING INGREDIENTS

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

BOB'S RED MILL | BAKING INGREDIENTS

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

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EAGLE INSTAFERM | BAKING INGREDIENTS

067031	109096	02180																	Instaferm Instant Yeast	20 / 450g
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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	005296	20114	GMØ	GF	*														Cornstarch, Organic	6 / 170g
043182	005272	70340																	Tapioca, Granules, Organic	6 / 170g
043182	005937	02008	GMØ	GF	*														X Sprinklez, Confetti, Organic	12 / 28g
043182	095297	14542	GMØ	B	*														X Cornstarch, Organic (S/O)	1 / 25kg

ORCHID REAL FLAVOUR | BAKING INGREDIENTS

062932	001005	02056								BC	P								Pure Vanilla Extract	12 / 100ml
062932	001807	02074	GMØ		*					BC	P								Vanilla Extract, Organic	12 / 100ml
062932	002002	02071								BC	P								Pure Vanilla Extract	6 / 500ml
062932	001876	02228	GMØ		*					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	GMØ		*														Almond Extract, Organic	6 / 59ml
089836	186201	02157	GMØ		*														Lemon Flavour, Organic (no alcohol)	6 / 59ml
089836	186225	02159	GMØ		*														Peppermint Flavour, Organic (no alcohol)	6 / 59ml
089836	195302	02326	GMØ		*														Vanilla Extract, Organic (no alcohol)	6 / 59ml
089836	186232	02154	GMØ		*														Vanilla Extract, Organic	6 / 59ml
089836	186195	02172	GMØ		*														Almond Extract, Organic	6 / 118ml
089836	195319	02328	GMØ		*														Vanilla Extract, Organic (no alcohol)	6 / 118ml
089836	186249	02155	GMØ		*														Vanilla Extract, Organic	6 / 118ml

Preserving Supplies

POMONA'S | UNIVERSAL PECTIN

019356	551111	02195																	Pectin, Low Methoxyl (sugar free)	24 / 31g
019356	551135	02196								B									X Pectin, Low Methoxyl (sugar free)	1 / 454g

Cocoa & Chocolate

CAMINO | CHOCOLATE BAKING PRODUCTS

752612	230015	02245	GMØ		*	@				P									Baking Chocolate, Unsweetened, 100% Cacao, Organic	10 / 200g
752612	240137	37014	GMØ		*	@				P									Baking Chips, White, 40% Cacao, Organic	8 / 225g
752612	240021	02337	GMØ		*	@				P									Chocolate Chips, Bittersweet, 71% Cacao, Organic	8 / 225g
752612	240014	02338	GMØ		*	@				P									Chocolate Chips, Semi-Sweet, 55% Cacao, Organic	8 / 225g
752612	240106	06920	GMØ		*	@				P									Chocolate Chips, Unsweetened, 100% Cacao, Organic	8 / 225g
752612	000113	02002	GMØ		*	@				P									Cocoa Powder, Dutch Processed, Organic	6 / 224g
752612	000212	02281	GMØ		*	@				P									Cocoa Powder, Natural, 100% Cacao, Organic	6 / 224g
752612	300336	90371	GMØ	B	*	@													Cocoa Powder, Dutch Processed, Organic (S/O)	1 / 25kg
752612	300147	02336	GMØ	B	*	@													Chocolate Chips, Semi-Sweet, 55% Cacao, Organic (S/O)	1 / 10kg

CRAVE | STEVIA CHOCOLATE CHIPS

884063	000692	23032	GMØ							BC	P								Chocolate Chips	6 / 200g
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ENDANGERED SPECIES | OAT MILK BAKING CHIPS

037014	400014	36210	GMØ	GF	V	@													Baking Chips, Oat Milk + Dark Chocolate (55% cocoa)	6 / 285g
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ENJOY LIFE | BAKING CHOCOLATE

819597 013825	02501	GMØ		GF	V								Mini Chips, White Chocolate	12	/ 255g			
819597 010213	02325	GMØ		GF	V								Morsels, Dark	12	/ 255g			
819597 013474	02500	GMØ		GF	V								Morsels, Chocolateriz, Smooth & Creamy	12	/ 255g			
853522 000313	02271	GMØ		GF	V								Mega Chunks, Semi-Sweet	12	/ 283g			
853522 000306	02250	GMØ		GF	V								Mini Chips, Semi-Sweet	12	/ 283g			

KRISDA | SUGAR-FREE CHOCOLATELY CHIPS

688120 200113	23019							+	$\mathbb{P}$				Chocolatey Chips, Semi-Sweet	6	/ 285g			
1068812 0200226	93040		B					+		X			Chocolatey Chips, Semi-Sweet (S/O)	1	/ 5kg			

PRANA ORGANIC | CHOCOLATE CHUNKS

877693 001559	26142	GMØ		GF	*				$\mathbb{P}$				Dark Chocolate Chunks, 70% Cacao, Organic	6	/ 300g			
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Flours

ANITA'S ORGANIC MILL | FLOUR

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

AVENA FOODS | OAT FLOUR

663780 100447	20117		B	GF				+	$\mathbb{P}$				Oat Flour, Wholegrain	1	/ 22.7kg			
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MASECA CORN MASA FLOUR			
34000	B GF	Yellow Corn Masa Flour, Regular #0	1 / 22.68kg

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NUNWEILER'S FLOUR CO | ORGANIC FLOUR

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

PAMELA'S | ARTISAN FLOUR BLENDS

093709 221142	22246	GMO									Artisan Flour Blend	3	/ 1.81kg					
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BEVERAGES, HOT

Coffee & Coffee Filters

EMMA | UNBLEACHED COFFEE FILTERS

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

IF YOU CARE | COFFEE FILTERS

770009 001116	60343										Coffee Filters, Basket (unbleached)	12	/ 100ct				G	P
770009 001123	60341										Coffee Filters, No. 2 (unbleached)	12	/ 100ct				G	P
770009 001147	60342										Coffee Filters, No. 4 (unbleached)	12	/ 100ct				G	P

LEVEL GROUND COFFEE ROASTERS | CRAFT COFFEE

661594 000366	11949	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, Andes Blend (medium), Organic	6	/ 300g					
661594 000267	11940	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, Colombia (dark), Organic	6	/ 300g					
661594 000304	11942	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, Decaf, Swiss Water Process (dark), Organic	6	/ 300g					
661594 000410	11950	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, East Africa (dark), Organic	6	/ 300g					
661594 002155	11956	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, Espresso Blend (Medium), Organic	6	/ 300g					
661594 000342	11954	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, Ethiopia (medium), Organic	6	/ 300g					
661594 000434	11946	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, French Blend (very dark), Organic	6	/ 300g					
661594 000328	11944	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, Peru (medium), Organic	6	/ 300g					
661594 000380	11948	GMO				*	@	BC	$\mathcal{P}$		Ground Coffee, Andes Blend (medium), Organic	6	/ 300g					
661594 000274	11941	GMO				*	@	BC	$\mathcal{P}$		Ground Coffee, Colombia (dark), Organic	6	/ 300g					
661594 000311	11943	GMO				*	@	BC	$\mathcal{P}$		Ground Coffee, Decaf, Swiss Water Process (dark), Organic	6	/ 300g					
661594 000427	11951	GMO				*	@	BC	$\mathcal{P}$		Ground Coffee, East Africa, Dark & Balanced, Organic	6	/ 300g					
661594 000359	11953	GMO				*	@	BC	$\mathcal{P}$		Ground Coffee, Ethiopia (medium), Organic	6	/ 300g					
661594 000441	11947	GMO				*	@	BC	$\mathcal{P}$		Ground Coffee, French Blend (very dark), Organic	6	/ 300g					
661594 000335	11945	GMO				*	@	BC	$\mathcal{P}$		Ground Coffee, Peru (medium), Organic	6	/ 300g					
661594 000182	11934	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, Andes Blend (medium), Organic	6	/ 908g					
661594 000120	11929	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, Colombia (dark), Organic	6	/ 908g					
661594 000199	11935	GMO				*	@	BC	$\mathcal{P}$		Coffee Beans, Peru (medium), Organic	6	/ 908g					

MOUNT HAGEN | INSTANT COFFEE

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

SALT SPRING COFFEE | COMPOSTABLE SINGLE-SERVE BREW PODS

628415 686635	12379	GMO				*	@	BC	$\mathcal{P}$		Coffee Pods, Blue Heron, Medium Dark, Organic	6	/ 20ct					
628415 686161	12380	GMO				*	@	BC	$\mathcal{P}$		Coffee Pods, Decaf, Dark Roast, Organic	6	/ 20ct					
628415 686413	12381	GMO				*	@	BC	$\mathcal{P}$		Coffee Pods, French Roast, Darkest Roast, Organic	6	/ 20ct					

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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 (S/O)	6	/ 908g			

Coffee Alternatives

CAF-LIB | GRAIN BEVERAGE

055789 050777	12074	GMO					*						Grain Beverage w/chicory, Organic	12	/ 150g			
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Hot Chocolate Mixes

CAMINO | HOT CHOCOLATE

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

Tea & Tea Concentrate

AMBIENT MOON | CHAI (CONCENTRATES)

066893 355757	17661									BC	P		Chai, Natural, Concentrate (tetra brik)	12	/ 946ml			
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DOMO | STONE GROUND TEA

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

FOUR O'CLOCK | TEA CRAFTERS

779192 402212	12906	GMO					*	@	+	P			Black Tea, Classic Earl Grey, Organic	6	/ 16ct			
779192 402564	12973	GMO					*	@	+	P			Black Tea, Morning Blend, Organic	6	/ 16ct			
779192 402274	12914	GMO					*	@	+	P			Chai, Black Tea, Organic	6	/ 16ct			
779192 402458	12907	GMO					*	@	+	P			Chai, Chocolate Spice Herbal Tea, Organic	6	/ 16ct			
779192 402823	24252	GMO					*	@	+	P			Chai, Espresso, Organic	6	/ 16ct			
779192 402342	12912	GMO					*	@	+	P			Chai, Green Tea Decaffeinated, Organic	6	/ 16ct			

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779192 402434	12911	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 402359	12905	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 402298	12921	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 402809	24250	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 402328	12908	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 402229	12972	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 202270	24254	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 202256	12916	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 202232	12909	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 202225	12975	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 202263	24253	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 402724	24114	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 402571	12910	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						
779192 402816	24251	GMO					*	@	+	$\mathcal{P}$		6 / 16ct						

GENUINE TEA CO. | TEA

854335 001184	21452	GMO					*			$\mathcal{P}$		8 / 45g						
854335 001191	21453	GMO								$\mathcal{P}$		8 / 45g						
854335 001221	21456	GMO					*			$\mathcal{P}$		8 / 37.5g						
854335 001238	21457	GMO					*			$\mathcal{P}$		8 / 45g						

GUAYAKI | YERBA MATE

632432 100029	13219	GMO					*	@				6 / 75ct						
632432 100036	13217	GMO					*	@				6 / 454g						

LEVEL GROUND TRADING DIRECT FAIR TRADE | TEA

661594 000229	13007							@		$\mathcal{P}$		12 / 20ct						
661594 000236	13009							@		$\mathcal{P}$		12 / 20ct						
661594 000250	13010							@		$\mathcal{P}$		12 / 20ct						
661594 000243	13008							@		$\mathcal{P}$		12 / 20ct						
661594 001677	12995							@		$\mathcal{P}$		12 / 70g						
661594 001837	12996							@		$\mathcal{P}$		12 / 70g						
661594 002698	13241							@		$\mathcal{P}$		12 / 70g						
661594 001684	12997							@		$\mathcal{P}$		12 / 70g						

MATEINA | YERBA MATE

628504 157152	20815	GMO					*			$\mathcal{P}$		10 / 454g						
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NUMI | ORGANIC TEA

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

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ORGANIC INDIA | HERBAL INFUSIONS

801541 520831	13352	GMO				*					X Simply Chamomile, Organic	5 / 25ct							
801541 500215	13353	GMO				*					X Tulsi Brahmi, Organic	5 / 25ct							
801541 500062	13361	GMO				*					X Tulsi Breakfast, Organic	5 / 25ct							
801541 040438	13357	GMO				*					X Tulsi Ginger, Organic	5 / 25ct							
801541 070435	13351	GMO				*					X Tulsi Green Tea, Classic, Organic	5 / 25ct							
801541 509416	13362	GMO				*					X Tulsi Green Tea, Lemon Ginger, Organic	5 / 25ct							
801541 508402	13358	GMO				*					X Tulsi Honey Chamomile, Organic	5 / 25ct							
801541 507740	13363	GMO				*					X Tulsi Jasmine Green Tea, Organic	5 / 25ct							
801541 500079	13359	GMO				*					X Tulsi Jasmine, Organic	5 / 25ct							
801541 500086	13360	GMO				*					X Tulsi Lemon Ginger, Organic	5 / 25ct							
801541 508624	13355	GMO				*					X Tulsi Moringa, Organic	5 / 25ct							
801541 050505	13350	GMO				*					X Tulsi Original, Organic	5 / 25ct							
801541 500123	13356	GMO				*					X Tulsi Peppermint, Organic	5 / 25ct							
801541 605002	13354	GMO				*					X Tulsi Sweet Rose, Organic	5 / 25ct							

PUKKA | ORGANIC TEA

5060229 013781	40803	GMO				*	@				X Herbal Tea, After Dinner, Organic	4 / 20ct							
5060229 013798	40804	GMO				*	@				X Herbal Tea, Chamomile, Vanilla & Manuka Honey, Organic	4 / 20ct							
5060229 013897	40811	GMO				*	@				X Herbal Tea, Elderberry & Echinacea, Organic	4 / 20ct							
5060519 144133	40810	GMO				*	@				X Herbal Tea, Feel New, Organic	4 / 20ct							
5060229 013910	40807	GMO				*	@				X Herbal Tea, Lemon, Ginger & Manuka Honey, Organic	4 / 20ct							
5060229 013675	40813	GMO				*	@				X Herbal Tea, Love, Organic	4 / 20ct							
5060229 014849	40809	GMO				*	@				X Herbal Tea, Mint Refresh, Organic	4 / 20ct							
5060229 013774	40802	GMO				*	@				X Herbal Tea, Night Time, Organic	4 / 20ct							
5060229 013729	40814	GMO				*	@				X Herbal Tea, Original Chai, Organic	4 / 20ct							
5060229 013668	40800	GMO				*	@				X Herbal Tea, Relax, Organic	4 / 20ct							
5060229 013767	40817	GMO				*	@				X Herbal Tea, Three Ginger, Organic	4 / 20ct							
5060229 013750	40818	GMO				*	@				X Herbal Tea, Three Mint, Organic	4 / 20ct							
5060229 013712	40820	GMO				*	@				X Herbal Tea, Womankind, Organic	4 / 20ct							

SAY WHEN | ORGANIC CHAI CONCENTRATE

801009 000042	30805	GMO				*		BC			Chai Concentrate, Dirty, Organic	12 / 946ml							
801009 000011	30806	GMO				*		BC			Chai Concentrate, Golden, Organic	12 / 946ml							
801009 000035	30807	GMO				*		BC			Chai Concentrate, Spiced, Organic	12 / 946ml							
											Buy 8-15 cases	Save 10%							
											Buy 16+ cases	Save 15%							

STASH TEA COMPANY | PREMIUM TEA

077652 745924	13231	GMO									Black Tea, Breakfast in Paris w/Lavender & Bergamot	6 / 18ct							
077652 082548	13090	GMO									Black Tea, Chai Spice	6 / 20ct							
077652 082791	13094	GMO									Black Tea, Chai Spice, Decaf	6 / 18ct							
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 082777	13096	GMO									Black Tea, Earl Grey, Decaf	6 / 18ct							
077652 773972	21091	GMO				*					Black Tea, Earl Grey, Organic	6 / 16ct							
077652 082289	13124	GMO									Black Tea, English Breakfast	6 / 20ct							
077652 082784	13097	GMO									Black Tea, English Breakfast, Decaf	6 / 18ct							
077652 082692	13099	GMO									Black Tea, Vanilla Chai, Decaf	6 / 18ct							
077652 083651	13102	GMO									Green Tea & Matcha, Ginger Peach	6 / 18ct							
077652 083668	13105	GMO									Green Tea & Matcha, Pomegranate Raspberry	6 / 18ct							
077652 082524	13103	GMO									Green Tea, Chai Green	6 / 20ct							
077652 082241	13123	GMO									Green Tea, Jasmine Blossom	6 / 20ct							
077652 773965	21090	GMO				*					Green Tea, Lemon Ginger, Organic	6 / 16ct							
077652 082357	13104	GMO									Green Tea, Moroccan Mint	6 / 20ct							
077652 082296	13106	GMO									Green Tea, Premium Green	6 / 20ct							
077652 082593	13098	GMO									Green Tea, Premium Green, Decaf	6 / 18ct							
077652 773934	21088	GMO				*					Green Tea, Premium Green, Organic	6 / 16ct							

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	$\frac{1}{2}$	X	PACK	SIZE					G	P	U
077652 082210	13108	GMO										6 / 20ct							
077652 082418	13109	GMO										6 / 20ct							
077652 773941	21086	GMO				*						6 / 16ct							
077652 082395	13110	GMO										6 / 20ct							
077652 745948	13128	GMO										6 / 18ct							
077652 772197	10087	GMO										6 / 18ct							
077652 772210	13230	GMO										6 / 18ct							
077652 082494	13111	GMO										6 / 20ct							
077652 082258	13112	GMO										6 / 20ct							
077652 082562	13113	GMO										6 / 20ct							
077652 082449	13115	GMO										6 / 20ct							
077652 773927	21087	GMO				*						6 / 16ct							
077652 082227	13116	GMO										6 / 20ct							
077652 083095	13156	GMO										6 / 18ct							
077652 772173	13226	GMO										6 / 18ct							
077652 773958	21089	GMO				*						6 / 16ct							
077652 082463	21085	GMO										6 / 20ct							
077652 084818	13119	GMO										6 / 18ct							
077652 083538	13121	GMO										6 / 20ct							
077652 083552	13122	GMO										6 / 20ct							
077652 773910	13129	GMO										6 / 18ct							

TAZO | BLACK TEA CONCENTRATE

794522 002252	30890											6 / 946ml							
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TAZO | FILTERBAG TEA

794522 002245	30881											6 / 20ct							
794522 002191	30885	GMO				*						6 / 20ct							
794522 002146	30883											6 / 20ct							
794522 002214	30886											6 / 20ct							
794522 002184	30889											6 / 20ct							
794522 002207	30887											6 / 20ct							

TRADITIONAL MEDICINALS | TEA

032917 007391	12140	GMO										6 / 16ct							
032917 007339	12170	GMO										6 / 16ct							
032917 007346	12169	GMO				*	@					6 / 16ct							
032917 007353	12171	GMO				*	@					6 / 16ct							
032917 007377	12199	GMO				*	@					6 / 16ct							
032917 007384	13207	GMO				*						6 / 16ct							
032917 007407	12189	GMO				*						6 / 16ct							
032917 007414	12177	GMO				*						6 / 16ct							
032917 007421	13208	GMO				*						6 / 16ct							
032917 007438	12942	GMO				*						6 / 16ct							
032917 007445	12984	GMO	GF			*						6 / 16ct							
032917 007452	12163	GMO				*						6 / 16ct							
032917 007476	12103	GMO				*	@					6 / 16ct							
032917 007483	12186	GMO				*	@					6 / 16ct							
032917 007490	12174	GMO				*	@					6 / 16ct							
032917 007711	31700	GMO				*						6 / 16ct							
032917 007506	30109	GMO				*	@					6 / 16ct							
032917 008220	12164	GMO				*						6 / 16ct							
032917 007513	12985	GMO	GF			*	@					6 / 16ct							
032917 007520	12983	GMO	GF			*						6 / 16ct							
032917 007537	12244	GMO				*						6 / 16ct							
032917 007544	13049	GMO				*						6 / 16ct							
032917 007551	12249	GMO				*						6 / 16ct							
032917 007568	12986	GMO	GF			*						6 / 16ct							
032917 007575	12142	GMO				*	@					6 / 16ct							

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032917 007582	12173	GMO				*						6 / 16ct						
032917 007599	12143	GMO				*						6 / 16ct						
032917 007643	12952	GMO				*						6 / 16ct						
032917 007605	12104	GMO				*						6 / 16ct						
032917 007612	12950	GMO				*						6 / 16ct						
032917 007629	12160	GMO				*						6 / 16ct						
032917 007636	12106	GMO				*	@					6 / 16ct						
032917 007650	12190	GMO				*						6 / 16ct						
032917 007667	12165	GMO				*						6 / 16ct						
032917 007674	12953	GMO				*	@					6 / 16ct						
032917 007681	12954	GMO				*						6 / 16ct						
032917 007698	12155	GMO				*	@					6 / 16ct						

UNCLE LEE'S TEA

892241 000679	12963	GMO				*						12 / 100ct						
049606 100042	12956											12 / 100ct						
892241 000686	12964	GMO				*						12 / 100ct						
892241 000693	12965	GMO				*						12 / 100ct						
Buy 8-15 cases												Save	10%					
Buy 16-23 cases												Save	15%					
Buy 24+ cases												Save	20%					
892241 000235	12961	GMO				*						6 / 40ct						
892241 000211	12962	GMO				*						6 / 40ct						
892241 000167	12960	GMO				*						6 / 40ct						
Buy 10-14 cases												Save	10%					
Buy 15-17 cases												Save	15%					
Buy 18+ cases												Save	18%					

YOGI | HERBAL TEA

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

BEVERAGES, READY-TO-DRINK

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

We apologize for any inconvenience.

Carbonated Soft Drinks + Mixers

BLUE MONKEY | SPARKLING BEVERAGE

059654 560040	05535											6 / 4x250ml						G P U
059654 590047	05529											6 / 4x250ml						G P U
059654 530043	05531											6 / 4x250ml						G P U
059654 540448	05532											6 / 4x250ml						G P U
059654 550041	05533											6 / 4x250ml						G P U

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+		X	PACK	SIZE				G	P	U
059654 520044	05530										Sparkling Juice Drink, Watermelon (can)	6 / 4x250ml				G	P	U
059654 580048	05534										Sparkling Juice Drink, Yuzu (can)	6 / 4x250ml				G	P	U
059654 410031	05522										X Sparkling Coco Mango (can)	12 / 330ml				G	P	U
059654 410055	05524										X Sparkling Coco Watermelon (can)	12 / 330ml				G	P	U
059654 560019	07071										X Sparkling Juice Drink, Guava (can)	12 / 330ml				G	P	U
059654 590016	07075										X Sparkling Juice Drink, Lychee (can)	12 / 330ml				G	P	U
059654 530012	07067										X Sparkling Juice Drink, Mango (can)	12 / 330ml				G	P	U
059654 550010	07070										X Sparkling Juice Drink, Passion Fruit (can)	12 / 330ml				G	P	U
059654 600012	05539										X Sparkling Juice Drink, Pineapple (can)	12 / 330ml				G	P	U
059654 520013	07336										X Sparkling Juice Drink, Watermelon (can)	12 / 330ml				G	P	U

GOODDRINK | SPRITZER

853790 002026	04057	GMØ				*					X Spritzer, Eureka Lemon, Organic (can)	12 / 355ml				G	P	U
853790 002057	04090	GMØ				*					X Spritzer, Field Strawberry, Organic (can)	12 / 355ml				G	P	U
853790 002019	04056	GMØ				*					X Spritzer, Granny Smith Apple, Organic (can)	12 / 355ml				G	P	U
853790 002033	04058	GMØ				*					X Spritzer, Ruby Red Grapefruit, Organic (can)	12 / 355ml				G	P	U
853790 002064	04091	GMØ				*					X Spritzer, Sweet Blueberry, Organic (can)	12 / 355ml				G	P	U
853790 002040	04059	GMØ				*					X Spritzer, Wild Blackberry, Organic (can)	12 / 355ml				G	P	U

PHILLIPS | SODA WORKS

818278 009058	11450		BC		Soda, Dare Devil Orange Cream (can)	6 / 4x355ml										G	P	U
818278 009034	11448		BC		Soda, Intergalatic Root Beer (can)	6 / 4x355ml										G	P	U
818278 009065	11447		BC		Soda, Speed King Craft Cola (can)	6 / 4x355ml										G	P	U
818278 009041	11449		BC		Soda, Spitfire Ginger Ale (can)	6 / 4x355ml										G	P	U

REED'S | ALL-NATURAL GINGER DRINK

008274 444445	10951										Ginger Beer, Extra (bottle)	6 / 4x355ml				G	P	U
008274 111118	10950										Ginger Beer, Original (bottle)	6 / 4x355ml				G	P	U

SPARKMOUTH | SPARKLING WATER & TONIC

818278 003469	11417		BC		Sparkling Water, Grapefruit (can)	3 / 8x355ml										G		U
818278 003445	11415		BC		Sparkling Water, Lemon (can)	3 / 8x355ml										G		U
818278 003452	11416		BC		Sparkling Water, Lime (can)	3 / 8x355ml										G		U
818278 003476	11418		BC		Sparkling Water, Strawberry (can)	3 / 8x355ml										G		U
818278 004787	11432		BC		Tonic, Artisanal Dry (can)	6 / 4x355ml										G	P	U
818278 005128	11433		BC		Tonic, Cucumber Mint (can)	6 / 4x355ml										G	P	U
818278 004824	11434		BC		Tonic, Lime Zest (can)	6 / 4x355ml										G	P	U

THIRSTY BUDDHA | SPARKLING COCONUT WATER

852953 001654	72521	GMØ									X Sparkling Coconut Water with Pineapple (can)	12 / 330ml				G	P	U
852953 001357	72522	GMØ									X Sparkling Coconut Water with Watermelon (can)	12 / 330ml				G	P	U
												Buy 50-99 cases	Save	1.50				
												Buy 100-199 cases	Save	2.25				
												Buy 200+ cases	Save	3.00				

WIZE | ICED TEA

628250 387469	13656										X Sparkling Iced Tea, Honeycrisp Apple (can)	12 / 355ml				G	P	U
628250 387360	13653										X Sparkling Iced Tea, Mango (can)	12 / 355ml				G	P	U
628250 387445	13654										X Sparkling Iced Tea, Wild Raspberry (can)	12 / 355ml				G	P	U

ZEVIA | ZERO SUGAR SODA

849429 001249	07158	GMØ		GF							Soda, Black Cherry (can)	4 / 6x355ml				G	P	U
849429 001300	72024	GMØ		GF							Soda, Cherry Cola (can)	4 / 6x355ml				G	P	U
849429 001201	07106	GMØ		GF							Soda, Cola (can)	4 / 6x355ml				G	P	U
849429 001287	07111	GMØ		GF							Soda, Cream Soda (can)	4 / 6x355ml				G	P	U
849429 000013	07160	GMØ		GF							Soda, Creamy Root Beer (can)	4 / 6x355ml				G	P	U
849429 001263	07161	GMØ		GF							Soda, Dr. Zevia (can)	4 / 6x355ml				G	P	U
849429 001256	07110	GMØ		GF							Soda, Ginger Ale (can)	4 / 6x355ml				G	P	U
849429 001232	07109	GMØ		GF							Soda, Ginger Root Beer (can)	4 / 6x355ml				G	P	U
849429 001270	07159	GMØ		GF							Soda, Grape (can)	4 / 6x355ml				G	P	U
849429 001218	07107	GMØ		GF							Soda, Lemon Lime Twist (can)	4 / 6x355ml				G	P	U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	$\mathcal{P}$	X	PACK	SIZE				G	P	U
849429 001225	07108	GMO		GF								4 / 6x355ml				G	P	U
849429 003694	72025	GMO		GF								4 / 6x355ml				G	P	U
849429 004097	72060	GMO		GF								12 / 355ml				G	P	U
849429 004110	72061	GMO		GF								12 / 355ml				G	P	U
849429 004103	72062	GMO		GF								12 / 355ml				G	P	U
849429 004127	72063	GMO		GF								12 / 355ml				G	P	U

Functional Beverages

BUCHA BREW | KOMBUCHA

628110 435354	17252	GMO			*		BC	$\mathcal{P}$				6 / 4x355ml				G	P	U
628110 435347	17251	GMO			*		BC	$\mathcal{P}$				6 / 4x355ml				G	P	U

GINGER PEOPLE | GINGER SOOTHER

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

628250 941272	80732							+	$\mathcal{P}$	X Shots, Get Well + Elderberry/Ginger/Hibiscus		12 / 50ml						U
628250 941180	80731							+	$\mathcal{P}$	X Shots, Sick Day + Echinaces/Ginger/Cayenne		12 / 50ml						U
628250 941296	80733							+	$\mathcal{P}$	X Shots, Turmeric Daily + Turmeric/Ginger/Chamomile		12 / 50ml						U

GUAYAKI | YERBA MATE BEVERAGE

632432 000398	07176	GMO				*	@			X Berry Lemonade, Organic (can)		12 / 458ml				G		U
632432 000190	07332	GMO				*	@			X Bluephoria, Organic (can)		12 / 458ml				G		U
632432 000114	07153	GMO				*	@			X Enlighten Mint, Organic (can)		12 / 458ml				G		U
632432 000121	07151	GMO				*	@			X Lemon Elation, Organic (can)		12 / 458ml				G		U
632432 000374	07175	GMO				*	@			X Peach, Organic (can)		12 / 458ml				G		U
632432 000138	07152	GMO				*	@			X Revel Berry, Organic (can)		12 / 458ml				G		U
632432 000145	04032	GMO				*	@			X Sparkling Classic Gold, Organic (can)		12 / 355ml				G	P	U
632432 000152	04033	GMO				*	@			X Sparkling Cranberry Pomegranate, Organic (can)		12 / 355ml				G	P	U
632432 000169	04000	GMO				*	@			X Sparkling Grapefruit Ginger, Organic (can)		12 / 355ml				G	P	U
632432 000206	06838	GMO				*	@			Terere MInt, Organic (glass)		12 / 473ml				G		U
632432 000220	06839	GMO				*	@			Terere Raspberry, Organic (glass)		12 / 473ml				G		U
632432 000244	06837	GMO				*	@			Terere Traditional, Organic (glass)		12 / 473ml				G		U
632432 000268	06870	GMO				*	@			Terere Unsweetened, Organic (glass)		12 / 473ml				G		U

LIVELY | PREBIOTIC POP

628942 435324	66150							+	$\mathcal{P}$	X Prebiotic Pop, Cool Cola		12 / 355ml				G	P	U
628942 435348	66151							+	$\mathcal{P}$	X Prebiotic Pop, Rockin' Root Beer		12 / 355ml				G	P	U
628942 435355	66152							+	$\mathcal{P}$	X Prebiotic Pop, Spritzzy Lemon Lime		12 / 355ml				G	P	U

MATEINA | READY-TO-DRINK YERBA MATE

628504 157374	20811	GMO				*		+	$\mathcal{P}$	X Energy Infusion, Blueberry Haskap, Organic (can)		12 / 355ml						U
628504 157046	20810	GMO				*		+	$\mathcal{P}$	X Energy Infusion, Grapefruit Guava, Organic (can)		12 / 355ml						U
628504 157305	20803	GMO				*		+	$\mathcal{P}$	X Energy Infusion, Lemon Original, Organic (can)		12 / 355ml						U
628504 157329	20805	GMO				*		+	$\mathcal{P}$	X Energy Infusion, Peach Passion, Organic (can)		12 / 355ml						U
628504 157381	20812	GMO				*		+	$\mathcal{P}$	X Sparkling Energy Infusion, Mango Key Lime, Organic (can)		12 / 355ml				G	P	U

ROAR ORGANIC | VITAMIN ENHANCED BEVERAGE

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

RVIITA | ENERGY TEA

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

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SAPSUCKER | SPARKLING TREE WATER

898171 000161	56411	GMO				*		+	P			Sparkling Tree Water, Grapefruit, Organic	6 / 4x355ml			G		U
898171 000208	56409	GMO				*		+	P			Sparkling Tree Water Lime, Organic	6 / 4x355ml			G		U
898171 000192	56410	GMO				*		+	P			Sparkling Tree Water, Lemon, Organic	6 / 4x355ml			G		U
898171 000154	56417	GMO				*		+	P	X		Sparkling Tree Water, Grapefruit, Organic	12 / 355ml			G		U
898171 000024	56415	GMO				*		+	P	X		Sparkling Tree Water, Lemon, Organic	12 / 355ml			G		U
898171 000031	56414	GMO				*		+	P	X		Sparkling Tree Water, Lime, Organic	12 / 355ml			G		U
898171 000178	56418	GMO				*		+	P	X		Sparkling Tree Water, Orange, Organic	12 / 355ml			G		U
898171 000017	56413	GMO				*		+	P	X		Sparkling Tree Water, Original, Organic	12 / 355ml			G		U
898171 000284	56416	GMO				*		+	P	X		Sparkling Tree Water, Peach, Organic	12 / 355ml			G		U

SOTA SPARKLING TEA + ADAPTOGENS

628176 390932	35450	GMO				*		+	P			Sparkling Tea, Calm - Grapefruit + Hibiscus, Organic	4 / 6x355ml			G		U
628176 390949	35451	GMO				*		+	P			Sparkling Tea, Focus - Orange + Chamomile, Organic	4 / 6x355ml			G		U
628176 390956	35452	GMO				*		+	P			Sparkling Tea, Refresh - Lime + Dandelion, Organic	4 / 6x355ml			G		U

SPERRI | PLANT-BASED MEAL REPLACEMENT SHAKE

627987 473766	13953	GMO				*		+	P			Meal Replacement Shake, Chocolate, Organic	3 / 4x330ml					
832365 000025	13955	GMO				*		+	P			Meal Replacement Shake, Strawberry, Organic	3 / 4x330ml					
627987 473759	13952	GMO				*		+	P			Meal Replacement Shake, Vanilla Maple, Organic	3 / 4x330ml					

THRIVE REMEDIES | ADAPTOGENIC TEA

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

ZEVIA | ZERO SUGAR ENERGY DRINK

849429 000693	72080	GMO		GF						X		Energy Drink, Grapefruit	12 / 355ml			G	P	U
849429 000723	72083	GMO		GF						X		Energy Drink, Kōla	12 / 355ml			G	P	U
849429 000709	72081	GMO		GF						X		Energy Drink, Mango Ginger	12 / 355ml			G	P	U
849429 003045	72084	GMO		GF						X		Energy Drink, Pineapple Paradise	12 / 355ml			G	P	U
849429 000716	72082	GMO		GF						X		Energy Drink, Raspberry Lime	12 / 355ml			G	P	U
849429 003052	72085	GMO		GF						X		Energy Drink, Strawberry Kiwi	12 / 355ml			G	P	U

WAKEWATER | CAFFEINATED SPARKLING WATER

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

WILD TEA | KOMBUCHA

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

Juices & Non - Carbonated Beverages

BLACK RIVER | JUICE & LEMONADE

771344 001045	02371							+	P	X		Juice, Apple + Cranberry	12 / 300ml					U
771344 001083	02372							+	P	X		Juice, Apple + Mango	12 / 300ml					U
771344 001137	02373							+	P	X		Juice, Bartlett Pear	12 / 300ml					U
771344 001090	02375							+	P	X		Juice, Pure Orange	12 / 300ml					U
771344 001069	02376							+	P	X		Juice, Pure Red Grapefruit	12 / 300ml					U
771344 001120	02374							+	P	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

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	$\mathbb{P}$	X	PACK	SIZE				G	P	U
771344 004121	02364								+	$\mathbb{P}$	Juice, Pineapple	12 / 1L						U
771344 004138	02365								+	$\mathbb{P}$	Juice, Pomegranate	12 / 1L						U
771344 004220	02390								+	$\mathbb{P}$	Juice, Pure Cranberry	12 / 1L						U
771344 004251	02383								+	$\mathbb{P}$	Juice, Pure Red Grapefruit	12 / 1L						U
771344 004060	02359								+	$\mathbb{P}$	Juice, Tart Cherry	12 / 1L						U
771344 004176	02392	GMØ				*			+	$\mathbb{P}$	Juice, Sweet Apple Cider, Organic	12 / 1L						U

BLUE MONKEY | PURE COCONUT WATER & JUICE

059654 510014	07337	GMØ								$\mathbb{P}$	X Juice, 100% Watermelon (can)	12 / 330ml						U
059654 170034	06896	GMØ								$\mathbb{P}$	X Pure Coconut Water (can)	24 / 330ml						U
059654 133336	07072	GMØ				*				$\mathbb{P}$	X Pure Coconut Water, Organic (can)	12 / 500ml						U
059654 180026	06908	GMØ								$\mathbb{P}$	X Pure Coconut Water with Pulp (can)	24 / 500ml						U
059654 181009	06909	GMØ								$\mathbb{P}$	X Pure Coconut Water (can)	24 / 500ml						U
059654 810121	05526	GMØ								$\mathbb{P}$	X Pure Coconut Water (can)	12 / 500ml						U
059654 120220	05537	GMØ								$\mathbb{P}$	X Pure Coconut Water with Pulp (can)	12 / 520ml						U
059654 500022	05538									$\mathbb{P}$	Juice Drink, Mango	6 / 1L						U
059654 222221	07241	GMØ				*				$\mathbb{P}$	X Pure Coconut Water, Organic (Tetra Pak)	12 / 1L						U

BREMNER'S | JUICE

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

GOODDRINK | BOTTLED TEA

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

ITO EN | UNSWEETENED READY TO DRINK TEA

835143 016928	10020										X Golden Oolong Tea, Unsweetened (plastic bottle)	12 / 500ml						U
835143 006950	10021										X Jasmine Green Tea, Unsweetened (plastic bottle)	12 / 500ml						U
835143 001412	10066										X OI OCHA, Unsweetened Green Tea (plastic bottle)	12 / 500ml						U
835143 017260	10024										X OI OCHA, Unsweetened Green Tea (can)	12 / 315ml						U
835143 016829	10023										X OI OCHA, Unsweetened Green Tea (plastic bottle)	6 / 2L						U

KIJU ORGANIC | BEVERAGE

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

KING ISLAND | COCONUT WATER

8850813 300031	07130								+	$\mathbb{P}$	Coconut Water, Pure (gable top)	12 / 1L						U
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MORNIN' GLORY | PRUNE JUICE

093778 888819	05001	GMØ				*					Prune Juice, Organic	12 / 946ml						U
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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 JUICE

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 000146	07446	GMØ			*														Beet Juice, Organic	6 / 946ml					U
074682 000115	07447	GMØ			*														Blueberry Pomegranate Juice, Organic	6 / 946ml					U
074682 123098	06303	GMØ																	Just Black Cherry Juice	6 / 946ml					U
074682 123241	06363																		Just Blueberry (100% Blueberry juice)	6 / 946ml					U
074682 123500	06361	GMØ																	Just Cranberry (100% Cranberry juice)	6 / 946ml					U
074682 123357	06582	GMØ			*														Just Cranberry, Organic (100% Cranberry juice)	6 / 946ml					U
074682 200645	07445	GMØ			*														Just Grapefruit, Organic	6 / 946ml					U
074682 123296	06365																		Just Pomegranate (100% Pomegranate Juice)	6 / 946ml					U
074682 123180	06580	GMØ			*														Just Tart Cherry, Organic	6 / 946ml					U
074682 000122	07448	GMØ																	Pineapple Coconut Juice	6 / 946ml					U
074682 123128	06581	GMØ			*														Prune Nectar, Organic	6 / 946ml					U

SANTA CRUZ ORGANIC | LEMONADE

036192 127843	06819	GMØ			*														Lemonade, Mango, Organic	12 / 946ml					G	U
036192 123135	06383	GMØ			*														Lemonade, Organic	12 / 946ml					G	U
036192 123142	06384	GMØ			*														Lemonade, Raspberry, Organic	12 / 946ml					G	U

TASTE NIRVANA | COCONUT WATER

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

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

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

059105 550941	18123					+	$\mathbb{P}$												Black Cherry, Pure (glass bottle)	12 / 946ml					U
059105 650757	18133					+	$\mathbb{P}$												Cranberry, Pure (glass bottle)	12 / 946ml					U
059105 351005	18132	GMØ			*	BC	$\mathbb{P}$												Juice, Pear, Organic (glass bottle)	12 / 946ml					U
059105 150905	18102					BC	$\mathbb{P}$												Cider, Apple (glass bottle)	12 / 946ml					U
059105 001009	18135	GMØ			*	BC	$\mathbb{P}$												Cider, Apple, Organic (glass bottle)	12 / 946ml					U
059105 153784	18131					BC	$\mathbb{P}$												Cider, Apple (glass bottle)	4 / 3.78L					U
059105 003782	18121	GMØ			*	BC	$\mathbb{P}$												Cider, Apple, Organic (glass bottle)	4 / 3.78L					U

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TWO BEARS | COLD BREW COFFEE & OAT MILK TEA LATTE

628504 309414	10000						@	+	P	X	X Flash Brew, Black Coffee, Unsweetened (can)	6 / 207ml						U
628504 309322	10001						@	+	P	X	X Flash Brew, Hazelnut Sea Salt Coffee (can)	6 / 207ml						P U
628504 309407	10002						@	+	P	X	X Flash Brew, Mocha Coffee (can)	6 / 207ml						P U
628504 309353	10005							+	P	X	X Tea Latte, Chai (can)	6 / 207ml						P U
628504 309384	10006							+	P	X	X Tea Latte, Matcha (can)	6 / 207ml						P U
628504 309339	10003							+	P	X	X Oat Latte, Black Coffee (can)	6 / 207ml						P U
628504 309421	10010							+	P	X	X Oat Latte, Mocha Coffee (can)	6 / 207ml						P U
628504 309377	10007							+	P	X	X Oat Latte, Salted Caramel Coffee (can)	6 / 207ml						P U
628504 309438	10009							+	P	X	X Oat Latte, Triple Shot (can)	6 / 207ml						P U
628504 309346	10004							+	P	X	X Oat Latte, Vanilla Coffee (can)	6 / 207ml						P U
628504 309063	10057							+	P		Oat Latte, Vanilla Coffee (Tetra)	6 / 946ml						U

