



# Wholesale Catalogue

## March 2025



# ***PSC Natural Foods***

*we deliver the goodness*

Tel: 250-386-3880 • 1-800-663-7604

Fax: 250-386-1413 • 1-800-520-5052

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

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





## PSC Natural Foods

*we deliver the goodness*

Office & Order Desk Hours:

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

Friday 8:30AM - 3:00PM

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

Friday 8:30AM - 2:30PM

Warehouse | Unit 117-2924 Jacklin Road

Victoria BC

V9B 3Y5

**Tel** 250.386.3880 • 1.800.663.7604

**Fax** 250.386.1413 • 1.800.520.5052

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

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## PSC NATURAL FOODS Wholesale Catalogue

### Accounting Information Payment

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

### Past Due Accounts

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

### Delivery & Pick-up Information

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

### Order Pick-ups

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

### Quick Pick-Up Policy

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

### Back Order Policy

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

### Ordering Information

\* prices subject to change without notice

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

### Split Cases

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

### Minimum Order Amounts

– on scheduled days, where applicable.

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

### Claims

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

#### All Claims>Returns

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

#### Pricing/Shipping Errors

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

#### Guaranteed Sales

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

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

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

## PSC Freight Rates

Highly competitive freight rates.

*We deliver the goodness for less.*

### Vancouver Island and Other Islands

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

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

### Mainland

Greater Vancouver *Minimum order, no charge*

### Zone 1

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

### Zone 2

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

### Zone 3

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

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

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

### Lower Minimum Orders for Prepaid Freight

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

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

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

**Shipped from Horizon on Tuesday**

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

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

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

### Zone 2

See locations in Freight Rates Table (left)

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

### Zone 3

See locations in Freight Rates Table (left)

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

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

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

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

**BUY GROUP \$650 MINIMUM**

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

### Split Cases

• 1/2 case minimum.

Frozen items are sold in full cases only.

### Order Pick-ups

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

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

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

<b>BABY CARE</b>	5
<b>BAKERY GOODS</b>	5>6
<b>BAKING &amp; PRESERVING</b>	6>10
<b>BEVERAGES, HOT</b>	10>16
<b>BEVERAGES, READY-TO-DRINK</b>	16>26
<b>BREAKFAST FOODS</b>	26>29
<b>BUTTER ALTERNATIVES, NUT BUTTERS &amp; FRUIT SPREADS</b>	30
<b>CANNED &amp; PACKAGED GOODS</b>	30>33
<b>CONDIMENTS &amp; SAUCES</b>	33>38
<b>COOKIES, SNACK BARS &amp; TOASTER PASTRIES</b>	38>40
<b>CRACKERS &amp; PUFFED GRAIN CAKES</b>	41>42
<b>DRIED BEANS, GRAINS, OATS, POPCORN, RICE &amp; SEEDS</b>	43>45
<b>FUNCTIONAL FOODS</b>	45
<b>HERBS, SPICES, SEASONINGS &amp; SALTS</b>	46>47
<b>INTERNATIONAL CUISINE</b>	47>51
<b>MEAT ALTERNATIVES</b>	51
<b>NUTS, SEEDS &amp; DRIED FRUIT</b>	51>53
<b>OILS</b>	53>55
<b>PACKAGED MEALS &amp; SIDE DISHES</b>	55
<b>PASTAS</b>	56>57
<b>SAVORY DIPS &amp; SPREADS</b>	57
<b>SNACKS</b>	57>69
<b>SOUPS &amp; BROTHS</b>	69>72
<b>SWEETENERS</b>	72>73
<b>DAIRY &amp; EGGS PRODUCTS</b>	74>75
<b>DAIRY ALTERNATIVES</b>	75>78
<b>FERMENTED VEGETABLES</b>	78>79
<b>FRESH CONDIMENTS, DIPS &amp; SAUCES</b>	79>80
<b>FRESH MEALS &amp; SOUPS</b>	80
<b>COLD COFFEES, JUICES, SMOOTHIES &amp; FUNCTIONAL BEVERAGES</b>	80>85
<b>MEAT &amp; SEAFOOD ALTERNATIVES</b>	85>86
<b>SNACKS</b>	86
<b>TOFU, ASIAN CUISINE &amp; FERMENTED VEGETABLES</b>	86>87
<b>OILS</b>	88
<b>NUTRITIONAL SUPPLEMENTS &amp; PROBIOTICS</b>	88
<b>FROZEN BREAD</b>	88>91
<b>FROZEN BUTTER</b>	91
<b>FROZEN DESSERTS</b>	91>93
<b>FROZEN DOUGH, PASTRY &amp; READY-TO-BAKE</b>	93
<b>FROZEN PREPARED FOODS</b>	93>97
<b>FROZEN PRODUCE, COCONUT WATER, JUICE, SMOOTHIE CUBES &amp; TEAS</b>	98>99
<b>HERBAL REMEDIES</b>	99
<b>VITAMINS &amp; SUPPLEMENTS</b>	99>100
<b>BATH CARE</b>	100
<b>BODY CARE</b>	100>102
<b>DENTAL CARE</b>	102
<b>FEMININE CARE</b>	102
<b>HAIR CARE</b>	103
<b>DISHWASHING PRODUCTS</b>	103
<b>FOOD PACKAGING &amp; WRAP</b>	104
<b>GARBAGE BAGS</b>	104
<b>LAUNDRY PRODUCTS</b>	104>105
<b>PAPER PRODUCTS</b>	105
<b>PET CARE</b>	105>106
<b>SURFACE CLEANING PRODUCTS</b>	107



# PSC Wholesale Catalogue - March 2025

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

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

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

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

## STICKLING'S | BAKERY PRODUCTS

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

## 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			

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

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

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

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

### Baking Supplies

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

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

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



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

### BAKERS SUPPLY HOUSE | BAKING INGREDIENTS

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

### BOB'S RED MILL | BAKING INGREDIENTS

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

### EAGLE INSTAFERM | BAKING INGREDIENTS

067031 109096	02180										Instafirm Instant Yeast	20	/ 450g					
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### KINNIKINNICK | GRAHAM STYLE CRUMBS

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

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

### ORCHID REAL FLAVOUR | BAKING INGREDIENTS

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

### SIMPLY ORGANIC | FLAVOURINGS & EXTRACTS

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

## Preserving Supplies

### POMONA'S | UNIVERSAL PECTIN

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

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

## Cocoa & Chocolate

### CAMINO | CHOCOLATE BAKING PRODUCTS

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

### ENDANGERED SPECIES CHOCOLATE | OAT MILK BAKING CHIPS

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

819597 013825	02501	GMO		GF	V							Mini Chips, White Chocolate	12 / 255g
819597 010213	02325	GMO		GF	V							Morsels, Dark	12 / 255g
819597 013474	02500	GMO		GF	V							Morsels, Chocolateriz, Smooth & Creamy	12 / 255g
853522 000030	02503	GMO		GF	V							Mega Chunks, Semi-Sweet	12 / 255g
853522 000023	02502	GMO		GF	V							Mini Chips, Semi-Sweet	12 / 255g

### KRISDA | SUGAR-FREE CHOCOLATELY CHIPS

688120 200113	23019								🇨🇦	+		Chocolatey Chips, Semi-Sweet	6 / 285g
1068812 0200226	93040		B						🇨🇦	X		Chocolatey Chips, Semi-Sweet (S/O)	1 / 5kg

### PRANA ORGANIC | CHOCOLATE CHUNKS

877693 001559	26142	GMO		GF	*			+				Dark Chocolate Chunks, 70% Cacao, Organic	6 / 300g
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## Flours

### ANITA'S ORGANIC MILL | FLOUR

623636 995351	22912	GMO		GF	*	BC	+					Flour, Almond (blanched), Organic	4 / 375g
623636 993340	22252	GMO		GF	*	BC	+					Flour, Coconut, Organic	4 / 680g
623636 998970	22134	GMO		GF	*	BC	+					Flour, Tapioca, Organic	4 / 850g
623636 710053	22924	GMO		GF	*	BC	+					Flour, Whole Grain Oat, Organic	4 / 900g
623636 999946	22926	GMO		GF	*	BC	+					Flour, Gluten Free 1:1 All Purpose, Organic	4 / 1kg
623636 998956	22133	GMO		GF	*	BC	+					Flour, Gluten Free All Purpose, Organic	4 / 1kg
623636 998550	20261	GMO			*	BC	+					Flour, Sprouted High Protein (grains, beans & legumes), Organic	4 / 1kg
623636 995504	22913	GMO			*	BC	+					Flour, Sprouted Whole Grain Buckwheat (light), Organic	4 / 1kg
623636 993302	22239	GMO			*	BC	+					Flour, Sprouted Whole Grain Spelt, Organic	4 / 1kg
623636 993104	22240	GMO			*	BC	+					Flour, Sprouted Whole Wheat, Organic	4 / 1kg
623636 400008	22126	GMO			*	BC	+					Flour, White All Purpose (bread flour), Organic	4 / 1kg
623636 120203	20101	GMO			*	BC	+					Flour, White, Cake & Pastry, Organic	4 / 1kg
623636 600705	27000	GMO			*	BC	+					Flour, White, Pizza & Pasta (type 00), Organic	4 / 1kg
623636 101202	22138	GMO			*	BC	+					Flour, Whole Grain Buckwheat (light), Organic	4 / 1kg
623636 993395	22251	GMO			*	BC	+					Flour, Whole Grain Einkorn, Organic	4 / 1kg
623636 300056	22129	GMO			*	BC	+					Flour, Whole Grain Rye, Organic	4 / 1kg
623636 500005	22128	GMO			*	BC	+					Flour, Whole Grain Spelt, Stone Ground, Organic	4 / 1kg
623636 200004	22127	GMO			*	BC	+					Flour, Whole Wheat, Stone Ground, Organic	4 / 1kg
623636 998895	21018	GMO			*	BC	+					Flour, 60/40 Bakers Blend, Organic	4 / 2kg
623636 400015	20068	GMO			*	BC	+					Flour, White, All Purpose (bread flour), Organic	4 / 2kg
623636 200011	20069	GMO			*	BC	+					Flour, Whole Wheat, Stone Ground, Organic	4 / 2kg





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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🇨🇦	🏝️	X	PACK	SIZE				G	P	U
039978 106087	20424	GMO	B	GF								1	/ 25lb						
039978 109675	20419	GMO	B	GF	*							1	/ 25lb						
039978 106421	20251	GMO	B	GF								1	/ 25lb						
039978 105356	20423	GMO	B	GF								1	/ 25lb						
039978 105394	20398	GMO	B	GF								1	/ 25lb						

## JOVIAL | EINKORN FLOUR

815421 011005	21044	GMO				*							10	/ 907g					
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## MASECA | CORN MASA FLOUR

34000			B	GF									1	/ 22.68kg					
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## NUNWEILER'S FLOUR CO | ORGANIC FLOUR

067785 000243	20042	GMO				*	🇨🇦	+					4	/ 1kg					
067785 005743	20015	GMO				*	🇨🇦	+					4	/ 1kg					
067785 000045	20043	GMO				*	🇨🇦	+					4	/ 1kg					
067785 000441	20037	GMO				*	🇨🇦	+					4	/ 1kg					
067785 000342	20024	GMO				*	🇨🇦	+					4	/ 1kg					
067785 001745	20014	GMO				*	🇨🇦	+					4	/ 1kg					

## PAMELA'S | ARTISAN FLOUR BLENDS

093709 221142	22246	GMO		GF									3	/ 1.81kg					
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## BEVERAGES, HOT

### Coffee & Coffee Filters

#### EMMA | UNBLEACHED COFFEE FILTERS

071287 870877	60337												8	/ 100ea					G	P
071287 870884	60338												8	/ 100ea					G	P
726286 603307	60304												24	/ 100ea					G	P

#### IF YOU CARE | COFFEE FILTERS

770009 001116	60343												12	/ 100ct					G	P
770009 001123	60341												12	/ 100ct					G	P
770009 001147	60342												12	/ 100ct					G	P

#### LEVEL GROUND COFFEE ROASTERS | CRAFT COFFEE

661594 000366	11949	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000267	11940	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000304	11942	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000410	11950	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 002155	11956	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000342	11954	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000434	11946	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000328	11944	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000380	11948	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000274	11941	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000311	11943	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000427	11951	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000359	11953	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000441	11947	GMO				*	@	🇨🇦	+				6	/ 300g					
661594 000335	11945	GMO				*	@	🇨🇦	+				6	/ 300g					

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🌿	X	PACK	SIZE					G	P	U
661594 000120	11929	GMO					*	@	🌿	+	Coffee Beans, Colombia (dark), Organic	6 / 908g							
661594 000199	11935	GMO					*	@	🌿	+	Coffee Beans, Peru (medium), Organic	6 / 908g							
<b>MOUNT HAGEN   INSTANT COFFEE</b>																			
4000799 110009	12137	GMO					*	@			Instant Coffee, Decaffeinated, Organic	6 / 100g							
4000799 109997	12050	GMO		GF			*				Instant Coffee, Organic	6 / 100g							
<b>SALT SPRING COFFEE</b>																			
628415 686635	12379	GMO					*	@	BC	+	Compostable Coffee Pods, Blue Heron (K-Cup), Organic	6 / 20ct							
628415 686161	12380	GMO					*	@	BC	+	Compostable Coffee Pods, Decaf, Dark Roast (K-Cup), Organic	6 / 20ct							
628415 686413	12381	GMO					*	@	BC	+	Compostable Coffee Pods, French Roast (K-Cup), Organic	6 / 20ct							
628415 077631	12375	GMO					*	@	BC	+	Ground Coffee, Blue Heron, Medium Dark, Organic	8 / 284g							
628415 077419	12376	GMO					*	@	BC	+	Ground Coffee, French Roast, Darkest Roast, Organic	8 / 284g							
628415 077167	12377	GMO					*	@	BC	+	Ground Coffee, Decaf, Dark Roast, Organic	8 / 284g							
628415 077358	12378	GMO					*	@	BC	+	Ground Coffee, Peru, Medium Roast, Organic	8 / 284g							
628415 878634	13301	GMO					*	@	BC	+	Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	8 / 400g							
628415 078317	12356	GMO					*	@	BC	+	Whole Bean Coffee, Canopy Bird, Medium Dark Roast, Organic	8 / 400g							
628415 078416	12361	GMO					*	@	BC	+	Whole Bean Coffee, French Roast, Darkest Roast, Organic	8 / 400g							
628415 878627	12359	GMO					*	@	BC	+	Whole Bean Coffee, Metta Espresso, Medium Dark Roast, Organic	8 / 400g							
628415 078355	12357	GMO					*	@	BC	+	Whole Bean Coffee, Peru, Medium Roast, Organic	8 / 400g							
628415 078270	12358	GMO					*	@	BC	+	Whole Bean Coffee, Sumatra, Dark Roast, Organic	8 / 400g							
628415 078164	12363	GMO					*	@	BC	+	Whole Bean Coffee, Swiss Water Decaf, Dark Roast, Organic	8 / 400g							
628415 078362	12362	GMO					*	@	BC	+	Whole Bean Coffee, Village Trade, Dark Roast, Organic	8 / 400g							
628415 084646	12364	GMO					*	@	BC	+	Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	6 / 908g							
628415 084424	12365	GMO					*	@	BC	+	Whole Bean Coffee, French Roast, Darkest Roast, Organic	6 / 908g							
628415 084387	12366	GMO					*	@	BC	+	Whole Bean Coffee, Village Trade, Dark Roast, Organic (S/O)	6 / 908g							

## Coffee Alternatives

CAF-LIB | GRAIN BEVERAGE

055789 050777 12074 GMO \* Grain Beverage w/chicory, Organic 12 / 150g

## Hot Chocolate Mixes

CAMINO | HOT CHOCOLATE

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





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## GUAYAKI | YERBA MATE

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

## LEVEL GROUND TRADING DIRECT FAIR TRADE | TEA

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

## MATEINA | YERBA MATE

628504 157152	<b>20815</b>	GMO					*		+				10 / 454g							
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## NUMI | ORGANIC TEA

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

## ORGANIC INDIA TEA | HERBAL INFUSIONS

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

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## PUKKA | ORGANIC TEA

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

## STASH TEA | PREMIUM TEA

077652 745924	<b>13231</b>	GMO									Black Tea, Breakfast in Paris w/Lavender & Bergamot	6 / 18ct			
077652 082548	<b>13090</b>	GMO									Black Tea, Chai Spice	6 / 20ct			
077652 082791	<b>13094</b>	GMO									Black Tea, Chai Spice, Decaf	6 / 18ct			
077652 082098	<b>13091</b>	GMO									Black Tea, Double Bergamot Earl Grey	6 / 18ct			
077652 082654	<b>13092</b>	GMO									Black Tea, Double Spice Chai	6 / 18ct			
077652 082272	<b>13093</b>	GMO									Black Tea, Earl Grey	6 / 20ct			
077652 082777	<b>13096</b>	GMO									Black Tea, Earl Grey, Decaf	6 / 18ct			
077652 773972	<b>21091</b>	GMO				*					Black Tea, Earl Grey, Organic	6 / 16ct			
077652 082289	<b>13124</b>	GMO									Black Tea, English Breakfast	6 / 20ct			
077652 082784	<b>13097</b>	GMO									Black Tea, English Breakfast, Decaf	6 / 18ct			
077652 082692	<b>13099</b>	GMO									Black Tea, Vanilla Chai, Decaf	6 / 18ct			
077652 083651	<b>13102</b>	GMO									Green Tea & Matcha, Ginger Peach	6 / 18ct			
077652 083668	<b>13105</b>	GMO									Green Tea & Matcha, Pomegranate Raspberry	6 / 18ct			
077652 082524	<b>13103</b>	GMO									Green Tea, Chai Green	6 / 20ct			
077652 082241	<b>13123</b>	GMO									Green Tea, Jasmine Blossom	6 / 20ct			
077652 773965	<b>21090</b>	GMO				*					Green Tea, Lemon Ginger, Organic	6 / 16ct			
077652 082357	<b>13104</b>	GMO									Green Tea, Moroccan Mint	6 / 20ct			
077652 082296	<b>13106</b>	GMO									Green Tea, Premium Green	6 / 20ct			
077652 082593	<b>13098</b>	GMO									Green Tea, Premium Green, Decaf	6 / 18ct			
077652 773934	<b>21088</b>	GMO				*					Green Tea, Premium Green, Organic	6 / 16ct			
077652 082210	<b>13108</b>	GMO									Herbal Tea, Chamomile	6 / 20ct			
077652 082418	<b>13109</b>	GMO									Herbal Tea, Chamomile Nights	6 / 20ct			
077652 773941	<b>21086</b>	GMO				*					Herbal Tea, Chamomile, Organic	6 / 16ct			
077652 082395	<b>13110</b>	GMO									Herbal Tea, Cinnamon Apple Chamomile	6 / 20ct			
077652 745948	<b>13128</b>	GMO									Herbal Tea, Cozy Cinnamon Vanilla Chamomile	6 / 18ct			
077652 772197	<b>10087</b>	GMO									Herbal Tea, Ginger Fire Chai w/Yerba Mate	6 / 18ct			
077652 772210	<b>13230</b>	GMO									Herbal Tea, Golden Turmeric Chai	6 / 18ct			
077652 082494	<b>13111</b>	GMO									Herbal Tea, Lemon Ginger	6 / 20ct			
077652 082258	<b>13112</b>	GMO									Herbal Tea, Licorice Spice	6 / 20ct			
077652 082562	<b>13113</b>	GMO									Herbal Tea, Mango Passionfruit	6 / 20ct			
077652 082449	<b>13115</b>	GMO									Herbal Tea, Meyer Lemon	6 / 20ct			
077652 773927	<b>21087</b>	GMO				*					Herbal Tea, Mint Blend, Organic	6 / 16ct			
077652 082227	<b>13116</b>	GMO									Herbal Tea, Peppermint	6 / 20ct			
077652 083095	<b>13156</b>	GMO									Herbal Tea, Spice Dragon Red Chai w/Rooibos	6 / 18ct			
077652 772173	<b>13226</b>	GMO									Herbal Tea, Sunny Orange Ginger	6 / 18ct			
077652 773958	<b>21089</b>	GMO				*					Herbal Tea, Turmeric Chai, Organic	6 / 16ct			
077652 082463	<b>21085</b>	GMO									Herbal Tea, Wild Raspberry Hibiscus	6 / 20ct			
077652 084818	<b>13119</b>	GMO									Holiday Herbal Tea, Cinnamon Vanilla	6 / 18ct			
077652 083552	<b>13122</b>	GMO									Oolong Tea, Coconut Mango Wuyi Oolong	6 / 20ct			
077652 773910	<b>13129</b>	GMO									White Tea, Tangerine Honey Daydream	6 / 18ct			







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UPC CODE	CODE	GMO	B	GF	V	*	@	+	♣	X	PACK	SIZE				G	P	U	
5029396 000253	<b>07082</b>											6 / 4x275ml							G P U
5029396 002257	<b>04997</b>											6 / 4x200ml							G P U
5029396 002233	<b>04998</b>											6 / 4x200ml							G P U
5029396 002240	<b>04999</b>											6 / 4x200ml							G P U
5029396 000451	<b>04993</b>											8 / 500ml							G P U
5029396 000437	<b>04995</b>											8 / 500ml							G P U

## FEVER-TREE | PREMIUM COCKTAIL MIXERS

812136 030215	<b>07807</b>											3 / 8x150ml							G P U
812136 030208	<b>07806</b>											3 / 8x150ml							G P U
812136 030963	<b>07810</b>											3 / 8x150ml							G P U
898195 001755	<b>07808</b>											3 / 8x150ml							G P U
898195 001762	<b>07809</b>											3 / 8x150ml							G P U
898195 001137	<b>07208</b>											6 / 4x200ml							G P U
812136 032134	<b>07821</b>											6 / 4x200ml							G P U
898195 001090	<b>06787</b>											6 / 4x200ml							G P U
898195 001274	<b>07209</b>											6 / 4x200ml							G P U
898195 001687	<b>07804</b>											6 / 4x200ml							G P U
812136 031335	<b>06792</b>											6 / 4x200ml							G P U
812136 030925	<b>06790</b>											6 / 4x200ml							G P U
5060108 450171	<b>07262</b>											6 / 4x200ml							G P U
898195 001014	<b>06785</b>											6 / 4x200ml							G P U
898195 001656	<b>07212</b>											6 / 4x200ml							G P U
5060108 450058	<b>06786</b>											6 / 4x200ml							G P U
5060108 450232	<b>06789</b>											6 / 4x200ml							G P U
812136 030185	<b>07805</b>											6 / 4x200ml							G P U
5060108 450515	<b>07259</b>											6 / 4x200ml							G P U
506010 8450287	<b>07210</b>											8 / 500ml							G P U
898195 001427	<b>07141</b>											8 / 500ml							G P U
898195 001441	<b>07802</b>											8 / 500ml							G P U
898195 001342	<b>07092</b>											8 / 500ml							G P U
898195 001403	<b>07803</b>											8 / 500ml							G P U

## GOODDRINK | SPRITZER

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

## PHILLIPS | SODA WORKS

818278 009058	<b>11450</b>							♣	+			6 / 4x355ml							G P U
818278 009034	<b>11448</b>							♣	+			6 / 4x355ml							G P U
818278 009065	<b>11447</b>							♣	+			6 / 4x355ml							G P U
818278 009041	<b>11449</b>							♣	+			6 / 4x355ml							G P U

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

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



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

## SPARKMOUTH | SPARKLING WATER & TONIC

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

## THIRSTY BUDDHA | SPARKLING COCONUT WATER

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

## ZEVIA | ZERO SUGAR SODA

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

## Cold Brew Coffees, Iced Teas & Yerba Mates

### GOODDRINK | BOTTLED TEA

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
853790 001562	<b>04121</b>										+ X	Energy Tea, Green, high caffeine tea (glass bottle)	12 / 473ml					U
853790 001579	<b>04122</b>										+ X	Energy Tea, Lemon, high caffeine tea (glass bottle)	12 / 473ml					U
853790 001555	<b>04120</b>										+ X	Energy Tea, Mango, high caffeine tea (glass bottle)	12 / 473ml					U



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🍁	X	PACK	SIZE				G	P	U
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## Functional Beverages

### BUCHA BREW | KOMBUCHA

628110 435354	17252	GMO				*			BC	+	Kombucha Lite, Grapefruit, Organic	6 / 4x355ml				G	P	U
628110 435347	17251	GMO				*			BC	+	Kombucha Lite, Lemon, Organic	6 / 4x355ml				G	P	U

### GINGER PEOPLE | GINGER SOOTHER

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

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

### LIVELY | PREBIOTIC POP

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

### ROAR ORGANIC | VITAMIN ENHANCED BEVERAGE

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

### RVIITA | ENERGY TEA

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

### SAPSUCKER | SPARKLING WATER BEVERAGE

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

**Buy 35+ cases**

**Save 4.50**

### SOTA | SPARKLING TEA + ADAPTOGENS

628176 390932	35450	GMO							+	X	Sparkling Tea, Calm (grapefruit + hibiscus), Organic	4 / 6x355ml						G	U
628176 390949	35451	GMO							+	X	Sparkling Tea, Focus (orange + chamomile), Organic	4 / 6x355ml						G	U
628176 390956	35452	GMO							+	X	Sparkling Tea, Refresh (lime + dandelion), Organic	4 / 6x355ml						G	U



