



# Wholesale Catalogue

## January 2025



# ***PSC Natural Foods***

*we deliver the goodness*

Tel: 250-386-3880 • 1-800-663-7604

Fax: 250-386-1413 • 1-800-520-5052

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

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



## PSC Natural Foods

*we deliver the goodness*

Office & Order Desk Hours:

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

Friday 8:30AM - 3:00PM

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

Friday 8:30AM - 2:30PM

Warehouse | Unit 117-2924 Jacklin Road

Victoria BC

V9B 3Y5

**Tel** 250.386.3880 • 1.800.663.7604

**Fax** 250.386.1413 • 1.800.520.5052

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

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## PSC NATURAL FOODS Wholesale Catalogue

### Accounting Information Payment

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

### Past Due Accounts

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

### Delivery & Pick-up Information

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

### Order Pick-ups

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

### Quick Pick-Up Policy

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

### Back Order Policy

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

### Ordering Information

\* prices subject to change without notice

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

### Split Cases

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

### Minimum Order Amounts

– on scheduled days, where applicable.

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

### Claims

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

#### All Claims>Returns

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

#### Pricing/Shipping Errors

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

#### Guaranteed Sales

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

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

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

## PSC Freight Rates

Highly competitive freight rates.

*We deliver the goodness for less.*

### Vancouver Island and Other Islands

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

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

### Mainland

Greater Vancouver *Minimum order, no charge*

### Zone 1

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

### Zone 2

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

### Zone 3

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

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

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

### Lower Minimum Orders for Prepaid Freight

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

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

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

**Shipped from Horizon on Tuesday**

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

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

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

### Zone 2

See locations in Freight Rates Table (left)

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

### Zone 3

See locations in Freight Rates Table (left)

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

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

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

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

**BUY GROUP \$650 MINIMUM**

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

### Split Cases

• 1/2 case minimum.

Frozen items are sold in full cases only.

### Order Pick-ups

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

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

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# PSC Wholesale Catalogue - January 2025

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

@ = Fair Trade / + = Made in Canada / BC = BC Product / P = Canadian Company / X = NO SPLITS

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

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

## DRY GOODS

60081

1 / ea

### BABY CARE

#### Diapers & Wipes

##### CABOO | BAMBOO BABY WIPES

628451 738022	<b>46454</b>	GMO									P	Bamboo Baby Wipes	12 / 30ct						G P
628451 738015	<b>46453</b>	GMO										Bamboo Baby Wipes w/ Aloe	12 / 72ct						G P

Buy 50+ cases

Save 20%

### Food & Snacks

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

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

### BAKERY GOODS

##### More Breads in Frozen Section

#### Bread

##### KINNIKINNICK | PANKO STYLE BREAD CRUMBS

620133 600153	<b>55053</b>	GF			+	P	Panko Style Bread Crumbs	6 / 350g
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##### PLUMM GOOD | BROWN RICE BREADING CRUMBS

069372 006201	<b>16697</b>	GMO	GF	*		BC	P	Brown Rice Breading Crumbs, Organic	6 / 100g
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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE	G	P	U
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## STICKLING'S | BAKERY PRODUCTS

775918 002032	32044	GF						+	P	X		6 / 175g			
775918 002018	32041	GF						+	P			6 / 500g			
													Save 5%		
													Buy 12+ cases	Save 10%	

## BAKING & PRESERVING

### Baking Mixes

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

039978 333049	30543	GMO									X	Baking Mix, Cake, Classic Yellow	4 / 440g		
039978 333032	30544	GMO									X	Baking Mix, Cake, Decadent Chocolate	4 / 440g		
039978 333025	30545	GMO									X	Baking Mix, Fudgy Brownie	4 / 397g		
039978 002006	34213		GF								X	Baking Mix, Gluten Free Brownie	4 / 595g		
039978 002075	34214		GF								X	Baking Mix, Gluten Free Cookie, Chocolate Chip	4 / 624g		
039978 001993	34212		GF								X	Baking Mix, Gluten Free Cornbread	4 / 567g		
039978 002266	34245		GF								X	Baking Mix, Gluten Free Muffin	4 / 454g		
039978 002082	34215		GF								X	Baking Mix, Gluten Free Pizza Crust	4 / 454g		
039978 333056	30546										X	Baking Mix, Golden Cornbread	4 / 368g		
039978 003003	34251	GMO	GF								X	Baking Mix, Grain Free Blueberry Muffin	5 / 255g		

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

### Baking Ingredients

#### BAKERS SUPPLY HOUSE | BAKING INGREDIENTS

055853 001803	02218	GMO				BC	P	Baking Powder, Non-GMO (corn & aluminum 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 002206	02266	GMO	B	*		BC	P	X Baking Powder, Organic (aluminum free) (corn free)	1 / 10kg		
								(S/O)			

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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	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE					G	P	U
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## BOB'S RED MILL | BAKING INGREDIENTS

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

## EAGLE INSTAFERM | BAKING INGREDIENTS

067031 109096	<b>02180</b>										Instafirm Instant Yeast	20 / 450g							
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## KINNIKINICK | GRAHAM STYLE CRUMBS

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

043182 005296	<b>20114</b>	GMO		GF		*					Cornstarch, Organic	6 / 170g							
043182 005272	<b>70340</b>										Tapioca, Granules, Organic	6 / 170g							
043182 095297	<b>14542</b>	GMO		B		*					X Cornstarch, Organic (S/O)	1 / 25kg							

## ORCHID REAL FLAVOUR | BAKING INGREDIENTS

062932 001005	<b>02056</b>										BC ℙ Pure Vanilla Extract	12 / 100ml							
062932 001807	<b>02074</b>	GMO				*					BC ℙ Vanilla Extract, Organic	12 / 100ml							
062932 002002	<b>02071</b>										BC ℙ Pure Vanilla Extract	6 / 500ml							
062932 001876	<b>02228</b>	GMO				*					BC ℙ Vanilla Extract, Organic	6 / 500ml							
062932 006017	<b>02057</b>										BC ℙ Pure Almond Extract (S/O)	12 / 100ml							

## SIMPLY ORGANIC | FLAVOURINGS & EXTRACTS

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

## Preserving Supplies

### POMONA'S | UNIVERSAL PECTIN

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

## Cocoa & Chocolate

### CAMINO | CHOCOLATE BAKING PRODUCTS

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

### ENDANGERED SPECIES CHOCOLATE | OAT MILK BAKING CHIPS

037014 400014	<b>36210</b>	GMO		GF		V	@				Baking Chips, Oat Milk + Dark Chocolate (55% cocoa)	6 / 285g							
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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE					G	P	U
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## ENJOY LIFE | BAKING CHOCOLATE

819597 013825	<b>02501</b>	GMO		GF	V							12 / 255g							
819597 010213	<b>02325</b>	GMO		GF	V							12 / 255g							
819597 013474	<b>02500</b>	GMO		GF	V							12 / 255g							
853522 000313	<b>02271</b>	GMO		GF	V							12 / 283g							
853522 000306	<b>02250</b>	GMO		GF	V							12 / 283g							

## KRISDA | SUGAR-FREE CHOCOLATELY CHIPS

688120 200113	<b>23019</b>											6 / 285g							
1068812 0200226	<b>93040</b>		<b>B</b>									1 / 5kg							

## PRANA ORGANIC | CHOCOLATE CHUNKS

877693 001559	<b>26142</b>	GMO		GF		*						6 / 300g							
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## Flours

### ANITA'S ORGANIC MILL | FLOUR

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

### AVENA FOODS | OAT FLOUR

663780 100447	<b>20117</b>		<b>B</b>	GF		*						1 / 22.7kg							
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### BLUE DIAMOND | ALMOND FLOUR

041570 147245	<b>16184</b>	GMO										4 / 454g							
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UPC CODE	CODE	GMO	B	GF	V	*	@	+	℞	X	PACK	SIZE	G	P	U
<b>BOB'S RED MILL   FLOUR</b>															
039978 001962	<b>34209</b>											4 / 680g			
039978 002143	<b>34240</b>	GMO				*						4 / 680g			
039978 343819	<b>20375</b>	GMO		GF								4 / 453g			
039978 333810	<b>20238</b>	GMO		GF								4 / 907g			
039978 333803	<b>34076</b>	GMO		GF								4 / 453g			
039978 335050	<b>20159</b>	GMO		GF								4 / 454g			
039978 001870	<b>34218</b>	GMO				*						4 / 624g			
039978 301789	<b>20150</b>	GMO		GF								4 / 567g			
039978 328151	<b>20355</b>	GMO		GF		*	@					4 / 453g			
039978 002402	<b>34222</b>	GMO		GF								4 / 454g			
039978 344533	<b>30572</b>	GMO		GF								4 / 623g			
039978 354532	<b>30573</b>	GMO		GF								4 / 1.24kg			
039978 334527	<b>30574</b>	GMO		GF								4 / 623g			
039978 344526	<b>30575</b>	GMO		GF								4 / 1.24kg			
039978 002150	<b>34220</b>											4 / 624g			
039978 002273	<b>34235</b>	GMO		GF								4 / 510g			
039978 001979	<b>34210</b>	GMO		GF								4 / 680g			
039978 002426	<b>34242</b>	GMO		GF		*						4 / 680g			
039978 001986	<b>34211</b>	GMO		GF								4 / 680g			
039978 002136	<b>34227</b>	GMO										4 / 680g			
039978 002341	<b>34237</b>	GMO		GF								4 / 624g			
039978 002105	<b>34216</b>	GMO				*						4 / 567g			
039978 325365	<b>20389</b>	GMO		GF								4 / 454g			
039978 002129	<b>34221</b>	GMO										4 / 567g			
039978 333018	<b>27007</b>	GMO										8 / 2.27kg			
039978 302366	<b>27006</b>	GMO										8 / 2.27kg			
039978 333001	<b>27008</b>	GMO										8 / 2.27kg			
039978 315052	<b>27002</b>	GMO	B	GF								1 / 11.34kg			
039978 324528	<b>27001</b>	GMO	B	GF								1 / 11.34kg			
039978 334534	<b>30547</b>	GMO	B	GF								1 / 11.34kg			
039978 108159	<b>27005</b>	GMO	B	GF		*	@					1 / 25lb			
039978 103123	<b>20422</b>	GMO	B	GF								1 / 25lb			
039978 103154	<b>20173</b>	GMO	B	GF								1 / 25lb			
039978 109743	<b>20174</b>	GMO	B	GF		*						1 / 25lb			
039978 106087	<b>20424</b>	GMO	B	GF								1 / 25lb			
039978 109675	<b>20419</b>	GMO	B	GF		*						1 / 25lb			
039978 106421	<b>20251</b>	GMO	B	GF								1 / 25lb			
039978 105356	<b>20423</b>	GMO	B	GF								1 / 25lb			
039978 105394	<b>20398</b>	GMO	B	GF								1 / 25lb			
<b>JOVIAL   EINKORN FLOUR</b>															
815421 011005	<b>21044</b>	GMO				*						10 / 907g			
<b>MASECA   CORN MASA FLOUR</b>															
	<b>34000</b>		B	GF								1 / 22.68kg			
<b>NUNWEILER'S FLOUR CO   ORGANIC FLOUR</b>															
067785 000243	<b>20042</b>	GMO				*		+	℞			4 / 1kg			
067785 005743	<b>20015</b>	GMO				*		+	℞			4 / 1kg			
067785 000045	<b>20043</b>	GMO				*		+	℞			4 / 1kg			
067785 000441	<b>20037</b>	GMO				*		+	℞			4 / 1kg			
067785 000342	<b>20024</b>	GMO				*		+	℞			4 / 1kg			
067785 001745	<b>20014</b>	GMO				*		+	℞			4 / 1kg			
<b>PAMELA'S   ARTISAN FLOUR BLENDS</b>															
093709 221142	<b>22246</b>	GMO		GF								3 / 1.81kg			



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	☑	X	PACK	SIZE				G	P	U	
628415 078362	<b>12362</b>	GMO					*	@		☑		8 / 400g							
628415 084646	<b>12364</b>	GMO					*	@		☑		6 / 908g							
628415 084424	<b>12365</b>	GMO					*	@		☑		6 / 908g							
628415 084387	<b>12366</b>	GMO					*	@		☑		6 / 908g							

## Coffee Alternatives

### CAF-LIB | GRAIN BEVERAGE

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

### CAMINO | HOT CHOCOLATE

752612 000120	<b>06687</b>	GMO					*	@	+	☑		6 / 275g						
752612 000137	<b>06681</b>	GMO					*	@	+	☑		6 / 275g						
752612 000571	<b>07319</b>	GMO					*	@	+	☑		6 / 275g						
752612 000298	<b>06918</b>	GMO					*	@	+	☑		6 / 275g						
752612 000045	<b>06665</b>	GMO					*	@	+	☑		6 / 336g						
752612 000052	<b>06666</b>	GMO					*	@	+	☑		6 / 336g						
752612 300428	<b>37080</b>	GMO					*	@	+	☑		12 / 907g						

### CÖCO | SUPERFOOD HOT CHOCOLATE

817523 000482	<b>53300</b>									BC ☑		6 / 115g						
817523 000499	<b>53302</b>									BC ☑		6 / 115g						
817523 000505	<b>53301</b>									BC ☑		6 / 115g						

## Tea & Tea Concentrate

### AMBIENT MOON | CHAI (CONCENTRATES)

066893 355757	<b>17661</b>									BC ☑		12 / 946ml						
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### DOMO TEA | STONE GROUND TEA

817523 000345	<b>04072</b>	GMO								BC ☑		6 / 60g						
817523 000338	<b>04069</b>	GMO								BC ☑		6 / 115g						
817523 000215	<b>04037</b>	GMO								BC ☑		6 / 115g						
817523 000321	<b>04054</b>	GMO								BC ☑		6 / 115g						
817523 000192	<b>04034</b>	GMO					*			BC ☑		6 / 115g						

### FOUR O'CLOCK | TEA CRAFTERS

779192 402212	<b>12906</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402564	<b>12973</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402274	<b>12914</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402458	<b>12907</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402823	<b>24252</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402342	<b>12912</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402434	<b>12911</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402359	<b>12905</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402298	<b>12921</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402809	<b>24250</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402328	<b>12908</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402229	<b>12972</b>	GMO					*	@	+	☑		6 / 16ct						
779192 202270	<b>24254</b>	GMO					*	@	+	☑		6 / 16ct						
779192 202256	<b>12916</b>	GMO					*	@	+	☑		6 / 16ct						
779192 202232	<b>12909</b>	GMO					*	@	+	☑		6 / 16ct						
779192 202225	<b>12975</b>	GMO					*	@	+	☑		6 / 16ct						
779192 202263	<b>24253</b>	GMO					*	@	+	☑		6 / 16ct						
779192 402724	<b>24114</b>	GMO					*	@	+	☑		6 / 16ct						



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## PUKKA | ORGANIC TEA

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
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 013767	40817	GMO					*	@		X			Herbal Tea, Three Ginger, Organic	4 / 20ct
5060229 013750	40818	GMO					*	@		X			Herbal Tea, Three Mint, 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
													<b>Buy 8-15 cases</b>	<b>Save 10%</b>
													<b>Buy 16+ cases</b>	<b>Save 15%</b>

## STASH TEA | 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
077652 082210	13108	GMO											Herbal Tea, Chamomile	6 / 20ct
077652 082418	13109	GMO											Herbal Tea, Chamomile Nights	6 / 20ct
077652 773941	21086	GMO					*						Herbal Tea, Chamomile, Organic	6 / 16ct
077652 082395	13110	GMO											Herbal Tea, Cinnamon Apple Chamomile	6 / 20ct
077652 745948	13128	GMO											Herbal Tea, Cozy Cinnamon Vanilla Chamomile	6 / 18ct
077652 772197	10087	GMO											Herbal Tea, Ginger Fire Chai w/Yerba Mate	6 / 18ct
077652 772210	13230	GMO											Herbal Tea, Golden Turmeric Chai	6 / 18ct
077652 082494	13111	GMO											Herbal Tea, Lemon Ginger	6 / 20ct
077652 082258	13112	GMO											Herbal Tea, Licorice Spice	6 / 20ct
077652 082562	13113	GMO											Herbal Tea, Mango Passionfruit	6 / 20ct
077652 082449	13115	GMO											Herbal Tea, Meyer Lemon	6 / 20ct
077652 773927	21087	GMO					*						Herbal Tea, Mint Blend, Organic	6 / 16ct
077652 082227	13116	GMO											Herbal Tea, Peppermint	6 / 20ct
077652 083095	13156	GMO											Herbal Tea, Spice Dragon Red Chai w/Rooibos	6 / 18ct
077652 772173	13226	GMO											Herbal Tea, Sunny Orange Ginger	6 / 18ct
077652 773958	21089	GMO					*						Herbal Tea, Turmeric Chai, Organic	6 / 16ct
077652 082463	21085	GMO											Herbal Tea, Wild Raspberry Hibiscus	6 / 20ct
077652 084818	13119	GMO											Holiday Herbal Tea, Cinnamon Vanilla	6 / 18ct
077652 083552	13122	GMO											Oolong Tea, Coconut Mango Wuyi Oolong	6 / 20ct
077652 773910	13129	GMO											White Tea, Tangerine Honey Daydream	6 / 18ct



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U	
892241 000235	12961	GMO										6 / 40ct							
892241 000211	12962	GMO										6 / 40ct							
892241 000167	12960	GMO										6 / 40ct							
													<b>Buy 10-14 cases</b>	<b>Save</b>	<b>10%</b>				
													<b>Buy 15-17 cases</b>	<b>Save</b>	<b>15%</b>				
													<b>Buy 18+ cases</b>	<b>Save</b>	<b>18%</b>				
<b>YOGI   HERBAL TEA</b>																			
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							
059654 590047	05529											6 / 4x250ml							
059654 530043	05531											6 / 4x250ml							
059654 540448	05532											6 / 4x250ml							
059654 550041	05533											6 / 4x250ml							
059654 520044	05530											6 / 4x250ml							
059654 580048	05534											6 / 4x250ml							
059654 410031	05522										X	12 / 330ml							
059654 410055	05524										X	12 / 330ml							
059654 560019	07071										X	12 / 330ml							
059654 590016	07075										X	12 / 330ml							
059654 530012	07067										X	12 / 330ml							
059654 550010	07070										X	12 / 330ml							
059654 600012	05539										X	12 / 330ml							
059654 520013	07336										X	12 / 330ml							

#### GOODDRINK | SPRITZER

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

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	/	X	PACK	SIZE				G	P	U
<b>PHILLIPS   SODA WORKS</b>																		
818278 009058	<b>11450</b>		BC	/								6 / 4x355ml				G	P	U
818278 009034	<b>11448</b>		BC	/								6 / 4x355ml				G	P	U
818278 009065	<b>11447</b>		BC	/								6 / 4x355ml				G	P	U
818278 009041	<b>11449</b>		BC	/								6 / 4x355ml				G	P	U
<b>SPARKMOUTH   SPARKLING WATER &amp; TONIC</b>																		
818278 003469	<b>11417</b>		BC	/								3 / 8x355ml				G		U
818278 003445	<b>11415</b>		BC	/								3 / 8x355ml				G		U
818278 003452	<b>11416</b>		BC	/								3 / 8x355ml				G		U
818278 003476	<b>11418</b>		BC	/								3 / 8x355ml				G		U
818278 004787	<b>11432</b>		BC	/								6 / 4x355ml				G	P	U
818278 005128	<b>11433</b>		BC	/								6 / 4x355ml				G	P	U
818278 004824	<b>11434</b>		BC	/								6 / 4x355ml				G	P	U
<b>THIRSTY BUDDHA   SPARKLING COCONUT WATER</b>																		
852953 001654	<b>72521</b>	GMO								/	X	12 / 330ml				G	P	U
852953 001357	<b>72522</b>	GMO								/	X	12 / 330ml				G	P	U
												<b>Buy 20-49 cases</b>	<b>Save 1.50</b>					
												<b>Buy 50-99 cases</b>	<b>Save 2.25</b>					
												<b>Buy 100+ cases</b>	<b>Save 3.00</b>					
<b>WIZE   ICED TEA</b>																		
628250 387469	<b>13656</b>									/	X	12 / 355ml				G	P	U
628250 387360	<b>13653</b>									/	X	12 / 355ml				G	P	U
628250 387445	<b>13654</b>									/	X	12 / 355ml				G	P	U
<b>ZEVIA   ZERO SUGAR SODA</b>																		
849429 001249	<b>07158</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 001300	<b>72024</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 001201	<b>07106</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 001287	<b>07111</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 000013	<b>07160</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 001263	<b>07161</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 001256	<b>07110</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 001232	<b>07109</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 001270	<b>07159</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 001218	<b>07107</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 001225	<b>07108</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 003694	<b>72025</b>	GMO		GF								4 / 6x355ml				G	P	U
849429 004097	<b>72060</b>	GMO		GF							X	12 / 355ml				G	P	U
849429 004110	<b>72061</b>	GMO		GF							X	12 / 355ml				G	P	U
849429 004103	<b>72062</b>	GMO		GF							X	12 / 355ml				G	P	U
849429 004127	<b>72063</b>	GMO		GF							X	12 / 355ml				G	P	U

## Functional Beverages

### BUCHA BREW | KOMBUCHA

628110 435354	<b>17252</b>	GMO			*	BC	/					6 / 4x355ml				G	P	U
628110 435347	<b>17251</b>	GMO			*	BC	/					6 / 4x355ml				G	P	U

### GINGER PEOPLE | GINGER SOOTHER

734027 995017	<b>06177</b>	GMO								X		24 / 355ml				G		U
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### GOODVIBES JUICE CO | GOODVIBES SHOTS+

628250 941272	<b>80732</b>									/	X	12 / 50ml						U
628250 941180	<b>80731</b>									/	X	12 / 50ml						U
628250 941296	<b>80733</b>									/	X	12 / 50ml						U



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	℞	X	PACK	SIZE				G	P	U	
<b>GUAYAKI   YERBA MATE BEVERAGE</b>																			
632432 000398	<b>07176</b>	GMO					*	@		X		12 / 458ml				G		U	
632432 000190	<b>07332</b>	GMO					*	@		X		12 / 458ml				G		U	
632432 000114	<b>07153</b>	GMO					*	@		X		12 / 458ml				G		U	
632432 000121	<b>07151</b>	GMO					*	@		X		12 / 458ml				G		U	
632432 000374	<b>07175</b>	GMO					*	@		X		12 / 458ml				G		U	
632432 000138	<b>07152</b>	GMO					*	@		X		12 / 458ml				G		U	
632432 000145	<b>04032</b>	GMO					*	@		X		12 / 355ml				G	P	U	
632432 000152	<b>04033</b>	GMO					*	@		X		12 / 355ml				G	P	U	
632432 000169	<b>04000</b>	GMO					*	@		X		12 / 355ml				G	P	U	
632432 000206	<b>06838</b>	GMO					*	@				12 / 473ml				G		U	
632432 000220	<b>06839</b>	GMO					*	@				12 / 473ml				G		U	
632432 000244	<b>06837</b>	GMO					*	@				12 / 473ml				G		U	
632432 000268	<b>06870</b>	GMO					*	@				12 / 473ml				G		U	
<b>LIVELY   PREBIOTIC POP</b>																			
628942 435324	<b>66150</b>								+	℞	X	12 / 355ml				G	P	U	
628942 435348	<b>66151</b>								+	℞	X	12 / 355ml				G	P	U	
628942 435355	<b>66152</b>								+	℞	X	12 / 355ml				G	P	U	
<b>MATEINA   READY-TO-DRINK YERBA MATE</b>																			
628504 157305	<b>20803</b>	GMO					*		+	℞	X	12 / 355ml						U	
628504 157329	<b>20805</b>	GMO					*		+	℞	X	12 / 355ml						U	
<b>ROAR ORGANIC   VITAMIN ENHANCED BEVERAGE</b>																			
628250 053258	<b>19904</b>	GMO			GF	V	*			X		12 / 532ml				G		U	
628250 053227	<b>19901</b>	GMO			GF	V	*			X		12 / 532ml				G		U	
628250 053265	<b>19905</b>	GMO			GF	V	*			X		12 / 532ml				G		U	
628250 053241	<b>19903</b>	GMO			GF	V	*			X		12 / 532ml				G		U	
628250 053326	<b>19906</b>	GMO					*			X		12 / 532ml				G		U	
<b>RVIITA   ENERGY TEA</b>																			
627987 111873	<b>01200</b>								BC	℞	X	10 / 355ml				G		U	
627987 111880	<b>01201</b>								BC	℞	X	10 / 355ml				G		U	
627987 111903	<b>01202</b>								BC	℞	X	10 / 355ml				G		U	
627987 111897	<b>01203</b>								BC	℞	X	10 / 355ml				G		U	
<b>SAPSUCKER   SPARKLING TREE WATER</b>																			
898171 000154	<b>56417</b>	GMO					*		+	℞	X	12 / 355ml				G		U	
898171 000024	<b>56415</b>	GMO					*		+	℞	X	12 / 355ml				G		U	
898171 000031	<b>56414</b>	GMO					*		+	℞	X	12 / 355ml				G		U	
898171 000178	<b>56418</b>	GMO					*		+	℞	X	12 / 355ml				G		U	
898171 000017	<b>56413</b>	GMO					*		+	℞	X	12 / 355ml				G		U	
898171 000284	<b>56416</b>	GMO					*		+	℞	X	12 / 355ml				G		U	
												<b>Buy 35+ cases</b>	<b>Save</b>	<b>4.50</b>					
<b>SOTA SPARKLING TEA + ADAPTOGENS</b>																			
628176 390932	<b>35450</b>	GMO					*		+	℞		4 / 6x355ml				G		U	
628176 390949	<b>35451</b>	GMO					*		+	℞		4 / 6x355ml				G		U	
628176 390956	<b>35452</b>	GMO					*		+	℞		4 / 6x355ml				G		U	
<b>SPERRI   PLANT-BASED MEAL REPLACEMENT SHAKE</b>																			
627987 473766	<b>13953</b>	GMO					*		+	℞		3 / 4x330ml							
832365 000025	<b>13955</b>	GMO					*		+	℞		3 / 4x330ml							
627987 473759	<b>13952</b>	GMO					*		+	℞		3 / 4x330ml							
<b>THRIVE REMEDIES   ADAPTOGENIC TEA</b>																			
628176 390048	<b>11608</b>	GMO					*		BC	℞	X	12 / 475ml						U	
628176 390062	<b>11609</b>	GMO					*		BC	℞	X	12 / 475ml						U	
628176 390017	<b>11610</b>	GMO					*		BC	℞	X	12 / 475ml						U	
628176 390055	<b>11611</b>	GMO					*		BC	℞	X	12 / 475ml						U	
628176 390000	<b>11612</b>	GMO					*		BC	℞	X	12 / 475ml						U	



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE				G	P	U	
<b>GOODDRINK   BOTTLED TEA</b>																			
853790 001029	<b>04104</b>									X			Bottled Tea, Green Tea (w/lemon & honey) (glass bottle)	12 / 473ml					U
853790 001012	<b>04105</b>									X			Bottled Tea, Iced Tea (w/black tea & lemon) (glass bottle)	12 / 473ml					U
853790 001067	<b>04106</b>									X			Bottled Tea, Lemonade Tea (lemonade & black tea) (glass bottle)	12 / 473ml					U
853790 001036	<b>04107</b>									X			Bottled Tea, Mango Tea (w/Hibiscus & Vanilla) (glass bottle)	12 / 473ml					U
853790 001050	<b>04108</b>									X			Bottled Tea, Peach Tea (w/white tea & apple) (glass bottle)	12 / 473ml					U
853790 001913	<b>04117</b>									X			Bottled Tea, Sweet Tea (black tea & cane sugar) (glass bottle)	12 / 473ml					U
853790 001920	<b>04118</b>									X			Bottled Tea, Vanilla Tea, (w/black tea & orange) (glass bottle)	12 / 473ml					U
853790 001043	<b>04109</b>									X			Bottled Tea, White Tea (w/blueberry) (glass bottle)	12 / 473ml					U
<b>ITO EN   UNSWEETENED READY TO DRINK TEA</b>																			
835143 016928	<b>10020</b>									X			Golden Oolong Tea, Unsweetened (plastic bottle)	12 / 500ml					U
835143 006950	<b>10021</b>									X			Jasmine Green Tea, Unsweetened (plastic bottle)	12 / 500ml					U
835143 001412	<b>10066</b>									X			OI OCHA, Unsweetened Green Tea (plastic bottle)	12 / 500ml					U
835143 017260	<b>10024</b>									X			OI OCHA, Unsweetened Green Tea (can)	12 / 315ml					U
835143 016829	<b>10023</b>									X			OI OCHA, Unsweetened Green Tea (plastic bottle)	6 / 2L					U
<b>KIJU ORGANIC   BEVERAGE</b>																			
189727 000279	<b>06768</b>	GMO				*		+	ℙ				FIT, Pineapple Mango, Organic (Tetra)	8 / 4x200ml					U
189727 000262	<b>06770</b>	GMO				*		+	ℙ				FIT, Strawberry Watermelon, Organic (Tetra)	8 / 4x200ml					U
189727 000217	<b>06944</b>	GMO				*		+	ℙ				Juice, Apple, Organic (Tetra)	8 / 4x200ml					U
189727 000224	<b>06955</b>	GMO				*		+	ℙ				Juice, Grape Apple, Organic (Tetra)	8 / 4x200ml					U
189727 000231	<b>06956</b>	GMO				*		+	ℙ				Juice, Lemonade, Organic (Tetra)	8 / 4x200ml					U
189727 000248	<b>06969</b>	GMO				*		+	ℙ				Juice, Mango Orange, Organic (Tetra)	8 / 4x200ml					U
189727 000255	<b>06975</b>	GMO				*		+	ℙ				Juice, Pomegranate Cherry, Organic (Tetra)	8 / 4x200ml					U
189727 000309	<b>06753</b>	GMO				*		+	ℙ				Juice, Tropical Blend, Organic (Tetra)	8 / 4x200ml					U
189727 001016	<b>06757</b>	GMO				*		+	ℙ				Juice, Apple, Organic (Tetra)	12 / 1L					U
189727 001023	<b>06758</b>	GMO				*		+	ℙ				Juice, Grape Apple, Organic (Tetra)	12 / 1L					U
189727 001047	<b>06759</b>	GMO				*		+	ℙ				Juice, Lemonade, Organic (Tetra)	12 / 1L					U
189727 001054	<b>06760</b>	GMO				*		+	ℙ				Juice, Mango Orange, Organic (Tetra)	12 / 1L					U
189727 001078	<b>06761</b>	GMO				*		+	ℙ				Juice, Pomegranate Cherry, Organic (Tetra)	12 / 1L					U
189727 001146	<b>06752</b>	GMO				*		+	ℙ				Juice, Tropical Blend, Organic (Tetra)	12 / 1L					U
<b>KING ISLAND   COCONUT WATER</b>																			
8850813 300031	<b>07130</b>									+	ℙ		Coconut Water, Pure (gable top)	12 / 1L					U
<b>MORNIN' GLORY   PRUNE JUICE</b>																			
093778 888819	<b>05001</b>	GMO				*							Prune Juice, Organic	12 / 946ml					U
<b>NATURAL CABANA   LEMON &amp; LIMEADE</b>																			
856190 003020	<b>04081</b>									X			Lemonade, Cherry	12 / 591ml				G	U
853790 001722	<b>04087</b>									X			Lemonade, Coconut & Pineapple	12 / 591ml				G	U
856190 003006	<b>04082</b>									X			Lemonade, Original	12 / 591ml				G	U
853790 001715	<b>04088</b>									X			Lemonade, Peach	12 / 591ml				G	U
856190 003013	<b>04083</b>									X			Lemonade, Strawberry	12 / 591ml				G	U
856190 003037	<b>04084</b>									X			Lemonade, Tropical Mango	12 / 591ml				G	U
856190 003136	<b>04085</b>									X			Limeade, Original	12 / 591ml				G	U
856190 003204	<b>04086</b>									X			Limeade, Raspberry	12 / 591ml				G	U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
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## PATIENCE FRUIT & CO | FRUIT JUICE