TWO BEARS | LACTOSE FREE DAIRY LATTE

628504 309834	10026							+	P	X	X Dairy Latte, Mocha (lactose free milk) (can)	6 / 207ml						P U
628504 309858	10027							+	P	X	X Dairy Latte, Salted Caramel (lactose free milk) (can)	6 / 207ml						P U
628504 309841	10028							+	P	X	X Dairy Latte, Vanilla (lactose free milk) (can)	6 / 207ml						P U

ZEVIA | STEVIA SWEETENED TEA BEVERAGE

849429 001546	72031	GMØ		GF		*	@				X Black Tea, Raspberry, Organic	12 / 355ml						U
849429 001560	72032	GMØ		GF		*	@				X Earl Grey Tea, Blood Orange, Organic	12 / 355ml						U
849429 001577	72033	GMØ		GF		*	@				X Hibiscus Tea, Passionfruit, Organic	12 / 355ml						U

Non-Dairy Beverages (shelf stable)

BLUE DIAMOND | ALMOND BREEZE ALMOND BEVERAGE

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

EARTH'S OWN | NON-DAIRY BEVERAGE

626027 700121	07145	GMØ						+	P		Almond, Unsweetened Original (Tetra Pak)	12 / 946ml						U
626027 114041	08316	GMØ						BC	P		Almond, Unsweetened Vanilla (TetraPak)	12 / 946ml						U
626027 814071	07345							BC	P		Barista Oat (Tetra Pak)	12 / 946ml						
626027 814057	07347	GMØ					@	BC	P		Oat, Chocolate (Tetra Pak)	12 / 946ml						U
626027 814026	07343	GMØ						BC	P		Oat, Original (Tetra Pak)	12 / 946ml						U
626027 814040	07344	GMØ						BC	P		Oat, Vanilla (Tetra Pak)	12 / 946ml						U
626027 844023	08317	GMØ						BC	P		Oat, Zero Sugar, Original (Tetrapak)	12 / 946ml						U
626027 844047	08318	GMØ						BC	P		Oat, Zero Sugar, Vanilla (Tetrapak)	12 / 946ml						U
626027 087703	06917							BC	P		SO NICE Barista Soy (Tetra Pak)	12 / 946ml						
626027 221015	08331	GMØ					*	BC	P		Soy, Original, Organic (gable ctn)	6 / 1.75L						U
626027 221022	08330	GMØ					*	BC	P		Soy, Unsweetened, Original, Organic (gable ctn)	6 / 1.75L						U

EDEN | EDENSOY SOYMILK

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

NATIVE FOREST | DAIRY FREE MILK POWDER

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

063667 241087	06408	GMØ					*	+	P		Oat, Chocolate, Organic (tetra pak)	8 / 3x200ml						U
063667 431020	06407	GMØ					*	+	P		Oat, Vanilla, Organic (tetra pak)	8 / 3x200ml						U
063667 508012	06392	GMØ					V	*	+	P	Soy, Chocolate, Organic (tetra pak)	8 / 3x200ml						U
063667 201098	06405	GMØ					GF	*	+	P	Barista, Oat, Organic (tetra pak)	6 / 946ml						
063667 201197	06406							+	P		Barista, Oat, Premium (tetra pak)	6 / 946ml						

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063667 090463	07276				V				+	$\mathbb{P}$		12 / 946ml							U
063667 090012	07119				V				+	$\mathbb{P}$		12 / 946ml							U
063667 090067	07121				V				+	$\mathbb{P}$		12 / 946ml							U
063667 090265	07275				V				+	$\mathbb{P}$		12 / 946ml							U
063667 201081	06404	GMØ		GF		*			+	$\mathbb{P}$		12 / 946ml							U
063667 201012	06402	GMØ		GF		*			+	$\mathbb{P}$		12 / 946ml							U
063667 201029	06403	GMØ		GF		*			+	$\mathbb{P}$		12 / 946ml							U
063667 006013	06378	GMØ			V	*			+	$\mathbb{P}$		12 / 946ml							U
063667 006020	06379	GMØ			V	*			+	$\mathbb{P}$		12 / 946ml							U
063667 301859	06374	GMØ			V	*			+	$\mathbb{P}$		12 / 946ml							U
063667 301408	06371	GMØ			V	*			+	$\mathbb{P}$		12 / 946ml							U
063667 511005	06375	GMØ			V	*			+	$\mathbb{P}$		12 / 946ml							U
063667 301552	06372	GMØ			V	*			+	$\mathbb{P}$		12 / 946ml							U

OATLY | OAT DRINK

190646 631390	35506	GMØ		GF	V							12 / 946ml							
190646 631369	35508	GMØ		GF	V							12 / 946ml							U
190646 631376	35509	GMØ		GF	V							12 / 946ml							U
190646 631352	35507	GMØ		GF	V							12 / 946ml							U

TWO BEARS | DAIRY-FREE BEVERAGE

628504 309391	10008								+	$\mathbb{P}$		6 / 946ml							
628504 309308	10059								+	$\mathbb{P}$		6 / 946ml							
628504 309575	10012								+	$\mathbb{P}$		6 / 946ml							U

Carbonated Beverages

FENTIMANS | BOTANICALLY BREWED SOFT DRINKS & MIXERS

5029396 000260	07127											6 / 4x275ml							G P U
5029396 000246	06881											6 / 4x275ml							G P U
5029396 000307	04989											6 / 4x275ml							G P U
5029396 002226	05000											6 / 4x200ml							G P U
5029396 000222	06878											6 / 4x275ml							G P U
5029396 000239	07081											6 / 4x275ml							G P U
5029396 000291	06877											6 / 4x275ml							G P U
5029396 000253	07082											6 / 4x275ml							G P U
5029396 002257	04997											6 / 4x200ml							G P U
5029396 002233	04998											6 / 4x200ml							G P U
5029396 002240	04999											6 / 4x200ml							G P U
5029396 000451	04993											8 / 500ml							G P U
5029396 000437	04995											8 / 500ml							G P U

FEVER-TREE | PREMIUM COCKTAIL MIXERS

812136 030215	07807											3 / 8x150ml							G P U
812136 030208	07806											3 / 8x150ml							G P U
812136 030963	07810											3 / 8x150ml							G P U
898195 001755	07808											3 / 8x150ml							G P U
898195 001762	07809											3 / 8x150ml							G P U
898195 001137	07208											6 / 4x200ml							G P U
812136 032134	07821											6 / 4x200ml							G P U
898195 001090	06787											6 / 4x200ml							G P U
898195 001274	07209											6 / 4x200ml							G P U
898195 001687	07804											6 / 4x200ml							G P U
812136 031335	06792											6 / 4x200ml							G P U
812136 030925	06790											6 / 4x200ml							G P U
5060108 450171	07262											6 / 4x200ml							G P U
898195 001014	06785											6 / 4x200ml							G P U
898195 001656	07212											6 / 4x200ml							G P U
5060108 450058	06786											6 / 4x200ml							G P U

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5060108 450232	06789											6 / 4x200ml				G	P	U
812136 030185	07805											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
898195 001403	07803											8 / 500ml				G	P	U

Non-Alcoholic Drinks

AELO | ALCOHOL FREE BEVERAGE

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

CLEVER | PREMIUM MOCKTAIL

854531 000707	17556								+		X	Mocktail, Mix Pack - Pink Gin & Tonic, Moscow Mule, Mojito, Sangria (can)	3 / 8x355ml				G	P	U
854531 000844	17557								+		X	Mocktail, Margarita (can)	6 / 4x355ml				G	P	U
854531 000028	17558								+		X	Mocktail, Raspberry Mojito (can)	6 / 4x355ml				G	P	U
854531 000240	17550								+		X	Mocktail, G & Tonic (can)	12 / 355ml				G	P	U
854531 000349	17552								+		X	Mocktail, G & Tonic, Pink (can)	12 / 355ml				G	P	U
854531 000837	17555								+		X	Mocktail, Margarita (can)	12 / 355ml				G	P	U
854531 000264	17551								+		X	Mocktail, Mojito (can)	12 / 355ml				G	P	U
854531 000097	17554								+		X	Mocktail, Sangria (can)	12 / 355ml				G	P	U

PARTAKE BREWING | NON-ALCOHOLIC BEER

628110 465092	06010								+			Non-Alcoholic Beer, Blonde (can)	6 / 4x355ml				G		U
628110 465283	06015								+			Non-Alcoholic Beer, Gose, Peach (can)	6 / 4x355ml				G		U
628110 465672	06017								+			Non-Alcoholic Beer, Hazy IPA (can)	6 / 4x355ml				G		U
628110 465085	06011								+			Non-Alcoholic Beer, IPA (can)	6 / 4x355ml				G		U
628110 465078	06012								+			Non-Alcoholic Beer, Pale (can)	6 / 4x355ml				G		U
628110 465153	06014								+			Non-Alcoholic Beer, Red (can)	6 / 4x355ml				G		U
628110 465764	06018								+			Non-Alcoholic Beer, Variety (Pale, IPA, Pils, Blonde)	2 / 12x355ml				G		U

PHILLIPS | IOTA NON-ALCOHOLIC CRAFT BEER

818278 005166	11452								BC		iOTA, Blackberry Lemon Ale (can)	6 / 4x355ml				G		U
818278 009683	11446								BC		iOTA, Hazy IPA (can)	6 / 4x355ml				G		U
818278 005180	11451								BC		iOTA, Mixed Pack (can)	4 / 6x355ml				G		U
818278 009706	11445								BC		iOTA, Pale Ale (can)	6 / 4x355ml				G		U
818278 009690	11444								BC		iOTA, Pilsner (can)	6 / 4x355ml				G		U

ROAD POP | SPARKLING HOP WATER

628120 870015	10351								BC		ROAD POP, Sparkling Hop Water, Cranberry & Orange	6 / 4x473ml				G		U
628120 870008	10350								BC		ROAD POP, Sparkling Hop Water, Original	6 / 4x473ml				G		U

SOBER CARPENTER | NON-ALCOHOLIC CRAFT BEER & CIDER

854531 000868	17110								+			Beer, Blonde, (can)	6 / 4x355ml				G		U
854531 000882	17108								+			Beer, IPA, (can)	6 / 4x355ml				G		U
854531 000905	17109								+			Beer, Irish Red (can)	6 / 4x355ml				G		U
854531 000417	17103								+			XBeer, Blonde Ale (can)	12 / 473ml				G		U
854531 000042	17101								+			XBeer, IPA (can)	12 / 473ml				G		U
854531 000554	17104	GMØ				*			+			X Beer, IPA, Organic (can)	12 / 473ml				G		U
854531 000226	17102								+			XBeer, Irish Red (can)	12 / 473ml				G		U
854531 000103	17111								+			X Beer, Raspberry, Sour (can)	12 / 473ml				G		U
854531 000035	17100								+			XBeer, White (can)	12 / 473ml				G		U
854531 000745	17105								+			X Craft Cider (can)	12 / 473ml				G		U

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SPARKMOUTH | MOCKTAILS

818278 009980	11420										BC $\mathbb{P}$	Mocktails, Margarita (can)	6 / 4x355ml				G	P	U
818278 009973	11421										BC $\mathbb{P}$	Mocktails, Mimosa Mocktail (can)	6 / 4x355ml				G	P	U
818278 009997	11422										BC $\mathbb{P}$	Mocktails, Moscow Mule (can)	6 / 4x355ml				G	P	U

STREET LEGAL | DEALCOHOLIZED BEER

696852 063821	39554										BC $\mathbb{P}$	Dealcoholized Beer, IPA (can)	6 / 4x473ml				G		U
696852 063845	39553										BC $\mathbb{P}$	Dealcoholized Beer, Mango Wheat Ale (can)	6 / 4x473ml				G		U
696852 063852	39552										BC $\mathbb{P}$	Dealcoholized Beer, Nitro Stout (can)	6 / 4x473ml				G		U
696852 063838	39551										BC $\mathbb{P}$	Dealcoholized Beer, Pale Ale (can)	6 / 4x473ml				G		U
696852 063814	39550										BC $\mathbb{P}$	Dealcoholized Beer, Pilsner (can)	6 / 4x473ml				G		U

TWO BEARS | DRINK MIXER

628504 309551	10011											+ $\mathbb{P}$ X Cocktail Mixer, Espresso Martini (can)	3 / 4x207ml					P	U
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Waters

FLOW | ALKALINE SPRING WATER

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

ICEFIELD | GLACIAL SPRING WATER

777311 016036	03009										BC	X Glacial Alkaline Water (9.6 PH)	12 / 1L						
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WHISTLER WATER

620791 000104	06068										BC $\mathbb{P}$	Glacial Spring Water w/Sports Cap	12 / 1L						U
620791 000159	06067										BC $\mathbb{P}$	Glacial Spring Water	12 / 1.5L						U
620791 000401	06065		B								BC $\mathbb{P}$	Glacial Spring Water	4 / 4L						U

BREAKFAST FOODS

Cereals - Hot & Overnight

ALIMENTS TRIGONE | CEREAL

056142 006134	22290	GMO				*						+ $\mathbb{P}$ Cream of the Crop Buckwheat Cereal, Organic	6 / 400g						
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BOB'S RED MILL | HOT CEREAL

039978 001191	22866											X Hot Cereal, 10 Grain	4 / 709g						
039978 001153	22821	GMO										X Hot Cereal, 5 Grain	4 / 454g						
039978 001184	22827			GF								X Hot Cereal, 8 Grain	4 / 709g						
039978 001214	22806	GMO		GF								X Hot Cereal, Creamy Brown Rice	4 / 737g						
039978 001061	20362	GMO		GF		*						X Hot Cereal, Creamy Buckwheat, Organic	4 / 510g						
039978 001177	20340			GF								X Hot Cereal, Mighty Tasty	4 / 680g						
039978 341433	30533			GF								X Hot Cereal, Oat Bran	4 / 510g						
039978 329554	30517	GMO				*						X Hot Cereal, Oat Bran, Organic	4 / 510g						
039978 323668	22851	GMO		GF								X Muesli, Gluten Free	4 / 453g						
039978 341037	22850	GMO										X Muesli, Old Country Style	4 / 510g						
039978 341211	30532											X Scottish Oatmeal	4 / 567g						
039978 329561	30519	GMO				*						X Scottish Oatmeal, Organic	4 / 567g						

HOLY CRAP | SUPERSEED CEREAL & OATMEAL

883831 100008	22226	GMO				*					BC $\mathbb{P}$	Cereal, Apple Cinnamon, Organic	12 / 225g						
883831 114449	22230	GMO				*					BC $\mathbb{P}$	Cereal, Blueberry Apple, Organic	12 / 225g						
883831 200005	22227	GMO				*					BC $\mathbb{P}$	Cereal, Natural Skinny B, Organic	12 / 225g						
883831 900028	22228	GMO		GF							BC $\mathbb{P}$	Oatmeal, Apple Cinnamon	12 / 320g						
883831 900035	22229	GMO		GF							BC $\mathbb{P}$	Oatmeal, Blueberry Cocoa	12 / 320g						

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NATURE'S PATH | INSTANT OATMEAL

058449 450696	22882	GMO		GF	*				$\mathcal{P}$			Gluten Free Oatmeal, Brown Sugar Maple, Organic	6	/ 8x40g					
058449 450047	22784	GMO			*				$\mathcal{P}$			Oatmeal, Apple Cinnamon, Organic	6	/ 8x50g					
058449 450023	22786	GMO			*				$\mathcal{P}$			Oatmeal, FLAX PLUS, Organic	6	/ 8x50g					
058449 450030	22785	GMO			*				$\mathcal{P}$			Oatmeal, Maple Nut, Organic	6	/ 8x50g					
058449 450016	22787	GMO			*				$\mathcal{P}$			Oatmeal, Original, Organic	6	/ 8x40g					
058449 450009	22752	GMO			*				$\mathcal{P}$			Oatmeal, Variety Pack, Organic	6	/ 8x50g					
058449 154006	25065	GMO			*				$\mathcal{P}$			Ql'A Oatmeal, Superseeds & Grains, Organic	6	/ 228g					
058449 154020	25066	GMO			*				$\mathcal{P}$			Ql'A Oatmeal, Creamy Coconut, Organic	6	/ 228g					
058449 154044	25067	GMO			*				$\mathcal{P}$			Ql'A Oatmeal, Cinnamon Pumpkin Seed, Organic	6	/ 228g					
058449 204084	55730	GMO			*				$\mathcal{P}$			Superfood Oatmeal, Golden Turmeric, Organic	6	/ 210g					
058449 204091	55731	GMO			*				$\mathcal{P}$			Superfood Oatmeal, Cacao, Organic	6	/ 210g					

PRANA ORGANIC | OVERNIGHT CHIA & OAT MIX

877693 002495	26164	GMO			*		+		$\mathcal{P}$			Overnight Chia, Berry Fairy, Organic	8	/ 5x50g					
877693 002501	26165	GMO				*	@	+	$\mathcal{P}$			Overnight Chia, Chocolatey Dream, Organic	8	/ 5x50g					
877693 004697	26167	GMO			V	*	@	+	$\mathcal{P}$	X		Overnight Chia w/Oats, Apple Crumble, Organic	8	/ 5x50g					
877693 004680	26166	GMO			V	*	@	+	$\mathcal{P}$	X		Overnight Chia w/Oats, Strawberry Shortcake, Organic	8	/ 5x50g					
877693 004710	26169	GMO			V	*	@	+	$\mathcal{P}$			Overnight Chia w/Oats, Strawberry Shortcake	8	/ 300g					
877693 004703	26168	GMO			V	*	@	+	$\mathcal{P}$			Overnight Chia w/Oats, Berry Fairy, Organic	8	/ 300g					

Cereals - Ready To Eat

BOB'S RED MILL | CEREAL & GRANOLA

039978 003638	34264	GMO		GF					X			Granola, Blueberry Lemon	6	/ 312g					
039978 003614	34263	GMO		GF					X			Granola, Maple Sea Salt	6	/ 312g					
039978 003706	34265	GMO		GF					X			Granola, Peanut Butter	6	/ 312g					

FOOD FOR LIFE | EZEKIEL 4:9 SPROUTED CEREAL

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

602652 183119	37494	GMO							X			Granola, Cinnamon Oat w/Flax Seeds	6	/ 312g					
602652 433177	37498	GMO							X			Granola, Oats & Dark Chocolate	6	/ 312g					
602652 183133	37496	GMO							X			Granola, Oats & Honey w/Toasted Coconut	6	/ 312g					
602652 183126	37495	GMO							X			Granola, Vanilla Oat, Blueberry w/Flax Seeds	6	/ 312g					
602652 183102	37493	GMO							X			Granola, Whole Grain & Peanut Butter	6	/ 312g					

MANITOBA HARVEST | HEMP YEAH! GRANOLA

697658 692260	36626	GMO			V	*	+		$\mathcal{P}$	X		Granola, Blueberry, Organic	6	/ 283g					
697658 692253	36628	GMO				*	+		$\mathcal{P}$	X		Granola, Honey & Oats, Organic	6	/ 283g					

NATURE'S PATH | CEREAL

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

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058449 620013	22047	GMO				*				P	X Cereal, Rice Puffs, Organic	12	/ 170g						
058449 771524	22641	GMO		GF		*				P	Cereal, SUNRISE Crunchy Maple, Organic	12	/ 300g						
058449 181125	22699	GMO		GF		*				P	X Cereal, SUNRISE Crunchy Maple, Organic	6	/ 675g						
058449 779124	22260	GMO		GF		*				P	X Cereal, Whole O's, Organic	6	/ 750g						

NATURE'S PATH | GRANOLA

058449 172048	22886	GMO				*				P	X Granola, Coconut & Cashew Butter, Organic	8	/ 312g						
058449 890171	22733	GMO				*				P	X Granola, Hemp Hearts, Organic	6	/ 750g						
058449 890195	22734	GMO				*				P	X Granola, Pumpkin Seed + Flax, Organic	6	/ 750g						
058449 779063	22139	GMO				*				P	Granola, Pumpkin Seed + Flax, Organic	6	/ 800g						
058449 221364	25077	GMO				*				X	LOVE CRUNCH Granola, Dark Chocolate & Hazelnut Butter, Organic	6	/ 300g						
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 & Coconut, Organic	6	/ 325g						
058449 202233	25054	GMO				*				P	X LOVE CRUNCH Granola, Espresso Vanilla Cream, Organic	6	/ 325g						

PRANA ORGANIC | GRANOLOVE GRANOLA CEREAL

877693 002488	26173	GMO				*	+			P	GRANOLOVE On The Go, Brownie Crunch, Organic	8	/ 5x60g						
877693 002471	26172	GMO				*	+			P	GRANOLOVE On The Go, Oatmeal Cookie Crunch, Organic	8	/ 5x60g						
877693 002945	26174	GMO				*	+			P	X GRANOLOVE, Brownie Crunch, Organic	8	/ 300g						
877693 004659	26185	GMO				*	+			P	X GRANOLOVE Gourmet, Almond Butter Crunch, Organic	8	/ 300g						
877693 004666	26186	GMO				*	+			P	X GRANOLOVE Gourmet, Choco Chips Cookie, Organic	8	/ 300g						
877693 004673	26187	GMO				*	+			P	X GRANOLOVE Gourmet, Chocolate Strawberry, Organic	8	/ 300g						
877693 001696	26171	GMO				*	+			P	X GRANOLOVE, Maple Spice Crunch, Organic	8	/ 300g						
877693 002952	26175	GMO				*	+			P	X GRANOLOVE, Mixed Berry Crunch, Organic	8	/ 300g						
877693 001689	26170	GMO				*	+			P	X GRANOLOVE, Oatmeal Cookie Crunch, Organic	8	/ 300g						
877693 003904	26184	GMO				*	+			P	X GRANOLOVE, Mixed Berry Crunch, Organic	6	/ 750g						
877693 002969	26180	GMO				*	+			P	X GRANOLOVE, Oatmeal Cookie Crunch, Organic	6	/ 750g						

TERRA BREADS | SMALL BATCH GRANOLA

779324 009371	40150	GMO								BC	P	Granola, Pure Crunch	8	/ 340g					
779324 009227	40163	GMO								BC	P	Granola, Original	8	/ 340g					
779324 009272	40164	GMO								BC	P	Granola, Pistachio	8	/ 340g					
779324 009388	40159	GMO								BC	P	Granola, Pure Crunch	8	/ 850g					
779324 002389	40161	GMO								BC	P	Granola, Original	8	/ 800g					
779324 009562	40162	GMO								BC	P	Granola, Pistachio	8	/ 800g					
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 MILL | PANCAKE & WAFFLE MIX

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

BOB'S RED MILL | PANCAKE & WAFFLE MIX

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

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CLOUD 9 | PANCAKE & WAFFLE MIX

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 MIX

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

PAMELA'S | PANCAKE MIX

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

BUTTER ALTERNATIVES, NUT BUTTERS & FRUIT SPREADS

Jams, Jellies & Fruit Spreads

CROFTER'S ORGANIC | FRUIT SPREAD

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

EDEN | APPLE BUTTER

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

EDEN | TAHINI

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

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

ISLAND NUT ROASTERY | FRESH ROAST NUT BUTTER

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

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FATSO | PEANUT BUTTER

627843 710691	42077	GMO		GF	V		+		$\mathcal{P}$			Peanut Butter, Classic	12	/ 500g
627987 075830	42079	GMO		GF	V		+		$\mathcal{P}$			Peanut Butter, Crunchy Salted Caramel	12	/ 500g
627987 075847	42080	GMO		GF	V		+		$\mathcal{P}$			Peanut Butter, Maple	12	/ 500g

NATURE'S NUTS | NUT & SEED BUTTER

682264 660604	35356								BC	$\mathcal{P}$		Cashew Butter	6	/ 340g
682264 650001	35336	GMO				*			BC	$\mathcal{P}$		Almond Butter, Smooth, Organic	12	/ 340g
682264 600112	35335								BC	$\mathcal{P}$		Almond Butter, Crunchy	12	/ 500g
682264 600013	35334								BC	$\mathcal{P}$		Almond Butter, Smooth	12	/ 500g
682264 660406	35352	GMO				*			BC	$\mathcal{P}$		Peanut Butter, Crunchy, Organic	6	/ 500g
682264 660208	35351	GMO				*			BC	$\mathcal{P}$		Peanut Butter, Smooth, Organic	6	/ 500g
1068226 4600058	35344	GMO	B						BC	$\mathcal{P}$		Almond Butter, Smooth	1	/ 4.09kg
1068226 4600768	35342	GMO	B			*			BC	$\mathcal{P}$		Peanut Butter, Smooth, Organic	1	/ 4.09kg

NUTIVA | COCONUT MANNA CREAMY SPREAD

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

055358 335021	85060	GMO		GF		*			$\mathcal{P}$			Pumpkin Seed Butter, Organic (plastic jar)	6	/ 341g
055358 335014	85059	GMO		GF		*			$\mathcal{P}$			Pumpkin Seed Butter, Organic (plastic jar)	6	/ 568g

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

CANNED & PACKAGED GOODS

Look for "canned soups" in Soups & Broths Section

Canned Beans

BIOITALIA | CANNED BEANS

661475 004575	33167	GMO				*						Beans, Black, Organic	12	/ 398ml
661475 114458	33164	GMO				*						Beans, Cannellini, Organic	12	/ 398ml
661475 114410	33162	GMO				*						Beans, Red Kidney, Organic	12	/ 398ml
661475 114427	33165	GMO				*						Chick Peas, Organic	12	/ 398ml

EAT WHOLESOME | CANNED BEANS

628110 454003	33300	GMO				*			$\mathcal{P}$			Beans, Black, Organic	12	/ 398ml
628110 454430	33303	GMO				*			$\mathcal{P}$			Beans, Red Kidney, Organic	12	/ 398ml
628110 454423	33302	GMO				*			$\mathcal{P}$			Chick Peas, Organic	12	/ 398ml

EDEN | CANNED BEANS

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

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6 / 2.84L

810757 003977	16873		GLOBAL Tuna, Albacore, Chunk in Water, No Salt	24 / 142g
810757 003878	16872		GLOBAL Tuna, Albacore, Chunk in Water, Sea Salt	24 / 142g
810757 000624	16814	BC	Salmon, Pink	12 / 160g
810757 005629	16815	BC	Salmon, Pink, No Salt	12 / 160g
810757 006626	16817	BC	Salmon, Pink, Skinless Boneless	12 / 150g
810757 000525	16811	BC	Salmon, Sockeye	12 / 160g
810757 005520	16812	BC	Salmon, Sockeye, No Salt	12 / 160g
810757 006510	16813	BC	Salmon, Sockeye, Skinless Boneless	12 / 150g
810757 009160	16819		Sardines, in spring water	12 / 120g
810757 003953	16875		GLOBAL Tuna, Wild Yellowfin, No Salt (chunk in water)	24 / 142g
810757 003854	16874		GLOBAL Tuna, Wild Yellowfin, Sea Salt (chunk in water)	24 / 142g
810757 000112	16808	BC	Tuna, Albacore	12 / 150g
810757 005117	16809	BC	Tuna, Albacore, No Salt	12 / 150g
810757 003892	16826		GLOBAL Tuna, Skipjack, chunk in water, Sea Salt	24 / 142g
810757 003991	16827		GLOBAL Tuna, Skipjack, chunk in water, No Salt	24 / 142g

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SAFE CATCH | LOW MERCURY CANNED SEAFOOD

859480 006428	68511	GMO																	Wild Pink Salmon	6 / 142g
859480 006442	68510	GMO																	Wild Pink Salmon, No Salt	6 / 142g
859480 006053	68501	GMO																	Wild Albacore Tuna, Solid	12 / 142g
859480 006060	68500	GMO																	Wild Albacore Tuna, Solid, No Salt	12 / 142g
859480 006732	68530																		Wild Sardines, in Water	12 / 125g
859480 006725	68531																		Wild Sardines, in Extra Virgin Olive Oil	12 / 125g
859480 006008	68502	GMO																	Elite Wild Skipjack Tuna, Solid	12 / 142g
859480 006268	68503	GMO																	Elite Wild Skipjack Tuna, Cajun	6 / 142g
859480 006275	68505	GMO																	Elite Wild Skipjack Tuna, Chili Lime	6 / 142g
859480 006282	68504	GMO																	Elite Wild Skipjack Tuna, Citrus Pepper	6 / 142g
859480 006305	68507	GMO																	Elite Wild Skipjack Tuna, Garlic Herb	6 / 142g

Ready to Serve Canned Meals

AMY'S | CANNED MEALS

042272 905171	10218	GMO																	Baked Beans, Organic	12 / 398ml
042272 905119	38222	GMO																	Chili, Medium w/Vegetables, Organic	12 / 398ml
042272 905102	38221	GMO																	Chili, Medium, Organic	12 / 398ml
042272 905126	38223	GMO																	Chili, Spicy, Organic	12 / 398ml

AUGA | READY TO EAT ORGANIC CURRY

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

EAT WHOLESOME | BAKED BEANS

628110 454447	33305	GMO																	Baked Beans in Tomato Sauce, Organic	12 / 398ml
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EDEN | CANNED BEANS

024182 003857	10451	GMO																	Baked Beans w/Sweet Sorghum, Organic	12 / 398ml
024182 003888	10476	GMO																	Green Lentils w/Onion & Bay Leaf, Organic	12 / 398ml

PACIFIC FOODS | PLANT-BASED CHILI

052603 287135	38121	GMO																	Chili, Fire-Roasted Vegetable, Organic	12 / 468g
052603 287128	38119	GMO																	Chili, Harvest Black Bean, Organic	12 / 468g
052603 287142	38120	GMO																	Chili, White Bean Verde, Organic	12 / 468g

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

CONDIMENTS & SAUCES

Condiments

ARIZONA PEPPER'S | HOT SAUCE

027328 120548	18182	GMO																	Chipotle Habañero Sauce, Organic	12 / 148ml
027328 120296	18181	GMO																	Habañero Pepper Sauce, Organic	12 / 148ml
027328 120043	18180	GMO																	Jalapeño Pepper Sauce, Organic	12 / 148ml

BIOITALIA | PESTO SAUCE

661475 161445	33109	GMO																	Pesto, Basil, Organic	12 / 160ml
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EAT WHOLESOME | CONDIMENTS

5060844 590193	33630	GMO																	Ketchup, Organic	6 / 500g
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GINGER PEOPLE | GINGER SYRUP

734027 904705	14457	GMO																	Ginger Syrup, Organic	12 / 237ml
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HEE-HAW | HORSERADISH

628110 106087	11171										BC 	Horseradish, Damn Hot	12	/ 250ml					
628110 106094	11172										BC 	Horseradish, Double Damn Hot	12	/ 250ml					

JONNY HETHERINGTON ESSENTIALS | CONDIMENTS

627843 591337	11183										BC 	Habanero Hot Sauce, Original	6	/ 237ml					
627843 591320	11184										BC 	Habanero Hot Sauce, Peach	6	/ 237ml					
627843 591344	11185										BC 	Habanero Hot Sauce, Pineapple	6	/ 237ml					
627843 591368	11186										BC 	Ketchup, Craft Beer	6	/ 237ml					
627843 591351	11187										BC 	Ketchup, French Fry/Malt Vinegar	6	/ 237ml					
627843 591375	11188										BC 	Ketchup, Original	6	/ 237ml					

MAISON ORPHEE | MUSTARD

069593 120182	32365	GMO				*		+				Mustard, Dijon, Organic	12	/ 250ml					
069593 120199	32366	GMO				*		+				Mustard, Old-Fashioned, Organic	12	/ 250ml					
069593 120175	32364	GMO				*		+				Mustard, Yellow w/Turmeric, Organic	12	/ 250ml					

PIKE PIER FISHERMAN | ALL NATURAL SAUCE

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

SEOUL | KIMCHI HOT SAUCE

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

SUNSHINE FARMS | CONDIMENTS

625077 850077	14489	GMO				*		+				Relish, Sweet, Organic	12	/ 500ml					
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WIZARD'S | ORGANIC SAUCE

011206 004198	14039	GMO				GF	V	*				Vegan Worcestershire Sauce, Organic	12	/ 251ml					
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Cooking Sauces

GINGER PEOPLE | COOKING SAUCE

734027 901377	14390	GMO										Sauce, Sweet Ginger Chili	12	/ 375ml					
734027 901391	14391	GMO										Sauce, Spicy Ginger Teriyaki	12	/ 375ml					

JONNY HETHERINGTON ESSENTIALS | BBQ SAUCE

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

NAAM | COOKING SAUCE

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

NAKED & SAUCY | COOKING SAUCE

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

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NAKED & SAUCY | SIMMER SAUCE

890104 001528	40125	GMO				*			BC	$\mathcal{P}$	Simmer Sauce, Butterless Chicken, Organic	12	/ 350g						
890104 001535	40128	GMO				*			BC	$\mathcal{P}$	Simmer Sauce, Mild Vindaloo, Organic	12	/ 350g						
890104 001559	40127	GMO				*			BC	$\mathcal{P}$	Simmer Sauce, Thai Curry, Organic	12	/ 350g						

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						

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	$\mathcal{P}$	Marinade, Tandoori	12	/ 450ml						
627761 820106	51360								BC	$\mathcal{P}$	Simmer Sauce, Butter Chicken	12	/ 450ml						
627761 820359	51361								BC	$\mathcal{P}$	Simmer Sauce, Coconut Curry	12	/ 450ml						
627761 820205	51362								BC	$\mathcal{P}$	Simmer Sauce, Jeera Cumin	12	/ 450ml						
627761 820403	51365								BC	$\mathcal{P}$	Simmer Sauce, Tikka Masala	12	/ 450ml						

WHITEWATER COOKS | MARINADE

627843 382164	77800									BC	$\mathcal{P}$	Miso Ginger Marinade	12	/ 350ml					
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Sauce Mixes & Cubes

GOBIO! | GRAVY & PESTO CUBES

687789 021138	45330	GMO				*			$\mathcal{P}$		Gravy Cubes, Brown, Organic	15	/ 60g						
687789 021121	45331	GMO				*			$\mathcal{P}$		Gravy Cubes, Poultry, Organic	15	/ 60g						
687789 032233	45332	GMO				*			$\mathcal{P}$		Pesto Cubes, Genovese, Organic	15	/ 54g						

SIMPLY ORGANIC | GRAVY MIX

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

Mayonnaise, Salad Dressings & Toppers

See Cooler section for more Mayonnaise Alternatives

CHOSEN FOODS | AVOCADO OIL DRESSING & MAYO

815074 022441	32300	GMO		GF							Dressing, Apple Cider Vinaigrette	6	/ 237ml						
815074 022496	32301	GMO		GF							Dressing, Caesar	6	/ 237ml						
815074 021444	32302	GMO		GF							Dressing, Chipotle Ranch	6	/ 237ml						
815074 021437	32303	GMO		GF							Dressing, Lemon Garlic	6	/ 237ml						
815074 022830	32304	GMO		GF							Dressing, Ranch	6	/ 237ml						
815074 020010	32326	GMO		GF							Mayo, Classic w/100% avocado oil (squeeze bottle)	6	/ 332ml						
815074 020003	32313	GMO		GF							Mayo, Classic w/100% avocado oil	6	/ 355ml						
815074 020096	32324	GMO		GF							Mayo, Classic w/100% avocado oil	6	/ 710ml						
815074 021314	32315	GMO		GF V							Mayo, Vegan w/100% avocado oil	6	/ 355ml						

DAIYA | DAIRY-FREE SALAD DRESSING

871459 009117	50171	GMO		V				+	$\mathcal{P}$		Salad Dressing, Creamy Caesar, Dairy-Free	6	/ 237ml						
871459 009100	50170	GMO		V				+	$\mathcal{P}$		Salad Dressing, Homestyle Ranch, Dairy-Free	6	/ 237ml						

Buy 20-49 cases

Save 2.08

Buy 50-74 cases

Save 3.12

Buy 75+ cases

Save 4.16

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MAISON ORPHEE | VINAIGRETTE

069593 120816	33489	GMO						+	P		Vinaigrette, Caesar (certified Keto)	12	/ 250ml					
069593 120823	33490	GMO						+	P		Vinaigrette, Maple & Dijon (certified Keto)	12	/ 250ml					
069593 120854	33493	GMO						+	P		Vinaigrette, Olive & Balsamic (certified Keto)	12	/ 250ml					
069593 120861	33494	GMO						+	P		Vinaigrette, Sesame & Tamari (certified Keto)	12	/ 250ml					

NAKED & SAUCY | NOOCH NUTRITIONAL YEAST DRESSING

890104 001726	40103	GMO				*	BC	P			NOOCH Caesar, Organic	12	/ 250ml					
890104 001702	40104	GMO				*	BC	P			NOOCH O.G. (Original), Organic	12	/ 250ml					
890104 001719	40105	GMO				*	BC	P			NOOCH Sesame Ginger, Organic	12	/ 250ml					
890104 001733	40107	GMO				*	BC	P			NOOCH Sweet & Spicy Mustard, Organic	12	/ 250ml					

NATURSOURCE | SALAD TOPPER

068110 940128	58107	GMO				*		+	P		Salad Topper, Smart Life, Organic	8	/ 600g					G
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SPECTRUM CULINARY | MAYONNAISE

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

WHITEWATER COOKS | DRESSING & VINAIGRETTE

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

Pasta & Pizza Sauces

BIOITALIA | TOMATO SAUCE

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

EDEN | PIZZA & PASTA SAUCE

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

620988 050387	42402	GMO				*		+	P		Pasta Sauce, Basil, Organic	6	/ 740ml					
620988 050431	42404	GMO				*		+	P		Pasta Sauce, Marinara, Organic	6	/ 740ml					
620988 050370	42401	GMO				*		+	P		Pasta Sauce, Roasted Garlic, Organic	6	/ 740ml					
Buy 5-19 cases												Save	3.00					
Buy 20+ cases												Save	5.00					

Olives & Pickled Vegetables

BUBBIES | BREAD & BUTTER CHIPS (REFRIGERATED)

038261 957504	51201	GMO						+			Pickles, Traditional Bread & Butter Chips	6	/ 1L					
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DUMET | OLIVES

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

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817861 010686	48055											10 / 150g							
817861 010020	48038											10 / 200g							

EAT WHOLESOME | PICKLED VEGETABLES

638170 905902	14552	GMO				*				$\mathcal{P}$	Pickled Baby Beets, Whole, Organic	12 / 500ml							
638170 905803	33611	GMO				*				$\mathcal{P}$	Garlic Dill Pickles, Organic	6 / 750ml							
638170 905810	33244	GMO				*				$\mathcal{P}$	Sauerkraut, Organic	6 / 909ml							

EDEN | PICKLED VEGETABLES

024182 013009	14500	GMO		GF		*					Sauerkraut, Organic (jar)	12 / 796ml							
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ILIADA | GREEK OLIVES

5201043 004047	40928	GMO				*					Olives, Kalamata Pitted, Organic	12 / 370g							
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KRINOS | GREEK OLIVES

055498 045224	48010	GMO				*					Olives, Stuffed Cocktail, Spicy, Organic	6 / 375ml							
055498 046023	48018	GMO				*					Olives, Kalamata, Organic	6 / 375ml							
055498 046078	48009	GMO				*					Olives, Kalamata, Pitted, Organic	6 / 375ml							
055498 046085	48025	GMO				*					Olive Mix, Organic	6 / 375ml							
055498 045200	48011	GMO				*					Olives, Stuffed Cocktail, Garlic, Organic	6 / 375ml							

MOLISANA | ORGANIC ROASTED PEPPERS

058723 000463	40929	GMO				*					Roasted Peppers, Whole, Organic	12 / 340g							
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OCEAN'S HALO | KIMCHI

811670 032396	10570	GMO				V	*				Kimchi, Organic	6 / 480ml							
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SUNSHINE FARMS | ORGANIC PICKLES

625077 850107	14239	GMO				*		+	$\mathcal{P}$		Pickles, Baby Dills, Organic	12 / 500ml							
625077 810156	14242	GMO				*		+	$\mathcal{P}$		Pickles, Whole Dill, Organic	12 / 1L							

Salsas

QUE PASA | SALSA

068826 200042	14455	GMO		GF		*	BC	$\mathcal{P}$			Salsa, Chipotle, Organic	12 / 420ml							
068826 200028	14453	GMO		GF		*	BC	$\mathcal{P}$			Salsa, Mild Mexicana, Organic	12 / 420ml							
068826 200004	14454	GMO		GF		*	BC	$\mathcal{P}$			Salsa, Medium Mexicana, Organic	12 / 420ml							

Soy Sauce & Alternatives

AMANO | SAUCE

067334 250884	40023						BC	$\mathcal{P}$			Soy Sauce	12 / 250ml							
067334 050880	40026						BC	$\mathcal{P}$			Soy Sauce	12 / 500ml							
067334 250327	40024	GMO				*	BC	$\mathcal{P}$			Tamari, Organic	12 / 250ml							
067334 250754	40022						BC	$\mathcal{P}$			Tamari, Wheat Free (Product of Japan)	12 / 250ml							
067334 050750	40055						BC	$\mathcal{P}$			Tamari, Wheat Free (Product of Japan)	12 / 500ml							
067334 050323	40025	GMO				*	BC	$\mathcal{P}$			Tamari, Organic	12 / 500ml							
067334 004326	40099	GMO	B			*	BC	$\mathcal{P}$			Tamari, Organic	4 / 4L							
0673340 50750	40066		B				BC	$\mathcal{P}$	X		Tamari (Product of Japan) (S/O)	1 / 18L							