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## SPERRI | PLANT-BASED MEAL REPLACEMENT SHAKE

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

## THRIVE REMEDIES | WELLNESS TEAS

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

## ZEVIA | ZERO SUGAR ENERGY DRINK

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

## WAKEWATER | CAFFEINATED SPARKLING WATER

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

## WILD TEA | KOMBUCHA

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

## Juices & Non - Carbonated Beverages

### BLACK RIVER | JUICE & LEMONADE

771344 001045	02371					🇨🇦	+	X					Juice, Apple + Cranberry	12 / 300ml				U
771344 001083	02372					🇨🇦	+	X					Juice, Apple + Mango	12 / 300ml				U
771344 001137	02373					🇨🇦	+	X					Juice, Bartlett Pear	12 / 300ml				U
771344 001090	02375					🇨🇦	+	X					Juice, Pure Orange	12 / 300ml				U
771344 001069	02376					🇨🇦	+	X					Juice, Pure Red Grapefruit	12 / 300ml				U
771344 001120	02374					🇨🇦	+	X					Lemonade, Classic	12 / 300ml				G U
771344 004091	02613					🇨🇦	+						Juice, Apple Cranberry	6 / 1L				U
771344 004114	02614					🇨🇦	+						Juice, Apple Mango	6 / 1L				U
771344 004237	02608					🇨🇦	+						Juice, Bartlett Pear	6 / 1L				U
771344 004121	02612					🇨🇦	+						Juice, Pineapple	6 / 1L				U
771344 004138	02604					🇨🇦	+						Juice, Pomegranate	6 / 1L				U
771344 004220	02606					🇨🇦	+						Juice, Pure Cranberry	6 / 1L				U
771344 004251	02610					🇨🇦	+						Juice, Pure Red Grapefruit	6 / 1L				U
771344 004176	02616	GMØ			*	🇨🇦	+						Juice, Sweet Apple Cider, Organic	6 / 1L				U
771344 004060	02602					🇨🇦	+						Juice, Tart Cherry	6 / 1L				U
771344 004053	02603					🇨🇦	+						Juice, Black Cherry	6 / 1L				U

### BLUE MONKEY | PURE COCONUT WATER & JUICE

059654 510014	07337	GMØ								+	X		Juice, 100% Watermelon (can)	12 / 330ml				U
059654 500022	05538									+			Juice Drink, Mango	6 / 1L				U
059654 5000015	07065									+			Juice, Watermelon (PET bottle)	12 / 1L				U
059654 170034	06896	GMØ								+	X		Pure Coconut Water (can)	24 / 330ml				U

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059654 181009	<b>06909</b>	GMO									+ X	Pure Coconut Water (can)	24 / 500ml						U
059654 810121	<b>05526</b>	GMO									+ X	Pure Coconut Water (can)	12 / 500ml						U
059654 180026	<b>06908</b>	GMO									+ X	Pure Coconut Water with Pulp (can)	24 / 500ml						U
059654 820120	<b>05527</b>	GMO									+ X	Pure Coconut Water with Pulp (can)	12 / 500ml						U
059654 133336	<b>07072</b>	GMO								*	+ X	Pure Coconut Water, Organic (can)	12 / 500ml						U
059654 222221	<b>07241</b>	GMO								*	+ X	Pure Coconut Water, Organic (Tetra Pak)	12 / 1L						U

## KIJU ORGANIC | BEVERAGE

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

## KING ISLAND | COCONUT WATER

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

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

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

## PATIENCE FRUIT & CO | FRUIT JUICE

662166 221103	<b>18209</b>	GMO		GF					*	🍁		Pure Cranberry Juice, Not From Concentrate, Organic	6 / 946ml						U
662166 222209	<b>18233</b>	GMO							*	🍁	+	Pure Tart Cherry Juice, Not From Concentrate, Organic	6 / 946ml						U
662166 223305	<b>18232</b>	GMO							*	🍁	+	Pure Wild Blueberry Juice, Not From Concentrate, Organic	6 / 946ml						U
662166 001002	<b>18210</b>	GMO		GF					*	🍁		Fruit d'Or Pure Cranberry Juice, Not From Concentrate	6 / 1L						U
												<b>Buy 12-19 cases</b>	<b>Save 15%</b>						
												<b>Buy 20+ cases</b>	<b>Save 20%</b>						

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

074682 000146	<b>07446</b>	GMO							*			Beet Juice, Organic	6 / 946ml						U
074682 000115	<b>07447</b>	GMO							*			Blueberry Pomegranate Juice, Organic	6 / 946ml						U
074682 123098	<b>06303</b>	GMO										Just Black Cherry Juice	6 / 946ml						U
074682 123241	<b>06363</b>											Just Blueberry (100% Blueberry juice)	6 / 946ml						U
074682 123500	<b>06361</b>	GMO										Just Cranberry (100% Cranberry juice)	6 / 946ml						U
074682 123357	<b>06582</b>	GMO							*			Just Cranberry, Organic (100% Cranberry juice)	6 / 946ml						U
074682 200645	<b>07445</b>	GMO							*			Just Grapefruit, Organic	6 / 946ml						U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🍁	X	PACK	SIZE			G	P	U	
074682 123296	<b>06365</b>											6 / 946ml						U
074682 123128	<b>06581</b>	GMO				*						6 / 946ml						U
074682 123180	<b>06580</b>	GMO				*						6 / 946ml						U
074682 000122	<b>07448</b>	GMO										6 / 946ml						U

## SANTA CRUZ ORGANIC | JUICE, LEMONADE & LIMEADE

036192 127843	<b>06819</b>	GMO				*						12 / 946ml						G	U
036192 123135	<b>06383</b>	GMO				*						12 / 946ml						G	U
036192 123142	<b>06384</b>	GMO				*						12 / 946ml						G	U

## TASTE NIRVANA | COCONUT WATER

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

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

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

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

## Non-Alcoholic Drinks & Cocktail Mixers

### AELO | ALCOHOL FREE BEVERAGE

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

### CLEVER | PREMIUM MOCKTAIL

854531 000707	<b>17556</b>											🍁 + X Mocktail, Mix Pack - Gin & Tonic, Pink Gin & Tonic, Mojito, Sangria (can)	3 / 8x355ml						G	P	U
854531 000844	<b>17557</b>											🍁 + X Mocktail, Margarita (can)	6 / 4x355ml						G	P	U
854531 000028	<b>17558</b>											🍁 + X Mocktail, Raspberry Mojito (can)	6 / 4x355ml						G	P	U
854531 000240	<b>17550</b>											🍁 + X Mocktail, G & Tonic (can)	12 / 355ml						G	P	U
854531 000349	<b>17552</b>											🍁 + X Mocktail, G & Tonic, Pink (can)	12 / 355ml						G	P	U
854531 000837	<b>17555</b>											🍁 + X Mocktail, Margarita (can)	12 / 355ml						G	P	U
854531 000264	<b>17551</b>											🍁 + X Mocktail, Mojito (can)	12 / 355ml						G	P	U
854531 000097	<b>17554</b>											🍁 + X Mocktail, Sangria (can)	12 / 355ml						G	P	U
												<b>Buy 20+ cases</b>	<b>Save 15%</b>								

### FEVER-TREE | CLASSIC COCKTAIL MIX

812136 032363	<b>07824</b>											Cocktail Mix, Caesar	6 / 750ml						G	U
812136 032370	<b>07823</b>											Cocktail Mix, Margarita	6 / 750ml						G	U
812136 032387	<b>07822</b>											Cocktail Mix, Mojito	6 / 750ml						G	U

### NONNY | CRAFT NON-ALCOHOLIC BEER

627987 709162	<b>39651</b>											BC + Non-Alcoholic Beer, Czech Style Pilsner (can)	6 / 4x355ml						G	U
627987 709148	<b>39650</b>											BC + Non-Alcoholic Beer, Pale Ale (can)	6 / 4x355ml						G	U
628942 740251	<b>39652</b>											BC + Non-Alcoholic Beer, West Coast IPA (can)	6 / 4x355ml						G	U



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## PARTAKE BREWING | NON-ALCOHOLIC BEER

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

## PARTAKE BREWING | SPARKLING HOP WATER

628110 465849	<b>06019</b>								🍁	+			6 / 4x355ml				G		U
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## PHILLIPS | IOTA NON-ALCOHOLIC CRAFT BEER

818278 005166	<b>11452</b>								🌲	+			6 / 4x355ml				G		U
818278 005944	<b>11453</b>								🌲	+			6 / 4x355ml				G		U
818278 009683	<b>11446</b>								🌲	+			6 / 4x355ml				G		U
818278 009706	<b>11445</b>								🌲	+			6 / 4x355ml				G		U
818278 009690	<b>11444</b>								🌲	+			6 / 4x355ml				G		U

## ROAD POP | SPARKLING HOP WATER

628120 870015	<b>10351</b>								BC	+			6 / 4x473ml				G		U
628120 870008	<b>10350</b>								BC	+			6 / 4x473ml				G		U

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

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

Buy 20+ cases

Save 15%

## SPARKMOUTH | MOCKTAILS

818278 009980	<b>11420</b>								BC	+			6 / 4x355ml				G	P	U
818278 009973	<b>11421</b>								BC	+			6 / 4x355ml				G	P	U
818278 009997	<b>11422</b>								BC	+			6 / 4x355ml				G	P	U

## STREET LEGAL | DEALCOHOLIZED BEER

628113 405392	<b>39559</b>								BC	+			6 / 4x355ml				G		U
628113 418118	<b>39558</b>								BC	+			6 / 4x355ml				G		U
628113 399967	<b>39556</b>								BC	+			6 / 4x355ml				G		U
628113 439984	<b>39555</b>								BC	+			6 / 4x355ml				G		U

## TWO BEARS | DRINK MIXER

628504 309551	<b>10011</b>								🍁	+	X		3 / 4x207ml						P	U
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## Non-Dairy Alternatives For Coffee (shelf stable)

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

626027 114072	<b>07405</b>	GMO							BC	+			12 / 946ml						
626027 814422	<b>07404</b>	GMO							BC	+			12 / 946ml						
626027 814071	<b>07345</b>								BC	+			12 / 946ml						
626027 087703	<b>06917</b>								BC	+			12 / 946ml						

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## NATURA | DAIRY-FREE BARISTA BLEND

063667 201197 06406 \* + Barista, Oat 6 / 946ml

## OATLY | BARISTA EDITION OAT DRINK

190646 631390 35506 GMO GF V Barista Edition 12 / 946ml

## TWO BEARS | DAIRY-FREE BARISTA OAT

628504 309391 10008 \* + Barista Oat (unsweetened) 6 / 946ml

628504 309308 10059 \* + Barista Oat, Vanilla (unsweetened) 6 / 946ml

## Non-Dairy Beverages (shelf stable)

### BLUE DIAMOND | ALMOND BREEZE ALMOND BEVERAGE

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

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

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

### EDEN | EDENSOY SOYMILK

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

### NATIVE FOREST | DAIRY FREE MILK POWDER

043182 011013 24134 X Instant Milk Powder, Coconut 6 / 150g

### NATURA | DAIRY-FREE BEVERAGE

063667 241087 06408 GMO \* \* + Oat, Chocolate, Organic (tetra pak) 8 / 3x200ml U  
 063667 431020 06407 GMO \* \* + Oat, Vanilla, Organic (tetra pak) 8 / 3x200ml U  
 063667 508012 06392 GMO V \* \* + Soy, Chocolate, Organic (tetra pak) 8 / 3x200ml U  
 063667 201098 06405 GMO GF \* \* + Oat, Simple, Organic (tetra pak) 6 / 946ml U  
 063667 090463 07276 V \* \* + Almond & Coconut, Unsweetened (tetra pak) 12 / 946ml U  
 063667 090012 07119 V \* \* + Almond, Original (tetra pak) 12 / 946ml U  
 063667 090067 07121 V \* \* + Almond, Unsweetened (tetra pak) 12 / 946ml U  
 063667 090265 07275 V \* \* + Almond, Unsweetened, Vanilla (tetra pak) 12 / 946ml U  
 063667 201081 06404 GMO GF \* \* + Oat, Chocolate, Organic (tetra pak) 12 / 946ml U  
 063667 201012 06402 GMO GF \* \* + Oat, Unsweetened Original, Organic (tetra pak) 12 / 946ml U  
 063667 201029 06403 GMO GF \* \* + Oat, Unsweetened Vanilla, Organic (tetra pak) 12 / 946ml U  
 063667 006013 06378 GMO V \* \* + Rice, Original, Organic (tetra pak) 12 / 946ml U  
 063667 006020 06379 GMO V \* \* + Rice, Vanilla, Organic (tetra pak) 12 / 946ml U  
 063667 301859 06374 GMO V \* \* + Soy, Chocolate, Organic (tetra pak) 12 / 946ml U  
 063667 301408 06371 GMO V \* \* + Soy, Original, Organic (tetra pak) 12 / 946ml U  
 063667 511005 06375 GMO V \* \* + Soy, Unsweetened, Organic (tetra pak) 12 / 946ml U  
 063667 301552 06372 GMO V \* \* + Soy, Vanilla, Organic (tetra pak) 12 / 946ml U

### OATLY | OAT DRINK

190646 631369 35508 GMO GF V Chocolate (TetraPak) 12 / 946ml U  
 190646 631376 35509 GMO GF V Extra Creamy (TetraPak) 12 / 946ml U  
 190646 631352 35507 GMO GF V Original (TetraPak) 12 / 946ml U

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## TWO BEARS | DAIRY-FREE BEVERAGE

628504 309575 10012 🇨🇦 + Oat Beverage, Original 6 / 946ml U

## Waters

### FLOW | ALKALINE SPRING WATER

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

### WHISTLER WATER

620791 000500 06070 BC + X Glacial Spring Water 24 / 500ml U  
 620791 000104 06068 BC + Glacial Spring Water w/Sports Cap 12 / 1L U  
 620791 000159 06067 BC + Glacial Spring Water 12 / 1.5L U  
 620791 000401 06065 B BC + Glacial Spring Water 4 / 4L U

## BREAKFAST FOODS

### Cereals - Hot & Overnight

#### ALIMENTS TRIGONE | CEREAL

056142 006134 22290 GMO \* 🇨🇦 + Cream of the Crop Buckwheat Cereal, Organic 6 / 400g

#### BOB'S RED MILL | HOT CEREAL

039978 001191 22866 X Hot Cereal, 10 Grain 4 / 709g  
 039978 001153 22821 GMO X Hot Cereal, 5 Grain 4 / 454g  
 039978 001184 22827 GF X Hot Cereal, 8 Grain 4 / 709g  
 039978 001214 22806 GMO GF X Hot Cereal, Creamy Brown Rice 4 / 737g  
 039978 001061 20362 GMO GF \* X Hot Cereal, Creamy Buckwheat, Organic 4 / 510g  
 039978 001177 20340 GF X Hot Cereal, Mighty Tasty 4 / 680g  
 039978 341433 30533 GF X Hot Cereal, Oat Bran 4 / 510g  
 039978 329554 30517 GMO \* X Hot Cereal, Oat Bran, Organic 4 / 510g  
 039978 323668 22851 GMO GF X Muesli, Gluten Free 4 / 453g  
 039978 341037 22850 GMO X Muesli, Old Country Style 4 / 510g  
 039978 004949 30542 GMO GF X Protein Oats, Rolled 4 / 907g  
 039978 341211 30532 X Scottish Oatmeal 4 / 567g  
 039978 329561 30519 GMO \* X Scottish Oatmeal, Organic 4 / 567g

#### HOLY CRAP | SUPERSEED CEREAL & OATMEAL

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

#### NATURE'S PATH | INSTANT OATMEAL

058449 450696 22882 GMO GF \* + Gluten Free Oatmeal, Brown Sugar Maple, Organic 6 / 8x40g  
 058449 450047 22784 GMO \* + Oatmeal, Apple Cinnamon, Organic 6 / 8x50g  
 058449 450023 22786 GMO \* + Oatmeal, FLAX PLUS, Organic 6 / 8x50g  
 058449 450030 22785 GMO \* + Oatmeal, Maple Nut, Organic 6 / 8x50g  
 058449 450016 22787 GMO \* + Oatmeal, Original, Organic 6 / 8x40g  
 058449 450009 22752 GMO \* + Oatmeal, Variety Pack, Organic 6 / 8x50g

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058449 154006	<b>25065</b>	GMO					*			+		6 / 228g							
058449 154020	<b>25066</b>	GMO					*			+		6 / 228g							
058449 154044	<b>25067</b>	GMO					*			+		6 / 228g							
058449 204084	<b>55730</b>	GMO					*			+		6 / 210g							
058449 204091	<b>55731</b>	GMO					*			+		6 / 210g							

## PRANA | OVERNIGHT CHIA WITH OATS

877693 004697	<b>26167</b>	GMO					V	*	@	🇨🇦	+	X	Overnight Chia w/Oats, Apple Crumble, Organic	8 / 5x50g					
877693 004680	<b>26166</b>	GMO					V	*	@	🇨🇦	+	X	Overnight Chia w/Oats, Strawberry Shortcake, Organic	8 / 5x50g					
877693 002495	<b>26164</b>	GMO					*			🇨🇦	+		Overnight Chia, Berry Fairy, Organic	8 / 5x50g					
877693 002501	<b>26165</b>	GMO					*	@		🇨🇦	+		Overnight Chia, Chocolatey Dream, Organic	8 / 5x50g					
877693 004710	<b>26169</b>	GMO					V	*	@	🇨🇦	+		Overnight Chia w/Oats, Strawberry Shortcake	8 / 300g					
877693 004703	<b>26168</b>	GMO					V	*	@	🇨🇦	+		Overnight Chia w/Oats, Berry Fairy, Organic	8 / 300g					
877693 005786	<b>26191</b>	GMO					*			🇨🇦	+		Protein Overnight Chia, Blueberry Muffin, Organic	6 / 260g					
877693 005762	<b>26192</b>	GMO					*			🇨🇦	+		Protein Overnight Chia, Chocolatey Swirl, Organic	6 / 260g					
877693 005779	<b>26190</b>	GMO					*			🇨🇦	+		Protein Overnight Chia, Maple & Apple, Organic	6 / 260g					

## STOKED OATS | SUPERFOOD OATMEAL BLEND

818541 000140	<b>22450</b>	GMO		GF						🇨🇦	+		Oatmeal Blend, Aphrodisi-Oats (chocolate chips, almonds & chia)	8 / 500g					
818541 000119	<b>22451</b>	GMO		GF						🇨🇦	+		Oatmeal Blend, Bucking-Eh (apples, mulberries, chia & cinnamon)	8 / 500g					
818541 000317	<b>22452</b>	GMO		GF						🇨🇦	+		Oatmeal Blend, Mountain Maple (maple syrup & chia)	8 / 500g					
818541 000133	<b>22453</b>	GMO		GF						🇨🇦	+		Oatmeal Blend, Redline (chocolate chips, walnuts, coffee)	8 / 500g					
818541 000126	<b>22454</b>	GMO		GF						🇨🇦	+		Oatmeal Blend, Stone Age (pumpkin seeds, coconut, almonds & walnuts)	8 / 500g					

## Cereals - Ready To Eat

### ALTER ECO | NO ADDED SUGAR GRANOLA

817670 012741	<b>35220</b>	GMO					*			🇨🇦		X	Granola, Almond Butter, Organic	6 / 227g					
817670 012710	<b>35221</b>	GMO					*			🇨🇦		X	Granola, Cashew Butter, Organic	6 / 227g					
817670 012727	<b>35222</b>	GMO					*			🇨🇦		X	Granola, Cinnamon Raisin, Organic	6 / 227g					
817670 012734	<b>35223</b>	GMO					*	@		🇨🇦		X	Granola, Dark Chocolate, Organic	6 / 227g					

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

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

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

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

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







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## BUTTER ALTERNATIVES, NUT BUTTERS & FRUIT SPREADS

### Jams, Jellies & Fruit Spreads

#### EDEN | APPLE BUTTER

024182 003697 42160 GMO GF \* Apple Butter, Organic 12 / 482g

### Nut & Seed Butters and Alternatives

#### EDEN | TAHINI

024182 003925 42185 GMO GF \* Roasted Tahini, Organic 12 / 454g

#### ELIMENTO | NUT & SEED BUTTERS

059443 607406 35384 GMO \* BC + Sesame Tahini, Roasted, Organic 12 / 365g

059443 607758 35383 GMO \* BC + Sunflower Seed Butter, Roasted, Organic 12 / 365g

059443 607178 35371 GMO B \* BC + Sesame Tahini, Roasted, Organic 1 / 3.5kg

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

859805 000056 15754 \* + Almond Butter 12 / 250g

859805 000025 15751 \* + Peanut Butter, Crunchy 12 / 375g

859805 000001 15750 \* + Peanut Butter, Smooth 12 / 375g

859805 000032 15753 \* + Peanut Butter, Crunchy 12 / 750g

859805 000018 15752 \* + Peanut Butter, Smooth 12 / 750g

#### FATSO | PEANUT BUTTER

055200 194288 42084 GMO GF V \* + Peanut Butter, Cinnamon 6 / 500g

627843 710691 42077 GMO GF V \* + Peanut Butter, Classic 12 / 500g

627987 075830 42079 GMO GF V \* + Peanut Butter, Crunchy Salted Caramel 12 / 500g

627987 075847 42080 GMO GF V \* + Peanut Butter, Maple 12 / 500g

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

682264 660604 35356 BC + Cashew Butter 6 / 340g

682264 600112 35335 BC + Almond Butter, Crunchy 12 / 500g

682264 600013 35334 BC + Almond Butter, Smooth 12 / 500g

682264 660406 35352 GMO \* BC + Peanut Butter, Crunchy, Organic 6 / 500g

682264 660208 35351 GMO \* BC + Peanut Butter, Smooth, Organic 6 / 500g

1068226 4600058 35344 GMO B BC + Almond Butter, Smooth 1 / 4.09kg

1068226 4600768 35342 GMO B \* BC + Peanut Butter, Smooth, Organic 1 / 4.09kg

#### NUTIVA | COCONUT MANNA CREAMY SPREAD

692752 110054 35250 GMO \* Coconut Manna, Organic (Glass Jar) 6 / 425g

#### OMEGA NUTRITION | PUMPKIN SEED BUTTER

055358 335021 85060 GMO GF \* + Pumpkin Seed Butter, Organic (plastic jar) 6 / 341g

055358 335014 85059 GMO GF \* + Pumpkin Seed Butter, Organic (plastic jar) 6 / 568g

#### WOWBUTTER | NUT FREE BUTTER

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

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

## CANNED & PACKAGED GOODS

Look for "canned soups" in Soups & Broths Section

### Canned Beans

#### BIOITALIA | CANNED BEANS

661475 004575 33167 GMO \* Beans, Black, Organic 12 / 398ml

661475 114458 33164 GMO \* Beans, Cannellini, Organic 12 / 398ml

661475 114410 33162 GMO \* Beans, Red Kidney, Organic 12 / 398ml

661475 114427 33165 GMO \* Chick Peas, Organic 12 / 398ml

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## EAT WHOLESOME | CANNED BEANS

628110 454003	<b>33300</b>	GMO		*		+									Beans, Black, Organic	12 / 398ml
628110 454430	<b>33303</b>	GMO		*		+									Beans, Red Kidney, Organic	12 / 398ml
628110 454423	<b>33302</b>	GMO		*		+									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
024182 003871	<b>10448</b>	GMO	GF	*											Great Northern Beans, Organic	12 / 398ml
024182 003543	<b>10452</b>	GMO	GF	*											Kidney Beans, Organic	12 / 398ml
024182 003550	<b>10460</b>	GMO	GF	*											Navy Beans, Organic	12 / 398ml
024182 003505	<b>10454</b>	GMO	GF	*											Pinto Beans, Organic	12 / 398ml
024182 283532	<b>10440</b>	GMO	GF	*											Black Beans, Organic	12 / 796ml
024182 283587	<b>10444</b>	GMO	GF	*											Cannellini (White Kidney) Beans, Organic	12 / 796ml
024182 283549	<b>10442</b>	GMO	GF	*											Dark Red Kidney Beans, Organic	12 / 796ml
024182 283518	<b>10441</b>	GMO	GF	*											Garbanzo Beans (Chick Peas), Organic	12 / 796ml
024182 283501	<b>10443</b>	GMO	GF	*											Pinto Beans, Organic	12 / 796ml

## UNICO | CHICKPEAS

067800 002474	<b>10107</b>														Chickpeas	6 / 2.84L
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## Canned Fruits & Vegetables

### BIOITALIA | TOMATOES

661475 310010	<b>33068</b>	GMO		*											Tomatoes, Chopped, Organic	12 / 398ml
661475 003387	<b>33108</b>	GMO		*											Tomato Paste, Organic (jar)	12 / 300ml
661475 105708	<b>33069</b>	GMO		*											Tomatoes, Strained, Organic (jar)	12 / 700ml
661475 317040	<b>33071</b>	GMO		*											Tomatoes, Rustic Style Chopped, Organic (jar)	12 / 418ml
661475 324048	<b>33070</b>	GMO		*											Tomatoes, Rustic Style Crushed, Organic (jar)	12 / 418ml
661475 300011	<b>33049</b>	GMO		*											Tomatoes, Peeled Whole, Organic	12 / 398ml

### CHA'S ORGANICS | CANNED FRUIT

806253 310220	<b>15255</b>	GMO		*		+									Mango Chunks, Organic (can)	12 / 400ml
806253 310237	<b>15256</b>	GMO		*		+									Pineapple Chunks, Organic (can)	12 / 400ml

### EAT WHOLESOME | TOMATOES & VEGETABLES

628110 454539	<b>33612</b>	GMO		*		+									Canned Corn, Organic	12 / 341ml
628110 454546	<b>33613</b>	GMO		*		+									Canned Sweet Peas, Organic	12 / 398ml
628110 454119	<b>33249</b>	GMO		*		+									Tomatoes, Cherry	24 / 398ml
628110 454409	<b>33230</b>	GMO		*		+									Tomatoes, Crushed, Organic	12 / 796ml
628110 454379	<b>33231</b>	GMO		*		+									Tomatoes, Diced, Organic	12 / 796ml
628110 454386	<b>33232</b>	GMO		*		+									Tomatoes, Whole, Organic	12 / 796ml
628110 454393	<b>33233</b>	GMO		*		+									Tomatoes, Strained, Organic (jar)	12 / 680ml

### EDEN | APPLE SAUCE

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

638882 002043	<b>10105</b>	GMO		*											Pumpkin Pie Mix, Organic	12 / 398ml
638882 002005	<b>10103</b>	GMO		*											Pumpkin, Organic	12 / 398ml



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## NATIVE FOREST | CANNED FRUIT & VEGETABLES