662166 221103	18209	GMO		GF		*		+					Pure Cranberry Juice, Not From Concentrate, Organic	6 / 946ml				U
662166 222209	18233	GMO				*		+	P				Pure Tart Cherry Juice, Not From Concentrate, Organic	6 / 946ml				U
662166 223305	18232	GMO				*		+	P				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
													<b>Buy 12-19 cases</b>		<b>Save</b>		<b>15%</b>	
													<b>Buy 20+ cases</b>		<b>Save</b>		<b>20%</b>	

## R.W. KNUDSEN | FRUIT JUICE & VEGETABLE JUICE

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

## SANTA CRUZ ORGANIC | LEMONADE

036192 127843	06819	GMO				*							Lemonade, Mango, Organic	12 / 946ml				G U
036192 123135	06383	GMO				*							Lemonade, Organic	12 / 946ml				G U
036192 123142	06384	GMO				*							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
													<b>Buy 30-69 cases</b>		<b>Save</b>		<b>2.15</b>	
													<b>Buy 70-139 cases</b>		<b>Save</b>		<b>3.25</b>	
													<b>Buy 140+ cases</b>		<b>Save</b>		<b>4.30</b>	
852953 001173	07213	GMO		GF									Coconut Water, Natural (tetrapak)	12 / 1L				U
													<b>Buy 70-139 cases</b>		<b>Save</b>		<b>6.60</b>	
													<b>Buy 140+ cases</b>		<b>Save</b>		<b>8.00</b>	

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

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

## TWO BEARS | COLD BREW COFFEE & OAT MILK TEA LATTE

628504 309414	10000							@	+	P	X		Flash Brew, Black Coffee, Unsweetened (can)	6 / 207ml				U
628504 309322	10001							@	+	P	X		Flash Brew, Hazelnut Sea Salt Coffee (can)	6 / 207ml				P U
628504 309407	10002							@	+	P	X		Flash Brew, Mocha Coffee (can)	6 / 207ml				P U
628504 309353	10005							+	P	X			Tea Latte, Chai (can)	6 / 207ml				P U
628504 309384	10006							+	P	X			Tea Latte, Matcha (can)	6 / 207ml				P U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	/P/	X	PACK	SIZE				G	P	U	
628504 309339	<b>10003</b>											6 / 207ml							P U
628504 309421	<b>10010</b>											6 / 207ml							P U
628504 309377	<b>10007</b>											6 / 207ml							P U
628504 309438	<b>10009</b>											6 / 207ml							P U
628504 309346	<b>10004</b>											6 / 207ml							P U
628504 309063	<b>10057</b>											6 / 946ml							U

## TWO BEARS | LACTOSE FREE DAIRY LATTE

628504 309834	<b>10026</b>											6 / 207ml							P U
628504 309858	<b>10027</b>											6 / 207ml							P U
628504 309841	<b>10028</b>											6 / 207ml							P U

## ZEVIA | STEVIA SWEETENED TEA BEVERAGE

849429 001546	<b>72031</b>	GMO		GF		*	@					12 / 355ml							U
849429 001560	<b>72032</b>	GMO		GF		*	@					12 / 355ml							U
849429 001577	<b>72033</b>	GMO		GF		*	@					12 / 355ml							U

## Non-Dairy Beverages (shelf stable)

### BLUE DIAMOND | ALMOND BREEZE ALMOND BEVERAGE

041570 052747	<b>06183</b>	GMO										12 / 946ml							U
041570 052723	<b>16671</b>	GMO										12 / 946ml							U
041570 059609	<b>06731</b>	GMO										12 / 946ml							U
041570 055311	<b>06088</b>	GMO										12 / 946ml							U
041570 055830	<b>06613</b>	GMO										12 / 946ml							U
041570 052730	<b>06181</b>	GMO										12 / 946ml							U

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

626027 700121	<b>07145</b>	GMO										12 / 946ml							U
626027 814071	<b>07345</b>											12 / 946ml							U
626027 087703	<b>06917</b>											12 / 946ml							U
626027 814057	<b>07347</b>	GMO										12 / 946ml							U
626027 814026	<b>07343</b>	GMO										12 / 946ml							U
626027 814040	<b>07344</b>	GMO										12 / 946ml							U
626027 844023	<b>08317</b>	GMO										12 / 946ml							U
626027 844047	<b>08318</b>	GMO										12 / 946ml							U

### EDEN | EDENSOY SOYMILK

024182 025101	<b>06604</b>	GMO							*			12 / 946ml							U
024182 027051	<b>06602</b>	GMO							*			12 / 946ml							U
024182 027068	<b>06609</b>	GMO							*			12 / 946ml							U
024182 027259	<b>06603</b>	GMO							*			12 / 946ml							U

### NATIVE FOREST | DAIRY FREE MILK POWDER

043182 011013	<b>24134</b>											6 / 150g							
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### NATURA | DAIRY-FREE BEVERAGE

063667 241087	<b>06408</b>	GMO							*			8 / 3x200ml							U
063667 431020	<b>06407</b>	GMO							*			8 / 3x200ml							U
063667 508012	<b>06392</b>	GMO							V *			8 / 3x200ml							U
063667 201197	<b>06406</b>											6 / 946ml							U
063667 201098	<b>06405</b>	GMO							GF *			6 / 946ml							U
063667 090463	<b>07276</b>								V			12 / 946ml							U
063667 090012	<b>07119</b>								V			12 / 946ml							U
063667 090067	<b>07121</b>								V			12 / 946ml							U
063667 090265	<b>07275</b>								V			12 / 946ml							U
063667 201081	<b>06404</b>	GMO							GF *			12 / 946ml							U
063667 201012	<b>06402</b>	GMO							GF *			12 / 946ml							U
063667 201029	<b>06403</b>	GMO							GF *			12 / 946ml							U
063667 006013	<b>06378</b>	GMO							V *			12 / 946ml							U
063667 006020	<b>06379</b>	GMO							V *			12 / 946ml							U

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063667 301859	<b>06374</b>	GMO						V *	+	[C]	Soy, Chocolate, Organic (tetra pak)	12 / 946ml			U
063667 301408	<b>06371</b>	GMO						V *	+	[C]	Soy, Original, Organic (tetra pak)	12 / 946ml			U
063667 511005	<b>06375</b>	GMO						V *	+	[C]	Soy, Unsweetened, Organic (tetra pak)	12 / 946ml			U
063667 301552	<b>06372</b>	GMO						V *	+	[C]	Soy, Vanilla, Organic (tetra pak)	12 / 946ml			U

## OATLY | OAT DRINK

190646 631390	<b>35506</b>	GMO		GF	V						Barista Edition (TetraPak)	12 / 946ml			
190646 631369	<b>35508</b>	GMO		GF	V						Chocolate (TetraPak)	12 / 946ml			U
190646 631376	<b>35509</b>	GMO		GF	V						Extra Creamy (TetraPak)	12 / 946ml			U
190646 631352	<b>35507</b>	GMO		GF	V						Original (TetraPak)	12 / 946ml			U

## TWO BEARS | DAIRY-FREE BEVERAGE

628504 309391	<b>10008</b>										+ [C]	Oat Barista (unsweetened)	6 / 946ml			
628504 309308	<b>10059</b>										+ [C]	Oat Barista, Vanilla (unsweetened)	6 / 946ml			
628504 309575	<b>10012</b>										+ [C]	Oat Beverage, Original	6 / 946ml			U

## Carbonated Beverages

### FENTIMANS | BOTANICALLY BREWED SOFT DRINKS & MIXERS

5029396 000260	<b>07127</b>										Cherry Cola (glass)	6 / 4x275ml			G P U
5029396 000246	<b>06881</b>										Curiosity Cola (glass)	6 / 4x275ml			G P U
5029396 000307	<b>04989</b>										Gently Sparkling Elderflower (glass)	6 / 4x275ml			G P U
5029396 002226	<b>05000</b>										Ginger Beer (glass)	6 / 4x200ml			G P U
5029396 000222	<b>06878</b>										Ginger Beer (glass)	6 / 4x275ml			G P U
5029396 000239	<b>07081</b>										Lemonade, Rose (glass)	6 / 4x275ml			G P U
5029396 000291	<b>06877</b>										Lemonade, Victorian (glass)	6 / 4x275ml			G P U
5029396 000253	<b>07082</b>										Tonic Water (glass)	6 / 4x275ml			G P U
5029396 002257	<b>04997</b>										Tonic Water, Connoisseurs (glass)	6 / 4x200ml			G P U
5029396 002233	<b>04998</b>										Tonic Water, Pink Grapefruit (glass)	6 / 4x200ml			G P U
5029396 002240	<b>04999</b>										Tonic Water, Valencian Orange (glass)	6 / 4x200ml			G P U
5029396 000451	<b>04993</b>										Lemonade, Rose (glass)	8 / 500ml			G P U
5029396 000437	<b>04995</b>										Tonic Water, Pink Grapefruit (glass)	8 / 500ml			G P U

### FEVER-TREE | PREMIUM COCKTAIL MIXERS

812136 030215	<b>07807</b>										Club Soda (can)	3 / 8x150ml			G P U
812136 030208	<b>07806</b>										Ginger Ale (can)	3 / 8x150ml			G P U
812136 030963	<b>07810</b>										Ginger Beer (can)	3 / 8x150ml			G P U
898195 001755	<b>07808</b>										Tonic (can)	3 / 8x150ml			G P U
898195 001762	<b>07809</b>										Tonic, Light (can)	3 / 8x150ml			G P U
898195 001137	<b>07208</b>										Club Soda (glass)	6 / 4x200ml			G P U
812136 032134	<b>07821</b>										Distillers Cola (glass)	6 / 4x200ml			G P U
898195 001090	<b>06787</b>										Ginger Ale (glass)	6 / 4x200ml			G P U
898195 001274	<b>07209</b>										Ginger Beer (glass)	6 / 4x200ml			G P U
898195 001687	<b>07804</b>										Ginger Beer, Light (glass)	6 / 4x200ml			G P U
812136 031335	<b>06792</b>										Sparkling Lime & Yuzu (glass)	6 / 4x200ml			G P U
812136 030925	<b>06790</b>										Sparkling Pink Grapefruit (glass)	6 / 4x200ml			G P U
5060108 450171	<b>07262</b>										Sparkling Sicilian Lemonade (glass)	6 / 4x200ml			G P U
898195 001014	<b>06785</b>										Tonic (glass)	6 / 4x200ml			G P U
898195 001656	<b>07212</b>										Tonic, Elderflower (glass)	6 / 4x200ml			G P U
5060108 450058	<b>06786</b>										Tonic, Lemon (glass)	6 / 4x200ml			G P U
5060108 450232	<b>06789</b>										Tonic, Light (glass)	6 / 4x200ml			G P U
812136 030185	<b>07805</b>										Tonic, Light Cucumber (glass)	6 / 4x200ml			G P U
5060108 450515	<b>07259</b>										Tonic, Mediterranean (glass)	6 / 4x200ml			G P U
506010 8450287	<b>07210</b>										Ginger Ale (glass)	8 / 500ml			G P U
898195 001427	<b>07141</b>										Ginger Beer (glass)	8 / 500ml			G P U
898195 001441	<b>07802</b>										Ginger Beer, Light (glass)	8 / 500ml			G P U
898195 001342	<b>07092</b>										Tonic (glass)	8 / 500ml			G P U
898195 001403	<b>07803</b>										Tonic, Light (glass)	8 / 500ml			G P U

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## Non-Alcoholic Drinks

### AELO | ALCOHOL FREE BEVERAGE

628634 740286	13945		BC	/								6 / 4x355ml				G		U
628634 740262	13944		BC	/								6 / 4x355ml				G		U
628634 740323	13947		BC	/								6 / 4x355ml				G		U
628634 740309	13946		BC	/								6 / 4x355ml				G		U

### CLEVER | PREMIUM MOCKTAIL

854531 000707	17556				+	/	X					3 / 8x355ml				G	P	U
854531 000844	17557				+	/	X					6 / 4x355ml				G	P	U
854531 000028	17558				+	/	X					6 / 4x355ml				G	P	U
854531 000240	17550				+	/	X					12 / 355ml				G	P	U
854531 000349	17552				+	/	X					12 / 355ml				G	P	U
854531 000837	17555				+	/	X					12 / 355ml				G	P	U
854531 000264	17551				+	/	X					12 / 355ml				G	P	U
854531 000097	17554				+	/	X					12 / 355ml				G	P	U

**Buy 20+ cases**

**Save 15%**

### NONNY | CRAFT NON-ALCOHOLIC BEER

627987 709162	39651		BC	/								6 / 4x355ml				G		U
627987 709148	39650		BC	/								6 / 4x355ml				G		U
628942 740251	39652		BC	/								6 / 4x355ml				G		U

### PARTAKE BREWING | NON-ALCOHOLIC BEER

628110 465092	06010				+	/						6 / 4x355ml				G		U
628110 465283	06015				+	/						6 / 4x355ml				G		U
628110 465672	06017				+	/						6 / 4x355ml				G		U
628110 465085	06011				+	/						6 / 4x355ml				G		U
628110 465078	06012				+	/						6 / 4x355ml				G		U
628110 465153	06014				+	/						6 / 4x355ml				G		U
628110 465764	06018				+	/						2 / 12x355ml				G		U

### PHILLIPS | IOTA NON-ALCOHOLIC CRAFT BEER

818278 005166	11452		BC	/								6 / 4x355ml				G		U
818278 005944	11453		BC	/								6 / 4x355ml				G		U
818278 009683	11446		BC	/								6 / 4x355ml				G		U
818278 005180	11451		BC	/								4 / 6x355ml				G		U
818278 009706	11445		BC	/								6 / 4x355ml				G		U
818278 009690	11444		BC	/								6 / 4x355ml				G		U

### ROAD POP | SPARKLING HOP WATER

628120 870015	10351		BC	/								6 / 4x473ml				G		U
628120 870008	10350		BC	/								6 / 4x473ml				G		U

### SOBER CARPENTER | NON-ALCOHOLIC CRAFT BEER & CIDER

854531 000868	17110				+	/						6 / 4x355ml				G		U
854531 000080	17115	GMO			+	/				*		6 / 4x355ml				G		U
854531 000882	17108				+	/						6 / 4x355ml				G		U
854531 000905	17109				+	/						6 / 4x355ml				G		U
854531 000066	17114	GMO			+	/				*		6 / 4x355ml				G		U
854531 000417	17103				+	/						12 / 473ml				G		U
854531 000042	17101				+	/						12 / 473ml				G		U
854531 000554	17104	GMO			+	/				*		12 / 473ml				G		U
854531 000226	17102				+	/						12 / 473ml				G		U
854531 000103	17111				+	/						12 / 473ml				G		U
854531 000035	17100				+	/						12 / 473ml				G		U
854531 000745	17105				+	/						12 / 473ml				G		U

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**Save 15%**

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<b>SPARKMOUTH   MOCKTAILS</b>																			
818278 009980	<b>11420</b>										6 /	4x355ml				G	P	U	
818278 009973	<b>11421</b>										6 /	4x355ml				G	P	U	
818278 009997	<b>11422</b>										6 /	4x355ml				G	P	U	
<b>STREET LEGAL   DEALCOHOLIZED BEER</b>																			
628113 405392	<b>39559</b>										6 /	4x355ml				G		U	
628113 418118	<b>39558</b>										6 /	4x355ml				G		U	
628113 399967	<b>39556</b>										6 /	4x355ml				G		U	
628113 439984	<b>39555</b>										6 /	4x355ml				G		U	
<b>TWO BEARS   DRINK MIXER</b>																			
628504 309551	<b>10011</b>										3 /	4x207ml						P	U

## Waters

<b>FLOW   ALKALINE SPRING WATER</b>																		
628055 429883	<b>06021</b>	GMO				*					12 /	500ml				G		U
628055 429258	<b>06022</b>	GMO				*					12 /	500ml				G		U
840277 000903	<b>06023</b>	GMO				*					12 /	500ml				G		U
628055 429579	<b>06024</b>	GMO				*					12 /	500ml				G		U
627843 463757	<b>06020</b>										12 /	500ml						U
627843 463788	<b>06025</b>										12 /	1L						U
<b>WHISTLER WATER</b>																		
620791 000500	<b>06070</b>										24 /	500ml						U
620791 000104	<b>06068</b>										12 /	1L						U
620791 000159	<b>06067</b>										12 /	1.5L						U
620791 000401	<b>06065</b>		<b>B</b>								4 /	4L						U

## BREAKFAST FOODS

### Cereals - Hot & Overnight

<b>ALIMENTS TRIGONE   CEREAL</b>																		
056142 006134	<b>22290</b>	GMO				*					6 /	400g						
<b>BOB'S RED MILL   HOT CEREAL</b>																		
039978 001191	<b>22866</b>										4 /	709g						
039978 001153	<b>22821</b>	GMO									4 /	454g						
039978 001184	<b>22827</b>			GF							4 /	709g						
039978 001214	<b>22806</b>	GMO		GF							4 /	737g						
039978 001061	<b>20362</b>	GMO		GF		*					4 /	510g						
039978 001177	<b>20340</b>			GF							4 /	680g						
039978 341433	<b>30533</b>			GF							4 /	510g						
039978 329554	<b>30517</b>	GMO				*					4 /	510g						
039978 323668	<b>22851</b>	GMO		GF							4 /	453g						
039978 341037	<b>22850</b>	GMO									4 /	510g						
039978 004949	<b>30542</b>	GMO		GF							4 /	907g						
039978 341211	<b>30532</b>										4 /	567g						
039978 329561	<b>30519</b>	GMO				*					4 /	567g						
<b>HOLY CRAP   SUPERSEED CEREAL &amp; OATMEAL</b>																		
883831 100008	<b>22226</b>	GMO				*	BC	/			12 /	225g						
883831 114449	<b>22230</b>	GMO				*	BC	/			12 /	225g						
883831 200005	<b>22227</b>	GMO				*	BC	/			12 /	225g						
883831 900028	<b>22228</b>	GMO		GF			BC	/			12 /	320g						
883831 900035	<b>22229</b>	GMO		GF			BC	/			12 /	320g						



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	/C/	X	PACK	SIZE	G	P	U
<b>NATURE'S PATH   INSTANT OATMEAL</b>															
058449 450696	<b>22882</b>	GMO		GF		*				/C/		6 / 8x40g			
058449 450047	<b>22784</b>	GMO				*				/C/		6 / 8x50g			
058449 450023	<b>22786</b>	GMO				*				/C/		6 / 8x50g			
058449 450030	<b>22785</b>	GMO				*				/C/		6 / 8x50g			
058449 450016	<b>22787</b>	GMO				*				/C/		6 / 8x40g			
058449 450009	<b>22752</b>	GMO				*				/C/		6 / 8x50g			
058449 154006	<b>25065</b>	GMO				*				/C/		6 / 228g			
058449 154020	<b>25066</b>	GMO				*				/C/		6 / 228g			
058449 154044	<b>25067</b>	GMO				*				/C/		6 / 228g			
058449 204084	<b>55730</b>	GMO				*				/C/		6 / 210g			
058449 204091	<b>55731</b>	GMO				*				/C/		6 / 210g			

## PRANA ORGANIC | OVERNIGHT CHIA & OAT MIX

877693 002495	<b>26164</b>	GMO				*		+	/C/			8 / 5x50g			
877693 002501	<b>26165</b>	GMO				*	@	+	/C/			8 / 5x50g			
877693 004697	<b>26167</b>	GMO				V	*	@	+	/C/	X	8 / 5x50g			
877693 004680	<b>26166</b>	GMO				V	*	@	+	/C/	X	8 / 5x50g			
877693 004710	<b>26169</b>	GMO				V	*	@	+	/C/		8 / 300g			
877693 004703	<b>26168</b>	GMO				V	*	@	+	/C/		8 / 300g			

## STOKED OATS | SUPERFOOD OATMEAL BLEND

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

## Cereals - Ready To Eat

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

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

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

073472 002551	<b>22051</b>	GMO				*						6 / 454g			
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### KIND | WHOLE GRAINS GRANOLA

602652 183119	<b>37494</b>	GMO								X		6 / 312g			G
602652 433177	<b>37498</b>	GMO								X		6 / 312g			G
602652 183133	<b>37496</b>	GMO								X		6 / 312g			G
602652 183126	<b>37495</b>	GMO								X		6 / 312g			G
602652 183102	<b>37493</b>	GMO								X		6 / 312g			G

### MANITOBA HARVEST | HEMP YEAH! GRANOLA

697658 692260	<b>36626</b>	GMO				V	*		+	/C/	X	6 / 283g			
697658 692253	<b>36628</b>	GMO					*		+	/C/	X	6 / 283g			

### NATURE'S PATH | CEREAL

058449 600565	<b>22760</b>	GMO		GF		*				/C/	X	6 / 750g			
058449 770947	<b>22765</b>	GMO		GF		*				/C/	X	6 / 750g			
058449 550020	<b>22761</b>	GMO		GF		*				/C/	X	6 / 750g			

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	/	X	PACK	SIZE				G	P	U
058449 870081	<b>22767</b>	GMO									6	/ 650g						
058449 870104	<b>22772</b>	GMO		GF		*					6	/ 725g						
058449 212416	<b>22771</b>	GMO		GF		*					6	/ 650g						
058449 870098	<b>22770</b>	GMO		GF		*					6	/ 700g						
058449 241126	<b>22768</b>	GMO		GF		*					6	/ 650g						
058449 771630	<b>22847</b>	GMO				*					6	/ 907g						
058449 189107	<b>22650</b>	GMO		GF		*					6	/ 300g						
058449 770213	<b>22780</b>	GMO				*					6	/ 907g						
058449 770015	<b>22758</b>	GMO				*					6	/ 907g						
058449 770695	<b>22782</b>	GMO				*					6	/ 750g						
058449 620044	<b>22044</b>	GMO				*					12	/ 170g						
058449 771616	<b>22846</b>	GMO		GF		*					6	/ 825g						
058449 779018	<b>22773</b>	GMO		GF		*					6	/ 750g						
058449 770084	<b>22766</b>	GMO				*					6	/ 907g						
058449 602316	<b>22762</b>	GMO				*					6	/ 907g						
058449 620013	<b>22047</b>	GMO				*					12	/ 170g						
058449 771524	<b>22641</b>	GMO		GF		*					12	/ 300g						
058449 181125	<b>22699</b>	GMO		GF		*					6	/ 675g						
058449 779124	<b>22260</b>	GMO		GF		*					6	/ 750g						

## NATURE'S PATH | GRANOLA

058449 172048	<b>22886</b>	GMO				*					8	/ 312g						
058449 890171	<b>22733</b>	GMO				*					6	/ 750g						
058449 890195	<b>22734</b>	GMO				*					6	/ 750g						
058449 779063	<b>22139</b>	GMO				*					6	/ 800g						
058449 221364	<b>25077</b>	GMO				*					6	/ 300g						
058449 162063	<b>25069</b>	GMO				*					6	/ 325g						
058449 771760	<b>25029</b>	GMO				*					6	/ 325g						
058449 772019	<b>25055</b>	GMO				*					6	/ 325g						
058449 202233	<b>25054</b>	GMO				*					6	/ 325g						

## PRANA ORGANIC | GRANOLOVE GRANOLA CEREAL

877693 002945	<b>26174</b>	GMO				*		+			8	/ 300g						
877693 004659	<b>26185</b>	GMO				*		+			8	/ 300g						
877693 004666	<b>26186</b>	GMO				*		+			8	/ 300g						
877693 004673	<b>26187</b>	GMO				*		+			8	/ 300g						
877693 001696	<b>26171</b>	GMO				*		+			8	/ 300g						
877693 002952	<b>26175</b>	GMO				*		+			8	/ 300g						
877693 001689	<b>26170</b>	GMO				*		+			8	/ 300g						
877693 003904	<b>26184</b>	GMO				*		+			6	/ 750g						
877693 002969	<b>26180</b>	GMO				*		+			6	/ 750g						

## STOKED OATS | SUPERFOOD GRANOLA

818541 000089	<b>22465</b>			GF				+			8	/ 300g						
818541 000003	<b>22466</b>			GF				+			8	/ 300g						
818541 000706	<b>22467</b>			GF				+			8	/ 300g						
818541 000096	<b>22468</b>			GF				+			8	/ 300g						

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE					G	P	U
<b>TERRA BREADS   SMALL BATCH GRANOLA</b>																			
779324 009371	<b>40150</b>	GMO										8 / 340g							
779324 009227	<b>40163</b>	GMO										8 / 340g							
779324 009272	<b>40164</b>	GMO										8 / 340g							
779324 009388	<b>40159</b>	GMO										8 / 850g							
779324 002389	<b>40161</b>	GMO										8 / 800g							
779324 009562	<b>40162</b>	GMO										8 / 800g							
779324 009531	<b>40153</b>	GMO	<b>B</b>									1 / 5kg							
779324 009548	<b>40154</b>	GMO	<b>B</b>									1 / 5kg							

## Pancake & Waffle Mixes

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

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

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

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

### CLOUD 9 | PANCAKE & WAFFLE MIX

816512 000908	<b>21058</b>			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	<b>55051</b>			GF						+	ℙ	Mix, Pancake & Waffle	6 / 454g
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### NUNWEILER'S | PANCAKE & WAFFLE MIX

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

### PAMELA'S | PANCAKE MIX

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

### STOKED OATS | SUPERFOOD PANCAKE MIX

818541 008313	<b>22470</b>	GMO		GF						+	ℙ	Pancake Mix, Mountain Maple (maple syrup & cinnamon)	6 / 285g
818541 008320	<b>22471</b>	GMO		GF						+	ℙ	Pancake Mix, Bucking-Eh (milled oats, apples, buckwheat & cinnamon)	6 / 285g

## BUTTER ALTERNATIVES, NUT BUTTERS & FRUIT SPREADS

### Jams, Jellies & Fruit Spreads

#### EDEN | APPLE BUTTER

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

#### EDEN | TAHINI

024182 003925	<b>42185</b>	GMO		GF	*						Roasted Tahini, Organic	12 / 454g
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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE					G	P	U
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## ELIMENTO | NUT & SEED BUTTERS

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

## ISLAND NUT ROASTERY | FRESH ROAST NUT BUTTER

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

## FATSO | PEANUT BUTTER

055200 194288	<b>42084</b>	GMO		GF	V			+	ℙ			Peanut Butter, Cinnamon	6 / 500g
627843 710691	<b>42077</b>	GMO		GF	V			+	ℙ			Peanut Butter, Classic	12 / 500g
627987 075830	<b>42079</b>	GMO		GF	V			+	ℙ			Peanut Butter, Crunchy Salted Caramel	12 / 500g
627987 075847	<b>42080</b>	GMO		GF	V			+	ℙ			Peanut Butter, Maple	12 / 500g

## NATURE'S NUTS | NUT & SEED BUTTER

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

## NUTIVA | COCONUT MANNA CREAMY SPREAD

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

055358 335021	<b>85060</b>	GMO		GF		*			ℙ			Pumpkin Seed Butter, Organic (plastic jar)	6 / 341g
055358 335014	<b>85059</b>	GMO		GF		*			ℙ			Pumpkin Seed Butter, Organic (plastic jar)	6 / 568g

## WOWBUTTER | NUT FREE BUTTER

773948 200008	<b>42075</b>			GF								Creamy, Wowbutter (Peanut Butter Replacement)	6 / 500g
773948 200015	<b>42076</b>			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	<b>33167</b>	GMO				*						Beans, Black, Organic	12 / 398ml
661475 114458	<b>33164</b>	GMO				*						Beans, Cannellini, Organic	12 / 398ml
661475 114410	<b>33162</b>	GMO				*						Beans, Red Kidney, Organic	12 / 398ml
661475 114427	<b>33165</b>	GMO				*						Chick Peas, Organic	12 / 398ml

#### EAT WHOLESOME | CANNED BEANS

628110 454003	<b>33300</b>	GMO				*			ℙ			Beans, Black, Organic	12 / 398ml
628110 454430	<b>33303</b>	GMO				*			ℙ			Beans, Red Kidney, Organic	12 / 398ml
628110 454423	<b>33302</b>	GMO				*			ℙ			Chick Peas, Organic	12 / 398ml

#### EDEN | CANNED BEANS

024182 003529	<b>10456</b>	GMO		GF		*						Adzuki Beans, Organic	12 / 398ml
024182 003536	<b>10458</b>	GMO		GF		*						Black Beans, Organic	12 / 398ml
024182 003574	<b>10461</b>	GMO		GF		*						Black Eye Peas, Organic	12 / 398ml
024182 003208	<b>10455</b>	GMO		GF		*						Black Soy Beans, Organic	12 / 398ml
024182 003598	<b>10449</b>	GMO		GF		*						Butter Beans (Baby Lima), Organic	12 / 398ml
024182 003581	<b>10475</b>	GMO		GF		*						Cannellini (White Kidney) Beans, Organic	12 / 398ml
024182 003512	<b>10450</b>	GMO		GF		*						Garbanzo Beans (Chick Peas), Organic	12 / 398ml

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	$\text{\textcircled{P}}$	X	PACK	SIZE			G	P	U	
024182 003871	10448	GMO		GF		*						12 / 398ml						
024182 003543	10452	GMO		GF		*						12 / 398ml						
024182 003550	10460	GMO		GF		*						12 / 398ml						
024182 003505	10454	GMO		GF		*						12 / 398ml						
024182 283532	10440	GMO		GF		*						12 / 796ml						
024182 283587	10444	GMO		GF		*						12 / 796ml						
024182 283549	10442	GMO		GF		*						12 / 796ml						
024182 283518	10441	GMO		GF		*						12 / 796ml						
024182 283501	10443	GMO		GF		*						12 / 796ml						

### UNICO | CHICKPEAS

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

### BIOITALIA | TOMATOES

661475 310010	33068	GMO				*						12 / 398ml						
661475 003387	33108	GMO				*						12 / 300ml						
661475 105708	33069	GMO				*						12 / 700ml						
661475 317040	33071	GMO				*						12 / 418ml						
661475 324048	33070	GMO				*						12 / 418ml						
661475 300011	33049	GMO				*						12 / 398ml						

### CHA'S ORGANICS | CANNED FRUIT

806253 310220	15255	GMO				*			$\text{\textcircled{P}}$			12 / 400ml						
806253 310237	15256	GMO				*			$\text{\textcircled{P}}$			12 / 400ml						

### EAT WHOLESOME | TOMATOES & VEGETABLES

628110 454539	33612	GMO				*			$\text{\textcircled{P}}$			12 / 341ml						
628110 454546	33613	GMO				*			$\text{\textcircled{P}}$			12 / 398ml						
628110 454119	33249	GMO				*			$\text{\textcircled{P}}$			24 / 398ml						
628110 454409	33230	GMO				*			$\text{\textcircled{P}}$			12 / 796ml						
628110 454379	33231	GMO				*			$\text{\textcircled{P}}$			12 / 796ml						
628110 454386	33232	GMO				*			$\text{\textcircled{P}}$			12 / 796ml						
628110 454393	33233	GMO				*			$\text{\textcircled{P}}$			12 / 680ml						

### EDEN | APPLE SAUCE

024182 003499	31020	GMO		GF		*						12 / 398ml						
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### FARMER'S MARKET | CANNED PUMPKIN

638882 002043	10105	GMO				*						12 / 398ml						
638882 002005	10103	GMO				*						12 / 398ml						

### NATIVE FOREST | CANNED FRUIT & VEGETABLES

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

## Canned Seafood & Alternatives

### RAINCOAST GLOBAL | MSC CERTIFIED SUSTAINABLE SEAFOOD

810757 003977	16873								$\text{\textcircled{P}}$			24 / 142g						
810757 003878	16872								$\text{\textcircled{P}}$			24 / 142g						
810757 000624	16814								BC $\text{\textcircled{P}}$			12 / 160g						
810757 005629	16815								BC $\text{\textcircled{P}}$			12 / 160g						
810757 006626	16817								BC $\text{\textcircled{P}}$			12 / 150g						
810757 000525	16811								BC $\text{\textcircled{P}}$			12 / 160g						