BRAGG | ALL PURPOSE SEASONING

074305 106101	32179	GMO				*					Coconut Nectar, All Purpose Seasoning, Organic	12 / 296ml							
074305 100161	14071	GMO		GF							Liquid Soy Seasoning	12 / 473ml							
074305 100321	14072	GMO		GF							Liquid Soy Seasoning	12 / 946ml							

COCONUT SECRET | SOY SAUCE SUBSTITUTE

851492 002047	37386	GMO		GF		*					Soy Sauce Substitute, Organic	12 / 237ml							
851492 002108	14474	GMO		GF		*					Soy Sauce Substitute, Organic	6 / 500ml							

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NAKED & SAUCY | SOY SAUCE SUBSTITUTE

890104 001283	40119	GMO				*					$\mathcal{P}$	Soy Sauce Substitute, Keto, Organic	6	/ 296ml
890104 001115	85315	GMO				*					$\mathcal{P}$	Soy Sauce Substitute, Lightly Sweet, Organic	6	/ 296ml
890104 001344	40115	GMO				*					$\mathcal{P}$	Soy Sauce Substitute, Keto, Organic	6	/ 473ml
890104 001351	40116	GMO				*					$\mathcal{P}$	Soy Sauce Substitute, Lightly Sweet, Organic	6	/ 473ml

SAN-J | BREWED SOY SAUCE & ALTERNATIVES

075810 041260	40609	GMO				V	*					Shoyu, Organic	6	/ 296ml
075810 024263	40434	GMO				GF	V					Tamari, 50% Less sodium	6	/ 296ml
075810 021262	40602	GMO				GF	V					Tamari	6	/ 296ml
075810 023266	40435	GMO				GF	V					Tamari, Reduced Sodium	6	/ 296ml
075810 004265	40607	GMO				GF	V	*				Tamari, Reduced Sodium, Organic	6	/ 296ml
075810 001264	40600	GMO				GF	V	*				Tamari, Organic	6	/ 296ml
075810 021361	40603	GMO				GF	V					Tamari	6	/ 592ml
075810 400265	40614	GMO				GF	V					Tamari, No Soy	6	/ 296ml
075810 031261	40611	GMO				GF	V					TAMARI SPLASH, Ponzu	6	/ 296ml
075810 030264	40613	GMO				GF	V	*				TAMARI SPLASH, Sweet Doux, Organic	6	/ 296ml
075810 032268	40612	GMO				GF	V	*				TAMARI SPLASH, Umami, Organic	6	/ 296ml
075810 004364	40608	GMO				GF	V	*				Tamari, Reduced Sodium, Organic	6	/ 592ml
075810 001363	40605	GMO				GF	V	*				Tamari, Organic	6	/ 592ml

Vinegars

BRAGG | APPLE CIDER VINEGAR

074305 101168	14075	GMO				GF	*	+				Apple Cider Vinegar, Organic	12	/ 473ml
074305 101328	14076	GMO				GF	*	+				Apple Cider Vinegar, Organic	12	/ 946ml
074305 111280	14077	GMO	B				*					Apple Cider Vinegar, Raw-Unfiltered, Organic	4	/ 3.78L

EAT WHOLESOME | VINEGAR

638170 906213	33614	GMO					*			$\mathcal{P}$		Vinegar, Balsamic of Modena, Organic	12	/ 500ml
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EDEN | VINEGAR

024182 420876	02117	GMO					*					Brown Rice Vinegar, Organic	12	/ 296ml
024182 001624	02114					GF						Red Wine Vinegar (raw unpasteurized)	12	/ 473ml

FILSINGER'S ORGANIC FOODS | APPLE CIDER VINEGAR

063930 500644	24107	GMO					*	+		$\mathcal{P}$		Apple Cider Vinegar, Organic	12	/ 500ml
063930 945643	24104	GMO					*	+		$\mathcal{P}$		Apple Cider Vinegar, Organic	12	/ 945ml
063930 189641	24105	GMO					*	+		$\mathcal{P}$		Apple Cider Vinegar, Organic	6	/ 1.89L
063930 378120	24106	GMO					*	+		$\mathcal{P}$		Apple Cider Vinegar, Organic (glass) (S/O)	4	/ 3.78L
063930 000281	24110	GMO				GF	*	+		$\mathcal{P}$		Apple Cider Vinegar, Organic (Plastic) (S/O)	4	/ 3.78L

MAISON ORPHEE | VINEGAR

069593 120212	32368	GMO					*			$\mathcal{P}$		Vinegar, Balsamic, Organic	6	/ 500ml
069593 120229	32369	GMO					*			$\mathcal{P}$		Vinegar, Red Wine, Organic	6	/ 500ml
069593 120236	32370	GMO					*			$\mathcal{P}$		Vinegar, White Wine, Organic	6	/ 500ml

MARUKAN | RICE VINEGAR

070641 000066	24031	GMO				GF						Rice Vinegar	6	/ 355ml
070641 064129	24034	GMO				GF	*					Rice Vinegar, Organic	6	/ 355ml
070641 000059	24036	GMO										Rice Vinegar	6	/ 710ml

OMEGA NUTRITION | APPLE CIDER VINEGAR

055358 314002	85028	GMO				GF	*			$\mathcal{P}$		Apple Cider Vinegar, Organic (plastic bottle)	12	/ 355ml
055358 314101	85027	GMO				GF	*			$\mathcal{P}$		Apple Cider Vinegar, Organic (plastic bottle)	6	/ 946ml
055358 314200	65026	GMO	B			GF	*			$\mathcal{P}$		Apple Cider Vinegar, Organic (plastic jug)	4	/ 3.78L

SUNSHINE FARMS | VINEGAR

625077 855003	14543	GMO					*	+		$\mathcal{P}$		Vinegar, White, Organic	12	/ 500ml
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COOKIES, SNACK BARS & TOASTER PASTRIES

Cookies

FREEYUMM | ALLERGEN-FREE COOKIES

816695 000788	10290	GF	BC	$\mathcal{P}$	Cookies, Banana Maple	6 / 7x22g
816695 000795	10291	GF	BC	$\mathcal{P}$	Cookies, Double Chocolate	6 / 7x22g
Buy 20+ cases						Save 3.00

GLUTINO | COOKIES

678523 070345	16493	GF	+	X	Cookies, Chocolate Chip	12 / 245g
678523 070321	16495	GF	+		Cream Sandwich Cookies, Chocolate Vanilla Crème Dreams	12 / 300g
678523 070307	16494	GF	+		Cream Sandwich Cookies, Vanilla Crème Dreams	12 / 300g
678523 010402	38533	GF	+		Wafer Cookies, Chocolate, Milk Chocolate Coated	12 / 130g
678523 010419	38535	GF	+		Wafer Cookies, Lemon	12 / 200g
678523 010426	38534	GF	+		Wafer Cookies, Vanilla, Milk Chocolate Coated	12 / 130g

JOVIAL | COOKIES

815421 012118	13450	GMO	*	@	Cookies, Einkorn, Checkerboard, Organic	12 / 250g
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KINNIKINNICK | COOKIES

620133 003213	55048		GF	+		Cookies, Montanas Chocolate Chip	6 / 190g
620133 003091	55049		GF V	+		Cookies, S'moreables Graham Style Crackers	6 / 220g
620133 003251	38745		GF	+		Cookies, Vanilla Wafers	6 / 180g
620133 003497	16691		GF V	+		KinniKritters Animal Cookies, Chocolate	6 / 220g
620133 003596	16692		GF V	+		KinniKritters Animal Cookies, Graham Style	6 / 220g
620133 003619	16690		GF V	+		KinniKritters Animal Cookies, Vanilla	6 / 220g
620133 003640	54583		GF V	+		KinniTOOS Sandwich Cookies, Chocolate	6 / 220g
620133 003626	54582		GF V	+		KinniTOOS Sandwich Cookies, Vanilla	6 / 220g

MADEGOOD | COOKIES

687456 283111	64018	GMO	GF	V	*	+	$\mathcal{P}$	Cookies, Soft Baked Mini, Chocolate Banana, Organic	6 / 5x24g
687456 283104	64017	GMO	GF	V	*	+	$\mathcal{P}$	Cookies, Soft Baked Mini, Chocolate Chip, Organic	6 / 5x24g
687456 283098	64016	GMO	GF	V	*	+	$\mathcal{P}$	Cookies, Soft Baked Mini, Double Chocolate, Organic	6 / 5x24g
687456 283449	64027	GMO	GF	V	*	+	$\mathcal{P}$	Cookies, Soft Baked Mini, Red Velvet, Organic	6 / 5x24g
687456 283432	64026	GMO	GF	V	*	+	$\mathcal{P}$	Cookies, Soft Baked Mini, Sweet Cinnamon, Organic	6 / 5x24g
687456 284330	64067	GMO	GF	V	*	+	$\mathcal{P}$	X Cookies, Chocolate Chip, Organic	6 / 200g
687456 284323	64068	GMO	GF	V	*	+	$\mathcal{P}$	X Cookies, Double Chocolate, Organic	6 / 200g
687456 284309	64069	GMO	GF	V	*	+	$\mathcal{P}$	X Cookies, Vanilla, Organic	6 / 200g

MARY'S ORGANIC | GRAHAM-STYLE KOOKIES

853665 005527	17612	GMO	GF	*	KOOKIES, Chocolate, Organic	6 / 142g
853665 005510	17611	GMO	GF	*	KOOKIES, Cinnamon, Organic	6 / 142g
853665 005503	17610	GMO	GF	*	KOOKIES, Honey, Organic	6 / 142g

PAMELA'S | COOKIES

093709 281016	13220	GF	Figgies & Jammies, Mission Fig	6 / 255g
093709 230014	16648	GMO GF	Graham Style Crackers, Honey Grahams	6 / 213g

PRANA ORGANIC | COOKIES

877693 003591	26181	GMO	GF	*	+	$\mathcal{P}$	X GRANOLOVE Cookies, Chocolate Chip, Organic	8 / 120g	G
877693 003607	26182	GMO	GF	*	+	$\mathcal{P}$	X GRANOLOVE Cookies, Brownie, Organic	8 / 120g	G
877693 003614	26183	GMO	GF	*	+	$\mathcal{P}$	X GRANOLOVE Cookies, Berries, Organic	8 / 120g	G

WOW BAKING COMPANY | COOKIES

854287 005698	16654	GMO	GF	X Chocolate Chip (resealable pouch)	12 / 227g
854287 005797	16655	GMO	GF	X Ginger Molasses (resealable pouch)	12 / 227g
854287 005599	16656	GMO	GF	X Lemon Burst (resealable pouch)	12 / 227g
850003 269016	21800	GMO	GF	X Triple Chocolate Chunk	12 / 227g

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Granola & Snack Bars

CLIF KID | ORGANIC ZBARS

722252 194336	37599	GMO				*						Chocolate Brownie, Organic	6 / 5x36g					G
722252 194343	37611	GMO				*						Chocolate Chip, Organic	6 / 5x36g					G
722252 195326	37612	GMO				*						Iced Oatmeal Cookie, Organic	6 / 5x36g					G
722252 921086	91666	GMO				*						Shipper, Organic (S/O)	56 / 5x36g					G

KIND | BREAKFAST BARS, HEALTHY GRAINS BARS & THINS NUT BARS

602652 204050	39346											Breakfast Bar, Almond Butter (2pk)	5 / 4x50g					G
602652 204067	39347											Breakfast Bar, Dark Chocolate Cocoa (2pk)	5 / 4x50g					G
602652 201066	39348											Breakfast Bar, Peanut Butter (2pk)	5 / 4x50g					G
602652 184178	37609	GMO										HEALTHY GRAINS, Dark Chocolate Chunk	8 / 5x35g					G
602652 184154	37607	GMO										HEALTHY GRAINS, Oats & Honey	8 / 5x35g					G
602652 184185	37610	GMO										HEALTHY GRAINS, Peanut Butter Dark Chocolate	8 / 5x35g					G
602652 296574	37600	GMO										HEALTHY GRAINS, Vanilla Blueberry	8 / 5x35g					G
602652 429538	39337											THINS Nut Bar, Almond Caramel & Sea Salt	6 / 10x21g					G
602652 429422	39336											THINS Nut Bar, Nuts Sea Salt & Dark Chocolate	6 / 10x21g					G

MADEGOOD | BARS & BITES

687456 216119	64009	GMO		GF	V	*		+	P			Bars, Chocolate Chip, Organic	4 / 15x24g					G
687456 214139	64055	GMO		GF	V	*		+	P			Chocolate Drizzled Granola Bars, Birthday Cake, Organic	6 / 5x24g					G
687456 214146	64056	GMO		GF	V	*		+	P			Chocolate Drizzled Granola Bars, Cookie Crumble, Organic	6 / 5x24g					G
687456 214122	64054	GMO		GF	V	*		+	P			Chocolate Drizzled Granola Bars, Vanilla, Organic	6 / 5x24g					G
687456 223650	64048	GMO		GF	V	*		+	P			Crunchy Oat Bites, Chocolate Drizzled Birthday Cake, Organic	6 / 5x24g					G
687456 224428	64046	GMO		GF	V	*		+	P	X		Crunchy Oat Bites, Chocolate Drizzled Birthday Cake, Organic	6 / 100g					G
687456 223711	64049	GMO		GF	V	*		+	P			Crunchy Oat Bites, Vanilla Drizzled Cookies & Cream, Organic	6 / 5x24g					G
687456 224435	64047	GMO		GF	V	*		+	P	X		Crunchy Oat Bites, Vanilla Drizzled Cookies & Cream, Organic	6 / 100g					G
687456 213040	64020	GMO		GF	V	*		+	P			Granola Bars, Chocolate Banana, Organic	6 / 5x24g					G
687456 213019	64023	GMO		GF	V	*		+	P			Granola Bars, Chocolate Chip, Organic	6 / 5x24g					G
687456 213750	64029	GMO		GF	V	*		+	P			Granola Bars, Cookies & Cream, Organic	6 / 5x24g					G
687456 213026	64024	GMO		GF	V	*		+	P			Granola Bars, Mixed Berry, Organic	6 / 5x24g					G
687456 213170	64021	GMO		GF	V	*		+	P			Granola Bars, Strawberry, Organic	6 / 5x24g					G
687456 223490	64094	GMO		GF	V	*		+	P			Granola Minis, Apple Cinnamon, Organic	6 / 5x24g					G
687456 223476	64093	GMO		GF	V	*		+	P			Granola Minis, Chocolate Banana, Organic	6 / 5x24g					G
687456 223506	64090	GMO		GF	V	*		+	P			Granola Minis, Chocolate Chip, Organic	6 / 5x24g					G
687456 223483	64092	GMO		GF	V	*		+	P			Granola Minis, Strawberry, Organic	6 / 5x24g					G
687456 214313	64063	GMO		GF	V	*		+	P			MORNINGS Soft Baked Oat Bars, Blueberry, Organic	6 / 5x30g					G
687456 214306	64062	GMO		GF	V	*		+	P			MORNINGS Soft Baked Oat Bars, Chocolate Chip, Organic	6 / 5x30g					G
687456 214320	64064	GMO		GF	V	*		+	P			MORNINGS Soft Baked Oat Bars, Cinnamon Bun, Organic	6 / 5x30g					G

NATURE'S BAKERY | SNACK BARS

047495 410167	13343	GMO				V						Brownie, Double Chocoate	6 / 6x45g					G
047495 210200	13146	GMO				V						Fig Bar, Apple Cinnamon	6 / 6x57g					
047495 210217	13147	GMO				V						Fig Bar, Blueberry	6 / 6x57g					
047495 210224	13148	GMO				V						Fig Bar, Original Fig	6 / 6x57g					
047495 210248	13149	GMO				V						Fig Bar, Raspberry	6 / 6x57g					

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PRANA ORGANIC | GRANOLA BARS

877693 003850	26177	GMO				*		+	$\mathcal{P}$										
Chewy Granola Bars, Berry Blast, Organic (safe for school)											12 / 5x24g								G
877693 003843	26176	GMO				*		+	$\mathcal{P}$										
Chewy Granola Bars, Choco Bongo, Organic (safe for school)											12 / 5x24g								G
877693 003867	26178	GMO				*		+	$\mathcal{P}$										
Chewy Granola Bars, Magic Rainbow, Organic (safe for school)											12 / 5x24g								G

Toaster Pastries

NATURE'S PATH | TOASTER PASTRIES

058449 188087	55721	GMO				*			$\mathcal{P}$										
Toaster Pastries, Berry Strawberry, Frosted, Organic											6 / 312g								
058449 188070	55720	GMO				*			$\mathcal{P}$										
Toaster Pastries, Cherry Pomegranate, Frosted, Organic											6 / 312g								

CRACKERS & PUFFED GRAIN CAKES

Crackers

AK-MAK | SESAME CRACKERS

071105 000011	16005																		
Ak-Mak Sesame Crackers											12 / 118g								

BLUE DIAMOND | NUT THINS CRACKERS

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

CRICH | CRACKERS WITH EXTRA VIRGIN OLIVE OIL

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

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

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

EVE'S CRACKERS

627843 724971	56100			GF			BC	$\mathcal{P}$											
X Crackers, Black Sesame											12 / 108g								
627843 724964	56101			GF			BC	$\mathcal{P}$											
X Crackers, Chili Pepper Pumpkin Seed											12 / 108g								
627843 724988	56103			GF			BC	$\mathcal{P}$											
X Crackers, Cracked Pepper											12 / 108g								
627843 724957	56102			GF			BC	$\mathcal{P}$											
X Crackers, Savoury Sunflower											12 / 108g								

FREEYUMM | CRACKERS

816695 004069	10323	GMO		GF			BC	$\mathcal{P}$											
X Cracker Bites, Cheezy											6 / 120g								
816695 004076	10324	GMO		GF			BC	$\mathcal{P}$											
X Cracker Bites, Pizza											6 / 120g								
816695 004038	10322	GMO		GF			BC	$\mathcal{P}$											
X Crackers, Herb & Seed											6 / 120g								
816695 004014	10320	GMO		GF			BC	$\mathcal{P}$											
X Crackers, Himalayan Salt											6 / 120g								
816695 004021	10321	GMO		GF			BC	$\mathcal{P}$											
X Crackers, Zesty Cheese											6 / 120g								

Buy 20+ cases

Save 3.00

GLUTINO | CRACKERS

678523 038451	16422			GF															
Crackers (Rounds), Cheddar											6 / 125g								
678523 038512	16421			GF															
Crackers (Rounds), Original											6 / 125g								
678523 038475	16423			GF															
Crackers (Rounds), Multigrain											6 / 125g								

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069372 007901	16611	GMO	*	BC	Ⓟ	X	RICE THINS, Ancient Grains w/Pink Salt, Organic	12 / 95g
069372 007666	16668	GMO	*	BC	Ⓟ	X	RICE THINS, Brown Rice Cakes, Canadian Wild Rice, Organic	12 / 95g
069372 007703	16733	GMO	*	BC	Ⓟ	X	RICE THINS, Brown Rice Cakes, Chia, Unsalted, Organic	12 / 95g
069372 007307	16610	GMO	*	BC	Ⓟ	X	RICE THINS, Brown Rice Cakes, Multigrain, Unsalted, Organic	12 / 95g
069372 007628	16666	GMO	*	BC	Ⓟ	X	RICE THINS, Brown Rice Cakes, Quinoa, Unsalted, Organic	12 / 95g
069372 007208	16609	GMO	*	BC	Ⓟ	X	RICE THINS, Brown Rice Cakes, Sea-Salt, Organic	12 / 95g

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069372 007505	16614	GMO				*			BC	$\mathcal{P}$	X		RICE THINS, Brown Rice Cakes, Sesame, Unsalted, Organic	12	/	95g			
069372 007109	16608	GMO				*			BC	$\mathcal{P}$	X		RICE THINS, Brown Rice Cakes, Unsalted, Organic	12	/	95g			
069372 002111	16445	GMO				*			BC	$\mathcal{P}$	X		Rice Cakes, Sea Salt, Organic	12	/	185g			
069372 002159	16441	GMO				*			BC	$\mathcal{P}$	X		Rice Cakes, Multigrain, Salted, Organic	12	/	185g			
069372 002173	16446	GMO				*			BC	$\mathcal{P}$	X		Rice Cakes, Sesame, Salted, Organic	12	/	185g			
069372 001114	16450	GMO				*			BC	$\mathcal{P}$	X		Rice Cakes, Multigrain, Unsalted, Organic	12	/	185g			
069372 001046	16425	GMO				*			BC	$\mathcal{P}$	X		Rice Cakes, Unsalted, Organic	12	/	185g			

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

Dried Beans, Legumes & Seeds

BULK BEANS

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

Popcorns

ANGIE'S | BOOMCHICKAPOP MICROWAVE POPCORN

018780 017347	59520												BOOMCHICKAPOP Microwave Popcorn, Real Butter	6	/	4x93g			
018780 017354	59521	GMO											BOOMCHICKAPOP Microwave Popcorn, Sea Salt	6	/	4x93g			

EDEN | ORGANIC POPCORN

024182 003864	36787	GMO		GF		*							Popcorn, Yellow, Organic	12	/	566g			
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WHOLE ALTERNATIVES | POPCORN

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

BULK POPPING CORN

000000 041332	22070	GMO	B			*							X Popping Corn, Organic	1	/	11.34kg			
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Grains

ANITA'S ORGANIC MILL | BULK GRAINS

623636 180061	22148	GMO	B			*			$\mathcal{P}$	X			Corn Meal, Medium Grind, Organic	1	/	11.34kg			
623636 200097	22105	GMO	B			*		+	$\mathcal{P}$	X			Hard Red Spring Wheat Kernels, Organic	1	/	20kg			

BOB'S RED MILL | GRAINS

039978 001894	34208	GMO		GF		*							X Buckwheat, Organic	4	/	454g			
039978 002488	34219	GMO											X Bulgar	4	/	680g			
039978 002570	34241	GMO				*							X Polenta, Organic	4	/	680g			
039978 002112	34217	GMO				*							X Farro, Organic	4	/	680g			
039978 002532	34223	GMO		GF									X Millet	4	/	794g			

BULK GRAINS

775768 22045	22045	GMO	B			*							X Millet, Organic	1	/	11.34kg			
000000 041064	41064	GMO	B			*							X Quinoa, Organic	1	/	11.34kg			

Oats

ANITA'S ORGANIC MILL | OATS

623636 998994	20103	GMO		GF		*	+	$\mathcal{P}$					Gluten Free Rolled Oats, Old Fashioned, Organic	4	/	900g			
623636 999014	28074	GMO		GF		*	+	$\mathcal{P}$					Gluten Free Steel Cut Oats, Organic	4	/	900g			
623636 700016	20067	GMO				*	+	$\mathcal{P}$					Rolled Oats, Old Fashioned, Organic	4	/	1kg			
623636 700061	20104	GMO				*	+	$\mathcal{P}$					Rolled Oats, Quick, Organic	4	/	1kg			
623636 700207	28073	GMO				*	+	$\mathcal{P}$					Steel Cut Oats, Organic	4	/	1kg			

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623636 998925	28059	GMO	B	GF		*		+	$\mathcal{P}$			1 / 11.34kg							
623636 710046	20071	GMO	B			*		+	$\mathcal{P}$			1 / 11.34kg							
623636 700030	22040	GMO	B			*		+	$\mathcal{P}$			1 / 11.34kg							
623636 700245	28058	GMO	B			*		+	$\mathcal{P}$			1 / 11.34kg							
623636 700023	22921	GMO	B			*		+	$\mathcal{P}$			4 / 2.5kg							

AVENA FOODS | OATS

663780 100225	22197		B	GF				+				1 / 22.7kg							
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BOB'S RED MILL | OATS

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

NATURE'S PATH | WHOLE GRAIN OATS

729906 410033	22175	GMO				*			$\mathcal{P}$	Oats, Steel Cut, Quick Cook, Organic		6 / 680g							
729906 410019	22074	GMO				*			$\mathcal{P}$	Oats, Steel Cut, Coarsely Cut, Organic		6 / 850g							

Rice

GIA BASMATI | RICE IN A BAG

882369 110329	38601		B							X White Basmati Rice		1 / 8lb							
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LUNDBERG FAMILY FARMS | RICE

073416 004337	31215	GMO		GF						Rice, Wild Blend, Nutra-Farmed		6 / 454g							
073416 051911	31205			GF						Rice, Arborio, White, Nutra-Farmed		6 / 907g							
073416 405523	31202	GMO		GF						Rice, Basmati, Brown, Nutra-Farmed		6 / 907g							
073416 406032	31209	GMO		GF		*				Rice, Basmati, Brown, Organic		6 / 907g							
073416 403536	31203	GMO		GF						Rice, Basmati, White, Nutra-Farmed		6 / 907g							
073416 404045	31210	GMO		GF		*				Rice, Basmati, White, Organic		6 / 907g							
073416 040502	31211	GMO		GF		*				Rice, Jasmine, California Brown, Organic		6 / 907g							
073416 040427	31204	GMO		GF						Rice, Jasmine, White, Nutra-Farmed		6 / 907g							
073416 040489	31212	GMO		GF		*				Rice, Jasmine, White, Organic		6 / 907g							
073416 199644	31208	GMO		GF		*				Rice, Long Grain Brown, Organic		6 / 907g							
073416 250109	31231	GMO		GF		*				Rice, Long Grain White, Regenerative Organic		6 / 907g							
073416 199637	31206	GMO		GF		*				Rice, Short Grain, Brown, Organic		6 / 907g							
073416 040434	31207	GMO		GF		*				Rice, Sushi, White, Organic		6 / 907g							
073416 402010	32098	GMO	B	GF		*				X Rice, Basmati, Brown, Organic		1 / 11.34kg							
073416 401518	32050	GMO	B	GF						X Rice, Basmati, White, Eco-Farmed		1 / 11.34kg							
073416 402027	32102	GMO	B	GF		*				X Rice, Basmati, White, Organic		1 / 11.34kg							
073416 040298	32043	GMO	B			*				Rice, Jasmine White, Organic		1 / 11.34kg							
073416 401341	32039	GMO	B	GF		*				X Rice, Long Grain White, Organic		1 / 11.34kg							
073416 401327	32074	GMO	B	GF		*				X Rice, Long Grain, Brown, Organic		1 / 11.34kg							
073416 401228	32076	GMO	B	GF		*				X Rice, Short Grain, Brown, Organic		1 / 11.34kg							
073416 401617	32097	GMO	B	GF		*				X Rice, Sushi, White, Organic		1 / 11.34kg							
30073416 142207	91334			GF						X Wild Blend Shipper (S/O)		36 / 454g							

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LOTUS FOODS | RICE

708953 508610	39909	GMO		GF		*													Rice, White Basmati, Organic	6 / 850g
708953 507613	39908	GMO		GF		*													Rice, White Jasmine, Organic	6 / 850g

OCEAN'S HALO | RICE

811670 031382	10572	GMO				V	*												Short Grain Sticky Rice, Organic	5 / 907g
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FUNCTIONAL FOODS

BOB'S RED MILL | NUTRITIONAL YEAST

039978 325464	34203			GF															X Large Flake Nutritional Yeast	4 / 142g
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ELIMENTO | NUTRITIONAL YEAST

059443 607154	35390																		Nutritional Yeast Flakes (shaker)	12 / 100g
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ENGEVITA | NUTRITIONAL YEAST

778659 221038	02198	GMO		B				+		P									ENGEVITA Nutritional Yeast	1 / 2kg
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LEVEL GROUND TRADING | CACAO NIBS

661594 003640	18108	GMO				*	@			P									Cacao Nibs, Organic	12 / 120g
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MODERN PRODUCTS | BREWERS YEAST

075820 300012	02013																		Brewer's Yeast	6 / 396g
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NAVITAS ORGANICS | PLANT-BASED SUPERFOOD

858847 000291	37365	GMO				*													Açaí Powder, Organic	1 / 113g
858847 000680	29023	GMO				*	@												Cacao Nibs, Organic	1 / 227g
858847 000871	21004	GMO				*	@												Cacao Powder, Organic	1 / 227g
858847 000840	21003	GMO				*	@												Cacao Powder, Organic	1 / 454g
811961 023232	24422	GMO				*													SUPERFOOD+, Adaptogen Blend, Maca+Reishi+Ashwagandha, Organic	1 / 180g
811961 023249	24423	GMO				*													SUPERFOOD+, Berry Blend, Acai+Goji+Blueberry, Organic	1 / 150g
811961 023256	24424	GMO				*													SUPERFOOD+, Greens Blend, Moringa+Kale+Wheatgrass, Organic	1 / 180g

PRANA ORGANIC | FUNCTIONAL FOOD

877693 001504	26141	GMO		GF		*				P									Cacao Nibs, Organic	6 / 250g
877693 003096	34092	GMO		GF		*				P									PROACTIVChia +Probiotics, Ground Black, Organic	6 / 200g
877693 003089	34091	GMO		GF		*				P									PROACTIVChia +Probiotics, Whole Black, Organic	6 / 284g
877693 001498	26143	GMO		GF		*				P									Raw Cacao Powder, Organic	6 / 200g
	60130																		Empty Racks (S/O)	1 / ea

RED STAR | NUTRITIONAL YEAST

017929 746605	02147					B													X Nutritional Yeast Flakes, Vegetarian Support Formula	1 / 2.72kg
017929 746312	02115					B													X Nutritional Yeast Flakes, Vegetarian Support Formula	1 / 22.7kg

SUNSORYA | SPIRULINA SPRINKLES

627843 978923	37448									P									Spirulina Sprinkles	10 / 200g
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HERBS, SPICES, SEASONINGS & SALTS

Culinary Juices

GINGER PEOPLE | GINGER JUICE

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

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

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Herbs, Spices, Seasoning Mixes & Salts

BRAGG | SPRINKLE SEASONING

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

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

MAISON ORPHEE | HAND-HARVESTED GREY SEA SALT

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

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 Ancient Seasalt, Fine (shaker)	6	/ 284g				
018788 992615	15600											REAL SALT Ancient Seasalt, Fine (refill pouch)	12	/ 737g				

SIMPLY ORGANIC | PASTA SAUCE MIX

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

089836 192080	70789	GMO				*						Basil Leaf, c/s Organic (glass bottle)	6	/ 15g				
089836 192240	70358	GMO				*						Cayenne Pepper, Organic (glass bottle)	6	/ 71g				
089836 192332	70842	GMO				*						Ceylon Cinnamon, Organic (glass bottle)	6	/ 59g				
089836 192257	70359	GMO				*						Chili Powder, Organic (glass bottle)	6	/ 82g				
089836 192363	70840	GMO				*						Chipotle Ground, Organic (glass bottle)	6	/ 75g				
089836 192110	70791	GMO				*						Cinnamon, Ground, Organic (glass bottle)	6	/ 69g				
089836 192486	70804	GMO				*						Coriander, Ground, Organic (glass bottle)	6	/ 65g				
089836 192127	70792	GMO				*						Cumin Seed, Ground, Organic (glass bottle)	6	/ 65g				
089836 192264	70360	GMO				*						Curry Powder, Organic (glass bottle)	6	/ 85g				
089836 092502	70806	GMO				*						Dill Weed, Organic (glass bottle)	6	/ 23g				
089836 192141	70793	GMO				*						Garlic Powder, Organic (glass bottle)	6	/ 103g				
089836 192479	70803	GMO				*						Garlic Salt, Organic (glass bottle)	6	/ 113g				
089836 192158	70794	GMO				*						Ginger Root, Ground, Organic (glass bottle)	6	/ 46g				
089836 192271	70361	GMO				*						Italian Seasoning, Organic (glass bottle)	6	/ 22g				
089836 192288	70362	GMO				*						Onion, Minced, Organic (glass bottle)	6	/ 79g				
089836 192165	70795	GMO				*						Oregano Leaf c/s, Organic (glass bottle)	6	/ 21g				
089836 192295	70363	GMO				*						Paprika Ground, Organic (glass bottle)	6	/ 74g				
089836 192097	70796	GMO				*						Pepper, Black, Medium, Organic (glass bottle)	6	/ 65.5g				
089836 192134	70798	GMO				*						Pepper, Red, Crushed, Organic (glass bottle)	6	/ 45g				
089836 192196	70801	GMO				*						Peppercorn Blend, Organic (glass bottle)	6	/ 75g				G
089836 192189	70800	GMO				*						Peppercorns, Black, Organic (glass bottle w/adjustable grinder)	6	/ 75g				G
089836 192103	70797	GMO				*						Peppercorns, Black, Organic (glass bottle)	6	/ 75g				
089836 192462	70802	GMO				*						Pumpkin Spice, Organic (glass bottle) (S/O)	6	/ 55g				
089836 192493	70805	GMO				*						Rosemary, Organic (glass bottle)	6	/ 35g				
089836 192349	70839	GMO				*						Smoked Paprika, Organic (glass bottle)	6	/ 77g				

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089836 192318	70365	GMØ				*						6 / 31g						
089836 192172	70799	GMØ				*						6 / 46g						

SIMPLY ORGANIC | SEASONING MIX

089836 188700	70750	GMØ				*						12 / 28g						
089836 200020	70742	GMØ				*						12 / 28g						
089836 200037	70763	GMØ				*						12 / 32g						
089836 200013	70747	GMØ				*						12 / 32g						

SUNDHED | SEA SALT & PURE HIMALAYAN SALT

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

BULK SEA SALT

038400 138542	02179		B									1 / 50lb						
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INTERNATIONAL CUISINE

Caribbean

MAUREEN'S | COOKING SAUCE

627987 503753	14902											12 / 350ml						
841307 000313	14900											12 / 350ml						

Indian

See Frozen Entrées for Vij's

JYOTI NATURAL FOODS | INDIAN CUISINE

077502 016105	38545											12 / 425g						
077502 156153	38542											12 / 425g						
077502 036103	38546	GMØ				*						12 / 425g						
077502 146154	38541	GMØ				*						12 / 425g						
												Buy 10-14 cases				Save 15%		
												Buy 15+ cases				Save 20%		

NANAK | GHEE CLARIFIED BUTTER

797677 707300	24902											12 / 400g						
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Japanese

ATLANTIC MARICULTURE | DULSE

067835 774056	24200	GMØ				*						12 / 40g						
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CANADIAN KELP RESOURCES | SEA VEGETABLES

776128 000030	32851											16 / 42g						
776128 000047	32850											16 / 21g						

EAT WHOLESOME | BEAN VERMICELLI

5060844 590285	33631											20 / 180g						
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EDEN | JAPANESE PRODUCTS

024182 003093	24052	GMO		GF		*							Gomasio, Seaweed, Organic	12	/ 100g				
024182 000481	24069	GMO		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 SOUP

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

GIMME ORGANIC | ROASTED SEAWEED SNACKS

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

GIMME ORGANIC | ROASTED SUSHI NORI

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

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

KOYO | JAPANESE PRODUCTS

021009 229025	24019												Wasabi Powder	6	/ 25g				
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LOTUS FOODS | RICE RAMEN NOODLES

708953 622125	39904	GMO		GF		*							X Ramen Noodles, Jade Pearl Rice. Organic	6	/ 283g				
708953 622132	39905	GMO		GF		*							X Ramen Noodles, Millet & Brown Rice, Organic	6	/ 283g				

MARUKAN | PONZU SAUCE

070641 066314	24039	GMO											Ponzu, Yuzu	6	/ 355ml				
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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				

NIKKEI RAMEN YA | RAMEN SEASONING SAUCE

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

628693 494212	39191							BC					Ramen Seasoning Sauce, Shio Tare	12	/ 145ml				
628693 494052	39188							BC					Ramen Seasoning Sauce, Shoyu Tare	12	/ 145ml				

NORA | SEAWEED SNACKS

855258 006225	19100	GMO											X Crispy Seaweed, Original	12	/ 32g				G
855258 006584	19103	GMO											X Crispy Seaweed, Spicy	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

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OCEAN'S HALO | THE SEAWEED SNACK

811670 032303	10573	GMØ			V	*					X	THE SEAWEED SNACK, Sea Salt, Organic (trayless)	5	/ 5x4g					
811670 032310	10574	GMØ			V	*					X	THE SEAWEED SNACK, Wasabi, Organic, (trayless)	5	/ 5x4g					

OCEAN'S HALO | SUSHI NORI

851899 005108	10575	GMØ			V	*					X	Sushi Nori, Organic (10ct)	12	/ 28g					
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SEASNAX | SEAWEED PRODUCTS

811201 020014	24132	GMØ		GF	*						X	BIG GRAB, SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic	12	/ 10g					G
811201 020021	24141	GMØ		GF	*						X	BIG GRAB, SeaSnax, Roasted Seasoned Seaweed, Lime, Organic	12	/ 10g					G
728028 023183	24120	GMØ			*						X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Classic Olive, Organic	16	/ 5g					G
609722 798372	24121	GMØ			*						X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Toasty Onion, Organic	16	/ 5g					G
609722 798839	24123	GMØ			*						X	GRAB & GO, SeaSnax, Roasted Seasoned Seaweed, Wasabi, Organic	16	/ 5g					G
728028 023237	24094	GMØ		GF	*						X	SEAWEED, Raw Sheets, Organic	16	/ 28g					
728028 012217	24083	GMØ		GF	*						X	SEAWEED, Roasted Olive, Organic	4	/ 4x15g					G
728028 012200	24080	GMØ		GF	*						X	SEAWEED, Roasted Olive, Organic	16	/ 15g					G
728028 023213	24081	GMØ		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 | PASTA

057443 307029	30160	GMØ			*		+					Soba, Kamut and Buckwheat, Organic	12	/ 230g					
057443 309023	30169	GMØ			*		+					Soba, Spelt and Buckwheat, Organic	12	/ 230g					
057443 309047	30154	GMØ			*		+					Udon, Spelt, Organic	12	/ 230g					

Mediterranean

CASBAH AUTHENTIC GRAINS | GRAINS, SIDES & SPECIALTY MIXES

072934 692477	38528	GMØ										Couscous, Original (Moroccan)	12	/ 340g					
072934 000081	38531	GMØ										Couscous, Pearl (Israeli)	8	/ 180g					
072934 000111	38530	GMØ			*							Couscous, Pearl (Israeli), Organic	6	/ 600g					
072934 692309	33051	GMØ										Mix, Falafel	12	/ 284g					
072934 692279	33059	GMØ										Mix, Tabouli Salad	12	/ 170g					

HABIBI'S MEDITERRANEAN | LEBANESE GARLIC SAUCE

683830 019369	14323							BC	$\mathcal{P}$			Toum - Lebanese Garlic Sauce & Spread	8	/ 250g					
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Mexican

AMY'S | REFRIED BEANS

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

EDEN | REFRIED BEANS

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

QUE PASA | TACO SHELLS

068826 212861	37825	GMØ		GF	*			BC	$\mathcal{P}$		X	Taco Shells, Blue Corn, Organic	12	/ 130g					
068826 212854	37824	GMØ		GF	*			BC	$\mathcal{P}$		X	Taco Shells, Yellow Corn, Organic	12	/ 130g					

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Thai

BLUE MONKEY | COCONUT CREAM & MILK

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

CHA'S ORGANICS | COCONUT CREAM & MILK

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

CHA'S ORGANICS | THAI CURRY PASTE

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

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

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

LOTUS FOODS | RICE NOODLES

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

NATIVE FOREST | CANNED VEGETABLES & JACKFRUIT

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

NATIVE FOREST | COCONUT MILK

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

OCEAN'S HALO | SPRING ROLL WRAPS

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

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

THAI KITCHEN | PASTE & SAUCE

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

THAI KITCHEN | RICE NOODLES

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

BOB'S RED MILL | TEXTURED VEGETABLE PROTEIN

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

HOME GROWN LIVING FOODS | EASY MAGIC MIX

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

Dried Fruit

BOB'S RED MILL | SHREDDED COCONUT

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

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

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

LEVEL GROUND TRADING DIRECT FAIR TRADE | DRIED FRUIT

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

MORNIN' GLORY | PRUNES

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

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

662166 551880	18208	GMØ				*		+	P			Dried Fruit Blend, Sliced Three Fruit (Cranberries, Blueberries & Tart Cherries), Organic	6	/ 196g				G
662166 551996	18202	GMØ				*		+	P			Dried Sliced Cranberries, No Added Sugar, Organic	8	/ 142g				G
662166 551668	18206	GMØ				*		+	P			Dried Sliced Cranberries, Organic	6	/ 283g				G
662166 551774	18207	GMØ				*		+	P			Dried Sliced Cranberries, Sweetened w/Apple Juice, Organic	6	/ 227g				G
662166 551330	18203	GMØ				*		+	P			Dried Whole Cranberries, Organic	8	/ 142g				G
662166 551446	18204	GMØ				*		+	P			Dried Whole Cranberries, Sweetened w/Apple Juice, Organic	8	/ 113g				G
662166 551361	18234	GMØ				*		+	P			Dried Wild Blueberries, Sweetened w/Apple Juice, Organic	8	/ 85g				G

Buy 12+ cases

Save 15%

PRANA ORGANIC | DRIED FRUIT

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

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TRIPLE JIM'S | ORGANIC DRIED FRUIT

059105 051707	36658	GMO				*			BC	$\mathcal{P}$	Apple Chips, Cinnamon, Organic	24	/ 70g					G
059105 050755	36657	GMO				*			BC	$\mathcal{P}$	Apple Chips, Organic	24	/ 75g					G