043182 008945	<b>10217</b>			GF											Artichoke Hearts, Marinated	6 / 170g
043182 008914	<b>10428</b>			GF											Artichoke Hearts, Quartered	6 / 400g
043182 008921	<b>10215</b>			GF											Artichoke Hearts, Whole	6 / 280g
043182 008303	<b>10429</b>	GMO		GF	*										Cut Baby Corn, Organic	6 / 400g
043182 018685	<b>10228</b>	GMO		GF	*										Mandarin Oranges, Organic	6 / 284ml
043182 018517	<b>10219</b>	GMO		GF	*										Pineapple, Chunks, Organic	6 / 398ml
043182 018524	<b>10220</b>	GMO		GF	*										Pineapple, Slices, Organic	6 / 398ml
043182 018593	<b>10226</b>	GMO		GF	*										Sliced Peaches, Organic	12 / 398ml

## Canned Seafood & Alternatives

### RAINCOAST GLOBAL | MSC CERTIFIED SUSTAINABLE SEAFOOD

810757 003977	<b>16873</b>														+ GLOBAL Tuna, Albacore, Chunk in Water, No Salt	24 / 142g
810757 003878	<b>16872</b>														+ GLOBAL Tuna, Albacore, Chunk in Water, Sea Salt	24 / 142g
810757 000624	<b>16814</b>														* + Salmon, Pink	12 / 160g
810757 005629	<b>16815</b>														* + Salmon, Pink, No Salt	12 / 160g
810757 006626	<b>16817</b>														* + Salmon, Pink, Skinless Boneless	12 / 150g
810757 000525	<b>16811</b>														* + Salmon, Sockeye	12 / 160g
810757 005520	<b>16812</b>														* + Salmon, Sockeye, No Salt	12 / 160g
810757 006510	<b>16813</b>														* + Salmon, Sockeye, Skinless Boneless	12 / 150g
810757 009160	<b>16819</b>														+ Sardines, in spring water	12 / 120g
810757 003953	<b>16875</b>														+ GLOBAL Tuna, Wild Yellowfin, No Salt (chunk in water)	24 / 142g
810757 003854	<b>16874</b>														+ GLOBAL Tuna, Wild Yellowfin, Sea Salt (chunk in water)	24 / 142g
810757 000112	<b>16808</b>														* + Tuna, Albacore	12 / 150g
810757 005117	<b>16809</b>														* + Tuna, Albacore, No Salt	12 / 150g
810757 003892	<b>16826</b>														+ GLOBAL Tuna, Skipjack, chunk in water, Sea Salt	24 / 142g
810757 003991	<b>16827</b>														+ 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		V											Baked Beans, Organic	12 / 398ml
042272 905119	<b>38222</b>	GMO		V											Chili, Medium w/Vegetables, Organic	12 / 398ml
042272 905102	<b>38221</b>	GMO		V											Chili, Medium, Organic	12 / 398ml
042272 905126	<b>38223</b>	GMO		V											Chili, Spicy, Organic	12 / 398ml

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## AUGA | READY TO EAT ORGANIC CURRY

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

## EAT WHOLESOME | BAKED BEANS

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

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

## PACIFIC FOODS | PLANT-BASED CHILI

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

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

Save 3.86

## CONDIMENTS & SAUCES

### Condiments

#### ARIZONA PEPPER'S | HOT SAUCE

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

#### BIOITALIA | PESTO SAUCE

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

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

734027 904705	14457	GMO			*							Ginger Syrup, Organic	12 / 237ml
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#### JONNY HETHERINGTON ESSENTIALS | CONDIMENTS

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

#### MAISON ORPHEE | MUSTARD

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

#### PIKE PIER FISHERMAN | ALL NATURAL SAUCE

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

#### SEOUL | KIMCHI HOT SAUCE

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

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## SUNSHINE FARMS | CONDIMENTS

625077 850077 **14489** **GMO** \* **✳** + Relish, Sweet, Organic 12 / 500ml

## WIZARD'S | ORGANIC SAUCE

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

## Cooking Sauces

### GINGER PEOPLE | COOKING SAUCE

734027 901377 **14390** **GMO** Sauce, Sweet Ginger Chili 12 / 375ml

734027 901391 **14391** **GMO** Sauce, Spicy Ginger Teriyaki 12 / 375ml

### JONNY HETHERINGTON ESSENTIALS | BBQ SAUCE

627843 591412 **11180** **BC** + BBQ Sauce, Smoky Craft Beer 6 / 237ml

627843 591405 **11181** **BC** + BBQ Sauce, Smoky Original 6 / 237ml

627843 591399 **11182** **BC** + BBQ Sauce, Smoky Pineapple 6 / 237ml

### NAAM | COOKING SAUCE

689499 100042 **14460** **GMO** @ **BC** + Coconut Curry Sauce 12 / 350ml

689499 100011 **14000** **BC** + Miso Gravy (bottle) 12 / 350ml

689499 100080 **14459** **GMO** @ **BC** + Miso Hot Sauce 12 / 350ml

689499 100066 **14461** **GMO** @ **BC** + Peanut Sauce 12 / 350ml

689499 100059 **14463** **GMO** @ **BC** + Thai Sauce 12 / 350ml

### NAKED & SAUCY | COOKING SAUCE

890104 001078 **40118** **GMO** \* **BC** + Sauce, Chili Garlic, Organic 6 / 296ml

890104 001313 **40122** **GMO** \* **BC** + Sauce, Peanut, Organic 6 / 296ml

890104 001337 **40124** **GMO** \* **BC** + Sauce, Sweet & Sour, Organic 6 / 296ml

890104 001306 **40121** **GMO** \* **BC** + Sauce, Sweet Thai Chili, Organic 6 / 296ml

890104 001320 **40123** **GMO** \* **BC** + Sauce, Teriyaki, Keto, Organic 6 / 296ml

890104 001061 **40117** **GMO** \* **BC** + Sauce, Teriyaki, Sesame Ginger, Organic 6 / 296ml

890104 001368 **40108** **GMO** \* **BC** + Sauce, Teriyaki Sesame Ginger, Organic 6 / 473ml

890104 001290 **40120** **GMO** **V** \* + Sauce, Vegan Oyster, Organic 6 / 296ml

### NAKED & SAUCY | SIMMER SAUCE

890104 001528 **40125** **GMO** \* **BC** + Simmer Sauce, Butterless Chicken, Organic 12 / 350g

890104 001535 **40128** **GMO** \* **BC** + Simmer Sauce, Mild Vindaloo, Organic 12 / 350g

890104 001559 **40127** **GMO** \* **BC** + Simmer Sauce, Thai Curry, Organic 12 / 350g

### SAN-J | COOKING SAUCE

075810 150269 **40659** **GMO** **GF** Hoisin Sauce 6 / 296ml

075810 180266 **40630** **GMO** **GF** Orange Sauce 6 / 296ml

075810 230268 **40647** **GMO** **GF** Mongolian Sauce 6 / 296ml

075810 160268 **40636** **GMO** **GF** Sweet & Tangy Polynesian Sauce 6 / 296ml

075810 120262 **40635** **GMO** **GF** Szechuan Sauce 6 / 296ml

075810 113264 **40628** **GMO** **GF** Teriyaki Sauce, 50% Less Sodium 6 / 296ml

075810 112267 **40625** **GMO** **GF** Teriyaki Sauce 6 / 296ml

075810 140260 **40645** **GMO** **GF** Thai Peanut Sauce 6 / 296ml

### UMI'S KITCHEN | COOKING SAUCE

627761 820250 **51363** **BC** + Marinade, Tandoori 12 / 450ml

627761 820106 **51360** **BC** + Simmer Sauce, Butter Chicken 12 / 450ml

627761 820359 **51361** **BC** + Simmer Sauce, Coconut Curry 12 / 450ml

627761 820205 **51362** **BC** + Simmer Sauce, Jeera Cumin 12 / 450ml

627761 820403 **51365** **BC** + Simmer Sauce, Tikka Masala 12 / 450ml

### WHITEWATER COOKS | MARINADE

627843 382164 **77800** **BC** + Miso Ginger Marinade 12 / 350ml

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## Sauce Mixes & Cubes

### GOBIO! | GRAVY & PESTO CUBES

687789 021138	<b>45330</b>	GMO				*					+		Gravy Cubes, Brown, Organic	15 / 60g
687789 021121	<b>45331</b>	GMO				*					+		Gravy Cubes, Poultry, Organic	15 / 60g
687789 032233	<b>45332</b>	GMO				*					+		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 022496	<b>32301</b>	GMO		GF									Dressing, Caesar	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

### DAIYA | DAIRY-FREE SALAD DRESSING

871459 009117	<b>50171</b>	GMO		V			🇨🇦	+					Salad Dressing, Creamy Caesar, Dairy-Free	6 / 237ml
871459 009100	<b>50170</b>	GMO		V			🇨🇦	+					Salad Dressing, Homestyle Ranch, Dairy-Free	6 / 237ml

**Buy 20-49 cases Save 2.08**  
**Buy 50-74 cases Save 3.12**  
**Buy 75+ cases Save 4.16**

### MAISON ORPHEE | DRESSING & MARINADE

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

### NAKED & SAUCY | NOOCH NUTRITIONAL YEAST DRESSING

890104 001726	<b>40103</b>	GMO				*				BC	+		NOOCH Caesar, Organic	12 / 250ml
890104 001702	<b>40104</b>	GMO				*				BC	+		NOOCH O.G. (Original), Organic	12 / 250ml
890104 001719	<b>40105</b>	GMO				*				BC	+		NOOCH Sesame Ginger, Organic	12 / 250ml

### NATURSOURCE | SALAD TOPPER

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

022506 203044	<b>14003</b>	GMO		GF		*							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	+		Glory Bowl Dressing	12 / 350ml
627843 382133	<b>77803</b>									BC	+		Honey Curry Vinaigrette	12 / 350ml
627843 382157	<b>77802</b>									BC	+		Maple Balsamic Vinaigrette	12 / 350ml



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## YESHI | NUTRITIONAL YEAST DRESSING & DIP

628011 160010	<b>32804</b>											6	/ 350ml						
628011 160041	<b>32805</b>											6	/ 350ml						
627843 808909	<b>32802</b>											6	/ 350ml						
627843 808923	<b>32801</b>											6	/ 350ml						
627843 808961	<b>32803</b>											6	/ 350ml						

## Pasta & Pizza Sauces

### BIOITALIA | TOMATO SAUCE

661475 523045	<b>33078</b>	GMO				*						8	/ 660ml						
661475 115509	<b>33043</b>	GMO				*						12	/ 358ml						
661475 505010	<b>33048</b>	GMO				*						12	/ 358ml						
661475 521041	<b>33080</b>	GMO				*						8	/ 660ml						
661475 115530	<b>33045</b>	GMO				*						12	/ 358ml						
661475 522048	<b>33079</b>	GMO				*						8	/ 660ml						

### EDEN | PIZZA & PASTA SAUCE

024182 033137	<b>33271</b>	GMO				*						12	/ 398ml						
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### PERFECT CHEF | TOMATO PASTA SAUCE

620988 050387	<b>42402</b>	GMO				*	🇨🇦	+				6	/ 740ml						
620988 050431	<b>42404</b>	GMO				*	🇨🇦	+				6	/ 740ml						
620988 050370	<b>42401</b>	GMO				*	🇨🇦	+				6	/ 740ml						

## Olives & Pickled Vegetables

### BUBBIES | BREAD & BUTTER CHIPS

038261 957504	<b>51201</b>	GMO							🇨🇦			6	/ 1L						
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### DUMET | OLIVES

817861 010044	<b>48030</b>											10	/ 200g						
817861 010631	<b>48039</b>	GMO				*						10	/ 270g						
817861 010662	<b>48054</b>	GMO				*						10	/ 270g						
817861 010181	<b>48034</b>											10	/ 200g						
817861 010051	<b>48031</b>											10	/ 150g						
817861 010068	<b>48032</b>											10	/ 150g						
817861 010006	<b>48035</b>											10	/ 150g						
817861 010013	<b>48036</b>											10	/ 150g						
817861 010037	<b>48037</b>											10	/ 200g						
817861 010617	<b>48040</b>	GMO				*						10	/ 270g						
817861 010686	<b>48055</b>											10	/ 150g						
817861 010020	<b>48038</b>											10	/ 200g						

### EAT WHOLESOME | PICKLED VEGETABLES

638170 905902	<b>14552</b>	GMO				*			+			12	/ 500ml						
638170 905803	<b>33611</b>	GMO				*			+			6	/ 750ml						
638170 905810	<b>33244</b>	GMO				*			+			6	/ 909ml						

### EDEN | PICKLED VEGETABLES

024182 013009	<b>14500</b>	GMO				*						12	/ 796ml						
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### ILIADA | GREEK OLIVES

5201043 004047	<b>40928</b>	GMO				*						12	/ 370g						
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### KRINOS | GREEK OLIVES

055498 045224	<b>48010</b>	GMO				*						6	/ 375ml						
055498 046023	<b>48018</b>	GMO				*						6	/ 375ml						
055498 046078	<b>48009</b>	GMO				*						6	/ 375ml						
055498 046085	<b>48025</b>	GMO				*						6	/ 375ml						
055498 045200	<b>48011</b>	GMO				*						6	/ 375ml						

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## MOLISANA | ORGANIC ROASTED PEPPERS

058723 000463 40929 GMO \* Roasted Peppers, Whole, Organic 12 / 340g

## OCEAN'S HALO | KIMCHI

811670 032396 10570 GMO V \* Kimchi, Organic 6 / 480ml

## SUNSHINE FARMS | ORGANIC PICKLES

625077 850107 14239 GMO \* \* + Pickles, Baby Dills, Organic 12 / 500ml

625077 810156 14242 GMO \* \* + Pickles, Whole Dill, Organic 12 / 1L

## Salsas

### QUE PASA | SALSA

068826 200042 14455 GMO GF \* BC + Salsa, Chipotle, Organic 12 / 420ml

068826 200028 14453 GMO GF \* BC + Salsa, Mild Mexicana, Organic 12 / 420ml

068826 200004 14454 GMO GF \* BC + Salsa, Medium Mexicana, Organic 12 / 420ml

## Soy Sauce & Alternatives

### AMANO FOODS | SAUCE

067334 250884 40023 BC + Soy Sauce 12 / 250ml

067334 050880 40026 BC + Soy Sauce 12 / 500ml

067334 250327 40024 GMO \* BC + Tamari, Organic 12 / 250ml

067334 250754 40022 BC + Tamari, Wheat Free(Product of Japan) 12 / 250ml

067334 050750 40055 BC + Tamari, Wheat Free (Product of Japan) 12 / 500ml

067334 050323 40025 GMO \* BC + Tamari, Organic 12 / 500ml

067334 004326 40099 GMO B \* BC + Tamari, Organic 4 / 4L

0673340 50750 40066 B BC + X Tamari (Product of Japan) (S/O) 1 / 18L

### BRAGG | ALL PURPOSE SEASONING

074305 106101 32179 GMO \* Coconut Nectar, All Purpose Seasoning, Organic 12 / 296ml

074305 100161 14071 GMO GF Savoury Liquid Seasoning 12 / 473ml

074305 100321 14072 GMO GF Savoury Liquid Seasoning 12 / 946ml

### COCONUT SECRET | SOY SAUCE SUBSTITUTE

851492 002047 37386 GMO GF \* Soy Sauce Substitute, Organic 12 / 237ml

851492 002108 14474 GMO GF \* Soy Sauce Substitute, Organic 6 / 500ml

### NAKED & SAUCY | SOY SAUCE SUBSTITUTE

890104 001283 40119 GMO \* + Soy Sauce Substitute, Keto, Organic 6 / 296ml

890104 001115 85315 GMO \* + Soy Sauce Substitute, Lightly Sweet, Organic 6 / 296ml

890104 001344 40115 GMO \* + Soy Sauce Substitute, Keto, Organic 6 / 473ml

890104 001351 40116 GMO \* + Soy Sauce Substitute, Lightly Sweet, Organic 6 / 473ml

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

075810 041260 40609 GMO V \* Shoyu, Organic 6 / 296ml

075810 024263 40434 GMO GF V Tamari, 50% Less sodium 6 / 296ml

075810 021262 40602 GMO GF V Tamari 6 / 296ml

075810 023266 40435 GMO GF V Tamari, Reduced Sodium 6 / 296ml

075810 004265 40607 GMO GF V \* Tamari, Reduced Sodium, Organic 6 / 296ml

075810 001264 40600 GMO GF V \* Tamari, Organic 6 / 296ml

075810 021361 40603 GMO GF V Tamari 6 / 592ml

075810 400265 40614 GMO GF V Tamari, No Soy 6 / 296ml

075810 031261 40611 GMO GF V TAMARI SPLASH, Ponzu 6 / 296ml

075810 030264 40613 GMO GF V \* TAMARI SPLASH, Sweet Doux, Organic 6 / 296ml

075810 032268 40612 GMO GF V \* TAMARI SPLASH, Umami, Organic 6 / 296ml

075810 004364 40608 GMO GF V \* Tamari, Reduced Sodium, Organic 6 / 592ml

075810 001363 40605 GMO GF V \* Tamari, Organic 6 / 592ml

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## Vinegars

### BRAGG | APPLE CIDER VINEGAR

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

### EAT WHOLESOME | VINEGAR

638170 906213	33614	GMO				*			+									Vinegar, Balsamic of Modena, Organic	12 / 500ml
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### EDEN | VINEGAR

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

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

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

### MAISON ORPHEE | VINEGAR

069593 120212	32368	GMO				*			+									Vinegar, Balsamic, Organic	6 / 500ml
069593 120229	32369	GMO				*			+									Vinegar, Red Wine, Organic	6 / 500ml
069593 120236	32370	GMO				*			+									Vinegar, White Wine, Organic	6 / 500ml

### MARUKAN | RICE VINEGAR

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

### OMEGA NUTRITION | APPLE CIDER VINEGAR

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

### SUNSHINE FARMS | VINEGAR

625077 855003	14543	GMO				*			+									Vinegar, White, Organic	12 / 473ml
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## COOKIES, SNACK BARS & TOASTER PASTRIES

### Cookies

#### FREEYUMM | ALLERGEN-FREE COOKIES

816695 000788	10290			GF					BC	+								Cookies, Banana Maple	6 / 7x22g
816695 000795	10291			GF					BC	+								Cookies, Double Chocolate	6 / 7x22g

#### GLUTINO | COOKIES

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

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## JOVIAL | COOKIES

815421 012118 **13450** GMQ \* @ Cookies, Einkorn, Checkerboard, Organic 12 / 250g

## KINNIKINNICK | COOKIES

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

## MADEGOOD | COOKIES

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

## MARY'S ORGANIC | GRAHAM-STYLE KOOKIES

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

## PAMELA'S | COOKIES

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

## PRANA ORGANIC | COOKIES

877693 003591 **26181** GMQ GF \* 🍁 + X GRANOLOVE Cookies, Chocolate Chip, Organic 8 / 120g G  
 877693 003607 **26182** GMQ GF \* 🍁 + X GRANOLOVE Cookies, Brownie, Organic 8 / 120g G  
 877693 003614 **26183** GMQ GF \* 🍁 + X GRANOLOVE Cookies, Berries, Organic 8 / 120g G

## WOW BAKING COMPANY | COOKIES

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

## Granola & Snack Bars

### CLIF KID | ORGANIC ZBARS

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

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

602652 204050 **39346** Breakfast Bar, Almond Butter (2pk) 5 / 4x50g G  
 602652 204067 **39347** Breakfast Bar, Dark Chocolate Cocoa (2pk) 5 / 4x50g G  
 602652 201066 **39348** Breakfast Bar, Peanut Butter (2pk) 5 / 4x50g G



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🇨🇦	X	PACK	SIZE				G	P	U	
602652 184178	37609	GMO										8 / 5x35g							G
602652 184154	37607	GMO										8 / 5x35g							G
602652 184185	37610	GMO										8 / 5x35g							G
602652 429538	39337											6 / 10x21g							G
602652 429422	39336											6 / 10x21g							G
602652 669798	37481	GMO										8 / 5x40g							G
602652 669804	37480	GMO										8 / 5x40g							G

## MADEGOOD | BARS & BITES

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

## NATURE'S BAKERY | SNACK BARS

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

## PRANA ORGANIC | GRANOLA BARS

877693 003850	26177	GMO				*			🇨🇦	+		Chewy Granola Bars, Berry Blast, Organic (safe for school)	12 / 5x24g						G
877693 003843	26176	GMO				*			🇨🇦	+		Chewy Granola Bars, Choco Bongo, Organic (safe for school)	12 / 5x24g						G
877693 003867	26178	GMO				*			🇨🇦	+		Chewy Granola Bars, Magic Rainbow, Organic (safe for school)	12 / 5x24g						G

## Toaster Pastries

### NATURE'S PATH | TOASTER PASTRIES

058449 188087	55721	GMO				*				+		Toaster Pastries, Berry Strawberry, Frosted, Organic	6 / 312g						G
058449 188070	55720	GMO				*				+		Toaster Pastries, Cherry Pomegranate, Frosted, Organic	6 / 312g						G

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## CRACKERS & PUFFED GRAIN CAKES

### Crackers

#### BLUE DIAMOND | NUT THINS CRACKERS

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

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

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

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

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

#### EVE'S CRACKERS

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

#### FREEYUMM | CRACKERS

816695 004076	10324	GMO	GF		BC + X Cracker Bites, Pizza	6 / 120g
816695 004038	10322	GMO	GF		BC + X Crackers, Herb & Seed	6 / 120g
816695 004021	10321	GMO	GF		BC + X Crackers, Zesty Cheese	6 / 120g

#### GLUTINO | CRACKERS

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

#### HOT-KID | RICE CRISPS

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

#### LE PAIN DES FLEURS | CRISPBREAD

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

#### MADEGOOD | STAR PUFFED CRACKERS

687456 230016	64080	GMO	GF	V *	★ + X STAR PUFFED CRACKERS, Cheddar, Organic	6 / 121g
687456 230030	64082	GMO	GF	V *	★ + X STAR PUFFED CRACKERS, Pizza Flavour, Organic	6 / 121g
687456 230023	64081	GMO	GF	V *	★ + X STAR PUFFED CRACKERS, Sea Salt, Organic	6 / 121g

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## MARY'S ORGANIC | CRACKERS

853665 005862	17620	GMO		GF	V	*													CHEEZEE Crackers, Cheddar Flavour, Organic	6 / 120g
853665 005879	17621	GMO		GF	V	*													CHEEZEE Crackers, Cheese & Herb Flavour, Organic	6 / 120g
853665 005602	16837	GMO		GF	V	*													REAL THIN CRACKERS, Garlic Rosemary, Organic	6 / 142g
853665 005596	16838	GMO		GF	V	*													REAL THIN CRACKERS, Sea Salt, Organic	6 / 142g
853665 005114	16833	GMO		GF	V	*													SUPER SEED Crackers, Basil & Garlic, Organic	6 / 156g
897580 000168	16832	GMO		GF	V	*													SUPER SEED Crackers, Classic, Organic	6 / 156g
853665 005091	16834	GMO		GF	V	*													SUPER SEED Crackers, Everything, Organic	6 / 156g
897580 000151	16376	GMO		GF	V	*													Crackers, Black Pepper, Organic	12 / 184g
897580 000137	16187	GMO		GF	V	*													Crackers, Herb, Organic	12 / 184g
897580 000106	16185	GMO		GF	V	*													Crackers, Original, Organic	12 / 184g

## SAN-J | RICE CRACKERS

075810 000151	16350	GMO		GF															X Crackers, Tamari Black Sesame	12 / 105g
075810 000168	16352	GMO		GF															X Crackers, Tamari Brown Sesame	12 / 105g

## WANT-WANT | SUPERSLIM BROWN RICE CRISPS

686352 816614	16150			GF															X SUPER SLIM Brown Rice Crisps, Black Sesame	12 / 100g
686352 604440	16151			GF															X SUPER SLIM Brown Rice Crisps, Cracked Black	12 / 100g
686352 808596	16152			GF															X SUPER SLIM Brown Rice Crisps, Multigrain	12 / 100g

## Puffed Grain Cakes

### LUNDBERG | WHOLE GRAIN RICE CAKES

073416 200395	16334	GMO		GF		*													X Rice Cakes, Cinnamon Toast, Organic	6 / 269g
073416 200142	16331	GMO		GF		*													X Rice Cakes, Plain, Organic	6 / 241g
073416 200159	16332	GMO		GF		*													X Rice Cakes, Unsalted, Organic	6 / 241g
073416 200173	16333	GMO		GF		*													X Rice Cakes, Wild Rice, Organic	6 / 241g
073416 532700	31225	GMO		GF		*													THIN STACKERS, Lightly Salted, Organic	6 / 168g
073416 532809	31227	GMO		GF		*													THIN STACKERS, Red Rice & Quinoa, Organic	6 / 168g
073416 532403	31224	GMO		GF		*													THIN STACKERS, Salt Free, Organic	6 / 168g
073416 561601	31230	GMO		GF		*													THIN STACKERS, Sea Salt & Fine Herbs, Organic	6 / 168g

### PLUMM GOOD | WHOLE GRAIN RICE CAKES

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

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

### Dried Beans, Legumes & Seeds

#### BULK BEANS

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

### Popcorns

#### ANGIE'S | BOOMCHICKAPOP MICROWAVE POPCORN

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

#### EDEN | ORGANIC POPCORN

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

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

#### BULK POPPING CORN

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

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

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

#### BOB'S RED MILL | GRAINS

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

#### BULK GRAINS

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

### Oats

#### ANITA'S ORGANIC MILL | OATS

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



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## AVENA FOODS | OATS

663780 100225 22197 B GF 🍁 Rolled Oats 1 / 22.7kg

## BOB'S RED MILL | OATS

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

## NATURE'S PATH | WHOLE GRAIN OATS

729906 410033 22175 GMO \* + Oats, Steel Cut, Quick Cook, Organic 6 / 680g  
 729906 410019 22074 GMO \* + Oats, Steel Cut, Coarsely Cut, Organic 6 / 850g