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE				G	P	U
810757 005520	<b>16812</b>										BC ℙ	Salmon, Sockeye, No Salt	12 / 160g					
810757 006510	<b>16813</b>										BC ℙ	Salmon, Sockeye, Skinless Boneless	12 / 150g					
810757 009160	<b>16819</b>										ℙ	Sardines, in spring water	12 / 120g					
810757 003953	<b>16875</b>										ℙ	GLOBAL Tuna, Wild Yellowfin, No Salt (chunk in water)	24 / 142g					
810757 003854	<b>16874</b>										ℙ	GLOBAL Tuna, Wild Yellowfin, Sea Salt (chunk in water)	24 / 142g					
810757 000112	<b>16808</b>										BC ℙ	Tuna, Albacore	12 / 150g					
810757 005117	<b>16809</b>										BC ℙ	Tuna, Albacore, No Salt	12 / 150g					
810757 003892	<b>16826</b>										ℙ	GLOBAL Tuna, Skipjack, chunk in water, Sea Salt	24 / 142g					
810757 003991	<b>16827</b>										ℙ	GLOBAL Tuna, Skipjack, chunk in water, No Salt	24 / 142g					

## SAFE CATCH | LOW MERCURY CANNED SEAFOOD

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

## Ready to Serve Canned Meals

### AMY'S | CANNED MEALS

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

### AUGA | READY TO EAT ORGANIC CURRY

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

### EAT WHOLESOME | BAKED BEANS

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

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

### PACIFIC FOODS | PLANT-BASED CHILI

052603 287135	<b>38121</b>	GMO								*		Chili, Fire-Roasted Vegetable, Organic	12 / 468g					
052603 287128	<b>38119</b>	GMO								*		Chili, Harvest Black Bean, Organic	12 / 468g					
052603 287142	<b>38120</b>	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	<b>18182</b>	GMO								*		Chipotle Habañero Sauce, Organic	12 / 148ml					
027328 120296	<b>18181</b>	GMO								*		Habañero Pepper Sauce, Organic	12 / 148ml					
027328 120043	<b>18180</b>	GMO								*		Jalapeño Pepper Sauce, Organic	12 / 148ml					

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## BIOITALIA | PESTO SAUCE

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

5060844 590193	33630	GMO						*		P		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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## JONNY HETHERINGTON ESSENTIALS | CONDIMENTS

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

## MAISON ORPHEE | MUSTARD

069593 120182	32365	GMO						*			+	P	Mustard, Dijon, Organic	12	/ 250ml			
069593 120199	32366	GMO						*			+	P	Mustard, Old-Fashioned, Organic	12	/ 250ml			
069593 120175	32364	GMO						*			+	P	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						*			+	P	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	P	BBQ Sauce, Smoky Craft Beer	6	/ 237ml				
627843 591405	11181									BC	P	BBQ Sauce, Smoky Original	6	/ 237ml				
627843 591399	11182									BC	P	BBQ Sauce, Smoky Pineapple	6	/ 237ml				

### NAAM | COOKING SAUCE

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

### NAKED & SAUCY | COOKING SAUCE

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

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## NAKED & SAUCY | SIMMER SAUCE

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

## SAN-J | COOKING SAUCE

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

## SEOUL | KOREAN BBQ SAUCE

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

627761 820250	<b>51363</b>									BC	ℙ	Marinade, Tandoori	12	/	450ml				
627761 820106	<b>51360</b>									BC	ℙ	Simmer Sauce, Butter Chicken	12	/	450ml				
627761 820359	<b>51361</b>									BC	ℙ	Simmer Sauce, Coconut Curry	12	/	450ml				
627761 820205	<b>51362</b>									BC	ℙ	Simmer Sauce, Jeera Cumin	12	/	450ml				
627761 820403	<b>51365</b>									BC	ℙ	Simmer Sauce, Tikka Masala	12	/	450ml				

## WHITEWATER COOKS | MARINADE

627843 382164	<b>77800</b>									BC	ℙ	Miso Ginger Marinade	12	/	350ml				
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## Sauce Mixes & Cubes

### GOBIO! | GRAVY & PESTO CUBES

687789 021138	<b>45330</b>	GMO							*	ℙ		Gravy Cubes, Brown, Organic	15	/	60g				
687789 021121	<b>45331</b>	GMO							*	ℙ		Gravy Cubes, Poultry, Organic	15	/	60g				
687789 032233	<b>45332</b>	GMO							*	ℙ		Pesto Cubes, Genovese, Organic	15	/	54g				

### SIMPLY ORGANIC | GRAVY MIX

089836 188731	<b>70741</b>	GMO							*			X Gravy Mix, Brown, Organic (sachets)	12	/	28g				
089836 188755	<b>70751</b>	GMO							*			X Gravy Mix, Mushroom Sauce, Organic (sachets)	12	/	24g				
089836 188748	<b>70744</b>	GMO							*			X Gravy Mix, Roasted Chicken, Organic (sachets)	12	/	24g				
089836 188762	<b>70745</b>	GMO							*			X Gravy Mix, Roasted Turkey, Organic (sachets)	12	/	24g				
089836 200075	<b>70761</b>	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	<b>32300</b>	GMO		GF								Dressing, Apple Cider Vinaigrette	6	/	237ml				
815074 022496	<b>32301</b>	GMO		GF								Dressing, Caesar	6	/	237ml				
815074 021444	<b>32302</b>	GMO		GF								Dressing, Chipotle Ranch	6	/	237ml				
815074 021437	<b>32303</b>	GMO		GF								Dressing, Lemon Garlic	6	/	237ml				
815074 022830	<b>32304</b>	GMO		GF								Dressing, Ranch	6	/	237ml				
815074 020010	<b>32326</b>	GMO		GF								Mayo, Classic w/100% avocado oil (squeeze bottle)	6	/	332ml				
815074 020003	<b>32313</b>	GMO		GF								Mayo, Classic w/100% avocado oil	6	/	355ml				
815074 020096	<b>32324</b>	GMO		GF								Mayo, Classic w/100% avocado oil	6	/	710ml				
815074 021314	<b>32315</b>	GMO		GF	V							Mayo, Vegan w/100% avocado oil	6	/	355ml				



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## DAIYA | DAIRY-FREE SALAD DRESSING

871459 009117	<b>50171</b>	GMO			V			+	ℙ		Salad Dressing, Creamy Caesar, Dairy-Free	6 / 237ml							
871459 009100	<b>50170</b>	GMO			V			+	ℙ		Salad Dressing, Homestyle Ranch, Dairy-Free	6 / 237ml							
											<b>Buy 20-49 cases</b>		<b>Save</b>	<b>2.08</b>					
											<b>Buy 50-74 cases</b>		<b>Save</b>	<b>3.12</b>					
											<b>Buy 75+ cases</b>		<b>Save</b>	<b>4.16</b>					

## MAISON ORPHEE | DRESSING & MARINADE

069593 120816	<b>33489</b>	GMO						+	ℙ		Dressing, Caesar (certified Keto)	12 / 250ml							
069593 122223	<b>33506</b>	GMO						+	ℙ		Dressing, Garden Passion (certified Keto)	12 / 250ml							
069593 120823	<b>33490</b>	GMO						+	ℙ		Dressing, Maple & Dijon (certified Keto)	12 / 250ml							
069593 120854	<b>33493</b>	GMO						+	ℙ		Dressing, Olive & Balsamic (certified Keto)	12 / 250ml							
069593 120861	<b>33494</b>	GMO						+	ℙ		Dressing, Sesame & Tamari (certified Keto)	12 / 250ml							

## NAKED & SAUCY | NOOCH NUTRITIONAL YEAST DRESSING

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

## NATURSOURCE | SALAD TOPPER

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

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

## WHITEWATER COOKS | DRESSING & VINAIGRETTE

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

## YESHI | NUTRITIONAL YEAST DRESSING & DIP

628011 160010	<b>32804</b>						BC	ℙ			Dressing, Caesar	6 / 350ml							
628011 160041	<b>32805</b>						BC	ℙ			Dressing, Golden Ranch	6 / 350ml							
627843 808909	<b>32802</b>						BC	ℙ			Dressing, Original	6 / 350ml							
627843 808923	<b>32801</b>						BC	ℙ			Dressing, Sesame Ginger	6 / 350ml							
627843 808961	<b>32803</b>						BC	ℙ			Dressing, Smoky Chipotle	6 / 350ml							

## Pasta & Pizza Sauces

### BIOITALIA | TOMATO SAUCE

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

### EDEN | PIZZA & PASTA SAUCE

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

620988 050387	<b>42402</b>	GMO				*		+	ℙ		Pasta Sauce, Basil, Organic	6 / 740ml							
620988 050431	<b>42404</b>	GMO				*		+	ℙ		Pasta Sauce, Marinara, Organic	6 / 740ml							
620988 050370	<b>42401</b>	GMO				*		+	ℙ		Pasta Sauce, Roasted Garlic, Organic	6 / 740ml							

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## Olives & Pickled Vegetables

### BUBBIES | BREAD & BUTTER CHIPS

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								*									Amphis 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
817861 010686	48055																		Leccino Black Italian (pouch)	10 / 150g
817861 010020	48038																		Manzanilla Green Spanish, Pimento Stuffed (pouch)	10 / 200g

### EAT WHOLESOME | PICKLED VEGETABLES

638170 905902	14552	GMO								*			P						Pickled Baby Beets, Whole, Organic	12 / 500ml
638170 905803	33611	GMO								*			P						Garlic Dill Pickles, Organic	6 / 750ml
638170 905810	33244	GMO								*			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								*			+	P					Pickles, Baby Dills, Organic	12 / 500ml
625077 810156	14242	GMO								*			+	P					Pickles, Whole Dill, Organic	12 / 1L

## Salsas

### QUE PASA | SALSA

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

## Soy Sauce & Alternatives

### AMANO FOODS | SAUCE

067334 250884	40023						BC	P											Soy Sauce	12 / 250ml
067334 050880	40026						BC	P											Soy Sauce	12 / 500ml
067334 250327	40024	GMO				*	BC	P											Tamari, Organic	12 / 250ml
067334 250754	40022						BC	P											Tamari, Wheat Free (Product of Japan)	12 / 250ml
067334 050750	40055						BC	P											Tamari, Wheat Free (Product of Japan)	12 / 500ml

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067334 050323	<b>40025</b>	GMO										12 / 500ml							
067334 004326	<b>40099</b>	GMO	<b>B</b>									4 / 4L							
0673340 50750	<b>40066</b>		<b>B</b>									1 / 18L							

## BRAGG | ALL PURPOSE SEASONING

074305 106101	<b>32179</b>	GMO										12 / 296ml							
074305 100161	<b>14071</b>	GMO		GF								12 / 473ml							
074305 100321	<b>14072</b>	GMO		GF								12 / 946ml							

## COCONUT SECRET | SOY SAUCE SUBSTITUTE

851492 002047	<b>37386</b>	GMO		GF								12 / 237ml							
851492 002108	<b>14474</b>	GMO		GF								6 / 500ml							

## NAKED & SAUCY | SOY SAUCE SUBSTITUTE

890104 001283	<b>40119</b>	GMO								ℙ		6 / 296ml							
890104 001115	<b>85315</b>	GMO								ℙ		6 / 296ml							
890104 001344	<b>40115</b>	GMO								ℙ		6 / 473ml							
890104 001351	<b>40116</b>	GMO								ℙ		6 / 473ml							

## SAN-J | BREWED SOY SAUCE & ALTERNATIVES

075810 041260	<b>40609</b>	GMO			V	*						6 / 296ml							
075810 024263	<b>40434</b>	GMO		GF	V							6 / 296ml							
075810 021262	<b>40602</b>	GMO		GF	V							6 / 296ml							
075810 023266	<b>40435</b>	GMO		GF	V							6 / 296ml							
075810 004265	<b>40607</b>	GMO		GF	V	*						6 / 296ml							
075810 001264	<b>40600</b>	GMO		GF	V	*						6 / 296ml							
075810 021361	<b>40603</b>	GMO		GF	V							6 / 592ml							
075810 400265	<b>40614</b>	GMO		GF	V							6 / 296ml							
075810 031261	<b>40611</b>	GMO		GF	V							6 / 296ml							
075810 030264	<b>40613</b>	GMO		GF	V	*						6 / 296ml							
075810 032268	<b>40612</b>	GMO		GF	V	*						6 / 296ml							
075810 004364	<b>40608</b>	GMO		GF	V	*						6 / 592ml							
075810 001363	<b>40605</b>	GMO		GF	V	*						6 / 592ml							

## Vinegars

### BRAGG | APPLE CIDER VINEGAR

074305 101168	<b>14075</b>	GMO		GF		*		+				12 / 473ml							
074305 101328	<b>14076</b>	GMO		GF		*		+				12 / 946ml							
074305 111280	<b>14077</b>	GMO	<b>B</b>			*						4 / 3.78L							

### EAT WHOLESOME | VINEGAR

638170 906213	<b>33614</b>	GMO				*				ℙ		12 / 500ml							
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### EDEN | VINEGAR

024182 420876	<b>02117</b>	GMO				*						12 / 296ml							
024182 001624	<b>02114</b>			GF								12 / 473ml							

### FILSINGER'S ORGANIC FOODS | APPLE CIDER VINEGAR

063930 500644	<b>24107</b>	GMO				*		+		ℙ		12 / 500ml							
063930 945643	<b>24104</b>	GMO				*		+		ℙ		12 / 945ml							
063930 189641	<b>24105</b>	GMO				*		+		ℙ		6 / 1.89L							
063930 378120	<b>24106</b>	GMO				*		+		ℙ		4 / 3.78L							
063930 000281	<b>24110</b>	GMO		GF		*		+		ℙ		4 / 3.78L							

### MAISON ORPHEE | VINEGAR

069593 120212	<b>32368</b>	GMO				*				ℙ		6 / 500ml							
069593 120229	<b>32369</b>	GMO				*				ℙ		6 / 500ml							
069593 120236	<b>32370</b>	GMO				*				ℙ		6 / 500ml							



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## PAMELA'S | COOKIES

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

## PRANA ORGANIC | COOKIES

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

## WOW BAKING COMPANY | COOKIES

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

## Granola & Snack Bars

### CLIF KID | ORGANIC ZBARS

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

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

602652 204050	<b>39346</b>											5 / 4x50g						G
602652 204067	<b>39347</b>											5 / 4x50g						G
602652 201066	<b>39348</b>											5 / 4x50g						G
602652 184178	<b>37609</b>	GMO										8 / 5x35g						G
602652 184154	<b>37607</b>	GMO										8 / 5x35g						G
602652 184185	<b>37610</b>	GMO										8 / 5x35g						G
602652 296574	<b>37600</b>	GMO										8 / 5x35g						G
602652 429538	<b>39337</b>											6 / 10x21g						G
602652 429422	<b>39336</b>											6 / 10x21g						G

### MADEGOOD | BARS & BITES

687456 216119	<b>64009</b>	GMO		GF	V	*	+	/	X			4 / 15x24g						G
687456 214139	<b>64055</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 214146	<b>64056</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 214122	<b>64054</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 223650	<b>64048</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 223711	<b>64049</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 224435	<b>64047</b>	GMO		GF	V	*	+	/	X			6 / 100g						G
687456 213040	<b>64020</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 213019	<b>64023</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 213750	<b>64029</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 213026	<b>64024</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 213170	<b>64021</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 223490	<b>64094</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 223476	<b>64093</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 223506	<b>64090</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 223483	<b>64092</b>	GMO		GF	V	*	+	/	X			6 / 5x24g						G
687456 214313	<b>64063</b>	GMO		GF	V	*	+	/	X			6 / 5x30g						G
687456 214306	<b>64062</b>	GMO		GF	V	*	+	/	X			6 / 5x30g						G
687456 214320	<b>64064</b>	GMO		GF	V	*	+	/	X			6 / 5x30g						G

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## NATURE'S BAKERY | SNACK BARS

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

## PRANA ORGANIC | GRANOLA BARS

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

## Toaster Pastries

### NATURE'S PATH | TOASTER PASTRIES

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

## CRACKERS & PUFFED GRAIN CAKES

### Crackers

#### AK-MAK | SESAME CRACKERS

071105 000011	<b>16005</b>												12 / 118g							
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#### BLUE DIAMOND | NUT THINS CRACKERS

041570 054192	<b>16178</b>	GMO											12 / 120g							
041570 099162	<b>16568</b>	GMO											12 / 120g							
041570 054291	<b>16179</b>												12 / 120g							

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

8008620 071006	<b>40924</b>												10 / 200g							
8008620 050506	<b>40925</b>	GMO					*						12 / 250g							
8008620 050544	<b>40926</b>	GMO					*						12 / 250g							
8008620 050537	<b>40927</b>	GMO					*						12 / 250g							

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

039631 000462	<b>16159</b>	GMO					*						12 / 100g							
011206 000350	<b>16068</b>												12 / 100g							
039631 000417	<b>16024</b>	GMO					*						12 / 100g							
039631 000448	<b>16027</b>	GMO					*						12 / 100g							
043182 000628	<b>16543</b>												12 / 65g							

#### EVE'S CRACKERS

627843 724971	<b>56100</b>												12 / 108g							
627843 724964	<b>56101</b>												12 / 108g							
627843 724988	<b>56103</b>												12 / 108g							
627843 724957	<b>56102</b>												12 / 108g							

#### FREYUMM | CRACKERS

816695 004069	<b>10323</b>	GMO											6 / 120g							
816695 004076	<b>10324</b>	GMO											6 / 120g							
816695 004038	<b>10322</b>	GMO											6 / 120g							
816695 004014	<b>10320</b>	GMO											6 / 120g							
816695 004021	<b>10321</b>	GMO											6 / 120g							

Buy 20+ cases

Save 3.00



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<b>PLUMM GOOD   WHOLE GRAIN RICE CAKES</b>																			
069372 007901	16611	GMO				*			BC	ℙ	X	RICE THINS, Ancient Grains w/Pink Salt, Organic	12	/ 95g					
069372 007666	16668	GMO				*			BC	ℙ	X	RICE THINS, Brown Rice Cakes, Canadian Wild Rice, Organic	12	/ 95g					
069372 007703	16733	GMO				*			BC	ℙ	X	RICE THINS, Brown Rice Cakes, Chia, Unsalted, Organic	12	/ 95g					
069372 007307	16610	GMO				*			BC	ℙ	X	RICE THINS, Brown Rice Cakes, Multigrain, Unsalted, Organic	12	/ 95g					
069372 007628	16666	GMO				*			BC	ℙ	X	RICE THINS, Brown Rice Cakes, Quinoa, Unsalted, Organic	12	/ 95g					
069372 007208	16609	GMO				*			BC	ℙ	X	RICE THINS, Brown Rice Cakes, Sea-Salt, Organic	12	/ 95g					
069372 007505	16614	GMO				*			BC	ℙ	X	RICE THINS, Brown Rice Cakes, Sesame, Unsalted, Organic	12	/ 95g					
069372 007109	16608	GMO				*			BC	ℙ	X	RICE THINS, Brown Rice Cakes, Unsalted, Organic	12	/ 95g					
069372 002111	16445	GMO				*			BC	ℙ	X	Rice Cakes, Sea Salt, Organic	12	/ 185g					
069372 002159	16441	GMO				*			BC	ℙ	X	Rice Cakes, Multigrain, Salted, Organic	12	/ 185g					
069372 002173	16446	GMO				*			BC	ℙ	X	Rice Cakes, Sesame, Salted, Organic	12	/ 185g					
069372 001114	16450	GMO				*			BC	ℙ	X	Rice Cakes, Multigrain, Unsalted, Organic	12	/ 185g					
069372 001046	16425	GMO				*			BC	ℙ	X	Rice Cakes, Unsalted, Organic	12	/ 185g					

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

### Dried Beans, Legumes & Seed

#### 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			*				ℙ	X Corn Meal, Medium Grind, Organic	1	/ 11.34kg
623636 200097	22105	GMO	B			*		+		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 Bulgur	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



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## Oats

### ANITA'S ORGANIC MILL | OATS

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

### AVENA FOODS | OATS

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

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

### NATURE'S PATH | WHOLE GRAIN OATS

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

### STOKED OATS | RUN OF THE MILL OATS

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

## Rice

### GIA BASMATI | RICE IN A BAG

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

073416 004337	<b>31215</b>	GMO		GF								Rice, Wild Blend, Nutra-Farmed	6	/ 454g						
073416 051911	<b>31205</b>			GF								Rice, Arborio, White, Nutra-Farmed	6	/ 907g						
073416 405523	<b>31202</b>	GMO		GF								Rice, Basmati, Brown, Nutra-Farmed	6	/ 907g						
073416 406032	<b>31209</b>	GMO		GF		*						Rice, Basmati, Brown, Organic	6	/ 907g						
073416 403536	<b>31203</b>	GMO		GF								Rice, Basmati, White, Nutra-Farmed	6	/ 907g						
073416 404045	<b>31210</b>	GMO		GF		*						Rice, Basmati, White, Organic	6	/ 907g						
073416 040502	<b>31211</b>	GMO		GF		*						Rice, Jasmine, California Brown, Organic	6	/ 907g						
073416 040427	<b>31204</b>	GMO		GF								Rice, Jasmine, White, Nutra-Farmed	6	/ 907g						
073416 040489	<b>31212</b>	GMO		GF		*						Rice, Jasmine, White, Organic	6	/ 907g						

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073416 199644	<b>31208</b>	GMO		GF		*						6 / 907g						
073416 250109	<b>31231</b>	GMO		GF		*						6 / 907g						
073416 199637	<b>31206</b>	GMO		GF		*						6 / 907g						
073416 040434	<b>31207</b>	GMO		GF		*						6 / 907g						
073416 402010	<b>32098</b>	GMO	B	GF		*						1 / 11.34kg						
073416 401518	<b>32050</b>	GMO	B	GF		*						1 / 11.34kg						
073416 402027	<b>32102</b>	GMO	B	GF		*						1 / 11.34kg						
073416 040298	<b>32043</b>	GMO	B			*						1 / 11.34kg						
073416 401341	<b>32039</b>	GMO	B	GF		*						1 / 11.34kg						
073416 401327	<b>32074</b>	GMO	B	GF		*						1 / 11.34kg						
073416 401228	<b>32076</b>	GMO	B	GF		*						1 / 11.34kg						
073416 401617	<b>32097</b>	GMO	B	GF		*						1 / 11.34kg						

## LOTUS FOODS | RICE

708953 508610	<b>39909</b>	GMO		GF		*						6 / 850g						
708953 507613	<b>39908</b>	GMO		GF		*						6 / 850g						

## OCEAN'S HALO | RICE

811670 031382	<b>10572</b>	GMO			V	*						5 / 907g						
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## FUNCTIONAL FOODS

### BOB'S RED MILL | NUTRITIONAL YEAST

039978 325464	<b>34203</b>			GF								X Large Flake Nutritional Yeast						
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### ELIMENTO | NUTRITIONAL YEAST

059443 607154	<b>35390</b>											Nutritional Yeast Flakes (shaker)						
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### ENGEVITA | NUTRITIONAL YEAST

778659 221038	<b>02198</b>	GMO	B					+	P			ENGEVITA Nutritional Yeast						
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### LEVEL GROUND TRADING | CACAO NIBS

661594 003640	<b>18108</b>	GMO				*	@			P		Cacao Nibs, Organic						
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### MODERN PRODUCTS | BREWERS YEAST

075820 300012	<b>02013</b>											Brewer's Yeast						
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### NAVITAS ORGANICS | PLANT-BASED SUPERFOOD

858847 000291	<b>37365</b>	GMO				*						Açaí Powder, Organic						
858847 000680	<b>29023</b>	GMO				*	@					Cacao Nibs, Organic						
858847 000871	<b>21004</b>	GMO				*	@					Cacao Powder, Organic						
858847 000840	<b>21003</b>	GMO				*	@					Cacao Powder, Organic						
811961 021849	<b>21241</b>	GMO				*						Matcha Powder, Organic						
811961 023232	<b>24422</b>	GMO				*						SUPERFOOD+, Adaptogen Blend, Maca+Reishi+Ashwagandha, Organic						
811961 023249	<b>24423</b>	GMO				*						SUPERFOOD+, Berry Blend, Acai+Goji+Blueberry, Organic						
811961 023256	<b>24424</b>	GMO				*						SUPERFOOD+, Greens Blend, Moringa+Kale+Wheatgrass, Organic						
811961 021856	<b>21242</b>	GMO				*						Turmeric Powder, Organic						

### PRANA ORGANIC | FUNCTIONAL FOOD

877693 001504	<b>26141</b>	GMO		GF		*				P		Cacao Nibs, Organic						
877693 003096	<b>34092</b>	GMO		GF		*				P		PROACTIVChia +Probiotics, Ground Black, Organic						
877693 003089	<b>34091</b>	GMO		GF		*				P		PROACTIVChia +Probiotics, Whole Black, Organic						
877693 001498	<b>26143</b>	GMO		GF		*				P		Raw Cacao Powder, Organic						
	<b>60130</b>											Empty Racks (S/O)						

### RED STAR | NUTRITIONAL YEAST

017929 746605	<b>02147</b>											X Nutritional Yeast Flakes, Vegetarian Support Formula						
017929 746312	<b>02115</b>											X Nutritional Yeast Flakes, Vegetarian Support Formula						

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## SUNSORYA | SPIRULINA SPRINKLES

627843 978923	<b>37448</b>										🇨🇦	Spirulina Sprinkles	10	/ 200g				
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## YESHI | NUTRITIONAL YEAST FLAKES

628011 160072	<b>32806</b>	GMO									BC	🇨🇦	Nutritional Yeast Flakes, Original	6	/ 125g			
628011 160089	<b>32807</b>	GMO									BC	🇨🇦	Nutritional Yeast Flakes, Roasted Garlic & Parmezan	6	/ 100g			

# HERBS, SPICES, SEASONINGS & SALTS

## Culinary Juices

### GINGER PEOPLE | GINGER JUICE

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

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

## Herbs, Spices, Seasoning Mixes & Salts

### BRAGG | SPRINKLE SEASONING

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

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

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

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

### MODERN PRODUCTS | SEASONINGS

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

### REDMOND | REAL SALT

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

### SIMPLY ORGANIC | PASTA SAUCE MIX

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

089836 192080	<b>70789</b>	GMO				*							Basil Leaf, c/s Organic (glass bottle)	6	/ 15g			
089836 192240	<b>70358</b>	GMO				*							Cayenne Pepper, Organic (glass bottle)	6	/ 71g			
089836 192332	<b>70842</b>	GMO				*							Ceylon Cinnamon, Organic (glass bottle)	6	/ 59g			
089836 192257	<b>70359</b>	GMO				*							Chili Powder, Organic (glass bottle)	6	/ 82g			
089836 192363	<b>70840</b>	GMO				*							Chipotle Ground, Organic (glass bottle)	6	/ 75g			

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089836 192110	<b>70791</b>	GMO										6 / 69g							
089836 192486	<b>70804</b>	GMO										6 / 65g							
089836 192127	<b>70792</b>	GMO										6 / 65g							
089836 192264	<b>70360</b>	GMO										6 / 85g							
089836 092502	<b>70806</b>	GMO										6 / 23g							
089836 192141	<b>70793</b>	GMO										6 / 103g							
089836 192479	<b>70803</b>	GMO										6 / 113g							
089836 192158	<b>70794</b>	GMO										6 / 46g							
089836 192271	<b>70361</b>	GMO										6 / 22g							
089836 192288	<b>70362</b>	GMO										6 / 79g							
089836 192165	<b>70795</b>	GMO										6 / 21g							
089836 192295	<b>70363</b>	GMO										6 / 74g							
089836 192097	<b>70796</b>	GMO										6 / 65.5g							
089836 192134	<b>70798</b>	GMO										6 / 45g							
089836 192196	<b>70801</b>	GMO										6 / 75g							G
089836 192189	<b>70800</b>	GMO										6 / 75g							G
089836 192103	<b>70797</b>	GMO										6 / 75g							
089836 192462	<b>70802</b>	GMO										6 / 55g							
089836 192493	<b>70805</b>	GMO										6 / 35g							
089836 192349	<b>70839</b>	GMO										6 / 77g							
089836 192318	<b>70365</b>	GMO										6 / 31g							
089836 192172	<b>70799</b>	GMO										6 / 46g							

## SIMPLY ORGANIC | FINISHING SALT

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

## SIMPLY ORGANIC | SEASONING MIX

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

## SUNDHED | SEA SALT & PURE HIMALAYAN SALT

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

## BULK SEA SALT

038400 138542	<b>02179</b>		<b>B</b>									X Sea Salt, Refined (solar evaporated)							
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## INTERNATIONAL CUISINE

### Caribbean

#### MAUREEN'S | COOKING SAUCE

627987 503753	<b>14902</b>								BC	ℙ		Sauce, Mild Coconut Curry							
841307 000313	<b>14900</b>								BC	ℙ		Sauce, The Original Jerk							

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## Indian

### See Frozen Entrées for Vij's

#### JYOTI | INDIAN CUISINE

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

#### NANAK | GHEE CLARIFIED BUTTER

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

#### ATLANTIC MARICULTURE | DULSE

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

776128 000030	<b>32851</b>												BC 🇨🇦 X Kombu	16 / 42g					
776128 000047	<b>32850</b>												BC 🇨🇦 X Macro Kelp	16 / 21g					

#### EAT WHOLESOME | BEAN VERMICELLI

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

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

#### EDEN | SEA VEGETABLES

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

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

#### GIMME ORGANIC | ROASTED SEAWEED

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

#### GIMME ORGANIC | ROASTED SEAWEED SNACKS

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

#### GIMME ORGANIC | ROASTED SUSHI NORI

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

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

#### KOYO | JAPANESE PRODUCTS

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

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

## MARUKAN | PONZU SAUCE

070641 066314	<b>24039</b>	GMO										Ponzu, Yuzu	6 / 355ml						
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## MISHIMA | INSTANT SOUP

830757 000325	<b>38551</b>										X	Instant Hot and Sour Soup	12 / 27g						
830757 000219	<b>38821</b>										X	Instant Miso Soup, Red	12 / 30g						
830757 000233	<b>38822</b>										X	Instant Miso Soup, White	12 / 30g						
830757 000226	<b>38655</b>										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	<b>39191</b>								BC	🇨🇦		Ramen Seasoning Sauce, Shio Tare	12 / 145ml						
628693 494052	<b>39188</b>								BC	🇨🇦		Ramen Seasoning Sauce, Shoyu Tare	12 / 145ml						

## NORA | SEAWEED SNACKS

855258 006225	<b>19100</b>	GMO									X	Crispy Seaweed, Original	12 / 32g						G
855258 006584	<b>19103</b>	GMO									X	Crispy Seaweed, Spicy	12 / 32g						G
855258 006232	<b>19102</b>	GMO									X	Tempura Seaweed, Original	12 / 45g						G
855258 006249	<b>19101</b>	GMO									X	Tempura Seaweed, Spicy	12 / 45g						G

## OCEAN'S HALO | THE SEAWEED SNACK

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

## OCEAN'S HALO | SUSHI NORI

851899 005108	<b>10575</b>	GMO				V	*				X	Sushi Nori, Organic (10ct)	12 / 28g						
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## SEASNAX | SEAWEED PRODUCTS

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

## Mediterranean

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

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

### HABIBI'S MEDITERRANEAN | LEBANESE GARLIC SAUCE

683830 019369	<b>14323</b>								BC	🇨🇦		Toum - Lebanese Garlic Sauce & Spread	8 / 250g						
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<b>THAI KITCHEN   PASTE &amp; SAUCE</b>																			
737628 004003	14950	GMO		GF								12 / 112g							
737628 003006	14952	GMO		GF								12 / 112g							
737628 012008	14944	GMO										12 / 112g							
737628 006007	14956	GMO		GF								12 / 112g							
737628 001002	14694	GMO		GF								12 / 200ml							
737628 005000	14954			GF								12 / 227ml							
<b>THAI KITCHEN   RICE NOODLES</b>																			
737628 025251	30303	GMO		GF								12 / 198g							

## 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	GMO				*		BC	℞			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	GMO					@					X Coconut, Dried Shredded, Unsweetened	4 / 340g						
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#### CAMINO | SHREDDED COCONUT