Nuts & Seeds

BOB'S RED MILL | SEEDS

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

HOME GROWN LIVING FOODS | SPROUTED NUTS & SEEDS

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

MANITOBA HARVEST | HEMP SEED

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

PRANA ORGANIC | NUTS & SEEDS

877693 002884	26145	GMO		GF		*				$\mathcal{P}$	Nuts, Almonds, Raw European, Organic	6	/ 200g					
877693 002891	26146	GMO		GF		*				$\mathcal{P}$	Nuts, Brazil, Organic	6	/ 200g					
877693 000170	26130	GMO		GF		*				$\mathcal{P}$	Nuts, Cashews, Non-Roasted, Organic	6	/ 250g					
877693 001344	26132	GMO		GF		*				$\mathcal{P}$	Nuts, Pecans, Organic	6	/ 180g					
877693 000200	26128	GMO		GF		*				$\mathcal{P}$	Nuts, Walnuts, Organic	6	/ 180g					
877693 000330	34063	GMO		GF		*				$\mathcal{P}$	Seeds, Chia, Ground Black, Organic	6	/ 200g					
877693 000316	34061	GMO		GF		*				$\mathcal{P}$	Seeds, Chia, Ground White, Organic	6	/ 200g					
877693 000323	34062	GMO		GF		*				$\mathcal{P}$	Seeds, Chia, Whole Black, Organic	6	/ 300g					
877693 000293	34060	GMO		GF		*				$\mathcal{P}$	Seeds, Chia, Whole White, Organic	6	/ 300g					
877693 000583	34097	GMO		GF		*				$\mathcal{P}$	Seeds, Chia, Whole Black, Organic	4	/ 1kg					
877693 001375	26138	GMO		GF		*				$\mathcal{P}$	Seeds, Pumpkin, Organic	6	/ 250g					
877693 002907	34066	GMO		GF		*				$\mathcal{P}$	Seeds, Sunflower, Raw, 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					

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OILS

BIOITALIA | OIL

661475 101052	33180	GMØ				*							Extra Virgin Olive Oil, Organic	6 / 500ml
661475 101106	33182	GMØ				*							Extra Virgin Olive Oil, Organic	6 / 750ml
661475 102165	33181	GMØ				*							Sunflower Oil, Organic	6 / 750ml

CHA'S ORGANICS | COCONUT OIL

806253 600505	15043	GMØ				*	@		$\mathcal{P}$				Coconut Oil, Virgin, Organic	6 / 500ml
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CHOSEN FOODS | CULINARY OIL

815074 020737	32307	GMØ											All-Purpose Cooking Oil, 100% Pure Avocado	6 / 250ml
853807 005064	32308	GMØ											All-Purpose Cooking Oil, 100% Pure Avocado	6 / 500ml
853807 005828	32309	GMØ											All-Purpose Cooking Oil, 100% Pure Avocado	6 / 750ml
853807 005033	32312	GMØ											All-Purpose Cooking Spray, 100% Pure Avocado Oil	6 / 134g
853807 005231	32310	GMØ											Avocado Oil, Virgin	6 / 250ml
853807 005859	32311	GMØ				*							Avocado, Coconut & Safflower Oil Blend, Organic	4 / 750ml
815074 022915	32318	GMØ											Cooking Oil Spray, Pure Avocado Oil	6 / 383g

EDEN | SESAME OIL

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

KRINOS FOODS | GREEK OLIVE OIL

055498 102507	85100	GMØ				*							KALAMATA GOLD Extra Virgin Olive Oil, Organic	6 / 500ml
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MAISON ORPHEE | CULINARY OIL

069593 120090	30205	GMØ				*		+	$\mathcal{P}$				Oil, Canola, Unrefined, Organic (Keto certified)	6 / 500ml
069593 120144	30209	GMØ				*		+	$\mathcal{P}$				Oil, Canola, Unrefined, Organic (Keto certified)	6 / 750ml
069593 120014	30188	GMØ							$\mathcal{P}$				Oil, Extra Virgin Olive, Balanced (Keto certified)	6 / 500ml
069593 120069	30193	GMØ							$\mathcal{P}$				Oil, Extra Virgin Olive, Balanced (Keto certified)	6 / 750ml
069593 120021	30189	GMØ							$\mathcal{P}$				Oil, Extra Virgin Olive, Delicate (Keto certified)	6 / 500ml
069593 120076	30194	GMØ							$\mathcal{P}$				Oil, Extra Virgin Olive, Delicate (Keto certified)	6 / 750ml
069593 120083	30204	GMØ				*			$\mathcal{P}$				Oil, Extra Virgin Olive, Delicate, Organic (Keto)	6 / 500ml
069593 120137	30208	GMØ				*			$\mathcal{P}$				Oil, Extra Virgin Olive, Delicate, Organic (Keto)	6 / 750ml
069593 120328	30195	GMØ							$\mathcal{P}$				Oil, Grapeseed (Keto certified)	6 / 750ml
069593 120038	30190	GMØ						+	$\mathcal{P}$				Oil, Sesame, Unrefined Toasted	6 / 500ml
069593 120113	30207	GMØ				*		+	$\mathcal{P}$				Oil, Sesame, Unrefined, Organic (Keto certified)	6 / 500ml
069593 120151	30210	GMØ				*		+	$\mathcal{P}$				Oil, Sunflower, Unrefined, Organic (Keto certified)	6 / 750ml
069593 122087	30212	GMØ						+	$\mathcal{P}$				Oil, The Perfect Oil - Virgin Vegetable Oil Blend (Keto certified)	6 / 500ml

MANITOBA HARVEST | HEMP SEED OIL

697658 200014	36603	GMØ				*		+	$\mathcal{P}$				Hemp Seed Oil, Organic	12 / 250ml
697658 000027	36353	GMØ						+	$\mathcal{P}$				Hemp Seed Oil	12 / 355ml
697658 201615	36351	GMØ						+	$\mathcal{P}$				Hemp Culinary Oil	6 / 500ml
697658 200021	36897	GMØ				*		+	$\mathcal{P}$				Hemp Seed Oil, Organic	6 / 500ml

NORTH PRAIRIE GOLD | OIL

628451 482055	20236	GMØ						+	$\mathcal{P}$				Virgin Canola Oil, Cold-Pressed	12 / 500ml
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NUTIVA | OIL

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

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OIL | OIL

810042 990210	32321	GMO																
810042 990227	32322	GMO																

Oil, Toasted Sesame

6 / 250ml

Oil, Toasted Sesame

4 / 750ml

OMEGA NUTRITION | OIL

055358 350024	85050	GMO		GF	*					Coconut Oil, Aroma Free, Organic (plastic jar)	6 / 454g
055358 350031	85051	GMO		GF	*					Coconut Oil, Aroma Free, Organic (plastic jar)	6 / 908g
055358 350055	28047	GMO	B	GF	*					Coconut Oil, Aroma Free, Organic (plastic jar)	4 / 3.17kg
055358 351014	28031	GMO		GF	*					Coconut Oil, Virgin, Organic (plastic jar)	6 / 283g
055358 351021	85052	GMO		GF	*					Coconut Oil, Virgin, Organic (plastic jar)	6 / 454g
055358 670009	85048	GMO		GF	*					Pumpkin Seed Oil, Organic (plastic bottle)	12 / 355ml

SPECTRUM | OIL

Refined Oils

022506 255104	28024	GMO								Almond Oil	6 / 236ml
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 062900	28026	GMO			*					Safflower Oil, Organic	6 / 473ml
022506 068803	28028	GMO								Walnut Oil	6 / 473ml

Unrefined Oils

022506 135642	28044	GMO			*					Coconut Oil, Virgin, Organic	6 / 857ml
022506 662001	28025	GMO			*					Olive Oil, Extra Virgin, Organic (Arbequina)	6 / 473ml
022506 721753	28135	GMO			*					Olive Oil, Extra Virgin, Organic (Arbequina)	6 / 750ml
022506 063303	28027	GMO								Sesame Oil	6 / 473ml
022506 022041	28136	GMO			*					Olive Oil, Extra Virgin, Mediterranean, Organic	6 / 946ml

SPECTRUM | SPRAY OIL

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

TERRA DELYSSA | OLIVE OIL

6191509 903641	05223	GMO		GF						Extra Virgin Olive Oil	6 / 500ml
6191509 903726	05229	GMO		GF	*					Extra Virgin Olive Oil, Organic	6 / 500ml
6191509 903719	05220	GMO		GF	*					Extra Virgin Olive Oil, Select, Organic	6 / 750ml
6191509 903627	05228	GMO		GF						Extra Virgin Olive Oil	6 / 1L
6191509 903702	05221	GMO		GF	*					Extra Virgin Olive Oil, Organic	6 / 1L

UNICO | OLIVE OIL

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

DAIYA | DAIRY-FREE MAC & CHEESE

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

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073416 020252	38723	GMQ	GF	Risotto, Butternut Squash, Eco-Farmed	6 / 164g
073416 020245	38722	GMQ	GF	Risotto, Garlic Primavera, Eco-Farmed	6 / 156g
073416 579101	32104	GMQ	* @	Ready to Heat Rice, Thai Jasmine Brown, Regenerative Organic	6 / 227g
073416 579804	32105	GMQ	* @	Ready to Heat Rice, Thai Jasmine Cilantro Lime, Regenerative Organic	6 / 227g
073416 579002	32103	GMQ	* @	Ready to Heat Rice, Thai Jasmine White, Regenerative Organic	6 / 227g

Pastas

661475 033148	30121	GMO		*	X Pasta, Farfalle, Organic	12 / 500g
661475 112126	30104	GMO		*	X Pasta, Fusilli, Organic	12 / 500g
661475 025143	33174	GMO		*	X Pasta, Lasagne, Organic	16 / 375g
661475 112058	30101	GMO		*	X Pasta, Linguine, Organic	24 / 500g
661475 003400	30102	GMO		*	X Pasta, Macaroni, Organic	12 / 500g
661475 046049	33176	GMO	GF	*	X Pasta, Multigrain Fusilli, Organic	12 / 340g
661475 071041	33177	GMO	GF	*	X Pasta, Multigrain Penne Rigate, Organic	12 / 340g
661475 014048	33175	GMO	GF	*	X Pasta, Multigrain Spaghetti, Organic	15 / 340g
661475 020049	33173	GMO		*	X Pasta, Orzo, Organic	12 / 500g
661475 112102	30103	GMO		*	X Pasta, Penne Rigate, Organic	12 / 500g
661475 112010	30089	GMO		*	X Pasta, Spaghetti, Organic	24 / 500g
661475 008047	30091	GMO		*	X Pasta, Spaghetтини, Organic	24 / 500g
661475 005008	33171	GMO		*	X Pasta, Vegetable, Fusilli, Organic	12 / 500g

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

779605 022730	42186	GMQ	BC X PASTA FERMENTATA, Macaroni	12 / 227g
779605 022716	42187	GMQ	BC X PASTA FERMENTATA, Radiatori, Classic	12 / 227g
779605 022747	42190	GMQ	BC X PASTA FERMENTATA, Radiatori, Whole Wheat	12 / 227g
779605 022723	42188	GMQ	BC X PASTA FERMENTATA, Rotini	12 / 227g
779605 332273	42189	GMQ	BC X PASTA FERMENTATA, Spaghetti	12 / 227g
779605 336448	42192	GMQ	BC X PASTA FERMENTATA, Elbow Mac	12 / 454g
779605 336400	42178	GMQ	BC X PASTA FERMENTATA, Radiatori, Classic	12 / 454g
779605 337407	42183	GMQ	BC X PASTA FERMENTATA, Radiatori, Whole Wheat	12 / 454g
779605 336424	42179	GMQ	BC X PASTA FERMENTATA, Rotini, Classic	12 / 454g
779605 330071	42191	GMQ	BC X PASTA FERMENTATA, Spaghetti	12 / 454g

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

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833125 001016	40373			GF					+		X Brown Rice Spaghetti	12	/ 454g					
833125 001078	40379			GF					+		X Brown Rice Spirals	12	/ 454g					
833125 003034	40383			GF					+		X Vegetable Rice Fusilli	12	/ 454g					

TINKYADA | RICE PASTA

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

PET CARE

Clean up Products

ABSORBENT WCAT | LITTER

058633 000102	16701		B						BC		X Cat Litter, Regular	1	/ 10kg					G
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ECOPOOCH | COMPOSTABLE DOGGIE BAGS

678526 913014	46274										X Doggie Bags, Leash Dispenser Roll (9"x13")	18	/ 48ct					G P
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WUNDERCAT | ALL NATURAL CAT LITTER

058633 001918	16703		B						BC		X Cat Litter, Non-Clumping	1	/ 10kg					G P
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Food & Treats

HAPPY PAWS | CAT & DOG FOOD

831043 000142	48085								BC		Holistic Cat Food	12	/ 1.4kg					G P
831043 000159	48086								BC		Holistic Cat Food	6	/ 3.2kg					G P
831043 000166	48084								BC		X Holistic Cat Food	1	/ 7.5kg					G P
831043 000104	48017								BC		Holistic Dog Food	6	/ 3.2kg					G P
831043 000111	48015								BC		X Holistic Dog Food	1	/ 7.5kg					G P
831043 000128	48016								BC		X Holistic Dog Food	1	/ 16.3kg					G P

HEALTHY SHORES | CANNED SEAFOOD FOR CATS & DOGS

810757 001416	48210								BC		Cat Food, Minced, Albacore Tuna	24	/ 100g					G P
810757 001423	48211								BC		Cat Food, Minced, Pacific Hake	24	/ 100g					G P
810757 001409	48213								BC		Cat Food, Minced, Wild Salmon	24	/ 100g					G P
810757 001515	48214								BC		Cat Food, Pate, Albacore Tuna	24	/ 100g					G P
810757 001522	48215								BC		Cat Food, Pate, Pacific Hake	24	/ 100g					G P
810757 001508	48217								BC		Cat Food, Pate, Wild Salmon	24	/ 100g					G P
810757 001119	48222								BC		Dog Food, Albacore Tuna	24	/ 170g					G P
810757 001126	48223								BC		Dog Food, Pacific Hake	24	/ 170g					G P
810757 001102	48225								BC		Dog Food, Wild Salmon	24	/ 170g					G P
810757 001010	48218								BC		Dog Food, Albacore Tuna	12	/ 397g					G P
810757 001027	48219								BC		Dog Food, Pacific Hake	12	/ 397g					G P

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810757 001829	48226										BC P	NOOTKA PURE Supplemental Food, 100% Albacore Tuna, Soft Bones & Meat	24 / 160g					G	P	
810757 001812	48227										BC P	NOOTKA PURE Supplemental Food, 100% Black Cod Liver Pate	24 / 100g					G	P	
810757 001805	48228										BC P	NOOTKA PURE Supplemental Food, 100% Wild Salmon, Soft Bones & Meat	24 / 170g					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	
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	

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 657023	48139										BC P	X Salmon Jumbo Fillets for Dogs	8 / 65g					G	P	
623572 061295	48138										BC P	X Salmon Snacks for Cats	12 / 25g					G	P	
623572 091599	48136										BC P	X Salmon Snacks for Dogs	12 / 25g					G	P	
623572 724251	48131										P	Whole Sardines for Dogs, Small	1 / 90g					G	P	
623572 429309	48125										P	Whole Sardines for Dogs, Large	1 / 90g					G	P	

YAPPETIZERS TREAT COMPANY | DOG AND CAT TREATS

711841 743307	48062										P	Dog Treat, Kangaroo	1 / 85g					G	P	
799441 440727	48065										BC P	Dog Treat, Wild Salmon	1 / 85g					G	P	
799441 440703	48060										+	P	Dog & Cat Treat, Bison Heart	1 / 100g				G	P	
799441 440666	48061										+	P	Dog & Cat Treat, Bison Liver	1 / 100g				G	P	
799441 440680	48063										P	Dog & Cat Treat, Lamb Heart	1 / 100g					G	P	
628634 618097	48066										P	Dog & Cat Treat, Lamb Liver	1 / 85g					G	P	

Health Products

BACH REMEDIES | RESCUE PET FORMULA

741273 002529	03845											RESCUE, Pet	1 / 10ml					G		
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SAVORY DIPS & SPREADS

SIMPLY ORGANIC | DIP MIX

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

Snack and Energy Bars & Bites

See Cooler Snacks Section for More Selections

BLISS BALLS | ENERGY TRUFFLE BALLS

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

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BOB'S RED MILL | BOB'S BAR

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

CLIF | BLOKS ENERGY CHEWS

722252 101082	37914	GMO				*					X BLOKS Energy Chews, Margarita, Organic	18 / 60g							G
722252 101051	37915	GMO				*					X BLOKS Energy Chews, Mountain Berry, Organic	18 / 60g							G
722252 100993	37916	GMO				*					X BLOKS Energy Chews, Salted Watermelon, Organic	18 / 60g							G
722252 101174	37917	GMO				*					X BLOKS Energy Chews, Strawberry, Organic	18 / 60g							G

CLIF | ENERGY & SNACK BARS

722252 432018	37907										CLIF BAR, Chocolate Chip	3 / 16x68g							
722252 432070	37908										CLIF BAR, Crunchy Peanut Butter	3 / 16x68g							

CLIF | PERFORMANCE & SNACK BARS

722252 606426	37132										X BUILDERS Protein Bar, Chocolate	12 / 68g							G
722252 626615	37341										X BUILDERS Protein Bar, Chocolate Chip Cookie Dough (+Caffeine)	12 / 68g							G
722252 606440	37340										X BUILDERS Protein Bar, Chocolate Mint	12 / 68g							G
722252 606419	37133										X BUILDERS Protein Bar, Chocolate Peanut Butter	12 / 68g							G
722252 068835	37343										X BUILDERS Protein Bar, Vanilla Almond	12 / 68g							G
722252 165176	91477										BUILDER's Protein Bar Shipper (S/O)	96 / 68g							G
722252 121073	37912										X CLIF BAR, Blueberry Almond Crisp	12 / 68g							G
722252 120229	36249										X CLIF BAR, Chocolate Almond Fudge	12 / 68g							G
722252 121066	37890										X CLIF BAR, Chocolate Brownie	12 / 68g							G
722252 120045	36256										X CLIF BAR, Chocolate Chip	12 / 68g							G
722252 120090	36264										X CLIF BAR, Chocolate Chip Peanut Crunch	12 / 68g							G
722252 140036	36259										X CLIF BAR, Cool Mint Chocolate	12 / 68g							G
722252 120083	36262										X CLIF BAR, Crunchy Peanut Butter	12 / 68g							G
722252 102706	36761										X CLIF BAR, Oatmeal Raisin Walnut	12 / 68g							G
722252 217950	37900										X CLIF BAR, Peanut Butter Banana w/ Dark Chocolate	12 / 68g							G
722252 121097	37425										X CLIF BAR, White Chocolate Macadamia Nut	12 / 68g							G
722252 602299	90924										Energy Bar Shipper (S/O)	96 / 68g							G
722252 342997	37911	GMO				*					X Nut Butter Bar, Chocolate Chip & Peanut Butter, Organic	12 / 50g							G
722252 128102	37735	GMO				*					X Nut Butter Bar, Chocolate Peanut Butter, Organic	12 / 50g							G
722252 028037	37737	GMO				*					X Nut Butter Bar, Peanut Butter, Organic	12 / 50g							G

GOMACRO | MACROBAR

853555 006689	10910	GMO		GF	V	*					X MACROBAR Everlasting Joy - coconut + almond butter + chocolate chips, Organic	12 / 65g							G
810039 910115	10912	GMO		GF	V	*					X MACROBAR Heartwarming Retreat - oatmeal chocolate chip, Organic	12 / 65g							G
181945 000154	10908	GMO		GF	V	*					X MACROBAR Prolonged Power - banana + almond butter, Organic	12 / 65g							G
853555 006412	10914	GMO		GF	V	*					X MACROBAR Protein Decadence - dark chocolate + almonds, Organic	12 / 65g							G
181945 000062	10900	GMO		GF	V	*					X MACROBAR Protein Pleasure - peanut butter chocolate chip, Organic	12 / 65g							G
181945 000147	10905	GMO		GF	V	*					X MACROBAR Protein Replenishment - peanut butter, Organic	12 / 65g							G
810039 910085	10911	GMO		GF	V	*					X MACROBAR Pure Promise - maple sea salt, Organic	12 / 65g							G
810039 910146	10913	GMO		GF	V	*					X MACROBAR Smooth Sanctuary - double chocolate + peanut butter chips, Organic	12 / 65g							G

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GOOD TO GO | SOFT BAKED BARS, BLONDIES & BROWNIES

687456 993423	64138	GMO		GF	V		+		X	Blondies, Chocolate Chip		6 / 2x20g						G
687456 993416	64137	GMO		GF	V		+		X	Brownies, Double Chocolate		6 / 2x20g						G
687456 924885	64116	GMO		GF	V		+		X	Bars, Cinnamon Pecan		9 / 40g						G
687456 924908	64117	GMO		GF	V		+		X	Bars, Double Chocolate		9 / 40g						G
687456 924892	64115	GMO		GF	V		+		X	Bars, Raspberry Lemon		9 / 40g						G
687456 924878	64114	GMO		GF	V		+		X	Bars, Vanilla Almond		9 / 40g						G

HORNBY ORGANIC | ENERGY BAR

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

HUNGRY BUDDHA | KETO BAR

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

ALGI | IMPACT BAR

628011 317049	31420							+		X	IMPACT Bar, Cocoa & Cacao Nibs		12 / 55g					G
628011 317032	31421							+		X	IMPACT Bar, Sunflower Seeds & Sea Salt		12 / 55g					G

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 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 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 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 170706	37475									X Nut Bar, Peanut Butter & Dark Chocolate		12 / 40g						G
602652 431388	39345									X Nut Bar, Peanuts Salted Caramel w/Dark Chocolate		12 / 40g						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
										MINIS Changemaker Gravity Feed Display, Display								
602652 268168	91552									X Contains: 24ct Almond Sea Salt & Dark Chocolate and 24ct Peanut Butter & Dark Chocolate (S/O)		2 / 48x20g						G
	60009									Display Rack		1 / ea						

LOVE GOOD FATS | KETO BAR

840659 000729	11533	GMO						+		X	CHEWY NUTTY Keto Bar, Dark Chocolate Sea Salt Almond		12 / 40g					G
840659 000774	11534	GMO						+		X	CHEWY NUTTY Keto Bar, Peanut Chocolatey		12 / 40g					G
840659 000675	11532	GMO						+		X	CHEWY NUTTY Keto Bar, Salted Caramel		12 / 40g					G
840659 001450	11546	GMO						+		X	CHEWY NUTTY Keto Bar, White Chocolate Strawberry		12 / 40g					G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	$\frac{P}{2}$	X	PACK	SIZE					G	P	U
628055 997009	11502	GMO									+ $\frac{P}{2}$ X Keto Bar, Coconut Chocolate Chip	12 / 39g							G
840659 000118	11507	GMO									+ $\frac{P}{2}$ X Keto Bar, Lemon Mousse	12 / 39g							G
628055 997115	11500	GMO									+ $\frac{P}{2}$ X Keto Bar, Mint Chocolate Chip	12 / 39g							G
628055 997030	11503	GMO									+ $\frac{P}{2}$ X Keto Bar, Peanut Butter Chocolatey	12 / 39g							G
											Buy 10-19 cases	Save 1.80							
											Buy 20-49 cases	Save 2.40							
											Buy 50+ cases	Save 3.00							

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 800079	37191										X Superfood Slam Bar	12 / 85g							G

ZIMT | MACAROONS

628055 532088	21100	GMO				*				BC $\frac{P}{2}$ X Macaroon, Double Chocolate, Organic (2 pack)	9 / 82g								G
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Chips & Savoury Snacks

ANGIE'S | BOOMCHICKAPOP RTE POPCORN & CORN PUFFS

892773 000215	59508	GMO		GF							+ X BOOMCHICKAPOP, Popcorn, Lightly Sweet	8 / 142g							G
818780 015356	59516			GF							+ X BOOMCHICKAPOP, Popcorn, Real Butter	8 / 125g							G
892773 000246	59504	GMO		GF							+ X BOOMCHICKAPOP, Popcorn, Sea Salt	8 / 136g							G
892773 000208	59513	GMO		GF							+ X BOOMCHICKAPOP, Popcorn, Sweet & Salty Kettle Corn	8 / 198g							G
818780 013123	59512	GMO		GF							+ X BOOMCHICKAPOP, Puffs, Sweet Chili	12 / 170g							G
818780 012935	59518			GF							+ X BOOMCHICKAPOP, Puffs, White Cheddar	12 / 170g							G

BARBARA'S BAKERY | CHEESE PUFFS

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

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

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 $\frac{P}{2}$ X Potato Chips, All Natural	30 / 50g								G
673513 242504	37461	GMO								BC $\frac{P}{2}$ X Potato Chips, Rock Salt & Vinegar	30 / 50g								G
673513 241507	37460	GMO								BC $\frac{P}{2}$ X Potato Chips, Smokin' BBQ	30 / 50g								G
673513 406500	36427	GMO								BC $\frac{P}{2}$ X Potato Chips, Avo Oil, Apple Cider Vinegar	15 / 128g								G
673513 401505	36420	GMO								BC $\frac{P}{2}$ X Potato Chips, Avo Oil, Black Sea Salt	15 / 128g								G
673513 407002	36458	GMO								BC $\frac{P}{2}$ X Potato Chips, Avo Oil, Black Truffle Sea Salt	15 / 128g								G
673513 400508	36419	GMO								BC $\frac{P}{2}$ X Potato Chips, Avo Oil, Honey Dijon	15 / 128g								G
673513 404506	36424	GMO								BC $\frac{P}{2}$ X Potato Chips, Avo Oil, Smoked Paprika & Garlic	15 / 128g								G
673513 402502	36421	GMO								BC $\frac{P}{2}$ X Potato Chips, Avo Oil, Sweet Ghost Pepper	15 / 128g								G
673513 405503	36450	GMO								BC $\frac{P}{2}$ X Potato Chips, Avo Oil, Wasabi Ranch	15 / 128g								G
673513 104505	36411	GMO								BC $\frac{P}{2}$ X Potato Chips, All Dressed	15 / 150g								G
673513 001507	36412	GMO								BC $\frac{P}{2}$ X Potato Chips, All Natural	15 / 150g								G
673513 103508	37748	GMO								BC $\frac{P}{2}$ X Potato Chips, Avocado & Lime	15 / 150g								G

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673513 101504	37517	GMO									BC P X	Potato Chips, Ketchup	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 108503	36429	GMO									BC P X	Potato Chips, Spicy Ketchup	15 / 150g					G
673513 041503	36417	GMO									BC P X	Potato Chips, Wild Onion & Yogurt	15 / 150g					G
673513 113552	37638	GMO									BC P X	Vegetable Chips, 18 Carrot Gold	15 / 150g					G
673513 118557	36422	GMO									BC P X	Vegetable Chips, Dressed To Dill, Dill Flavoured Carrot	15 / 150g					G
673513 112555	37637	GMO									BC P X	Vegetable Chips, Drop 'N Mad Beets	15 / 150g					G
673513 111558	37518	GMO									BC P X	Vegetable Chips, Eat Your Parsnips	15 / 150g					G
673513 114559	37749	GMO									BC P X	Vegetable Chips, Sweet Spud Of Mine, Sweet Potato	15 / 150g					G
673513 120550	36451	GMO									BC P X	Vegetable Chips, Sweet To The Beet, Sweet Potato & Beet	15 / 150g					G
673513 117550	36423	GMO									BC P X	Vegetable Chips, Smokin' Sweet Spud, BBQ Sweet	15 / 150g					G
673513 121557	36453	GMO									BC P X	Vegetable Chips, The Beet Goes On	15 / 150g					G
673513 501908	36457	GMO		GF							BC P X	Potato Chips, RUGGED, All Dressed	12 / 275g					G
673513 501809	36456	GMO		GF							BC P X	Potato Chips, RUGGED, All Natural	12 / 275g					G

HUMBLE | ORGANIC POTATO CHIPS

628678 211247	34309	GMO				*		+		P X	Potato Chips, Creamy Dill, Organic	12 / 135g						G
628678 211261	34310	GMO				*		+		P X	Potato Chips, Honey Mustard, Organic	12 / 135g						G
628678 211353	34311	GMO				*		+		P X	Potato Chips, Ketchup, Organic	12 / 135g						G
628678 211223	34307	GMO				*		+		P X	Potato Chips, Sea Salt and Cider Vinegar, Organic	12 / 135g						G
628678 211230	34308	GMO				*		+		P X	Potato Chips, Smokey BBQ, Organic	12 / 135g						G
628678 211216	34306	GMO				*		+		P X	Potato Chips, The Original, Organic	12 / 135g						G

INDIANLIFE | CHIPS & SAVOURY SNACKS

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

KETTLE BRAND | POTATO CHIPS

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

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LUNDBERG | RICE CAKE MINIS

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

NOOCHPOP! | VEGAN CHEESY POPCORN

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

POPTASTIC | POPCORN

673513 800100	30403	GMO		GF					BC	$\frac{P}{T}$	X Popcorn, Black Sea Salt	8 / 130g							G
673513 800209	30404	GMO		GF					BC	$\frac{P}{T}$	X Popcorn, Buttah for Days	8 / 130g							G
673513 800308	30405	GMO		GF					BC	$\frac{P}{T}$	X Popcorn, Honey Salt	8 / 130g							G
673513 800407	30406	GMO		GF					BC	$\frac{P}{T}$	X Popcorn, Spicy Canadian Cheddar	8 / 130g							G

QUE PASA | TORTILLA CHIPS

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

RICEWORKS | GOURMET RICE CHIPS

815506 014556	17907			GF							X Gourmet Rice Chips, Avocado Ranch	12 / 155g							G
060816 093238	17902	GMO		GF							x Gourmet Rice Chips, Salsa Fresca	12 / 155g							G
060816 093214	17900	GMO		GF							x Gourmet Rice Chips, Sea Salt	12 / 155g							G
037578 616296	17903	GMO		GF							x Gourmet Rice Chips, Sea Salt & Brown Golden Flax	12 / 155g							G
060816 093283	17901	GMO		GF							x Gourmet Rice Chips, Sweet Chili	12 / 155g							G

SENSIBLE PORTIONS | GARDEN VEGGIE STRAWS & CHIPS

829515 324537	37276			GF							X GARDEN VEGGIE STRAWS, BBQ	12 / 120g							G
829515 323516	37283	GMO		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 323813	37277			GF							X GARDEN VEGGIE STRAWS, Screamin' Hot	12 / 120g							G
829515 324520	37278			GF							X GARDEN VEGGIE STRAWS, Sour Cream & Onion	12 / 120g							G
829515 324629	37285										X GARDEN VEGGIE STRAWS, Zesty Ranch	12 / 120g							G
829515 301378	37279			GF							X GARDEN VEGGIE WAVY CHIPS, Sea Salt	12 / 142g							G

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SKIPPY'S KETTLE CORN

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

SOUTHERN RECIPE SMALL BATCH | PORK RINDS

077079 004666	37404										X Pork Rinds, All Dressed	15 / 85g							G
077079 004222	37400										X Pork Rinds, Korean Kimchi BBQ	15 / 85g							G
077079 004673	37405										X Pork Rinds, Maple	15 / 85g							G
077079 004239	37401										X Pork Rinds, Sea Salt & Cracked Black Pepper	15 / 85g							G

VEGAN ROB'S | PLANT BASED SNACKS

859941 005915	10125	GMO									X Puffs, Cauliflower	12 / 99g							G
816678 020154	10127	GMO									X Puffs, Cheddar	12 / 99g							G
816678 021090	10143	GMO									X Puffs, Dragon	12 / 99g							G
											Buy 10-19 cases	Save 15%							
											Buy 20+	Save 20%							

Chocolate

ALTER ECO | CHOCOLATE BARS

817670 012628	35314	GMO									X Dark Chocolate, Blackout, Almond (85% Cacao), Organic	12 / 75g							G
817670 010204	35232	GMO									X Dark Chocolate, Blackout, Classic (85% Cacao), Organic	12 / 80g							G
817670 011720	35311	GMO									X Dark Chocolate, Blackout, Mint (90% Cacao), Organic	12 / 75g							G
817670 011188	35312	GMO									X Dark Chocolate, Blackout, Super (90% Cacao), Organic	12 / 75g							G
817670 012499	35313	GMO									X Dark Chocolate, Blackout, Total (100% Cacao), Organic	12 / 75g							G
817670 010525	35285	GMO									X Dark Chocolate, Brown Butter (70% Cacao), Organic	12 / 80g							G
817670 010532	35286	GMO									X Dark Chocolate, Burnt Caramel (70% Cacao), Organic	12 / 80g							G
817670 010259	35237	GMO									X Dark Chocolate, Coconut Toffee (47% Cacao), Organic	12 / 80g							G
817670 010242	35236	GMO									X Dark Chocolate, Quinoa Crunch (60% Cacao), Organic	12 / 80g							G
817670 010518	35284	GMO									X Dark Chocolate, Sea Salt (70% Cacao), Organic	12 / 80g							G
817670 012604	35315	GMO									X TRUFFLE THINS Dark Chocolate, Mint Crème, Organic	12 / 84g							G
817670 012611	35316	GMO									X TRUFFLE THINS Dark Chocolate, Salted Caramel, Organic	12 / 84g							G

CAMINO | CHOCOLATE BARS

752612 100660	37683	GMO									$\mathcal{P}$ X Dark Chocolate, 55% Cacao, Salted Caramel Crunch, Organic	14 / 80g							G
752612 100653	37684	GMO									$\mathcal{P}$ X Dark Chocolate, 88% Cacao, Intensely Dark, Organic	14 / 80g							G
752612 100691	37011	GMO									$\mathcal{P}$ X Dark Chocolate, 92% Cacao, Night Fall, Organic	14 / 80g							G
752612 100806	37012	GMO									X Milk-Style Chocolate (oat-based), Creamy Chocol-Oat, Organic	14 / 80g							G
752612 100813	37013	GMO									X Milk-Style Chocolate (oat-based), Hazelnuts & Salted Caramel, Organic	14 / 80g							G
752612 100677	37009	GMO									$\mathcal{P}$ X Dark Chocolate, 55% Cacao, Almond & Sea Salt, Organic	12 / 100g							G
752612 100165	36476	GMO									$\mathcal{P}$ X Dark Chocolate, 55% Cacao, Almonds, Organic	12 / 100g							G
752612 100240	37007	GMO									$\mathcal{P}$ X Dark Chocolate, 65% Cacao, Orange, Organic	12 / 100g							G
752612 100202	36735	GMO									$\mathcal{P}$ X Dark Chocolate, 67% Cacao, Mint, Organic	12 / 100g							G
752612 100172	36475	GMO									$\mathcal{P}$ X Dark Chocolate, 71% Cacao, Bittersweet, Organic	12 / 100g							G

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752612 100349	37258	GMO					*	@	$\mathcal{P}$	X	Dark Chocolate, 80% Cacao, Extra Dark, Organic	12 / 100g						G
752612 100356	37259	GMO					*	@	$\mathcal{P}$	X	Milk Chocolate, Sea Salt, Organic	12 / 100g						G
752612 100158	36474	GMO					*	@	$\mathcal{P}$	X	Milk Chocolate, Organic	12 / 100g						G

DIVINE | CHOCOLATE BARS

852749 004074	35606				V		@			X	Dark Chocolate w/Ginger & Orange, 70% Cocoa	12 / 85g						G
852749 004067	35601	GMO			V		@			X	Dark Chocolate w/Mint, 70% Cocoa	12 / 85g						G
852749 004050	35608	GMO			V		@			X	Dark Chocolate w/Pink Himalayan Salt, 60% Cocoa	12 / 85g						G
852749 004081	35605	GMO			V		@			X	Dark Chocolate w/Raspberries, 70% Cocoa	12 / 85g						G
852749 004043	35600	GMO			V		@			X	Dark Chocolate, 70% Cocoa	12 / 85g						G
852749 004036	35607	GMO			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 BARS

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

FREE2B | ALLERGEN-FREE CHOCOLATE CUPS

687785 001400	43121	GMO		GF					$\mathcal{P}$	X	Chocolate Sunflower Butter Cups (2pk)	12 / 40g						G
687785 001417	43120	GMO		GF					$\mathcal{P}$	X	Chocolate Sunflower Butter Cups, Dark Chocolate (2pk)	12 / 40g						G
687785 001424	43122	GMO		GF					$\mathcal{P}$	X	Dark Chocolate Mint Cups (2pk)	12 / 30g						G
687785 001240	43128	GMO		GF					$\mathcal{P}$		Mini Cups, Chocolate Sunflower Butter	8 / 119g						G
687785 001233	43127	GMO		GF					$\mathcal{P}$		Mini Cups, Dark Chocolate Sunflower Butter	8 / 119g						G

HUMMINGBIRD CHOCOLATE MAKER | BEAN TO BAR CHOCOLATE

628451 966173	57107							+	$\mathcal{P}$	X	Dark Chocolate 65%, PB & Joy - blended w/roasted peanuts	12 / 60g						G
628451 966074	57103							+	$\mathcal{P}$	X	Dark Chocolate 70%, Fleur de Sel (w/Van Island sea salt)	12 / 60g						G
628451 966104	57104							+	$\mathcal{P}$	X	Dark Chocolate 70%, Hispaniola	12 / 60g						G
628451 966142	57109							+	$\mathcal{P}$	X	Dark Chocolate 70%, Zorzal	12 / 60g						G
628451 966371	57102							+	$\mathcal{P}$	X	Milk Chocolate 60%, Dark Milk	12 / 60g						G
875132 000132	57110							+	$\mathcal{P}$	X	Milk Chocolate Peanut Butter Cups (2ct)	12 / 32g						G
628451 966180	57105							+	$\mathcal{P}$	X	Super Dark Chocolate 85%, Hispaniola 85	12 / 60g						G

JUSTIN'S | NUT BUTTER CUPS

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

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KIND | CHOCOLATE DIPPED CLUSTERS

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

PRANA ORGANIC | CHOCOLATE TREATS

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

THEO | CHOCOLATE

874492 002411	11981	GMO				*	@			X Dark Chocolate 85%, Pure Dark, Organic	12 / 85g							G
874492 002459	11978	GMO				*	@			X Dark Chocolate 70%, Salted Almond, Organic	12 / 85g							G
874492 003258	11993	GMO				*	@			X Dark Chocolate 70%, Sea Salt, Organic	12 / 85g							G
874492 004200	11995	GMO				*	@			X Dark Chocolate 70%, Coffee Toffee, Organic	12 / 85g							G
874492 002633	11987	GMO				*	@			X Dark Chocolate 70%, Coconut, Organic	12 / 85g							G
874492 002534	11985	GMO				*	@			X Dark Chocolate 70%, Mint, Organic	12 / 85g							G
874492 002558	11986	GMO				*	@			X Dark Chocolate 70%, Orange, Organic	12 / 85g							G
874492 003814	11994	GMO				*	@			X Dark Chocolate 55%, Salted Toffee, Organic	12 / 85g							G
874492 005405	11997	GMO				*	@			X Extra Dark Chocolate 85%, Salted Cashew, Organic	12 / 85g							G
874492 005375	11996	GMO				*	@			X Milk Chocolate 45%, Hazelnut Crisp, Organic	12 / 85g							G
874492 002374	11979	GMO				*	@			X Milk Chocolate 45%, Pure Milk, Organic	12 / 85g							G
874492 002510	11984	GMO				*	@			X Milk Chocolate 45%, Salted Almond, Organic	12 / 85g							G
										Buy 15+ cases	Save 7.02							
874492 003210	11991	GMO				*	@			X Peanut Butter Cups, Dark Chocolate	12 / 38g							G
874492 003227	11992	GMO				*	@			X Peanut Butter Cups, Milk Chocolate	12 / 38g							G
										Buy 15+ cases	Save 4.21							

ZAZUBEAN | CHOCOLATE BARS

872227 000947	14772	GMO				*	@		X Coconut Sugar, Coconut Milk Breezy - Cashew & Hazelnut, Organic	12 / 85g								G
872227 000367	14742	GMO				*	@		X Coconut Sugar, Coconut Milk Punch - Pineapple & Coconut, Organic	12 / 85g								G
872227 000206	14739	GMO				*	@		X Coconut Sugar, Coconut Milk Sassy - Pomegranate & Hazelnut, Organic	12 / 85g								G
872227 000343	14750	GMO				*	@		X Coconut Sugar, Dark Buff - Strong Dark Chocolate (90% Cacao), Organic	12 / 85g								G
872227 000244	14741	GMO				*	@		X Coconut Sugar, Dark Kiki - Fig & Sea Salt (65% Cacao), Organic	12 / 85g								G
872227 000183	14738	GMO				*	@		X Coconut Sugar, Dark Nudie - Extra Dark Chocolate (80% Cacao), Organic	12 / 85g								G
872227 000220	14740	GMO				*	@		X Coconut Sugar, Dark Saltry - Sea Salt & Almonds (65% Cacao), Organic	12 / 85g								G
872227 000145	07189	GMO				*	@		X Grass Fed Milk Chocolate, Smooch - Vanilla Caramel Crunch, Organic	12 / 85g								G
872227 001098	14751	GMO				*	@		X Oat Milk Chocolate, Bestie - Almond Toffee Crunch, Organic	12 / 85g								G
872227 000107	14737	GMO				*	@		X Superfood, Cheeky - Salted Toffee & Banana w/Maca (70% Cacao), Organic	12 / 85g								G
872227 000060	14734	GMO				*	@		X Superfood, Flirt - Raspberry & Cherry w/Acai (70% Cacao), Organic	12 / 85g								G