## STOKED OATS | RUN OF THE MILL OATS

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

## Rice

### LUNDBERG FAMILY FARMS | RICE

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

### LOTUS FOODS | RICE

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

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## OCEAN'S HALO | RICE

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

## FUNCTIONAL FOODS

### BOB'S RED MILL | NUTRITIONAL YEAST

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

### ELIMENTO | NUTRITIONAL YEAST

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

### ENGEVITA | NUTRITIONAL YEAST

778659 221038 02198 GMO B 🇨🇦 + ENGEVITA Nutritional Yeast 1 / 2kg

### LEVEL GROUND TRADING | CACAO NIBS

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

### MODERN PRODUCTS | BREWERS YEAST

075820 300012 02013 Brewer's Yeast 6 / 396g

### NAVITAS ORGANICS | PLANT-BASED SUPERFOOD

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

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

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

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

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

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

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

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

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

### PRANA ORGANIC | FUNCTIONAL FOOD

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

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

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

877693 001498 26143 60130 GMO GF \* + Raw Cacao Powder, Organic Empty Racks (S/O) 6 / 200g 1 / ea

### RED STAR | NUTRITIONAL YEAST

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

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

### YESHI | NUTRITIONAL YEAST FLAKES

628011 160072 32806 GMO 🇨🇦 + Nutritional Yeast Flakes, Original 6 / 125g

628011 160089 32807 GMO 🇨🇦 + Nutritional Yeast Flakes, Roasted Garlic & Parmezan 6 / 100g

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## HERBS, SPICES, SEASONINGS & SALTS

### Culinary Juices

#### GINGER PEOPLE | GINGER JUICE

734027 901605 **06231** GMO GF \* Ginger Juice (condiment), Organic 12 / 147ml

#### SANTA CRUZ ORGANIC | 100% LEMON & LIME JUICE

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

### Herbs, Spices, Seasoning Mixes & Salts

#### BRAGG | SPRINKLE SEASONING

074305 160028 **33119** GMO GF \* Sprinkle, 24 Herbs & Spices Seasoning, Organic (shaker) 12 / 42.5g

#### CHA'S ORGANICS | SPICES

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

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

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

#### MODERN PRODUCTS | SEASONINGS

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

#### REDMOND | REAL SALT

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

#### SIMPLY ORGANIC | PASTA SAUCE MIX

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

#### SIMPLY ORGANIC | BOTTLED SPICES & GRINDERS

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

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	▲	X	PACK	SIZE				G	P	U	
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>											6 / 250g							
873778 006778	<b>06171</b>											6 / 750g							
873778 006730	<b>06174</b>											6 / 750g							
873778 006099	<b>02252</b>											6 / 250g							
873778 006082	<b>02251</b>											6 / 250g							
873778 006679	<b>02253</b>											6 / 390g							
873778 006129	<b>02255</b>											6 / 750g							
873778 006112	<b>02254</b>											6 / 750g							
873778 006143	<b>02257</b>											6 / 750g							
873778 006549	<b>93037</b>											1 / 10kg							
873778 006525	<b>93036</b>											1 / 10kg							

## BULK SEA SALT

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

### Caribbean

#### MAUREEN'S | COOKING SAUCE

627987 503753	<b>14902</b>												12 / 350ml						
841307 000313	<b>14900</b>												12 / 350ml						







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## 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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## Mexican

### AMY'S | REFRIED BEANS

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

### EDEN | REFRIED BEANS

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

### QUE PASA | TACO SHELLS

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

### BLUE MONKEY | COCONUT CREAM & MILK

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

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

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

### CHA'S ORGANICS | THAI CURRY PASTE

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

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

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

### LOTUS FOODS | RICE NOODLES

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

### NATIVE FOREST | CANNED VEGETABLES & JACKFRUIT

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

### NATIVE FOREST | COCONUT MILK

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

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## OCEAN'S HALO | SPRING ROLL WRAPS

811670 032174 | 10571 | GMO | V \* | X Spring Roll Rice Wraps, Organic (12ct) | 12 / 120g

## THAI KITCHEN | COCONUT CREAM & MILK

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

## THAI KITCHEN | PASTE & SAUCE

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

## THAI KITCHEN | RICE NOODLES

737628 025251 | 30303 | GMO | GF | Stir-Fry Rice Noodles | 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 | \* \* + | U-BAKE Easy Meal Magic Mix, Organic | 8 / 500g

## NUTS, SEEDS & DRIED FRUIT

### Dried Fruit

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

039978 335784 | 02053 | GMO | @ | X Coconut, Dried Shredded, Unsweetened | 4 / 340g

#### CAMINO | SHREDDED COCONUT

752612 240038 | 02258 | GMO | \* @ + | Shredded Coconut, Unsweetened, Organic | 8 / 200g

#### 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

#### NAVITAS ORGANICS | DRIED FRUIT

858847 000703 | 26116 | GMO | \* | Goji Berries, Sun-Dried, Organic | 1 / 227g









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## Unrefined Oils

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

## SPECTRUM | SPRAY OIL

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

## TERRA DELYSSA | OLIVE OIL

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

## UNICO | OLIVE OIL

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

### DAIYA | DAIRY-FREE MAC & CHEESE

871459 002347	<b>50162</b>	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</b>		<b>2.52</b>		
													<b>Buy 50-74 cases</b>			<b>Save</b>		<b>3.78</b>		
													<b>Buy 75+ cases</b>			<b>Save</b>		<b>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</b>		<b>3.63</b>		
													<b>Buy 50-74 cases</b>			<b>Save</b>		<b>5.45</b>		
													<b>Buy 75+ cases</b>			<b>Save</b>		<b>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					



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

#### KASLO SOURDOUGH PASTA | PASTA FERMENTATA

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

#### LIVIVA | KETO PASTAS

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

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## RIZOPIA | RICE PASTA

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

## TINKYADA | RICE PASTA

621683 920555	<b>30903</b>			GF		🇨🇦	+	X	Elbows, Brown Rice	12 / 454g				
621683 010553	<b>30930</b>	GMQ		GF	*	🇨🇦	+	X	Elbows, Brown Rice, Organic	12 / 340g				
621683 920258	<b>30901</b>			GF		🇨🇦	+	X	Fettuccine, Brown Rice	12 / 397g				
621683 920654	<b>30037</b>			GF		🇨🇦	+	X	Fusilli, Brown Rice	12 / 454g				
621683 911355	<b>30908</b>			GF		🇨🇦	+	X	Lasagna, Brown Rice	12 / 283g				
621683 011352	<b>30925</b>	GMQ		GF	*	🇨🇦	+	X	Lasagna, Brown Rice, Organic	12 / 280g				
621683 911454	<b>30918</b>			GF		🇨🇦	+	X	Little Dreams, Brown Rice (kids' shapes)	12 / 397g				
621683 921156	<b>30907</b>			GF		🇨🇦	+	X	Penne, Brown Rice	12 / 454g				
621683 021153	<b>30922</b>	GMQ		GF	*	🇨🇦	+	X	Penne, Brown Rice, Organic	12 / 340g				
621683 910754	<b>30924</b>			GF		🇨🇦	+	X	Shells, Brown Rice	12 / 454g				
621683 920159	<b>30900</b>			GF		🇨🇦	+	X	Spaghetti, Brown Rice	12 / 454g				
621683 020156	<b>30920</b>	GMQ		GF	*	🇨🇦	+	X	Spaghetti, Brown Rice, Organic	12 / 340g				
621683 520151	<b>30916</b>			GF		🇨🇦	+	X	Spaghetti, White Rice	12 / 454g				
621683 921255	<b>30902</b>			GF		🇨🇦	+	X	Spirals, Brown Rice	12 / 454g				
621683 021252	<b>30921</b>	GMQ		GF	*	🇨🇦	+	X	Spirals, Brown Rice, Organic	12 / 340g				
621683 711252	<b>30923</b>			GF		🇨🇦	+	X	Spirals, Vegetable, Brown Rice	12 / 340g				
621683 021146	<b>30039</b>	GMQ	B	GF	*	🇨🇦	+	X	Penne, Brown Rice, Organic	2 / 2.27kg				
621683 020149	<b>90312</b>	GMQ	B	GF	*	🇨🇦	+	X	Spaghetti, Brown Rice, Organic	2 / 2.27kg				
621683 021245	<b>30038</b>	GMQ	B	GF	*	🇨🇦	+	X	Spirals, Brown Rice, Organic	2 / 2.27kg				

## SAVORY DIPS & SPREADS

### SIMPLY ORGANIC | DIP MIX

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

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

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

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<b>CLIF   BLOKS ENERGY CHEWS</b>																			
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
<b>CLIF   PERFORMANCE &amp; SNACK BARS</b>																			
722252 606426	<b>37132</b>										X	BUILDERS Protein Bar, Chocolate	12 / 68g						G
722252 626615	<b>37341</b>										X	BUILDERS Protein Bar, Chocolate Chip Cookie Dough (+Caffeine)	12 / 68g						G
722252 606440	<b>37340</b>										X	BUILDERS Protein Bar, Chocolate Mint	12 / 68g						G
722252 606419	<b>37133</b>										X	BUILDERS Protein Bar, Chocolate Peanut Butter	12 / 68g						G
722252 068835	<b>37343</b>										X	BUILDERS Protein Bar, Vanilla Almond	12 / 68g						G
722252 165176	<b>91477</b>											BUILDER's Protein Bar Shipper (S/O)	96 / 68g						G
722252 120229	<b>36249</b>										X	CLIF BAR, Chocolate Almond Fudge	12 / 68g						G
722252 121066	<b>37890</b>										X	CLIF BAR, Chocolate Brownie	12 / 68g						G
722252 120045	<b>36256</b>										X	CLIF BAR, Chocolate Chip	12 / 68g						G
722252 120090	<b>36264</b>										X	CLIF BAR, Chocolate Chip Peanut Crunch	12 / 68g						G
722252 069474	<b>37918</b>										X	CLIF BAR, Cookies & Creme	12 / 68g						G
722252 140036	<b>36259</b>										X	CLIF BAR, Cool Mint Chocolate	12 / 68g						G
722252 120083	<b>36262</b>										X	CLIF BAR, Crunchy Peanut Butter	12 / 68g						G
722252 102706	<b>36761</b>										X	CLIF BAR, Oatmeal Raisin Walnut	12 / 68g						G
722252 217950	<b>37900</b>										X	CLIF BAR, Peanut Butter Banana w/ Dark Chocolate	12 / 68g						G
722252 121097	<b>37425</b>										X	CLIF BAR, White Chocolate Macadamia Nut	12 / 68g						G
722252 602299	<b>90924</b>											Energy Bar Shipper (S/O)	96 / 68g						G
722252 342997	<b>37911</b>	GMO								*	X	Nut Butter Bar, Chocolate Chip & Peanut Butter, Organic	12 / 50g						G
722252 128102	<b>37735</b>	GMO								*	X	Nut Butter Bar, Chocolate Peanut Butter, Organic	12 / 50g						G
722252 028037	<b>37737</b>	GMO								*	X	Nut Butter Bar, Peanut Butter, Organic	12 / 50g						G
<b>GOMACRO   MACROBAR</b>																			
853555 006689	<b>10910</b>	GMO		GF	V	*					X	MACROBAR Everlasting Joy - coconut + almond butter + chocolate chips, Organic	12 / 65g						G
810039 910115	<b>10912</b>	GMO		GF	V	*					X	MACROBAR Heartwarming Retreat - oatmeal chocolate chip, Organic	12 / 65g						G
181945 000154	<b>10908</b>	GMO		GF	V	*					X	MACROBAR Prolonged Power - banana + almond butter, Organic	12 / 65g						G
853555 006412	<b>10914</b>	GMO		GF	V	*					X	MACROBAR Protein Decadence - dark chocolate + almonds, Organic	12 / 65g						G
181945 000062	<b>10900</b>	GMO		GF	V	*					X	MACROBAR Protein Pleasure - peanut butter chocolate chip, Organic	12 / 65g						G
181945 000147	<b>10905</b>	GMO		GF	V	*					X	MACROBAR Protein Replenishment - peanut butter, Organic	12 / 65g						G
810039 910085	<b>10911</b>	GMO		GF	V	*					X	MACROBAR Pure Promise - maple sea salt, Organic	12 / 65g						G
810039 910146	<b>10913</b>	GMO		GF	V	*					X	MACROBAR Smooth Sanctuary - double chocolate + peanut butter chips, Organic	12 / 65g						G
810039 910894	<b>10915</b>	GMO		GF	V	*					X	MACROBAR, Timeless Treasure (salted caramel+chocolate chips), Organic	12 / 65g						G
<b>GOOD TO GO   SOFT BAKED BARS, BLONDIES &amp; BROWNIES</b>																			
687456 993423	<b>64138</b>	GMO		GF	V					🍁	+	X	Blondies, Chocolate Chip	6 / 2x20g					G
687456 993416	<b>64137</b>	GMO		GF	V					🍁	+	X	Brownies, Double Chocolate	6 / 2x20g					G
687456 924885	<b>64116</b>	GMO		GF	V					🍁	+	X	Bars, Cinnamon Pecan	9 / 40g					G
687456 924908	<b>64117</b>	GMO		GF	V					🍁	+	X	Bars, Double Chocolate	9 / 40g					G
687456 924892	<b>64115</b>	GMO		GF	V					🍁	+	X	Bars, Raspberry Lemon	9 / 40g					G
687456 924878	<b>64114</b>	GMO		GF	V					🍁	+	X	Bars, Vanilla Almond	9 / 40g					G

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## HONEY STINGER | SPORTS NUTRITION

810815 020854	<b>36563</b>	GMQ		GF	*					X	Energy Chews, Cherry Blossom, Organic	12 / 50g			G
810815 020823	<b>36562</b>	GMQ		GF	*					X	Energy Chews, Fruit Smoothie, Organic	12 / 50g			G
810815 021004	<b>36565</b>	GMQ		GF	*					X	Energy Chews, Orange Blossom, Organic	12 / 50g			G
810815 020946	<b>36566</b>	GMQ		GF	*					X	Energy Chews, Pink Lemonade, Organic	12 / 50g			G
810815 020977	<b>36564</b>	GMQ		GF	*					X	Energy Chews, Pomegranate Passionfruit, Organic	12 / 50g			G
810815 020403	<b>36570</b>	GMQ			*					X	Energy Gel, Acai Pomegranate, Organic	24 / 31g			G
810815 020434	<b>36571</b>	GMQ			*					X	Energy Gel, Fruit Smoothie, Organic	24 / 31g			G
810815 021431	<b>36583</b>	GMQ		GF	*	🌳				X	Energy Waffle, Cinnamon, Organic	12 / 30g			G
810815 025323	<b>36584</b>	GMQ		GF	*	🌳				X	Energy Waffle, Cookies & Cream, Organic	12 / 30g			G
810815 021035	<b>36580</b>	GMQ			*	🌳				X	Energy Waffle, Honey, Organic	12 / 30g			G
810815 021370	<b>36582</b>	GMQ		GF	*	🌳				X	Energy Waffle, Salted Caramel, Organic	12 / 30g			G
810815 021097	<b>36581</b>	GMQ			*	🌳				X	Energy Waffle, Vanilla, Organic	12 / 30g			G
810815 023022	<b>36585</b>	GMQ			*					X	Mini Energy Waffles, Honey, Organic	6 / 150g			G
810815 023039	<b>36586</b>	GMQ			*					X	Mini Energy Waffles, Vanilla, Organic	6 / 150g			G

## HORNBY ORGANIC | ENERGY BAR

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

## HUNGRY BUDDHA | KETO BAR

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

## KIND | NUT BAR

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





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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	🍁	X	PACK	SIZE				G	P	U	
673513 104505	<b>36411</b>	GMQ									BC + X	Potato Chips, All Dressed	15 / 150g					G	
673513 001507	<b>36412</b>	GMQ									BC + X	Potato Chips, All Natural	15 / 150g					G	
673513 103508	<b>37748</b>	GMQ									BC + X	Potato Chips, Avocado & Lime	15 / 150g					G	
673513 101504	<b>37517</b>	GMQ									BC + X	Potato Chips, Ketchup	15 / 150g					G	
673513 021505	<b>36414</b>	GMQ									BC + X	Potato Chips, Rock Salt & Vinegar	15 / 150g					G	
673513 091508	<b>37516</b>	GMQ									BC + X	Potato Chips, Sea Salt & Pepper	15 / 150g					G	
673513 011506	<b>36413</b>	GMQ									BC + X	Potato Chips, Smokin' BBQ	15 / 150g					G	
673513 107506	<b>36428</b>	GMQ									BC + X	Potato Chips, Southwest Chili	15 / 150g					G	
673513 106509	<b>36425</b>	GMQ									BC + X	Potato Chips, Spicy Dill Pickle	15 / 150g					G	
673513 108503	<b>36429</b>	GMQ									BC + X	Potato Chips, Spicy Ketchup	15 / 150g					G	
673513 101108	<b>37515</b>	GMQ									BC + X	Potato Chips, Tikka Masala	15 / 150g					G	
673513 041503	<b>36417</b>	GMQ									BC + X	Potato Chips, Wild Onion & Yogurt	15 / 150g					G	
673513 113552	<b>37638</b>	GMQ									BC + X	Vegetable Chips, 18 Carrot Gold	15 / 150g					G	
673513 118557	<b>36422</b>	GMQ									BC + X	Vegetable Chips, Dressed To Dill, Dill Flavoured	15 / 150g					G	
673513 112555	<b>37637</b>	GMQ									BC + X	Vegetable Chips, Drop 'N Mad Beets	15 / 150g					G	
673513 111558	<b>37518</b>	GMQ									BC + X	Vegetable Chips, Eat Your Parsnips	15 / 150g					G	
673513 114559	<b>37749</b>	GMQ									BC + X	Vegetable Chips, Sweet Spud Of Mine, Sweet Potato	15 / 150g					G	
673513 120550	<b>36451</b>	GMQ									BC + X	Vegetable Chips, Sweet To The Beet, Sweet Potato & Beet	15 / 150g					G	
673513 117550	<b>36423</b>	GMQ									BC + X	Vegetable Chips, Smokin' Sweet Spud, BBQ Sweet Potato	15 / 150g					G	
673513 121557	<b>36453</b>	GMQ									BC + X	Vegetable Chips, The Beet Goes On	15 / 150g					G	
673513 501908	<b>36457</b>	GMQ		GF							BC + X	Potato Chips, RUGGED, All Dressed	12 / 275g					G	
673513 501809	<b>36456</b>	GMQ		GF							BC + X	Potato Chips, RUGGED, All Natural	12 / 275g					G	
<b>HARVEST SNAPS   BAKED CRISPS</b>																			
071146 012486	<b>11666</b>	GMQ		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>	GMQ		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>	GMQ		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
<b>HUMBLE   ORGANIC POTATO CHIPS</b>																			
628678 211247	<b>34309</b>	GMQ			*	🍁					X	Potato Chips, Creamy Dill, Organic	12 / 135g						G
628678 211261	<b>34310</b>	GMQ			*	🍁					X	Potato Chips, Honey Mustard, Organic	12 / 135g						G
628678 211278	<b>34312</b>	GMQ			*	🍁					X	Potato Chips, Jalapeno, Organic	12 / 135g						G
628678 211353	<b>34311</b>	GMQ			*	🍁					X	Potato Chips, Ketchup, Organic	12 / 135g						G
628678 211223	<b>34307</b>	GMQ			*	🍁					X	Potato Chips, Sea Salt and Cider Vinegar, Organic	12 / 135g						G
628678 211230	<b>34308</b>	GMQ			*	🍁					X	Potato Chips, Smokey BBQ, Organic	12 / 135g						G
628678 211216	<b>34306</b>	GMQ			*	🍁					X	Potato Chips, The Original, Organic	12 / 135g						G
628678 211520	<b>34314</b>	GMQ			*	🍁					X	RUMBLES Ridged Potato Chips, All Dressed, Organic	12 / 135g						G
628678 211513	<b>34313</b>	GMQ			*	🍁					X	RUMBLES Ridged Potato Chips, Sea Salt, Organic	12 / 135g						G
628678 211537	<b>34315</b>	GMQ			*	🍁					X	RUMBLES Ridged Potato Chips, Sour Cream & Onion, Organic	12 / 135g						G
<b>INDIANLIFE   CHIPS &amp; SAVOURY SNACKS</b>																			
777762 004293	<b>37601</b>	GMQ									BC + X	Chips, Masala	12 / 170g						G
777762 004378	<b>10073</b>	GMQ									BC + X	Chips, Palak Spinach	12 / 170g						G
777762 004330	<b>58045</b>	GMQ									BC + X	Snack Mix, Dal	8 / 200g						G
777762 004323	<b>58046</b>	GMQ									BC + X	Snack Mix, Hot Punjabi	8 / 200g						G

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

## 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>	<b>GMO</b>		GF							X Potato Chips, Single Serve, Salt & Vinegar	24 / 56g			G
084114 902887	<b>39241</b>	<b>GMO</b>		GF							X Potato Chips, Single Serve, Sea Salt	24 / 56g			G
084114 902917	<b>39243</b>	<b>GMO</b>		GF							X Potato Chips, Air Fried, Himalayan Salt	12 / 156g			G
084114 902924	<b>39244</b>	<b>GMO</b>		GF							X Potato Chips, Air Fried, Sea Salt & Vinegar	12 / 156g			G
084114 903754	<b>39245</b>	<b>GMO</b>		GF							X Potato Chips, Air Fried, Texas BBQ	12 / 156g			G
084114 902726	<b>39220</b>			GF							X Potato Chips, Gourmet, Backyard BBQ	12 / 198g			G
084114 902931	<b>39222</b>			GF							X Potato Chips, Gourmet, Honey Dijon	12 / 198g			G
084114 902764	<b>39223</b>	<b>GMO</b>		GF							X Potato Chips, Gourmet, Jalapeño	12 / 198g			G
084114 902801	<b>39224</b>	<b>GMO</b>		GF							X Potato Chips, Gourmet, Natural, Low Sodium	12 / 198g			G
084114 902702	<b>39226</b>	<b>GMO</b>		GF							X Potato Chips, Gourmet, Natural, Salted	12 / 198g			G
084114 902832	<b>39232</b>	<b>GMO</b>		GF							X Potato Chips, Gourmet, Parmesan Garlic	12 / 198g			G
084114 902825	<b>39229</b>	<b>GMO</b>		GF							X Potato Chips, Gourmet, Pepperoncini	12 / 198g			G
084114 902788	<b>39231</b>	<b>GMO</b>		GF							X Potato Chips, Gourmet, Ranch	12 / 198g			G
084114 902719	<b>39227</b>	<b>GMO</b>		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>	<b>GMO</b>		GF							X Potato Chips, Krinke Cut, Truffle & Sea Salt	12 / 198g			G
084114 902771	<b>39230</b>	<b>GMO</b>		GF							X Potato Chips, Krinkle Cut, Dill Pickle	12 / 198g			G
084114 902849	<b>39234</b>	<b>GMO</b>		GF							X Potato Chips, Krinkle Cut, Habanero Lime	12 / 198g			G
084114 902733	<b>39225</b>	<b>GMO</b>		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>	<b>GMO</b>		GF							X Potato Chips, Honey Dijon	9 / 368g			G
084114 902818	<b>39235</b>	<b>GMO</b>		GF							X Potato Chips, Krinkle Cut, Salt & Fresh Ground Pepper	9 / 368g			G
084114 902856	<b>39237</b>	<b>GMO</b>		GF							X Potato Chips, Sea Salt	9 / 368g			G

## LUNDBERG | RICE CAKE MINIS

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

## NOOCHPOP! | VEGAN CHEESY POPCORN

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

## POPTASTIC | POPCORN

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

## QUE PASA | TORTILLA CHIPS

068826 176002	<b>37382</b>	<b>GMO</b>		GF	*						BC + X Chips, Blue Corn, Organic	12 / 350g			G
068826 176118	<b>37755</b>	<b>GMO</b>		GF	*						BC + X Chips, Carnival - tri-colour, Organic	12 / 300g			G
068826 252584	<b>37818</b>	<b>GMO</b>		GF	*						BC + X Chips, Garden Salsa, Organic	12 / 156g			G
068826 212649	<b>37812</b>	<b>GMO</b>		GF	*						BC + X Chips, Grain Free Nacho, Organic	12 / 142g			G
068826 212564	<b>37813</b>	<b>GMO</b>		GF	*						BC + X Chips, Grain Free Sea Salt, Organic	12 / 142g			G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X		PACK	SIZE				G	P	U
068826 222587	<b>37815</b>	GMO		GF		*			BC + X	Chips, Jalapeno & Lime, Organic	12	/ 156g						G
068826 176019	<b>37383</b>	GMO		GF		*			BC + X	Chips, Red Corn, Organic	12	/ 300g						G
068826 242547	<b>37816</b>	GMO		GF		*			BC + X	Chips, Rounds, Salted, Organic	12	/ 300g						G
068826 242554	<b>37817</b>	GMO		GF		*			BC + X	Chips, Rounds, Unsalted, Organic	12	/ 300g						G
068826 176033	<b>37384</b>	GMO		GF		*			BC + X	Chips, Salted, Organic	12	/ 350g						G
068826 166096	<b>37686</b>	GMO		GF		*			BC + X	Chips, Thin & Crispy Sea Salt, Organic	12	/ 300g						G
068826 166102	<b>37687</b>	GMO		GF		*			BC + X	Chips, Thin & Crispy Twist of Lime, Organic	12	/ 300g						G
068826 166171	<b>37721</b>	GMO		GF		*			BC + X	Chips, Thin and Crispy Nacho, Organic	12	/ 156g						G
068826 166188	<b>37722</b>	GMO		GF		*			BC + X	Chips, Thin and Crispy Sweet & Spicy Ranch, Organic	12	/ 156g						G
068826 176026	<b>37385</b>	GMO		GF		*			BC + X	Chips, Unsalted, Organic	12	/ 350g						G