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

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

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

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

#### MORNIN' GLORY | PRUNES

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

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

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

Buy 12+ cases

Save 15%



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## PRANA ORGANIC | DRIED FRUIT

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

## TRIPLE JIM'S | ORGANIC DRIED FRUIT

059105 051707	<b>36658</b>	GMO			*	BC	☒				Apple Chips, Cinnamon, Organic	24 / 70g			G
059105 050755	<b>36657</b>	GMO			*	BC	☒				Apple Chips, Organic	24 / 75g			G

## Nuts & Seeds

### BOB'S RED MILL | SEEDS

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

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

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

### MANITOBA HARVEST | HEMP SEED

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

### PRANA ORGANIC | NUTS & SEEDS

877693 002884	<b>26145</b>	GMO		GF	*					☒	Nuts, Almonds, Raw European, Organic	6 / 200g			
877693 002891	<b>26146</b>	GMO		GF	*					☒	Nuts, Brazil, Organic	6 / 200g			
877693 000170	<b>26130</b>	GMO		GF	*					☒	Nuts, Cashews, Non-Roasted, Organic	6 / 250g			
877693 001344	<b>26132</b>	GMO		GF	*					☒	Nuts, Pecans, Organic	6 / 180g			
877693 000200	<b>26128</b>	GMO		GF	*					☒	Nuts, Walnuts, Organic	6 / 180g			
877693 000330	<b>34063</b>	GMO		GF	*					☒	Seeds, Chia, Ground Black, Organic	6 / 200g			
877693 000316	<b>34061</b>	GMO		GF	*					☒	Seeds, Chia, Ground White, Organic	6 / 200g			
877693 000323	<b>34062</b>	GMO		GF	*					☒	Seeds, Chia, Whole Black, Organic	6 / 300g			
877693 000293	<b>34060</b>	GMO		GF	*					☒	Seeds, Chia, Whole White, Organic	6 / 300g			
877693 000583	<b>34097</b>	GMO		GF	*					☒	Seeds, Chia, Whole Black, Organic	4 / 1kg			
877693 001375	<b>26138</b>	GMO		GF	*					☒	Seeds, Pumpkin, Organic	6 / 250g			
877693 002907	<b>34066</b>	GMO		GF	*					☒	Seeds, Sunflower, Raw, Organic	6 / 250g			
	<b>60130</b>										Empty Racks (S/O)	1 / ea			

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## BULK NUTS

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

## BULK SEEDS

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

## OILS

### BEYOND THE OLIVE | CALIFORNIA OLIVE OIL

811684 034997 **85360** GMO V \* Extra Virgin Olive Oil, Organic 6 / 250ml  
811684 034966 **85361** GMO V \* Extra Virgin Olive Oil, Organic 6 / 500ml

### BIOITALIA | OIL

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

### CHA'S ORGANICS | COCONUT OIL

806253 600505 **15043** GMO \* @ P Coconut Oil, Virgin, Organic 6 / 500ml

### CHOSEN FOODS | CULINARY OIL

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

### EDEN | SESAME OIL

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

### KRINOS FOODS | GREEK OLIVE OIL

055498 102507 **85100** GMO \* KALAMATA GOLD Extra Virgin Olive Oil, Organic 6 / 500ml

### MAISON ORPHEE | CULINARY OIL

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

### MANITOBA HARVEST | HEMP SEED OIL

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

### NORTH PRAIRIE GOLD | OIL

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

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<b>NUTIVA   OIL</b>															
692752 108938	<b>15209</b>	GMO				*						6 / 236ml			
692752 106927	<b>30673</b>	GMO				*						6 / 414ml			
692752 105418	<b>30667</b>	GMO				*						6 / 860ml			
692752 106804	<b>30672</b>	GMO				*						4 / 3.79L			
692752 200014	<b>30661</b>	GMO				*						12 / 444ml			
692752 200021	<b>30662</b>	GMO				*						6 / 860ml			
692752 200052	<b>30663</b>	GMO				*						6 / 1.6L			
692752 108273	<b>30685</b>	GMO				*						6 / 1.6L			
<b>OIL   OIL</b>															
810042 990210	<b>32321</b>	GMO										6 / 250ml			
810042 990227	<b>32322</b>	GMO										4 / 750ml			
<b>OMEGA NUTRITION   OIL</b>															
055358 350024	<b>85050</b>	GMO		GF		*			🇨🇦			6 / 454g			
055358 350031	<b>85051</b>	GMO		GF		*			🇨🇦			6 / 908g			
055358 350055	<b>28047</b>	GMO	B	GF		*			🇨🇦			4 / 3.17kg			
055358 351014	<b>28031</b>	GMO		GF		*			🇨🇦			6 / 283g			
055358 351021	<b>85052</b>	GMO		GF		*			🇨🇦			6 / 454g			
055358 670009	<b>85048</b>	GMO		GF		*			🇨🇦			12 / 355ml			
<b>SPECTRUM   OIL</b>															
<b>Refined Oils</b>															
022506 255104	<b>28024</b>	GMO										6 / 236ml			
022506 155305	<b>28187</b>	GMO										6 / 236ml			
022506 471757	<b>28175</b>	GMO				*						6 / 750ml			
022506 974692	<b>28022</b>	GMO				*						12 / 414ml			
022506 062900	<b>28026</b>	GMO				*						6 / 473ml			
022506 068803	<b>28028</b>	GMO										6 / 473ml			
<b>Unrefined Oils</b>															
022506 135642	<b>28044</b>	GMO				*						6 / 857ml			
022506 662001	<b>28025</b>	GMO				*						6 / 473ml			
022506 721753	<b>28135</b>	GMO				*						6 / 750ml			
022506 063303	<b>28027</b>	GMO										6 / 473ml			
022506 022041	<b>28136</b>	GMO				*						6 / 946ml			
<b>SPECTRUM   SPRAY OIL</b>															
022506 065604	<b>28107</b>											6 / 170g			
022506 265813	<b>28127</b>											6 / 170g			
<b>TERRA DELYSSA   OLIVE OIL</b>															
6191509 903641	<b>05223</b>	GMO		GF								6 / 500ml			
6191509 903726	<b>05229</b>	GMO		GF		*						6 / 500ml			
6191509 903719	<b>05220</b>	GMO		GF		*						6 / 750ml			
6191509 903627	<b>05228</b>	GMO		GF								6 / 1L			
6191509 903702	<b>05221</b>	GMO		GF		*						6 / 1L			
<b>UNICO   OLIVE OIL</b>															
067800 002214	<b>28033</b>											6 / 3L			

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## PACKAGED MEALS & SIDE DISHES

### DAIYA | DAIRY-FREE MAC & CHEESE

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

### LUNDBERG FAMILY FARMS | ENTREES & SIDES

073416 020252	<b>38723</b>	GMO		GF								Risotto, Butternut Squash, Eco-Farmed	6 / 164g
073416 020245	<b>38722</b>	GMO		GF								Risotto, Garlic Primavera, Eco-Farmed	6 / 156g
073416 579101	<b>32104</b>	GMO					*	@				Ready to Heat Rice, Thai Jasmine Brown, Regenerative Organic	6 / 227g
073416 579804	<b>32105</b>	GMO					*	@				Ready to Heat Rice, Thai Jasmine Cilantro Lime, Regenerative Organic	6 / 227g
073416 579002	<b>32103</b>	GMO					*	@				Ready to Heat Rice, Thai Jasmine White, Regenerative Organic	6 / 227g
073416 587502	<b>38724</b>	GMO		GF			*					Rice Mix, Chicken & Herb w/Long Grain White Rice, Regenerative Organic	6 / 156g
073416 587601	<b>38725</b>	GMO		GF			*					Rice Mix, Cilantro Lime w/Long Grain White Rice, Regenerative Organic	6 / 156g

## PASTAS

### Pastas

See Cooler & International Cuisine Sections for more Pasta Selections

#### BIOITALIA | PASTA

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

#### JOVIAL | ITALIAN PASTA

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

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## KASLO SOURDOUGH PASTA | PASTA FERMENTATA

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

## LIVIVA | KETO PASTAS

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

## RIZOPIA | RICE PASTA

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

## TINKYADA | RICE PASTA

621683 920555	30903			GF									+ $\overline{C}$ X Elbows, Brown Rice	12 / 454g
621683 010553	30930	GMO		GF	*								+ $\overline{C}$ X Elbows, Brown Rice, Organic	12 / 340g
621683 920258	30901			GF									+ $\overline{C}$ X Fettucine, Brown Rice	12 / 397g
621683 920654	30037			GF									+ $\overline{C}$ X Fusilli, Brown Rice	12 / 454g
621683 921354	30908			GF									+ $\overline{C}$ X Lasagna, Brown Rice	12 / 283g
621683 011352	30925	GMO		GF	*								+ $\overline{C}$ X Lasagna, Brown Rice, Organic	12 / 280g
621683 911454	30918			GF									+ $\overline{C}$ X Little Dreams, Brown Rice (kids' shapes)	12 / 397g
621683 921156	30907			GF									+ $\overline{C}$ X Penne, Brown Rice	12 / 454g
621683 021153	30922	GMO		GF	*								+ $\overline{C}$ X Penne, Brown Rice, Organic	12 / 340g
621683 920753	30924			GF									+ $\overline{C}$ X Shells, Brown Rice	12 / 454g
621683 920159	30900			GF									+ $\overline{C}$ X Spaghetti, Brown Rice	12 / 454g
621683 020156	30920	GMO		GF	*								+ $\overline{C}$ X Spaghetti, Brown Rice, Organic	12 / 340g
621683 520151	30916			GF									+ $\overline{C}$ X Spaghetti, White Rice	12 / 454g

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621683 921255	30902			GF				+	/	X		12 / 454g						
621683 021252	30921	GMO		GF		*		+	/	X		12 / 340g						
621683 711252	30923			GF				+	/	X		12 / 340g						
621683 021146	30039	GMO	B	GF		*		+	/	X		2 / 2.27kg						
621683 020149	90312	GMO	B	GF		*		+	/	X		2 / 2.27kg						
621683 021245	30038	GMO	B	GF		*		+	/	X		2 / 2.27kg						

## PET CARE

### Clean up Products

#### ECOPOOCH | COMPOSTABLE DOGGIE BAGS

678526 913014	46274											X Doggie Bags, Leash Dispenser Roll (9"x13")	48 / 18ct					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 / X Holistic Cat Food	12 / 1.4kg					G	P
831043 000159	48086											BC / X 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 / X 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 / X Cat Food, Minced, Albacore Tuna	24 / 100g					G	P
810757 001423	48211											BC / X Cat Food, Minced, Pacific Hake	24 / 100g					G	P
810757 001409	48213											BC / X Cat Food, Minced, Wild Salmon	24 / 100g					G	P
810757 001515	48214											BC / X Cat Food, Pate, Albacore Tuna	24 / 100g					G	P
810757 001522	48215											BC / X Cat Food, Pate, Pacific Hake	24 / 100g					G	P
810757 001508	48217											BC / X Cat Food, Pate, Wild Salmon	24 / 100g					G	P
810757 001119	48222											BC / X Dog Food, Albacore Tuna	24 / 170g					G	P
810757 001126	48223											BC / X Dog Food, Pacific Hake	24 / 170g					G	P
810757 001102	48225											BC / X Dog Food, Wild Salmon	24 / 170g					G	P
810757 001829	48226											BC / X NOOTKA PURE Supplemental Food, 100% Albacore Tuna, Soft Bones & Meat	24 / 160g					G	P
810757 001812	48227											BC / X NOOTKA PURE Supplemental Food, 100% Black Cod Liver Pate	24 / 100g					G	P
810757 001805	48228											BC / X 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

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## SNACK 21 | DOG & CAT SNACKS

623572 111884	<b>48135</b>										BC P	Salmon Strips for Dogs	1 / 140g						G P
623572 102417	<b>48133</b>										BC P	Salmon Skin Crisps for Dogs	1 / 200g						G P
623572 657023	<b>48139</b>										BC P X	Salmon Jumbo Fillets for Dogs	8 / 65g						G P
623572 061295	<b>48138</b>										BC P X	Salmon Snacks for Cats	12 / 25g						G P
623572 091599	<b>48136</b>										BC P X	Salmon Snacks for Dogs	12 / 25g						G P
623572 724251	<b>48131</b>										P	Whole Sardines for Dogs, Small	1 / 90g						G P
623572 429309	<b>48125</b>										P	Whole Sardines for Dogs, Large	1 / 90g						G P

## YAPPETIZERS TREAT COMPANY | DOG AND CAT TREATS

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

## Health Products

### BACH REMEDIES | RESCUE PET FORMULA

741273 002529	<b>03845</b>											RESCUE, Pet	1 / 10ml						G
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## SAVORY DIPS & SPREADS

### SIMPLY ORGANIC | DIP MIX

089836 188786	<b>70753</b>	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	<b>31400</b>										BC P X	Energy Balls, Chocolate (2pk)	12 / 50g						G
059443 252569	<b>31402</b>										BC P X	Energy Balls, Coconut (2pk)	12 / 50g						G
059443 251012	<b>31401</b>										BC P	Energy Balls, Chocolate (6pk)	6 / 150g						G
059443 251111	<b>31403</b>										BC P	Energy Balls, Coconut (6pk)	6 / 150g						G

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

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

#### CLIF | BLOKS ENERGY CHEWS

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

#### CLIF | ENERGY & SNACK BARS

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

#### CLIF | PERFORMANCE & SNACK BARS

722252 606426	<b>37132</b>											X BUILDERS Protein Bar, Chocolate	12 / 68g						G
722252 626615	<b>37341</b>											X BUILDERS Protein Bar, Chocolate Chip Cookie Dough (+Caffeine)	12 / 68g						G
722252 606440	<b>37340</b>											X BUILDERS Protein Bar, Chocolate Mint	12 / 68g						G
722252 606419	<b>37133</b>											X BUILDERS Protein Bar, Chocolate Peanut Butter	12 / 68g						G
722252 068835	<b>37343</b>											X BUILDERS Protein Bar, Vanilla Almond	12 / 68g						G
722252 165176	<b>91477</b>											BUILDER's Protein Bar Shipper (S/O)	96 / 68g						G

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722252 121073	37912											12 / 68g							G
722252 120229	36249											12 / 68g							G
722252 121066	37890											12 / 68g							G
722252 120045	36256											12 / 68g							G
722252 120090	36264											12 / 68g							G
722252 140036	36259											12 / 68g							G
722252 120083	36262											12 / 68g							G
722252 102706	36761											12 / 68g							G
722252 217950	37900											12 / 68g							G
722252 121097	37425											12 / 68g							G
722252 602299	90924											96 / 68g							G
722252 342997	37911	GMO						*				12 / 50g							G
722252 128102	37735	GMO						*				12 / 50g							G
722252 028037	37737	GMO						*				12 / 50g							G

## GOMACRO | MACROBAR

853555 006689	10910	GMO		GF	V	*						12 / 65g							G
810039 910115	10912	GMO		GF	V	*						12 / 65g							G
181945 000154	10908	GMO		GF	V	*						12 / 65g							G
853555 006412	10914	GMO		GF	V	*						12 / 65g							G
181945 000062	10900	GMO		GF	V	*						12 / 65g							G
181945 000147	10905	GMO		GF	V	*						12 / 65g							G
810039 910085	10911	GMO		GF	V	*						12 / 65g							G
810039 910146	10913	GMO		GF	V	*						12 / 65g							G

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

687456 993423	64138	GMO		GF	V			+	P	X		6 / 2x20g							G
687456 993416	64137	GMO		GF	V			+	P	X		6 / 2x20g							G
687456 924885	64116	GMO		GF	V			+	P	X		9 / 40g							G
687456 924908	64117	GMO		GF	V			+	P	X		9 / 40g							G
687456 924892	64115	GMO		GF	V			+	P	X		9 / 40g							G
687456 924878	64114	GMO		GF	V			+	P	X		9 / 40g							G

## HONEY STINGER | SPORTS NUTRITION

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

## HORNBY ORGANIC | ENERGY BAR

628055 058359	37550	GMO		GF		*	BC	P	X	O		12 / 45g							G
628055 058311	37551	GMO		GF		*	BC	P	X	O		12 / 45g							G
628055 058328	37552	GMO		GF		*	BC	P	X	O		12 / 45g							G
628055 058335	37553	GMO		GF		*	BC	P	X	O		12 / 45g							G



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

## HUNGRY BUDDHA | KETO BAR

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

## KIND | NUT BAR

602652 281242	<b>39331</b>											Nut Bar, Almond Sea Salt & Dark Chocolate	10 / 5x40g						G
602652 281112	<b>39329</b>											Nut Bar, Peanut Butter & Dark Chocolate	10 / 5x40g						G
602652 248535	<b>37746</b>											X Nut Bar, Almond Mint & Dark Chocolate	12 / 40g						G
602652 170751	<b>37490</b>											X Nut Bar, Almond, Sea Salt & Dark Chocolate	12 / 40g						G
602652 170942	<b>37605</b>											X Nut Bar, Caramel Almond & Sea Salt	12 / 40g						G
602652 170713	<b>37474</b>											X Nut Bar, Cherry Cashew & Dark Chocolate	12 / 40g						G
602652 240232	<b>37685</b>											X Nut Bar, Honey Roasted Nuts & Sea Salt	12 / 40g						G
602652 170959	<b>37606</b>											X Nut Bar, Maple Glazed Pecan & Sea Salt	12 / 40g						G
602652 170706	<b>37475</b>											X Nut Bar, Peanut Butter & Dark Chocolate	12 / 40g						G
602652 431388	<b>39345</b>											X Nut Bar, Peanuts Salted Caramel w/Dark Chocolate	12 / 40g						G
602652 207075	<b>39322</b>											X PLUS+ Nut Bar, Crunchy Peanut Butter	12 / 50g						G
602652 207082	<b>39323</b>											X PLUS+ Nuts Bar, Dark Chocolate Nut	12 / 50g						G
602652 268168	<b>91552</b>											MINIS Changemaker Gravity Feed Display, Display X Contains: 24ct Almond Sea Salt & Dark Chocolate and 24ct Peanut Butter & Dark Chocolate (S/O)	2 / 48x20g						G
	<b>60009</b>											Display Rack	1 / ea						

## LOVE GOOD FATS | KETO BAR

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

## PROBAR | NUTRITIONAL FOOD BAR

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

## ZIMT | MACAROONS

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

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

818780 015356	<b>59516</b>			GF				+	X			8 / 125g							G
018780 090050	<b>59501</b>	GMO		GF				+	X			12 / 35g							G
892773 000246	<b>59504</b>	GMO		GF				+	X			8 / 136g							G
018780 110949	<b>59502</b>	GMO		GF				+	X			12 / 64g							G
892773 000208	<b>59513</b>	GMO		GF				+	X			8 / 198g							G
818780 013123	<b>59512</b>			GF				+	X			12 / 170g							G
818780 010627	<b>59503</b>			GF				+	X			12 / 50g							G
818780 012935	<b>59518</b>			GF				+	X			12 / 170g							G

### BARBARA'S BAKERY | CHEESE PUFFS

070617 004722	<b>36111</b>								X			12 / 155g							G
070617 004739	<b>36128</b>								X			12 / 155g							G
070617 004708	<b>36109</b>								X			12 / 198g							G
070617 004715	<b>36110</b>								X			12 / 198g							G

### GLUTINO | PRETZELS

678523 040119	<b>37333</b>			GF				+	X			12 / 400g							G
678523 040072	<b>36160</b>			GF				+	X			12 / 400g							G
678523 040225	<b>37310</b>			GF				+	X			12 / 156g							G
678523 040249	<b>37311</b>			GF				+	X			12 / 156g							G

### HARDBITE | HANDCRAFTED STYLE CHIPS

673513 240500	<b>37459</b>	GMO							BC	ℙ	X	30 / 50g							G
673513 242504	<b>37461</b>	GMO							BC	ℙ	X	30 / 50g							G
673513 241507	<b>37460</b>	GMO							BC	ℙ	X	30 / 50g							G
673513 406500	<b>36427</b>	GMO							BC	ℙ	X	15 / 128g							G
673513 401505	<b>36420</b>	GMO							BC	ℙ	X	15 / 128g							G
673513 407002	<b>36458</b>	GMO							BC	ℙ	X	15 / 128g							G
673513 400508	<b>36419</b>	GMO							BC	ℙ	X	15 / 128g							G
673513 404506	<b>36424</b>	GMO							BC	ℙ	X	15 / 128g							G
673513 402502	<b>36421</b>	GMO							BC	ℙ	X	15 / 128g							G
673513 405503	<b>36450</b>	GMO							BC	ℙ	X	15 / 128g							G
673513 104505	<b>36411</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 001507	<b>36412</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 103508	<b>37748</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 101504	<b>37517</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 021505	<b>36414</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 091508	<b>37516</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 011506	<b>36413</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 107506	<b>36428</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 106509	<b>36425</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 108503	<b>36429</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 101108	<b>37515</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 041503	<b>36417</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 113552	<b>37638</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 118557	<b>36422</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 112555	<b>37637</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 111558	<b>37518</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 114559	<b>37749</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 120550	<b>36451</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 117550	<b>36423</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 121557	<b>36453</b>	GMO							BC	ℙ	X	15 / 150g							G
673513 501908	<b>36457</b>	GMO		GF					BC	ℙ	X	12 / 275g							G
673513 501809	<b>36456</b>	GMO		GF					BC	ℙ	X	12 / 275g							G

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## HARVEST SNAPS | BAKED CRISPS

071146 012486	<b>11666</b>	GMO		GF								X Green Pea Crisps, Black Pepper	12 / 85g						G
071146 012462	<b>11664</b>			GF								X Green Pea Crisps, Caesar	12 / 85g						G
071146 012455	<b>11663</b>	GMO		GF								X Green Pea Crisps, Original	12 / 94g						G
071146 012479	<b>11665</b>			GF								X Green Pea Crisps, Wasabi Ranch	12 / 85g						G
071146 109117	<b>11667</b>			GF								X Green Pea Crisps, White Cheddar	12 / 85g						G
071146 013018	<b>11662</b>	GMO		GF								X Red Lentil Crisps, Tomato Basil	12 / 85g						G
071146 106406	<b>11668</b>			GF								X Red Lentil Crunchy Loops, Kick'n BBQ	12 / 71g						G
071146 106413	<b>11669</b>			GF								X Red Lentil Crunchy Loops, Sour Cream & Onion	12 / 71g						G

## HUMBLE | ORGANIC POTATO CHIPS

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

## INDIANLIFE | CHIPS & SAVOURY SNACKS

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

## KETTLE BRAND | POTATO CHIPS

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

## LUNDBERG | RICE CAKE MINIS

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

## NOOCHPOP! | VEGAN CHEESY POPCORN

627843 956662	<b>17820</b>	GMO		GF	V				ℙ	X		BC X Popcorn, Kinda Cheesy	12 / 20g						G
627843 956709	<b>17824</b>	GMO		GF	V				ℙ	X		BC X Popcorn, Kinda Chili Lime & Cheesy	12 / 20g						G
628504 091012	<b>17825</b>	GMO		GF	V				ℙ	X		BC X Popcorn, Kinda Dill Pickled & Cheesy	12 / 20g						G
627843 956693	<b>17821</b>	GMO		GF	V				ℙ	X		BC X Popcorn, Kinda Garlic & Cheesy	12 / 20g						G
627843 956679	<b>17822</b>	GMO		GF	V				ℙ	X		BC X Popcorn, Kinda Nacho & Cheesy	12 / 20g						G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	/	X	PACK	SIZE				G	P	U	
627843 956686	<b>17823</b>	GMO		GF	V						BC / X	Popcorn, Kinda Sweet & Savoury	12 / 20g						G
627843 956624	<b>17800</b>	GMO		GF	V						BC / X	Popcorn, Kinda Cheesy	12 / 120g						G
628504 091005	<b>17808</b>	GMO		GF	V						BC / X	Popcorn, Kinda Chili Lime & Cheesy	12 / 120g						G
628504 091029	<b>17809</b>	GMO		GF	V						BC / X	Popcorn, Kinda Dill Pickled & Cheesy	12 / 120g						G
627843 956655	<b>17802</b>	GMO		GF	V						BC / X	Popcorn, Kinda Garlic & Cheesy	12 / 120g						G
627843 956631	<b>17801</b>	GMO		GF	V						BC / X	Popcorn, Kinda Nacho	12 / 120g						G
627843 956648	<b>17803</b>	GMO		GF	V						BC / X	Popcorn, Kinda Sweet & Savoury	12 / 120g						G

## POPTASTIC | POPCORN

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

## QUE PASA | TORTILLA CHIPS

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

## RICEWORKS | GOURMET RICE CHIPS

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

## SENSIBLE PORTIONS | GARDEN VEGGIE STRAWS & CHIPS

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

## SKIPPY'S KETTLE CORN

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

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## VEGAN ROB'S | PLANT BASED SNACKS

859941 005915	<b>10125</b>	GMO		GF			*	@		X	Puffs, Cauliflower	12 / 99g						G
816678 020154	<b>10127</b>	GMO		GF			*	@		X	Puffs, Cheddar	12 / 99g						G
816678 021090	<b>10143</b>	GMO		GF			*	@		X	Puffs, Dragon	12 / 99g						G
											<b>Buy 10-20 cases</b>	<b>Save 15%</b>						
											<b>Buy 21-40 cases</b>	<b>Save 20%</b>						
											<b>Buy 41+ cases</b>	<b>Save 25%</b>						

## Chocolate

### ALTER ECO | CHOCOLATE BARS

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

### CAMINO | CHOCOLATE BARS

752612 100660	<b>37683</b>	GMO					*	@		ℙ X	Dark Chocolate, 55% Cacao, Salted Caramel Crunch, Organic	14 / 80g						G
752612 100653	<b>37684</b>	GMO					*	@		ℙ X	Dark Chocolate, 88% Cacao, Intensely Dark, Organic	14 / 80g						G
752612 100691	<b>37011</b>	GMO					*	@		ℙ X	Dark Chocolate, 92% Cacao, Night Fall, Organic	14 / 80g						G
752612 100806	<b>37012</b>	GMO		V			*	@		X	Milk-Style Chocolate (oat-based), Creamy Chocolate-Oat, Organic	14 / 80g						G
752612 100813	<b>37013</b>	GMO		V			*	@		X	Milk-Style Chocolate (oat-based), Hazelnuts & Salted Caramel, Organic	14 / 80g						G
752612 100677	<b>37009</b>	GMO					*	@		ℙ X	Dark Chocolate, 55% Cacao, Almond & Sea Salt, Organic	12 / 100g						G
752612 100165	<b>36476</b>	GMO					*	@		ℙ X	Dark Chocolate, 55% Cacao, Almonds, Organic	12 / 100g						G
752612 100240	<b>37007</b>	GMO					*	@		ℙ X	Dark Chocolate, 65% Cacao, Orange, Organic	12 / 100g						G
752612 100202	<b>36735</b>	GMO					*	@		ℙ X	Dark Chocolate, 67% Cacao, Mint, Organic	12 / 100g						G
752612 100172	<b>36475</b>	GMO					*	@		ℙ X	Dark Chocolate, 71% Cacao, Bittersweet, Organic	12 / 100g						G
752612 100349	<b>37258</b>	GMO					*	@		ℙ X	Dark Chocolate, 80% Cacao, Extra Dark, Organic	12 / 100g						G
752612 100356	<b>37259</b>	GMO					*	@		ℙ X	Milk Chocolate, Sea Salt, Organic	12 / 100g						G
752612 100158	<b>36474</b>	GMO					*	@		ℙ X	Milk Chocolate, Organic	12 / 100g						G

### DIVINE | CHOCOLATE BARS

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

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🇨🇦	X	PACK	SIZE				G	P	U
852749 004043	<b>35600</b>	GMO			V		@			X		12 / 85g						G
852749 004036	<b>35607</b>	GMO			V		@			X		12 / 85g						G
852749 004012	<b>35602</b>						@			X		12 / 85g						G
852749 004029	<b>35604</b>						@			X		12 / 85g						G
852749 004791	<b>35603</b>						@			X		12 / 85g						G

## ENDANGERED SPECIES CHOCOLATE | CHOCOLATE BARS

037014 000139	<b>37450</b>	GMO		GF	V		@			X		12 / 85g						G
037014 000528	<b>37745</b>	GMO		GF			@			X		12 / 85g						G
037014 242300	<b>36221</b>	GMO		GF	V		@			X		12 / 85g						G
037014 242478	<b>36661</b>	GMO		GF	V		@			X		12 / 85g						G
037014 242263	<b>36212</b>	GMO		GF	V		@			X		12 / 85g						G
037014 100136	<b>37451</b>	GMO		GF			@			X		12 / 85g						G
037014 242287	<b>36213</b>	GMO		GF	V		@			X		12 / 85g						G
037014 000696	<b>36662</b>	GMO		GF	V		@			X		12 / 85g						G
037014 242379	<b>36219</b>	GMO		GF	V		@			X		12 / 85g						G
037014 000610	<b>36663</b>	GMO		GF			@			X		12 / 85g						G
037014 242317	<b>36216</b>	GMO		GF			@			X		12 / 85g						G
037014 000627	<b>36664</b>	GMO		GF			@			X		12 / 85g						G

## FREE2B | ALLERGEN-FREE CHOCOLATE CUPS

687785 001400	<b>43121</b>	GMO		GF						🇨🇦 X		12 / 40g						G
687785 001417	<b>43120</b>	GMO		GF						🇨🇦 X		12 / 40g						G
687785 001424	<b>43122</b>	GMO		GF						🇨🇦 X		12 / 30g						G
687785 001240	<b>43128</b>	GMO		GF						🇨🇦		8 / 119g						G
687785 001233	<b>43127</b>	GMO		GF						🇨🇦		8 / 119g						G

## HUMMINGBIRD | BEAN TO BAR CHOCOLATE

628451 966074	<b>57103</b>									+ 🇨🇦 X		12 / 60g						G
628451 966029	<b>57113</b>									+ 🇨🇦 X		12 / 30g						G
628451 966104	<b>57104</b>									+ 🇨🇦 X		12 / 60g						G
628451 966098	<b>57112</b>									+ 🇨🇦 X		12 / 30g						G
628451 966173	<b>57107</b>									+ 🇨🇦 X		12 / 60g						G
628451 966050	<b>57114</b>									+ 🇨🇦 X		12 / 30g						G
628451 966142	<b>57109</b>									+ 🇨🇦 X		12 / 60g						G
875132 000132	<b>57110</b>									+ 🇨🇦 X		12 / 32g						G
628451 966371	<b>57102</b>									+ 🇨🇦 X		12 / 60g						G
875132 000026	<b>57118</b>									+ 🇨🇦 X		12 / 60g						G
628451 966180	<b>57105</b>									+ 🇨🇦 X		12 / 60g						G

## JUSTIN'S | NUT BUTTER CUPS

840379 153668	<b>10562</b>	GMO		GF		*						6 / 120g						G
840379 128451	<b>10563</b>	GMO		GF		*						6 / 120g						G
840379 188455	<b>10561</b>	GMO		GF		*						12 / 40g						G
840379 100051	<b>10560</b>	GMO		GF		*						12 / 40g						G

## KIND | CHOCOLATE DIPPED CLUSTERS

602652 430527	<b>39342</b>											8 / 113g						G
602652 430503	<b>39343</b>											8 / 113g						G
602652 430558	<b>39344</b>											8 / 113g						G

## PRANA ORGANIC | CHOCOLATE TREATS

877693 003331	<b>26151</b>	GMO		GF		*	@	+	🇨🇦	X		8 / 125g						G
877693 003355	<b>26153</b>	GMO		GF		*	@	+	🇨🇦	X		8 / 125g						G
877693 003348	<b>26152</b>	GMO		GF		*		+	🇨🇦	X		8 / 125g						G
877693 003195	<b>26086</b>	GMO		GF		*	@	+	🇨🇦	X		8 / 100g						G
877693 003201	<b>26087</b>	GMO		GF		*	@	+	🇨🇦	X		8 / 100g						G