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872227 000015	14733	GMØ					*	@	$\mathbb{P}$	X	Superfood, Hottie - Chili & Cinnamon w/Yerba Mate (71% Cacao), Organic	12 / 85g						G
872227 000046	14731	GMØ					*	@	$\mathbb{P}$	X	Superfood, Lunatic - Mint & Cocoa Nibs w/Maca (73% Cacao), Organic	12 / 85g						G
872227 000169	14732	GMØ					*	@	$\mathbb{P}$	X	Superfood, Nakid - Cocoa Nibs & Vanilla (73% Cacao), Organic	12 / 85g						G
872227 000084	14735	GMØ					*	@	$\mathbb{P}$	X	Superfood, Nutbar - Coconut & Almond w/Camu Camu (70% Cacao), Organic	12 / 85g						G
872227 000121	14736	GMØ					*	@	$\mathbb{P}$	X	Superfood, Squeeze - Orange & Ginger w/Turmeric (70% Cacao), Organic	12 / 85g						G
872227 000602	14763							@	$\mathbb{P}$	X	SLINKY No Added Sugar, Creamy Hazelnut (44% Cacao)	12 / 80g						G
872227 000541	14760							@	$\mathbb{P}$	X	SLINKY No Added Sugar, Grass Fed Swiss Milk (50% Cacao)	12 / 80g						G
872227 000640	14765							@	$\mathbb{P}$	X	SLINKY No Added Sugar, Hazelnut Mocha Latte (43% Cacao)	12 / 80g						G
872227 000626	14764							@	$\mathbb{P}$	X	SLINKY No Added Sugar, Super Dark Panama (85% Cacao)	12 / 80g						G

ZORAW CHOCOLATES | FUNCTIONAL CHOCOLATE BARS

627987 164503	27020							+	$\mathbb{P}$	X	Dark Chocolate, 60% Cacao	12 / 52g						G
627987 164510	27021							+	$\mathbb{P}$	X	Milk Chocolate with Almonds	12 / 52g						G
627987 164527	27022							+	$\mathbb{P}$	X	Milk Chocolate	12 / 52g						G

Confectionery

ARTISAN GREC | HALVA

055498 066809	17730	GMØ					*				Halva, Coconut, Organic	24 / 75g						G
055498 066656	17732	GMØ					*				Honey Halva, Almonds, Organic	24 / 75g						G
055498 066700	17733	GMØ					*				Honey Halva, Cocoa, Organic	24 / 75g						G
055498 066908	17731	GMØ					*				Honey Halva, Organic	24 / 75g						G

CHIMES | CANDY

051299 110802	35272										X Ginger Chews, Mango	12 / 42.5g						G
051299 110765	35324	GMØ									X Ginger Chews, Meyer Lemon	12 / 42.5g						G
051299 110819	35273	GMØ									X Ginger Chews, Orange	12 / 42.5g						G
051299 110772	35269	GMØ									X Ginger Chews, Original	12 / 42.5g						G
051299 111076	35362										X Ginger Chews, Mango	12 / 100g						G
051299 111038	35361	GMØ									X Ginger Chews, Meyer Lemon	12 / 100g						G
051299 111083	35363	GMØ									X Ginger Chews, Orange	12 / 100g						G
051299 111045	35360	GMØ									X Ginger Chews, Original	12 / 100g						G
051299 111519	35267										Ginger Chews, Mango	20 / 141.8g						G
051299 111311	35264	GMØ									Ginger Chews, Original	20 / 141.8g						G
051299 111649	35326	GMØ									Hard Toffee, Spiced Chai	12 / 100g						G
051299 111663	35279	GMØ									Hard Toffee, Toasted Coconut	12 / 100g						G
051299 111069	35327										X Herbal Chews, Dark Cocoa	6 / 72g						G
051299 111052	35328										X Herbal Chews, Tranquil Turmeric	6 / 72g						G

CLAWHAMMER | ORGANIC MINTS

628371 190481	35119	GMØ					*	+	$\mathbb{P}$	X	Mints, Black Licorice, Organic	12 / 30g						G
628371 190313	35120	GMØ					*	+	$\mathbb{P}$	X	Mints, Hot Cinnamon, Organic	12 / 30g						G
628371 190320	35121	GMØ					*	+	$\mathbb{P}$	X	Mints, Spicy Ginger Root, Organic	12 / 30g						G
628371 190306	35122	GMØ					*	+	$\mathbb{P}$	X	Mints, Strong Peppermint, Organic	12 / 30g						G

DANDIES | VEGAN MARSHMALLOWS

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

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DEEBEE'S ORGANICS | FREEZER POPS

838913 001100	39092	GMØ				*				X	Gelato Pops, Organic (made w/coconut milk) (shelf-stable)	12 / 8x40ml							G
838913 000202	39090	GMØ				*				X	SUPERFRUIT Freezie Pops, Organic (shelf stable)	14 / 10x40ml							G
8389130 00509	39089	GMØ				*				X	SUPERFRUIT Freezie Pops, Tropical, Organic (shelf stable)	14 / 10x40ml							G

EFRUTI | FRUIT JUICE GUMMI CANDIES

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

THE GINGER PEOPLE | GINGER CANDY

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

GOBIO! | CANDY

687789 217012	45321	GMØ				*					Fruit Gummies, Sour, Organic	10 / 75g							G
687789 216015	45320	GMØ				*					Gummi Bears, Mixed Fruit, Organic	10 / 75g							G
687789 215018	45322	GMØ					V	*			Gummi Bears, Vegan, Organic	10 / 75g							G
687789 220012	45324	GMØ				*					Wine Gums, Organic	10 / 75g							G

HEALTHY HIPPO | LOW SUGAR CANDY

628176 040103	17650	GMØ								X	Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g							G
628176 040127	17651	GMØ								X	Sour Hippo Gummies, Sweetened w/Monk Fruit	12 / 50g							G
628176 040110	17652	GMØ								X	Sour Keys, Sweetened w/Monk Fruit	12 / 50g							G
628176 040134	17653	GMØ								X	Swedish Hippos, Sweetened w/Monk Fruit	12 / 50g							G

HUER | NATURAL CANDY

771047 004749	15413									X	SENSIBLE SWEETS, Low Sugar Gummies, Fruity Bears	12 / 50g							G
771047 004756	15412									X	SENSIBLE SWEETS, Low Sugar Gummies, Fruity Fish	12 / 50g							G
771047 004787	15414										SENSIBLE SWEETS, Low Sugar Gummies, Mixed Pack	12 / 150g							G
771047 004633	15407										SENSIBLE SWEETS, Allsorts	12 / 170g							G
771047 004503	15404						V				SENSIBLE SWEETS, Soft Fruits Gelées (vegan)	12 / 130g							G
771047 004725	15408										SENSIBLE SWEETS, Sour Wine Gums	12 / 170g							G
771047 004565	15405										SENSIBLE SWEETS, Teddy Bears (20% Fruit Juice)	12 / 170g							G
771047 004695	15409						V				SENSIBLE SWEETS, Vegan Bears	12 / 150g							G
771047 004602	15410										SENSIBLE SWEETS, Wine Gums	12 / 170g							G
771047 302005	15415						V				SIMPLY HUER Plant-Based Gummies, Bears	12 / 150g							G
771047 302012	15416						V				SIMPLY HUER Plant-Based Gummies, Sour Bears	12 / 150g							G

PANDA | LICORICES

075172 079451	35074										X	Bars, Natural Black	20 / 32g						G
075172 079475	35075										X	Bars, Natural Strawberry	20 / 32g						G
075172 079734	35069										X	Chews, Bear Shaped, Natural Black (bag)	12 / 125g						G
075172 071646	35076											Chews, Natural Black (bag)	8 / 170g						G
075172 078560	35071							B			X	Chews, Natural Black	1 / 1.8kg						G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
PATIENCE FRUIT & CO SOUR CRAN DRIED CRANBERRIES																		
662166 557028	18556	GMO									+ P	X SOUR CRAN, Sour Cherry	12 / 60g					G
662166 557011	18555	GMO									+ P	X SOUR CRAN, Sour Peach	12 / 60g					G
662166 557042	18558	GMO									+ P	X SOUR CRAN, Sour Raspberry	12 / 60g					G
662166 557035	18557	GMO									+ P	X SOUR CRAN, Sour Strawberry	12 / 60g					G
662166 557059	18559	GMO									+ P	X SOUR CRAN, Sour Watermelon	12 / 60g					G
Buy 15+ cases												Save 25%						

Snack Foods

EDEN | PACKAGED SNACK FOOD

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

045518 001125	34702	GMO										Virginia Peanuts, Salted	12 / 255g					G
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HOME GROWN LIVING FOODS | SPROUTED TRAIL MIX

628110 072115	16266	GMO				*					BC P	X Seaweed Surf Snax, Organic	8 / 150g					G
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NATURSOURCE | SNACKS

068110 500032	58111										+ P	Almonds, Maple Praline Crunch	8 / 150g					G
068110 500018	58109										+ P	Almonds, Olio d'Oliva - Olive Oil & Sea Salt (keto certified)	8 / 150g					G
068110 500001	58108										+ P	Almonds, Tamari (keto certified)	8 / 150g					G
068110 330615	58105										+ P	Nut Mix, Pecan Pie Flavoured	8 / 500g					G
068110 530046	58106										+ P	Nut Mix, Salted Hot Cocoa - Chocolate & Cinnamon	8 / 500g					G
068110 530015	58110										+ P	Nut Mix, So Smart Trail Mix - Dark Chocolate & Wild Blueberries	8 / 135g					G
068110 330325	58103										+ P	Nut Mix, Weekend Tamari - w/Pretzels & Sesame Sticks	6 / 550g					G

ORIGO | FREEZE DRIED FRUIT

628693 376006	18030	GMO									BC P	X 100% Freeze-Dried Apple	6 / 20g					G
628693 376020	18031	GMO									BC P	X 100% Freeze-Dried Blueberry	6 / 25g					G
628693 376044	18032	GMO									BC P	X 100% Freeze-Dried Raspberry	6 / 20g					G
628693 376051	18033	GMO									BC P	X 100% Freeze-Dried Strawberry	6 / 20g					G

PRANA | SNACK NUTS & MIXES

877693 002662	26133	GMO									+ P	Loka Roasted Pumpkin Seeds w/Sea Salt (Grown in Quebec)	8 / 130g					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, Kabana, Maple Sea Salt 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 003928	26110	GMO									@ + P	Snack Mix, Chocolate w/salted almonds, cranberries, raisins	12 / 350g					G
877693 003935	26111	GMO									+ P	Snack Mix, Edamame w/almonds, dried fruit, pumpkin seeds	12 / 400g					G
877693 003942	26112	GMO									+ P	Snack Mix, Spicy Peas & Favas w/almonds, edamame, pumpkin seeds	12 / 400g					G
877693 001863	26109	GMO		GF		*	@				+ P	Sumsuma Sesame Bites, Chocolate, Organic	8 / 150g					G
877693 000071	26101	GMO		GF		*	@				+ P	Sumsuma Sesame Bites, Organic	8 / 150g					G
877693 001672	34102	GMO		GF		*	@				+ P	Sumsuma Sesame Bites, Organic	6 / 325g					G
877693 000125	26104	GMO		GF		*					+ P	Trail Mix, Annapurna Superfruit Mix, Organic	8 / 150g					G
877693 003065	26063	GMO		GF		*					+ P	Trail Mix, Fuji Salted Mix, Organic	8 / 150g					G
877693 003058	26062	GMO		GF		*					+ P	Trail Mix, Kilimanjaro Chocolate Mix, Organic	8 / 150g					G
877693 001665	34101	GMO		GF		*					+ P	Trail Mix, Kilimanjaro Chocolate Mix, Organic	6 / 310g					G
877693 003072	26059	GMO		GF		*					+ P	Trail Mix, Machu Pichu Exotic Mix, Organic	8 / 150g					G
	60130											Empty Racks (S/O)	1 / ea					

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SOUPS & BROTHS

Broths & Bouillons

BLUEBIRD PROVISIONS | INSTANT BONE BROTH MIX

627843 623557 **68603** BC **P** Instant Bone Broth Mix, Chicken 6 / 200g

GOBIO! | BOUILLON CUBES & BROTH POWDER

687789 051111	45301	GMO		*	P	Bouillon Cubes, Beef, Organic	15 / 66g
687789 051005	45306	GMO		*	P	Bouillon Cubes, Chicken (no salt), Organic	15 / 54g
687789 051159	45302	GMO		*	P	Bouillon Cubes, Chicken, Organic	15 / 66g
687789 051135	45304	GMO		*	P	Bouillon Cubes, Mushroom (yeast free), Organic	15 / 66g
687789 051128	45303	GMO		*	P	Bouillon Cubes, Onion (yeast free), Organic	15 / 66g
687789 051012	45307	GMO		*	P	Bouillon Cubes, Vegetable (no salt), Organic	15 / 54g
687789 051142	45305	GMO		*	P	Bouillon Cubes, Vegetable (yeast free), Organic	15 / 66g
687789 051203	45300	GMO		*	P	Bouillon Cubes, Vegetable, Organic	15 / 66g
687789 051234	45312	GMO		*	P	Broth Powder, Chicken (low sodium), Organic (jar)	6 / 75g
687789 051241	45313	GMO		*	P	Broth Powder, Chicken (low sodium), Organic (pkt)	8 / 150g
687789 051210	45310	GMO		*	P	Broth Powder, Vegetable (yeast free), Organic (jar)	6 / 100g
687789 051227	45311	GMO		*	P	Broth Powder, Vegetable (yeast free), Organic (pkt)	8 / 200g

IMAGINE FOODS | BROTH

084253 773560	37800	GMO				Bone Broth, Chicken	12 / 1L
084253 241243	38636	GMO	GF	*		Broth, Beef, Low Sodium, Organic	12 / 1L
084253 242943	38411	GMO	GF	*		Broth, Chicken, Low Sodium, Organic	12 / 1L
084253 242493	38280	GMO	GF	*		Broth, Chicken, Organic	12 / 1L
084253 773546	38785	GMO	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 067256	38080	GMO		*		Broth, Beef, Organic	12 / 946ml
052603 054089	38069	GMO	GF	*		Broth, Chicken, Low Sodium, Organic	12 / 946ml
052603 054072	38079	GMO	GF	*		Broth, Chicken, Organic	12 / 946ml
052603 054058	38811	GMO	GF	*		Broth, Mushroom, Organic	12 / 1L
052603 054379	38118	GMO	GF	*		Broth, Vegetable, Low Sodium, Organic	12 / 1L
052603 054119	38183	GMO	GF	*		Broth, Vegetable, Organic	12 / 1L

Buy 30+ cases (Mix & Match with any 1L/946ml Broth & Soup) Save 5.04

052603 282383	38084	GMO				Bone Broth, Chicken	12 / 946ml
052603 067249	38082					Bone Broth, Chicken, Unsalted	12 / 946ml

Instant Soups

KOYO | RAMEN

065493 064335	39106					X Ramen, Asian Vegetables	12 / 60g
065493 064359	39100					X Ramen, Garlic Pepper	12 / 60g
065493 064342	39101					X Ramen, Lemongrass Ginger	12 / 60g
065493 064304	39102					X Ramen, Mushroom	12 / 57g
065493 064311	39103					X Ramen, Seaweed	12 / 57g
065493 064366	39104					X Ramen, Soba Buckwheat Noodles	12 / 60g
065493 064328	39105					X Ramen, Tofu & Miso	12 / 57g

LOTUS FOODS | RICE RAMEN MISO SOUP

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

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UPC CODE	CODE	GMO	B	GF	V	*	@	+		X	PACK	SIZE				G	P	U
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Ready-To-Serve Soups

AMY'S | CANNED SOUP

042272 905140	38321	GMO				*													Soup, Alphabet, Organic	12 / 398ml
042272 905041	38157	GMO		GF		*													Soup, Black Bean, Organic	12 / 398ml
042272 905348	38328	GMO				*													Soup, Butternut Squash, Organic	12 / 398ml
042272 907403	38322	GMO				*													Soup, Carrot Ginger, Organic	12 / 398ml
042272 905867	38609	GMO		GF		*													Soup, Chunky Tomato Bisque, Lower in Sodium, Organic	12 / 398ml
042272 905362	38067	GMO		GF		*													Soup, Chunky Tomato Bisque, Organic	12 / 398ml
042272 905409	38668	GMO		GF		*													Soup, Chunky Vegetable, Organic	12 / 398ml
042272 905065	38155	GMO				*													Soup, Cream of Mushroom, Organic	12 / 398ml
042272 905010	38156	GMO		GF		*													Soup, Cream of Tomato, Organic	12 / 398ml
042272 905478	38669	GMO		GF		*													Soup, Fire Roasted Southwestern Vegetable, Organic	12 / 398ml
042272 905911	38716	GMO		GF		*													Soup, French Country Vegetable, Organic	12 / 398ml
042272 905935	38715	GMO		GF		*													Soup, Golden Lentil Dal, Organic	12 / 398ml
042272 906277	38605	GMO			V	*													Soup, Hearty Minestrone, Organic	12 / 398ml
042272 905836	38666	GMO		GF		*													Soup, Lentil Low Sodium, Organic	12 / 398ml
042272 905829	38607	GMO		GF		*													Soup, Lentil Vegetable, Lower in Sodium, Organic	12 / 398ml
042272 905355	38330	GMO		GF		*													Soup, Lentil Vegetable, Organic	12 / 398ml
042272 905027	38152	GMO		GF		*													Soup, Lentil, Organic	12 / 398ml
042272 905850	38667	GMO				*													Soup, Minestrone, Low Sodium, Organic	12 / 398ml
042272 905072	38154	GMO				*													Soup, Minestrone, Organic	12 / 398ml
042272 906260	38751	GMO		GF		*													Soup, Mushroom Bisque w/Porcini, Organic	12 / 398ml
042272 905034	38153	GMO				*													Soup, No Chicken Noodle, Organic	12 / 398ml
042272 906697	38783	GMO		GF		*													Soup, Quinoa, Kale & Red Lentil, Organic	12 / 398ml
042272 905843	38608	GMO		GF		*													Soup, Split Pea, Lower in Sodium, Organic	12 / 398ml
042272 905058	38216	GMO		GF		*													Soup, Split Pea, Organic	12 / 398ml
042272 907755	38606	GMO			V	*													Soup, Tortilla, Organic	12 / 398ml
042272 905089	38217	GMO				*													Soup, Vegetable Barley, Organic	12 / 398ml

AUGA | READY TO EAT ORGANIC SOUPS

4779039 732300	40918	GMO				*													Soup, Creamy Butternut Squash w/Sweet Potatoes, Organic (pouch)	10 / 400g
4779039 731105	40920	GMO				*													Soup, Creamy Mushroom, Organic (pouch)	10 / 400g
4779039 732270	40922	GMO				*													Soup, Creamy Sweet Corn, Organic (pouch)	10 / 400g
4779039 732324	40921	GMO				*													Soup, Spicy Curry w/Coconut Cream & Shiitake Mushrooms, Organic (pouch)	10 / 400g
4779039 732317	40923	GMO				*													Soup, Three Lentil, Organic (pouch)	10 / 400g
4779039 732287	40919	GMO				*													Soup, Vegan Chilli Bean w/Quinoa, Organic (pouch)	10 / 400g

EAT WHOLESOME | CANNED SOUP

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

IMAGINE FOODS | NATURAL SOUP

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

PACIFIC FOODS | SOUP

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**

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052603 281287	38083	GMO				*						12	/ 946ml						
052603 054218	38269	GMO				*						12	/ 1L						
052603 054034	38214	GMO				*						12	/ 1L						
052603 054584	38638	GMO				*						12	/ 1L						
052603 054096	38132	GMO				*						12	/ 1L						
052603 054577	38639	GMO				*						12	/ 1L						
052603 054041	38218	GMO				*						12	/ 1L						
Buy 30+ cases (Mix & Match with any 1L/946ml 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

BEE-MINDFUL HUNNIE | VEGAN HONEY ALTERNATIVE

627987 843965	29100	GMO				*			BC	P	HUNNIE Apple Based Sweetener, Organic	6	/ 460g						
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CAMINO | SUGAR

752612 200025	44297	GMO				*	@				Golden Cane Sugar (Turbinado), Organic	6	/ 1kg						
752612 220023	44298	GMO				*	@				Whole Brown Sugar (Muscovado), Organic	6	/ 1kg						
752612 300169	44299	GMO	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 999994	44287	GMO				*			P		Date & Maple Syrup, Organic	12	/ 375ml						
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 10+ cases												Save	25%						

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 | BARLEY MALT SYRUP

024182 493153	44050	GMO				*					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						
055013 000226	44068								BC	P	Liquid Squeeze Honey, Canada #1 White	12	/ 500g						
055013 000127	44067								BC	P	Liquid Squeeze Honey, Canada #1 White	12	/ 1kg						

ESCUMINAC | FARM BOTTLED ORGANIC MAPLE SYRUP

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

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FLORIDA CRYSTALS | SUGAR

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

688120 024542	23022																		Sweetener, Monk Fruit	6 / 454g
688120 034541	23021																		Sweetener, Xylitol	6 / 454g
1068812 0200233	93041		B																X Sweetener, Monk Fruit (S/O)	1 / 10kg

LAKANTO | MONKFRUIT BLEND SWEETENER & SYRUP

843076 001201	44223	GMO																	Pancake Syrup	8 / 384ml
843076 000105	44221	GMO																	Sweetener, Classic	8 / 235g
843076 000099	44217	GMO																	Sweetener, Golden	8 / 235g
843076 003472	44222	GMO																	Sweetener, Powdered	8 / 454g
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	GMO					*	@											Cane Sugar, Unrefined, Organic	12 / 500g
661594 812303	44310	GMO					*	@											Cane Sugar, Unrefined, Organic	6 / 2kg
661594 000083	44314	GMO					*	@											Cane Sugar, Unrefined, Organic	1 / 20kg

LUNDBERG | BROWN RICE SYRUP

073416 001800	24108	GMO		GF			*												Brown Rice Syrup, Sweet Dreams, Organic	12 / 595g
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MCKENZIE'S | COUNTRY FARM HONEY

056113 001700	44084																		+ $\frac{1}{2}$ Raw Natural Honey, Canada No 1 White	12 / 500g
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ONEEARTH FUNCTIONAL FOODS | COCONUT PALM SUGAR

182583 000025	22214	GMO		GF			*												$\frac{1}{2}$ Coconut Palm Sugar, Organic	12 / 475g
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ST. MICHAEL | HONEY

771901 101355	44005		B																+ $\frac{1}{2}$ 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
012511 406004	44127	GMO		GF			*	@											SUGAR, Organic	6 / 907g
012511 470715	44198	GMO		GF				@											SUGAR, Cane, Raw	6 / 680g
012511 600006	44072	GMO		GF			*	@											MOLASSES, Blackstrap, Organic	12 / 662g
012511 700003	44199	GMO		GF			*	@											MOLASSES, Blackstrap, Organic	6 / 1.33kg
012511 976606	44182	GMO		GF			*												STEVIA, Organic (jar)	6 / 170g
012511 471217	44091	GMO		GF			*	@											BLUE AGAVE NECTAR, Organic	6 / 240ml
012511 472313	44093	GMO		GF			*	@											BLUE AGAVE NECTAR, Organic	6 / 480ml
012511 473235	44094	GMO		GF			*	@											BLUE AGAVE NECTAR, Raw, Organic	6 / 480ml
012511 945005	44191	GMO		GF			*												X Stevia Packets, Organic (S/O)	1000 / 1g

WILD COUNTRY | HONEY

621234 600165	44107																		+ $\frac{1}{2}$ Buckwheat Honey, Canada #1 Amber	12 / 500g
621234 610041	44109																		+ $\frac{1}{2}$ Pure Raw Honey, Canada #1 White	12 / 500g
621234 600042	44212																		+ $\frac{1}{2}$ Royal Jelly in Honey	12 / 500g
621234 600400	44108																		+ $\frac{1}{2}$ Wild Blossom Honey, Canada #1 Golden	12 / 500g

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COOLER

PSC ships with minimum 2 weeks dating on most cooler items, unless otherwise noted.

DAIRY & EGGS PRODUCTS

Butters

L'ANCÊTRE | BUTTER (REFRIGERATED)

778177 106961	43000	GMO	*	+	$\frac{1}{2}$	Butter, 84% MF, Salted, Organic	12 / 250g
778177 106978	43001	GMO	*	+	$\frac{1}{2}$	Butter, 84% MF, Unsalted, Organic	12 / 250g
778177 107968	43002	GMO	*	+	$\frac{1}{2}$	Butter, Salted, Organic	12 / 250g
778177 107975	43003	GMO	*	+	$\frac{1}{2}$	Butter, Unsalted, Organic	12 / 250g
778177 106985	43005	GMO	*	+	$\frac{1}{2}$	Butter, Salted, Organic	6 / 454g
778177 106992	43006	GMO	*	+	$\frac{1}{2}$	Butter, Unsalted, Organic	6 / 454g

Cheeses

Please note that sizes of bulk cheeses may vary and that weights stated here are an approximation.

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

KRINOS | FETA CHEESE (REFRIGERATED)

055498 045309	59182	GMO	*	+		Feta Cheese, Cow's Milk, Organic	12 / 150g
055498 028937	59181	GMO	*			Feta Cheese, Greek Sheep Milk, Organic	12 / 150g

L'ANCÊTRE | CHEESE (REFRIGERATED)

778177 499940	50082			+	$\frac{1}{2}$	Artisan Goat Cheese, 1 Year	8 / 190g
778177 499919	50097	GMO		+	$\frac{1}{2}$	Artisan Goat Cheese, Firm Ripened	8 / 190g
778177 499377	50061	GMO	*	+	$\frac{1}{2}$	Cheddar, 1 Year, Organic (raw milk)	8 / 200g
778177 499384	50080	GMO	*	+	$\frac{1}{2}$	Cheddar, 2 years, Organic (raw milk)	8 / 200g
778177 499391	50049	GMO	*	+	$\frac{1}{2}$	Cheddar, 3 years, Organic (raw milk)	8 / 200g
778177 499452	50096	GMO	*	+	$\frac{1}{2}$	Cheddar, Double Smoked, Organic (raw milk)	8 / 190g
778177 499346	50093	GMO	*	+	$\frac{1}{2}$	Cheddar, Extra Old, Organic (raw milk)	8 / 200g
778177 149340	50041	GMO	*	+	$\frac{1}{2}$	Cheddar, Extra Old, Organic (raw milk)	8 / 325g
778177 499360	50014	GMO	*	+	$\frac{1}{2}$	Cheddar, Marble, Organic	8 / 200g
778177 149364	50028	GMO	*	+	$\frac{1}{2}$	Cheddar, Marble, Organic	8 / 325g
778177 829365	50408	GMO B	*	+	$\frac{1}{2}$	Cheddar, Marble, Organic	1 / 908g
778177 449327	50409	GMO B	*	+	$\frac{1}{2}$	Cheddar, Medium, Organic	1 / 908g
778177 499322	50091	GMO	*	+	$\frac{1}{2}$	Cheddar, Medium, Organic (raw milk)	8 / 200g
778177 149326	50035	GMO	*	+	$\frac{1}{2}$	Cheddar, Medium, Organic (raw milk)	8 / 325g
	50057	GMO B	*	+	$\frac{1}{2}$	Cheddar, Medium, Organic (raw milk)	1 / 2kg
778177 499315	50090	GMO	*	+	$\frac{1}{2}$	Cheddar, Mild, Organic (raw milk)	8 / 200g
778177 149319	50029	GMO	*	+	$\frac{1}{2}$	Cheddar, Mild, Organic (raw milk)	8 / 325g
778177 499803	50400	GMO	*	+	$\frac{1}{2}$	Cheddar, Mild, Sliced, Organic	8 / 180g
778177 499339	50092	GMO	*	+	$\frac{1}{2}$	Cheddar, Old, Organic (raw milk)	8 / 200g
778177 149333	50038	GMO	*	+	$\frac{1}{2}$	Cheddar, Old, Organic (raw milk)	8 / 325g
778177 108002	50089	GMO	*	+	$\frac{1}{2}$	Cheese Curds, Organic	8 / 200g
778177 499933	50021	GMO	*		$\frac{1}{2}$	Feta with Herbs, Greek Sheep's Milk, Organic	16 / 150g
778177 499926	50098	GMO	*		$\frac{1}{2}$	Feta, Greek Sheep's Milk, Organic	16 / 150g
778177 111965	50094	GMO	*	+	$\frac{1}{2}$	Frugal Skim Milk Cheese (7% MF), Organic	8 / 200g
778177 499957	50101	GMO	*	+	$\frac{1}{2}$	Gouda (6 mos), Organic (raw milk)	8 / 170g
778177 509014	50099	GMO	*		$\frac{1}{2}$	Gouda, Dutch (12 mos), Organic	8 / 175g
778177 112962	50013	GMO	*	+	$\frac{1}{2}$	Mozzarella (28% MF), Organic	8 / 200g
778177 149425	50044	GMO	*	+	$\frac{1}{2}$	Mozzarella (28% MF), Organic	8 / 325g
778177 499834	50402	GMO	*	+	$\frac{1}{2}$	Mozzarella, (28% MF), Sliced, Organic	8 / 180g
	50059	GMO B	*	+	$\frac{1}{2}$	Mozzarella, Partlally Skimmed (15% MF), Organic	1 / 2kg
778177 112979	50095	GMO	*	+	$\frac{1}{2}$	Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 200g
778177 149388	50042	GMO	*	+	$\frac{1}{2}$	Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 325g
778177 612974	50410	GMO B	*	+	$\frac{1}{2}$	Mozzarella, Partially Skimmed (15% M.F), Organic	1 / 908g
778177 499704	50027	GMO	*	+	$\frac{1}{2}$	Parmesan, Grated, Organic (raw milk)	8 / 125g
778177 499728	50023	GMO	*	+	$\frac{1}{2}$	Parmesan, Organic (raw milk)	8 / 200g
778177 009101	50025	GMO	*	+	$\frac{1}{2}$	Raclette, Sliced, Organic	8 / 160g

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778177 499506	50103	GMØ				*			+	$\mathbb{P}$			Shredded, Mozza-Cheddar, Organic	8	/	200g			
778177 499858	50104	GMØ				*			+	$\mathbb{P}$			Shredded, Mozzarella, (28% MF) Organic	8	/	200g			
778177 499575	50102	GMØ				*			+	$\mathbb{P}$			Shredded, Triple Cheddar, Organic	8	/	200g			
	50411	GMØ B				*			+	$\mathbb{P}$			Shredded, Cheddar Medium, Organic	1	/	1kg			
778177 499605	50020	GMØ				*			+	$\mathbb{P}$			Swiss, Organic (raw milk)	8	/	200g			
778177 149814	50406	GMØ				*			+	$\mathbb{P}$			Swiss, Organic (raw milk)	8	/	325g			
778177 499810	50401	GMØ				*			+	$\mathbb{P}$			Swiss, Sliced, Organic (raw milk)	8	/	180g			
	50055	GMØ B				*			+	$\mathbb{P}$			Shredded, Cheddar Medium, Organic (raw milk)	1	/	2kg			
	50054	GMØ B				*			+	$\mathbb{P}$			Shredded, Mozzarella 15%, Organic (S/O)	1	/	2kg			
	91213												Plastic Trays 80/1ea (S/O)	1	/	ea			

Eggs (REFRIGERATED)

COUNTRY GOLDEN YOLKS | EGGS (REFRIGERATED)

774290 091559	61086									BC $\mathbb{P}$ X Eggs, Free Range, Large Brown	15	/	12ct						
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RABBIT RIVER FARMS | EGGS (REFRIGERATED)

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

Preserving Supplies

YOGOURMET | CULTURES (REFRIGERATED)

819122 000252	52038								+	$\mathbb{P}$			Dairy, Kefir Starter	6	/	18g			
819122 000207	52036								+	$\mathbb{P}$			Dairy, Yogurt Starter	6	/	18g			
819122 000238	52037								+	$\mathbb{P}$			Dairy, Yogurt Starter, Probiotics (Casei Bifidus Acidophilus)	6	/	18g			

Yogurts & Sour Creams

GREEK GODS | GREEK STYLE YOGURT (REFRIGERATED)

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

SAUGEEN COUNTRY DAIRY | KEFIR & YOGURT (REFRIGERATED)

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

DAIRY ALTERNATIVES

Non-dairy Beverages (REFRIGERATED)

BLUE DIAMOND | ALMOND BREEZE ALMOND BEVERAGE (REFRIGERATED)

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

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

626027 712179	08321	GMØ								BC $\mathbb{P}$			Oat Creamer, French Vanilla	6	/	946ml			
626027 712155	08320	GMØ								BC $\mathbb{P}$			Oat Creamer, Original	6	/	946ml			
626027 712186	08322	GMØ								BC $\mathbb{P}$			Oat Creamer, Salted Caramel	6	/	946ml			

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EARTH'S OWN PLANT BASED BEVERAGE (REFRIGERATED)																		
626027 871401	07349	GMO		GF		*	BC	$\frac{1}{2}$				NAKED Oat, Original, Organic (gable top)	6 / 1.75L					U
626027 811056	07346	GMO					@	BC	$\frac{1}{2}$			Oat, Chocolate (gable top)	6 / 1.75L					U
626027 811025	07327	GMO						BC	$\frac{1}{2}$			Oat Original (gable top)	6 / 1.75L					U
626027 841022	08313	GMO						BC	$\frac{1}{2}$			Oat, Unsweetened Original (gable top)	6 / 1.75L					U
626027 811049	07328	GMO						BC	$\frac{1}{2}$			Oat Vanilla (gable top)	6 / 1.75L					U
626027 841046	08319	GMO						BC	$\frac{1}{2}$			Oat, Zero Sugar, Vanilla (gable top)	6 / 1.75L					U
626027 087802	07232	GMO				*	BC	$\frac{1}{2}$				SO NICE Almond Original, Organic (gable top)	6 / 1.75L					U
626027 087819	07233	GMO				*	BC	$\frac{1}{2}$				SO NICE Almond Unsweetened, Original, Organic	6 / 1.75L					U
626027 121049	07602	GMO				*	BC	$\frac{1}{2}$				SO NICE Almond Unsweetened, Vanilla, Organic	6 / 1.75L					U
626027 700015	06901	GMO						BC	$\frac{1}{2}$			Almond, Original (gable top)	6 / 1.89L					U
626027 700039	06905	GMO						BC	$\frac{1}{2}$			Almond Unsweetened, Original (gable top)	6 / 1.89L					U
626027 700060	07248	GMO						BC	$\frac{1}{2}$			Almond Unsweetened, Vanilla (gable top)	6 / 1.89L					U
626027 700022	06903	GMO						BC	$\frac{1}{2}$			Almond, Vanilla (gable top)	6 / 1.89L					U

Non-Dairy Butter Alternatives

See Frozen Section for More Selection

EARTH BALANCE | SPREAD & STICKS (REFRIGERATED)

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

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

626027 916119	08310	GMO				*	BC	$\frac{1}{2}$				Butter Spread	6 / 340g					
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MIYOKO'S CREAMERY | PLANT-BASED BUTTER (REFRIGERATED)

857554 005889	19150	GMO				*						Cultured Butter, Cashew, Salted, Organic	6 / 227g					
850013 048137	19160	GMO				*						Cultured Butter, Oat Milk, Organic (nut free) (tub)	6 / 340g					

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

842232 008023	18660	GMO				*	+	$\frac{1}{2}$				Cashew Butter, Salted Original, Organic (2 sticks)	6 / 227g					
842232 009020	18661	GMO				*	+	$\frac{1}{2}$				Cashew Butter, Herb & Garlic, Organic (2 sticks)	6 / 227g					
Buy 5-9 cases													Save	3.75				
Buy 10-14 cases													Save	5.50				
Buy 15+ cases													Save	7.50				

Non-Dairy Cheese Alternatives

DAIYA | DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)

871459 001128	50134	GMO		GF	V		BC	$\frac{1}{2}$				Block, Cheddar	8 / 200g					
871459 001289	50128	GMO			V		BC	$\frac{1}{2}$				Block, Feta Flavour	8 / 185g					
871459 001142	50154	GMO		GF	V		BC	$\frac{1}{2}$				Block, Smoked Gouda	8 / 200g					
871459 000824	50010	GMO		GF	V		BC	$\frac{1}{2}$				Crumbles, Feta Cheeze Flavour	6 / 170g					
871459 000831	50011	GMO		GF	V		BC	$\frac{1}{2}$				Crumbles, Goat Cheeze Flavour	6 / 170g					
871459 003245	50184	GMO		GF	V		BC	$\frac{1}{2}$				Shreds, Cheddar	12 / 200g					
871459 003177	50131	GMO		GF	V		+	$\frac{1}{2}$				Shreds, Italian Blend	12 / 200g					
871459 003658	50189	GMO		GF	V		BC	$\frac{1}{2}$				Shreds, Mexican Blend	12 / 200g					
871459 003238	50185	GMO		GF	V		BC	$\frac{1}{2}$				Shreds, Mozza	12 / 200g					
871459 003665	50130	GMO		GF	V		BC	$\frac{1}{2}$				Shreds, Parmesan	12 / 200g					
871459 003252	50186	GMO		GF	V		BC	$\frac{1}{2}$				Shreds, Spicy Monterey Jack	12 / 200g					
871459 000329	50139	GMO		GF	V		BC	$\frac{1}{2}$				Slices, Cheddar	8 / 220g					
871459 000343	50003	GMO		GF	V		BC	$\frac{1}{2}$				Slices, Smoked Gouda	8 / 220g					
871459 000305	50138	GMO		GF	V		BC	$\frac{1}{2}$				Slices, Swiss	8 / 220g					
871459 001197	50143	GMO		GF	V		BC	$\frac{1}{2}$				Creamy Spread, Chive & Onion	6 / 227g					
871459 001173	50141	GMO		GF	V		BC	$\frac{1}{2}$				Creamy Spread, Plain	6 / 227g					
871459 001935	50114	GMO	B	GF	V		BC	$\frac{1}{2}$				CUTTING BOARD Shreds, Cheddar Style (S/O)	3 / 2.27kg					
	92000						BC	$\frac{1}{2}$	X			Display Tray	1 / ea					

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

626027 917147	08312	GMO				*			BC		Cream Cheese Style Spread, Original	6 / 227g
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FIELD ROAST CO. | CHAO SLICES (REFRIGERATED)

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

773798 101562	19483	GMO						+			Mac 'N Cheeze Sauce, Original (spoutPak)	6 / 227g
773798 012028	19482	GMO				*		+			Vegan Cream Cheese, Chive & Onion, Organic	4 / 227g
773798 012004	19480	GMO				*		+			Vegan Cream Cheese, Original, Organic	4 / 227g
											Buy 15-24 cases	Save 20%
											Buy 25+ cases	Save 25%

MIYOKO'S CREAMERY | VEGAN CHEESE (REFRIGERATED)

857554 005896	19151	GMO				*					Cashew Cheese, Mozzarella Style, Organic	6 / 227g
850013 048113	19163	GMO				*					Cashew Cheese, Mozzarella Flavour, Pourable, Organic	6 / 432ml
850013 048120	19162	GMO				*					Cashew Cheese Spread, Cheddar Flavour, Organic	6 / 227g
850013 048144	19161	GMO		GF		*					Cashew Cheese Spread, Classic Chive, Organic	6 / 227g

MOOCHO | DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)

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

NUTS FOR CHEESE | FERMENTED CASHEW PRODUCT (REFRIGERATED)

627843 729624	18652	GMO				*		+			Artichoke and Herb, Organic	6 / 120g
842232 006012	18655	GMO				*		+			Black Garlic, Organic	6 / 120g
627843 729600	18653	GMO				*		+			Cheddar Style, Chipotle, Organic	6 / 120g
842232 020018	18656	GMO				*		+			Sharp Cheddar, Organic	6 / 120g
627843 729631	18651	GMO				*		+			Super Blue, Organic	6 / 120g
627843 729594	18654	GMO				*		+			Un-brie-lievable, Organic	6 / 120g
											Buy 5-9 cases	Save 5.35
											Buy 10-14 cases	Save 8.00
											Buy 15+ cases	Save 10.70
842232 013027	18664	GMO			V	*		+			Cream Cheese Style Spread, Garlic & Herb, Organic	6 / 210g
842232 014024	18665	GMO			V	*		+			Cream Cheese Style Spread, Lemon Dill, Organic	6 / 210g
842232 012020	18663	GMO			V	*		+			Cream Cheese Style Spread, Original, Organic	6 / 210g
											Buy 5-9 cases	Save 4.50
											Buy 10-14 cases	Save 6.75
											Buy 15+ cases	Save 9.15

PARMELA CREAMERY | PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)

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

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

628176 337227	14677								BC		Cashew Cheese, Applewood Smoked	6 / 200g
628176 337210	14674								BC		Cashew Cheese, Apricot & Chili Delight	6 / 200g
628176 337197	14675								BC		Cashew Cheese, Classic Greek Style	6 / 200g
628176 337203	14676								BC		Cashew Cheese, Meadow Herb & Garlic	6 / 200g
628176 337395	14678								BC		Cheese Block, Truffle & Nigella Seed	6 / 200g
6281763 37067	14662								BC		Cream Cheese-Style, Creamy Original	8 / 185g

Non-dairy Sour Cream & Yogurts

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

626027 916126	08311	GMO				*			BC		Sour Cream Alternative	6 / 340ml
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858159 002044	32154	GMO				*						6 / 500ml							
858159 002815	32245	GMO				*						6 / 500ml							

FRESH CONDIMENTS, DIPS & SAUCES

ANTOINETTE'S | DIP & SAUCE (REFRIGERATED)

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

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

683830 002224	14301								BC	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 011240	14592								BC	P	Hummus, Fire Roasted Red Pepper	6 / 240g							
683830 009995	14590								BC	P	Hummus, Kalamata Olive Tapenade	6 / 240g							
683830 005553	14302								BC	P	Hummus, Sriracha Jalapeno	6 / 240g							
683830 009117	14531								BC	P	Hummus, Lebanese	6 / 450g							
683830 004440	14441								BC	P	Hummus, Basil & Garlic	12 / 240g							
683830 001111	14440								BC	P	Hummus, Lebanese Style	12 / 240g							