## RICEWORKS | GOURMET RICE SNACKS

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

## SENSIBLE PORTIONS | GARDEN VEGGIE STRAWS & CHIPS

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

## VEGAN ROB'S | PLANT BASED SNACKS

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



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X		PACK	SIZE				G	P	U
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				*	@	+	X	Dark Chocolate, 55% Cacao, Salted Caramel Crunch, Organic	14	/80g						G
752612 100653	<b>37684</b>	GMO				*	@	+	X	Dark Chocolate, 88% Cacao, Intensely Dark, Organic	14	/80g						G
752612 100691	<b>37011</b>	GMO				*	@	+	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 Choccol-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				*	@	+	X	Dark Chocolate, 55% Cacao, Almond & Sea Salt, Organic	12	/100g						G
752612 100165	<b>36476</b>	GMO				*	@	+	X	Dark Chocolate, 55% Cacao, Almonds, Organic	12	/100g						G
752612 100240	<b>37007</b>	GMO				*	@	+	X	Dark Chocolate, 65% Cacao, Orange, Organic	12	/100g						G
752612 100202	<b>36735</b>	GMO				*	@	+	X	Dark Chocolate, 67% Cacao, Mint, Organic	12	/100g						G
752612 100172	<b>36475</b>	GMO				*	@	+	X	Dark Chocolate, 71% Cacao, Bittersweet, Organic	12	/100g						G
752612 100349	<b>37258</b>	GMO				*	@	+	X	Dark Chocolate, 80% Cacao, Extra Dark, Organic	12	/100g						G
752612 100356	<b>37259</b>	GMO				*	@	+	X	Milk Chocolate, Sea Salt, Organic	12	/100g						G
752612 100158	<b>36474</b>	GMO				*	@	+	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
852749 004043	<b>35600</b>	GMO			V		@		X	Dark Chocolate, 70% Cocoa	12	/85g						G
852749 004036	<b>35607</b>	GMO			V		@		X	Dark Chocolate, 85% Cocoa	12	/85g						G
852749 004012	<b>35602</b>						@		X	Milk Chocolate	12	/85g						G
852749 004029	<b>35604</b>						@		X	Milk Chocolate w/ Sea Salt and Toffee	12	/85g						G
852749 004791	<b>35603</b>						@		X	White Chocolate w/Strawberries	12	/85g						G

## ENDANGERED SPECIES CHOCOLATE | CHOCOLATE BARS

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



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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	🍁	🏝	X	PACK	SIZE				G	P	U
037014 000610	<b>36663</b>	GMQ		GF			@				X		12 / 85g						G
037014 242317	<b>36216</b>	GMQ		GF			@				X		12 / 85g						G
037014 000627	<b>36664</b>	GMQ		GF			@				X		12 / 85g						G
<b>FREE2B   ALLERGEN-FREE CHOCOLATE CUPS</b>																			
687785 001400	<b>43121</b>	GMQ		GF							+ X		12 / 40g						G
687785 001417	<b>43120</b>	GMQ		GF							+ X		12 / 40g						G
687785 001240	<b>43128</b>	GMQ		GF							+		8 / 119g						G
687785 001233	<b>43127</b>	GMQ		GF							+		8 / 119g						G
<b>HUMMINGBIRD   BEAN TO BAR CHOCOLATE</b>																			
875132 000095	<b>57119</b>										+ X		12 / 32g						G
875132 000132	<b>57110</b>										+ X		12 / 32g						G
628451 966029	<b>57113</b>										+ X		12 / 30g						G
628451 966074	<b>57103</b>										+ X		12 / 60g						G
628451 966104	<b>57104</b>										+ X		12 / 60g						G
628451 966098	<b>57112</b>										+ X		12 / 30g						G
628451 966050	<b>57114</b>										+ X		12 / 30g						G
628451 966173	<b>57107</b>										+ X		12 / 60g						G
628451 966142	<b>57109</b>										+ X		12 / 60g						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
<b>JUSTIN'S   NUT BUTTER CUPS</b>																			
840379 153668	<b>10562</b>	GMQ		GF		*							6 / 120g						G
840379 128451	<b>10563</b>	GMQ		GF		*							6 / 120g						G
840379 188455	<b>10561</b>	GMQ		GF		*					X		12 / 40g						G
840379 100051	<b>10560</b>	GMQ		GF		*					X		12 / 40g						G
<b>KIND   CHOCOLATE DIPPED CLUSTERS</b>																			
602652 430527	<b>39342</b>										X		8 / 113g						G
602652 430503	<b>39343</b>										X		8 / 113g						G
602652 430558	<b>39344</b>										X		8 / 113g						G
<b>PRANA ORGANIC   CHOCOLATE TREATS</b>																			
877693 003331	<b>26151</b>	GMQ		GF		*	@		🍁		+ X		8 / 125g						G
877693 003355	<b>26153</b>	GMQ		GF		*	@		🍁		+ X		8 / 125g						G
877693 003348	<b>26152</b>	GMQ		GF		*			🍁		+ X		8 / 125g						G
877693 003195	<b>26086</b>	GMQ		GF		*	@		🍁		+ X		8 / 100g						G
877693 003201	<b>26087</b>	GMQ		GF		*	@		🍁		+ X		8 / 100g						G
877693 003232	<b>26091</b>	GMQ		GF		*	@		🍁		+ X		8 / 100g						G
877693 003225	<b>26089</b>	GMQ		GF		*	@		🍁		+ X		8 / 95g						G
	<b>60130</b>												1 / ea						

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X	PACK	SIZE				G	P	U
<b>THEO   CHOCOLATE</b>																	
874492 002411	11981	GMO					*	@	X	Dark Chocolate 85%, Pure Dark, Organic	12 / 85g						G
874492 002459	11978	GMO					*	@	X	Dark Chocolate 70%, Salted Almond, Organic	12 / 85g						G
874492 003258	11993	GMO					*	@	X	Dark Chocolate 70%, Sea Salt, Organic	12 / 85g						G
874492 004200	11995	GMO					*	@	X	Dark Chocolate 70%, Coffee Toffee, Organic	12 / 85g						G
874492 002633	11987	GMO					*	@	X	Dark Chocolate 70%, Coconut, Organic	12 / 85g						G
874492 002534	11985	GMO					*	@	X	Dark Chocolate 70%, Mint, Organic	12 / 85g						G
874492 002558	11986	GMO					*	@	X	Dark Chocolate 70%, Orange, Organic	12 / 85g						G
874492 003814	11994	GMO					*	@	X	Dark Chocolate 55%, Salted Toffee, Organic	12 / 85g						G
874492 005405	11997	GMO					*	@	X	Extra Dark Chocolate 85%, Salted Cashew, Organic	12 / 85g						G
874492 005375	11996	GMO					*	@	X	Milk Chocolate 45%, Hazelnut Crisp, Organic	12 / 85g						G
874492 002374	11979	GMO					*	@	X	Milk Chocolate 45%, Pure Milk, Organic	12 / 85g						G
874492 002510	11984	GMO					*	@	X	Milk Chocolate 45%, Salted Almond, Organic	12 / 85g						G
										<b>Buy 15+ cases</b>	<b>Save 8.01</b>						
874492 003210	11991	GMO					*	@	X	Peanut Butter Cups, Dark Chocolate	12 / 38g						G
874492 003227	11992	GMO					*	@	X	Peanut Butter Cups, Milk Chocolate	12 / 38g						G
										<b>Buy 15+ cases</b>	<b>Save 5.15</b>						
<b>ZAZUBEAN   CHOCOLATE BARS</b>																	
872227 000367	14742	GMO					*	@	+ X	Coconut Sugar, Coconut Milk Punch - Pineapple & Coconut, Organic	12 / 85g						G
872227 000206	14739	GMO					*	@	+ X	Coconut Sugar, Coconut Milk Sassy - Pomegranate & Hazelnut, Organic	12 / 85g						G
872227 000343	14750	GMO					*	@	+ X	Coconut Sugar, Dark Buff - Strong Dark Chocolate (90% Cacao), Organic	12 / 85g						G
872227 000244	14741	GMO					*	@	+ X	Coconut Sugar, Dark Kiki - Fig & Sea Salt (65% Cacao), Organic	12 / 85g						G
872227 000183	14738	GMO					*	@	+ X	Coconut Sugar, Dark Nudie - Extra Dark Chocolate (80% Cacao), Organic	12 / 85g						G
872227 000220	14740	GMO					*	@	+ X	Coconut Sugar, Dark Saltry - Sea Salt & Almonds (65% Cacao), Organic	12 / 85g						G
872227 001135	14773	GMO					@		+ X	FIXIE Chocolate Candy Bar, Coconut Crunch	15 / 35g						G
872227 001159	14774	GMO					@		+ X	FIXIE Chocolate Candy Bar, Hazelnut Crunch	15 / 35g						G
872227 000145	07189	GMO					*	@	+ X	Grass Fed Milk Chocolate, Smooch - Vanilla Caramel Crunch, Organic	12 / 85g						G
872227 001098	14751	GMO					*	@	+ X	Oat Milk Chocolate, Bestie - Almond Toffee Crunch, Organic	12 / 85g						G
872227 000107	14737	GMO					*	@	+ X	Superfood, Cheeky - Salted Toffee & Banana w/Maca (70% Cacao), Organic	12 / 85g						G
872227 000060	14734	GMO					*	@	+ X	Superfood, Flirt - Raspberry & Cherry w/Acai (70% Cacao), Organic	12 / 85g						G
872227 000015	14733	GMO					*	@	+ X	Superfood, Hottie - Chili & Cinnamon w/Yerba Mate (71% Cacao), Organic	12 / 85g						G
872227 000046	14731	GMO					*	@	+ X	Superfood, Lunatic - Mint & Cocoa Nibs w/Maca (73% Cacao), Organic	12 / 85g						G
872227 000169	14732	GMO					*	@	+ X	Superfood, Nakid - Cocoa Nibs & Vanilla (73% Cacao), Organic	12 / 85g						G
872227 000084	14735	GMO					*	@	+ X	Superfood, Nutbar - Coconut & Almond w/Camu Camu (70% Cacao), Organic	12 / 85g						G
872227 000121	14736	GMO					*	@	+ X	Superfood, Squeeze - Orange & Ginger w/Turmeric (70% Cacao), Organic	12 / 85g						G
872227 000602	14763						@		+ X	SLINKY No Added Sugar, Creamy Hazelnut (44% Cacao)	12 / 80g						G
872227 000541	14760						@		+ X	SLINKY No Added Sugar, Grass Fed Swiss Milk (50% Cacao)	12 / 80g						G
872227 000640	14765						@		+ X	SLINKY No Added Sugar, Hazelnut Mocha Latte (43% Cacao)	12 / 80g						G
872227 000626	14764						@		+ X	SLINKY No Added Sugar, Super Dark Panama (85% Cacao)	12 / 80g						G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🇨🇦	🏝️	X	PACK	SIZE				G	P	U
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## ZORAW CHOCOLATES | FUNCTIONAL CHOCOLATE BARS

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

## Confectionery

### CHIMES | CANDY

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

### CLAWHAMMER | ORGANIC MINTS

628371 190481	35119	GMO				*							12 / 30g						G
628371 190313	35120	GMO				*							12 / 30g						G
628371 190320	35121	GMO				*							12 / 30g						G
628371 190306	35122	GMO				*							12 / 30g						G

### DANDIES | VEGAN MARSHMALLOWS

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

### DEEBEE'S ORGANICS | FREEZER POPS

838913 001100	39092	GMO				*							12 / 8x40ml						G
838913 000202	39090	GMO				*							14 / 10x40ml						G
8389130 00509	39089	GMO				*							14 / 10x40ml						G

### EFRUTI | FRUIT JUICE GUMMI CANDIES

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

### THE GINGER PEOPLE | GINGER CANDY

734027 905016	35010	GMO											12 / 100g						G
734027 920514	35029	GMO				*							12 / 112g						G
734027 905337	35703	GMO											12 / 60g						G
734027 905054	35012	GMO											12 / 84g						G
734027 902039	35018	GMO											12 / 31g						G
734027 905023	35011	GMO											12 / 84g						G
734027 905320	35702	GMO											12 / 60g						G
734027 902053	35025	GMO											12 / 45g						G
734027 901551	35019	GMO											12 / 128g						G

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734027 551459	35027	GMO	B									X	Gin Gins, Ginger Chews, Original (S/O)	1	/ 5kg					G
734027 905344	35701	GMO										X	Gin Gins, Ginger Chews, Spicy Turmeric	12	/ 60g					G

## HUER | NATURAL CANDY

771047 301039	15417											+	HUER, Licorice Allsorts	12	/ 150g					G
771047 004749	15413											+ X	SENSIBLE SWEETS, Low Sugar Gummies, Fruity Bears	12	/ 50g					G
771047 004756	15412											+ X	SENSIBLE SWEETS, Low Sugar Gummies, Fruity Fish	12	/ 50g					G
771047 004787	15414											+	SENSIBLE SWEETS, Low Sugar Gummies, Mixed	12	/ 150g					G
771047 301022	15418											+	HUER, Sour Wine Gums	12	/ 150g					G
771047 301015	15419											+	HUER, Wine Gums	12	/ 170g					G
771047 302005	15415										V	+	SIMPLY HUER, Plant-Based Gummies, Bears	12	/ 150g					G
771047 302012	15416										V	+	SIMPLY HUER, Plant-Based Gummies, Sour Bears	12	/ 150g					G

## PANDA | LICORICES

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

## PATIENCE FRUIT & CO | SOUR CRAN DRIED CRANBERRIES

662166 557028	18556	GMO										🇨🇦	+ X	SOUR CRAN, Sour Cherry	12	/ 60g					G	
662166 557011	18555	GMO											🇨🇦	+ X	SOUR CRAN, Sour Peach	12	/ 60g					G
662166 557042	18558	GMO											🇨🇦	+ X	SOUR CRAN, Sour Raspberry	12	/ 60g					G
662166 557035	18557	GMO											🇨🇦	+ X	SOUR CRAN, Sour Strawberry	12	/ 60g					G
662166 557059	18559	GMO											🇨🇦	+ X	SOUR CRAN, Sour Watermelon	12	/ 60g					G
														<b>Buy 12-19 cases</b>		<b>Save 20%</b>						
														<b>Buy 20+ cases</b>		<b>Save 25%</b>						

## Snack Foods

### EDEN | PACKAGED SNACK FOOD

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

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

628110 072115	16266	GMO				*						🌳	+ X	Seaweed Surf Snax, Organic	8	/ 150g					G
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### NATURSOURCE | SNACKS

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

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

## ORIGO | FREEZE DRIED FRUIT

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

## PRANA | SNACK NUTS & MIXES

877693 005816	34105	GMO										🇨🇦 +	BEAN ME UP, Bean and Nut Mix, Cheddar Jalapeno	12 / 325g				G
877693 005809	34104	GMO										🇨🇦 +	BEAN ME UP, Bean and Nut Mix, Spicy Dill Pickle	12 / 325g				G
877693 005793	34103	GMO										🇨🇦 +	BEAN ME UP, Bean and Nut Mix, Sriracha	12 / 325g				G
877693 002662	26133	GMO										🇨🇦 +	Loka Roasted Pumpkin Seeds w/Sea Salt (Grown in Quebec)	8 / 130g				G
877693 001641	26108	GMO	GF		*							🇨🇦 +	Nuts, Alegria Hickory BBQ Almonds, Organic	8 / 150g				G
877693 000033	26102	GMO	GF		*							🇨🇦 +	Nuts, Amandine Maple Almonds, Organic	8 / 150g				G
877693 000118	26105	GMO	GF		*							🇨🇦 +	Nuts, Extaze Sea Salted Cashews, Organic	8 / 150g				G
877693 000019	26103	GMO	GF		*							🇨🇦 +	Nuts, Kabana, Maple Sea Salt Nuts, Organic	8 / 150g				G
877693 000149	26107	GMO	GF		*							🇨🇦 +	Nuts, Nirvana Sea Salted Almonds, Organic	8 / 150g				G
877693 000132	26106	GMO	GF		*							🇨🇦 +	Nuts, Samadhi Tamari Almonds, Organic	8 / 150g				G
877693 003928	26110	GMO										@ 🇨🇦 +	Snack Mix, Chocolate w/salted almonds, cranberries, raisins	12 / 350g				G
877693 003935	26111	GMO										🇨🇦 +	Snack Mix, Edamame w/almonds, dried fruit, pumpkin seeds	12 / 400g				G
877693 003942	26112	GMO										🇨🇦 +	Snack Mix, Spicy Peas & Favas w/almonds, edamame, pumpkin seeds	12 / 400g				G
877693 001863	26109	GMO	GF		*		@					🇨🇦 +	Sumsuma Sesame Bites, Chocolate, Organic	8 / 150g				G
877693 000071	26101	GMO	GF		*		@					🇨🇦 +	Sumsuma Sesame Bites, Organic	8 / 150g				G
877693 001672	34102	GMO	GF		*		@					🇨🇦 +	Sumsuma Sesame Bites, Organic	6 / 325g				G
877693 000125	26104	GMO	GF		*							🇨🇦 +	Trail Mix, Annapurna Superfruit Mix, Organic	8 / 150g				G
877693 003065	26063	GMO	GF		*							🇨🇦 +	Trail Mix, Fuji Salted Mix, Organic	8 / 150g				G
877693 003058	26062	GMO	GF		*							🇨🇦 +	Trail Mix, Kilimanjaro Chocolate Mix, Organic	8 / 150g				G
877693 001665	34101	GMO	GF		*							🇨🇦 +	Trail Mix, Kilimanjaro Chocolate Mix, Organic	6 / 310g				G
877693 003072	26059	GMO	GF		*							🇨🇦 +	Trail Mix, Machu Pichu Exotic Mix, Organic	8 / 150g				G
	60130												Empty Racks (S/O)	1 / ea				

## SOUPS & BROTHS

### Broths & Bouillons

#### BLUEBIRD PROVISIONS | INSTANT BONE BROTH MIX

627843 623557	68603												BC +	Instant Bone Broth Mix, Chicken	6 / 200g			
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#### GOBIO! | BOUILLON CUBES & BROTH POWDER

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



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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	(S/O)	X	PACK	SIZE				G	P	U	
<b>IMAGINE FOODS   BROTH</b>																			
084253 773560	<b>37800</b>	GMQ										12 / 1L							
084253 241243	<b>38636</b>	GMQ		GF		*						12 / 1L							
084253 242943	<b>38411</b>	GMQ		GF		*						12 / 1L							
084253 242493	<b>38280</b>	GMQ		GF		*						12 / 1L							
084253 773546	<b>38785</b>	GMQ		GF		*						12 / 1L							
084253 242486	<b>38279</b>	GMQ		GF		*						12 / 1L							
084253 242950	<b>38449</b>	GMQ				V	*					12 / 1L							
<b>PACIFIC FOODS   BROTH</b>																			
052603 067256	<b>38080</b>	GMQ				*						12 / 946ml							
052603 054089	<b>38069</b>	GMQ		GF		*						12 / 946ml							
052603 054072	<b>38079</b>	GMQ		GF		*						12 / 946ml							
052603 054058	<b>38811</b>	GMQ		GF		*						12 / 1L							
052603 054379	<b>38118</b>	GMQ		GF		*						12 / 1L							
052603 054119	<b>38183</b>	GMQ		GF		*						12 / 1L							
												<b>Buy 30+ cases (Mix &amp; Match with any 1L/946ml Broth &amp; Soup)</b>		<b>Save</b>	<b>5.04</b>				
052603 282383	<b>38084</b>	GMQ										12 / 946ml							
052603 067249	<b>38082</b>											12 / 946ml							

## Instant Soups

### KOYO | RAMEN

065493 064359	<b>39100</b>											12 / 60g							
065493 064342	<b>39101</b>											12 / 60g							
065493 064304	<b>39102</b>											12 / 57g							
065493 064311	<b>39103</b>											12 / 57g							
065493 064366	<b>39104</b>											12 / 60g							
065493 064328	<b>39105</b>											12 / 57g							
065493 064410	<b>39113</b>											6 / 57g							
065493 064427	<b>39114</b>											6 / 59g							
065493 064434	<b>39115</b>											6 / 58g							
065493 064403	<b>39116</b>											6 / 60g							
065493 064335	<b>39106</b>											12 / 60g							

### LOTUS FOODS | RICE RAMEN MISO SOUP

708953 601113	<b>39900</b>	GMQ		GF								10 / 80g							
708953 601120	<b>39910</b>	GMQ		GF								10 / 80g							
708953 601137	<b>39901</b>	GMQ		GF								10 / 80g							

## Ready-To-Serve Soups

### AMY'S | CANNED SOUP

042272 905140	<b>38321</b>	GMQ				*						12 / 398ml							
042272 905041	<b>38157</b>	GMQ		GF		*						12 / 398ml							
042272 905867	<b>38609</b>	GMQ		GF		*						12 / 398ml							
042272 905362	<b>38067</b>	GMQ		GF		*						12 / 398ml							
042272 905409	<b>38668</b>	GMQ		GF		*						12 / 398ml							
042272 905010	<b>38156</b>	GMQ		GF		*						12 / 398ml							
042272 905478	<b>38669</b>	GMQ		GF		*						12 / 398ml							
042272 905935	<b>38715</b>	GMQ		GF		*						12 / 398ml							
042272 906277	<b>38605</b>	GMQ				V	*					12 / 398ml							
042272 905836	<b>38666</b>	GMQ		GF		*						12 / 398ml							

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🌳	X	PACK	SIZE					G	P	U
042272 905829	<b>38607</b>	GMO		GF		*						12 / 398ml	Soup, Lentil vegetable, Lower in Sodium, Organic						
042272 905355	<b>38330</b>	GMO		GF		*						12 / 398ml	Soup, Lentil Vegetable, Organic						
042272 905027	<b>38152</b>	GMO		GF		*						12 / 398ml	Soup, Lentil, Organic						
042272 905850	<b>38667</b>	GMO				*						12 / 398ml	Soup, Minestrone, Low Sodium, Organic						
042272 905072	<b>38154</b>	GMO				*						12 / 398ml	Soup, Minestrone, Organic						
042272 905034	<b>38153</b>	GMO				*						12 / 398ml	Soup, No Chicken Noodle, Organic						
042272 906697	<b>38783</b>	GMO		GF		*						12 / 398ml	Soup, Quinoa, Kale & Red Lentil, Organic						
042272 905843	<b>38608</b>	GMO		GF		*						12 / 398ml	Soup, Split Pea, Lower in Sodium, Organic						
042272 905058	<b>38216</b>	GMO		GF		*						12 / 398ml	Soup, Split Pea, Organic						
042272 907755	<b>38606</b>	GMO				V *						12 / 398ml	Soup, Tortilla, Organic						
042272 905089	<b>38217</b>	GMO				*						12 / 398ml	Soup, Vegetable Barley, Organic						

## AUGA | READY TO EAT ORGANIC SOUPS

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

## EAT WHOLESOME | CANNED SOUP

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

## IMAGINE FOODS | NATURAL SOUP

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

## PACIFIC FOODS | SOUP

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

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## Soup Mixes

### BOB'S RED MILL | SOUP MIX

039978 001283	38938	GMO									X	Soup Mix, Vegi	6	/ 794g
039978 001276	38934	GMO									X	Soup Mix, 13 Bean	6	/ 822g

## SWEETENERS

### BEE-MINDFUL HUNNIE | VEGAN HONEY ALTERNATIVE

627987 843965	29100	GMO				*		BC	+			HUNNIE, Apple Based Sweetener, Organic	6	/ 460g
627987 844016	29101	GMO				*		BC	+			HUNNIE, Hot Chili Infused, 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				*		🍁	+			Maple Butter, Organic	12	/ 160g
620892 000065	44262	GMO				*		🍁	+			Maple Syrup, Amber, Organic	12	/ 250ml
620892 000232	44264	GMO				*		🍁	+			Maple Syrup, Dark, Organic	12	/ 250ml
620892 999994	44287	GMO				*			+			Date & Maple Syrup, Organic	12	/ 375ml
620892 000072	44263	GMO				*		🍁	+			Maple Syrup, Amber, Organic	12	/ 500ml
620892 000249	44265	GMO				*		🍁	+			Maple Syrup, Dark, Organic	12	/ 500ml
620892 000294	44266	GMO				*		🍁	+			Maple Syrup, Very Dark, Organic	12	/ 500ml
620892 000089	44285	GMO				*		🍁	+			Maple Syrup, Amber, Organic	6	/ 1L
620892 000256	44284	GMO				*		🍁	+			Maple Syrup, Dark, Organic	6	/ 1L
620892 000300	44286	GMO				*		🍁	+			Maple Syrup, Very Dark, Organic	6	/ 1L

Buy 10+ cases

Save 25%

### CRAVE | SWEETENER

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

### EDEN | BARLEY MALT SYRUP

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

055013 000318	44069								🍁	+		Liquid Squeeze Honey Bear, Unpasteurized, Canada #1 White	12	/ 375g
055013 000226	44068							BC	+			Liquid Squeeze Honey, Canada #1 White	12	/ 500g
055013 000127	44067							BC	+			Liquid Squeeze Honey, Canada #1 White	12	/ 1kg

### ESCUMINAC | FARM BOTTLED ORGANIC MAPLE SYRUP

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

### FLORIDA CRYSTALS | SUGAR

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

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

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## LAKANTO | MONKFRUIT BLEND SWEETENER & SYRUP

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

## LEVEL GROUND TRADING DIRECT FAIR TRADE | SUGAR

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

## LUNDBERG | BROWN RICE SYRUP

073416 001800	<b>24108</b>	GMØ								GF	*		Brown Rice Syrup, Sweet Dreams, Organic	12 / 595g						
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## MCKENZIE'S | COUNTRY FARM HONEY

056113 001700	<b>44084</b>											🇨🇦	+	Raw Natural Honey, Canada No 1 White	12 / 500g					
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## ONEEARTH FUNCTIONAL FOODS | COCONUT PALM SUGAR

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

771901 101355	<b>44005</b>													B	🇨🇦	+	X	Liquid Honey Pail, Canada No 1 White	1 / 3kg	
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## SWERVE SWEETENER