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	/C/	X	PACK	SIZE				G	P	U	
872227 000602	<b>14763</b>						@			/C/ X	12	/ 80g							G
872227 000541	<b>14760</b>						@			/C/ X	12	/ 80g							G
872227 000640	<b>14765</b>						@			/C/ X	12	/ 80g							G
872227 000626	<b>14764</b>						@			/C/ X	12	/ 80g							G

## ZORAW CHOCOLATES | FUNCTIONAL CHOCOLATE BARS

628678 987074	<b>27024</b>									/C/ X	12	/ 52g							G
627987 164503	<b>27020</b>									/C/ X	12	/ 52g							G
628678 987036	<b>27023</b>									/C/ X	12	/ 52g							G
627987 164527	<b>27022</b>									/C/ X	12	/ 52g							G
627987 164510	<b>27021</b>									/C/ X	12	/ 52g							G

## Confectionery

### CHIMES | CANDY

051299 110802	<b>35272</b>										12	/ 42.5g							G
051299 110765	<b>35324</b>	GMO									12	/ 42.5g							G
051299 110819	<b>35273</b>	GMO									12	/ 42.5g							G
051299 110772	<b>35269</b>	GMO									12	/ 42.5g							G
051299 111076	<b>35362</b>										12	/ 100g							G
051299 111038	<b>35361</b>	GMO									12	/ 100g							G
051299 111083	<b>35363</b>	GMO									12	/ 100g							G
051299 111045	<b>35360</b>	GMO									12	/ 100g							G
051299 111519	<b>35267</b>										20	/ 141.8g							G
051299 111311	<b>35264</b>	GMO									20	/ 141.8g							G
051299 111649	<b>35326</b>	GMO									12	/ 100g							G
051299 111663	<b>35279</b>	GMO									12	/ 100g							G
051299 111069	<b>35327</b>										6	/ 72g							G
051299 111052	<b>35328</b>										6	/ 72g							G

### CLAWHAMMER | ORGANIC MINTS

628371 190481	<b>35119</b>	GMO				*		+	/C/ X		12	/ 30g							G
628371 190313	<b>35120</b>	GMO				*		+	/C/ X		12	/ 30g							G
628371 190320	<b>35121</b>	GMO				*		+	/C/ X		12	/ 30g							G
628371 190306	<b>35122</b>	GMO				*		+	/C/ X		12	/ 30g							G

### DANDIES | VEGAN MARSHMALLOWS

897581 000372	<b>02370</b>	GMO								V	12	/ 283g							G
897581 000365	<b>02260</b>	GMO								V	12	/ 283g							G

### DEEBEE'S ORGANICS | FREEZER POPS

838913 001100	<b>39092</b>	GMO				*		/C/ X			12	/ 8x40ml							G
838913 000202	<b>39090</b>	GMO				*		/C/ X			14	/ 10x40ml							G
8389130 00509	<b>39089</b>	GMO				*		/C/ X			14	/ 10x40ml							G

### EFRUTI | FRUIT JUICE GUMMI CANDIES

055976 104016	<b>35066</b>										36	/ 100g							G
055976 104023	<b>35067</b>										36	/ 100g							G
	<b>37922</b>									<b>B</b>	1	/ 3kg							G
	<b>37018</b>									<b>B</b>	1	/ 3kg							G




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





## THE GINGER PEOPLE | GINGER CANDY

734027 905016	<b>35010</b>	GMO										12 / 100g						G
734027 920514	<b>35029</b>	GMO				*						12 / 112g						G
734027 905337	<b>35703</b>	GMO								X		12 / 60g						G
734027 905054	<b>35012</b>	GMO										12 / 84g						G
734027 902039	<b>35018</b>	GMO								X		12 / 31g						G
734027 905023	<b>35011</b>	GMO										12 / 84g						G
734027 905320	<b>35702</b>	GMO								X		12 / 60g						G
734027 902053	<b>35025</b>	GMO								X		12 / 45g						G
734027 901551	<b>35019</b>	GMO										12 / 128g						G
734027 551459	<b>35027</b>	GMO								X		1 / 5kg						G
734027 905344	<b>35701</b>	GMO								X		12 / 60g						G

## GOBIO! | CANDY

687789 217012	<b>45321</b>	GMO				*						10 / 75g						G
687789 215018	<b>45322</b>	GMO					V	*				10 / 75g						G
687789 220012	<b>45324</b>	GMO				*						10 / 75g						G

## HUER | NATURAL CANDY

771047 301039	<b>15417</b>											12 / 150g						G
771047 004749	<b>15413</b>									X		12 / 50g						G
771047 004756	<b>15412</b>									X		12 / 50g						G
771047 004787	<b>15414</b>											12 / 150g						G
771047 301022	<b>15418</b>											12 / 150g						G
771047 301015	<b>15419</b>											12 / 170g						G
771047 302005	<b>15415</b>						V					12 / 150g						G
771047 302012	<b>15416</b>						V					12 / 150g						G

## PANDA | LICORICES

075172 079451	<b>35074</b>											20 / 32g						G
075172 079475	<b>35075</b>											20 / 32g						G
075172 079734	<b>35069</b>									X		12 / 125g						G
075172 071646	<b>35076</b>											8 / 170g						G
075172 078560	<b>35071</b>										<b>B</b>	1 / 1.8kg						G

## PATIENCE FRUIT & CO | SOUR CRAN DRIED CRANBERRIES

662166 557028	<b>18556</b>	GMO								+		12 / 60g						G
662166 557011	<b>18555</b>	GMO								+		12 / 60g						G
662166 557042	<b>18558</b>	GMO								+		12 / 60g						G
662166 557035	<b>18557</b>	GMO								+		12 / 60g						G
662166 557059	<b>18559</b>	GMO								+		12 / 60g						G

Buy 12-19 cases

Save 20%

Buy 20+ cases

Save 25%

## Snack Foods

### EDEN | PACKAGED SNACK FOOD

024182 020847	<b>35061</b>	GMO										15 / 113g						G
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### FERIDIES | PEANUTS

045518 001125	<b>34702</b>	GMO										12 / 255g						G
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### HOME GROWN LIVING FOODS | SPROUTED TRAIL MIX

628110 072115	<b>16266</b>	GMO				*				BC		8 / 150g						G
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### NATURSOURCE | SNACKS

068110 500032	<b>58111</b>									+		8 / 150g						G
068110 500018	<b>58109</b>									+		8 / 150g						G
068110 500001	<b>58108</b>									+		8 / 150g						G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE				G	P	U
068110 330615	<b>58105</b>							+	ℙ			8 / 500g						G
068110 530046	<b>58106</b>							+	ℙ			8 / 500g						G
068110 530015	<b>58110</b>							+	ℙ			8 / 135g						G
068110 330325	<b>58103</b>							+	ℙ			6 / 550g						G

## ORIGO | FREEZE DRIED FRUIT

628693 376006	<b>18030</b>	GMO							ℙ	X		6 / 20g						G
628693 376020	<b>18031</b>	GMO							ℙ	X		6 / 25g						G
628693 376044	<b>18032</b>	GMO							ℙ	X		6 / 20g						G
628693 376051	<b>18033</b>	GMO							ℙ	X		6 / 20g						G

## PRANA | SNACK NUTS & MIXES

877693 002662	<b>26133</b>	GMO						+	ℙ			8 / 130g						G
877693 001641	<b>26108</b>	GMO		GF		*		+	ℙ			8 / 150g						G
877693 000033	<b>26102</b>	GMO		GF		*		+	ℙ			8 / 150g						G
877693 000118	<b>26105</b>	GMO		GF		*		+	ℙ			8 / 150g						G
877693 000019	<b>26103</b>	GMO		GF		*		+	ℙ			8 / 150g						G
877693 000149	<b>26107</b>	GMO		GF		*		+	ℙ			8 / 150g						G
877693 000132	<b>26106</b>	GMO		GF		*		+	ℙ			8 / 150g						G
877693 003928	<b>26110</b>	GMO					@	+	ℙ			12 / 350g						G
877693 003935	<b>26111</b>	GMO						+	ℙ			12 / 400g						G
877693 003942	<b>26112</b>	GMO						+	ℙ			12 / 400g						G
877693 001863	<b>26109</b>	GMO		GF		*	@	+	ℙ			8 / 150g						G
877693 000071	<b>26101</b>	GMO		GF		*	@	+	ℙ			8 / 150g						G
877693 001672	<b>34102</b>	GMO		GF		*	@	+	ℙ			6 / 325g						G
877693 000125	<b>26104</b>	GMO		GF		*		+	ℙ			8 / 150g						G
877693 003065	<b>26063</b>	GMO		GF		*		+	ℙ			8 / 150g						G
877693 003058	<b>26062</b>	GMO		GF		*		+	ℙ			8 / 150g						G
877693 001665	<b>34101</b>	GMO		GF		*		+	ℙ			6 / 310g						G
877693 003072	<b>26059</b>	GMO		GF		*		+	ℙ			8 / 150g						G
	<b>60130</b>											1 / ea						

## SOUPS & BROTHS

### Broths & Bouillons

#### BLUEBIRD PROVISIONS | INSTANT BONE BROTH MIX

627843 623557	<b>68603</b>								BC	ℙ		6 / 200g						
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#### GOBIO! | BOUILLON CUBES & BROTH POWDER

687789 051111	<b>45301</b>	GMO				*			ℙ			15 / 66g						
687789 051005	<b>45306</b>	GMO				*			ℙ			15 / 54g						
687789 051159	<b>45302</b>	GMO				*			ℙ			15 / 66g						
687789 051135	<b>45304</b>	GMO				*			ℙ			15 / 66g						
687789 051128	<b>45303</b>	GMO				*			ℙ			15 / 66g						
687789 051012	<b>45307</b>	GMO				*			ℙ			15 / 54g						
687789 051142	<b>45305</b>	GMO				*			ℙ			15 / 66g						
687789 051203	<b>45300</b>	GMO				*			ℙ			15 / 66g						
687789 051234	<b>45312</b>	GMO				*			ℙ			6 / 75g						
687789 051241	<b>45313</b>	GMO				*			ℙ			8 / 150g						
687789 051210	<b>45310</b>	GMO				*			ℙ			6 / 100g						
687789 051227	<b>45311</b>	GMO				*			ℙ			8 / 200g						

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## IMAGINE FOODS | BROTH

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

## PACIFIC FOODS | BROTH

052603 067256	<b>38080</b>	GMO								*										Broth, Beef, Organic	12 / 946ml
052603 054089	<b>38069</b>	GMO		GF		*														Broth, Chicken, Low Sodium, Organic	12 / 946ml
052603 054072	<b>38079</b>	GMO		GF		*														Broth, Chicken, Organic	12 / 946ml
052603 054058	<b>38811</b>	GMO		GF		*														Broth, Mushroom, Organic	12 / 1L
052603 054379	<b>38118</b>	GMO		GF		*														Broth, Vegetable, Low Sodium, Organic	12 / 1L
052603 054119	<b>38183</b>	GMO		GF		*														Broth, Vegetable, Organic	12 / 1L

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

**Save 5.04**

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

## Instant Soups

### KOYO | RAMEN

065493 064359	<b>39100</b>																			🇨🇦 X Ramen, Garlic Pepper	12 / 60g
065493 064342	<b>39101</b>																			🇨🇦 X Ramen, Lemongrass Ginger	12 / 60g
065493 064304	<b>39102</b>																			🇨🇦 X Ramen, Mushroom	12 / 57g
065493 064311	<b>39103</b>																			🇨🇦 X Ramen, Seaweed	12 / 57g
065493 064366	<b>39104</b>																			🇨🇦 X Ramen, Soba Buckwheat Noodles	12 / 60g
065493 064328	<b>39105</b>																			🇨🇦 X Ramen, Tofu & Miso	12 / 57g
065493 064410	<b>39113</b>																			🇨🇦 X Rice Ramen Noodle Cup, Garlic Vegetable (gluten free)	6 / 57g
065493 064427	<b>39114</b>																			🇨🇦 X Rice Ramen Noodle Cup, Spicy Kimchi (gluten free)	6 / 59g
065493 064434	<b>39115</b>																			🇨🇦 X Rice Ramen Noodle Cup, Spicy Szechuan (gluten free)	6 / 58g
065493 064403	<b>39116</b>																			🇨🇦 X Rice Ramen Noodle Cup, Wakame Miso (gluten free)	6 / 60g
065493 064335	<b>39106</b>																			🇨🇦 X Ramen, Asian Vegetables	12 / 60g

### LOTUS FOODS | RICE RAMEN MISO SOUP

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

## Ready-To-Serve Soups

### AMY'S | CANNED SOUP

042272 905140	<b>38321</b>	GMO								*										Soup, Alphabet, Organic	12 / 398ml
042272 905041	<b>38157</b>	GMO		GF		*														Soup, Black Bean, Organic	12 / 398ml
042272 907403	<b>38322</b>	GMO				*														Soup, Carrot Ginger, Organic	12 / 398ml
042272 905867	<b>38609</b>	GMO		GF		*														Soup, Chunky Tomato Bisque, Lower in Sodium, Organic	12 / 398ml
042272 905362	<b>38067</b>	GMO		GF		*														Soup, Chunky Tomato Bisque, Organic	12 / 398ml
042272 905409	<b>38668</b>	GMO		GF		*														Soup, Chunky Vegetable, Organic	12 / 398ml
042272 905010	<b>38156</b>	GMO		GF		*														Soup, Cream of Tomato, Organic	12 / 398ml
042272 905478	<b>38669</b>	GMO		GF		*														Soup, Fire Roasted Southwestern Vegetable, Organic	12 / 398ml
042272 905935	<b>38715</b>	GMO		GF		*														Soup, Golden Lentil Dal, Organic	12 / 398ml
042272 906277	<b>38605</b>	GMO								V	*									Soup, Hearty Minestrone, Organic	12 / 398ml
042272 905836	<b>38666</b>	GMO		GF		*														Soup, Lentil Low Sodium, Organic	12 / 398ml
042272 905829	<b>38607</b>	GMO		GF		*														Soup, Lentil Vegetable, Lower in Sodium, Organic	12 / 398ml
042272 905355	<b>38330</b>	GMO		GF		*														Soup, Lentil Vegetable, Organic	12 / 398ml
042272 905027	<b>38152</b>	GMO		GF		*														Soup, Lentil, Organic	12 / 398ml

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042272 905850	<b>38667</b>	GMO								*			Soup, Minestrone, Low Sodium, Organic	12 / 398ml					
042272 905072	<b>38154</b>	GMO								*			Soup, Minestrone, Organic	12 / 398ml					
042272 905034	<b>38153</b>	GMO								*			Soup, No Chicken Noodle, Organic	12 / 398ml					
042272 906697	<b>38783</b>	GMO		GF						*			Soup, Quinoa, Kale & Red Lentil, Organic	12 / 398ml					
042272 905843	<b>38608</b>	GMO		GF						*			Soup, Split Pea, Lower in Sodium, Organic	12 / 398ml					
042272 905058	<b>38216</b>	GMO		GF						*			Soup, Split Pea, Organic	12 / 398ml					
042272 907755	<b>38606</b>	GMO				V				*			Soup, Tortilla, Organic	12 / 398ml					
042272 905089	<b>38217</b>	GMO								*			Soup, Vegetable Barley, Organic	12 / 398ml					

## AUGA | READY TO EAT ORGANIC SOUPS

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

## EAT WHOLESOME | CANNED SOUP

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

## IMAGINE FOODS | NATURAL SOUP

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

## PACIFIC FOODS | SOUP

052603 281393	<b>38092</b>										X		Soup, Condensed Cream of Chicken (can)	12 / 284ml							
052603 279543	<b>38090</b>	GMO								*	X		Soup, Condensed Cream of Mushroom, Organic (car)	12 / 284ml							
															<b>Buy 15+ cases (Mix &amp; Match Condensed Can Soups Only)</b>	<b>Save 3.04</b>					
052603 290609	<b>38122</b>	GMO								*			Soup, Hearty Vegetable, Organic (can)	12 / 440ml							
052603 290616	<b>38123</b>	GMO								*			Soup, Split Pea, Organic (can)	12 / 440ml							
052603 290623	<b>38124</b>	GMO								*			Soup, Vegetable Lentil, Organic (can)	12 / 440ml							
															<b>Buy 15+ cases (Mix &amp; Match Hearty Can Soups Only)</b>	<b>Save 3.57</b>					
052603 281287	<b>38083</b>	GMO								*			Soup, Creamy Tomato Basil, Organic	12 / 946ml							
052603 054218	<b>38269</b>	GMO								*			Soup, Cashew Carrot Ginger, Organic	12 / 1L							
052603 054034	<b>38214</b>	GMO								*			Soup, Butternut Squash, Organic	12 / 1L							
052603 054584	<b>38638</b>	GMO								*			Soup, Tomato, Light Sodium, Organic	12 / 1L							
052603 054096	<b>38132</b>	GMO								*			Soup, Tomato, Organic	12 / 1L							
052603 054577	<b>38639</b>	GMO								*			Soup, Red Pepper & Tomato, Light Sodium, Organic	12 / 1L							
052603 054041	<b>38218</b>	GMO								*			Soup, Red Pepper & Tomato, Organic	12 / 1L							
															<b>Buy 30+ cases (Mix &amp; Match with any 1L/946ml Broth &amp; Soup)</b>	<b>Save 6.17</b>					

## Soup Mixes

### BOB'S RED MILL | SOUP MIX

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

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## SWEETENERS

### BEE-MINDFUL HUNNIE | VEGAN HONEY ALTERNATIVE

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

### 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 **44285** GMO \* + P Maple Syrup, Amber, Organic 6 / 1L

620892 000256 **44284** GMO \* + P Maple Syrup, Dark, Organic 6 / 1L

620892 000300 **44286** GMO \* + P Maple Syrup, Very Dark, Organic 6 / 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

### 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

### ESCU MINAC | 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

### FLORIDA CRYSTALS | SUGAR

075779 311145 **44083** GMO \* Cane Sugar, Organic (bag) 6 / 907g

### KRISDA | SUGAR-FREE SWEETENER

688120 024542 **23022** P Sweetener, Monk Fruit 6 / 454g

688120 034541 **23021** P 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

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## LEVEL GROUND TRADING DIRECT FAIR TRADE | SUGAR

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

## LUNDBERG | BROWN RICE SYRUP

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

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

182583 000025	<b>22214</b>	GMO		GF			*			🇨🇦			12 / 475g					
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## ST. MICHAEL | HONEY

771901 101355	<b>44005</b>											B	1 / 3kg					
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## SWERVE SWEETENER

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

## WHOLESOME | NATURAL & ORGANIC SWEETENER

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

## WILD COUNTRY | HONEY

621234 600165	<b>44107</b>										+	🇨🇦	12 / 500g					
621234 610041	<b>44109</b>										+	🇨🇦	12 / 500g					
621234 600042	<b>44212</b>										+	🇨🇦	12 / 500g					
621234 600400	<b>44108</b>										+	🇨🇦	12 / 500g					

## 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	<b>43000</b>	GMO					*				+	🇨🇦	12 / 250g					
778177 106978	<b>43001</b>	GMO					*				+	🇨🇦	12 / 250g					
778177 107968	<b>43002</b>	GMO					*				+	🇨🇦	12 / 250g					
778177 107975	<b>43003</b>	GMO					*				+	🇨🇦	12 / 250g					
778177 106985	<b>43005</b>	GMO					*				+	🇨🇦	6 / 454g					
778177 106992	<b>43006</b>	GMO					*				+	🇨🇦	6 / 454g					

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## 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 499919	50097	GMO						*		/P/										Artisan Goat Cheese (ripened-firm)	8 / 190g	
778177 499940	50082							*		/P/										Artisan Goat Cheese, Aged (ripened-firm)	8 / 190g	
778177 499360	50014	GMO						*		/P/										Cheddar, Marble, Organic	8 / 200g	
778177 509304	50137	GMO						*		/P/										Cheddar, Mild (snack size), Organic	8 / 8x21g	
778177 499803	50400	GMO						*		/P/										Cheddar, Mild Sliced, Organic	8 / 180g	
778177 499315	50090	GMO						*		/P/										Cheddar, Mild, Organic (raw milk)	8 / 200g	
778177 499322	50091	GMO						*		/P/										Cheddar, Medium, Organic (raw milk)	8 / 200g	
778177 499339	50092	GMO						*		/P/										Cheddar, Old, Organic (raw milk)	8 / 200g	
778177 499377	50061	GMO						*		/P/										Cheddar, 1 Year, Organic (raw milk)	8 / 200g	
778177 499452	50096	GMO						*		/P/										Cheddar, Double Smoked, Organic (raw milk)	8 / 190g	
778177 499346	50093	GMO						*		/P/										Cheddar, Extra Old, Organic (raw milk)	8 / 200g	
778177 499384	50080	GMO						*		/P/										Cheddar, 2 years, Organic (raw milk)	8 / 200g	
778177 499391	50049	GMO						*		/P/										Cheddar, 3 years, Organic (raw milk)	8 / 200g	
778177 149364	50028	GMO						*		/P/										Cheddar, Marble, Organic	8 / 325g	
778177 149319	50029	GMO						*		/P/										Cheddar, Mild, Organic (raw milk)	8 / 325g	
778177 149326	50035	GMO						*		/P/										Cheddar, Medium, Organic (raw milk)	8 / 325g	
778177 149333	50038	GMO						*		/P/										Cheddar, Old, Organic (raw milk)	8 / 325g	
778177 149340	50041	GMO						*		/P/										Cheddar, Extra Old, Organic (raw milk)	8 / 325g	
778177 829365	50408	GMO B						*		/P/										Cheddar, Marble, Organic	1 / 908g	
778177 449327	50409	GMO B						*		/P/										Cheddar, Medium, Organic	1 / 908g	
778177 108002	50089	GMO						*		/P/										Cheese Curds, Organic	8 / 200g	
778177 499926	50098	GMO						*		/P/										Feta, Greek Sheep's Milk, Organic	16 / 150g	
778177 499933	50021	GMO						*		/P/										Feta, Greek Sheep's Milk, with Herbs, Organic	16 / 150g	
778177 111965	50094	GMO						*		/P/										Frugal Skim Milk Cheese (7% MF), Organic	8 / 200g	
778177 499957	50101	GMO						*		/P/										Gouda (6 mos), Organic (raw milk)	8 / 170g	
778177 509014	50099	GMO						*		/P/										Gouda, Dutch (12 mos), Organic	8 / 175g	
778177 112962	50013	GMO						*		/P/										Mozzarella (28% MF), Organic	8 / 200g	
778177 499834	50402	GMO						*		/P/										Mozzarella (28% MF), Sliced, Organic	8 / 180g	
778177 149425	50044	GMO						*		/P/										Mozzarella (28% MF), Organic	8 / 325g	
778177 112979	50095	GMO						*		/P/										Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 200g	
778177 149388	50042	GMO						*		/P/										Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 325g	
778177 612974	50410	GMO B						*		/P/										Mozzarella, Partially Skimmed (15% MF), Organic	1 / 908g	
778177 499704	50027	GMO						*		/P/										Parmesan, Grated, Organic (raw milk)	8 / 125g	
778177 499728	50023	GMO						*		/P/										Parmesan, Organic (raw milk)	8 / 200g	
778177 009101	50025	GMO						*		/P/										Raclette, Sliced, Organic	8 / 160g	
778177 499506	50103	GMO						*		/P/										Shredded, Mozza-Cheddar, Organic	8 / 200g	
778177 499858	50104	GMO						*		/P/										Shredded, Mozzarella, (28% MF) Organic	8 / 200g	
778177 499575	50102	GMO						*		/P/										Shredded, Triple Cheddar, Organic	8 / 200g	
778177 499605	50020	GMO						*		/P/										Swiss, Organic (raw milk)	8 / 200g	
778177 499810	50401	GMO						*		/P/										Swiss, Sliced, Organic (raw milk)	8 / 180g	
778177 149814	50406	GMO						*		/P/										Swiss, Organic (raw milk)	8 / 325g	
	50057	GMO B						*		/P/										Cheddar, Medium, Organic (raw milk)	1 / 2kg	
	50411	GMO B						*		/P/										Shredded, Cheddar Medium, Organic	1 / 1kg	
	50055	GMO B						*		/P/										Shredded, Cheddar Medium, Organic (raw milk)	1 / 2kg	
	50054	GMO B						*		/P/										Shredded, Mozzarella 15%, Organic (S/O)	1 / 2kg	
	91213									/P/											Plastic Trays 80/1ea (S/O)	1 / ea

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## Eggs (REFRIGERATED)

### COUNTRY GOLDEN YOLKS | EGGS (REFRIGERATED)

774290 091559 **61086** BC ℙ X Eggs, Free Range, Large Brown 15 / 12ct

### RABBIT RIVER FARMS | EGGS (REFRIGERATED)

620580 000018 **61075** **GMO** \* BC ℙ X Eggs, Free Range, Extra Large Brown, Organic 15 / 12ct

620580 000025 **61076** **GMO** \* BC ℙ X Eggs, Free Range, Large Brown, Organic 15 / 12ct

620580 000094 **61078** **GMO** \* BC ℙ X Eggs, Free Range, Large Brown, Organic 30 / 6ct

620580 000070 **61081** BC ℙ X Eggs, Free Range, Medium Brown 15 / 12ct

620580 000469 **61083** BC ℙ X Eggs, Free Run, Large Brown 15 / 12ct

## Preserving Supplies

### YOGOURMET | CULTURES (REFRIGERATED)

819122 000252 **52038** + ℙ Dairy, Kefir Starter 6 / 18g

819122 000207 **52036** + ℙ Dairy, Yogurt Starter 6 / 18g

819122 000238 **52037** + ℙ Dairy, Yogurt Starter, Probiotics (Casei Bifidus Acidophilus) 6 / 18g

## Yogurts & Sour Creams

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

078355 471103 **52351** **GMO** \* Yogurt, Honey Flavour, Organic 6 / 500g

078355 471158 **52350** **GMO** \* Yogurt, Honey Vanilla Flavour, Organic 6 / 500g

078355 450009 **52084** **GMO** \* Yogurt, Traditional Plain, Organic 6 / 500g

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

778716 065018 **52303** **GMO** \* + ℙ Yogurt, Organic 6 / 650g

778716 090812 **52305** **GMO** \* + ℙ Yogurt, 4% MF, Organic 6 / 908g

778716 090829 **52306** **GMO** \* + 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** **GMO** **B** \* + 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 | DAIRY-FREE CREAMER (REFRIGERATED)

626027 712384 **08324** **GMO** BC ℙ Oat Creamer, Cinnamon Cookie Dough 6 / 946ml

626027 712179 **08321** **GMO** BC ℙ Oat Creamer, French Vanilla 6 / 946ml

626027 712155 **08320** **GMO** BC ℙ Oat Creamer, Original 6 / 946ml

626027 712186 **08322** **GMO** BC ℙ Oat Creamer, Salted Caramel 6 / 946ml

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

626027 871401 **07349** **GMO** BC ℙ NAKED Oat, Original (no oils or gums) (gable) 6 / 1.75L U

626027 811056 **07346** **GMO** BC ℙ Oat, Chocolate (gable) 6 / 1.75L U

626027 811025 **07327** **GMO** BC ℙ Oat, Original (gable) 6 / 1.75L U

626027 811049 **07328** **GMO** BC ℙ Oat, Vanilla (gable) 6 / 1.75L U

626027 841022 **08313** **GMO** BC ℙ Oat, Zero Sugar, Original (gable) 6 / 1.75L U

626027 841046 **08319** **GMO** BC ℙ Oat, Zero Sugar, Vanilla (gable) 6 / 1.75L U

626027 611410 **08325** **GMO** BC ℙ THE ALT. Milk Alternative 6 / 1.75L U

626027 087802 **07232** **GMO** \* BC ℙ SO NICE Almond Original, Organic (gable top) 6 / 1.75L U

626027 087819 **07233** **GMO** \* BC ℙ SO NICE Almond Unsweetened, Original, Organic 6 / 1.75L U

626027 121049 **07602** **GMO** \* BC ℙ SO NICE Almond Unsweetened, Vanilla, Organic 6 / 1.75L U



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE				G	P	U	
626027 221015	<b>08331</b>	GMO										6 / 1.75L							U
626027 221022	<b>08330</b>	GMO										6 / 1.75L							U
626027 700015	<b>06901</b>	GMO										6 / 1.89L							U
626027 700039	<b>06905</b>	GMO										6 / 1.89L							U
626027 700060	<b>07248</b>	GMO										6 / 1.89L							U
626027 700022	<b>06903</b>	GMO										6 / 1.89L							U

## Non-Dairy Butter Alternatives

See Frozen Section for More Selection

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

033776 011840	<b>51100</b>	GMO										12 / 368g							
033776 011727	<b>42003</b>											12 / 425g							
033776 011888	<b>51102</b>											6 / 1.3kg							
033776 011697	<b>51104</b>											12 / 425g							
033776 011826	<b>42004</b>											18 / 454g							

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

626027 916119	<b>08310</b>	GMO										6 / 340g							
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### MELT ORGANIC | PLANT BUTTER (REFRIGERATED)

856014 002079	<b>10761</b>	GMO										12 / 454g							
856014 002024	<b>10760</b>	GMO										12 / 368g							

### MIYOKO'S CREAMERY | PLANT-BASED BUTTER (REFRIGERATED)

857554 005889	<b>19150</b>	GMO										6 / 227g							
850013 048137	<b>19160</b>	GMO										6 / 340g							

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

842232 008023	<b>18660</b>	GMO										6 / 227g							
842232 009020	<b>18661</b>	GMO										6 / 227g							

## Non-Dairy Cheese Alternatives

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

871459 001128	<b>50134</b>	GMO										8 / 200g							
871459 001142	<b>50154</b>	GMO										8 / 200g							
871459 000824	<b>50010</b>	GMO										6 / 170g							
871459 000831	<b>50011</b>	GMO										6 / 170g							
871459 003245	<b>50184</b>	GMO										12 / 200g							
871459 003177	<b>50131</b>	GMO										12 / 200g							
871459 003658	<b>50189</b>	GMO										12 / 200g							
871459 003238	<b>50185</b>	GMO										12 / 200g							
871459 003665	<b>50130</b>	GMO										12 / 200g							
871459 003252	<b>50186</b>	GMO										12 / 200g							
871459 000329	<b>50139</b>	GMO										8 / 220g							
871459 000343	<b>50003</b>	GMO										8 / 220g							
871459 000305	<b>50138</b>	GMO										8 / 220g							
871459 001197	<b>50143</b>	GMO										6 / 227g							
871459 001173	<b>50141</b>	GMO										6 / 227g							
871459 001935	<b>50114</b>	GMO	<b>B</b>									3 / 2.27kg							
	<b>92000</b>											1 / ea							

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

626027 917147	<b>08312</b>	GMO										6 / 227g							
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### FIELD ROAST | CHAO PLANT BASED CHEESE (REFRIGERATED)

638031 705702	<b>65115</b>											8 / 200g							
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### LE GRAND | PLANT BASED CHEESE (REFRIGERATED)

773798 101562	<b>19483</b>	GMO										6 / 227g							
773798 012004	<b>19480</b>	GMO										4 / 227g							

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## MIYOKO'S CREAMERY | VEGAN CHEESE (REFRIGERATED)

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

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

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

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

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

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

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

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

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

## Non-dairy Sour Cream & Yogurts

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

710497 530637	<b>56083</b>								BC	/P/			Coconut Yogurt, Blueberry & Ginger	8	/	450g			
710497 530620	<b>56081</b>								BC	/P/			Coconut Yogurt, Mango & Turmeric	8	/	450g			
710497 530613	<b>56080</b>								BC	/P/			Coconut Yogurt, Plain	8	/	450g			
710497 530644	<b>56082</b>								BC	/P/			Coconut Yogurt, Strawberry & Rhubarb	8	/	450g			

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

626027 916126	<b>08311</b>	GMO				*			BC	/P/			Sour Cream Alternative	6	/	340ml			
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### SIMPLA | COCONUT PLANT-BASED YOGURT (REFRIGERATED)