ISLANDERS MEXICAN SAUCE | FRESH AUTHENTIC SALSA (REFRIGERATED)

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

LE GRAND | PESTO (REFRIGERATED)

773798 100220	19451							+	P		Pesto, Classic (spoutPak)	6 / 170g							
773798 100121	19450					V		+	P		Pesto, Garden (spoutPak)	6 / 170g							
											Buy 15-24 cases	Save 20%							
											Buy 25+ cases	Save 25%							

MAISON ORPHEE | FRESH MAYONNAISE (REFRIGERATED)

069593 121462	33451							+	P		Fresh Mayonnaise	6 / 440ml							
069593 121479	33452							+	P		Fresh Mayonnaise, with Extra Virgin Olive Oil	6 / 440ml							
069593 121684	33454							+	P		Fresh Mayonnaise, Vegan	6 / 440ml							

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. | CASHEW DIP (REFRIGERATED)

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

SUNFLOWER KITCHEN | DIP & SAUCE (REFRIGERATED)

679514 310105	14273	GMO		GF				+	P		Babaghanouj Roasted Eggplant Dip	6 / 227g							
679514 310068	14281	GMO		GF		*		+	P		Hummus, 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		*		+	P		Hummus, Beets & Dill, Organic	6 / 227g							
679514 410058	14420	GMO		GF				+	P		Hummus, Garlic & Onion	8 / 500g							
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							

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679514 310051	14280	GMO		GF				+	P				6 / 227g						
679514 310075	14284	GMO		GF		*		+	P				6 / 227g						
679514 310082	14285	GMO		GF		*		+	P				6 / 227g						
679514 310037	14277	GMO		GF				+	P				6 / 227g						
679514 310099	14286	GMO		GF		*		+	P				6 / 227g						
679514 311010	14274	GMO		GF				+	P				6 / 227g						
679514 311041	14275	GMO		GF				+	P				6 / 227g						
679514 311102	14282	GMO		GF				+	P				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						

WILDVINE | PICKLED VEGETABLES (REFRIGERATED)

857859 007649	32248	GMO											6 / 591ml						
857859 007625	32247	GMO											6 / 591ml						
857859 007656	32249	GMO											6 / 591ml						
857859 007632	32246	GMO											6 / 591ml						

FRESH MEALS & SOUPS

HAPPY PLANET | SOUP (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						

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 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
857161 008921	16221	GMO				*							12 / 414ml					G	P	U
857161 008914	16220	GMO				*							12 / 414ml					G	P	U
851107 003032	15227	GMO				*							12 / 414ml					G	P	U
857161 008457	16215	GMO				*							12 / 414ml					G	P	U

BUCHA BREW | KOMBUCHA (REFRIGERATED)

628110 435262	17225							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

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CHASERS | 100% COLD-PRESSED JUICE (REFRIGERATED)

628242 710268	58576	BC	P	X								Juice, Alkaline Me (apple, blueberry, cranberry, strawberry, apple vinegar)	6 / 500ml						U
628242 712101	58578	BC	P	X								Juice, Basic Peach (peach, turmeric, orange, lemon, apple)	6 / 500ml						U
628242 710084	58556	BC	P	X								Juice, Beet Rejuvenation - orange/carrot/beet/ginger	6 / 500ml						U
628242 710343	58580	BC	P	X								Juice, Citrus Greens (spinach, apple, orange, cucumber, celery, lemon, ginger, mint, turmeric)	6 / 500ml						U
628242 710091	58582	BC	P	X								Juice, Cold K - lemon/ginger/honey	6 / 500ml						U
628242 712088	58568	BC	P	X								Juice, Cosmos (pineapple, kale, lime, apple, chlorophyll)	6 / 500ml						U
628242 710183	58570	BC	P	X								Juice, Green Detox (green apple, orange, mint, fennel)	6 / 500ml						U
628242 710206	58564	BC	P	X								Juice, Orange	6 / 500ml						U
628242 717113	58592	BC	P	X								Juice, Pure BC Apple	6 / 500ml						U
628242 710428	58566	BC	P	X								Juice, Summer Rain (apple, passion fruit, mango, coconut water, ginger, carrot)	6 / 500ml						U
628242 710213	58558	BC	P	X								Juice, Supercharge	6 / 500ml						U
628242 710060	58572	BC	P	X								Juice, Supremely Kale - kale/spinach/apple/ginger/cucumber/celery/lemon	6 / 500ml						U
628242 710077	58560	BC	P	X								Juice, Taking Care of Business - spinach/apple/cucumber/celery/ginger/lemon	6 / 500ml						U
628242 710381	58562	BC	P	X								Juice, The Fighter (apple, cucumber, celery, carrot, lemon, ginger, cayenne)	6 / 500ml						U
628242 710329	58550	BC	P	X								Juice, Tropical Greens (apple, spinach, kale, coconut water, pineapple, mango, cucumber, celery, ginger, lemon)	6 / 500ml						U
628242 712064	58584	BC	P	X								Juice, True Roots (apple, pineapple, beet, carrot, ginger, lemon)	6 / 500ml						U
628242 710107	58552	BC	P	X								Juice, Turmeric Sunrise - apple/pear/carrot/lemon/ginger/turmeric	6 / 500ml						U
628242 710244	58554	BC	P	X								Juice, Wake Me Up (orange, grapefruit, lime, lemon, cayenne)	6 / 500ml						U
628242 717106	58593	BC	P	X								Lemonade	6 / 500ml						U
628242 707169	58594	BC	P	X								Lemonade, Blueberry	6 / 500ml						U
628242 717007	58595	BC	P	X								Lemonade, Pink (strawberry)	6 / 500ml						U
628242 717014	58587	BC	P									Cider, Apple - apple/cinnamon/nutmeg/lemon/org. simple syrup	6 / 1L						U
628242 717090	58588	BC	P									Cider, Cranberry - cranberry/cinnamon/nutmeg/lemon/org. simple syrup	6 / 1L						U
628242 712118	58579	BC	P									Juice, Basic Peach (peach, turmeric, orange, lemon, apple)	6 / 1L						U
628242 710015	58557	BC	P									Juice, Beet Rejuvenation - orange/carrot/beet/ginger	6 / 1L						U
628242 710336	58581	BC	P									Juice, Citrus Greens (spinach, apple, orange, cucumber, celery, lemon, ginger, mint, turmeric)	6 / 1L						U
628242 710039	58583	BC	P									Juice, Cold K - lemon/ginger/honey	6 / 1L						U
628242 710190	58565	BC	P									Juice, Orange	6 / 1L						U
628242 717021	58586	BC	P									Juice, Pure BC Apple	6 / 1L						U
628242 712040	58575	BC	P									Juice, Ruby Red Grapefruit	6 / 1L						U
628242 710022	58573	BC	P									Juice, Supremely Kale - kale/spinach/apple/ginger/cucumber/celery/lemon	6 / 1L						U
628242 710053	58561	BC	P									Juice, Taking Care of Business - spinach/apple/cucumber/celery/ginger/lemon	6 / 1L						U
628242 710374	58563	BC	P									Juice, The Fighter (apple, cucumber, celery, carrot, lemon, ginger, cayenne)	6 / 1L						U
628242 710046	58553	BC	P									Juice, Turmeric Sunrise - apple/pear/carrot/lemon/ginger/turmeric	6 / 1L						U
628242 717045	58590	BC	P									Lemonade	6 / 1L						U
628242 717069	58591	BC	P									Lemonade, Blueberry	6 / 1L						U
628242 717052	58589	BC	P									Lemonade, Pink (strawberry)	6 / 1L						U

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CULTURE CRAFT KOMBUCHA (REFRIGERATED)

628176 059211	17330										BC P X	Blueberry Ginger (can)	12 / 355ml				G	P	U
628176 059242	17331										BC P X	Cherry Cream Soda (can)	12 / 355ml				G	P	U
628176 059228	17332										BC P X	Lavender Lemonade (can)	12 / 355ml				G	P	U
628176 059235	17333										BC P X	Peach Basil (can)	12 / 355ml				G	P	U
628176 059266	17334										BC P X	Raspberry Rose (can)	12 / 355ml				G	P	U
628176 059259	17335										BC P X	Strawberry Mojito (can)	12 / 355ml				G	P	U

FARMHOUSE CULTURE | GUT SHOT BEVERAGE (REFRIGERATED)

850273 005956	32505	GMO										X Gut Shot, Classic, Organic	6 / 473ml						U
850273 005970	32507	GMO										X Gut Shot, Garlic Dill Pickle, Organic	6 / 473ml						U
850273 005994	32508	GMO										X Gut Shot, Ginger Beet, Organic	6 / 473ml						U

GT'S | ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)

722430 241173	05120	GMO										ALIVE Mushroom Elixir, Cola (glass)	12 / 480ml						G P U
722430 251172	05121	GMO										ALIVE Mushroom Elixir, Lemon Lime (glass)	12 / 480ml						G P U
722430 231174	05186	GMO										ALIVE Mushroom Elixir, Root Beer (glass)	12 / 480ml						G P U

GT'S | SYNERGY RAW KOMBUCHA (REFRIGERATED)

722430 760179	05406	GMO										SYNERGY Kombucha, Blood Orange (glass)	12 / 480ml						G P U
722430 300177	05138	GMO										SYNERGY Kombucha, Cosmic Cranberry (glass)	12 / 480ml						G P U
722430 800172	05137	GMO										SYNERGY Kombucha, Divine Grape (glass)	12 / 480ml						G P U
722430 200170	05135	GMO										SYNERGY Kombucha, Gingerade (glass)	12 / 480ml						G P U
722430 600178	05182	GMO										SYNERGY Kombucha, Gingerberry (glass)	12 / 480ml						G P U
722430 420172	05400	GMO										SYNERGY Kombucha, Golden Pineapple (glass)	12 / 480ml						G P U
722430 900179	05215	GMO										SYNERGY Kombucha, Guava Goddess (glass)	12 / 480ml						G P U
722430 790176	05407	GMO										SYNERGY Kombucha, Honeycrisp Apple (glass)	12 / 480ml						G P U
722430 140179	05136	GMO										SYNERGY Kombucha, Multi-Green (glass)	12 / 480ml						G P U
722430 500171	05214	GMO										SYNERGY Kombucha, Mystic Mango (glass)	12 / 480ml						G P U
722430 750170	05130	GMO										SYNERGY Kombucha, Peach Paradise (glass)	12 / 480ml						G P U
722430 000176	05134	GMO										SYNERGY Kombucha, Pure (glass)	12 / 480ml						G P U
722430 910178	05403	GMO										SYNERGY Kombucha, Strawberry Lemonade (glass)	12 / 480ml						G P U
722430 400174	05131	GMO										SYNERGY Kombucha, Strawberry Serenity (glass)	12 / 480ml						G P U
722430 110172	05139	GMO										SYNERGY Kombucha, Trilogy(raspberry/lemon/ginger) (glass)	12 / 480ml						G P U
722430 800479	05267	GMO										SYNERGY Kombucha, Divine Grape (glass)	6 / 1.4L						G P U
722430 200477	05260	GMO										SYNERGY Kombucha, Gingerade (glass)	6 / 1.4L						G P U
722430 600475	05263	GMO										SYNERGY Kombucha, Gingerberry (glass)	6 / 1.4L						G P U
722430 900476	05264	GMO										SYNERGY Kombucha, Guava Goddess (glass)	6 / 1.4L						G P U
722430 500478	05266	GMO										SYNERGY Kombucha, Mystic Mango (glass)	6 / 1.4L						G P U
722430 110479	05261	GMO										SYNERGY Kombucha, Trilogy(raspberry/lemon/ginger) (glass)	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 243903	01342	GMO		@ BC	☞	Clean Protein Smoothie, Fair Trade Chocolate & Coconut (plastic bottle)	6 / 900ml			G	U
779172 243910	01341	GMO		BC	☞	Clean Protein Smoothie, Banana Cashew (plastic bottle)	6 / 900ml			G	U
779172 243033	01344	GMO		BC	☞	Clean Protein Smoothie, Blueberry Almond Butter (plastic bottle)	6 / 900ml			G	U
779172 417199	06260	GMO		*	BC	☞	Juice, Mango & Peach, Organic (gable carton)	6 / 1.75L			U
779172 417366	06506	GMO		*	BC	☞	Juice, Pomegranate & Blueberry, Organic (gable carton)	6 / 1.75L			U
779172 417021	06258	GMO		*	BC	☞	Juice, Valencia Orange, Organic (gable carton)	6 / 1.75L			U

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HARMLESS HARVEST | COCONUT BEVERAGES (REFRIGERATED)

810068 900644	23534	GMO					*	@	X	Coconut Smoothie, Chocolate, Organic (plastic bottle)	6 / 296ml								U
810068 900668	23535	GMO					*	@	X	Coconut Smoothie, Greens, Organic (plastic bottle)	6 / 296ml								U
810068 900637	23533	GMO					*	@	X	Coconut Smoothie, Mango, Organic (plastic bottle)	6 / 296ml								U
810068 900408	23532	GMO					*	@	X	Coconut Smoothie Original, Organic (plastic bottle)	6 / 296ml								U
810068 900651	23536	GMO					*	@	X	Coconut Water w/Pulp, Organic (plastic bottle)	6 / 473ml								U
810068 900385	23530	GMO					*	@	X	Coconut Water, Organic (plastic bottle)	12 / 473ml								U
810068 900392	23531	GMO					*	@		Coconut Water, Organic (plastic bottle)	6 / 946ml								U

HEALTH-ADE | KOMBUCHA (REFRIGERATED)

811184 031885	17709	GMO		GF	V	*				Berry Lemonade, Organic	12 / 473ml								G P U
811184 030048	17704	GMO		GF	V	*				Blood Orange, Carrot, Ginger, Organic	12 / 473ml								G P U
811184 030031	17700	GMO		GF	V	*				Cayenne Cleanse, Organic	12 / 473ml								G P U
811184 030000	17701	GMO		GF	V	*				Ginger Lemon, Organic	12 / 473ml								G P U
811184 031892	17708	GMO		GF	V	*				Passion Fruit-Tangerine, Organic	12 / 473ml								G P U
811184 030017	17702	GMO		GF	V	*				Pink Lady Apple, Organic	12 / 473ml								G P U
811184 032042	17710	GMO		GF	V	*				Pomegranate Blueberry, Organic	12 / 473ml								G P U
811184 030024	17703	GMO		GF	V	*				Pomegranate, Organic	12 / 473ml								G P U

HOOCHY 'BOOCH | KOMBUCHA (REFRIGERATED)

628504 732205	17315								BC  X	Bellini (Peach Orange & Apricot) (can)	12 / 355ml								G P U
628504 732274	17314								BC  X	Blue Valentine (raspberry, lime & E3Live) (can)	12 / 355ml								G P U
628504 732229	17319								BC  X	Golden Turmeric (turmeric ginger + black pepper) (can)	12 / 355ml								G P U
628504 732298	17316								BC  X	Royal Crush (passionfruit hibiscus) (can)	12 / 355ml								G P U
628504 732212	17317								BC  X	Vancity Fog (Earl Grey lavender + vanilla) (can)	12 / 355ml								G P U
628504 732243	17318								BC  X	Sunset Ginger (hibiscus rosehip + ginger) (can)	12 / 355ml								G P U

KINDRED CULTURES | PROBIOTIC WATER KEFIR (REFRIGERATED)

628504 073377	23632								BC  X	Water Kefir, Cranberry Turmeric (can)	12 / 355ml								G P U
628504 073391	23633								BC  X	Water Kefir, Lemon Ginger Turmeric (can)	12 / 355ml								G P U
628504 073414	23634								BC  X	Water Kefir, Power Green (can)	12 / 355ml								G P U
628504 073438	23635								BC  X	Water Kefir, Strawberry Rosehip (can)	12 / 355ml								G P U

LOOP MISSION | COLD-PRESSED JUICE & SMOOTHIES (REFRIGERATED)

056719 900445	11208	GMO							+	 X	Juice, Deep Green (cucumber, celery, spinach, kale, lemon, ginger)	6 / 355ml							U
056719 900032	11203									X	Juice, High Achiever (beet, grape, apple, carrot, celery)	6 / 355ml							U
056719 900018	11204									X	Juice, King Of The Hill (clementine, carrot, cantaloupe, turmeric)	6 / 355ml							U
056719 900063	11202	GMO							+	 X	Juice, Morning Glory (clementine, orange, strawberry)	6 / 355ml							U
056719 900025	11200	GMO							+	 X	Juice, Undercover (pear, cucumber, pineapple, celery, spinach, kale, nettle, jalapeno)	6 / 355ml							U
056719 900872	11249	GMO							+	 X	Lemonade, Blue Crush	6 / 355ml							G U
056719 900865	11248	GMO							+	 X	Lemonade, Strawberry Crush	6 / 355ml							G U
056719 900100	11241	GMO							+	 X	Smoothie, Green Vibes (spinach, kale, pineapple, spirulina) (plastic)	6 / 355ml							U
056719 901022	11250	GMO							+	 X	Smoothie, Mango Paradise (mango, pineapple, banana, oat milk)	6 / 355ml							U
056719 900193	11222								+	 X	Juice, Better Together (grapefruit, orange, ginger)	6 / 1L							U
056719 900186	11220	GMO							+	 X	Juice, Morning Glory (clementine, orange, strawberry)	6 / 1L							U
056719 900452	11226	GMO							+	 X	Juice, Orange	6 / 1L							U
056719 900261	11244								+	 X	Smoothie, Green Vibes (spinach, kale, pineapple, banana, spirulina, oat milk, pea protein)	6 / 1L							U

LOOP MISSION | PROBIOTIC SODA (REFRIGERATED)

056719 900377	11232	GMO							+	 X	Soda, Sparkling Ginger (can)	12 / 355ml							G P U
056719 900087	11233								+	 X	Soda, Sparkling Grapefruit (can)	12 / 355ml							G P U
056719 900094	11231	GMO							+	 X	Soda, Sparkling Clementine (can)	12 / 355ml							G P U
056719 900070	11230	GMO							+	 X	Soda, Sparkling Strawberry (can)	12 / 355ml							G P U

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RISE BOTANICALS | SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)

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

RISE | KOMBUCHA (REFRIGERATED)

818762 001803	15322	GMO				V	*	+	$\mathcal{P}$			Low Sugar, Kiwi & Pineapple, Organic (glass)	12 / 414ml				G	P	U
818762 001810	15323	GMO				V	*	+	$\mathcal{P}$			Low Sugar, Mango & Papaya, Organic (glass)	12 / 414ml				G	P	U
818762 001827	15324	GMO				V	*	+	$\mathcal{P}$			Low Sugar, Raspberry & Vanilla, Organic (glass)	12 / 414ml				G	P	U
818762 001834	15325	GMO				V	*	+	$\mathcal{P}$			Low Sugar, Watermelon & Mint, Organic (glass)	12 / 414ml				G	P	U
818762 001902	15315	GMO				V	*	+	$\mathcal{P}$			Low Sugar, Kiwi & Pineapple, Organic (glass)	6 / 1L				G	P	U
818762 001919	15316	GMO				V	*	+	$\mathcal{P}$			Low Sugar, Mango & Papaya, Organic (glass)	6 / 1L				G	P	U
818762 001926	15317	GMO				V	*	+	$\mathcal{P}$			Low Sugar, Raspberry & Vanilla, Organic (glass)	6 / 1L				G	P	U
818762 001933	15318	GMO				V	*	+	$\mathcal{P}$			Low Sugar, Watermelon & Mint, Organic (glass)	6 / 1L				G	P	U
818762 000042	15304	GMO				GF	V	*	+	$\mathcal{P}$		Blueberry & Maple, Organic (glass)	12 / 414ml				G	P	U
818762 000011	15301	GMO				GF	V	*	+	$\mathcal{P}$		Fresh Ginger, Organic (glass)	12 / 414ml				G	P	U
818762 000035	15302	GMO				GF	V	*	+	$\mathcal{P}$		Hibiscus & Rosehips, Organic (glass)	12 / 414ml				G	P	U
818762 002008	15327	GMO					*	+	$\mathcal{P}$			Lime & Matcha, Organic (glass)	12 / 414ml				G	P	U
818762 001063	15320	GMO				V	*	+	$\mathcal{P}$			Lychee & Jasmine, Organic (glass)	12 / 414ml				G	P	U
818762 001032	15305	GMO				GF	V	*	+	$\mathcal{P}$		Mint Chlorophyll, Organic (glass)	12 / 414ml				G	P	U
818762 001056	15321	GMO				V	*	+	$\mathcal{P}$			Orange & Turmeric, Organic (glass)	12 / 414ml				G	P	U
818762 002015	15326	GMO					*	+	$\mathcal{P}$			Peach & Mango, Organic (glass)	12 / 414ml				G	P	U
818762 000370	15310	GMO				GF	V	*	+	$\mathcal{P}$		Blueberry & Maple, Organic (glass)	6 / 1L				G	P	U
818762 000349	15307	GMO				GF	V	*	+	$\mathcal{P}$		Fresh Ginger, Organic (glass)	6 / 1L				G	P	U
818762 000363	15308	GMO				GF	V	*	+	$\mathcal{P}$		Hibiscus & Rosehips, Organic (glass)	6 / 1L				G	P	U
818762 002046	15331	GMO					*	+	$\mathcal{P}$			Lime & Matcha, Organic (glass)	6 / 1L				G	P	U
818762 001070	15313	GMO				V	*	+	$\mathcal{P}$			Lychee & Jasmine, Organic (glass)	6 / 1L				G	P	U
818762 001049	15311	GMO				GF	V	*	+	$\mathcal{P}$		Mint Chlorophyll, Organic (glass)	6 / 1L				G	P	U
818762 001087	15314	GMO				V	*	+	$\mathcal{P}$			Orange & Turmeric, Organic (glass)	6 / 1L				G	P	U
818762 002053	15330	GMO					*	+	$\mathcal{P}$			Peach & Mango, Organic (glass)	6 / 1L				G	P	U

SQUAMISH WATER KEFIR | PROBIOTIC SODA & WATER KEFIR (REFRIGERATED)

628451 426219	23604								BC	$\mathcal{P}$		Probiotic Soda, Berry Berry (can)	12 / 355ml				G	P	U
628451 426028	23606								BC	$\mathcal{P}$		Probiotic Soda, Blood Orange (can)	12 / 355ml				G	P	U
628451 426257	23616								BC	$\mathcal{P}$		Probiotic Soda, Cola (can)	12 / 355ml				G	P	U
628451 426240	23617								BC	$\mathcal{P}$		Probiotic Soda, Cream Soda (can)	12 / 355ml				G	P	U
628451 426004	23605								BC	$\mathcal{P}$		Probiotic Soda, Lemon Ginger (can)	12 / 355ml				G	P	U
628451 426059	23609								BC	$\mathcal{P}$		Probiotic Soda, Lemonade Iced Tea (can)	12 / 355ml				G	P	U
628451 426035	23608								BC	$\mathcal{P}$		Probiotic Soda, Mojito Mint (can)	12 / 355ml				G	P	U
628451 426233	23618								BC	$\mathcal{P}$		Probiotic Soda, Root Beer (can)	12 / 355ml				G	P	U
628451 426066	23610								BC	$\mathcal{P}$		Water Kefir (plastic bottle)	6 / 1L						U

TOFINO | RAW KOMBUCHA (REFRIGERATED)

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

MEAT & SEAFOOD ALTERNATIVES

BIG MOUNTAIN | PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)

777744 000084	38008					V			BC	$\mathcal{P}$		Bites, MMM Mighty Mushroom	8 / 300g						
777744 000077	38009					V			BC	$\mathcal{P}$		Bites, Sunny Superfood Breakfast	8 / 300g						
777744 000138	38017					V			BC	$\mathcal{P}$		Burger, Lion's Mane Mushroom (2pk)	8 / 240g						
777744 000053	38003					V			BC	$\mathcal{P}$		Links, Brekkie Superfood	12 / 300g						
777744 000060	38004					V			BC	$\mathcal{P}$		Links, Veggie Big Brat	12 / 300g						
777744 000022	38006					V			BC	$\mathcal{P}$		Links, Veggie Fiesta	12 / 300g						

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777744 000008	38012				V				BC	P		8 / 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						

FIELD ROAST CO. | PLANT BASED MEAT ALTERNATIVE (REFRIGERATED)

638031 606504	65250	GMO			V							12 / 368g						
638031 612284	65251	GMO			V							12 / 340g						
638031 612154	65252	GMO			V							12 / 368g						
638031 612161	65254	GMO			V							12 / 368g						
638031 612178	65253	GMO			V							12 / 368g						

GUSTA | PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)

627552 108017	54760							+	P			12 / 260g						
627552 105092	54749								P	X		12 / 200g						
627552 101070	54742							+	P			12 / 200g						
627552 101094	54734							+	P			12 / 320g						
627843 577843	54730							+	P			12 / 350g						
627843 577867	54732							+	P			12 / 350g						
627552 101131	54735							+	P			12 / 320g						
627843 577874	54733							+	P			12 / 350g						
627843 577850	54731							+	P			12 / 350g						
627552 104057	54747				V			+	P			12 / 340g						

HORNBY ISLAND | VEGGIE PÂTÉ (REFRIGERATED)

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

SAVE DA SEA | PLANT-BASED SEAFOOD (REFRIGERATED)

627987 308181	40450								BC	P		6 / 100g						
627987 308228	40452								BC	P		6 / 100g						
627987 308204	40451								BC	P		6 / 100g						

TOFURKY | MEAT ALTERNATIVE (REFRIGERATED)

025583 119079	57089											5 / 227g						
025583 119109	57090											5 / 227g						
025583 004313	57072											12 / 156g						
025583 004306	57071											12 / 156g						
025583 004320	57080											12 / 156g						
025583 119062	57091											8 / 227g						
025583 006119	57077											12 / 397g						
025583 006126	57078	GMO										12 / 397g						
025583 006133	57079	GMO										12 / 397g						
025583 005303	54605											5 / 227g						
025583 005334	54607											5 / 227g						
025583 005358	54606											5 / 227g						

YVES | VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)

060822 000084	40518	GMO			V			+				12 / 275g						
060822 003016	40560	GMO			V			+				12 / 340g						
060822 001303	91284	GMO	B		V			+		X		6 / 1kg						
060822 001227	91285	GMO	B		V			+		X		5 / 1kg						

SNACKS

MID-DAY SQUARES | FUNCTIONAL CHOCOLATE (REFRIGERATED)

877977 000292	50259	GMO			V		@	+	P			5 / 4x33g						G
877977 000407	50260	GMO			V		@	+	P			5 / 4x33g						G
877977 000278	50258	GMO			V		@	+	P			5 / 4x33g						G

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877977 000032	50255	GMØ			V		@	+	$\mathbb{P}$	X	Squares, Almond Crunch	12 / 33g						G
877977 000001	50254	GMØ			V		@	+	$\mathbb{P}$	X	Squares, Brownie Batter	12 / 33g						G
877977 000186	50257	GMØ			V		@	+	$\mathbb{P}$	X	Squares, Cookie Dough	12 / 33g						G
877977 000353	50261	GMØ			V		@	+	$\mathbb{P}$	X	Squares, Crunchy Peanut	12 / 33g						G
877977 000063	50256	GMØ			V		@	+	$\mathbb{P}$	X	Squares, Peanut Butta	12 / 33g						G

TOFU & ASIAN CUISINE

AMANO | MISO (REFRIGERATED)

067334 070024	40005	GMØ			*	BC	$\mathbb{P}$				Miso, Aka, Organic	12 / 400g						
067334 070031	40010	GMØ			*	BC	$\mathbb{P}$				Miso, Genmai, Organic	12 / 400g						
067334 070048	40007	GMØ			*	BC	$\mathbb{P}$				Miso, Mugi, Organic	12 / 400g						
067334 070017	40015	GMØ			*	BC	$\mathbb{P}$				Miso, Shiro, Organic	12 / 400g						
067334 001028	40061	GMØ			*	BC	$\mathbb{P}$				Miso, Aka, Organic	10 / 1kg						
067334 001035	40059	GMØ			*	BC	$\mathbb{P}$				Miso, Genmai, Organic	10 / 1kg						
067334 001011	40062	GMØ			*	BC	$\mathbb{P}$				Miso, Shiro, Organic	10 / 1kg						
067334 005026	40065	GMØ B			*	BC	$\mathbb{P}$				Miso, Aka, Organic	1 / 2.27kg						
067334 005019	40060	GMØ B			*	BC	$\mathbb{P}$				Miso, Shiro, Organic	1 / 2.27kg						
067334 025024	40063	GMØ B			*	BC	$\mathbb{P}$				Miso, Aka, Organic	1 / 11.36kg						

BIG MOUNTAIN | SOY-FREE TOFU (REFRIGERATED)

777744 000107	38013	GMØ			V	BC	$\mathbb{P}$				Soy-Free Tofu, Medium Firm	8 / 340g						
777744 000121	38014	GMØ			V	BC	$\mathbb{P}$				Soy-Free Tofu, Super Smoked, Firm	8 / 280g						

GREEN CUISINE | MOCHI, TEMPEH & TOFU (REFRIGERATED)

See Frozen meat alternatives for more selections

068532 730017	24054	GMØ			*	BC	$\mathbb{P}$				X MOCHI, Brown Rice, Organic	1 / 284ml						
068532 730024	24055	GMØ			*	BC	$\mathbb{P}$				X MOCHI, Raisin & Cinnamon, Organic	1 / 284ml						
068532 006174	40538	GMØ			*	BC	$\mathbb{P}$				X TEMPEH, BBQ Burgers, Organic	1 / 170g						
068532 700034	40537	GMØ			*	BC	$\mathbb{P}$				X TEMPEH, Indonesian, Organic	1 / 225g						
068532 765477	40530					BC	$\mathbb{P}$				X TEMPEH, Miso Gravy	1 / 225g						
068532 000271	40536	GMØ			*	BC	$\mathbb{P}$				X TEMPEH, Original Burgers, Organic	1 / 170g						
068532 113926	40526	GMØ			*	BC	$\mathbb{P}$				X TEMPEH, Simply Soybean, Organic	1 / 225g						
068532 700041	40541	GMØ			*	BC	$\mathbb{P}$				X TEMPEH, Smoked, Organic	1 / 225g						
068532 612344	40540					BC	$\mathbb{P}$				TEMPEH, Sunseed	1 / 225g						
068532 654368	40531					BC	$\mathbb{P}$				X TEMPEH, Sweet Chili	1 / 225g						
068532 000264	40542	GMØ			*	BC	$\mathbb{P}$				X TOFU, Baked, Organic	1 / 225g						
068532 000998	40230	GMØ			*	BC	$\mathbb{P}$				X TOFU, Extra Firm, Organic	1 / 454g						
068532 000103	40228	GMØ			*	BC	$\mathbb{P}$				X TOFU, Medium, Organic	1 / 454g						
068532 000547	40544	GMØ			*	BC	$\mathbb{P}$				TOFU, Smoked Cutlets, Organic	1 / 225g						
	40106	GMØ B			*	BC	$\mathbb{P}$				X TOFU, Extra Firm, Bulk, Organic	1 / 5.4kg						
	91032										X Display Tray (S/O)	1 / 1ea						

OOME | SMOKED TOFU (REFRIGERATED)

627987 908923	40340	GMØ				BC	$\mathbb{P}$				Smoked Tofu, Greek	6 / 220g						
627987 908947	40341	GMØ				BC	$\mathbb{P}$				Smoked Tofu, Just Smoke	6 / 220g						
627987 908978	40342	GMØ				BC	$\mathbb{P}$				Smoked Tofu, Maple Soy	6 / 220g						

SOYA NOVA | TOFU (REFRIGERATED)

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

SUPERIOR NATURAL | TOFU (REFRIGERATED)

777433 001064	40322	GMØ			*	BC	$\mathbb{P}$				Tofu, Extra Firm, Organic	12 / 350g						
777433 012404	40323	GMØ			*		$\mathbb{P}$				Tofu, Firm, Organic	12 / 454g						
777433 000302	40335	GMØ				BC	$\mathbb{P}$				Tofu, Fried	12 / 360g						
777433 012411	40324	GMØ			*		$\mathbb{P}$				Tofu, Medium Firm, Organic	12 / 454g						
777433 012480	40325	GMØ			*		$\mathbb{P}$				Tofu, Silken (water pack), Organic	12 / 454g						

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WILDWOOD ORGANICS | TOFU (REFRIGERATED)

030871 704417	55081	GMO		GF	*														Tofu, Firm, Organic (2-pack)	12 / 439g	
030871 701041	55082	GMO		GF	*														Tofu, Extra Firm, Organic (2-pack)	12 / 439g	

OILS

OMEGA NUTRITION | EFA OIL (REFRIGERATED)

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

NUTRITIONAL SUPPLEMENTS & PROBIOTICS

BIO-K PLUS | PROBIOTIC (REFRIGERATED)

626608 000091	07312			GF		+													X BIO-KIDZ, Fermented Dairy Probiotic, Strawberry	6 / 98g	G
626608 007113	07453	GMO		GF		+													X Active Probiotic Shot, Raspberry (12.5 billion CFU)	6 / 98g	G
626608 007090	07454	GMO		GF		+													X Active Probiotic Shot, Strawberry (12.5 billion CFU)	6 / 98g	G
626608 000169	07383					+													X Capsules, IBS Control	1 / 30ct	G
626608 000770	07302			GF		+													X Fermented Dairy Probiotic, Original	12 / 98g	G
626608 000442	07306			GF		+													X Fermented Dairy Probiotic, Vanilla	12 / 98g	G
626608 008028	07451	GMO		GF	*	+													Extra, Fermented Oat & Pumpkin Seeds, Cereboost Peach & Turmeric, Organic	6 / 98g	G
626608 008066	07450	GMO		GF	*	+													Extra, Fermented Oat & Pumpkin Seeds, Wellmune Elderberry, Organic	6 / 98g	G
626608 000763	07301			GF		+													X Fermented Dairy Probiotic, Original	6 / 98g	G
626608 000961	07307			GF		+													X Fermented Dairy Probiotic, Strawberry	6 / 98g	G
626608 000336	07305			GF		+													X Fermented Dairy Probiotic, Vanilla	6 / 98g	G
626608 000022	07384	GMO		GF		+													X Fermented Pea Probiotic, Raspberry	6 / 98g	G
626608 000268	07309	GMO		GF	*	+													X Fermented Rice Probiotic, Blueberry, Organic	6 / 98g	G
626608 000862	07303	GMO		GF		+													X Fermented Soy Probiotic, Mango	6 / 98g	G
626608 000978	07308	GMO		GF		+													X Fermented Dairy Probiotic, Strawberry	12 / 98g	G
626608 002125	07310	GMO		GF	*	+													X Fermented Rice Probiotic, Blueberry, Organic	12 / 98g	G
626608 000879	07304			GF		+													X Fermented Soy Probiotic, Mango	12 / 98g	G

THE CULTURED COCONUT | PROBIOTIC (REFRIGERATED)

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

FROZEN BREAD

Breads, Bagels, Buns & English Muffins

ALKEME | GLUTEN FREE SOURDOUGH (FROZEN)

854278 001210	40754	GMO		GF		BC													X Sourdough Bagels, Everything (6ct)	10 / 660g	
854278 001203	40755	GMO		GF		BC													X Sourdough Bagels, Original (6ct)	10 / 660g	
854278 001036	40751	GMO		GF		BC													X Sourdough Bread, Ancient Grains	10 / 725g	
854278 001029	40750	GMO		GF		BC													X Sourdough Bread, Country Loaf	10 / 725g	
854278 001111	40752	GMO		GF		BC													X Sourdough Demi Baguettes	10 / 2ct	
854278 001128	40753	GMO		GF		BC													X Sourdough Demi Baguettes, Poppy Seed	10 / 2ct	

FOOD FOR LIFE | BREAD & ENGLISH MUFFINS (FROZEN)

073472 001691	55538	GMO																	X Bread, Brown Rice (gluten free)	6 / 680g	
073472 001318	55532	GMO			*														X Bread, EZEKIEL 4:9 Spouted Grain, Cinnamon Raisin, Organic	6 / 680g	
073472 001530	55534	GMO			*														X Bread, EZEKIEL 4:9 Spouted Grain, Low Sodium, Organic	6 / 680g	
073472 001202	55530	GMO			*														X Bread, EZEKIEL 4:9 Spouted Grain, Organic	6 / 680g	
073472 001233	55531	GMO			*														X Bread, EZEKIEL 4:9 Spouted Grain, Sesame, Organic	6 / 680g	

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073472 001417 **55533** GMO * X Bread, GENESIS 1:29 Sprouted Grain & Seed, Organic 6 / 680g

073472 001851 **55595** GMO X English Muffins, Brown Rice (gluten free) 6 / 510g

073472 001172 **55547** GMO * X English Muffins, EZEKIEL 4:9 Sprouted Grain, Cinnamon Raisin, Organic 6 / 454g

073472 001196 **55546** GMO * X English Muffins, EZEKIEL 4:9 Sprouted Grain, Organic 6 / 454g

KINNIKINNICK | GLUTEN FREE BREAD PRODUCTS (FROZEN)

620133 000694 **58083** GF V + P x Artisan Dinner Rolls (6pk) 6 / 294g

620133 000540 **58078** GF + P X English Muffins, Traditional (6pk) 6 / 354g

620133 000458 **54348** GF V + P X Bread, Multigrain 6 / 454g

620133 000441 **54342** GF V + P X Bread, White 6 / 454g

620133 000762 **58075** GF V + P X Bread, Whole Grain 6 / 504g

620133 000748 **54343** GF V + P X Buns, Hotdog (4pk) 6 / 285g

620133 000731 **54345** GF V + P X Buns, Hamburger (4pk) 6 / 245g

MANNA ORGANICS | MIGHTY MANNA BREAD (FROZEN)

058449 000037 **54814** GMO * X MIGHTY MANNA, Carrot Raisin, Organic 8 / 400g

058449 708018 **54819** GMO * X MIGHTY MANNA, Cinnamon Date, Organic 8 / 400g

058449 000266 **54832** GMO * X MIGHTY MANNA, Fig Fennel & Flax, Organic 8 / 350g

058449 000099 **54818** GMO * X MIGHTY MANNA, Fruit & Nut, Organic 8 / 400g

058449 000051 **54816** GMO * X MIGHTY MANNA, Whole Rye, Organic 8 / 400g

O'DOUGHS | BREAD, BUNS & BAGELS (FROZEN)

698433 000003 **54598** GMO GF V + P X Bread, Flax 6 / 700g

698433 000027 **54599** GMO GF V + P X Bread, White 6 / 700g

698433 000744 **54613** GMO GF V + P X Buns, Hamburger 6 / 400g

698433 001208 **54651** GMO GF V + P X THINS, Bagel, Everything 6 / 300g

698433 000843 **54616** GMO GF V + P X THINS, Bagel, Original 6 / 300g

698433 001192 **54650** GMO GF V + P X THINS, Bagel, Sesame 6 / 300g

698433 000850 **54617** GMO GF V + P X THINS, Bagel, Sprouted Whole Grain Flax 6 / 300g

698433 001116 **54621** GMO GF V + P X THINS, Sandwich, Multigrain 6 / 510g

698433 001109 **54619** GMO GF V + P X THINS, Sandwich, Original 6 / 510g

OZERY FAMILY BAKERY | BUNS (FROZEN)

664164 100091 **55357** GMO + P X MORNING ROUNDS Breakfast Buns, Apple Cinnamon 6 / 450g

664164 100084 **55356** GMO + P X MORNING ROUNDS Breakfast Buns, Muesli 6 / 450g

664164 100411 **55359** GMO + P X ONEBUN Pre-sliced Sandwich Buns, Multigrain 6 / 600g

664164 100510 **55364** GMO + P X ONEBUN Pre-sliced Sandwich Buns, Multigrain 100 Calorie 6 / 320g

PORTOFINO BAKERY | BREAD & BUNS (FROZEN)

661172 020397 **40174** BC P X Artisan Buns, Brioche Deluxe 12 / 480g

661172 022889 **40177** BC P X Artisan Buns, Brioche Hot Dog Deluxe 12 / 390g

661172 022841 **40175** BC P X Artisan Buns, Golden Potato 12 / 540g

661172 023107 **40187** BC P X Artisan Buns, Pretzel Kaiser 16 / 440g

661172 018080 **40178** BC P X Artisan Loaf, European Dark Rye, sliced 10 / 630g

661172 023022 **40193** BC P X Artisan Loaf, French White, sliced 5/8" (food service loaf) 8 / 970g

661172 018165 **40170** BC P X Artisan Loaf, Peasant, sliced 10 / 585g

661172 018189 **40171** BC P X Artisan Loaf, Roasted Garlic & Cracked Pepper, sliced 10 / 585g

661172 018097 **40179** BC P X Artisan Loaf, Rustic Multigrain, sliced 10 / 700g

661172 018110 **40173** BC P X Artisan Loaf, Seeded Hearth, sliced 10 / 600g

661172 018158 **40172** BC P X Artisan Loaf, Sourdough, sliced 10 / 585g

661172 022803 **40180** BC P X Artisan Loaf, West Coast 5 Grain, sliced 10 / 585g

661172 020687 **40181** BC P X Artisan Loaf, Western Harvest, sliced 10 / 675g

661172 000061 **40182** BC P X Pan Loaf, Multigrain, sliced 12 / 810g

661172 000092 **40183** BC P X Pan Loaf, Sourdough, sliced 12 / 810g

661172 020694 **40184** BC P X Pan Loaf, Western Harvest, sliced 12 / 810g

661172 000115 **40185** BC P X Pan Loaf, White, sliced 12 / 720g

661172 000122 **40186** BC P X Pan Loaf, Whole Wheat, sliced 12 / 720g

Sell By Date if thawed and sold fresh is 10 days

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TERRA | ARTISAN BREAD (FROZEN)