852700 300191	<b>32701</b>	GMØ											Granular	6 / 340g						
852700 300290	<b>32702</b>	GMØ											Icing Sugar	6 / 340g						
852700 300399	<b>32703</b>	GMØ											Sugar, Brown	6 / 340g						

## WHOLESOME | NATURAL & ORGANIC SWEETENER

012511 971069	<b>44158</b>	GMØ											GF	*	@						COCONUT PALM SUGAR, Organic	6 / 454g
012511 320041	<b>44018</b>	GMØ											GF	*	@						ICING SUGAR, Powdered, Organic	6 / 454g
012511 446529	<b>44037</b>	GMØ											GF	*	@						SUGAR, Dark Brown, Organic	6 / 680g
012511 446413	<b>44036</b>	GMØ											GF	*	@						SUGAR, Light Brown, Organic	6 / 680g
012511 444716	<b>44029</b>	GMØ											GF	*	@						SUGAR, Turbinado, Organic	6 / 680g
012511 406004	<b>44127</b>	GMØ											GF	*	@						SUGAR, Organic	6 / 907g
012511 470715	<b>44198</b>	GMØ											GF	*	@						SUGAR, Cane, Raw	6 / 680g
012511 600006	<b>44072</b>	GMØ											GF	*	@						MOLASSES, Blackstrap, Organic	12 / 662g
012511 700003	<b>44199</b>	GMØ											GF	*	@						MOLASSES, Blackstrap, Organic	6 / 1.33kg
012511 471217	<b>44091</b>	GMØ											GF	*	@						BLUE AGAVE NECTAR, Organic	6 / 240ml
012511 472313	<b>44093</b>	GMØ											GF	*	@						BLUE AGAVE NECTAR, Organic	6 / 480ml
012511 473235	<b>44094</b>	GMØ											GF	*	@						BLUE AGAVE NECTAR, Raw, Organic	6 / 480ml
012511 945005	<b>44191</b>	GMØ											GF	*							X Stevia Packets, Organic (S/O)	1000 / 1g

## WILD COUNTRY | HONEY

621234 600165	<b>44107</b>																				🇨🇦	+	Buckwheat Honey, Canada #1 Amber	12 / 500g
621234 610041	<b>44109</b>																				🇨🇦	+	Pure Raw Honey, Canada #1 White	12 / 500g
621234 600042	<b>44212</b>																				🇨🇦	+	Royal Jelly in Honey	12 / 500g
621234 600400	<b>44108</b>																				🇨🇦	+	Wild Blossom Honey, Canada #1 Golden	12 / 500g

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## COOLER

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

## DAIRY & EGGS PRODUCTS

### 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	*	+	Artisan Goat Cheese (ripened-firm)	8 / 190g
778177 499940	50082		*	+	Artisan Goat Cheese, Aged (ripened-firm)	8 / 190g
778177 499360	50014	GMO	*	+	Cheddar, Marble, Organic	8 / 200g
778177 509304	50137	GMO	*	+	Cheddar, Mild (snack size), Organic	8 / 8x21g
778177 499803	50400	GMO	*	+	Cheddar, Mild Sliced, Organic	8 / 180g
778177 499315	50090	GMO	*	+	Cheddar, Mild, Organic (raw milk)	8 / 200g
778177 499322	50091	GMO	*	+	Cheddar, Medium, Organic (raw milk)	8 / 200g
778177 499339	50092	GMO	*	+	Cheddar, Old, Organic (raw milk)	8 / 200g
778177 499377	50061	GMO	*	+	Cheddar, 1 Year, Organic (raw milk)	8 / 200g
778177 499452	50096	GMO	*	+	Cheddar, Double Smoked, Organic (raw milk)	8 / 190g
778177 499346	50093	GMO	*	+	Cheddar, Extra Old, Organic (raw milk)	8 / 200g
778177 499384	50080	GMO	*	+	Cheddar, 2 years, Organic (raw milk)	8 / 200g
778177 499391	50049	GMO	*	+	Cheddar, 3 years, Organic (raw milk)	8 / 200g
778177 499414	50022	GMO	*	+	Cheddar, 4 years, Organic	8 / 200g
778177 149364	50028	GMO	*	+	Cheddar, Marble, Organic	8 / 325g
778177 149319	50029	GMO	*	+	Cheddar, Mild, Organic (raw milk)	8 / 325g
778177 149326	50035	GMO	*	+	Cheddar, Medium, Organic (raw milk)	8 / 325g
778177 149333	50038	GMO	*	+	Cheddar, Old, Organic (raw milk)	8 / 325g
778177 149340	50041	GMO	*	+	Cheddar, Extra Old, Organic (raw milk)	8 / 325g
778177 829365	50408	GMO B	*	+	Cheddar, Marble, Organic	1 / 908g
778177 449327	50409	GMO B	*	+	Cheddar, Medium, Organic	1 / 908g
778177 108002	50089	GMO	*	+	Cheese Curds, Organic	8 / 200g
778177 499926	50098	GMO	*	+	Feta, Greek Sheep's Milk, Organic	16 / 150g
778177 499933	50021	GMO	*	+	Feta, Greek Sheep's Milk, with Herbs, Organic	16 / 150g
778177 111965	50094	GMO	*	+	Frugal Skim Milk Cheese (7% MF), Organic	8 / 200g
778177 499957	50101	GMO	*	+	Gouda (6 mos), Organic (raw milk)	8 / 170g
778177 509014	50099	GMO	*	+	Gouda, Dutch (12 mos), Organic	8 / 175g
778177 112962	50013	GMO	*	+	Mozzarella (28% MF), Organic	8 / 200g
778177 499834	50402	GMO	*	+	Mozzarella (28% MF), Sliced, Organic	8 / 180g
778177 149425	50044	GMO	*	+	Mozzarella (28% MF), Organic	8 / 325g
778177 112979	50095	GMO	*	+	Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 200g
778177 149388	50042	GMO	*	+	Mozzarella, Partlally Skimmed (15% MF), Organic	8 / 325g
778177 612974	50410	GMO B	*	+	Mozzarella, Partlally Skimmed (15% MF), Organic	1 / 908g
778177 499704	50027	GMO	*	+	Parmesan, Grated, Organic (raw milk)	8 / 125g
778177 499728	50023	GMO	*	+	Parmesan, Organic (raw milk)	8 / 200g
778177 009101	50025	GMO	*	+	Raclette, Sliced, Organic	8 / 160g
778177 499506	50103	GMO	*	+	Shredded, Mozza-Cheddar, Organic	8 / 200g
778177 499858	50104	GMO	*	+	Shredded, Mozzarella, (28% MF) Organic	8 / 200g
778177 499575	50102	GMO	*	+	Shredded, Triple Cheddar, Organic	8 / 200g
778177 499605	50020	GMO	*	+	Swiss, Organic (raw milk)	8 / 200g
778177 499810	50401	GMO	*	+	Swiss, Sliced, Organic (raw milk)	8 / 180g
778177 149814	50406	GMO	*	+	Swiss, Organic (raw milk)	8 / 325g
	50057	GMO B	*	+	Cheddar, Medium, Organic (raw milk)	1 / 2kg
	50411	GMO B	*	+	Shredded, Cheddar Medium, Organic	1 / 1kg
	50055	GMO B	*	+	Shredded, Cheddar Medium, Organic (raw milk)	1 / 2kg
	50054	GMO B	*	+	Shredded, Mozzarella 15%, Organic (S/O)	1 / 2kg
	91213				Plastic Trays 80/1ea (S/O)	1 / ea



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## Eggs (REFRIGERATED)

### RABBIT RIVER FARMS | EGGS (REFRIGERATED)

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

## Preserving Supplies

### YOGOURMET | CULTURES (REFRIGERATED)

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

## Yogurts & Sour Creams

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

078355 471103	52351	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				*		🇨🇦	+			Yogurt, Organic	6 / 650g						
778716 090812	52305	GMO				*		🇨🇦	+			Yogurt, 4% MF, Organic	6 / 908g						
778716 090829	52306	GMO				*		🇨🇦	+			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			*		🇨🇦	+			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 +	Oat Creamer, Cinnamon Cookie Dough	6 / 946ml						
626027 712179	08321	GMO									BC +	Oat Creamer, French Vanilla	6 / 946ml						
626027 712155	08320	GMO									BC +	Oat Creamer, Original	6 / 946ml						
626027 712186	08322	GMO									BC +	Oat Creamer, Salted Caramel	6 / 946ml						

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

626027 871401	07349	GMO									BC +	NAKED Oat, Original (no oils or gums) (gable)	6 / 1.75L						U
626027 811056	07346	GMO									BC +	Oat, Chocolate (gable)	6 / 1.75L						U
626027 811025	07327	GMO									BC +	Oat, Original (gable)	6 / 1.75L						U
626027 811049	07328	GMO									BC +	Oat, Vanilla (gable)	6 / 1.75L						U
626027 841022	08313	GMO									BC +	Oat, Zero Sugar, Original (gable)	6 / 1.75L						U
626027 841046	08319	GMO									BC +	Oat, Zero Sugar, Vanilla (gable)	6 / 1.75L						U
626027 611410	08325	GMO									BC +	THE ALT. Milk Alternative	6 / 1.75L						U

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626027 087802	07232	GMO				*			BC	+	SO NICE Almond Original, Organic (gable top)	6 / 1.75L							U
626027 087819	07233	GMO				*			BC	+	SO NICE Almond Unsweetened, Original, Organic (gable top)	6 / 1.75L							U
626027 121049	07602	GMO				*			BC	+	SO NICE Almond Unsweetened, Vanilla, Organic (gable top)	6 / 1.75L							U
626027 221015	08331	GMO				*			BC	+	Soy, Original, Organic (gable)	6 / 1.75L							U
626027 221022	08330	GMO				*			BC	+	Soy, Unsweetened Original, Organic (gable)	6 / 1.75L							U
626027 700015	06901	GMO							BC	+	Almond, Original (gable top)	6 / 1.89L							U
626027 700039	06905	GMO							BC	+	Almond Unsweetened, Original (gable top)	6 / 1.89L							U
626027 700060	07248	GMO							BC	+	Almond Unsweetened, Vanilla (gable top)	6 / 1.89L							U
626027 700022	06903	GMO							BC	+	Almond, Vanilla (gable top)	6 / 1.89L							U

## Non-Dairy Butter Alternatives

See Frozen Section for More Selection

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

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

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

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

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

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

857554 005889	19150	GMO				*					Cultured Butter, Cashew, Salted, Organic	6 / 227g							
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### NUTS FOR CHEESE | NUTS FOR BUTTER CULTURED CASHEW PRODUCT (REFRIGERATED)

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

## Non-Dairy Cheese Alternatives

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

871459 001128	50134	GMO				GF	V		BC	+	Block, Cheddar	8 / 200g							
871459 001142	50154	GMO				GF	V		BC	+	Block, Smoked Gouda	8 / 200g							
871459 000824	50010	GMO				GF	V		BC	+	Crumbles, Feta Cheese Flavour	6 / 170g							
871459 003245	50184	GMO				GF	V		BC	+	Shreds, Cheddar	12 / 200g							
871459 003177	50131	GMO				GF	V		🇨🇦	+	Shreds, Italian Blend	12 / 200g							
871459 003658	50189	GMO				GF	V		BC	+	Shreds, Mexican Blend	12 / 200g							
871459 003238	50185	GMO				GF	V		BC	+	Shreds, Mozza	12 / 200g							
871459 003665	50130	GMO				GF	V		BC	+	Shreds, Parmesan	12 / 200g							
871459 003252	50186	GMO				GF	V		BC	+	Shreds, Spicy Monterey Jack	12 / 200g							
871459 000329	50139	GMO				GF	V		BC	+	Slices, Cheddar	8 / 220g							
871459 000374	50306	GMO				GF	V		BC	+	Slices, Pepper Jack	8 / 220g							
871459 000343	50003	GMO				GF	V		BC	+	Slices, Smoked Gouda	8 / 220g							
871459 000305	50138	GMO				GF	V		BC	+	Slices, Swiss	8 / 220g							
871459 001494	50305	GMO				GF	V		BC	+	Cream Cheese, Cinnamon Twist	6 / 227g							
871459 001197	50143	GMO				GF	V		BC	+	Creamy Spread, Chive & Onion	6 / 227g							
871459 001173	50141	GMO				GF	V		BC	+	Creamy Spread, Plain	6 / 227g							
871459 001935	50114	GMO				GF	V		BC	+	CUTTING BOARD Shreds, Cheddar Style (S/O)	3 / 2.27kg							
	92000								BC	+	X Display Tray	1 / ea							



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

627987 786477	<b>25363</b>									🇨🇦 + X		12 / 113g						
627987 786453	<b>25362</b>									🇨🇦 + X		12 / 113g						
627987 786484	<b>25360</b>									🇨🇦 + X		12 / 113g						
627987 786491	<b>25364</b>									🇨🇦 + X		12 / 113g						
627987 786460	<b>25361</b>									🇨🇦 + X		12 / 113g						
627987 786439	<b>25353</b>									🇨🇦 +		6 / 450g						
627987 786422	<b>25352</b>									🇨🇦 +		6 / 450g						
627987 786408	<b>25350</b>									🇨🇦 +		6 / 450g						
628942 855528	<b>25354</b>									🇨🇦 +		6 / 450g						
627987 786446	<b>25351</b>									🇨🇦 +		6 / 450g						

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

627987 070835	<b>56004</b>									BC +		6 / 450g						
627987 070811	<b>56000</b>									BC +		6 / 450g						
627987 070767	<b>56001</b>									BC +		6 / 450g						
627987 070774	<b>56002</b>									BC +		6 / 450g						
627987 070804	<b>56003</b>									BC +		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>									🇨🇦 +		6 / 750ml						
180071 000199	<b>19601</b>									🇨🇦 +		6 / 500ml						
180071 000182	<b>19600</b>	GMO								🇨🇦 +		6 / 500ml						

### ISLAND KRAUT | RAW KRAUT (REFRIGERATED)

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

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

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

### SEOUL | KIMCHI (REFRIGERATED)

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

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🇨🇦	🏝️	X	PACK	SIZE					G	P	U
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**WILDBRINE | FERMENTED VEGETABLES (REFRIGERATED)**

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

## FRESH CONDIMENTS, DIPS & SAUCES

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

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

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

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

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

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

**LE GRAND | PESTO (REFRIGERATED)**

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

**MAISON ORPHEE | FRESH MAYONNAISE (REFRIGERATED)**

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

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

842232 021022	18670												🇨🇦	+	Creamy Cashew Dip, Artichoke & Jalapeno	6	/	210g		
842232 022029	18671	GMO				*							🇨🇦	+	Creamy Cashew Dip, Dill Pickle, Organic	6	/	210g		
842232 023026	18672	GMO				*							🇨🇦	+	Creamy Cashew Dip, Roasted Red Pepper, 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>

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

627843 533610	14040												🇨🇦	+	X Mango & Apple Chutney	8	/	225g		
627843 533641	14041		B										🇨🇦	+	X Mango & Apple Chutney	4	/	900g		

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

628176 337081	14663			GF									BC	+	Cashew Dip & Crackers, Chives & Garlic	6	/	68g		
627843 428213	14652												BC	+	Cashew Dip, Beet & Balsamic	8	/	185g		
627843 428275	14656												BC	+	Creamy Cashew Dip, Chives & Garlic	8	/	185g		
627843 428305	14660												BC	+	Creamy Cashew Dip, Dill Pickle & Truffle	8	/	185g		
628176 337333	14651												BC	+	Creamy Cashew Dip, French Onion	8	/	185g		
627843 428282	14657												BC	+	Creamy Cashew Dip, Garlic Tzatziki	8	/	185g		



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	X	PACK	SIZE					G	P	U
627843 428251	14655									BC +	Creamy Cashew Dip, Jalapeno & Lemon	8 / 185g						
627843 428299	14659									BC +	Creamy Cashew Dip, Spinach & Artichoke	8 / 185g						
627843 428220	14654									BC +	Pesto Dip, Cilantro & Pumpkin Seed	8 / 185g						

## SUNFLOWER KITCHEN | DIP & SAUCE (REFRIGERATED)

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

(May ship with down to one week dating)

## WILDBRINE | FERMENTED SAUCE (REFRIGERATED)

858159 002716	32238	GMO									Sriracha Sauce, Spicy Kimchi	8 / 241g						
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## WILDVINE | PICKLED VEGETABLES (REFRIGERATED)

857859 007649	32248	GMO									Pickled Vegetables, Curtido Coleslaw	6 / 591ml						
857859 007625	32247	GMO									Pickled Vegetables, Spiced Banh Mi Medley	6 / 591ml						
857859 007656	32249	GMO									Pickled Vegetables, Spicy Escabeche	6 / 591ml						
857859 007632	32246	GMO									Pickled Vegetables, Spicy Pickled Red Onions	6 / 591ml						

## FRESH MEALS & SOUPS

### HAPPY PLANET | SOUP (REFRIGERATED)

779172 611054	38884	GMO				*				BC +	Soup, Berkeley Butternut Squash, Organic	6 / 650ml						
779172 611030	38883	GMO				*				BC +	Soup, Louisiana Sweetcorn & Red Pepper, Organic	6 / 650ml						
779172 611016	38881	GMO				*				BC +	Soup, Thai Coconut, Organic	6 / 650ml						
779172 611061	38885	GMO				*				BC +	Soup, Tuscan Tomato, Organic	6 / 650ml						
779172 667266	38894									BC +	Super Soup, Carrot Ginger & Turmeric (S/O)	6 / 500ml						
779172 667501	38893									BC +	Super Soup, Fraser Valley Mushroom (S/O)	6 / 500ml						
779172 667525	38899									BC +	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)

857161 008457	16215	GMO				*					Kombucha, Blackberry Trails, Organic (glass)	12 / 414ml						G	P	U			
850044 821143	16223	GMO				*					Kombucha, Cherry Limeade, Organic (glass)	12 / 414ml							G	P	U		
851107 003001	15221	GMO				*					Kombucha, Clear Mind, Organic (glass)	12 / 414ml								G	P	U	
850044 821136	16222	GMO				*					Kombucha, Crisp Apple, Organic (glass)	12 / 414ml									G	P	U
850044 821174	16224	GMO				*					Kombucha, Iced Tea Lemonade, Organic (glass)	12 / 414ml									G	P	U
857161 008464	16216	GMO				*					Kombucha, Island Mango, Organic (glass)	12 / 414ml									G	P	U
851107 003049	15223	GMO				*					Kombucha, Lemon Grove, Organic (glass)	12 / 414ml									G	P	U
851107 003070	15224	GMO				*					Kombucha, Love, Organic (glass)	12 / 414ml									G	P	U
851107 003629	15222	GMO				*					Kombucha, Mountain Ginger, Organic (glass)	12 / 414ml									G	P	U
857161 008921	16221	GMO				*					Kombucha, Pineapple Paradise, Organic (glass)	12 / 414ml									G	P	U
857161 008914	16220	GMO				*					Kombucha, Strawberry Fields, Organic (glass)	12 / 414ml									G	P	U
851107 003032	15227	GMO				*					Kombucha, Superberry, Organic (glass)	12 / 414ml									G	P	U



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

## 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

## GT'S | 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

## GT'S | 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



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

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

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

## LOOP MISSION | PROBIOTIC SODA (REFRIGERATED)

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

## RISE | KOMBUCHA & BOTANICALS (REFRIGERATED)

818762 006235	15332	GMO				*			☼	+		Botanicals, Boost (Cocoa Chai), Organic	12 / 414ml			G	P	U
818762 005429	15333	GMO				*			☼	+		Botanicals, Focus (Orange Mango), Organic	12 / 414ml			G	P	U
818762 004613	15334	GMO				*			☼	+		Botanicals, Relax (Lime Ginger), Organic	12 / 414ml			G	P	U
818762 007515	15335	GMO				*			☼	+		Botanicals, Renew (Coffee Caramel), Organic	12 / 414ml			G	P	U
818762 001803	15322	GMO				*			☼	+		Kombucha, Low-Sugar Kiwi & Pineapple, Organic (glass)	12 / 414ml			G	P	U
818762 001810	15323	GMO				*			☼	+		Kombucha, Low-Sugar Mango & Papaya, Organic (glass)	12 / 414ml			G	P	U
818762 003029	15341	GMO				*			☼	+		Kombucha, Low-Sugar Pineapple & Coconut, Organic (glass)	12 / 414ml			G	P	U
818762 001827	15324	GMO				*			☼	+		Kombucha, Low-Sugar Raspberry & Vanilla, Organic (glass)	12 / 414ml			G	P	U
818762 003005	15340	GMO				*			☼	+		Kombucha, Low-Sugar Strawberry & Lemon, Organic (glass)	12 / 414ml			G	P	U
818762 001834	15325	GMO				*			☼	+		Kombucha, Low-Sugar Watermelon & Mint, Organic (glass)	12 / 414ml			G	P	U
818762 001902	15315	GMO				*			☼	+		Kombucha, Low-Sugar Kiwi & Pineapple, Organic (glass)	6 / 1L			G	P	U
818762 001919	15316	GMO				*			☼	+		Kombucha, Low-Sugar Mango & Papaya, Organic (glass)	6 / 1L			G	P	U
818762 003067	15343	GMO				*			☼	+		Kombucha, Low-Sugar Pineapple & Coconut, Organic (glass)	6 / 1L			G	P	U
818762 001926	15317	GMO				*			☼	+		Kombucha, Low-Sugar Raspberry & Vanilla, Organic (glass)	6 / 1L			G	P	U
818762 003043	15342	GMO				*			☼	+		Kombucha, Low-Sugar Strawberry & Lemon, Organic (glass)	6 / 1L			G	P	U
818762 001933	15318	GMO				*			☼	+		Kombucha, Low-Sugar Watermelon & Mint, Organic (glass)	6 / 1L			G	P	U
818762 000042	15304	GMO				*			☼	+		Kombucha, Blueberry & Maple, Organic (glass)	12 / 414ml			G	P	U
818762 000011	15301	GMO				*			☼	+		Kombucha, Fresh Ginger, Organic (glass)	12 / 414ml			G	P	U
818762 000035	15302	GMO				*			☼	+		Kombucha, Hibiscus & Rosehips, Organic (glass)	12 / 414ml			G	P	U



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UPC CODE	CODE	GMQ	B	GF	V	*	@	+	🇨🇦	🏝	X	PACK	SIZE	G	P	U	
818762 002008	15327	GMQ				*			🇨🇦		+		12 / 414ml			G P U	
818762 001063	15320	GMQ				*			🇨🇦		+		12 / 414ml			G P U	
818762 001032	15305	GMQ				*			🇨🇦		+		12 / 414ml			G P U	
818762 001056	15321	GMQ				*			🇨🇦		+		12 / 414ml			G P U	
818762 002015	15326	GMQ				*			🇨🇦		+		12 / 414ml			G P U	
818762 000370	15310	GMQ				*			🇨🇦		+		6 / 1L			G P U	
818762 000349	15307	GMQ				*			🇨🇦		+		6 / 1L			G P U	
818762 000363	15308	GMQ				*			🇨🇦		+		6 / 1L			G P U	
818762 002046	15331	GMQ				*			🇨🇦		+		6 / 1L			G P U	
818762 001070	15313	GMQ				*			🇨🇦		+		6 / 1L			G P U	
818762 001049	15311	GMQ				*			🇨🇦		+		6 / 1L			G P U	
818762 001087	15314	GMQ				*			🇨🇦		+		6 / 1L			G P U	
818762 002053	15330	GMQ				*			🇨🇦		+		6 / 1L			G P U	

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

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

## TOFINO | RAW KOMBUCHA (REFRIGERATED)

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

## MEAT & SEAFOOD ALTERNATIVES

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

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

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

638031 266739	65249	GMQ				V							6 / 184g			
638031 612284	65251	GMQ				V							12 / 340g			
638031 612154	65252	GMQ				V							12 / 368g			
638031 612161	65254	GMQ				V							12 / 368g			
638031 612178	65253	GMQ				V							12 / 368g			

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

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

## HORNBY ISLAND | VEGGIE PÂTÉ (REFRIGERATED)

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

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

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

## TOFURKY | MEAT ALTERNATIVE (REFRIGERATED)

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

## YVES | VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)

060822 000084	<b>40518</b>	GMQ							V	♣	Veggie Dogs (6pk)	12 / 275g			
060822 003016	<b>40560</b>	GMQ							V	♣	Veggie Ground Round, Original	12 / 340g			
060822 001303	<b>91284</b>	GMQ	B						V	♣	X Veggie Ground Round (frozen) (S/O)	6 / 1kg			
060822 001227	<b>91285</b>	GMQ	B						V	♣	X Veggie Pepperoni Slices (frozen) (S/O)	5 / 1kg			

## SNACKS

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

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

## TOFU & ASIAN CUISINE

### AMANO FOODS | MISO (REFRIGERATED)

067334 070024	<b>40005</b>	GMQ							*	BC	+	Miso, Aka, Organic	12 / 400g		
067334 070031	<b>40010</b>	GMQ							*	BC	+	Miso, Genmai, Organic	12 / 400g		
067334 070048	<b>40007</b>	GMQ							*	BC	+	Miso, Mugi, Organic	12 / 400g		
067334 070017	<b>40015</b>	GMQ							*	BC	+	Miso, Shiro, Organic	12 / 400g		
067334 001028	<b>40061</b>	GMQ							*	BC	+	Miso, Aka, Organic	10 / 1kg		
067334 001035	<b>40059</b>	GMQ							*	BC	+	Miso, Genmai, Organic	10 / 1kg		
067334 001011	<b>40062</b>	GMQ							*	BC	+	Miso, Shiro, Organic	10 / 1kg		

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🇨🇦	🌳	X	PACK	SIZE					G	P	U	
067334 005026	<b>40065</b>	GMO	B								*	BC +	Miso, Aka, Organic	1	/ 2.27kg						
067334 005019	<b>40060</b>	GMO	B								*	BC +	Miso, Shiro, Organic	1	/ 2.27kg						
067334 025024	<b>40063</b>	GMO	B								*	BC +	Miso, Aka, Organic	1	/ 11.36kg						