627987 786477	<b>25363</b>												+ /P/ X Coconut Yogurt, Chocolate	12	/	113g			
627987 786453	<b>25362</b>												+ /P/ X Coconut Yogurt, Lemon	12	/	113g			
627987 786484	<b>25360</b>												+ /P/ X Coconut Yogurt, Original	12	/	113g			
627987 786491	<b>25364</b>												+ /P/ X Coconut Yogurt, Raspberry	12	/	113g			
627987 786460	<b>25361</b>												+ /P/ X Coconut Yogurt, Vanilla	12	/	113g			

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE					G	P	U
627987 786439	<b>25353</b>							+	ℙ			6 / 450g							
627987 786422	<b>25352</b>							+	ℙ			6 / 450g							
627987 786408	<b>25350</b>							+	ℙ			6 / 450g							
628942 855528	<b>25354</b>							+	ℙ			6 / 450g							
627987 786446	<b>25351</b>							+	ℙ			6 / 450g							

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

627987 070835	<b>56004</b>								BC	ℙ		6 / 450g							
627987 070811	<b>56000</b>								BC	ℙ		6 / 450g							
627987 070767	<b>56001</b>								BC	ℙ		6 / 450g							
627987 070774	<b>56002</b>								BC	ℙ		6 / 450g							
627987 070804	<b>56003</b>								BC	ℙ		6 / 450g							

## FERMENTED VEGETABLES

### BUBBIES | FERMENTED CONDIMENTS (REFRIGERATED)

038261 957368	<b>51200</b>	GMO						+				6 / 1L							
038261 957474	<b>51204</b>	GMO						+				6 / 750ml							
038261 954473	<b>51206</b>	GMO						+				6 / 739ml							

### GREEN TABLE FERMENTS | CONDIMENTS (REFRIGERATED)

180071 000274	<b>19606</b>							+	ℙ			6 / 750ml							
180071 000199	<b>19601</b>							+	ℙ			6 / 500ml							
180071 000182	<b>19600</b>	GMO						+	ℙ			6 / 500ml							

### ISLAND KRAUT | RAW KRAUT (REFRIGERATED)

068532 487928	<b>14434</b>								BC	ℙ		12 / 750ml							
068532 478919	<b>14433</b>								BC	ℙ		12 / 750ml							

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

620892 809927	<b>30225</b>	GMO				*		+	ℙ			12 / 375ml							
620892 809934	<b>30376</b>	GMO				*		+	ℙ			12 / 750ml							
620892 809903	<b>30184</b>	GMO				*		+	ℙ			12 / 375ml							
620892 809941	<b>30182</b>	GMO				*		+	ℙ			12 / 375ml							
620892 809989	<b>30221</b>	GMO				*		+	ℙ			12 / 375ml							
620892 809965	<b>30223</b>	GMO				*		+	ℙ			12 / 375ml							
620892 809910	<b>30377</b>	GMO				*		+	ℙ			12 / 750ml							
620892 809958	<b>30375</b>	GMO				*		+	ℙ			12 / 750ml							
620892 809996	<b>30185</b>	GMO				*		+	ℙ			12 / 750ml							
620892 809972	<b>30227</b>	GMO				*		+	ℙ			12 / 750ml							

### SEOUL | KIMCHI (REFRIGERATED)

026396 908256	<b>31036</b>	GMO								GF		6 / 396g							
026396 909109	<b>31038</b>	GMO								GF	V	6 / 396g							

### WILDBRINE | FERMENTED VEGETABLES (REFRIGERATED)

858159 002051	<b>32156</b>	GMO										6 / 500ml							
858159 002068	<b>32157</b>	GMO										6 / 500ml							
858159 002686	<b>32242</b>	GMO										6 / 500ml							
858159 002020	<b>32152</b>	GMO				*						6 / 500ml							
858159 002013	<b>32151</b>	GMO				*						6 / 500ml							
858159 002419	<b>32220</b>	GMO				*						6 / 500ml							
858159 002044	<b>32154</b>	GMO				*						6 / 500ml							

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## FRESH CONDIMENTS, DIPS & SAUCES

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

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

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

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

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

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

### LE GRAND | PESTO (REFRIGERATED)

773798 100220	<b>19451</b>										+	ℙ	Pesto, Classic (spoutPak)	6 / 170g
773798 100121	<b>19450</b>									V	+	ℙ	Pesto, Garden (spoutPak)	6 / 170g

### MAISON ORPHEE | FRESH MAYONNAISE (REFRIGERATED)

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

### RUBY'S AUTHENTIC | CHUTNEY (REFRIGERATED)

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

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

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

### SUNFLOWER KITCHEN | DIP & SAUCE (REFRIGERATED)

679514 310105	<b>14273</b>	GMO									GF	+	ℙ	Babaghanouj Roasted Eggplant Dip	6 / 227g	
679514 310068	<b>14281</b>	GMO									GF	*	+	ℙ	Hummus, Organic	6 / 227g
679514 310013	<b>14276</b>	GMO									GF		+	ℙ	Hummus, Classic	6 / 227g
679514 410010	<b>14419</b>	GMO									GF		+	ℙ	Hummus, Classic	8 / 500g
679514 310112	<b>14287</b>	GMO									GF	*	+	ℙ	Hummus, Beets & Dill, Organic	6 / 227g
679514 410058	<b>14420</b>	GMO									GF		+	ℙ	Hummus, Garlic & Onion	8 / 500g
679514 310020	<b>14278</b>	GMO									GF		+	ℙ	Hummus, Jerusalem w/Fresh Herbs	6 / 227g
679514 310044	<b>14279</b>	GMO									GF		+	ℙ	Hummus, Mediterranean w/Olives	6 / 227g
679514 310051	<b>14280</b>	GMO									GF		+	ℙ	Hummus, Roasted Garlic and Onion	6 / 227g
679514 310075	<b>14284</b>	GMO									GF	*	+	ℙ	Hummus, Roasted Garlic & Spinach, Organic	6 / 227g
679514 310082	<b>14285</b>	GMO									GF	*	+	ℙ	Hummus, Smokey Red Pepper, Organic	6 / 227g
679514 310037	<b>14277</b>	GMO									GF		+	ℙ	Hummus, Spicy	6 / 227g
679514 310099	<b>14286</b>	GMO									GF	*	+	ℙ	Hummus, Turmeric Masala Lentil, Organic	6 / 227g

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

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

## WILDBRINE | FERMENTED SAUCE (REFRIGERATED)

858159 002716	<b>32238</b>	GMO										8 / 241g						
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## WILDVINE | PICKLED VEGETABLES (REFRIGERATED)

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

## FRESH MEALS & SOUPS

### HAPPY PLANET | SOUP (REFRIGERATED)

779172 611054	<b>38884</b>	GMO				*			BC	ℙ		Soup, Berkeley Butternut Squash, Organic	6 / 650ml					
779172 611030	<b>38883</b>	GMO				*			BC	ℙ		Soup, Louisiana Sweetcorn & Red Pepper, Organic	6 / 650ml					
779172 611023	<b>38882</b>	GMO				*			BC	ℙ		Soup, Moroccan Chickpea, Organic	6 / 650ml					
779172 611016	<b>38881</b>	GMO				*			BC	ℙ		Soup, Thai Coconut, Organic	6 / 650ml					
779172 611061	<b>38885</b>	GMO				*			BC	ℙ		Soup, Tuscan Tomato, Organic	6 / 650ml					
779172 667266	<b>38894</b>								BC	ℙ		Super Soup, Carrot Ginger & Turmeric (S/O)	6 / 500ml					
779172 667501	<b>38893</b>								BC	ℙ		Super Soup, Fraser Valley Mushroom (S/O)	6 / 500ml					
779172 667525	<b>38899</b>								BC	ℙ		Super Soup, Roasted Vegetables & Lentils (S/O)	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	<b>15221</b>	GMO				*						Kombucha, Clear Mind, Organic (glass)	12 / 414ml					G	P	U
851107 003629	<b>15222</b>	GMO				*						Kombucha, Mountain Ginger, Organic (glass)	12 / 414ml					G	P	U
857161 008464	<b>16216</b>	GMO				*						Kombucha, Island Mango, Organic (glass)	12 / 414ml					G	P	U
851107 003049	<b>15223</b>	GMO				*						Kombucha, Lemon Grove, Organic (glass)	12 / 414ml					G	P	U
851107 003070	<b>15224</b>	GMO				*						Kombucha, Love, Organic (glass)	12 / 414ml					G	P	U
857161 008921	<b>16221</b>	GMO				*						Kombucha, Pineapple Paradise, Organic (glass)	12 / 414ml					G	P	U
857161 008914	<b>16220</b>	GMO				*						Kombucha, Strawberry Fields, Organic (glass)	12 / 414ml					G	P	U
851107 003032	<b>15227</b>	GMO				*						Kombucha, Superberry, Organic (glass)	12 / 414ml					G	P	U
857161 008457	<b>16215</b>	GMO				*						Kombucha, Blackberry Trails, Organic (glass)	12 / 414ml					G	P	U

### BUCHA BREW | KOMBUCHA (REFRIGERATED)

628110 435262	<b>17225</b>					*			BC	ℙ		Kombucha, Ginger, Organic	12 / 355ml					G	P	U
628110 435224	<b>17216</b>					*			BC	ℙ		Kombucha, Mango, Organic	12 / 355ml					G	P	U
628110 435231	<b>17215</b>					*			BC	ℙ		Kombucha, Passionfruit, Organic	12 / 355ml					G	P	U
628110 435415	<b>17241</b>					*			BC	ℙ		Kombucha, Pineapple, Organic	12 / 355ml					G	P	U
628110 435279	<b>17226</b>					*			BC	ℙ		Kombucha, Raspberry, Organic	12 / 355ml					G	P	U

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

628242 710268	<b>58576</b>								BC	ℙ	X	Juice, Alkaline Me (apple, blueberry, cranberry, strawberry, apple vinegar)	6 / 500ml							U
628242 712101	<b>58578</b>								BC	ℙ	X	Juice, Basic Peach (peach, turmeric, orange, lemon, apple)	6 / 500ml							U
628242 710084	<b>58556</b>								BC	ℙ	X	Juice, Beet Rejuvenation - orange/carrot/beet/ginger	6 / 500ml							U
628242 710343	<b>58580</b>								BC	ℙ	X	Juice, Citrus Greens (spinach, apple, orange, cucumber, celery, lemon, ginger, mint, turmeric)	6 / 500ml							U
628242 710091	<b>58582</b>								BC	ℙ	X	Juice, Cold K - lemon/ginger/honey	6 / 500ml							U
628242 712088	<b>58568</b>								BC	ℙ	X	Juice, Cosmos (pineapple, kale, lime, apple, chlorophyll)	6 / 500ml							U

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

## COOLER CO KOMBUCHA (REFRIGERATED)

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

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## FARMHOUSE CULTURE | GUT SHOT BEVERAGE (REFRIGERATED)

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

## GTS | ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)

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

## GTS | SYNERGY RAW KOMBUCHA (REFRIGERATED)

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

## HARMLESS HARVEST | COCONUT BEVERAGES (REFRIGERATED)

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

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<b>HEALTH-ADE   KOMBUCHA (REFRIGERATED)</b>																			
811184 031885	17709	GMO		GF	V	*						12 / 473ml				G	P	U	
811184 030048	17704	GMO		GF	V	*						12 / 473ml				G	P	U	
811184 030031	17700	GMO		GF	V	*						12 / 473ml				G	P	U	
811184 030000	17701	GMO		GF	V	*						12 / 473ml				G	P	U	
811184 031892	17708	GMO		GF	V	*						12 / 473ml				G	P	U	
811184 030017	17702	GMO		GF	V	*						12 / 473ml				G	P	U	
811184 032042	17703	GMO		GF	V	*						12 / 473ml				G	P	U	
<b>HOOCHY 'BOOCH   KOMBUCHA (REFRIGERATED)</b>																			
628504 732205	17315		BC						ℙ	X		12 / 355ml				G	P	U	
628504 732274	17314		BC						ℙ	X		12 / 355ml				G	P	U	
628504 732229	17319		BC						ℙ	X		12 / 355ml				G	P	U	
628504 732298	17316		BC						ℙ	X		12 / 355ml				G	P	U	
628504 732212	17317		BC						ℙ	X		12 / 355ml				G	P	U	
628504 732243	17318		BC						ℙ	X		12 / 355ml				G	P	U	
<b>KINDRED CULTURES   PROBIOTIC WATER KEFIR (REFRIGERATED)</b>																			
628504 073377	23632		BC						ℙ	X		12 / 355ml				G	P	U	
628504 073391	23633		BC						ℙ	X		12 / 355ml				G	P	U	
628504 073414	23634		BC						ℙ	X		12 / 355ml				G	P	U	
628504 073438	23635		BC						ℙ	X		12 / 355ml				G	P	U	
<b>LOOP MISSION   COLD-PRESSED JUICE &amp; SMOOTHIES (REFRIGERATED)</b>																			
056719 900445	11208	GMO							+	ℙ	X	6 / 355ml						U	
056719 900032	11203									X		6 / 355ml						U	
056719 900018	11204									X		6 / 355ml						U	
056719 900063	11202	GMO							+	ℙ	X	6 / 355ml						U	
056719 900025	11200	GMO							+	ℙ	X	6 / 355ml						U	
056719 900872	11249	GMO							+	ℙ	X	6 / 355ml				G		U	
056719 900865	11248	GMO							+	ℙ	X	6 / 355ml				G		U	
056719 900100	11241	GMO							+	ℙ	X	6 / 355ml						U	
056719 901022	11250	GMO							+	ℙ	X	6 / 355ml						U	
056719 900193	11222								+	ℙ		6 / 1L						U	
056719 900186	11220	GMO							+	ℙ		6 / 1L						U	
056719 900452	11226	GMO							+	ℙ		6 / 1L						U	
056719 900261	11244								+	ℙ		6 / 1L						U	
<b>LOOP MISSION   PROBIOTIC SODA (REFRIGERATED)</b>																			
056719 900377	11232	GMO							+	ℙ	X	12 / 355ml				G	P	U	
056719 900087	11233								+	ℙ	X	12 / 355ml				G	P	U	
056719 900094	11231	GMO							+	ℙ	X	12 / 355ml				G	P	U	
056719 900070	11230	GMO							+	ℙ	X	12 / 355ml				G	P	U	
<b>RISE BOTANICALS   SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)</b>																			
818762 006235	15332	GMO				*			+	ℙ		12 / 414ml				G	P	U	
818762 005429	15333	GMO				*			+	ℙ		12 / 414ml				G	P	U	
818762 004613	15334	GMO				*			+	ℙ		12 / 414ml				G	P	U	
818762 007515	15335	GMO				*			+	ℙ		12 / 414ml				G	P	U	



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<b>RISE   KOMBUCHA (REFRIGERATED)</b>																		
818762 001803	<b>15322</b>	GMO			V	*		+		/		12 / 414ml						G P U
818762 001810	<b>15323</b>	GMO			V	*		+		/		12 / 414ml						G P U
818762 001827	<b>15324</b>	GMO			V	*		+		/		12 / 414ml						G P U
818762 001834	<b>15325</b>	GMO			V	*		+		/		12 / 414ml						G P U
818762 001902	<b>15315</b>	GMO			V	*		+		/		6 / 1L						G P U
818762 001919	<b>15316</b>	GMO			V	*		+		/		6 / 1L						G P U
818762 001926	<b>15317</b>	GMO			V	*		+		/		6 / 1L						G P U
818762 001933	<b>15318</b>	GMO			V	*		+		/		6 / 1L						G P U
818762 000042	<b>15304</b>	GMO		GF	V	*		+		/		12 / 414ml						G P U
818762 000011	<b>15301</b>	GMO		GF	V	*		+		/		12 / 414ml						G P U
818762 000035	<b>15302</b>	GMO		GF	V	*		+		/		12 / 414ml						G P U
818762 002008	<b>15327</b>	GMO				*		+		/		12 / 414ml						G P U
818762 001063	<b>15320</b>	GMO			V	*		+		/		12 / 414ml						G P U
818762 001032	<b>15305</b>	GMO		GF	V	*		+		/		12 / 414ml						G P U
818762 001056	<b>15321</b>	GMO			V	*		+		/		12 / 414ml						G P U
818762 002015	<b>15326</b>	GMO				*		+		/		12 / 414ml						G P U
818762 000370	<b>15310</b>	GMO		GF	V	*		+		/		6 / 1L						G P U
818762 000349	<b>15307</b>	GMO		GF	V	*		+		/		6 / 1L						G P U
818762 000363	<b>15308</b>	GMO		GF	V	*		+		/		6 / 1L						G P U
818762 002046	<b>15331</b>	GMO				*		+		/		6 / 1L						G P U
818762 001070	<b>15313</b>	GMO			V	*		+		/		6 / 1L						G P U
818762 001049	<b>15311</b>	GMO		GF	V	*		+		/		6 / 1L						G P U
818762 001087	<b>15314</b>	GMO			V	*		+		/		6 / 1L						G P U
818762 002053	<b>15330</b>	GMO				*		+		/		6 / 1L						G P U

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

628451 426219	<b>23604</b>		BC	/								12 / 355ml						G P U
628451 426028	<b>23606</b>		BC	/								12 / 355ml						G P U
628451 426257	<b>23616</b>		BC	/								12 / 355ml						G P U
628451 426240	<b>23617</b>		BC	/								12 / 355ml						G P U
628451 426004	<b>23605</b>		BC	/								12 / 355ml						G P U
628451 426059	<b>23609</b>		BC	/								12 / 355ml						G P U
628451 426035	<b>23608</b>		BC	/								12 / 355ml						G P U
628451 426233	<b>23618</b>		BC	/								12 / 355ml						G P U
628451 426066	<b>23610</b>		BC	/								6 / 1L						U

## TOFINO | RAW KOMBUCHA (REFRIGERATED)

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

# MEAT & SEAFOOD ALTERNATIVES

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

777744 000084	<b>38008</b>		V	BC	/							8 / 300g						
777744 000077	<b>38009</b>		V	BC	/							8 / 300g						
777744 000138	<b>38017</b>		V	BC	/							8 / 240g						
777744 000060	<b>38004</b>		V	BC	/							12 / 300g						
777744 000022	<b>38006</b>		V	BC	/							12 / 300g						
777744 000008	<b>38012</b>		V	BC	/							8 / 300g						
777744 000046	<b>38007</b>		V	BC	/							8 / 340g						
777744 000015	<b>38011</b>		V	BC	/							8 / 400g						

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

## FIELD ROAST | PLANT BASED MEAT (REFRIGERATED)

638031 266739	<b>65249</b>	<b>GMO</b>			V													
											6	/ 184g						
638031 612284	<b>65251</b>	<b>GMO</b>			V													
											12	/ 340g						
638031 612154	<b>65252</b>	<b>GMO</b>			V													
											12	/ 368g						
638031 612161	<b>65254</b>	<b>GMO</b>			V													
											12	/ 368g						
638031 612178	<b>65253</b>	<b>GMO</b>			V													
											12	/ 368g						

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

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

## HORNBY ISLAND | VEGGIE PÂTÉ (REFRIGERATED)

627843 360605	<b>14403</b>																		
											12	/ 225g							
627843 382843	<b>14451</b>																		
											12	/ 225g							

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

627987 308181	<b>40450</b>																		
											6	/ 100g							
627987 308228	<b>40452</b>																		
											6	/ 100g							
627987 308204	<b>40451</b>																		
											6	/ 100g							

## TOFURKY | MEAT ALTERNATIVE (REFRIGERATED)

025583 119079	<b>57089</b>																		
											5	/ 227g							
025583 119109	<b>57090</b>																		
											5	/ 227g							
025583 004313	<b>57072</b>																		
											12	/ 156g							
025583 004306	<b>57071</b>																		
											12	/ 156g							
025583 119062	<b>57091</b>																		
											8	/ 227g							
025583 120310	<b>57078</b>	<b>GMO</b>																	
											12	/ 369g							
025583 005303	<b>54605</b>																		
											5	/ 227g							

## YVES | VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)

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

## SNACKS

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

877977 000292	<b>50259</b>	<b>GMO</b>			V	@													
											5	/ 4x33g							
877977 000407	<b>50260</b>	<b>GMO</b>			V	@													
											5	/ 4x33g							
877977 000278	<b>50258</b>	<b>GMO</b>			V	@													
											5	/ 4x33g							
877977 000032	<b>50255</b>	<b>GMO</b>			V	@													
											12	/ 33g							
877977 000001	<b>50254</b>	<b>GMO</b>			V	@													
											12	/ 33g							
877977 000186	<b>50257</b>	<b>GMO</b>			V	@													
											12	/ 33g							
877977 000353	<b>50261</b>	<b>GMO</b>			V	@													
											12	/ 33g							
877977 000063	<b>50256</b>	<b>GMO</b>			V	@													
											12	/ 33g							

## TOFU & ASIAN CUISINE

### AMANO FOODS | MISO (REFRIGERATED)

067334 070024	<b>40005</b>	<b>GMO</b>			*														
											12	/ 400g							
067334 070031	<b>40010</b>	<b>GMO</b>			*														
											12	/ 400g							
067334 070048	<b>40007</b>	<b>GMO</b>			*														
											12	/ 400g							
067334 070017	<b>40015</b>	<b>GMO</b>			*														
											12	/ 400g							

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	☑	X	PACK	SIZE					G	P	U
067334 001028	40061	GMO										10 / 1kg							
067334 001035	40059	GMO										10 / 1kg							
067334 001011	40062	GMO										10 / 1kg							
067334 005026	40065	GMO	B									1 / 2.27kg							
067334 005019	40060	GMO	B									1 / 2.27kg							
067334 025024	40063	GMO	B									1 / 11.36kg							

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

777744 000107	38013	GMO			V						BC ☑	Soy-Free Tofu, Medium Firm	8 / 340g						
777744 000121	38014	GMO			V						BC ☑	Soy-Free Tofu, Super Smoked, Firm	8 / 280g						

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

### See Frozen meat alternatives for more selections

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

## OOME | SMOKED TOFU (REFRIGERATED)

627987 908923	40340	GMO									BC ☑	Smoked Tofu, Greek	6 / 220g						
627987 908947	40341	GMO									BC ☑	Smoked Tofu, Just Smoke	6 / 220g						
627987 908978	40342	GMO									BC ☑	Smoked Tofu, Maple Soy	6 / 220g						

## SOYA NOVA | TOFU (REFRIGERATED)

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

## SUPERIOR NATURAL | TOFU (REFRIGERATED)

777433 001064	40322	GMO				*					BC ☑	Tofu, Extra Firm, Organic	12 / 350g						
777433 012404	40323	GMO				*					☑	Tofu, Firm, Organic	12 / 454g						
777433 000302	40335	GMO									BC ☑	Tofu, Fried	12 / 360g						
777433 012411	40324	GMO				*					☑	Tofu, Medium Firm, Organic	12 / 454g						
777433 012480	40325	GMO				*					☑	Tofu, Silken (water pack), Organic	12 / 454g						

## 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						

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	/C/	X	PACK	SIZE				G	P	U
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## OILS

### OMEGA NUTRITION | EFA OIL (REFRIGERATED)

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

## NUTRITIONAL SUPPLEMENTS & PROBIOTICS

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

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

### THE CULTURED COCONUT | PROBIOTIC (REFRIGERATED)

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

### FROZEN BREAD

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

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

854278 001210	<b>40754</b>	GMO		GF						/P/	BC	X Sourdough Bagels, Everything (6ct)	10 / 660g					
854278 001203	<b>40755</b>	GMO		GF						/P/	BC	X Sourdough Bagels, Original (6ct)	10 / 660g					
854278 001036	<b>40751</b>	GMO		GF						/P/	BC	X Sourdough Bread, Ancient Grains	10 / 725g					
854278 001029	<b>40750</b>	GMO		GF						/P/	BC	X Sourdough Bread, Country Loaf	10 / 725g					
854278 001319	<b>40760</b>	GMO		GF						/P/	BC	X Sourdough Buns, Hamburger (6ct)	8 / 900g					
854278 001111	<b>40752</b>	GMO		GF						/P/	BC	X Sourdough Demi Baguettes	10 / 2ct					
854278 001128	<b>40753</b>	GMO		GF						/P/	BC	X Sourdough Demi Baguettes, Poppy Seed	10 / 2ct					

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

073472 001691	<b>55538</b>	GMO										X Bread, Brown Rice (gluten free)	6 / 680g					
073472 001318	<b>55532</b>	GMO				*						X Bread, EZEKIEL 4:9 Sprouted Grain, Cinnamon Raisin, Organic	6 / 680g					
073472 001240	<b>55519</b>	GMO				*						X Bread, EZEKIEL 4:9 Sprouted Grain, Flax, Organic	6 / 680g					
073472 001530	<b>55534</b>	GMO				*						X Bread, EZEKIEL 4:9 Sprouted Grain, Low Sodium, Organic	6 / 680g					
073472 001202	<b>55530</b>	GMO				*						X Bread, EZEKIEL 4:9 Sprouted Grain, Organic	6 / 680g					
073472 001233	<b>55531</b>	GMO				*						X Bread, EZEKIEL 4:9 Sprouted Grain, Sesame, Organic	6 / 680g					
073472 001417	<b>55533</b>	GMO				*						X Bread, GENESIS 1:29 Sprouted Grain & Seed, Organic	6 / 680g					

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	/P/	X	PACK	SIZE					G	P	U	
073472 001851	<b>55595</b>	GMO										6 / 510g								
073472 001196	<b>55546</b>	GMO						*				6 / 454g								

## KINNIKINNICK | GLUTEN FREE BREAD PRODUCTS (FROZEN)

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

## MANNA ORGANICS | MIGHTY MANNA BREAD (FROZEN)

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

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

698433 000003	<b>54598</b>	GMO		GF	V			+	/P/	X		6 / 700g								
698433 000027	<b>54599</b>	GMO		GF	V			+	/P/	X		6 / 700g								
698433 000744	<b>54613</b>	GMO		GF	V			+	/P/	X		6 / 400g								
698433 001208	<b>54651</b>	GMO		GF	V			+	/P/	X		6 / 300g								
698433 000843	<b>54616</b>	GMO		GF	V			+	/P/	X		6 / 300g								
698433 001192	<b>54650</b>	GMO		GF	V			+	/P/	X		6 / 300g								
698433 000850	<b>54617</b>	GMO		GF	V			+	/P/	X		6 / 300g								
698433 001116	<b>54621</b>	GMO		GF	V			+	/P/	X		6 / 510g								
698433 001109	<b>54619</b>	GMO		GF	V			+	/P/	X		6 / 510g								

## OZERY FAMILY BAKERY | BUNS (FROZEN)

664164 100091	<b>55357</b>	GMO						+	/P/	X		6 / 450g								
664164 100084	<b>55356</b>	GMO						+	/P/	X		6 / 450g								
664164 100411	<b>55359</b>	GMO						+	/P/	X		6 / 600g								
664164 100510	<b>55364</b>	GMO						+	/P/	X		6 / 320g								

## PORTOFINO BAKERY | BREAD & BUNS (FROZEN)

661172 020397	<b>40174</b>		BC					/P/	X			12 / 480g								
661172 022889	<b>40177</b>		BC					/P/	X			12 / 390g								
661172 022841	<b>40175</b>		BC					/P/	X			12 / 540g								
661172 018080	<b>40178</b>		BC					/P/	X			10 / 630g								
661172 023022	<b>40193</b>		BC					/P/	X			8 / 970g								
661172 018165	<b>40170</b>		BC					/P/	X			10 / 585g								
661172 018189	<b>40171</b>		BC					/P/	X			10 / 585g								
661172 018097	<b>40179</b>		BC					/P/	X			10 / 700g								
661172 018110	<b>40173</b>		BC					/P/	X			10 / 600g								
661172 018158	<b>40172</b>		BC					/P/	X			10 / 585g								
661172 022803	<b>40180</b>		BC					/P/	X			10 / 585g								
661172 020687	<b>40181</b>		BC					/P/	X			10 / 675g								
661172 000061	<b>40182</b>		BC					/P/	X			12 / 810g								
661172 000092	<b>40183</b>		BC					/P/	X			12 / 810g								
661172 020694	<b>40184</b>		BC					/P/	X			12 / 810g								
661172 000115	<b>40185</b>		BC					/P/	X			12 / 720g								
661172 000122	<b>40186</b>		BC					/P/	X			12 / 720g								

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

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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	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE	G	P	U
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## TERRA | ARTISAN BREAD (FROZEN)

779324 000507	<b>40133</b>											20 / 290g			
779324 000125	<b>40134</b>											15 / 450g			
779324 008268	<b>40139</b>											24 / 250g			
779324 000316	<b>40140</b>											15 / 480g			
779324 100054	<b>40130</b>											15 / 500g			
779324 000194	<b>40135</b>											15 / 500g			
779324 009197	<b>40136</b>											8 / 700g			
779324 100108	<b>40137</b>											15 / 500g			
779324 100153	<b>40157</b>											15 / 500g			

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

## UNBUN | GRAIN FREE & KETO BREAD (FROZEN)

628250 179040	<b>11102</b>			GF								6 / 520g			
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## Flat Breads

### BUENO FOODS | TORTILLAS (FROZEN)

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

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

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

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

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

627843 777960	<b>15635</b>	GMO					V *					BC ℙ x Tortillas, White Flour, Organic (uncooked) (8pk)	12 / 280g		
627843 777977	<b>15636</b>	GMO					V *					BC ℙ x Tortillas, Whole Wheat Flour, Organic (uncooked)	12 / 280g		

### OASIS | PITA BREAD (FROZEN)

777762 002459	<b>58024</b>	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	<b>54627</b>	GMO		GF	V							+ ℙ X O'DIPPERS, Garlic & Chive	6 / 210g		
698433 100178	<b>54626</b>	GMO		GF	V							+ ℙ X O'DIPPERS, Original	6 / 210g		

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

### UNBUN | GRAIN FREE & KETO TORTILLAS (FROZEN)

628250 179033	<b>11103</b>			GF								ℙ X Tortillas (8pk)	8 / 210g		
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

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



UPC CODE	CODE	GMO	B	GF	V	*	@	+		X	PACK	SIZE				G	P	U
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## FROZEN BUTTER

### ORGANIC MEADOW | BUTTER (FREEZER)

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





### ROLLING MEADOW | BUTTER (FROZEN)

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





## FROZEN DESSERTS

### Bakery Goods

#### DAIYA | CHEEZECAKE (FROZEN)

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

#### KINNIKINNICK | DONUTS (FROZEN)





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

#### RAWMBAS | VEGAN MUFFINS (FROZEN)

628176 576206	56516			GF	V				BC		X	Muffins, Apple Raspberry (single serve)	8 / 100g					G
628176 576244	56514			GF	V				BC		X	Muffins, Bountiful Blueberry (single serve)	8 / 100g					G
628176 576282	56515			GF	V				BC		X	Muffins, Double Chocolate (single serve)	8 / 100g					G
628176 576220	56517			GF	V				BC		X	Muffins, Apple Raspberry (4pk)	4 / 340g					G
628176 576268	56518			GF	V				BC		X	Muffins, Bountiful Blueberry (4pk)	4 / 340g					G
628176 576305	56519			GF	V				BC		X	Muffins, Double Chocolate (4pk)	4 / 340g					G
628176 576237	56523			GF	V				BC		X	Muffins, Apple Raspberry (4pk)	12 / 340g					G
628176 576091	56524			GF	V				BC		X	Muffins, Bountiful Blueberry (4pk)	12 / 340g					G
628176 576312	56525			GF	V				BC		X	Muffins, Chocolate Chip (4pk)	12 / 340g					G

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

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

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

## Dessert Toppings & Ice Cream Cones

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

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

## Ice Cream, Frozen Yogurt & Gelato

#### AVALON | ORGANIC ICE CREAM (FROZEN)

066939 093094	40975	GMO				*			BC	X		Ice Cream, Black Cherry, Organic	6 / 946ml					
066939 093056	40971	GMO				*			BC	X		Ice Cream, Chocolate, Organic	6 / 946ml					
066939 093018	40970	GMO				*			BC	X		Ice Cream, French Vanilla Bean, Organic	6 / 946ml					
066939 093254	40972	GMO				*			BC	X		Ice Cream, Mocha Fudge, Organic	6 / 946ml					