779324 000507	40133										BC $\frac{1}{2}$ X French Baguette	20 / 290g
779324 000125	40134										BC $\frac{1}{2}$ X French Loaf	15 / 450g
779324 008268	40139										BC $\frac{1}{2}$ X Pizza Bianca Flatbread	24 / 250g
779324 000316	40140										BC $\frac{1}{2}$ X Sourdough Loaf, (made w/organic flour)	15 / 480g
779324 100054	40130										BC $\frac{1}{2}$ X Sourdough Loaf, Cheese	15 / 500g
779324 000194	40135										BC $\frac{1}{2}$ X Sourdough Loaf, Green Olive	15 / 500g
779324 009197	40136										BC $\frac{1}{2}$ X Sourdough Loaf, Heritage (made w/ organic flour)	8 / 700g
779324 100108	40137										BC $\frac{1}{2}$ X Sourdough Loaf, Multigrain (made w/organic ingredients)	15 / 500g
779324 100153	40157										BC $\frac{1}{2}$ X Sourdough Loaf, Walnut	15 / 500g

Please note: Shelf life once thawed is 7 days

UNBUN | GRAIN FREE & KETO BREAD (FROZEN)

628250 179040	11102			GF							$\frac{1}{2}$ X Unbread, Sliced	6 / 520g
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Flat Breads

BUENO FOODS | TORTILLAS (FROZEN)

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

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

INDIANLIFE | FLAT BREADS, WRAPS & TORTILLAS (FROZEN)

777762 001377	58023	GMO									BC $\frac{1}{2}$ X Chapati (6ct)	12 / 284g
777762 001360	58022	GMO									BC $\frac{1}{2}$ X Tortillas (7")	12 / 284g
777762 001322	58014	GMO									BC $\frac{1}{2}$ X Naan, Coriander & Herbs	12 / 500g
777762 001285	58017	GMO									BC $\frac{1}{2}$ X Naan, Garlic	12 / 500g
777762 001292	58016	GMO									BC $\frac{1}{2}$ X Naan, Plain	12 / 500g
777762 001315	58018	GMO									BC $\frac{1}{2}$ X Naan, Spinach	12 / 500g
777762 000530	58013	GMO									BC $\frac{1}{2}$ X Roti	12 / 250g
777762 001650	58019	GMO									BC $\frac{1}{2}$ X Wrap, Masala (11")	12 / 500g
777762 001872	58038	GMO								*	BC $\frac{1}{2}$ X Wrap, Sprouted Spelt Flour, Organic (11")	12 / 500g
777762 001629	58020	GMO									BC $\frac{1}{2}$ X Wrap, Spinach (11")	12 / 500g
777762 001643	58021	GMO									BC $\frac{1}{2}$ X Wrap, Sundried Tomato (11")	12 / 500g
777762 001612	58028	GMO									BC $\frac{1}{2}$ X Wrap, Tortilla (11")	12 / 500g

LITA'S MEXICAN FOODS | FLOUR TORTILLAS (FROZEN)

627843 777960	15635	GMO				V *					BC $\frac{1}{2}$ x Tortillas, White Flour, Organic (uncooked) (8pk)	12 / 280g
627843 777977	15636	GMO				V *					BC $\frac{1}{2}$ x Tortillas, Whole Wheat Flour, Organic (uncooked) (8pk)	12 / 280g

OASIS | PITA BREAD (FROZEN)

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

698433 100185	54625	GMO			GF	V			+	$\frac{1}{2}$ X O'DIPPERS, Garlic & Chive	6 / 210g
698433 100178	54624	GMO			GF	V			+	$\frac{1}{2}$ X O'DIPPERS, Original	6 / 210g

Use-By Date if Sold Thawed: 7 days

UNBUN | GRAIN FREE & KETO TORTILLAS (FROZEN)

628250 179033	11103			GF							$\frac{1}{2}$ X Tortillas (8pk)	8 / 210g
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FROZEN BUTTER

ORGANIC MEADOW | BUTTER (FREEZER)

062325 011116	50623	GMO							*	+	$\frac{1}{2}$ X Butter, Cultured, unsalted, Organic	15 / 454g
062325 084004	50625	GMO							*	+	$\frac{1}{2}$ X Butter, Grass Fed 84% MF, lightly salted, Organic	25 / 250g

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ROLLING MEADOW | BUTTER (FROZEN)

062325 800857	05931	GMØ				*		+	$\frac{P}{2}$	X	Butter, Grass Fed, Salted	15	/ 454g					
838143 001819	05992	GMØ				*		+	$\frac{P}{2}$	X	Butter, Grass Fed, Salted	25	/ 250g					
062325 800864	05930	GMØ				*		+	$\frac{P}{2}$	X	Butter, Grass Fed, Unsalted	15	/ 454g					
838143 001802	05991	GMØ				*		+	$\frac{P}{2}$	X	Butter, Grass Fed, Unsalted	25	/ 250g					

FROZEN DESSERTS

Bakery Goods

DAIYA | CHEEZECAKE (FROZEN)

871459 002385	50160	GMØ		GF	V				BC	$\frac{P}{2}$	X	Cheezecake, Chocolate	8	/ 400g				
871459 002378	50158	GMØ		GF	V				BC	$\frac{P}{2}$	X	Cheezecake, Key Lime	8	/ 400g				
871459 002361	50157	GMØ		GF	V				BC	$\frac{P}{2}$	X	Cheezecake, New-York	8	/ 400g				
871459 002392	50159	GMØ		GF	V				BC	$\frac{P}{2}$	X	Cheezecake, Strawberry	8	/ 400g				

KINNIKINNICK | DONUTS (FROZEN)

620133 002247	51004			GF				+	$\frac{P}{2}$	X	Donuts, Chocolate Dipped (6pk)	8	/ 320g					
620133 002230	54346			GF				+	$\frac{P}{2}$	X	Donuts, Cinnamon Sugar (6pk)	8	/ 270g					
620133 002216	51005			GF				+	$\frac{P}{2}$	X	Donuts, Maple Glazed (6pk)	8	/ 320g					
620133 002209	51003			GF				+	$\frac{P}{2}$	X	Donuts, Vanilla Glazed (6pk)	8	/ 320g					

RAWMBAS | VEGAN MUFFINS (FROZEN)

628176 576206	56516			GF	V				BC	$\frac{P}{2}$	X	Muffins, Apple Raspberry (single serve)	8	/ 100g				G
628176 576244	56514			GF	V				BC	$\frac{P}{2}$	X	Muffins, Bountiful Blueberry (single serve)	8	/ 100g				G
628176 576282	56515			GF	V				BC	$\frac{P}{2}$	X	Muffins, Double Chocolate (single serve)	8	/ 100g				G
628176 576213	56522			GF	V				BC	$\frac{P}{2}$	X	Muffins, Apple Raspberry (single serve)	24	/ 100g				G
628176 576251	56520			GF	V				BC	$\frac{P}{2}$	X	Muffins, Bountiful Blueberry (single serve)	24	/ 100g				G
628176 576299	56521			GF	V				BC	$\frac{P}{2}$	X	Muffins, Double Chocolate (single serve)	24	/ 100g				G
628176 576220	56517			GF	V				BC	$\frac{P}{2}$	X	Muffins, Apple Raspberry (4pk)	4	/ 340g				G
628176 576268	56518			GF	V				BC	$\frac{P}{2}$	X	Muffins, Bountiful Blueberry (4pk)	4	/ 340g				G
628176 576305	56519			GF	V				BC	$\frac{P}{2}$	X	Muffins, Double Chocolate (4pk)	4	/ 340g				G
628176 576237	56523			GF	V				BC	$\frac{P}{2}$	X	Muffins, Apple Raspberry (4pk)	12	/ 340g				G
628176 576091	56524			GF	V				BC	$\frac{P}{2}$	X	Muffins, Bountiful Blueberry (4pk)	12	/ 340g				G
628176 576312	56525			GF	V				BC	$\frac{P}{2}$	X	Muffins, Chocolate Chip (4pk)	12	/ 340g				G

For Single Serve Muffins: Sell By Date if thawed and sold fresh is 3 days

WISE BITES | ALLERGEN-FREE BAKED GOODS (FROZEN)

816592 000584	28510			GF	V				BC	$\frac{P}{2}$	X	Oat & Quinoa Snowy Lemon Treats	8	/ 150g				G
816592 000546	28511			GF	V				BC	$\frac{P}{2}$	X	Oat & Quinoa Super Cookie, Chocolate Chip	2	/ 12x75g				G
816592 000218	28512			GF	V				BC	$\frac{P}{2}$	X	Quinoa Bars, Chocolate Chip (12pk)	12	/ 300g				
816592 000232	28513			GF	V				BC	$\frac{P}{2}$	X	Quinoa Bars, Triple Fudge (12pk)	12	/ 300g				

Dessert Toppings & Ice Cream Cones

LET'S DO | ICE CREAM CONES

043182 003520	35182	GMØ		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	GMØ			V	*						X	Ice Cream Cones, Organic (cups)	12	/ 36g			
043182 003575	35043	GMØ				V	*						X	Sugar Cones, Organic	12	/ 132g		

Ice Cream, Frozen Yogurt & Gelato

AVALON | ORGANIC ICE CREAM (FROZEN)

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

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066939 093001	40976	GMO					*			BC	X	Ice Cream, Vanilla Bean, Organic	6 / 500ml						

BETTERWITH | CREAM ICE CREAM (FROZEN)

628055 217176	53184									BC	$\frac{P}{2}$	X Ice Cream, Caramel Cream	8 / 473ml						G
628055 217152	53182									BC	$\frac{P}{2}$	X Ice Cream, Milk Chocolate	8 / 473ml						G
628055 217169	53183									BC	$\frac{P}{2}$	X Coffee Ice Cream	8 / 473ml						G
628055 217138	53180									BC	$\frac{P}{2}$	X Cream Ice Cream	8 / 473ml						G
628055 217183	53185									BC	$\frac{P}{2}$	X Ice Cream, Summer Strawberry	8 / 473ml						G
628055 217145	53181									BC	$\frac{P}{2}$	X Ice Cream, Vanilla Bean	8 / 473ml						G

ORGANIC MEADOW | ICE CREAM (FROZEN)

062325 610074	50620	GMO					*	+	$\frac{P}{2}$	X Ice Cream, Chocolate, Organic	6 / 946ml								
062325 610067	50619	GMO					*	+	$\frac{P}{2}$	X Ice Cream, Strawberry, Organic	6 / 946ml								
062325 610081	50618	GMO					*	+	$\frac{P}{2}$	X Ice Cream, Vanilla, Organic	6 / 946ml								

SALT SPRING GELATO | ITALIAN ICE CREAM (FROZEN)

628451 883104	53028									BC	$\frac{P}{2}$	X Gelato, Belgian Chocolate	8 / 450ml						G
628451 883302	53030									BC	$\frac{P}{2}$	X Gelato, Hazelnut	8 / 450ml						G
628451 883487	53029									BC	$\frac{P}{2}$	X Gelato, Vanilla Bean	8 / 450ml						G
628451 883050	53093	GMO					*			BC	$\frac{P}{2}$	X Gelato, Vanilla Bean, Organic	8 / 450ml						G

Non-Dairy Frozen Desserts & Sorbets

NORA'S | DAIRY-FREE DESSERT (FROZEN)

627843 814214	32924			GF	V					BC	$\frac{P}{2}$	X Cashew Frozen Dessert, Cookies & Crème	8 / 500ml						
627843 814245	32920				V					BC	$\frac{P}{2}$	X Cashew Frozen Dessert, Mint Chip	8 / 500ml						
627843 814221	32921				V					BC	$\frac{P}{2}$	X Cashew Frozen Dessert, Peanut Butter & Chocolate	8 / 500ml						
627843 814207	32922				V					BC	$\frac{P}{2}$	X Cashew Frozen Dessert, Strawberries & Crème	8 / 500ml						
627843 814238	32923				V					BC	$\frac{P}{2}$	X Cashew Frozen Dessert, Vanilla Bean	8 / 500ml						

SALT SPRING GELATO | SORBETTO (FROZEN)

628451 883142	53098	GMO					*			BC	$\frac{P}{2}$	X Sorbetto, Raspberry, Organic	8 / 450ml						G
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Frozen Novelties

EVIVE | SMOOTHIE POPS (FROZEN)

628110 947536	24717	GMO						+	$\frac{P}{2}$	X Smoothie Pops, Dragon Fruit	8 / 5x50g								G
628110 947543	24716	GMO						+	$\frac{P}{2}$	X Smoothie Pops, Peach	8 / 5x50g								G
628110 947550	24715	GMO						+	$\frac{P}{2}$	X Smoothie Pops, Strawberry Mango	8 / 5x50g								G

SQUAMISH WATER KEFIR | FROZEN PROBIOTIC POPS

628451 426165	23612									BC	$\frac{P}{2}$	X Pops, Coconut-Horchata	6 / 4x80ml						G
628451 426158	23613									BC	$\frac{P}{2}$	X Pops, Fudge	6 / 4x80ml						G
628451 426141	23614									BC	$\frac{P}{2}$	X Pops, Grape	6 / 4x80ml						G
628451 426134	23615									BC	$\frac{P}{2}$	X Pops, Lemonade	6 / 4x80ml						G
628451 426226	23619									BC	$\frac{P}{2}$	X Pops, Root Beer	6 / 4x80ml						G

FROZEN DOUGH, PASTRY SHELLS & PIZZA CRUSTS

CAULIPOWER | PIZZA CRUST (FROZEN)

854934 007082	32400			GF								X Cauliflower Pizza Crust	8 / 310g						
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HOLY NAPOLI | PIZZA DOUGH (FROZEN)

628110 552013	17300									BC	$\frac{P}{2}$	X Pizza Dough	8 / 300g						
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KINNIKINNICK | PIZZA & PIE CRUST (FROZEN)

620133 005996	58069			GF	V			+	$\frac{P}{2}$	X Pie Crusts 9" (2ct)	6 / 390g								
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WHOLLY WHOLESOME | PIE SHELLS (FROZEN)

074677 990339	54589				GF							X Pie Shells, Gluten Free, 9" (2-pk)	6 / 425g						
074677 990100	54590	GMO					*					X Pie Shells, Traditional, Organic, 9" (2-pk)	12 / 396g						

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628693 494083	39180	BC ㊦ X Ramen Kit, Hakata Tonkotsu	12 / 450g
628693 494182	39181	BC ㊦ X Ramen Kit, Tokyo Shoyu	12 / 460g
628693 494076	39182	BC ㊦ X Ramen Kit, Vegan Shoyu	12 / 460g
628693 494175	39183	BC ㊦ X Ramen Kit, Yuzu Shio	12 / 460g
628693 494014	39185	BC ㊦ X Ramen Noodles, Hakata Style (extra thin - 4pk)	12 / 480g
628693 494199	39190	BC ㊦ X Ramen Noodles, Sapporo Style (3pk)	12 / 450g
628693 494007	39184	BC ㊦ X Ramen Noodles, Tokyo Style (medium thickness - 4pk)	12 / 520g
628693 494205	39192	BC ㊦ X Ramen Soup Stock, Marudori (chicken)	8 / 1.2L
628693 494021	39186	BC ㊦ X Ramen Soup Stock, Tonkotsu (pork bone)	8 / 1.2L
628693 494038	39187	BC ㊦ X Ramen Soup Stock, Yasai (vegan)	8 / 1.2L

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Entrées

AMY'S | ENTRÉES (FROZEN)

042272 910564	54645		GF										X Bowls, 3 Cheese & Kale	12 / 241g
042272 912193	54490			V									X Bowls, Asian Dumplings	12 / 241g
042272 908110	54485		GF										X Bowls, Broccoli & Cheddar	12 / 269g
042272 910571	54677		GF										X Bowls, Chili Mac	12 / 255g
042272 901623	54679												X Bowls, Country Cheddar	12 / 269g
042272 913206	56160		GF										X Bowls, Mac & 3 Cheese w/Cauliflower	12 / 234g
042272 901630	54678												X Bowls, Mexican Casserole	12 / 269g
042272 908332	54569												X Bowls, Mushroom Risotto	12 / 269g
042272 914104	56162												X Bowls, Penne with Mushrooms & Spinach in three cheese sauce	12 / 255g
042272 901760	54484												X Bowls, Pesto Tortellini	12 / 269g
042272 911295	54646												X Bowls, Ravioli	12 / 241g
042272 900800	54459												X Enchilada, Cheese	12 / 255g
042272 913985	54256												X Family Size, Broccoli & Cheddar Bake (gluten free)	8 / 860g
042272 909643	54257												X Family Size, Cheese Enchilada	8 / 765g
042272 913961	54258												X Family Size, Vegetable Lasagna	8 / 920g
042272 900589	54433												X Indian Meal, Mattar Paneer	12 / 284g
042272 900596	54432												X Indian Meal, Palak Paneer	12 / 283g
042272 902507	54426												X Indian Meal, Vegetable Korma	12 / 269g
042272 900329	54465												X Pasta, Vegetable Lasagna	12 / 269g
042272 908141	54420			V									X Pasta, Vegetable Lasagna, Vegan (gluten free)	12 / 255g
042272 900305	54460												X Pasta, Macaroni & Cheese	12 / 255g
042272 900541	54567	GMØ		V	*								X Meal, Veggie Scramble w/hash browns, Organic	12 / 255g
042272 900459	54259		GF										X Pasta, Rice Mac & Cheese (gluten free)	12 / 255g
042272 913893	56161			V									X Pasta, Rice Mac & Cheese, Vegan (gluten free)	12 / 227g
042272 909780	54585												X Thai, Green Curry	12 / 284g
042272 909247	54283												X Thai, Pad Thai	12 / 269g
042272 909223	54282												X Thai, Red Curry	12 / 284g
042272 900572	54647												X Whole Meal, Enchilada Dinner, Cheese	12 / 255g
042272 900510	54440												X Whole Meal, Enchilada Dinner, Spanish Rice & Beans (dairy-free)	12 / 284g
042272 900534	54442			V									X Whole Meal, Veggie Loaf	12 / 284g

AMY'S | BURRITOS & WRAPS (FROZEN)

042272 900701	54470												X Burrito, Bean & Rice (dairy-free)	12 / 170g
042272 903528	54268			GF									X Burrito, Bean & Rice (gluten & dairy-free)	12 / 156g
042272 913886	54264	GMØ			*								X Burrito, Black Bean & Cheese, Organic	12 / 170g
042272 900732	54468												X Burrito, Black Bean (dairy-free)	12 / 170g
042272 900718	54472												X Burrito, Cheddar Cheese	12 / 170g
042272 903535	54267			GF									X Burrito, Cheddar Cheese (gluten free)	12 / 156g
042272 900763	54265												X Burrito, Southwestern with Cheese	12 / 156g
042272 902606	56155			V									X Wrap, Indian Samosa	12 / 142g
042272 908073	54362			GF									X Wrap, Tofu Scramble Breakfast	12 / 156g
042272 912384	56152			GF	V								X Wrap, Vietnamese Banh Mi	12 / 156g

CHEF BOMBAY | INDIAN ENTREES (FROZEN)

818745 002117	81241												+ $\mathcal{P}$ X Butter Chicken w/Basmati Rice	8 / 350g
818745 002315	81242												+ $\mathcal{P}$ X Tikka Masala, Chicken w/Basmati Rice	8 / 350g
818745 002414	81240												+ $\mathcal{P}$ X Vindaloo, Beef w/Basmati Rice	8 / 350g

HOUSE OF YEE | GLUTEN FREE DUMPLINGS (FROZEN)

627843 351269	24854		GF		BC	$\mathcal{P}$							X Dumplings, Chicken	12 / 400g
627843 351313	24855		GF		BC	$\mathcal{P}$							X Dumplings, Plant Based Golden (turmeric wrap)	12 / 400g
627843 351306	24856		GF		BC	$\mathcal{P}$							X Dumplings, Plant Based Jade (spinach wrap)	12 / 400g
627843 351252	24857		GF		BC	$\mathcal{P}$							X Dumplings, Plant Based Ruby (red beet wrap)	12 / 400g
627843 351283	24853		GF		BC	$\mathcal{P}$							X Dumplings, Pork	12 / 400g

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INDIANLIFE | ENTRÉES (FROZEN)

777762 002367	54079	GMO									BC P X	Masala Wrap w/Chickpeas & Wild Rice	12	/ 275g				
777762 002374	54084	GMO									BC P	X Spinach Wrap w/Mixed Vegetables & Wild Rice	12	/ 275g				

KONSCIOUS | PLANT-BASED SEAFOOD MEALS (FROZEN)

877168 001039	34139	GMO									+	P X	Onigiri, Japanese Vegetable Curry (2pc)	8	/ 204g			
877168 001008	34136	GMO									+	P X	Onigiri, Kale Gomaes (2pc)	8	/ 204g			
877168 001022	34138	GMO									+	P X	Onigiri, Korean BBQ Mushroom (2pc)	8	/ 204g			
877168 001015	34137	GMO									+	P X	Onigiri, Roasted Corn & Poblano (2pc)	8	/ 204g			
877168 000001	34132	GMO									+	P X	Roll, California (8pc)	8	/ 210g			
877168 000032	34135	GMO									+	P X	Roll, Rainbow - w/plant based tuna, mango & Jasberry rice (8pc)	8	/ 210g			
877168 000018	34133	GMO									+	P X	Roll, Spicy California (8pc)	8	/ 210g			
877168 000025	34134	GMO									+	P X	Roll, Tuna Avocado (8pc)	8	/ 210g			

PEARL'S | PEROGIES (FROZEN)

062066 000158	54428										BC P	X Cheddar Cheese & Potato Perogies	12	/ 600g				
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STELLA'S | PEROGIES (FROZEN)

878431 000049	30351			GF							+	P X	Perogies, Cheddar Cheese	12	/ 520g			
878431 000018	30348			GF							+	P X	Perogies, Just Potato	12	/ 520g			

VIJ'S | INDIAN CUISINE (FROZEN)

673984 001419	54412										+	P X	Everyday Chana Masala	6	/ 400g			
673984 001303	54400										+	P X	Kalonji Chicken Curry	6	/ 400g			
673984 001426	54413										+	P X	Slow-Cooked Punjabi Daal	6	/ 400g			
628011 353924	54333										+	P X	Tadka Curry Sauce	12	/ 300g			
673984 001327	54402										+	P X	Vij's Masala Chicken	6	/ 400g			

Meat & Egg Alternatives

BEYOND MEAT | PLANT-BASED MEAT ALTERNATIVE (FROZEN)

850004 207291	56205	GMO		V								X	Beef, Ground	12	/ 340g			
810057 290237	56208	GMO		V								X	Burger (6/pkg)	8	/ 678g			
850004 207017	56200	GMO		V								X	Burger (2/pkg)	8	/ 226g			
Refrigerated burger shelf life: 10 days from start of thaw																		
810057 290275	56209	GMO		V								X	Breakfast Sausage, Classic Links	8	/ 235g			
850004 207376	56207	GMO		V								X	Sausage, Hot Italian	8	/ 400g			
850004 207277	56206	GMO		V								X	Sausage, Mild Italian	8	/ 400g			
Refrigerated sausage shelf life: 7 days from start of thaw																		
810057 290985	56211	GMO		V							+	X	Chicken, Breaded Nuggets	8	/ 283g			
810057 290749	56210			V								X	Chicken, Breaded Tenders, Original	8	/ 226g			
810057 291159	56212	GMO		V								X	Steak Tips	8	/ 283g			

GARDEIN | MEAT-FREE ALTERNATIVE (FROZEN)

842234 000889	54274	GMO										X	Barbecue Wings, Sweet and Tangy	8	/ 255g			
842234 001091	65000	GMO										X	Beefless Ground	8	/ 390g			
842234 402003	65042	GMO										X	Breakfast Sausage Patties, Original	8	/ 190g			
842234 003200	54270	GMO										X	Chick'n Strips	8	/ 225g			
842234 001374	65050	GMO									+	X	Chick'n Tenders, Nashville-Style Hot	8	/ 230g			
842234 000872	54273	GMO										X	Crispy Chick'n, Mandarin Orange	8	/ 300g			
842234 000896	54275	GMO										X	Crispy Fingers, Chipotle Lime	8	/ 270g			
842234 000643	54534	GMO										X	Crispy Tenders, Seven Grain	8	/ 255g			
842234 002227	65037	GMO										X	Fish-Free Crabless Cakes	8	/ 205g			
842234 001701	65009	GMO										X	Fish-Free Golden Fillets	8	/ 288g			
842234 001718	65028	GMO									+	X	Meatless Meatballs, Classic	8	/ 360g			
842234 003224	54271	GMO									+	X	Porkless Bites, Sweet & Sour	8	/ 255g			
842234 007147	65013	GMO									+	X	SUPREME Burger (2pk)	8	/ 226g			
842234 001756	65014	GMO									+	X	SUPREME Burger, Black Bean (2pk)	8	/ 226g			
842234 001824	65015	GMO									+	X	SUPREME Burger, Falafel (2pk)	8	/ 226g			
842234 001145	65036	GMO										X	Turk'y Cutlets w/Gravy	8	/ 300g			
	91796												Plastic Display Trays	1	/ ea			

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GREEN CUISINE | TEMPEH (FROZEN)

See Cooler Tofu & Asian Cuisine Section for more selections

068532 020002	54462	GMO				*				BC P X	TEMPEH, 7 Grain, Organic (frozen)	1	/ 227g
068532 010003	54464	GMO				*				BC P X	TEMPEH, Soybean, Organic (frozen)	1	/ 227g
	91035	GMO	B			*				BC P X	TEMPEH, IQF, Organic (Individually Quick Frozen) (S/O)	1	/ 4.54kg
	91036	GMO	B			*				BC P X	TEMPEH, Strips, Organic (frozen) (S/O)	1	/ 4.54kg

JUST EGG | PLANT EGG (FROZEN)

191011 000988	68900	GMO									X Plant Egg, Folded	6	/ 227g
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ORGANIC MEADOW | BUTTER (FREEZER)

062325 011116	50623	GMO				*		+	P	X	Butter, Cultured, unsalted, Organic	15	/ 454g
062325 084004	50625	GMO				*		+	P	X	Butter, Grass Fed 84% MF, lightly salted, Organic	25	/ 250g

THE BETTER BUTCHERS | FORAGER'S FINEST MUSHROOM POWERED GROUND (FROZEN)

628719 411018	56330									BC P X	FORAGER'S FINEST Mushroom Powered Plant Based Ground, Chorizo	6	/ 300g
628719 411025	56331									BC P X	FORAGER'S FINEST Mushroom Powered Plant Based Ground, Italian	6	/ 300g
628719 411001	56332									BC P X	FORAGER'S FINEST Mushroom Powered Plant Based Ground, Natural	6	/ 300g

VG GOURMET | ARTISAN VEGAN BURGERS (FROZEN)

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

Pizzas

AMY'S | PIZZA (FROZEN)

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

CAULIPOWER | PIZZA (FROZEN)

854934 007846	32405					GF					X Pizza, Buffalo-Chicken Style	8	/ 310g
854934 007099	32402					GF					X Pizza, Margherita	8	/ 310g
854934 007853	32404					GF					X Pizza, Pepperoni	8	/ 320g
854934 007075	32401					GF					X Pizza, Cheese Lover's	8	/ 315g
854934 007105	32403					GF					X Pizza, Veggie	8	/ 310g

DAIYA DAIRY-FREE | PIZZA & FLATBREAD (FROZEN)

871459 002552	50317	GMO				GF	V			BC P X	Flatbread, Meatless Italian Sausage flavored Crumbles, Roasted Pepper & Kale	8	/ 322g
871459 002538	50316	GMO				GF	V			BC P X	Flatbread, Mushroom, Caramelized Onion & Fig	8	/ 346g
871459 002576	50318					GF	V			BC P X	Flatbread, Plant-Based Chicken, Smoked Bacon & Ranch Flavour	8	/ 331g
871459 002972	50319	GMO				GF	V			BC P X	Pizza, BBQ Plant-Based Chicken Flavour	8	/ 433g
871459 002989	50173	GMO				GF	V			BC P X	Pizza, Classic w/ Meatless Pepperoni Flavoured Slices, Dairy-Free	8	/ 472g
871459 002323	50144	GMO				GF	V			BC P X	Pizza, Cheese Lover's, Dairy-Free	8	/ 444g
871459 002521	50147	GMO				GF	V			BC P X	Pizza, Fire-Roasted Vegetable, Dairy-Free	8	/ 492g
871459 002828	50155	GMO				GF	V			BC P X	Pizza, Supreme, Dairy-Free	8	/ 550g
871459 002507	50313	GMO				GF				BC P X	Vegetable Crust Pizza, Meatless Pepperoni Flavoured w/Jalapeño	8	/ 405g
871459 002514	50312	GMO				GF				BC P X	Vegetable Crust Pizza, Mediterranean	8	/ 411g

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HOLY NAPOLI | NEAPOLITAN PIZZA (FROZEN)

628110 552044	17303										BC  X Pizza, Calabrese	8 / 425g
628110 552099	17304										BC  X Pizza, Funghi	8 / 385g
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

Toaster Waffles

NATURE'S PATH | WAFFLES (FROZEN)

058449 590576	55702	GMO		GF	*						BC  X Waffles, Buckwheat Wildberry, Organic (6pk)	12 / 210g
058449 590743	55708	GMO		GF	*						BC  X Waffles, Chia Plus, Organic (6pk)	12 / 210g
058449 167006	55711	GMO		GF	*						BC  X Waffles, Dark Chocolate Chip, Organic (6pk)	12 / 210g
058449 590521	55699	GMO		GF	*						BC  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			*			+			X Wheatgrass Juice, Organic	10 / 5x30ml
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Smoothie Cubes

EVIVE | BLENDER FREE SMOOTHIE CUBES (FROZEN)

628110 947048	24703	GMO						+			X Asana	8 / 405g
628110 947246	24708	GMO						+			X Azteque	8 / 405g
628110 947055	24704	GMO			*			+			X Pure, Organic	8 / 405g
628110 947017	24700	GMO						+			X Samourai	8 / 405g
628110 947239	24707	GMO						+			X Saphir	8 / 405g
628110 947253	24709	GMO						+			X Sunrize	8 / 405g
628110 947024	24701	GMO			*			+			X Touk-Touk, Organic	8 / 405g
628110 947079	24706	GMO						+			X Viva	8 / 405g
628110 947031	24702	GMO			*			+			X Yogi, Organic	8 / 405g
628110 947680	24714	GMO						+			X Probiotic, Mango Kiwi Lemonade	10 / 150g
628110 947673	24713	GMO						+			X Protein, Mocha Frappe	10 / 150g

Fruit

BREMNER'S | FRUIT (FROZEN)

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

EARTHBOUND FARM | ORGANIC FRUIT (FROZEN)

032601 025311	63013	GMO			*						X Berry Blend, Organic (bag)	12 / 300g
032601 025304	63009	GMO			*						X Blueberries, Organic (bag)	12 / 300g
032601 025298	63010	GMO			*						X Cherries, Sweet Dark, Organic (bag)	12 / 300g
032601 025335	63014	GMO			*						X Mango Chunks, Organic (bag)	12 / 300g
032601 025359	63024	GMO			*						X Sliced Peaches, Organic (bag)	12 / 300g
032601 025281	63011	GMO			*						X Strawberries, Organic (bag)	12 / 300g
032601 954154	63040	GMO			*						X Blueberries, Organic (bag)	6 / 900g
032601 954161	63041	GMO			*						X Mango Chunks, Organic (bag)	6 / 900g

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	$\mathcal{P}$	X	PACK	SIZE					G	P	U
032601 954185	63043	GMO				*					X Strawberries, Sliced, Organic (bag)	6 / 900g							
032601 954178	63042	GMO				*					X Triple Berry Blend - blueberries/blackberries/raspberries, Organic (bag)	6 / 900g							

STAHLBUSH ISLAND FARMS | FRUIT (FROZEN)

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

Vegetables

EARTHBOUND FARM | ORGANIC VEGETABLES (FROZEN)

032601 025274	63016	GMO				*					X Broccoli, Florets, Organic (bag)	12 / 300g							
032601 954192	63044	GMO				*					X Broccoli Florets, Organic (bag)	6 / 750g							
032601 025250	63017	GMO				*					X Butternut Squash, Organic (bag)	12 / 400g							
032601 954246	63033	GMO				*					X Corn, Sweet, Organic (bag)	12 / 300g							
032601 025212	63018	GMO				*					X Green Beans, Whole, Organic (bag)	12 / 300g							
032601 025540	63028	GMO				*					X Kale, Organic (bag)	12 / 300g							
032601 954239	63032	GMO				*					X Peas, Green, Organic (bag)	12 / 300g							
032601 025243	63021	GMO				*					X Spinach, Cut, Organic (bag)	12 / 300g							
032601 954208	63045	GMO				*					X Corn, Sweet, Organic (bag)	6 / 900g							
032601 954215	63046	GMO				*					X Peas, Green, Organic (bag)	6 / 900g							

MACKELLAR FARMS | EDAMAME (FROZEN)

185820 000017	63026	GMO				*					+ $\mathcal{P}$ X Edamame, Whole Pods (Product of Canada)	12 / 400g							
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STAHLBUSH ISLAND FARMS | VEGETABLES (FROZEN)

638882 000155	54026	GMO				*					X Broccoli Florets, Organic (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 000193	54207	GMO				*					X Green Beans, Cut, Organic (bag)	12 / 300g							
638882 000544	54010	GMO				*					X Green Peas (bag)	12 / 350g							
638882 000612	54061	GMO				*					X Spinach, Cut (bag)	12 / 300g							
638882 000216	54027	GMO				*					X Sweet Potato, Organic (bag)	12 / 284g							
	60069	GMO				*					X Freezer Display Box	1 / 1ea							

VITAMINS, SUPPLEMENTS & HERBAL REMEDIES

Find Refrigerated Flax Seeds in Cooler Section

HERBAL REMEDIES

BACH REMEDIES | RESCUE FORMULA

741273 005216	80830					*					RESCUE Night, Spray	1 / 20ml							G
741273 002499	03844					*					RESCUE Night, Liquid Melts	1 / 28caps							G P
741273 105619	03833					*					X RESCUE Pastilles, Black Currant	6 / 35ct							G
741273 002598	03834					*					X RESCUE Pastilles, Original	6 / 35ct							G
741273 005193	85012					*					RESCUE Remedy, Dropper	1 / 20ml							G
741273 000020	80092					*					RESCUE Remedy, Spray	1 / 20ml							G

VITAMINS & SUPPLEMENTS

BIO-K PLUS | PROBIOTIC CAPSULES

626608 017020	07388					*					+ X Capsules, Strong (50 Billion)	1 / 15ct							G
626608 014012	07387					*					+ Probiotic Capsules, Daily Care+ - 12.5 billion CFU	1 / 30ct							G
626608 016016	07385					*					+ Probiotic Capsules, Daily Care+ - 25 billion CFU	1 / 15ct							G
626608 016023	07386					*					+ Probiotic Capsules, Daily Care+ - 25 billion CFU	1 / 30ct							G

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

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JASON | BODY CARE PRODUCTS

078522 090250	80259										X Deodorant, Aloe Vera (stick)	1 / 71g				G	P	
078522 090656	80797										X Deodorant, Lavender (stick)	1 / 71g				G	P	

MOUNTAIN SKY | BODY CARE

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

NATUREBEE | CONCENTRATED FOAMING HAND SOAP TABLETS

628176 082486	30603										Foaming Hand Soap Tablets, Bergamot Lime	12 / 2x8g				G	P	
628176 082165	30604										Foaming Hand Soap Tablets, Honey Clementine	12 / 2x8g				G	P	
628176 082493	30605										Foaming Hand Soap Tablets, Sweet Citrus	12 / 2x8g				G	P	
628176 082158	30606										Foaming Hand Soap Tablets, Unscented	12 / 2x8g				G	P	
628176 082172	30607										Foaming Hand Soap Tablets, Warm Coconut	12 / 2x8g				G	P	
628176 082196	30600										Hand Soap Kit (350ml glass dispenser w/soap tablet), Honey Clementine	12 / 1ea				G	P	
628176 082738	30601										Hand Soap Kit (350ml glass dispenser w/soap tablet), Sweet Citrus	12 / 1ea				G	P	
628176 082189	30602										Hand Soap Kit (350ml glass dispenser w/soap tablet), Unscented	12 / 1ea				G	P	

NATURE CLEAN | HAND SOAP

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

NOVA SCOTIA FISHERMAN | XTREME LIP & SKIN CARE

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

PAPOUTSANIS | OLIVE OIL HAND SOAP BAR

5201109 655022	89999										X Oliva Pure Olive Oil Hand Soap Bar	4 / 125g				G	P	
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SAPADILLA | BODY CARE

677141 010023	70381										Liquid Hand Soap, Grapefruit & Bergamot	6 / 354ml				G	P	
677141 010016	70380										Liquid Hand Soap, Rosemary & Peppermint	6 / 354ml				G	P	
677141 010030	70382										Liquid Hand Soap, Sweet Lavender & Lime	6 / 354ml				G	P	

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THAYERS REMEDIES | WITCH HAZEL

041507 065765	85307											1 / 355ml				G	P	
041507 070035	85308											1 / 355ml				G	P	
041507 070066	85310											1 / 355ml				G	P	

THOMPSON'S HOMEOPATHIC | CRÈME

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

TOM'S OF MAINE | DEODORANT

035000 968425	80674											1 / 79g				G	P	
827854 012863	81527											1 / 92g				G	P	
827854 012870	81528											1 / 92g				G	P	
827854 012849	81529											1 / 92g				G	P	
827854 012894	81530											1 / 92g				G	P	
827854 012801	81531											1 / 92g				G	P	
827854 012818	81532											1 / 92g				G	P	

WILD & FREE ORGANICS | LIP BALM

628693 963411	80624											6 / 11g				G	P	
628693 963442	80625											6 / 11g				G	P	

DENTAL CARE

JASON | DENTAL CARE

078522 015109	80185											1 / 170g				G	P	
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SYNERGY ORGANICS | DENTAL CARE

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

TOM'S OF MAINE | DENTAL CARE

035000 970633	81511											1 / 90ml				G	P	
827854 004479	81510											1 / 85ml				G	P	
077326 830031	81522											1 / 85ml				G	P	
077326 832226	81505											1 / 90ml				G	P	
077326 102404	81515											1 / 85ml				G	P	
077326 455562	81525											1 / 76ml				G	P	
077326 159408	81506											1 / 85ml				G	P	
077326 834176	80779											1 / 473ml				G	P	

FEMININE CARE

NATRACARE | FEMININE CARE

782126 200150	80896	GMO										1 / 12ea				G	P	
782126 003409	03081											1 / 10ea						
782126 003041	80892											1 / 10ea						
782126 003027	80886											1 / 14ea						
782126 003034	80887											1 / 12ea						
782126 003256	80873											1 / 12ea						
782126 003119	80877											1 / 12ea						
782126 003089	80895											1 / 12ea						
782126 003058	80894											1 / 14ea						
782126 003102	80876											1 / 10ea						
782126 003065	80883											1 / 30ea						
782126 003126	80173											1 / 18ea						
782126 003140	80871											1 / 16ea						
782126 003003	80884											1 / 30ea						
782126 003072	80888											1 / 30ea						
782126 003096	80878	GMO										1 / 22ea						

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782126 001009	80880	GMØ				*				X	Tampons, Regular, Non-Applicator, 100% Organic Cotton	1 / 20ea						
782126 002020	80882	GMØ				*				X	Tampons, Super Plus, 100% Organic Cotton	1 / 20ea						
782126 008008	80889	GMØ				*				X	Tampons, Regular w/Applicator, 100% Organic Cotton	1 / 16ea						
782126 009005	80890	GMØ				*				X	Tampons, Super w/Applicator, 100% Organic Cotton	1 / 16ea						
782126 002006	80881	GMØ				*				X	Tampons, Super, Non-Applicator, 100% Organic Cotton	1 / 20ea						
782126 191038	80872	GMØ				*				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 800781	80263									X	Shampoo, Normalizing, Tea Tree Scalp	1 / 517ml				G	P	

NATURE CLEAN | SHAMPOO & CONDITIONER

058951 502807	81118							+	P		Pure Sensitive Unscented Shampoo	6 / 300ml				G	P	
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HOUSEHOLD & PACKAGING MATERIALS

AIR FRESHENERS

WILD & FREE ORGANICS | AIR FRESHENERS

628693 963497	80620							BC	P		Car Diffuser, Eucalyptus	6 / 59ml				G	P	
628693 963527	80621							BC	P		Car Diffuser, Freedom	6 / 59ml				G	P	
628693 963503	80622							BC	P		Car Diffuser, Lavender Orange	6 / 59ml				G	P	
628693 963510	80623							BC	P		Car Diffuser, Vanilla Tangerine	6 / 59ml				G	P	
628693 963466	80626							BC	P		Room & Linen Spray Eucalyptus & Spearmint	6 / 127ml				G	P	
628693 963534	80627							BC	P		Room & Linen Spray, Freedom	6 / 127ml				G	P	
628693 963473	80628							BC	P		Room & Linen Spray, Lavender Orange	6 / 127ml				G	P	
628693 963480	80629							BC	P		Room & Linen Spray, Vanilla Tangerine	6 / 127ml				G	P	

DISHWASHING PRODUCTS

BIOVERT | DISHWASHING PRODUCTS

776622 011211	80550							+	P		Automatic Dishwasher Tabs, Biodegradable (30 tabs)	6 / 480g				G	P	
776622 011068	80528							+	P		Dishwashing Liquid, Citrus Fresh, Refill	2 / 4.43L				G	P	
											Buy 20+ cases	Save 12%						
776622 120098	80534							+	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	