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

777744 000107	<b>38013</b>	GMO									V	BC +	Soy-Free Tofu, Medium Firm	8	/ 340g						
777744 000121	<b>38014</b>	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	<b>24054</b>	GMO									*	🌳 + X	MOCHI, Brown Rice, Organic	1	/ 284ml						
068532 730024	<b>24055</b>	GMO									*	🌳 + X	MOCHI, Raisin & Cinnamon, Organic	1	/ 284ml						
068532 006174	<b>40538</b>	GMO									*	🌳 + X	TEMPEH, BBQ Burgers, Organic	1	/ 170g						
068532 700034	<b>40537</b>	GMO									*	🌳 + X	TEMPEH, Indonesian, Organic	1	/ 225g						
068532 765477	<b>40530</b>										*	🌳 + X	TEMPEH, Miso Gravy	1	/ 225g						
068532 000271	<b>40536</b>	GMO									*	🌳 + X	TEMPEH, Original Burgers, Organic	1	/ 170g						
068532 113926	<b>40526</b>	GMO									*	🌳 + X	TEMPEH, Simply Soybean, Organic	1	/ 225g						
068532 700041	<b>40541</b>	GMO									*	🌳 + X	TEMPEH, Smoked, Organic	1	/ 225g						
068532 612344	<b>40540</b>										*	🌳 +	TEMPEH, Sunseed	1	/ 225g						
068532 654368	<b>40531</b>										*	🌳 + X	TEMPEH, Sweet Chili	1	/ 225g						
068532 000264	<b>40542</b>	GMO									*	🌳 + X	TOFU, Baked, Organic	1	/ 225g						
068532 000998	<b>40230</b>	GMO									*	🌳 + X	TOFU, Extra Firm, Organic	1	/ 454g						
068532 000103	<b>40228</b>	GMO									*	🌳 + X	TOFU, Medium, Organic	1	/ 454g						
068532 000547	<b>40544</b>	GMO									*	🌳 +	TOFU, Smoked Cutlets, Organic	1	/ 225g						
	<b>40106</b>	GMO	B								*	🌳 + X	TOFU, Extra Firm, Bulk, Organic	1	/ 5.4kg						
	<b>91032</b>										*	X	Display Tray (S/O)	1	/ 1ea						

## OOME | SMOKED TOFU (REFRIGERATED)

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

## SOYA NOVA | TOFU (REFRIGERATED)

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

## SUPERIOR NATURAL | TOFU (REFRIGERATED)

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

## WILDWOOD ORGANICS | TOFU (REFRIGERATED)

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

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## OILS

### OMEGA NUTRITION | EFA OIL (REFRIGERATED)

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

## NUTRITIONAL SUPPLEMENTS & PROBIOTICS

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

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

### THE CULTURED COCONUT | PROBIOTIC (REFRIGERATED)

628250 991017	14851	GMO		*						X 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	40754	GMO	GF							BC + X Sourdough Bagels, Everything (6ct)	10 / 660g							
854278 001203	40755	GMO	GF							BC + X Sourdough Bagels, Original (6ct)	10 / 660g							
854278 001036	40751	GMO	GF							BC + X Sourdough Bread, Ancient Grains	10 / 725g							
854278 001029	40750	GMO	GF							BC + X Sourdough Bread, Country Loaf	10 / 725g							
854278 001319	40760	GMO	GF							BC + X Sourdough Buns, Hamburger (6ct)	8 / 900g							
854278 001111	40752	GMO	GF							BC + X Sourdough Demi Baguettes	10 / 2ct							
854278 001128	40753	GMO	GF							BC + X Sourdough Demi Baguettes, Poppy Seed	10 / 2ct							

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

## 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			
073472 001851	<b>55595</b>	GMO									X	English Muffins, Brown Rice (gluten free)	6 / 510g			
073472 001196	<b>55546</b>	GMO				*					X	English Muffins, EZEKIEL 4:9 Sprouted Grain, Organic	6 / 454g			

## KINNIKINICK | GLUTEN FREE BREAD PRODUCTS (FROZEN)

620133 000540	<b>58078</b>			GF						✳	+	X	English Muffins, Traditional (6pk)	6 / 354g			
620133 000458	<b>54348</b>			GF	V					✳	+	X	Bread, Multigrain	6 / 454g			
620133 000441	<b>54342</b>			GF	V					✳	+	X	Bread, White	6 / 454g			
620133 000762	<b>58075</b>			GF	V					✳	+	X	Bread, Whole Grain	6 / 504g			
620133 000748	<b>54343</b>			GF	V					✳	+	X	Buns, Hotdog (4pk)	6 / 285g			
620133 000731	<b>54345</b>			GF	V					✳	+	X	Buns, Hamburger (4pk)	6 / 245g			

## MANNA ORGANICS | MIGHTY MANNA BREAD (FROZEN)

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

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

698433 000003	<b>54598</b>	GMO		GF	V					✳	+	X	Bread, Flax	6 / 700g			
698433 000027	<b>54599</b>	GMO		GF	V					✳	+	X	Bread, White	6 / 700g			
698433 000744	<b>54613</b>	GMO		GF	V					✳	+	X	Buns, Hamburger	6 / 400g			
698433 001208	<b>54651</b>	GMO		GF	V					✳	+	X	THINS, Bagel, Everything	6 / 300g			
698433 000843	<b>54616</b>	GMO		GF	V					✳	+	X	THINS, Bagel, Original	6 / 300g			
698433 001192	<b>54650</b>	GMO		GF	V					✳	+	X	THINS, Bagel, Sesame	6 / 300g			
698433 000850	<b>54617</b>	GMO		GF	V					✳	+	X	THINS, Bagel, Sprouted Whole Grain Flax	6 / 300g			
698433 001116	<b>54621</b>	GMO		GF	V					✳	+	X	THINS, Sandwich, Multigrain	6 / 510g			
698433 001109	<b>54619</b>	GMO		GF	V					✳	+	X	THINS, Sandwich, Original	6 / 510g			

## OZERY FAMILY BAKERY | BUNS (FROZEN)

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

## PORTOFINO BAKERY | BREAD & BUNS (FROZEN)

661172 020397	<b>40174</b>										BC	+	X	Artisan Buns, Brioche Deluxe	12 / 480g		
661172 022889	<b>40177</b>										BC	+	X	Artisan Buns, Brioche Hot Dog Deluxe	12 / 390g		
661172 022841	<b>40175</b>										BC	+	X	Artisan Buns, Golden Potato	12 / 540g		
661172 018080	<b>40178</b>										BC	+	X	Artisan Loaf, European Dark Rye, sliced	10 / 630g		
661172 023022	<b>40193</b>										BC	+	X	Artisan Loaf, French White, sliced 5/8" (food service loaf)	8 / 970g		
661172 018165	<b>40170</b>										BC	+	X	Artisan Loaf, Peasant, sliced	10 / 585g		
661172 018189	<b>40171</b>										BC	+	X	Artisan Loaf, Roasted Garlic & Cracked Pepper, sliced	10 / 585g		



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	⚓	X	PACK	SIZE					G	P	U
661172 018097	<b>40179</b>										BC + X	Artisan Loaf, Rustic Multigrain, sliced	10 / 700g						
661172 018110	<b>40173</b>										BC + X	Artisan Loaf, Seeded Hearth, sliced	10 / 600g						
661172 018158	<b>40172</b>										BC + X	Artisan Loaf, Sourdough, sliced	10 / 585g						
661172 022803	<b>40180</b>										BC + X	Artisan Loaf, West Coast 5 Grain, sliced	10 / 585g						
661172 020687	<b>40181</b>										BC + X	Artisan Loaf, Western Harvest, sliced	10 / 675g						
661172 000061	<b>40182</b>										BC + X	Pan Loaf, Multigrain, sliced	12 / 810g						
661172 000092	<b>40183</b>										BC + X	Pan Loaf, Sourdough, sliced	12 / 810g						
661172 020694	<b>40184</b>										BC + X	Pan Loaf, Western Harvest, sliced	12 / 810g						
661172 000115	<b>40185</b>										BC + X	Pan Loaf, White, sliced	12 / 720g						
661172 000122	<b>40186</b>										BC + X	Pan Loaf, Whole Wheat, sliced	12 / 720g						

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

## TERRA | ARTISAN BREAD (FROZEN)

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

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

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

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

627843 777960	<b>15635</b>	GMO									BC + x	Tortillas, White Flour, Organic (uncooked) (8pk)	12 / 280g						
627843 777977	<b>15636</b>	GMO									BC + x	Tortillas, Whole Wheat Flour, Organic	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>	GMQ		GF	V				✦	+	X	O'DIPPERS, Garlic & Chive	6	/ 210g			
698433 100178	<b>54626</b>	GMQ		GF	V				✦	+	X	O'DIPPERS, Original	6	/ 210g			

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

## FROZEN BUTTER

### L'ANCÊTRE | BUTTER (REFRIGERATED)

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

### ORGANIC MEADOW | BUTTER (FREEZER)

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

### ROLLING MEADOW | BUTTER (FROZEN)

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

## FROZEN DESSERTS

### Bakery Goods

#### DAIYA | CHEEZECAKE (FROZEN)

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

#### KINNIKINNICK | DONUTS (FROZEN)

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

#### RAWMBAS | VEGAN MUFFINS (FROZEN)

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

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

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

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

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## 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			
066939 093247	40973	GMO				*	BC	X	Ice Cream, Mountain Blueberry, Organic	6 / 946ml			
066939 093155	40974	GMO				*	BC	X	Ice Cream, Strawberries & Cream, Organic	6 / 946ml			
066939 093001	40976	GMO				*	BC	X	Ice Cream, Vanilla Bean, Organic	6 / 500ml			

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

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

### ORGANIC MEADOW | ICE CREAM (FROZEN)

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

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

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

## Non-Dairy Frozen Desserts & Sorbets

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

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

### SALT SPRING GELATO | SORBETTO (FROZEN)

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

### EVIVE | SMOOTHIE POPS (FROZEN)

628110 947543	24716	GMO					* +	X	Smoothie Pops, Peach	8 / 5x50g			G
628110 947550	24715	GMO					* +	X	Smoothie Pops, Strawberry Mango	8 / 5x50g			G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🇨🇦	🏝	X	PACK	SIZE				G	P	U
<b>SQUAMISH WATER KEFIR   FROZEN PROBIOTIC POPS</b>																			
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>												X Pizza Crusts (2pk)	8 / 310g					
													<b>Buy 20-47 cases</b>	<b>Save 5.20</b>					
													<b>Buy 48+ cases</b>	<b>Save 8.00</b>					

### HOLY NAPOLI | PIZZA DOUGH (FROZEN)

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

620133 000694	<b>58083</b>												GF V 🇨🇦 + X Artisan Dinner Rolls (6pk)	6 / 294g					
620133 005996	<b>58069</b>												GF V 🇨🇦 + X Pie Crusts 9" (2ct)	6 / 390g					

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

626639 113043	<b>55193</b>												GMO *	BC + X Croissants, Jumbo White (6pc), Organic	12 / 480g				
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### WHOLLY WHOLESOME | PIE SHELLS (FROZEN)

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

## FROZEN PREPARED FOODS

### Appetizers

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

818745 005217	<b>81243</b>													🇨🇦 + X Mini Naanpanadas, Butter Chicken	8 / 240g				
818745 004517	<b>81244</b>													🇨🇦 + X Mini Samosas, Chicken Tikka w/tamarind sauce	8 / 290g				
818745 004319	<b>81245</b>													🇨🇦 + X Mini Samosas, Vegetable w/tamarind sauce	8 / 350g				
818745 003312	<b>81246</b>													🇨🇦 + X Vegetable Pakoras w/tamarind sauce	8 / 250g				

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

189120 000524	<b>54364</b>												GMO	V	BC + X Falafel, Mini Lentil, w/dipping sauce	12 / 330g			
189120 000531	<b>54367</b>												GMO	V	BC + X Pakoras, Spinach & Kale (baked), w/dipping sauce	12 / 330g			
189120 000548	<b>54643</b>													V	BC + X Pakoras, Yam, w/dipping sauce	12 / 320g			
189120 000517	<b>54363</b>													V	BC + X Samosas, Fresh Veggie & Lentil, w/dipping sauce	12 / 320g			

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

627843 778028	<b>15646</b>														BC + x Taquito, Bean & Cheeze	6 / 280g			
627843 778011	<b>15645</b>														BC + x Taquito, Potato & Chorizo	6 / 280g			

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

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

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

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

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## VIJ'S | INDIAN APPETIZERS (FROZEN)

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

## Broth & Soup Noodles

### BLUEBIRD PROVISIONS | BONE BROTH (FROZEN)

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

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

627843 674382	66000								+	X	Bone Broth, Classic Beef (resealable bag)	6 / 591ml				
627843 674306	66001								+	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 + X Instant Ramen Puck, Ichiban Miso (pork)	8 / 650g				
628693 494243	39194									BC + X Instant Ramen Puck, Miso Yasai (vegetarian)	8 / 650g				
628693 494236	39195									BC + X Instant Ramen Puck, Shoyu (pork)	8 / 620g				
628693 494083	39180									🌿 + X Ramen Kit, Hakata Tonkotsu	12 / 450g				
628693 494182	39181									🌿 + X Ramen Kit, Tokyo Shoyu	12 / 460g				
628693 494076	39182									🌿 + X Ramen Kit, Vegan Shoyu	12 / 460g				
628693 494175	39183									🌿 + X Ramen Kit, Yuzu Shio	12 / 460g				
628693 494014	39185									🌿 + X Ramen Noodles, Hakata Style (extra thin - 4pk)	12 / 480g				
628693 494199	39190									🌿 + X Ramen Noodles, Sapporo Style (3pk)	12 / 450g				
628693 494007	39184									🌿 + X Ramen Noodles, Tokyo Style (medium thickness - 4pk)	12 / 520g				
628693 494205	39192									🌿 + X Ramen Soup Stock, Marudori (chicken)	8 / 1.2L				
628693 494021	39186									🌿 + X Ramen Soup Stock, Tonkotsu (pork bone)	8 / 1.2L				
628693 494038	39187									🌿 + X Ramen Soup Stock, Yasai (vegan)	8 / 1.2L				

## Entrées

### AMY'S | ENTRÉES (FROZEN)

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



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🍁	🏝	X	PACK	SIZE				G	P	U	
042272 900459	<b>54259</b>			GF								X	Pasta, Rice Mac & Cheese (gluten free)	12	/ 255g					
042272 913893	<b>56161</b>				V							X	Pasta, Rice Mac & Cheese, Vegan (gluten free)	12	/ 227g					
042272 909780	<b>54585</b>											X	Thai, Green Curry	12	/ 284g					
042272 909247	<b>54283</b>											X	Thai, Pad Thai	12	/ 269g					
042272 909223	<b>54282</b>											X	Thai, Red Curry	12	/ 284g					
042272 900572	<b>54647</b>											X	Whole Meal, Enchilada Dinner, Cheese	12	/ 255g					
042272 900510	<b>54440</b>											X	Whole Meal, Enchilada Dinner, Spanish Rice & Beans (dairy-free)	12	/ 284g					
042272 900534	<b>54442</b>				V							X	Whole Meal, Veggie Loaf	12	/ 284g					
<b>AMY'S   BURRITOS &amp; WRAPS (FROZEN)</b>																				
042272 900701	<b>54470</b>											X	Burrito, Bean & Rice (dairy-free)	12	/ 170g					
042272 903528	<b>54268</b>			GF								X	Burrito, Bean & Rice (gluten & dairy-free)	12	/ 156g					
042272 913886	<b>54264</b>	GMO				*						X	Burrito, Black Bean & Cheese, Organic	12	/ 170g					
042272 900732	<b>54468</b>											X	Burrito, Black Bean (dairy-free)	12	/ 170g					
042272 900718	<b>54472</b>											X	Burrito, Cheddar Cheese	12	/ 170g					
042272 903535	<b>54267</b>			GF								X	Burrito, Cheddar Cheese (gluten free)	12	/ 156g					
042272 900763	<b>54265</b>											X	Burrito, Southwestern with Cheese	12	/ 156g					
042272 902606	<b>56155</b>				V							X	Wrap, Indian Samosa	12	/ 142g					
042272 908073	<b>54362</b>			GF								X	Wrap, Tofu Scramble Breakfast	12	/ 156g					
<b>CHEF BOMBAY   INDIAN ENTREES (FROZEN)</b>																				
818745 002117	<b>81241</b>											🍁 + X	Butter Chicken w/Basmati Rice	8	/ 350g					
818745 002315	<b>81242</b>											🍁 + X	Tikka Masala, Chicken w/Basmati Rice	8	/ 350g					
818745 002414	<b>81240</b>											🍁 + X	Vindaloo, Beef w/Basmati Rice	8	/ 350g					
<b>GARDEIN   PLANT-BASED BOWLS (FROZEN)</b>																				
842234 400658	<b>65053</b>	GMO										X	SUPREME Bowls, Be'f & Broccoli	8	/ 255g					
842234 400566	<b>65054</b>	GMO										X	SUPREME Bowls, Meatball Marinara	8	/ 255g					
<b>HOUSE OF YEE   GLUTEN FREE DUMPLINGS (FROZEN)</b>																				
627843 351269	<b>24854</b>			GF								BC + X	Dumplings, Chicken	12	/ 400g					
627843 351313	<b>24855</b>			GF								BC + X	Dumplings, Plant Based Golden (turmeric wrap)	12	/ 400g					
627843 351306	<b>24856</b>			GF								BC + X	Dumplings, Plant Based Jade (spinach wrap)	12	/ 400g					
627843 351252	<b>24857</b>			GF								BC + X	Dumplings, Plant Based Ruby (red beet wrap)	12	/ 400g					
627843 351283	<b>24853</b>			GF								BC + X	Dumplings, Pork	12	/ 400g					
<b>INDIANLIFE   ENTRÉES (FROZEN)</b>																				
777762 002367	<b>54079</b>	GMO										BC + X	Masala Wrap w/Chickpeas & Wild Rice	12	/ 275g					
777762 002374	<b>54084</b>	GMO										BC + X	Spinach Wrap w/Mixed Vegetables & Wild Rice	12	/ 275g					
<b>KONSCIOUS   PLANT-BASED SEAFOOD MEALS (FROZEN)</b>																				
877168 001039	<b>34139</b>	GMO										🍁	X Onigiri, Japanese Vegetable Curry (2pc)	8	/ 204g					
877168 001008	<b>34136</b>	GMO										🍁	X Onigiri, Kale Gomaе (2pc)	8	/ 204g					
877168 001022	<b>34138</b>	GMO										🍁	X Onigiri, Korean BBQ Mushroom (2pc)	8	/ 204g					
877168 000001	<b>34132</b>	GMO										🍁	X Roll, California (8pc)	8	/ 210g					
877168 000049	<b>34142</b>	GMO										BC + X	Roll, Korean Kimbap (8pc)	8	/ 220g					
877168 000056	<b>34143</b>	GMO										BC + X	Roll, Salmon Avocado (8pc)	8	/ 218g					
877168 000018	<b>34133</b>	GMO										🍁	X Roll, Spicy California (8pc)	8	/ 210g					
<b>PEARL'S   PEROGIES (FROZEN)</b>																				
062066 000158	<b>54428</b>											BC + X	Cheddar Cheese & Potato Perogies	12	/ 600g					
<b>STELLA'S   PEROGIES (FROZEN)</b>																				
878431 000049	<b>30351</b>			GF								🍁 + X	Perogies, Cheddar Cheese	12	/ 520g					
878431 000018	<b>30348</b>			GF								🍁 + X	Perogies, Just Potato	12	/ 520g					

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## VIJ'S | INDIAN CUISINE (FROZEN)

673984 001419	54412								+	X		Everyday Chana Masala	6 / 400g
673984 001303	54400								+	X		Kalonji Chicken Curry	6 / 400g
673984 001426	54413								+	X		Slow-Cooked Punjabi Daal	6 / 400g
628011 353924	54333								+	X		Tadka Curry Sauce	12 / 300g
673984 001327	54402								+	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 Sausage 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
842234 007147	65013	GMO							🍁	X		SUPREME Burger (2pk)	8 / 226g
842234 001756	65014	GMO							🍁	X		SUPREME Burger, Black Bean (2pk)	8 / 226g
842234 001824	65015	GMO							🍁	X		SUPREME Burger, Falafel (2pk)	8 / 226g
842234 409972	65046	GMO								X		SUPREME Chick'n, Filets	6 / 425g
842234 409965	65047	GMO								X		SUPREME Chick'n, Nuggets	6 / 417g
842234 001145	65036	GMO								X		Turk'y Cutlets w/Gravy	8 / 300g
91796												Plastic Display Trays	1 / ea

### GREEN CUISINE | TEMPEH (FROZEN)

See Cooler Tofu & Asian Cuisine Section for more selections

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

### JUST EGG | PLANT EGG (FROZEN)

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

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

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## VG GOURMET | ARTISAN VEGAN BURGERS (FROZEN)

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

## Pizzas

### AMY'S | PIZZA (FROZEN)

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

### CAULIPOWER | PIZZA (FROZEN)

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

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

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

### HOLY NAPOLI | NEAPOLITAN PIZZA (FROZEN)

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

## Toaster Waffles

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

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



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🍁	🏝	X	PACK	SIZE				G	P	U
032601 025243	<b>63021</b>	GMO										X Spinach, Cut, Organic	12 / 300g						
032601 954192	<b>63044</b>	GMO										X Broccoli Florets, Organic	6 / 750g						
032601 954208	<b>63045</b>	GMO										X Corn, Sweet, Organic	6 / 900g						
032601 954215	<b>63046</b>	GMO										X Peas, Green, Organic	6 / 900g						

## MACKELLAR FARMS | EDAMAME (FROZEN)

185820 000017 **63026** GMO **🍁** + X Edamame, Whole Pods (Product of Canada) 12 / 400g

## STAHLBUSH ISLAND FARMS | VEGETABLES (FROZEN)

638882 000155 **54026** GMO X Broccoli Florets, Organic (bag) 12 / 300g  
 638882 210806 **54011** GMO X Butternut Squash, Diced (bag) 12 / 284g  
 638882 000704 **54052** GMO X Classic Mixed Vegetables (bag) 12 / 300g  
 638882 000520 **54012** GMO X Corn, Super Sweet (bag) 12 / 350g  
 638882 000193 **54207** GMO \* X Green Beans, Cut, Organic (bag) 12 / 300g  
 638882 000544 **54010** GMO X Green Peas (bag) 12 / 350g  
 638882 000612 **54061** GMO X Spinach, Cut (bag) 12 / 300g  
 638882 000216 **54027** GMO X Sweet Potato, Organic (bag) 12 / 284g  
**60069** GMO X Freezer Display Box 1 / 1ea

# VITAMINS, SUPPLEMENTS & HERBAL REMEDIES

Find Refrigerated Flax Seeds in Cooler Section

## HERBAL REMEDIES

### BACH REMEDIES | RESCUE FORMULA

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

## VITAMINS & SUPPLEMENTS

### BIO-K PLUS | PROBIOTIC CAPSULES

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

### MANITOBA HARVEST | PROTEIN POWDER

697658 690044 **37199** GMO \* **🍁** + Drink Mix, Complete Plant Protein Blend, Unsweetened, Organic 6 / 454g G

### NUUN | HYDRATION SUPPLEMENTS

811660 024493 **40736** GMO V X Drink Mix, Sport, Lemon Lime 12 / 10ct G  
 811660 024479 **40735** GMO V X Drink Mix, Sport, Pink Lemonade 12 / 10ct G  
 811660 022482 **40740** GMO X Immunity, Blueberry Tangerine 8 / 10ct G  
 811660 022499 **40741** GMO X Immunity, Orange Citrus 8 / 10ct G  
 811660 021089 **40717** GMO X Sport, Citrus Fruit 8 / 10ct G  
 811660 021072 **40716** GMO X Sport, Lemon Lime 8 / 10ct G  
 811660 021065 **40718** GMO X Sport, Tri-Berry 8 / 10ct G  
 811660 024400 **40719** GMO X Sport, Strawberry Lemonade 8 / 10ct G  
 811660 021935 **40724** GMO X Vitamins, Blueberry Pomegranate 8 / 12ct G  
 811660 021942 **40725** GMO X Vitamins, Tangerine Lime 8 / 12ct G



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## 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		GF		*		BC		+			Omega 3 Nutracleanse, Organic	8 / 420g					G
839266 000017	<b>21850</b>	GMO		GF		*		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
628250 053425	<b>19912</b>												X Tropical Twist	12 / 7.18g					G

# PERSONAL CARE

## BATH CARE

### AURA CACIA | BATH FOAM

051381 285968	<b>83004</b>												X Kids Foam Bath, Calming Lavender	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

### NATUREBEE | SHOWER STEAMERS

628176 082387	<b>30616</b>												🌲 + Shower Steamers, Eucalyptus Mint (5ct)	12 / 100g					G P
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## BODY CARE