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE	G	P	U
066939 093247	<b>40973</b>	GMO										6 / 946ml			
066939 093155	<b>40974</b>	GMO										6 / 946ml			
066939 093001	<b>40976</b>	GMO										6 / 500ml			

## BETTERWITH | CREAM ICE CREAM (FROZEN)

628055 217176	<b>53184</b>											8 / 473ml			G
628055 217169	<b>53183</b>											8 / 473ml			G
628055 217138	<b>53180</b>											8 / 473ml			G
628055 217152	<b>53182</b>											8 / 473ml			G
628055 217183	<b>53185</b>											8 / 473ml			G
628055 217145	<b>53181</b>											8 / 473ml			G

## ORGANIC MEADOW | ICE CREAM (FROZEN)

062325 610074	<b>50620</b>	GMO				*		+		P	X	6 / 946ml			
062325 610067	<b>50619</b>	GMO				*		+		P	X	6 / 946ml			
062325 610081	<b>50618</b>	GMO				*		+		P	X	6 / 946ml			

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

628451 883104	<b>53028</b>											8 / 450ml			G
628451 883302	<b>53030</b>											8 / 450ml			G
628451 883487	<b>53029</b>											8 / 450ml			G
628451 883050	<b>53093</b>	GMO				*						8 / 450ml			G

## Non-Dairy Frozen Desserts & Sorbets

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

627843 814214	<b>32924</b>			GF	V							8 / 500ml			
627843 814245	<b>32920</b>				V							8 / 500ml			
627843 814221	<b>32921</b>				V							8 / 500ml			
627843 814207	<b>32922</b>				V							8 / 500ml			
627843 814238	<b>32923</b>				V							8 / 500ml			

### SALT SPRING GELATO | SORBETTO (FROZEN)

628451 883142	<b>53098</b>	GMO				*						8 / 450ml			G
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## Frozen Novelties

### EVIVE | SMOOTHIE POPS (FROZEN)

628110 947536	<b>24717</b>	GMO							+		P	X	8 / 5x50g		G
628110 947543	<b>24716</b>	GMO							+		P	X	8 / 5x50g		G
628110 947550	<b>24715</b>	GMO							+		P	X	8 / 5x50g		G

### SQUAMISH WATER KEFIR | FROZEN PROBIOTIC POPS

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

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

### CAULIPOWER | CAULIFLOWER PIZZA CRUSTS (FROZEN)

854934 007082	<b>32400</b>			GF								8 / 310g			
													<b>Save</b>	<b>5.20</b>	
													<b>Buy 20-47 cases</b>		
													<b>Buy 48+ cases</b>		
													<b>Save</b>	<b>8.00</b>	

### HOLY NAPOLI | PIZZA DOUGH (FROZEN)

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

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



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	$\overline{P}$	X	PACK	SIZE				G	P	U
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## VANCOUVER CROISSANT | READY-TO-BAKE CROISSANTS (FROZEN)

626639 113043	55193	GMO				*				BC $\overline{P}$ X	Croissants, Jumbo White (6pc), Organic	12	/ 480g					
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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					

# FROZEN PREPARED FOODS

## Appetizers

### CHEF BOMBAY | INDIAN APPETIZERS (FROZEN)

818745 005217	81243										+ $\overline{P}$ X Mini Naanpanadas, Butter Chicken	8	/ 240g					
818745 004517	81244										+ $\overline{P}$ X Mini Samosas, Chicken Tikka w/tamarind sauce	8	/ 290g					
818745 004319	81245										+ $\overline{P}$ X Mini Samosas, Vegetable w/tamarind sauce	8	/ 350g					
818745 003312	81246										+ $\overline{P}$ X Vegetable Pakoras w/tamarind sauce	8	/ 250g					

### KAN'S | APPETIZERS (FROZEN)

189120 000524	54364	GMO				V				BC $\overline{P}$ X	Falafel, Mini Lentil, w/dipping sauce	12	/ 330g					
189120 000531	54367	GMO				V				BC $\overline{P}$ X	Pakoros, Spinach & Kale (baked), w/dipping sauce	12	/ 330g					
189120 000548	54643					V				BC $\overline{P}$ X	Pakoros, Yam, w/dipping sauce	12	/ 320g					
189120 000517	54363					V				BC $\overline{P}$ X	Samosas, Fresh Veggie & Lentil, w/dipping sauce	12	/ 320g					

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

627843 778028	15646									BC $\overline{P}$ x	Taquito, Bean & Cheeze	6	/ 280g					
627843 778011	15645									BC $\overline{P}$ x	Taquito, Potato & Chorizo	6	/ 280g					

### LUCKY FOODS | SPRING ROLLS (FROZEN)

078487 462727	31027	GMO				GF					X Spring Rolls, Gluten Free, Thai Style, w/Sweet & Sour Sauce	8	/ 241g					
078487 452773	31025	GMO								V	Spring Rolls, Kimchi, w/Sweet & Sour Sauce	8	/ 241g					
078487 452711	31024	GMO									X Spring Rolls, Original, w/Traditional Sauce	8	/ 241g					

### RUBY'S AUTHENTIC | APPETIZERS (FROZEN)

627843 533580	54800									BC $\overline{P}$ X	Pakora, Vegetable	9	/ 220g					
627843 533573	54802									B	BC $\overline{P}$ X Pakora, Vegetable Frozen)	1	/ 5kg					
627843 533658	54801									BC $\overline{P}$ X		9	/ 140g					

### VIJ'S | INDIAN APPETIZERS (FROZEN)

628011 353917	54330										+ $\overline{P}$ X Cauliflower Wings w/Chilli Garlic Sauce	12	/ 460g					
628011 353948	54332										+ $\overline{P}$ X Masala Spring Rolls w/Spicy Szechuan Sauce (12pcs)	12	/ 420g					
628011 353900	54331										+ $\overline{P}$ X Samosa, Crispy Potato & Peas w/Chutney (10pcs)	12	/ 460g					

## Broth & Soup Noodles

### BLUEBIRD PROVISIONS | BONE BROTH (FROZEN)

627843 623564	68604	GMO				*				BC $\overline{P}$ X	Bone Broth, Beef, Organic	6	/ 420ml					
627843 623571	68605	GMO				*				BC $\overline{P}$ X	Bone Broth, Chicken, Organic	6	/ 420ml					

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

627843 674382	66000					GF					+ $\overline{P}$ X Bone Broth, Classic Beef (resealable bag)	6	/ 591ml					
627843 674306	66001					GF					+ $\overline{P}$ X Bone Broth, Classic Chicken (resealable bag)	6	/ 591ml					

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

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

628693 494229	39193									BC $\overline{P}$ X	Instant Ramen Puck, Ichiban Miso (pork)	8	/ 650g					
628693 494243	39194									BC $\overline{P}$ X	Instant Ramen Puck, Miso Yasai (vegetarian)	8	/ 650g					
628693 494236	39195									BC $\overline{P}$ X	Instant Ramen Puck, Shoyu (pork)	8	/ 620g					
628693 494083	39180									BC $\overline{P}$ X	Ramen Kit, Hakata Tonkotsu	12	/ 450g					
628693 494182	39181									BC $\overline{P}$ X	Ramen Kit, Tokyo Shoyu	12	/ 460g					
628693 494076	39182									BC $\overline{P}$ X	Ramen Kit, Vegan Shoyu	12	/ 460g					
628693 494175	39183									BC $\overline{P}$ X	Ramen Kit, Yuzu Shio	12	/ 460g					



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## HOUSE OF YEE | GLUTEN FREE DUMPLINGS (FROZEN)

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

## INDIANLIFE | ENTRÉES (FROZEN)

777762 002367	54079	GMO								BC $\frac{C}{P}$ X Masala Wrap w/Chickpeas & Wild Rice	12	/ 275g					
777762 002374	54084	GMO								BC $\frac{C}{P}$ X Spinach Wrap w/Mixed Vegetables & Wild Rice	12	/ 275g					

## KONSCIOUS | PLANT-BASED SEAFOOD MEALS (FROZEN)

877168 001039	34139	GMO								+ BC X Onigiri, Japanese Vegetable Curry (2pc)	8	/ 204g					
877168 001008	34136	GMO								+ BC X Onigiri, Kale Gomae (2pc)	8	/ 204g					
877168 001022	34138	GMO								+ BC X Onigiri, Korean BBQ Mushroom (2pc)	8	/ 204g					
877168 000001	34132	GMO								+ BC X Roll, California (8pc)	8	/ 210g					
877168 000049	34142	GMO								BC $\frac{C}{P}$ X Roll, Korean Kimbap (8pc)	8	/ 220g					
877168 000032	34135	GMO								+ BC X Roll, Rainbow - w/plant based tuna, mango & Jasberry rice (8pc)	8	/ 210g					
877168 000056	34143	GMO								BC $\frac{C}{P}$ X Roll, Salmon Avocado (8pc)	8	/ 218g					
877168 000018	34133	GMO								+ BC X Roll, Spicy California (8pc)	8	/ 210g					

## PEARL'S | PEROGIES (FROZEN)

062066 000158	54428									BC $\frac{C}{P}$ X Cheddar Cheese & Potato Perogies	12	/ 600g					
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## STELLA'S | PEROGIES (FROZEN)

878431 000049	30351			GF						+ $\frac{C}{P}$ X Perogies, Cheddar Cheese	12	/ 520g					
878431 000018	30348			GF						+ $\frac{C}{P}$ X Perogies, Just Potato	12	/ 520g					

## VIJ'S | INDIAN CUISINE (FROZEN)

673984 001419	54412									+ $\frac{C}{P}$ X Everyday Chana Masala	6	/ 400g					
673984 001303	54400									+ $\frac{C}{P}$ X Kalonji Chicken Curry	6	/ 400g					
673984 001426	54413									+ $\frac{C}{P}$ X Slow-Cooked Punjabi Daal	6	/ 400g					
628011 353924	54333									+ $\frac{C}{P}$ X Tadka Curry Sauce	12	/ 300g					
673984 001327	54402									+ $\frac{C}{P}$ 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					
										<b>If sold thawed: sell-by date is 10 days</b>							
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					
										<b>If sold thawed: sell-by date is 7 days</b>							
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 001091	65000	GMO								X Beefless Ground	8	/ 390g					
842234 402003	65042	GMO								X Breakfast Saus'age Patties, Original	8	/ 190g					
842234 003200	54270	GMO								X Chick'n Strips	8	/ 225g					
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					

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
842234 007147	<b>65013</b>	GMO						+		X		8 / 226g						
842234 001756	<b>65014</b>	GMO						+		X		8 / 226g						
842234 001824	<b>65015</b>	GMO						+		X		8 / 226g						
842234 409972	<b>65046</b>	GMO								X		6 / 425g						
842234 409965	<b>65047</b>	GMO								X		6 / 417g						
842234 001145	<b>65036</b>	GMO								X		8 / 300g						
	<b>91796</b>											1 / ea						

## GREEN CUISINE | TEMPEH (FROZEN)

See Cooler Tofu & Asian Cuisine Section for more selections

068532 020002	<b>54462</b>	GMO				*			BC	P	X	1 / 227g						
068532 010003	<b>54464</b>	GMO				*			BC	P	X	1 / 227g						
	<b>91035</b>	GMO	B			*			BC	P	X	1 / 4.54kg						
	<b>91036</b>	GMO	B			*			BC	P	X	1 / 4.54kg						

## JUST EGG | PLANT EGG (FROZEN)

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

628719 411018	<b>56330</b>								BC	P	X	6 / 300g						
628719 411025	<b>56331</b>								BC	P	X	6 / 300g						
628719 411001	<b>56332</b>								BC	P	X	6 / 300g						

*If sold thawed: sell-by date is 30 days*

## VG GOURMET | ARTISAN VEGAN BURGERS (FROZEN)

627843 517412	<b>54596</b>			V				+		P	X	12 / 400g						
627843 517375	<b>54594</b>			V				+		P	X	12 / 400g						
628110 150080	<b>54952</b>			V				+		P	X	12 / 400g						
627843 517399	<b>54595</b>			V				+		P	X	12 / 400g						
627843 517436	<b>54644</b>			V				+		P	X	12 / 400g						

## Pizzas

### AMY'S | PIZZA (FROZEN)

042272 901036	<b>54445</b>									X		8 / 340g						
042272 901012	<b>54443</b>									X		8 / 369g						
042272 901999	<b>54421</b>									X		8 / 369g						
042272 912452	<b>54436</b>			V						X		8 / 397g						
042272 901029	<b>54444</b>									X		8 / 397g						

### CAULIPOWER | PIZZA (FROZEN)

854934 007075	<b>32401</b>			GF						X		8 / 315g						
854934 007099	<b>32402</b>			GF						X		8 / 310g						
												<b>Buy 20-47 cases</b>		<b>Save</b>	<b>5.20</b>			
												<b>Buy 48+ cases</b>		<b>Save</b>	<b>8.00</b>			
854934 007846	<b>32405</b>			GF						X		8 / 310g						
854934 007853	<b>32404</b>			GF						X		8 / 320g						
												<b>Buy 20-47 cases</b>		<b>Save</b>	<b>6.40</b>			
												<b>Buy 48+ cases</b>		<b>Save</b>	<b>9.60</b>			

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

871459 002552	<b>50317</b>	GMO		GF	V				BC	P	X	8 / 322g						
871459 002538	<b>50316</b>	GMO		GF	V				BC	P	X	8 / 346g						
871459 002576	<b>50318</b>			GF	V				BC	P	X	8 / 331g						
871459 002972	<b>50319</b>	GMO		GF	V				BC	P	X	8 / 433g						
871459 002989	<b>50173</b>	GMO		GF	V				BC	P	X	8 / 472g						



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032601 954154	<b>63040</b>	GMO								X		6 / 900g						
032601 954161	<b>63041</b>	GMO								X		6 / 900g						
032601 954185	<b>63043</b>	GMO								X		6 / 900g						
032601 954178	<b>63042</b>	GMO								X		6 / 900g						

## STAHLBUSH ISLAND FARMS | FRUIT (FROZEN)

638882 000070	<b>54015</b>	GMO								X		12 / 300g						
638882 000179	<b>54017</b>	GMO							*	X		12 / 284g						
638882 000599	<b>54014</b>	GMO								X		12 / 284g						
638882 000933	<b>54690</b>	GMO								X		12 / 300g						
638882 000575	<b>54016</b>	GMO								X		12 / 284g						
638882 000551	<b>54013</b>	GMO								X		12 / 300g						

## Vegetables

### EARTHBOUND FARM | ORGANIC VEGETABLES (FROZEN)

032601 025274	<b>63016</b>	GMO							*	X		12 / 300g						
032601 954192	<b>63044</b>	GMO							*	X		6 / 750g						
032601 954253	<b>63031</b>	GMO							*	X		12 / 300g						
032601 954246	<b>63033</b>	GMO							*	X		12 / 300g						
032601 025212	<b>63018</b>	GMO							*	X		12 / 300g						
032601 025540	<b>63028</b>	GMO							*	X		12 / 300g						
032601 954239	<b>63032</b>	GMO							*	X		12 / 300g						
032601 025243	<b>63021</b>	GMO							*	X		12 / 300g						
032601 954208	<b>63045</b>	GMO							*	X		6 / 900g						
032601 954215	<b>63046</b>	GMO							*	X		6 / 900g						

### MACKELLAR FARMS | EDAMAME (FROZEN)

185820 000017	<b>63026</b>	GMO								+ ✓	X	12 / 400g						
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### STAHLBUSH ISLAND FARMS | VEGETABLES (FROZEN)

638882 000155	<b>54026</b>	GMO								X		12 / 300g						
638882 210806	<b>54011</b>	GMO								X		12 / 284g						
638882 000704	<b>54052</b>	GMO								X		12 / 300g						
638882 000520	<b>54012</b>	GMO								X		12 / 350g						
638882 000193	<b>54207</b>	GMO							*	X		12 / 300g						
638882 000544	<b>54010</b>	GMO								X		12 / 350g						
638882 000612	<b>54061</b>	GMO								X		12 / 300g						
638882 000216	<b>54027</b>	GMO								X		12 / 284g						
	<b>60069</b>	GMO								X		1 / 1ea						

## VITAMINS, SUPPLEMENTS & HERBAL REMEDIES

Find Refrigerated Flax Seeds in Cooler Section

### HERBAL REMEDIES

#### BACH REMEDIES | RESCUE FORMULA

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

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## VITAMINS & SUPPLEMENTS

### BIO-K PLUS | PROBIOTIC CAPSULES

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

### MANITOBA HARVEST | PROTEIN POWDER

697658 690044	<b>37199</b>	GMO					*				+	Ⓟ	Drink Mix, Complete Plant Protein Blend, Unsweetened, Organic	6 / 454g					G
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### NUUN | HYDRATION SUPPLEMENTS

811660 024493	<b>40736</b>	GMO							V			X	Drink Mix, Sport, Lemon Lime	12 / 10ct					G
811660 024479	<b>40735</b>	GMO							V			X	Drink Mix, Sport, Pink Lemonade	12 / 10ct					G
811660 022482	<b>40740</b>	GMO										X	Immunity, Blueberry Tangerine	8 / 10ct					G
811660 022499	<b>40741</b>	GMO										X	Immunity, Orange Citrus	8 / 10ct					G
811660 021089	<b>40717</b>	GMO										X	Sport, Citrus Fruit	8 / 10ct					G
811660 021072	<b>40716</b>	GMO										X	Sport, Lemon Lime	8 / 10ct					G
811660 021065	<b>40718</b>	GMO										X	Sport, Tri-Berry	8 / 10ct					G
811660 021096	<b>40719</b>	GMO										X	Sport, Strawberry Lemonade	8 / 10ct					G
811660 021935	<b>40724</b>	GMO										X	Vitamins, Blueberry Pomegranate	8 / 12ct					G
811660 021942	<b>40725</b>	GMO										X	Vitamins, Tangerine Lime	8 / 12ct					G

### OMEGA NUTRITION | FLAX & PUMPKIN SEED POWDER

055358 216009	<b>85055</b>	GMO									*	Ⓟ	NUTRI-FLAX, Hi-Lignan Flax Seed Powder, Organic	6 / 454g					G
055358 219505	<b>37237</b>	GMO									*	Ⓟ	Pumpkin Seed Protein Powder, Organic	6 / 600g					G

### OMEGA 3 NUTRACLEANSE | FIBRE BLEND

839266 000024	<b>21851</b>	GMO									*	BC	Ⓟ	Omega 3 Nutracleanse, Organic	8 / 420g				G
839266 000017	<b>21850</b>	GMO									*	BC	Ⓟ	Omega 3 Nutracleanse, Organic	6 / 1kg				G

### ROAR PLUS | VITAMIN & ELECTROLYTE DRINK MIX

628250 053340	<b>19911</b>											X	Berry Lemonade	12 / 7.18g					G
628250 053357	<b>19910</b>											X	Strawberry Watermelon	12 / 7.18g					G

## PERSONAL CARE

### BODY CARE

#### AURA CACIA | BODY CARE

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

#### DOM'S DEODORANT

854178 000375	<b>88013</b>	GMO										BC	Ⓟ	Cream Deodorant, CALM, Lavender & Rosemary	1 / 65g				G P
854178 000382	<b>88012</b>	GMO										BC	Ⓟ	Cream Deodorant, FRESH, Lemongrass & Cedar	1 / 65g				G P
854178 000405	<b>88014</b>	GMO										BC	Ⓟ	Cream Deodorant, NUDE, Unscented	1 / 65g				G P

#### ISLAND ESSENTIALS | NATURAL BODY CARE

884169 001241	<b>30633</b>											BC	Ⓟ	Bar Soap, BERGAMOT BLISS	12 / 97g				G P
884169 001258	<b>30634</b>											BC	Ⓟ	Bar Soap, Cedar	12 / 97g				G P
884169 001265	<b>30635</b>											BC	Ⓟ	Bar Soap, ForTHAVE'S Chai	12 / 97g				G P
884169 001272	<b>30636</b>											BC	Ⓟ	Bar Soap, Lavender	12 / 97g				G P
884169 001289	<b>30637</b>											BC	Ⓟ	Bar Soap, Lemongrass	12 / 97g				G P
884169 001319	<b>30638</b>											BC	Ⓟ	Bar Soap, Tea Tree	12 / 97g				G P

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U	
884169 000015	<b>30639</b>											9 / 473ml							G P
884169 001364	<b>30645</b>											12 / 97g							G P
884169 000459	<b>30640</b>											8 / 100ml							G P
884169 000466	<b>30641</b>											8 / 100ml							G P
884169 000428	<b>30642</b>											9 / 450ml							G P
884169 000763	<b>30643</b>											24 / 4g							G P
884169 000756	<b>30644</b>											24 / 4g							G P

## MOUNTAIN SKY | BODY CARE

628055 186007	<b>82249</b>											6 / 135g							G P
628055 186069	<b>46194</b>											6 / 135g							G P
628055 186083	<b>82242</b>											6 / 135g							G P
628055 186137	<b>82245</b>											6 / 135g							G P
628055 186144	<b>82247</b>											6 / 135g							G P
628055 186038	<b>80678</b>											6 / 135g							G P
628055 186045	<b>82239</b>											6 / 135g							G P
628055 186076	<b>82241</b>											6 / 135g							G P
628055 186106	<b>82248</b>											6 / 135g							G P
628055 186090	<b>46195</b>											6 / 135g							G P
689186 127024	<b>91538</b>											24 / 135g							G P

## NATUREBEE | CONCENTRATED FOAMING HAND SOAP TABLETS

628176 082486	<b>30603</b>											12 / 2x8g							G P
628176 082165	<b>30604</b>											12 / 2x8g							G P
628176 082493	<b>30605</b>											12 / 2x8g							G P
628176 082158	<b>30606</b>											12 / 2x8g							G P
628176 082172	<b>30607</b>											12 / 2x8g							G P
628176 082196	<b>30600</b>											12 / 1ea							G P
628176 082738	<b>30601</b>											12 / 1ea							G P
628176 082189	<b>30602</b>											12 / 1ea							G P

## NATURE CLEAN | HAND SOAP

058951 307556	<b>81122</b>											12 / 99g							G P
058951 395027	<b>80543</b>											6 / 500ml							G P
058951 395010	<b>80486</b>											6 / 500ml							G P
058951 395157	<b>80145</b>											6 / 1L							G P
058951 395119	<b>80144</b>											6 / 1L							G P

## NOVA SCOTIA FISHERMAN | XTREME LIP & SKIN CARE

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

## PAPOUTSANIS | OLIVE OIL HAND SOAP BAR

5201109 655022	<b>89997</b>											1 / 125g							G P
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## THAYERS REMEDIES | WITCH HAZEL

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

## THOMPSON'S HOMEOPATHIC | CRÈME

628977 000016	<b>82000</b>											1 / 40ml						G	P
628977 000498	<b>82001</b>											1 / 40ml						G	P

## TOM'S OF MAINE | DEODORANT

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

## DENTAL CARE

### SYNERGY ORGANICS | DENTAL CARE

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

### TOM'S OF MAINE | DENTAL CARE

035000 970633	<b>81511</b>											Fluoride Toothpaste, Children's, Silly Strawberry	1 / 90ml					G	P
827854 004479	<b>81510</b>											Fluoride Toothpaste, PurActiv, Fresh & Bright	1 / 85ml					G	P
077326 830031	<b>81522</b>											Fluoride Toothpaste, WHOLE CARE, Peppermint	1 / 85ml					G	P
077326 832226	<b>81505</b>											Fluoride-Free Toothpaste, Children's, Silly Strawberry	1 / 90ml					G	P
077326 102404	<b>81515</b>											Fluoride-Free Toothpaste, Clean & Fresh, Fennel	1 / 85ml					G	P
077326 455562	<b>81525</b>											Fluoride-Free Toothpaste, Rapid Relief Sensitive, Fresh Mint	1 / 76ml					G	P
077326 159408	<b>81506</b>											Fluoride-Free Toothpaste, SIMPLY WHITE, Peppermint	1 / 85ml					G	P
077326 834176	<b>80779</b>											Mouthwash, WICKED FRESH, Cool Mountain Mint	1 / 473ml					G	P

## FEMININE CARE

### NATRACARE | FEMININE CARE

782126 200150	<b>80896</b>	GMO										X Intimate Wipes, 100% Organic Cotton	1 / 12ea					G	P
782126 003409	<b>03081</b>											Maternity Pads	1 / 10ea						
782126 003041	<b>80892</b>											Maxi Pads, Night Time	1 / 10ea						
782126 003027	<b>80886</b>											X Maxi Pads, Regular	1 / 14ea						
782126 003034	<b>80887</b>											X Maxi Pads, Super	1 / 12ea						
782126 003256	<b>80873</b>											X Pads, Ultra Extra, Normal w/Wings	1 / 12ea						
782126 003119	<b>80877</b>											X Pads, Ultra Super Plus (FSC sustainable products)	1 / 12ea						
782126 003089	<b>80895</b>											X Pads, Ultra Super w/Wings (FSC sustainable products)	1 / 12ea						
782126 003058	<b>80894</b>											X Pads, Ultra w/Wings (FSC sustainable products)	1 / 14ea						
782126 003102	<b>80876</b>											X Pads, Ultra w/Wings Long (FSC sustainable products)	1 / 10ea						
782126 003065	<b>80883</b>											X Panty Liners, Curved	1 / 30ea						
782126 003126	<b>80173</b>											X Panty Liners, Individually Wrapped NORMAL	1 / 18ea						
782126 003140	<b>80871</b>											X Panty Liners, Long, Individually Wrapped	1 / 16ea						
782126 003003	<b>80884</b>											X Panty Liners, Mini	1 / 30ea						
782126 003072	<b>80888</b>											X Panty Liners, Tanga	1 / 30ea						
782126 003096	<b>80878</b>	GMO										X Panty Liners, ultra thin 100% Organic Cotton	1 / 22ea						



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE				G	P	U	
058951 197409	<b>80581</b>							+	ℙ			6 / 740ml						G	P
058951 403784	<b>80583</b>							+	ℙ			6 / 740ml						G	P
058951 187400	<b>80582</b>							+	ℙ			6 / 740ml						G	P
058951 184652	<b>80489</b>							+	ℙ			6 / 500ml						G	P

## FOOD PACKAGING & WRAP

### ECOSAFE~6400 | COMPOSTABLE SANDWICH BAGS

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

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

### PAPERCHEF | CULINARY PARCHMENT PAPER

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

## GARBAGE BAGS

### BAG TO EARTH | FOOD WASTE BAGS

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

### ECOSAFE~6400 | COMPOSTABLE BAGS

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

### IF YOU CARE | FOOD WASTE BAGS

777009 250644	<b>60347</b>											Food Waste Bags, 3 Gal (11.4L) (certified compostable)	12 / 30ct						G	P
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## LAUNDRY PRODUCTS

### ASPEN CLEAN | LAUNDRY PRODUCTS

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

### BIOVERT | LAUNDRY PRODUCTS

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

### ECO LIVING CLUB | LAUNDRY DETERGENT STRIPS

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

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## ECO-MAX | LAUNDRY PRODUCTS

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

## NATURE CLEAN | LAUNDRY PRODUCTS

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

## PAPER PRODUCTS

### CABOO | TREE-FREE PAPER PRODUCTS

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

### SILK'N SOFT | BAMBOO BATHROOM TISSUE

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

## SURFACE CLEANING PRODUCTS

### ECO LIVING CLUB | CLEANER STRIPS

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

### ECO-MAX | SURFACE CLEANING PRODUCTS

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

### IF YOU CARE | ENVIROMENT FRIENDLY CLEANING PRODUCTS

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

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## NATUREBEE | CONCENTRATED HOUSEHOLD CLEANER TABLETS

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

## NATUREBEE | REUSABLE SPONGE CLOTHS

628176 082912	<b>30613</b>											♻️ X Sponge Cloths (17cm x 20cm / 8" x 9.5")	12 / 1ea						G	P
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## NATURE CLEAN | HOUSEHOLD CLEANERS

058951 807001	<b>80450</b>											+ ♻️ All Purpose Cleaning Lotion	12 / 1L						G	P
058951 140252	<b>80473</b>											♻️ X Floor Cleaner Strips, Fresh Lemon (Plastic-Free)	12 / 36ct						G	P
058951 217404	<b>80496</b>											+ ♻️ Fruit & Veggie Soak Concentrate	6 / 740ml						G	P
058951 225003	<b>80490</b>											+ ♻️ Fruit & Veggie Wash Spray	6 / 500ml						G	P
058951 637400	<b>80571</b>											+ ♻️ Multi-Surface Cleaner Spray, Lime Tea Tree	6 / 740ml						G	P
058951 308904	<b>80474</b>											♻️ X Toilet Bowl Cleaner Strips, Fresh Lime (Plastic-Free)	12 / 36ct						G	P

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AELO   ALCOHOL FREE BEVERAGE	23
AK-MAK   SESAME CRACKERS	38
ALIMENTS TRIGONE   CEREAL	24
ALKEME FOODS   GLUTEN FREE SOURDOUGH (FROZEN)	84
ALTER ECO   CHOCOLATE BARS	61
AMANO FOODS   MISO (REFRIGERATED)	82,83
AMANO FOODS   SAUCE	34,35
AMBIENT MOON   CHAI (CONCENTRATES)	11
AMY'S   BURRITOS & WRAPS (FROZEN)	90
AMY'S   CANNED MEALS	30
AMY'S   CANNED SOUP	67,68
AMY'S   ENTRÉES (FROZEN)	90
AMY'S   PIZZA (FROZEN)	92
AMY'S   REFRIED BEANS	47
ANGIE'S   BOOMCHICKAPOP MICROWAVE POPCORN	40
ANGIE'S   BOOMCHICKAPOP RTE POPCORN & CORN PUFFS	58
ANITA'S ORGANIC MILL   BULK GRAINS	40
ANITA'S ORGANIC MILL   FLOUR	8
ANITA'S ORGANIC MILL   PANCAKE & WAFFLE MIX	27
ANITA'S ORGANIC MILL   OATS	41
ANTOINETTE'S   DIP & SAUCE (REFRIGERATED)	76
ARIZONA PEPPER'S   HOT SAUCE	30
ASPEN CLEAN   LAUNDRY PRODUCTS	99
ATLANTIC MARICULTURE   DULSE	45
AUGA   READY TO EAT ORGANIC CURRY	30
AUGA   READY TO EAT ORGANIC SOUPS	68
AURA CACIA   BODY CARE	95
AVALON   ORGANIC ICE CREAM (FROZEN)	87,88
AVENA FOODS   OAT FLOUR	8
AVENA FOODS   OATS	41
BACH REMEDIES   RESCUE PET FORMULA	55
BACH REMEDIES   RESCUE FORMULA	94
BAG TO EARTH   FOOD WASTE BAGS	99
BAKERS SUPPLY HOUSE   BAKING INGREDIENTS	6
BARBARA'S BAKERY   CHEESE PUFFS	58
BEE-MINDFUL HUNNIE   VEGAN HONEY ALTERNATIVE	69
BETTERWITH   CREAM ICE CREAM (FROZEN)	88
BEYOND MEAT   PLANT-BASED MEAT ALTERNATIVE (FROZEN)	91
BEYOND THE OLIVE   CALIFORNIA OLIVE OIL	50
BIG MOUNTAIN   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	81
BIG MOUNTAIN   SOY-FREE TOFU (REFRIGERATED)	83
BIOITALIA   CANNED BEANS	28
BIOITALIA   OIL	50
BIOITALIA   PASTA	52
BIOITALIA   PESTO SAUCE	31
BIOITALIA   TOMATO SAUCE	33
BIOITALIA   TOMATOES	29
BIO-K PLUS   PROBIOTIC (REFRIGERATED)	84
BIO-K PLUS   PROBIOTIC CAPSULES	95
BIOVERT   DISHWASHING PRODUCTS	98
BIOVERT   LAUNDRY PRODUCTS	99
BLACK RIVER   JUICE & LEMONADE	18
BLISS BALLS   ENERGY TRUFFLE BALLS	55
BLUE DIAMOND   ALMOND BREEZE ALMOND BEVERAGE	21
BLUE DIAMOND   ALMOND BREEZE ALMOND BEVERAGE (REFRIGERATED)	72
BLUE DIAMOND   ALMOND FLOUR	8
BLUE DIAMOND   NUT THINS CRACKERS	38
BLUE MONKEY   COCONUT CREAM & MILK	47
BLUE MONKEY   PURE COCONUT WATER & JUICE	18
BLUE MONKEY   SPARKLING BEVERAGE	15
BLUEBIRD PROVISIONS   BONE BROTH (FROZEN)	89
BLUEBIRD PROVISIONS   INSTANT BONE BROTH MIX	66
BO & MARROW   BONE BROTH (FROZEN)	89
BOB'S RED MILL   BAKING INGREDIENTS	7
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	27
BOB'S RED MILL   SEEDS	49
BOB'S RED MILL   SHREDDED COCONUT	48
BOB'S RED MILL   SOUP MIX	68
BOB'S RED MILL   TEXTURED VEGETABLE PROTEIN	48
BRAGG   ALL PURPOSE SEASONING	35
BRAGG   APPLE CIDER VINEGAR	35
BRAGG   SPRINKLE SEASONING	43
BREMNER'S   JUICE	18