ECO LIVING CLUB | DISHWASHER STRIPS

627987 344905	28514									P	X Dishwasher Detergent Strips, Unscented	12 / 32ct				G	P	
											Buy 8+ cases	Save 10%						

ECO-MAX | DISHWASHING PRODUCTS

853907 001102	80913							+	P		Dish Wash, Hypoallergenic	6 / 740ml				G	P	
853907 001072	80910							+	P		Dish Wash, Natural Lavender	6 / 740ml				G	P	
853907 001096	80912							+	P		Dish Wash, Natural Orange	6 / 740ml				G	P	
853907 001089	80911							+	P		Dish Wash, Natural Tea Tree	6 / 740ml				G	P	

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

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

UPC CODE	CODE	GMØ	B	GF	V	*	@	+		X	PACK	SIZE				G	P	U
853907 001737	80916							+				2 / 4L					G	P
853907 001744	80917							+				2 / 4L					G	P
853907 001263	80727							+				8 / 360g					G	P

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

FOOD PACKAGING & WRAP

ECOSAFE~6400 | COMPOSTABLE SANDWICH BAGS

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

770009 050046	46384	GMØ				*						Cheesecloth, Unbleached, Organic	24 / 1.67m ²				G	P
770009 120114	46385											Aluminum Foil, 100% Recycled	12 / 50ft ²				G	P
770009 250255	46387											Unbleached Waxed Paper	12 / 75ft ²				G	P
770009 010200	46380											Parchment Baking Paper	12 / 70ft ²				G	P
770009 011924	46388											Parchment Baking Sheets (12.5" x 16")	12 / 24ct				G	P
770009 250262	60346											Sandwich Bags, Paper Snack & Sandwich	12 / 48ct				G	P

PAPERCHEF | CULINARY PARCHMENT PAPER

628689 000014	47011											Parchment Paper, FSC Certified (roll) (41 square feet)	12 / 41ft ²				G	P
628689 700983	47010											Parchment Paper, FSC Certified (roll) (123 Square Feet)	12 / 123ft ²				G	P

GARBAGE BAGS

BAG TO EARTH | FOOD WASTE BAGS

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

ECOSAFE~6400 | COMPOSTABLE BAGS

678526 600013	46271											X Food Scraps Bag, Small	24 / 30ct				G	P
678526 600020	46272											X Food Scraps Bag, Tall	15 / 12ct				G	P
678526 316174	46299											Food Waste, Small 2.5gal/9.46L (16x17)	10 / 90ct				G	P
678526 243265	46279								B			X Commerical Bin Liner, 13gal/49.2L (24x32)	24 / 12ct				G	P

IF YOU CARE | FOOD WASTE BAGS

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

ASPEN CLEAN | LAUNDRY PRODUCTS

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

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BIOVERT | LAUNDRY PRODUCTS

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

ECO LIVING CLUB | LAUNDRY DETERGENT STRIPS

627987 344929	28508	 X Laundry Detergent Strips, Spring Scent	12 / 40ct	G P
627987 344912	28507	 X Laundry Detergent Strips, Unscented	12 / 40ct	G P
Buy 8+ cases			Save 10%	

ECO-MAX | LAUNDRY PRODUCTS

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

NATURE CLEAN | LAUNDRY PRODUCTS

058951	308881	80475	 X Laundry Detergent Sheets, White Linen	12 / 32ct	G P
058951	308850	80471	+  X Laundry Detergent Sheets, Fragrance Free (32 Loads)	12 / 32ct	G P
058951	308867	80472	+  X Laundry Detergent Sheets, WildFlower (32 Loads)	12 / 32ct	G P
058951	308959	80476	 X Laundry Stain Remover Sheets, Fragrance Free	12 / 32ct	G P
058951	310358	80480	+  Laundry Liquid Concentrated, Fragrance Free (66 loads)	6 / 1L	G P
058951	310372	80481	+  Laundry Liquid Concentrated, Lavender Fields (66 loads)	6 / 1L	G P
058951	308034	80461	+  Laundry Liquid, Fragrance Free	4 / 3L	G P
058951	308584	80722	+  Laundry Liquid, Lavender	4 / 3L	G P
058951	308638	80734	+  Laundry Liquid, Lemon Verbana	4 / 3L	G P
058951	307204	80867	+  Odour Remover Pacs for Laundry	6 / 180g	G P
058951	307198	80569	+  OxyPower+ Laundry Booster (24 pods)	8 / 432g	G P
058951	394013	80500	+  Oxygen Liquid Bleach	6 / 1L	G P
058951	394105	80451	+  Oxygen Liquid Bleach	4 / 3.63L	G P
058951	309307	80439	+  Oxy Stain Remover Powder	6 / 700g	G P

NATURAL LIVING PRODUCTS

WILD & FREE ORGANICS | NATURAL SOY CANDLE

628693 963008	80630	BC	🔒	Candle in glass, Cinnamon & Sugar	12 / 544g	G P
628693 963060	80631	BC	🔒	Candle in glass, Lavender & Orange	12 / 544g	G P
628693 963091	80632	BC	🔒	Candle in glass, Lemongrass Verbena	12 / 544g	G P
628693 963367	80633	BC	🔒	Candle in glass, Pineapple	12 / 544g	G P
628693 963183	80634	BC	🔒	Candle in glass, Truly Canadian	12 / 544g	G P
628693 963244	80635	BC	🔒	Candle in glass, Vanilla & Tangerine	12 / 544g	G P
628693 963275	80636	BC	🔒	Candle in glass, Winter Woods	12 / 544g	G P

PAPER PRODUCTS

CABOO | TREE-FREE PAPER PRODUCTS

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

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

627987 344936	28509	X Toilet Bowl Cleaner Strips, Eucalyptus & Citrus	12 / 39ct	G P
Buy 8+ cases			Save 10%	

667838 010146	80963	+	Disinfecting All Purpose Cleaner, Natural Orange	4 / 800ml	G P
853907 001386	80294	+	Disinfecting Toilet Bowl Cleaner, Tea Tree	6 / 1L	G P

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

628176 082691	30608	Bathroom Cleaner Kit (500ml glass spray bottle w/soap tablet), Eucalyptus Mint	12 / 1ea	G P
628176 082523	30610	Bathroom Cleaner Tablets, Eucalyptus Mint	12 / 2x8g	G P
628176 082677	30609	Multi-Purpose Cleaner Kit (500ml glass spray bottle w/soap tablet), Sweet Citrus	12 / 1ea	G P
628176 082509	30611	Multi-Purpose Cleaner Tablets, Fresh Lemon	12 / 2x8g	G P
628176 082219	30612	Multi-Purpose Cleaner Tablets, Sweet Citrus	12 / 2x8g	G P

628176 082912	30613	X Sponge Cloths (17cm x 20cm / 8" x 9.5")	12 / 1ea	G P
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058951	807001	80450	+	All Purpose Cleaning Lotion	12 / 1L	G P
058951	140252	80473		X Floor Cleaner Strips, Fresh Lemon (Plastic-Free)	12 / 36ct	G P
058951	217404	80496	+	Fruit & Veggie Soak Concentrate	6 / 740ml	G P
058951	225003	80490	+	Fruit & Veggie Wash Spray	6 / 500ml	G P
058951	637400	80571	+	Multi-Surface Cleaner Spray, Lime Tea Tree	6 / 740ml	G P
058951	308904	80474		X Toilet Bowl Cleaner Strips, Fresh Lime (Plastic-Free)	12 / 36ct	G P

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ALKEME GLUTEN FREE SOURDOUGH (FROZEN)	83
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AMANO MISO (REFRIGERATED)	82
AMANO SAUCE	34
AMBIENT MOON CHAI (CONCENTRATES)	11
AMY'S BURRITOS & WRAPS (FROZEN)	89
AMY'S CANNED MEALS	30
AMY'S CANNED SOUP	67
AMY'S ENTRÉES (FROZEN)	89
AMY'S PIZZA (FROZEN)	91
AMY'S REFRIED BEANS	46
ANGIE'S BOOMCHICKAPOP MICROWAVE POPCORN	40
ANGIE'S BOOMCHICKAPOP RTE POPCORN & CORN PUFFS	57
ANITA'S ORGANIC MILL BULK GRAINS	40
ANITA'S ORGANIC MILL FLOUR	8
ANITA'S ORGANIC MILL PANCAKE & WAFFLE MIX	26
ANITA'S ORGANIC MILL OATS	40,41
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AURA CACIA BODY CARE	94
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BETTERWITH CREAM ICE CREAM (FROZEN)	87
BEYOND MEAT PLANT-BASED MEAT ALTERNATIVE (FROZEN)	90
BIG MOUNTAIN PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	80,81
BIG MOUNTAIN SOY-FREE TOFU (REFRIGERATED)	82
BIOITALIA CANNED BEANS	28
BIOITALIA OIL	50
BIOITALIA PASTA	52
BIOITALIA PESTO SAUCE	30
BIOITALIA TOMATO SAUCE	33
BIOITALIA TOMATOES	29
BIO-K PLUS PROBIOTIC (REFRIGERATED)	83
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BIOVERT LAUNDRY PRODUCTS	99
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BLUE DIAMOND ALMOND BREEZE ALMOND BEVERAGE	21
BLUE DIAMOND ALMOND BREEZE ALMOND BEVERAGE (REFRIGERATED)	71
BLUE DIAMOND ALMOND FLOUR	9
BLUE DIAMOND NUT THINS CRACKERS	38
BLUE MONKEY COCONUT CREAM & MILK	47
BLUE MONKEY PURE COCONUT WATER & JUICE	19
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BLUEBIRD PROVISIONS BONE BROTH (FROZEN)	88
BLUEBIRD PROVISIONS INSTANT BONE BROTH MIX	66
BO & MARROW BONE BROTH (FROZEN)	88
BOB'S RED MILL BAKING INGREDIENTS	6
BOB'S RED MILL BAKING MIX	6
BOB'S RED MILL BOB'S BAR	55
BOB'S RED MILL CEREAL & GRANOLA	25
BOB'S RED MILL FLOUR	9
BOB'S RED MILL GRAINS	40
BOB'S RED MILL HOT CEREAL	24
BOB'S RED MILL NUTRITIONAL YEAST	42
BOB'S RED MILL OATS	41
BOB'S RED MILL PANCAKE & WAFFLE MIX	26
BOB'S RED MILL SEEDS	49
BOB'S RED MILL SHREDDED COCONUT	48
BOB'S RED MILL SOUP MIX	68
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BUBBIES FERMENTED CONDIMENTS (REFRIGERATED)	74
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BUENO FOODS TORTILLAS (FROZEN)	85
BULK BEANS	40
BULK GRAINS	40
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BULK POPPING CORN	40
BULK SEA SALT	44
BULK SEEDS	49
CABOO BAMBOO BABY WIPES	5
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CAF-LIB GRAIN BEVERAGE	11
CAMINO CHOCOLATE BAKING PRODUCTS	7
CAMINO CHOCOLATE BARS	60,61
CAMINO HOT CHOCOLATE	11
CAMINO SHREDDED COCONUT	48
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CHA'S ORGANICS COCONUT CREAM & MILK	47
CHA'S ORGANICS COCONUT OIL	50
CHA'S ORGANICS SPICES	43
CHA'S ORGANICS THAI CURRY PASTE	47
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CHOSEN FOODS CULINARY OIL	50
CLAWHAMMER ORGANIC MINTS	63
CLEVER PREMIUM MOCKTAIL	23
CLIF BLOKS ENERGY CHEWS	55
CLIF PERFORMANCE & SNACK BARS	55
CLIF ENERGY & SNACK BARS	55
CLIF KID ORGANIC ZBARS	37
CLOUD 9 GLUTEN-FREE BAKING MIX	6
CLOUD 9 PANCAKE & WAFFLE MIX	27
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CRAVE STEVIA CHOCOLATE CHIPS	7
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CROFTER'S ORGANIC FRUIT SPREAD	27
CULTURE CRAFT KOMBUCHA (REFRIGERATED)	78
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DAIYA DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	72
DAIYA DAIRY-FREE MAC & CHEESE	51
DAIYA DAIRY-FREE SALAD DRESSING	32
DAIYA DAIRY-FREE PIZZA & FLATBREAD (FROZEN)	91
DANDIES VEGAN MARSHMALLOWS	63
DEEBEE'S ORGANICS FREEZER POPS	64
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DOMO STONE GROUND TEA	11
DOM'S DEODORANT	94
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EARTH BALANCE SPREAD & STICKS (REFRIGERATED)	72
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EARTH'S OWN NON-DAIRY BEVERAGE	21
EARTH'S OWN NON-DAIRY CREAMERS (REFRIGERATED)	71
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EAT WHOLESOME TOMATOES & VEGETABLES	29
EAT WHOLESOME VINEGAR	35
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ECO LIVING CLUB DISHWASHER STRIPS	97
ECO LIVING CLUB LAUNDRY DETERGENT STRIPS	99
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ECO-MAX LAUNDRY PRODUCTS	99
ECO-MAX SURFACE CLEANING PRODUCTS	100
ECOPOOCH COMPOSTABLE DOGGIE BAGS	53
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ECOSAFE~6400 COMPOSTABLE SANDWICH BAGS	98
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EDEN APPLE SAUCE	29
EDEN BARLEY MALT SYRUP	68
EDEN CANNED BEANS	30
EDEN CANNED BEANS	28
EDEN EDENSOY SOYMILK	21
EDEN JAPANESE PRODUCTS	45
EDEN ORGANIC POPCORN	40
EDEN PACKAGED SNACK FOOD	65
EDEN PICKLED VEGETABLES	34
EDEN PIZZA & PASTA SAUCE	33
EDEN REFRIED BEANS	46
EDEN SEA VEGETABLES	45
EDEN SESAME OIL	50
EDEN TAHINI	27
EDEN VINEGAR	35
EDWARD & SONS EXOTIC RICE TOASTS & BAKED BROWN RICE SNAPS	38
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EFRUTI FRUIT JUICE GUMMI CANDIES	64
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ELIMENTO NUTRITIONAL YEAST	42
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ESCUMINAC FARM BOTTLED ORGANIC MAPLE SYRUP	68
EVERGREEN WHEATGRASS JUICE (FROZEN)	92
EVE'S CRACKERS	38
EVIVE BLENDER FREE SMOOTHIE CUBES (FROZEN)	92
EVIVE SMOOTHIE POPS (FROZEN)	87
FARMER'S MARKET CANNED PUMPKIN	29
FARMHOUSE CULTURE GUT SHOT BEVERAGE (REFRIGERATED)	78
FATSO PEANUT BUTTER	28
FENTIMANS BOTANICALLY BREWED SOFT DRINKS & MIXERS	22
FERIDIES PEANUTS	65
FEVER-TREE PREMIUM COCKTAIL MIXERS	22,23
FIELD ROAST CO. CHAO SLICES (REFRIGERATED)	73
FIELD ROAST CO. PLANT BASED MEAT ALTERNATIVE (REFRIGERATED)	81
FILSINGER'S ORGANIC FOODS APPLE CIDER VINEGAR	35
FLORIDA CRYSTALS SUGAR	69
FLOW ALKALINE SPRING WATER	24
FOOD FOR LIFE BREAD & ENGLISH MUFFINS (FROZEN)	83,84
FOOD FOR LIFE EZEKIEL 4:9 SPROUTED CEREAL	25
FOOD FOR LIFE TORTILLAS (FROZEN)	85
FOUR O'CLOCK TEA CRAFTERS	11,12
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FREEYUMM ALLERGEN-FREE COOKIES	36
FREEYUMM CRACKERS	38
GARDEIN MEAT-FREE ALTERNATIVE (FROZEN)	90
GENUINE TEA CO. TEA	12
GIA BASMATI RICE IN A BAG	41
GIMME ORGANIC ROASTED SEAWEED	45
GIMME ORGANIC ROASTED SEAWEED SNACKS	45
GIMME ORGANIC ROASTED SUSHI NORI	45
GINGER PEOPLE COOKING SAUCE	31
GINGER PEOPLE GINGER JUICE	42
GINGER PEOPLE GINGER SOOTHER	17
GINGER PEOPLE GINGER SYRUP	30
GINGER PEOPLE MINCED GINGER	45
GLUTINO COOKIES	36
GLUTINO CRACKERS	38
GLUTINO PRETZELS	57
GOBIO! BOUILLON CUBES & BROTH POWDER	66
GOBIO! CANDY	64

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GOOD TO GO SOFT BAKED BARS, BLONDIES & BROWNIES	56
GOODDRINK BOTTLED TEA	19
GOODDRINK SPRITZER	16
GOODVIBES JUICE CO GOODVIBES SHOTS+	17
GREEK GODS GREEK STYLE YOGURT (REFRIGERATED)	71
GREEN CUISINE MOCHI, TEMPEH & TOFU (REFRIGERATED)	82
GREEN CUISINE TEMPEH (FROZEN)	91
GREEN TABLE FERMENTS CONDIMENTS (REFRIGERATED)	74
GT'S SYNERGY RAW KOMBUCHA (REFRIGERATED)	78
GT'S ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)	78
GUAYAKI YERBA MATE	12
GUAYAKI YERBA MATE BEVERAGE	17
GUSTA PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	81
HABIBI'S MEDITERRANEAN DIPS & HUMMUS (REFRIGERATED)	75
HABIBI'S MEDITERRANEAN LEBANESE GARLIC SAUCE	46
HAPPY PAWS CAT & DOG FOOD	53
HAPPY PLANET JUICE & SMOOTHIES (REFRIGERATED)	79
HAPPY PLANET SOUP (REFRIGERATED)	76
HARDBITE HANDCRAFTED STYLE CHIPS	57,58
HARMLESS HARVEST COCONUT BEVERAGES (REFRIGERATED)	79
HEALTH-ADE KOMBUCHA (REFRIGERATED)	79
HEALTHY HIPPO LOW SUGAR CANDY	64
HEALTHY SHORES CANNED SEAFOOD FOR CATS & DOGS	53,54
HEE-HAW HORSERADISH	31
HOLY CRAP SUPERSEED CEREAL & OATMEAL	24
HOLY NAPOLI PIZZA DOUGH (FROZEN)	87
HOLY NAPOLI NEAPOLITAN PIZZA (FROZEN)	92
HOME GROWN LIVING FOODS EASY MAGIC MIX	48
HOME GROWN LIVING FOODS EASY U-BAKE MIX	6
HOME GROWN LIVING FOODS SPROUTED NUTS & SEEDS	49
HOME GROWN LIVING FOODS SPROUTED TRAIL MIX	65
HOOCHY 'BOOCH KOMBUCHA (REFRIGERATED)	79
HORNBY ISLAND VEGGIE PÂTÉ (REFRIGERATED)	81
HORNBY ORGANIC ENERGY BAR	56
HOT-KID RICE CRISPS	39
HOUSE OF YEE GLUTEN FREE DUMPLINGS (FROZEN)	89
HUER NATURAL CANDY	64
HUMBLE ORGANIC POTATO CHIPS	58
HUMMINGBIRD CHOCOLATE MAKER BEAN TO BAR CHOCOLATE	61
HUNGRY BUDDHA KETO BAR	56
ICEFIELD GLACIAL SPRING WATER	24
IF YOU CARE COFFEE FILTERS	10
IF YOU CARE CONCENTRATED DISHWASHING PRODUCTS	98
IF YOU CARE ENVIROMENT FRIENDLY BAKING CUPS	6
IF YOU CARE ENVIROMENT FRIENDLY CLEANING PRODUCTS	100
IF YOU CARE ENVIROMENT FRIENDLY COOKING PRODUCTS	98
IF YOU CARE FOOD WASTE BAGS	98
ILIADA GREEK OLIVES	34
IMAGINE FOODS BROTH	66
IMAGINE FOODS NATURAL SOUP	67
INDIANLIFE CHIPS & SAVOURY SNACKS	58
INDIANLIFE ENTRÉES (FROZEN)	90
INDIANLIFE FLAT BREADS, WRAPS & TORTILLAS (FROZEN)	85
ISLAND ESSENTIALS NATURAL BODY CARE	94
ISLAND KRAUT RAW KRAUT (REFRIGERATED)	74
ISLAND NUT ROASTERY FRESH ROAST NUT BUTTER	27
ISLANDERS MEXICAN SAUCE FRESH AUTHENTIC SALSA (REFRIGERATED)	75
ITO EN UNSWEETENED READY TO DRINK TEA	19
JASON BODY CARE PRODUCTS	95
JASON DENTAL CARE	96
JASON HAIR CARE	97
JONNY HETHERINGTON ESSENTIALS BBQ SAUCE	31
JONNY HETHERINGTON ESSENTIALS CONDIMENTS	31
JOVIAL COOKIES	36
JOVIAL EINKORN FLOUR	9
JOVIAL ITALIAN PASTA	52
JUST EGG PLANT EGG (FROZEN)	91
JUSTIN'S NUT BUTTER CUPS	61
JYOTI NATURAL FOODS INDIAN CUISINE	44
KAN'S GOURMET FOODS APPETIZERS (FROZEN)	88
KARTHEIN'S ORGANIC UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	74
KASLO SOURDOUGH PASTA PASTA FERMENTATA	52
KETTLE BRAND POTATO CHIPS	58
KIJU ORGANIC BEVERAGE	19
KIND BREAKFAST BARS, HEALTHY GRAINS BARS & THINS NUT BARS	37
KIND CHOCOLATE DIPPED CLUSTERS	62
KIND NUT BAR	56
KIND WHOLE GRAINS GRANOLA	25
KINDRED CULTURES PROBIOTIC WATER KEFIR (REFRIGERATED)	79

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KINNIKINNICK COOKIES	36
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KINNIKINNICK GRAHAM STYLE CRUMBS	7
KINNIKINNICK PANCAKE & WAFFLE MIX	27
KINNIKINNICK PANKO STYLE BREAD CRUMBS	5
KINNIKINNICK PIZZA & PIE CRUST (FROZEN)	87
KONSCIOUS PLANT-BASED SEAFOOD MEALS (FROZEN)	90
KOYO JAPANESE PRODUCTS	45
KOYO RAMEN	66
KRINOS FETA CHEESE (REFRIGERATED)	70
KRINOS GREEK OLIVES	34
KRINOS FOODS GREEK OLIVE OIL	50
KRISDA SUGAR-FREE CHOCOLATELY CHIPS	8
KRISDA SUGAR-FREE SWEETENER	69
LAKANTO MONKFRUIT BLEND SWEETENER & SYRUP	69
L'ANCÊTRE BUTTER (REFRIGERATED)	70
L'ANCÊTRE CHEESE (REFRIGERATED)	70,71
LE GRAND PESTO (REFRIGERATED)	75
LE GRAND PLANT BASED CHEESE (REFRIGERATED)	73
LE PAIN DES FLEURS CRISPBREAD	39
LET'S DO ICE CREAM CONES	86
LET'S DO...ORGANIC BAKING INGREDIENTS	7
LET'S DO...ORGANIC COCONUT CREAM & MILK	47
LET'S DO...ORGANIC SHREDDED COCONUT	48
LET'S DO...ORGANIC ICE CREAM CONES	86
LEVEL GROUND COFFEE ROASTERS CRAFT COFFEE	10
LEVEL GROUND TRADING CACAO NIBS	42
LEVEL GROUND TRADING DIRECT FAIR TRADE DRIED FRUIT	48
LEVEL GROUND TRADING DIRECT FAIR TRADE SUGAR	69
LEVEL GROUND TRADING DIRECT FAIR TRADE TEA	12
LICK YOUR CHOPS CAT & DOG FOOD	54
LITA'S MEXICAN FOODS FLOUR TORTILLAS (FROZEN)	85
LITA'S MEXICAN FOODS VEGAN TAQUITOS (FROZEN)	88
LIVELY PREBIOTIC POP	17
LOOP MISSION COLD-PRESSED JUICE & SMOOTHIES (REFRIGERATED)	79
LOOP MISSION PROBIOTIC SODA (REFRIGERATED)	79
LOTUS FOODS RICE	42
LOTUS FOODS RICE NOODLES	47
LOTUS FOODS RICE RAMEN MISO SOUP	66
LOTUS FOODS RICE RAMEN NOODLES	45
LOVE CHILD ORGANICS BABY FOOD	5
LOVE GOOD FATS KETO BAR	56,57
LUCKY FOODS SPRING ROLLS (FROZEN)	88
LUNDBERG BROWN RICE SYRUP	69
LUNDBERG RICE CAKE MINIS	59
LUNDBERG WHOLE GRAIN RICE CAKES	39
LUNDBERG FAMILY FARMS ENTREES & SIDES	52
LUNDBERG FAMILY FARMS RICE	41
MACKELLAR FARMS EDAMAME (FROZEN)	93
MADEGOOD BARS & BITES	37
MADEGOOD COOKIES	36
MADEGOOD STAR PUFFED CRACKERS	39
MAISON ORPHEE CULINARY OIL	50
MAISON ORPHEE FRESH MAYONNAISE (REFRIGERATED)	75
MAISON ORPHEE HAND-HARVESTED GREY SEA SALT	43
MAISON ORPHEE MUSTARD	31
MAISON ORPHEE VINAIGRETTE	33
MAISON ORPHEE VINEGAR	35
MANITOBA HARVEST HEMP SEED	49
MANITOBA HARVEST HEMP SEED OIL	50
MANITOBA HARVEST HEMP YEAH PROTEIN POWDER	94
MANITOBA HARVEST HEMP YEAH! GRANOLA	25
MANNA ORGANICS MIGHTY MANNA BREAD (FROZEN)	84
MARUKAN PONZU SAUCE	45
MARUKAN RICE VINEGAR	35
MARY'S ORGANIC CRACKERS	39
MARY'S ORGANIC GRAHAM-STYLE KOOKIES	36
MASECA CORN MASA FLOUR	9
MATEINA READY-TO-DRINK YERBA MATE	17
MATEINA YERBA MATE	12
MAUREEN'S COOKING SAUCE	44
MCKENZIE'S COUNTRY FARM HONEY	69
MID-DAY SQUARES FUNCTIONAL CHOCOLATE (REFRIGERATED)	81,82
MISHIMA INSTANT SOUP	45
MIYOKO'S CREAMERY VEGAN CHEESE (REFRIGERATED)	73
MIYOKO'S CREAMERY PLANT-BASED BUTTER (REFRIGERATED)	72
MODERN PRODUCTS BREWERS YEAST	42
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MOLISANA ORGANIC ROASTED PEPPERS	34

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MOOCHO DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	73
MORNIN' GLORY PRUNE JUICE	19
MORNIN' GLORY PRUNES	48
MOUNT HAGEN INSTANT COFFEE	10
MOUNTAIN SKY BODY CARE	95
NAAM COOKING SAUCE	31
NAKED & SAUCY COOKING SAUCE	31
NAKED & SAUCY NOOCH NUTRITIONAL YEAST DRESSING	33
NAKED & SAUCY SIMMER SAUCE	32
NAKED & SAUCY SOY SAUCE SUBSTITUTE	35
NANAK GHEE CLARIFIED BUTTER	44
NATIVE FOREST CANNED FRUIT & VEGETABLES	29
NATIVE FOREST CANNED VEGETABLES & JACKFRUIT	47
NATIVE FOREST COCONUT MILK	47
NATIVE FOREST DAIRY FREE MILK POWDER	21
NATRACARE FEMININE CARE	96,97
NATURA DAIRY-FREE BEVERAGE	21,22
NATURAL CABANA LEMON & LIMEADE	20
NATURE CLEAN DISHWASHING PRODUCTS	98
NATURE CLEAN HAND SOAP	95
NATURE CLEAN HOUSEHOLD CLEANERS	100
NATURE CLEAN LAUNDRY PRODUCTS	99
NATURE CLEAN SHAMPOO & CONDITIONER	97
NATUREBEE CONCENTRATED FOAMING HAND SOAP TABLETS	95
NATUREBEE CONCENTRATED HOUSEHOLD CLEANER TABLETS	100
NATUREBEE REUSABLE SPONGE CLOTHS	100
NATURE'S BAKERY SNACK BARS	37
NATURE'S NUTS NUT & SEED BUTTER	28
NATURE'S PATH CEREAL	25,26
NATURE'S PATH GRANOLA	26
NATURE'S PATH INSTANT OATMEAL	25
NATURE'S PATH TOASTER PASTRIES	38
NATURE'S PATH WAFFLES (FROZEN)	92
NATURE'S PATH WHOLE GRAIN OATS	41
NATURSOURCE SALAD TOPPER	33
NATURSOURCE SNACKS	65
NAVITAS ORGANICS DRIED FRUIT	48
NAVITAS ORGANICS PLANT-BASED SUPERFOOD	42
NIKKEI RAMEN YA AUTHENTIC RAMEN (FROZEN)	88
NIKKEI RAMEN YA RAMEN SEASONING SAUCE	45
NOOCHPOP! VEGAN CHEESY POPCORN	59
NORA SEAWEED SNACKS	45
NORA'S DAIRY-FREE DESSERT (FROZEN)	87
NORTH PRAIRIE GOLD OIL	50
NOVA SCOTIA FISHERMAN XTREME LIP & SKIN CARE	95
NUMI ORGANIC TEA	12
NUNWEILER'S PANCAKE & WAFFLE MIX	27
NUNWEILER'S FLOUR CO ORGANIC FLOUR	10
NUTIVA COCONUT MANNA CREAMY SPREAD	28
NUTIVA OIL	50
NUTS FOR CHEESE FERMENTED CASHEW PRODUCT (REFRIGERATED)	73
NUTS FOR CHEESE NUTS FOR BUTTER CULTURED CASHEW PRODUCT (REFRIGERATED)	72
NUUN HYDRATION DRINK TABLETS	94
OASIS PITA BREAD (FROZEN)	85
OATLY OAT DRINK	22
OCEAN'S HALO KIMCHI	34
OCEAN'S HALO RICE	42
OCEAN'S HALO SPRING ROLL WRAPS	47
OCEAN'S HALO SUSHI NORI	46
OCEAN'S HALO THE SEAWEED SNACK	46
O'DOUGHS BITE SIZED NAAN STYLE O'DIPPERS (FROZEN)	85
O'DOUGHS BREAD, BUNS & BAGELS (FROZEN)	84
OI! OIL	51
OMEGA 3 NUTRACLEANSE FIBRE BLEND	94
OMEGA NUTRITION APPLE CIDER VINEGAR	35
OMEGA NUTRITION EFA OIL (REFRIGERATED)	83
OMEGA NUTRITION FLAX & PUMPKIN SEED POWDER	94
OMEGA NUTRITION OIL	51
OMEGA NUTRITION PUMPKIN SEED BUTTER	28
ONEEARTH FUNCTIONAL FOODS COCONUT PALM SUGAR	69
OOME SMOKED TOFU (REFRIGERATED)	82
ORCHID REAL FLAVOUR BAKING INGREDIENTS	7
ORGANIC INDIA HERBAL INFUSIONS	13
ORGANIC MEADOW BUTTER (FREEZER)	85
ORGANIC MEADOW BUTTER (FREEZER)	91
ORGANIC MEADOW ICE CREAM (FROZEN)	87
ORIGO FREEZE DRIED FRUIT	65
OZERY FAMILY BAKERY BUNS (FROZEN)	84
PACIFIC FOODS BROTH	66
PACIFIC FOODS PLANT-BASED CHILI	30
PACIFIC FOODS SOUP	67,68

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PAMELA'S ARTISAN FLOUR BLENDS	10
PAMELA'S COOKIES	36
PAMELA'S PANCAKE MIX	27
PANDA LICORICES	64
PAPERCHEF CULINARY PARCHMENT BAKING PRODUCTS	6
PAPERCHEF CULINARY PARCHMENT PAPER	98
PAPOUTSANIS OLIVE OIL HAND SOAP BAR	95
PARMELA CREAMERY PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)	73
PARTAKE BREWING NON-ALCOHOLIC BEER	23
PATIENCE FRUIT & CO DRIED BERRIES	48
PATIENCE FRUIT & CO FRUIT JUICE	20
PATIENCE FRUIT & CO SOUR CRAN DRIED CRANBERRIES	65
PEARL'S PEROGIES (FROZEN)	90
PERFECT CHEF TOMATO PASTA SAUCE	33
PHILLIPS IOTA NON-ALCOHOLIC CRAFT BEER	23
PHILLIPS SODA WORKS	16
PIKE PIER FISHERMAN ALL NATURAL SAUCE	31
PLUMM GOOD BROWN RICE BREADING CRUMBS	5
PLUMM GOOD WHOLE GRAIN RICE CAKES	39,40
POMONA'S UNIVERSAL PECTIN	7
POPTASTIC POPCORN	59
PORTOFINO BAKERY BREAD & BUNS (FROZEN)	84
PRANA SNACK NUTS & MIXES	65
PRANA ORGANIC CHOCOLATE CHUNKS	8
PRANA ORGANIC CHOCOLATE TREATS	62
PRANA ORGANIC COOKIES	36
PRANA ORGANIC DRIED FRUIT	48
PRANA ORGANIC FUNCTIONAL FOOD	42
PRANA ORGANIC GRANOLA BARS	38
PRANA ORGANIC GRANOLOVE GRANOLA CEREAL	26
PRANA ORGANIC NUTS & SEEDS	49
PRANA ORGANIC OVERNIGHT CHIA & OAT MIX	25
PROBAR NUTRITIONAL FOOD BAR	57
PUKKA ORGANIC TEA	13
QUE PASA SALSA	34
QUE PASA TACO SHELLS	46
QUE PASA TORTILLA CHIPS	59
R.W. KNUDSEN FRUIT JUICE & VEGETABLE JUICE	20
RABBIT RIVER FARMS EGGS (REFRIGERATED)	71
RAINCOAST GLOBAL MSC CERTIFIED SUSTAINABLE SEAFOOD	29
RAWMBAS VEGAN MUFFINS (FROZEN)	86
RED STAR NUTRITIONAL YEAST	42
REDMOND REAL SALT	43
REED'S ALL-NATURAL GINGER DRINK	16
RICEWORKS GOURMET RICE CHIPS	59
RISE KOMBUCHA (REFRIGERATED)	80
RISE BOTANICALS SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)	80
RIZOPIA RICE PASTA	52,53
ROAD POP SPARKLING HOP WATER	23
ROAR ORGANIC VITAMIN ENHANCED BEVERAGE	17
ROAR PLUS VITAMIN & ELECTROLYTE DRINK MIX	94
ROLLING MEADOW BUTTER (FROZEN)	86
RUBY'S AUTHENTIC APPETIZERS (FROZEN)	88
RUBY'S AUTHENTIC CHUTNEY (REFRIGERATED)	75
RVIITA ENERGY TEA	17
SAFE CATCH LOW MERCURY CANNED SEAFOOD	30
SALT SPRING COFFEE	11
SALT SPRING COFFEE COMPOSTABLE SINGLE-SERVE BREW PODS	10
SALT SPRING GELATO ITALIAN ICE CREAM (FROZEN)	87
SALT SPRING GELATO SORBETTO (FROZEN)	87
SAN-J BREWED SOY SAUCE & ALTERNATIVES	35
SAN-J COOKING SAUCE	32
SAN-J RICE CRACKERS	39
SANTA CRUZ ORGANIC 100% LEMON & LIME JUICE	42
SANTA CRUZ ORGANIC LEMONADE	20
SAPADILLA BODY CARE	95
SAPSUCKER SPARKLING TREE WATER	18
SAUGEEN COUNTRY DAIRY KEFIR & YOGURT (REFRIGERATED)	71
SAVE DA SEA PLANT-BASED SEAFOOD (REFRIGERATED)	81
SAY WHEN ORGANIC CHAI CONCENTRATE	13
SEASNAX SEAWEED PRODUCTS	46
SENSIBLE PORTIONS GARDEN VEGGIE STRAWS & CHIPS	59
SEOUL KIMCHI (REFRIGERATED)	74
SEOUL KIMCHI HOT SAUCE	31
SEOUL KOREAN BBQ SAUCE	32
SILK'N SOFT BAMBOO BATHROOM TISSUE	100
SIMPLA COCONUT PLANT-BASED YOGURT (REFRIGERATED)	74
SIMPLY ORGANIC BOTTLED SPICES & GRINDERS	43,44
SIMPLY ORGANIC DIP MIX	54
SIMPLY ORGANIC FLAVOURINGS & EXTRACTS	7
SIMPLY ORGANIC GRAVY MIX	32

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SKIPPY'S KETTLE CORN	60
SNACK 21 DOG & CAT SNACKS	54
SOBAYA PASTA	46
SOBER CARPENTER NON-ALCOHOLIC CRAFT BEER & CIDER	23
SOTA SPARKLING TEA + ADAPTOGENS	18
SOUTHERN RECIPE SMALL BATCH PORK RINDS	60
SOYA NOVA TOFU (REFRIGERATED)	82
SPARKMOUTH MOCKTAILS	24
SPARKMOUTH SPARKLING WATER & TONIC	16
SPECTRUM OIL	51
SPECTRUM SPRAY OIL	51
SPECTRUM CULINARY MAYONNAISE	33
SPERRI PLANT-BASED MEAL REPLACEMENT SHAKE	18
SPREAD 'EM KITCHEN CO. CASHEW CHEESE (REFRIGERATED)	73
SPREAD 'EM KITCHEN CO. CASHEW DIP (REFRIGERATED)	75
SQUAMISH WATER KEFIR FROZEN PROBIOTIC POPS	87
SQUAMISH WATER KEFIR PROBIOTIC SODA & WATER KEFIR (REFRIGERATED)	80
ST. MICHAEL HONEY	69
STAHLBUSH ISLAND FARMS FRUIT (FROZEN)	93
STAHLBUSH ISLAND FARMS VEGETABLES (FROZEN)	93
STASH TEA COMPANY PREMIUM TEA	13,14
STELLA'S PEROGIES (FROZEN)	90
STICKLING'S BAKERY PRODUCTS	5
STREET LEGAL DEALCOHOLIZED BEER	24
SUNDHED SEA SALT & PURE HIMALAYAN SALT	44
SUNFLOWER KITCHEN DIP & SAUCE (REFRIGERATED)	75,76
SUNSHINE FARMS CONDIMENTS	31
SUNSHINE FARMS ORGANIC PICKLES	34
SUNSHINE FARMS VINEGAR	35
SUNSORYA SPIRULINA SPRINKLES	42
SUPERIOR NATURAL TOFU (REFRIGERATED)	82
SWERVE SWEETENER	69
SYNERGY ORGANICS DENTAL CARE	96
TASTE NIRVANA COCONUT WATER	20
TAZO BLACK TEA CONCENTRATE	14
TAZO FILTERBAG TEA	14
TERRA ARTISAN BREAD (FROZEN)	85
TERRA BREADS SMALL BATCH GRANOLA	26
TERRA DELYSSA OLIVE OIL	51
THAI KITCHEN COCONUT CREAM & MILK	47
THAI KITCHEN PASTE & SAUCE	47
THAI KITCHEN RICE NOODLES	47
THAYERS REMEDIES WITCH HAZEL	96
THE BETTER BUTCHERS FORAGER'S FINEST MUSHROOM POWERED GROUND (FROZEN)	91
THE CULTURED COCONUT PROBIOTIC (REFRIGERATED)	83
THE GINGER PEOPLE GINGER CANDY	64
THEO CHOCOLATE	62
THIRSTY BUDDHA COCONUT WATER	20
THIRSTY BUDDHA SPARKLING COCONUT WATER	16
THOMPSON'S HOMEOPATHIC CRÈME	96
THRIVE REMEDIES ADAPTOGENIC TEA	18
TINKYADA RICE PASTA	53
TOFINO RAW KOMBUCHA (REFRIGERATED)	80
TOFURKY MEAT ALTERNATIVE (REFRIGERATED)	81
TOM'S OF MAINE DENTAL CARE	96
TOM'S OF MAINE DEODORANT	96
TRADITIONAL MEDICINALS TEA	14,15
TRIPLE JIM'S ORGANIC DRIED FRUIT	49
TRIPLE JIM'S ALL NATURAL JUICE MADE FROM BC FRUIT	20
TWO BEARS COLD BREW COFFEE & OAT MILK TEA LATTE	21
TWO BEARS DAIRY-FREE BEVERAGE	22
TWO BEARS DRINK MIXER	24
TWO BEARS LACTOSE FREE DAIRY LATTE	21
UMI'S KITCHEN COOKING SAUCE	32
UNBUN GRAIN FREE & KETO BREAD (FROZEN)	85
UNBUN GRAIN FREE & KETO TORTILLAS (FROZEN)	85
UNCLE LEE'S TEA	15
UNICO CHICKPEAS	29
UNICO OLIVE OIL	51
VEGAN ROB'S PLANT BASED SNACKS	60
VG GOURMET ARTISAN VEGAN BURGERS (FROZEN)	91
VIJ'S INDIAN APPETIZERS (FROZEN)	88
VIJ'S INDIAN CUISINE (FROZEN)	90
WAKEWATER CAFFEINATED SPARKLING WATER	18
WANT-WANT SUPERSLIM BROWN RICE CRISPS	39
WHISTLER WATER	24
WHITewater COOKS DRESSING & VINAIGRETTE	33
WHITewater COOKS MARINADE	32
WHOLE ALTERNATIVES POPCORN	40

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WHOLLY WHOLESOME PIE SHELLS (FROZEN)	87
WILD & FREE ORGANICS AIR FRESHENERS	97
WILD & FREE ORGANICS LIP BALM	96
WILD & FREE ORGANICS NATURAL SOY CANDLE	99
WILD COUNTRY HONEY	69
WILD TEA KOMBUCHA	18
WILDBRINE FERMENTED SAUCE (REFRIGERATED)	76
WILDBRINE FERMENTED VEGETABLES (REFRIGERATED)	74,75
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