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BREMNER'S   FRUIT (FROZEN)	93
BREW DR.KOMBUCHA   KOMBUCHA (REFRIGERATED)	77
BUBBIES   BREAD & BUTTER CHIPS	34
BUBBIES   CONDIMENTS (REFRIGERATED)	76
BUBBIES   FERMENTED CONDIMENTS (REFRIGERATED)	75
BUCHA BREW   KOMBUCHA	16
BUCHA BREW   KOMBUCHA (REFRIGERATED)	77
BUENO FOODS   TORTILLAS (FROZEN)	86
BULK BEANS	40
BULK GRAINS	40
BULK NUTS	50
BULK POPPING CORN	40
BULK SEA SALT	44
BULK SEEDS	50
CABOO   BAMBOO BABY WIPES	5
CABOO   TREE-FREE PAPER PRODUCTS	100
CAF-LIB   GRAIN BEVERAGE	11
CAMINO   CHOCOLATE BAKING PRODUCTS	7
CAMINO   CHOCOLATE BARS	61
CAMINO   HOT CHOCOLATE	11
CAMINO   SHREDDED COCONUT	48
CAMINO   SUGAR	69
CANADIAN HERITAGE ORGANICS   MAPLE BUTTER & SYRUP	69
CANADIAN KELP RESOURCES   SEA VEGETABLES	45
CASBAH AUTHENTIC GRAINS   GRAINS, SIDES & SPECIALTY MIXES	46
CAULIPOWER   CAULIFLOWER PIZZA CRUSTS (FROZEN)	88
CAULIPOWER   PIZZA (FROZEN)	92
CHA'S ORGANICS   CANNED FRUIT	29
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
CHASERS   100% COLD-PRESSED JUICE (REFRIGERATED)	77,78
CHEF BOMBAY   INDIAN APPETIZERS (FROZEN)	89
CHEF BOMBAY   INDIAN ENTREES (FROZEN)	90
CHIMES   CANDY	64
CHOSEN FOODS   AVOCADO OIL DRESSING & MAYO	32
CHOSEN FOODS   CULINARY OIL	50
CLAWHAMMER   ORGANIC MINTS	64
CLEVER   PREMIUM MOCKTAIL	23
CLIF   BLOKS ENERGY CHEWS	55
CLIF   PERFORMANCE & SNACK BARS	55,56
CLIF   ENERGY & SNACK BARS	55
CLIF KID   ORGANIC ZBARS	37
CLOUD 9   GLUTEN-FREE BAKING MIX	6
CLOUD 9   PANCAKE & WAFFLE MIX	27
CÖCO   SUPERFOOD HOT CHOCOLATE	11
COCOFINO   PLANT-BASED YOGURT (REFRIGERATED)	74
COCONUT SECRET   SOY SAUCE SUBSTITUTE	35
COOLER CO KOMBUCHA (REFRIGERATED)	78
COUNTRY GOLDEN YOLKS   EGGS (REFRIGERATED)	72
CRAVE   SWEETENER	69
CRICH   CRACKERS WITH EXTRA VIRGIN OLIVE OIL	38
DAIYA   CHEEZECAKE (FROZEN)	87
DAIYA   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	73
DAIYA   DAIRY-FREE MAC & CHEESE	52
DAIYA   DAIRY-FREE SALAD DRESSING	33
DAIYA DAIRY-FREE   PIZZA & FLATBREAD (FROZEN)	92,93
DANDIES   VEGAN MARSHMALLOWS	64
DEEBEE'S ORGANICS   FREEZER POPS	64
DIVINE   CHOCOLATE BARS	61,62
DOMO TEA   STONE GROUND TEA	11
DOM'S DEODORANT	95
DUMET   OLIVES	34
EAGLE INSTAFERM   BAKING INGREDIENTS	7
EARTH BALANCE   SPREAD & STICKS (REFRIGERATED)	73
EARTH FRIENDLY   DISHWASHING PRODUCTS	98
EARTHBOUND FARM   ORGANIC FRUIT (FROZEN)	93,94
EARTHBOUND FARM   ORGANIC VEGETABLES (FROZEN)	94
EARTH'S OWN   DAIRY-FREE BUTTER ALTERNATIVE (REFRIGERATED)	73
EARTH'S OWN   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	73
EARTH'S OWN   DAIRY-FREE CREAMER (REFRIGERATED)	72
EARTH'S OWN   DAIRY-FREE SOUR CREAM ALTERNATIVE (REFRIGERATED)	74
EARTH'S OWN   PLANT-BASED BEVERAGE	21
EARTH'S OWN   PLANT-BASED BEVERAGE (REFRIGERATED)	72,73
EAT WHOLESOME   BAKED BEANS	30
EAT WHOLESOME   BEAN VERMICELLI	45
EAT WHOLESOME   CANNED BEANS	28
EAT WHOLESOME   CANNED SOUP	68
EAT WHOLESOME   CONDIMENTS	31
EAT WHOLESOME   PICKLED VEGETABLES	34

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EAT WHOLESOME   TOMATOES & VEGETABLES	29
EAT WHOLESOME   VINEGAR	35
ECO LIVING CLUB   CLEANER STRIPS	100
ECO LIVING CLUB   DISHWASHER STRIPS	98
ECO LIVING CLUB   LAUNDRY DETERGENT STRIPS	99
ECO-MAX   DISHWASHING PRODUCTS	98
ECO-MAX   LAUNDRY PRODUCTS	100
ECO-MAX   SURFACE CLEANING PRODUCTS	100
ECOPOOCH   COMPOSTABLE DOGGIE BAGS	54
ECOSAFE~6400   COMPOSTABLE BAGS	99
ECOSAFE~6400   COMPOSTABLE SANDWICH BAGS	99
EDEN   APPLE BUTTER	27
EDEN   APPLE SAUCE	29
EDEN   BARLEY MALT SYRUP	69
EDEN   CANNED BEANS	30
EDEN   CANNED BEANS	28,29
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	47
EDEN   SEA VEGETABLES	45
EDEN   SESAME OIL	50
EDEN   TAHINI	27
EDEN   VINEGAR	35
EDWARD & SONS   EXOTIC RICE TOASTS & BAKED BROWN RICE SNAPS	38
EDWARD & SONS   MISO SOUP	45
EFRUTI   FRUIT JUICE GUMMI CANDIES	64
ELIAS   HONEY	69
ELIMENTO   NUT & SEED BUTTERS	28
ELIMENTO   NUTRITIONAL YEAST	42
EMMA   UNBLEACHED COFFEE FILTERS	10
ENDANGERED SPECIES CHOCOLATE   CHOCOLATE BARS	62
ENDANGERED SPECIES CHOCOLATE   OAT MILK BAKING CHIPS	7
ENGEVITA   NUTRITIONAL YEAST	42
ENJOY LIFE   BAKING CHOCOLATE	8
ESCUMINAC   FARM BOTTLED ORGANIC MAPLE SYRUP	69
EVE'S CRACKERS	38
EVIVE   BLENDER FREE SMOOTHIE CUBES (FROZEN)	93
EVIVE   SMOOTHIE POPS (FROZEN)	88
FARMER'S MARKET   CANNED PUMPKIN	29
FARMHOUSE CULTURE   GUT SHOT BEVERAGE (REFRIGERATED)	79
FATSO   PEANUT BUTTER	28
FENTIMANS   BOTANICALLY BREWED SOFT DRINKS & MIXERS	22
FERIDIES   PEANUTS	65
FEVER-TREE   PREMIUM COCKTAIL MIXERS	22
FIELD ROAST   CHAO PLANT BASED CHEESE (REFRIGERATED)	73
FIELD ROAST   PLANT BASED MEAT (REFRIGERATED)	82
FILSINGER'S ORGANIC FOODS   APPLE CIDER VINEGAR	35
FLORIDA CRYSTALS   SUGAR	69
FLOW   ALKALINE SPRING WATER	24
FOOD FOR LIFE   BREAD & ENGLISH MUFFINS (FROZEN)	84,85
FOOD FOR LIFE   EZEKIEL 4:9 SPROUTED CEREAL	25
FOOD FOR LIFE   TORTILLAS (FROZEN)	86
FOUR O'CLOCK   TEA CRAFTERS	11,12
FREE2B   ALLERGEN-FREE CHOCOLATE CUPS	62
FREEYUMM   ALLERGEN-FREE COOKIES	36
FREEYUMM   CRACKERS	38
GARDEIN   MEAT-FREE ALTERNATIVE (FROZEN)	91,92
GARDEIN   PLANT-BASED BOWLS (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	43
GINGER PEOPLE   GINGER SOOTHER	16
GINGER PEOPLE   GINGER SYRUP	31
GINGER PEOPLE   MINCED GINGER	45
GLUTINO   COOKIES	36
GLUTINO   CRACKERS	39
GLUTINO   PRETZELS	58
GOBIO!   BOUILLON CUBES & BROTH POWDER	66
GOBIO!   CANDY	65
GOBIO!   GRAVY & PESTO CUBES	32
GOMACRO   MACROBAR	56
GOOD TO GO   SOFT BAKED BARS, BLONDIES & BROWNIES	56
GOODDRINK   BOTTLED TEA	19



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GOODDRINK   SPRITZER	15
GOODVIBES JUICE CO   GOODVIBES SHOTS+	16
GREEK GODS   GREEK STYLE YOGURT (REFRIGERATED)	72
GREEN CUISINE   MOCHI, TEMPEH & TOFU (REFRIGERATED)	83
GREEN CUISINE   TEMPEH (FROZEN)	92
GREEN TABLE FERMENTS   CONDIMENTS (REFRIGERATED)	75
GT'S   SYNERGY RAW KOMBUCHA (REFRIGERATED)	79
GT'S   ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)	79
GUAYAKI   YERBA MATE	12
GUAYAKI   YERBA MATE BEVERAGE	17
GUSTA   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	82
HABIBI'S MEDITERRANEAN   DIPS & HUMMUS (REFRIGERATED)	76
HABIBI'S MEDITERRANEAN   LEBANESE GARLIC SAUCE	46
HAPPY PAWS   CAT & DOG FOOD	54
HAPPY PLANET   JUICE & SMOOTHIES (REFRIGERATED)	79
HAPPY PLANET   SOUP (REFRIGERATED)	77
HARDBITE   HANDCRAFTED STYLE CHIPS	58
HARMLESS HARVEST   COCONUT BEVERAGES (REFRIGERATED)	79
HARVEST SNAPS   BAKED CRISPS	59
HEALTH-ADE   KOMBUCHA (REFRIGERATED)	80
HEALTHY SHORES   CANNED SEAFOOD FOR CATS & DOGS	54
HOLY CRAP   SUPERSEED CEREAL & OATMEAL	24
HOLY NAPOLI   PIZZA DOUGH (FROZEN)	88
HOLY NAPOLI   NEAPOLITAN PIZZA (FROZEN)	93
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
HONEY STINGER   SPORTS NUTRITION	56
HOOCHY 'BOOCH   KOMBUCHA (REFRIGERATED)	80
HORNBY ISLAND   VEGGIE PÂTÉ (REFRIGERATED)	82
HORNBY ORGANIC   ENERGY BAR	56,57
HOT-KID   RICE CRISPS	39
HOUSE OF YEE   GLUTEN FREE DUMPLINGS (FROZEN)	91
HUER   NATURAL CANDY	65
HUMBLE   ORGANIC POTATO CHIPS	59
HUMMINGBIRD   BEAN TO BAR CHOCOLATE	62
HUNGRY BUDDHA   KETO BAR	57
IF YOU CARE   COFFEE FILTERS	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	99
IF YOU CARE   FOOD WASTE BAGS	99
ILIADA   GREEK OLIVES	34
IMAGINE FOODS   BROTH	67
IMAGINE FOODS   NATURAL SOUP	68
INDIANLIFE   CHIPS & SAVOURY SNACKS	59
INDIANLIFE   ENTRÉES (FROZEN)	91
INDIANLIFE   FLAT BREADS, WRAPS & TORTILLAS (FROZEN)	86
ISLAND ESSENTIALS   NATURAL BODY CARE	95,96
ISLAND KRAUT   RAW KRAUT (REFRIGERATED)	75
ISLAND NUT ROASTERY   FRESH ROAST NUT BUTTER	28
ISLANDERS MEXICAN SAUCE   FRESH AUTHENTIC SALSA (REFRIGERATED)	76
ITO EN   UNSWEETENED READY TO DRINK TEA	19
JASON   HAIR CARE	98
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)	92
JUSTIN'S   NUT BUTTER CUPS	62
JYOTI   INDIAN CUISINE	45
KAN'S   APPETIZERS (FROZEN)	89
KARTHEIN'S ORGANIC   UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	75
KASLO SOURDOUGH PASTA   PASTA FERMENTATA	53
KETTLE BRAND   POTATO CHIPS	59
KIJU ORGANIC   BEVERAGE	19
KIND   BREAKFAST BARS, HEALTHY GRAINS BARS & THINS NUT BARS	37
KIND   CHOCOLATE DIPPED CLUSTERS	62
KIND   NUT BAR	57
KIND   WHOLE GRAINS GRANOLA	25
KINDRED CULTURES   PROBIOTIC WATER KEFIR (REFRIGERATED)	80
KING ISLAND   COCONUT WATER	19
KINNIKINNICK   COOKIES	36
KINNIKINNICK   DINNER ROLLS & PIE CRUSTS (FROZEN)	88
KINNIKINNICK   DONUTS (FROZEN)	87
KINNIKINNICK   GLUTEN FREE BREAD PRODUCTS (FROZEN)	85
KINNIKINNICK   GRAHAM STYLE CRUMBS	7
KINNIKINNICK   PANCAKE & WAFFLE MIX	27

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KINNIKINNICK   PANKO STYLE BREAD CRUMBS	5
KONSCIOUS   PLANT-BASED SEAFOOD MEALS (FROZEN)	91
KOYO   JAPANESE PRODUCTS	45
KOYO   RAMEN	67
KRINOS   FETA CHEESE (REFRIGERATED)	71
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)	71
LE GRAND   PESTO (REFRIGERATED)	76
LE GRAND   PLANT BASED CHEESE (REFRIGERATED)	73,74
LE PAIN DES FLEURS   CRISPBREAD	39
LET'S DO   ICE CREAM CONES	87
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	87
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	70
LEVEL GROUND TRADING DIRECT FAIR TRADE   TEA	12
LICK YOUR CHOPS   CAT & DOG FOOD	54
LITA'S MEXICAN FOODS   FLOUR TORTILLAS (FROZEN)	86
LITA'S MEXICAN FOODS   VEGAN TAQUITOS (FROZEN)	89
LIVELY   PREBIOTIC POP	17
LIVIVA   KETO PASTAS	53
LOOP MISSION   COLD-PRESSED JUICE & SMOOTHIES (REFRIGERATED)	80
LOOP MISSION   PROBIOTIC SODA (REFRIGERATED)	80
LOTUS FOODS   RICE	42
LOTUS FOODS   RICE NOODLES	47
LOTUS FOODS   RICE RAMEN MISO SOUP	67
LOTUS FOODS   RICE RAMEN NOODLES	46
LOVE CHILD ORGANICS   BABY FOOD & SNACKS	5
LOVE GOOD FATS   KETO BAR	57
LUCKY FOODS   SPRING ROLLS (FROZEN)	89
LUNDBERG   BROWN RICE SYRUP	70
LUNDBERG   RICE CAKE MINIS	59
LUNDBERG   WHOLE GRAIN RICE CAKES	39
LUNDBERG FAMILY FARMS   ENTREES & SIDES	52
LUNDBERG FAMILY FARMS   RICE	41,42
MACKELLAR FARMS   EDAMAME (FROZEN)	94
MADEGOOD   BARS & BITES	37
MADEGOOD   COOKIES	36
MADEGOOD   STAR PUFFED CRACKERS	39
MAISON ORPHEE   CULINARY OIL	50
MAISON ORPHEE   DRESSING & MARINADE	33
MAISON ORPHEE   FRESH MAYONNAISE (REFRIGERATED)	76
MAISON ORPHEE   HAND-HARVESTED GREY SEA SALT	43
MAISON ORPHEE   MUSTARD	31
MAISON ORPHEE   VINEGAR	35
MANITOBA HARVEST   HEMP SEED	49
MANITOBA HARVEST   HEMP SEED OIL	50
MANITOBA HARVEST   HEMP YEAH! GRANOLA	25
MANITOBA HARVEST   PROTEIN POWDER	95
MANNA ORGANICS   MIGHTY MANNA BREAD (FROZEN)	85
MARUKAN   PONZU SAUCE	46
MARUKAN   RICE VINEGAR	36
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	70
MELT ORGANIC   PLANT BUTTER (REFRIGERATED)	73
MID-DAY SQUARES   FUNCTIONAL CHOCOLATE (REFRIGERATED)	82
MISHIMA   INSTANT SOUP	46
MIYOKO'S CREAMERY   VEGAN CHEESE (REFRIGERATED)	74
MIYOKO'S CREAMERY   PLANT-BASED BUTTER (REFRIGERATED)	73
MODERN PRODUCTS   BREWERS YEAST	42
MODERN PRODUCTS   SEASONINGS	43
MOLISANA   ORGANIC ROASTED PEPPERS	34
MOOCHO   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	74
MORNIN' GLORY   PRUNE JUICE	19
MORNIN' GLORY   PRUNES	48
MOUNT HAGEN   INSTANT COFFEE	10
MOUNTAIN SKY   BODY CARE	96

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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	45
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	97,98
NATURA   DAIRY-FREE BEVERAGE	21,22
NATURAL CABANA   LEMON & LIMEADE	19
NATURE CLEAN   DISHWASHING PRODUCTS	98,99
NATURE CLEAN   HAND SOAP	96
NATURE CLEAN   HOUSEHOLD CLEANERS	101
NATURE CLEAN   LAUNDRY PRODUCTS	100
NATURE CLEAN   SHAMPOO & CONDITIONER	98
NATUREBEE   CONCENTRATED FOAMING HAND SOAP TABLETS	96
NATUREBEE   CONCENTRATED HOUSEHOLD CLEANER TABLETS	101
NATUREBEE   REUSABLE SPONGE CLOTHS	101
NATURE'S BAKERY   SNACK BARS	38
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)	93
NATURE'S PATH   WHOLE GRAIN OATS	41
NATURSOURCE   SALAD TOPPER	33
NATURSOURCE   SNACKS	65,66
NAVITAS ORGANICS   DRIED FRUIT	48
NAVITAS ORGANICS   PLANT-BASED SUPERFOOD	42
NIKKEI RAMEN YA   AUTHENTIC RAMEN (FROZEN)	89,90
NIKKEI RAMEN YA   RAMEN SEASONING SAUCE	46
NONNY   CRAFT NON-ALCOHOLIC BEER	23
NOOCHPOP!   VEGAN CHEESY POPCORN	59,60
NORA   SEAWEEED SNACKS	46
NORA'S   DAIRY-FREE DESSERT (FROZEN)	88
NORTH PRAIRIE GOLD   OIL	50
NOVA SCOTIA FISHERMAN   XTREME LIP & SKIN CARE	96
NUMI   ORGANIC TEA	12
NUNWEILER'S   PANCAKE & WAFFLE MIX	27
NUNWEILER'S FLOUR CO   ORGANIC FLOUR	9
NUTIVA   COCONUT MANNA CREAMY SPREAD	28
NUTIVA   OIL	51
NUTS FOR CHEESE   FERMENTED CASHEW PRODUCT (REFRIGERATED)	74
NUTS FOR CHEESE   NUTS FOR BUTTER CULTURED CASHEW PRODUCT (REFRIGERATED)	73
NUUN   HYDRATION SUPPLEMENTS	95
OASIS   PITA BREAD (FROZEN)	86
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 SEAWEEED SNACK	46
O'DOUGHS   BITE SIZED NAAN STYLE O'DIPPERS (FROZEN)	86
O'DOUGHS   BREAD, BUNS & BAGELS (FROZEN)	85
OII   OIL	51
OMEGA 3 NUTRACLEANSE   FIBRE BLEND	95
OMEGA NUTRITION   APPLE CIDER VINEGAR	36
OMEGA NUTRITION   EFA OIL (REFRIGERATED)	84
OMEGA NUTRITION   FLAX & PUMPKIN SEED POWDER	95
OMEGA NUTRITION   OIL	51
OMEGA NUTRITION   PUMPKIN SEED BUTTER	28
ONEEARTH FUNCTIONAL FOODS   COCONUT PALM SUGAR	70
OOME   SMOKED TOFU (REFRIGERATED)	83
ORCHID REAL FLAVOUR   BAKING INGREDIENTS	7
ORGANIC INDIA TEA   HERBAL INFUSIONS	12
ORGANIC MEADOW   BUTTER (FREEZER)	87
ORGANIC MEADOW   ICE CREAM (FROZEN)	88
ORIGO   FREEZE DRIED FRUIT	66
OZERY FAMILY BAKERY   BUNS (FROZEN)	85
PACIFIC FOODS   BROTH	67
PACIFIC FOODS   PLANT-BASED CHILI	30
PACIFIC FOODS   SOUP	68
PAMELA'S   ARTISAN FLOUR BLENDS	9
PAMELA'S   COOKIES	37
PAMELA'S   PANCAKE MIX	27
PANDA   LICORICES	65
PAPERCHEF   CULINARY PARCHMENT BAKING PRODUCTS	6

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PAPERCHIEF   CULINARY PARCHMENT PAPER	99
PAPOUTSANIS   OLIVE OIL HAND SOAP BAR	96
PARMELA CREAMERY   PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)	74
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)	91
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	40
POMONA'S   UNIVERSAL PECTIN	7
POPTASTIC   POPCORN	60
PORTOFINO BAKERY   BREAD & BUNS (FROZEN)	85
PRANA   SNACK NUTS & MIXES	66
PRANA ORGANIC   CHOCOLATE CHUNKS	8
PRANA ORGANIC   CHOCOLATE TREATS	62,63
PRANA ORGANIC   COOKIES	37
PRANA ORGANIC   DRIED FRUIT	49
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	47
QUE PASA   TORTILLA CHIPS	60
R.W. KNUDSEN   FRUIT JUICE & VEGETABLE JUICE	20
RABBIT RIVER FARMS   EGGS (REFRIGERATED)	72
RAINCOAST GLOBAL   MSC CERTIFIED SUSTAINABLE SEAFOOD	29,30
RAWMBAS   VEGAN MUFFINS (FROZEN)	87
RED STAR   NUTRITIONAL YEAST	42
REDMOND   REAL SALT	43
RICEWORKS   GOURMET RICE CHIPS	60
RISE   KOMBUCHA (REFRIGERATED)	81
RISE BOTANICALS   SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)	80
RIZOPIA   RICE PASTA	53
ROAD POP   SPARKLING HOP WATER	23
ROAR ORGANIC   VITAMIN ENHANCED BEVERAGE	17
ROAR PLUS   VITAMIN & ELECTROLYTE DRINK MIX	95
ROLLING MEADOW   BUTTER (FROZEN)	87
RUBY'S AUTHENTIC   APPETIZERS (FROZEN)	89
RUBY'S AUTHENTIC   CHUTNEY (REFRIGERATED)	76
RVIITA   ENERGY TEA	17
SAFE CATCH   LOW MERCURY CANNED SEAFOOD	30
SALT SPRING COFFEE	10,11
SALT SPRING COFFEE   COMPOSTABLE SINGLE-SERVE BREW PODS	10
SALT SPRING GELATO   ITALIAN ICE CREAM (FROZEN)	88
SALT SPRING GELATO   SORBETTO (FROZEN)	88
SAN-J   BREWED SOY SAUCE & ALTERNATIVES	35
SAN-J   COOKING SAUCE	32
SAN-J   RICE CRACKERS	39
SANTA CRUZ ORGANIC   100% LEMON & LIME JUICE	43
SANTA CRUZ ORGANIC   LEMONADE	20
SAPSUCKER   SPARKLING TREE WATER	17
SAUGEEN COUNTRY DAIRY   KEFIR & YOGURT (REFRIGERATED)	72
SAVE DA SEA   PLANT-BASED SEAFOOD (REFRIGERATED)	82
SAY WHEN   ORGANIC CHAI CONCENTRATE	13
SEASNAX   SEAWEED PRODUCTS	46
SENSIBLE PORTIONS   GARDEN VEGGIE STRAWS & CHIPS	60
SEOUL   KIMCHI (REFRIGERATED)	75
SEOUL   KIMCHI HOT SAUCE	31
SEOUL   KOREAN BBQ SAUCE	32
SILK'N SOFT   BAMBOO BATHROOM TISSUE	100
SIMPLA   COCONUT PLANT-BASED YOGURT (REFRIGERATED)	74,75
SIMPLY ORGANIC   BOTTLED SPICES & GRINDERS	43,44
SIMPLY ORGANIC   DIP MIX	55
SIMPLY ORGANIC   FINISHING SALT	44
SIMPLY ORGANIC   FLAVOURINGS & EXTRACTS	7
SIMPLY ORGANIC   GRAVY MIX	32
SIMPLY ORGANIC   PASTA SAUCE MIX	43
SIMPLY ORGANIC   SEASONING MIX	44
SKIPPY'S KETTLE CORN	60
SNACK 21   DOG & CAT SNACKS	55
SOBER CARPENTER   NON-ALCOHOLIC CRAFT BEER & CIDER	23
SOTA SPARKLING TEA + ADAPTOGENS	17

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SOYA NOVA   TOFU (REFRIGERATED)	83
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	17
SPREAD 'EM KITCHEN CO.   CASHEW CHEESE (REFRIGERATED)	74
SPREAD 'EM KITCHEN CO.   CASHEW DIP (REFRIGERATED)	76
SQUAMISH WATER KEFIR   FROZEN PROBIOTIC POPS	88
SQUAMISH WATER KEFIR   PROBIOTIC SODA & WATER KEFIR (REFRIGERATED)	81
ST. MICHAEL   HONEY	70
STAHLBUSH ISLAND FARMS   FRUIT (FROZEN)	94
STAHLBUSH ISLAND FARMS   VEGETABLES (FROZEN)	94
STASH TEA   PREMIUM TEA	13
STELLA'S   PEROGIES (FROZEN)	91
STICKLING'S   BAKERY PRODUCTS	6
STOKED OATS   SUPERFOOD GRANOLA	26
STOKED OATS   SUPERFOOD OATMEAL BLEND	25
STREET LEGAL   DEALCOHOLIZED BEER	24
SUNDHED   SEA SALT & PURE HIMALAYAN SALT	44
SUNFLOWER KITCHEN   DIP & SAUCE (REFRIGERATED)	76,77
SUNSHINE FARMS   CONDIMENTS	31
SUNSHINE FARMS   ORGANIC PICKLES	34
SUNSHINE FARMS   VINEGAR	36
SUNSORYA   SPIRULINA SPRINKLES	43
SUPERIOR NATURAL   TOFU (REFRIGERATED)	83
SWERVE SWEETENER	70
SYNERGY ORGANICS   DENTAL CARE	97
TASTE NIRVANA   COCONUT WATER	20
TAZO TEA   BLACK TEA CONCENTRATE	14
TAZO TEA   FILTERBAG TEA	14
TERRA   ARTISAN BREAD (FROZEN)	86
TERRA BREADS   SMALL BATCH GRANOLA	27
TERRA DELYSSA   OLIVE OIL	51
THAI KITCHEN   COCONUT CREAM & MILK	47
THAI KITCHEN   PASTE & SAUCE	48
THAI KITCHEN   RICE NOODLES	48
THAYERS REMEDIES   WITCH HAZEL	97
THE BETTER BUTCHERS   FORAGER'S FINEST MUSHROOM POWERED GROUND (FROZEN)	92
THE CULTURED COCONUT   PROBIOTIC (REFRIGERATED)	84
THE GINGER PEOPLE   GINGER CANDY	65
THEO   CHOCOLATE	63
THIRSTY BUDDHA   COCONUT WATER	20
THIRSTY BUDDHA   SPARKLING COCONUT WATER	16
THOMPSON'S HOMEOPATHIC   CRÈME	97
THRIVE REMEDIES   ADAPTOGENIC TEA	17
TINKYADA   RICE PASTA	53,54
TOFINO   RAW KOMBUCHA (REFRIGERATED)	81
TOFURKY   MEAT ALTERNATIVE (REFRIGERATED)	82
TOM'S OF MAINE   DENTAL CARE	97
TOM'S OF MAINE   DEODORANT	97
TRADITIONAL MEDICINALS   TEA	14
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	20
TWO BEARS   DAIRY-FREE BEVERAGE	22
TWO BEARS   DRINK MIXER	24
TWO BEARS   LACTOSE FREE DAIRY LATTE	20,21
UMI'S KITCHEN   COOKING SAUCE	32
UNBUN   GRAIN FREE & KETO BREAD (FROZEN)	86
UNBUN   GRAIN FREE & KETO TORTILLAS (FROZEN)	86
UNCLE LEE'S TEA	14,15
UNICO   CHICKPEAS	29
UNICO   OLIVE OIL	51
VANCOUVER CROISSANT   READY-TO-BAKE CROISSANTS (FROZEN)	89
VEGAN ROB'S   PLANT BASED SNACKS	61
VG GOURMET   ARTISAN VEGAN BURGERS (FROZEN)	92
VIJ'S   INDIAN APPETIZERS (FROZEN)	89
VIJ'S   INDIAN CUISINE (FROZEN)	91
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
WHOLESOME   NATURAL & ORGANIC SWEETENER	70
WHOLLY WHOLESOME   PIE SHELLS (FROZEN)	89
WILD COUNTRY   HONEY	70
WILD TEA   KOMBUCHA	18
WILDBRINE   FERMENTED SAUCE (REFRIGERATED)	77

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WILDBRINE   FERMENTED VEGETABLES (REFRIGERATED)	75
WILDVINE   PICKLED VEGETABLES (REFRIGERATED)	77
WILDWOOD ORGANICS   TOFU (REFRIGERATED)	83
WISE BITES   ALLERGEN-FREE BAKED GOODS (FROZEN)	87
WIZARD'S   ORGANIC SAUCE	31
WIZE   ICED TEA	16
WOW BAKING COMPANY   COOKIES	37
WOWBUTTER   NUT FREE BUTTER	28
WUNDERCAT   ALL NATURAL CAT LITTER	54
YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS	55
YESHI   NUTRITIONAL YEAST DRESSING & DIP	33
YESHI   NUTRITIONAL YEAST FLAKES	43
YOGGU!   PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED)	75
YOGI   HERBAL TEA	15
YOGOURMET   CULTURES (REFRIGERATED)	72
YVES   VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)	82
ZAZUBEAN   CHOCOLATE BARS	63,64
ZEVIA   STEVIA SWEETENED TEA BEVERAGE	21
ZEVIA   ZERO SUGAR ENERGY DRINK	18
ZEVIA   ZERO SUGAR SODA	16
ZIMT   MACAROONS	57
ZORAW CHOCOLATES   FUNCTIONAL CHOCOLATE BARS	64