### AURA CACIA | SKIN CARE

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

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<b>MOUNTAIN SKY   BODY CARE</b>																	
628055 186007	<b>82249</b>									BC +	Handmade Bath Soap, Anise	6 / 135g					G P
628055 186069	<b>46194</b>									BC +	Handmade Bath Soap, Goat Milk & Oats	6 / 135g					G P
628055 186083	<b>82242</b>									BC +	Handmade Bath Soap, Lavender Dream	6 / 135g					G P
628055 186137	<b>82245</b>									BC +	Handmade Bath Soap, Vanilla Cream	6 / 135g					G P
628055 186144	<b>82247</b>									BC +	Handmade Bath Soap, Wild Rose	6 / 135g					G P
628055 186038	<b>80678</b>									BC +	Handmade Body Soap, Charcoal Cleanse, Ancient Asian	6 / 135g					G P
628055 186045	<b>82239</b>									BC +	Handmade Body Soap, Herbal Pine Eucalyptus	6 / 135g					G P
628055 186076	<b>82241</b>									BC +	Handmade Body Soap, Kali Spice	6 / 135g					G P
628055 186106	<b>82248</b>									BC +	Shampoo & Soap Bar, Rasta-Bar-Hemp	6 / 135g					G P
628055 186090	<b>46195</b>									BC +	Shower Soap, Moroccan Argan	6 / 135g					G P
628055 186090	<b>46195</b>									BC +	Soap Best Sellers Display (S/O) (4 Moroccan Argan, 4 Charcoal Cleanse, 4 Herbal Pine Eucalyptus, 4 Kali Spice, 4 Lavender Dream, 4 Rasta)	24 / 135g					G P
689186 127024	<b>91538</b>									BC +	Soap Best Sellers Display (S/O) (4 Moroccan Argan, 4 Charcoal Cleanse, 4 Herbal Pine Eucalyptus, 4 Kali Spice, 4 Lavender Dream, 4 Rasta)	24 / 135g					G P
<b>NATUREBEE   CONCENTRATED FOAMING HAND SOAP TABLETS</b>																	
628176 082516	<b>30614</b>									+	Foaming Hand Soap Tablets, Eucalyptus Mint	12 / 2x8g					G P
628176 082165	<b>30604</b>									+	Tablets, Foaming Hand Soap, Honey Clementine	12 / 2x8g					G P
628176 082493	<b>30605</b>									+	Tablets, Foaming Hand Soap, Sweet Citrus	12 / 2x8g					G P
628176 082158	<b>30606</b>									+	Tablets, Foaming Hand Soap, Unscented	12 / 2x8g					G P
628176 082172	<b>30607</b>									+	Tablets, Foaming Hand Soap, Warm Coconut	12 / 2x8g					G P
628176 082196	<b>30600</b>									+	Hand Soap Kit, Honey Clementine (350ml glass dispenser w/soap tablet)	12 / 1kit					G P
628176 082738	<b>30601</b>									+	Hand Soap Kit, Sweet Citrus (350ml glass dispenser w/soap tablet)	12 / 1kit					G P
628176 082202	<b>30617</b>									+	Hand Soap Kit, Warm Coconut (350ml glass dispenser w/soap tablet)	12 / 1kit					G P
<b>NATURE CLEAN   HAND SOAP</b>																	
058951 307556	<b>81122</b>									+	Face & Body Bar, Fragrance Free/Hypoallergenic	12 / 99g					G P
058951 395027	<b>80543</b>									+	Liquid Hand Soap, Citrus	6 / 500ml					G P
058951 395010	<b>80486</b>									+	Liquid Hand Soap, Fragrance Free	6 / 500ml					G P
058951 395157	<b>80145</b>									+	Liquid Hand Soap Refill, Citrus	6 / 1L					G P
058951 395119	<b>80144</b>									+	Liquid Hand Soap Refill, Fragrance Free	6 / 1L					G P
<b>NOVA SCOTIA FISHERMAN   XTREME LIP &amp; SKIN CARE</b>																	
883161 500004	<b>80768</b>									+	X Lip Care, Nova Scotia Sea Kelp	1 / 9.9g					G P
883161 590012	<b>80769</b>									+	X Lip Care, Sea Salt & Caramel	1 / 9.9g					G P
883161 500011	<b>80770</b>									+	X Moisturizing Hand & Body Cream, Sea Kelp (tube)	1 / 100ml					G P
883161 500035	<b>80772</b>									+	X Rescue Balm (tin)	1 / 28.4g					G P
883161 400021	<b>80777</b>									+	X Body Scrub, Salt-N-Sea	1 / 153g					G P
883161 400038	<b>80776</b>									+	X Soap, Fundy Clay & Mint	1 / 136g					G P
883161 500080	<b>80775</b>									+	X Soap, Sea Fennel & Bayberry	1 / 136g					G P
883161 500097	<b>80774</b>									+	X Soap, Seabuckthorn & Shea	1 / 136g					G P
883161 500066	<b>81005</b>									+	STEM TO STERN Mini Size Pack (Gift bag contains: Rescue Balm, Lotion, Soap, Minnow lip balm)	1 / 4pc					G P
<b>TOM'S OF MAINE   DEODORANT</b>																	
035000 968425	<b>80674</b>										Deodorant For Men, Mountain Spring	1 / 79g					G P
827854 012863	<b>81527</b>										Antiperspirant, Cucumber Aloe	1 / 92g					G P
827854 012870	<b>81528</b>										Antiperspirant, Men's, North Woods	1 / 92g					G P
827854 012849	<b>81529</b>										Deodorant, Men's, Mountain Spring	1 / 92g					G P
827854 012894	<b>81530</b>										Deodorant, Men's, North Woods	1 / 92g					G P

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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>											12 / 250ml							G P
874321 000038	<b>80554</b>											12 / 250ml							G P

### TOM'S OF MAINE | DENTAL CARE

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

## FEMININE CARE

### NATRACARE | FEMININE CARE

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

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## HAIR CARE

### JASON | HAIR CARE

078522 800255	<b>80240</b>												X Shampoo, 84% Aloe Vera	1 / 473ml					G P
078522 800293	<b>80227</b>												X Conditioner, 84% Aloe Vera	1 / 473ml					G P
078522 800057	<b>80241</b>												X Shampoo, Apricot	1 / 473ml					G P
078522 800095	<b>80229</b>												X Conditioner, Apricot Keratin	1 / 473ml					G P
078522 800781	<b>80263</b>												X Shampoo, Normalizing, Tea Tree Scalp	1 / 517ml					G P

### NATURE CLEAN | SHAMPOO & CONDITIONER

058951 502807	<b>81118</b>								🇨🇦 +				Pure Sensitive Unscented Shampoo	6 / 300ml					G P
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## HOUSEHOLD & PET CARE

### DISHWASHING PRODUCTS

#### BIOVERT | DISHWASHING PRODUCTS

776622 011211	<b>80550</b>								🇨🇦 +				Automatic Dishwasher Tabs, Biodegradable (30 tabs)	6 / 480g					G P
776622 011068	<b>80528</b>								🇨🇦 +				Dishwashing Liquid, Citrus Fresh, Refill	2 / 4.43L					G P
													<b>Buy 20+ cases</b>	<b>Save 12%</b>					
776622 120098	<b>80534</b>								🇨🇦 +	X			Dishwashing Liquid, Citrus Fresh (S/O)	2 / 10L					G P

#### EARTH FRIENDLY | DISHWASHING PRODUCTS

749174 097217	<b>80737</b>												Dishmate™ Free & Clear Dish Liquid	6 / 739ml					G P
749174 097224	<b>80672</b>												Dishmate™ Grapefruit Dish Liquid	6 / 739ml					G P

#### ECO LIVING CLUB | DISHWASHER STRIPS

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

#### ECO-MAX | DISHWASHING PRODUCTS

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

#### IF YOU CARE | CONCENTRATED DISHWASHING PRODUCTS

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

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

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## FOOD PACKAGING & WRAP

### ECOSAFE~6400 | COMPOSTABLE SANDWICH BAGS

678526 500078	46275									+	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	46384	GMO								*	Cheesecloth, Unbleached, Organic	24 / 1.67m <sup>2</sup>						G	P
770009 120114	46385										Aluminum Foil, 100% Recycled	12 / 50ft <sup>2</sup>						G	P
770009 250255	46387										Unbleached Waxed Paper	12 / 75ft <sup>2</sup>						G	P
770009 010200	46380										Parchment Baking Paper	12 / 70ft <sup>2</sup>						G	P
770009 011924	46388										Parchment Baking Sheets (12.5" x 16")	12 / 24ct						G	P
770009 250262	60346										Sandwich Bags, Paper Snack & Sandwich	12 / 48ct						G	P

### PAPERCHEF | CULINARY PARCHMENT PAPER

628689 000014	47011									+	Parchment Paper, FSC Certified (roll) (41 square feet)	12 / 41ft <sup>2</sup>						G	P
628689 700983	47010									+	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	70215									+	Food Waste Bag, Large, 100% Compostable (22"H x 12"W x 8"D)	12 / 5ea						G	P
777080 001011	70213									+	Food Waste Bag, Small, 100% Compostable (12"H x 7"W x 4"D)	20 / 10ea						G	P

### ECOSAFE~6400 | COMPOSTABLE BAGS

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

### IF YOU CARE | FOOD WASTE BAGS

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

### ASPEN CLEAN | LAUNDRY PRODUCTS

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

### BIOVERT | LAUNDRY PRODUCTS

776622 011044	80523									+	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	28508									+	X Laundry Detergent Strips, Spring Scent	12 / 40ct						G	P
627987 344912	28507									+	X Laundry Detergent Strips, Unscented	12 / 40ct						G	P
												<b>Buy 12+ cases</b>	<b>Save 10%</b>						

### ECO-MAX | LAUNDRY PRODUCTS

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



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<b>NATURE CLEAN   LAUNDRY PRODUCTS</b>																	
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

## PET CARE

### Clean up Products

#### ECOPOOCH | COMPOSTABLE DOGGIE BAGS

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

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

### HAPPY PAWS | CAT & DOG FOOD

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

### HEALTHY SHORES | CANNED SEAFOOD FOR CATS & DOGS

810757 001416	48210	BC +	Cat Food, Minced, Albacore Tuna	24 / 100g	G P
810757 001423	48211	BC +	Cat Food, Minced, Pacific Hake	24 / 100g	G P
810757 001409	48213	BC +	Cat Food, Minced, Wild Salmon	24 / 100g	G P
810757 001515	48214	BC +	Cat Food, Pate, Albacore Tuna	24 / 100g	G P
810757 001522	48215	BC +	Cat Food, Pate, Pacific Hake	24 / 100g	G P
810757 001508	48217	BC +	Cat Food, Pate, Wild Salmon	24 / 100g	G P
810757 001126	48223	BC +	Dog Food, Pacific Hake	24 / 170g	G P
810757 001829	48226	BC +	NOOTKA PURE Supplemental Food, 100% Albacore Tuna, Soft Bones & Meat	24 / 160g	G P
810757 001812	48227	BC +	NOOTKA PURE Supplemental Food, 100% Black Cod Liver Pate	24 / 100g	G P
810757 001805	48228	BC +	NOOTKA PURE Supplemental Food, 100% Wild Salmon, Soft Bones & Meat	24 / 170g	G P

### LICK YOUR CHOPS | CAT & DOG FOOD

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

### SNACK 21 | DOG & CAT SNACKS

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

### YAPPETIZERS TREAT COMPANY | DOG AND CAT TREATS

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

## Health Products

### BACH REMEDIES | RESCUE PET FORMULA

741273 002529	03845		RESCUE, Pet	1 / 10ml	G
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## 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

### 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
ALIMENTS TRIGONE   CEREAL	26
ALKEME FOODS   GLUTEN FREE SOURDOUGH (FROZEN)	88
ALTER ECO   CHOCOLATE BARS	63,64
ALTER ECO   NO ADDED SUGAR GRANOLA	27
AMANO FOODS   MISO (REFRIGERATED)	86,87
AMANO FOODS   SAUCE	37
AMBIENT MOON   CHAI TEA CONCENTRATE	12
AMY'S   BURRITOS & WRAPS (FROZEN)	95
AMY'S   CANNED MEALS	32
AMY'S   CANNED SOUP	70,71
AMY'S   ENTRÉES (FROZEN)	94,95
AMY'S   PIZZA (FROZEN)	97
AMY'S   REFRIED BEANS	50
ANGIE'S   BOOMCHICKAPOP MICROWAVE POPCORN	43
ANGIE'S   BOOMCHICKAPOP RTE POPCORN & CORN PUFFS	60
ANITA'S ORGANIC MILL   BULK GRAINS	43
ANITA'S ORGANIC MILL   FLOUR	8,9
ANITA'S ORGANIC MILL   PANCAKE & WAFFLE MIX	29
ANITA'S ORGANIC MILL   OATS	43
ANTOINETTE'S   DIP & SAUCE (REFRIGERATED)	79
ARIZONA PEPPER'S   HOT SAUCE	33
ASPEN CLEAN   LAUNDRY PRODUCTS	104
ATLANTIC MARICULTURE   DULSE	48
AUGA   READY TO EAT ORGANIC CURRY	33
AUGA   READY TO EAT ORGANIC SOUPS	71
AURA CACIA   BATH FOAM	100
AURA CACIA   SKIN CARE	100
AVALON   ORGANIC ICE CREAM (FROZEN)	92
AVENA FOODS   OAT FLOUR	9
AVENA FOODS   OATS	44
BACH REMEDIES   RESCUE PET FORMULA	106
BACH REMEDIES   RESCUE FORMULA	99
BAG TO EARTH   FOOD WASTE BAGS	104
BAKERS SUPPLY HOUSE   BAKING INGREDIENTS	7
BARBARA'S BAKERY   CHEESE PUFFS	60
BEE-MINDFUL HUNNIE   VEGAN HONEY ALTERNATIVE	72
BETTER ACRES   CREAM ICE CREAM (FROZEN)	92
BEYOND MEAT   PLANT-BASED MEAT ALTERNATIVE (FROZEN)	96
BEYOND THE OLIVE   CALIFORNIA OLIVE OIL	53
BIG MOUNTAIN   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	85
BIG MOUNTAIN   SOY-FREE TOFU (REFRIGERATED)	87
BIOITALIA   CANNED BEANS	30
BIOITALIA   OIL	53
BIOITALIA   PASTA	56
BIOITALIA   PESTO SAUCE	33
BIOITALIA   TOMATO SAUCE	36
BIOITALIA   TOMATOES	31
BIO-K PLUS   PROBIOTIC (REFRIGERATED)	88
BIO-K PLUS   PROBIOTIC CAPSULES	99
BIOVERT   DISHWASHING PRODUCTS	103
BIOVERT   LAUNDRY PRODUCTS	104
BLACK RIVER   JUICE & LEMONADE	21,22
BLISS BALLS   ENERGY TRUFFLE BALLS	57
BLUE DIAMOND   ALMOND BREEZE ALMOND BEVERAGE	25
BLUE DIAMOND   ALMOND BREEZE ALMOND BEVERAGE (REFRIGERATED)	75
BLUE DIAMOND   ALMOND FLOUR	9
BLUE DIAMOND   NUT THINS CRACKERS	41
BLUE MONKEY   COCONUT CREAM & MILK	50
BLUE MONKEY   PURE COCONUT WATER & JUICE	22
BLUE MONKEY   SPARKLING BEVERAGE	16
BLUEBIRD PROVISIONS   BONE BROTH (FROZEN)	94
BLUEBIRD PROVISIONS   INSTANT BONE BROTH MIX	69
BO & MARROW   BONE BROTH (FROZEN)	94
BOB'S RED MILL   BAKING INGREDIENTS	7
BOB'S RED MILL   BAKING MIX	6
BOB'S RED MILL   BOB'S BAR	57
BOB'S RED MILL   CEREAL & GRANOLA	27
BOB'S RED MILL   FLOUR	9,10
BOB'S RED MILL   GRAINS	43
BOB'S RED MILL   HOT CEREAL	26
BOB'S RED MILL   NUTRITIONAL YEAST	45
BOB'S RED MILL   OATS	44
BOB'S RED MILL   PANCAKE & WAFFLE MIX	29
BOB'S RED MILL   SEEDS	52
BOB'S RED MILL   SHREDDED COCONUT	51
BOB'S RED MILL   SOUP MIX	72
BOB'S RED MILL   TEXTURED VEGETABLE PROTEIN	51
BRAGG   ALL PURPOSE SEASONING	37
BRAGG   APPLE CIDER VINEGAR	38
BRAGG   SPRINKLE SEASONING	46

# PSC Wholesale Catalogue - March 2025

BREMNER'S   FRUIT (FROZEN)	98
BREW DR.KOMBUCHA   KOMBUCHA (REFRIGERATED)	80
BUBBIES   BREAD & BUTTER CHIPS	36
BUBBIES   CONDIMENTS (REFRIGERATED)	79
BUBBIES   FERMENTED CONDIMENTS (REFRIGERATED)	78
BUCHA BREW   KOMBUCHA	20
BUCHA BREW   KOMBUCHA (REFRIGERATED)	81
BUENO FOODS   TORTILLAS (FROZEN)	90
BULK BEANS	43
BULK GRAINS	43
BULK NUTS	53
BULK POPPING CORN	43
BULK SEA SALT	47
BULK SEEDS	53
CABOO   BAMBOO BABY WIPES	5
CABOO   TREE-FREE PAPER PRODUCTS	105
CAF-LIB   GRAIN BEVERAGE	11
CAMINO   CHOCOLATE BAKING PRODUCTS	8
CAMINO   CHOCOLATE BARS	64
CAMINO   HOT CHOCOLATE	11
CAMINO   SHREDDED COCONUT	51
CAMINO   SUGAR	72
CANADIAN HERITAGE ORGANICS   MAPLE BUTTER & SYRUP	72
CANADIAN KELP RESOURCES   SEA VEGETABLES	48
CASBAH AUTHENTIC GRAINS   GRAINS, SIDES & SPECIALTY MIXES	50
CAULIPOWER   CAULIFLOWER PIZZA CRUSTS (FROZEN)	93
CAULIPOWER   PIZZA (FROZEN)	97
CHA'S ORGANICS   CANNED FRUIT	31
CHA'S ORGANICS   COCONUT CREAM & MILK	50
CHA'S ORGANICS   COCONUT OIL	53
CHA'S ORGANICS   SPICES	46
CHA'S ORGANICS   THAI CURRY PASTE	50
CHASERS   100% COLD-PRESSED JUICE (REFRIGERATED)	81,82
CHEF BOMBAY   INDIAN APPETIZERS (FROZEN)	93
CHEF BOMBAY   INDIAN ENTREES (FROZEN)	95
CHIMES   CANDY	67
CHOSEN FOODS   AVOCADO OIL DRESSING & MAYO	35
CHOSEN FOODS   CULINARY OIL	53
CLAWHAMMER   ORGANIC MINTS	67
CLEVER   PREMIUM MOCKTAIL	23
CLIF   BLOKS ENERGY CHEWS	58
CLIF   PERFORMANCE & SNACK BARS	58
CLIF KID   ORGANIC ZBARS	39
CLOUD 9   GLUTEN-FREE BAKING MIX	6
CLOUD 9   PANCAKE & WAFFLE MIX	29
CÖCO   SUPERFOOD HOT CHOCOLATE	12
COCOFINO   PLANT-BASED YOGURT (REFRIGERATED)	77
COCONUT SECRET   SOY SAUCE SUBSTITUTE	37
COOLER CO KOMBUCHA (REFRIGERATED)	82
CRAVE   SWEETENER	72
CRICH   CRACKERS WITH EXTRA VIRGIN OLIVE OIL	41
DAIYA   CHEEZECAKE (FROZEN)	91
DAIYA   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	76
DAIYA   DAIRY-FREE MAC & CHEESE	55
DAIYA   DAIRY-FREE PIZZA & FLATBREAD (FROZEN)	97
DAIYA   DAIRY-FREE SALAD DRESSING	35
DANDIES   VEGAN MARSHMALLOWS	67
DEEBEE'S ORGANICS   FREEZER POPS	67
DIVINE   CHOCOLATE BARS	64
DOMO   MICRO-GROUND TEA	12
DOM'S DEODORANT	100
DUMET   OLIVES	36
EAGLE INSTAFERM   BAKING INGREDIENTS	7
EARTH BALANCE   SPREAD & STICKS (REFRIGERATED)	76
EARTH FRIENDLY   DISHWASHING PRODUCTS	103
EARTHBOUND FARM   ORGANIC FRUIT (FROZEN)	98
EARTHBOUND FARM   ORGANIC VEGETABLES (FROZEN)	98,99
EARTH'S OWN   DAIRY-FREE BUTTER ALTERNATIVE (REFRIGERATED)	76
EARTH'S OWN   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	77
EARTH'S OWN   DAIRY-FREE CREAMER (REFRIGERATED)	75
EARTH'S OWN   DAIRY-FREE SOUR CREAM ALTERNATIVE (REFRIGERATED)	77
EARTH'S OWN   PLANT-BASED BARISTA BLEND	24
EARTH'S OWN   PLANT-BASED BEVERAGE	25
EARTH'S OWN   PLANT-BASED BEVERAGE (REFRIGERATED)	75,76
EAT WHOLESOME   BAKED BEANS	33
EAT WHOLESOME   BEAN VERMICELLI	48
EAT WHOLESOME   CANNED BEANS	31
EAT WHOLESOME   CANNED SOUP	71
EAT WHOLESOME   CONDIMENTS	33
EAT WHOLESOME   PICKLED VEGETABLES	36
EAT WHOLESOME   TOMATOES & VEGETABLES	31



# PSC Wholesale Catalogue - March 2025

EAT WHOLESOME   VINEGAR	38
ECO LIVING CLUB   CLEANER STRIPS	107
ECO LIVING CLUB   DISHWASHER STRIPS	103
ECO LIVING CLUB   LAUNDRY DETERGENT STRIPS	104
ECO-MAX   DISHWASHING PRODUCTS	103
ECO-MAX   LAUNDRY PRODUCTS	104
ECO-MAX   SURFACE CLEANING PRODUCTS	107
ECOPOOCH   COMPOSTABLE DOGGIE BAGS	105
ECOSAFE~6400   COMPOSTABLE BAGS	104
ECOSAFE~6400   COMPOSTABLE SANDWICH BAGS	104
EDEN   APPLE BUTTER	30
EDEN   APPLE SAUCE	31
EDEN   BARLEY MALT SYRUP	72
EDEN   CANNED BEANS	33
EDEN   CANNED BEANS	31
EDEN   EDENSOY SOYMILK	25
EDEN   JAPANESE PRODUCTS	48
EDEN   ORGANIC POPCORN	43
EDEN   PACKAGED SNACK FOOD	68
EDEN   PICKLED VEGETABLES	36
EDEN   PIZZA & PASTA SAUCE	36
EDEN   REFRIED BEANS	50
EDEN   SEA VEGETABLES	48
EDEN   SESAME OIL	53
EDEN   TAHINI	30
EDEN   VINEGAR	38
EDWARD & SONS   EXOTIC RICE TOASTS & BAKED BROWN RICE SNAPS	41
EDWARD & SONS   MISO SOUP	48
EFRUTI   FRUIT JUICE GUMMI CANDIES	67
ELIAS   HONEY	72
ELIMENTO   NUT & SEED BUTTERS	30
ELIMENTO   NUTRITIONAL YEAST	45
EMMA   UNBLEACHED COFFEE FILTERS	10
ENDANGERED SPECIES CHOCOLATE   CHOCOLATE BARS	64,65
ENDANGERED SPECIES CHOCOLATE   OAT MILK BAKING CHIPS	8
ENGEVITA   NUTRITIONAL YEAST	45
ENJOY LIFE   BAKING CHOCOLATE	8
ESCUMINAC   FARM BOTTLED ORGANIC MAPLE SYRUP	72
EVE'S CRACKERS	41
EVIVE   BLENDER FREE SMOOTHIE CUBES (FROZEN)	98
EVIVE   SMOOTHIE POPS (FROZEN)	92
FARMER'S MARKET   CANNED PUMPKIN	31
FARMHOUSE CULTURE   GUT SHOT BEVERAGE (REFRIGERATED)	82
FATSO   PEANUT BUTTER	30
FENTIMANS   BOTANICALLY BREWED SOFT DRINKS & MIXERS	16,17
FERIDIES   PEANUTS	68
FEVER-TREE   CLASSIC COCKTAIL MIX	23
FEVER-TREE   PREMIUM COCKTAIL MIXERS	17
FIELD ROAST   CHAO PLANT BASED CHEESE (REFRIGERATED)	77
FIELD ROAST   PLANT BASED MEAT (REFRIGERATED)	85
FILSINGER'S ORGANIC FOODS   APPLE CIDER VINEGAR	38
FLORIDA CRYSTALS   SUGAR	72
FLOW   ALKALINE SPRING WATER	26
FOOD FOR LIFE   BREAD & ENGLISH MUFFINS (FROZEN)	89
FOOD FOR LIFE   EZEKIEL 4:9 SPROUTED CEREAL	27
FOOD FOR LIFE   TORTILLAS (FROZEN)	90
FOUR O'CLOCK   TEA CRAFTERS	12
FREE2B   ALLERGEN-FREE CHOCOLATE CUPS	65
FREEYUMM   ALLERGEN-FREE COOKIES	38
FREEYUMM   CRACKERS	41
GARDEIN   MEAT-FREE ALTERNATIVE (FROZEN)	96
GARDEIN   PLANT-BASED BOWLS (FROZEN)	95
GENUINE TEA CO.   TEA	12
GIMME ORGANIC   ROASTED SEAWEED	48
GIMME ORGANIC   ROASTED SEAWEED SNACKS	48
GIMME ORGANIC   ROASTED SUSHI NORI	48
GINGER PEOPLE   COOKING SAUCE	34
GINGER PEOPLE   GINGER JUICE	46
GINGER PEOPLE   GINGER SOOTHER	20
GINGER PEOPLE   GINGER SYRUP	33
GINGER PEOPLE   MINCED GINGER	49
GLUTINO   COOKIES	38
GLUTINO   CRACKERS	41
GLUTINO   PRETZELS	60
GOBIO!   BOUILLON CUBES & BROTH POWDER	69
GOBIO!   CANDY	68
GOBIO!   GRAVY & PESTO CUBES	35
GOMACRO   MACROBAR	58
GOOD TO GO   SOFT BAKED BARS, BLONDIES & BROWNIES	58
GOODDRINK   BOTTLED TEA	18
GOODDRINK   SPRITZER	17

# PSC Wholesale Catalogue - March 2025

GOODVIBES JUICE CO   GOODVIBES SHOTS+	20
GREEK GODS   GREEK STYLE YOGURT (REFRIGERATED)	75
GREEN CUISINE   MOCHI, TEMPEH & TOFU (REFRIGERATED)	87
GREEN CUISINE   TEMPEH (FROZEN)	96
GREEN TABLE FERMENTS   CONDIMENTS (REFRIGERATED)	78
GT'S   SYNERGY RAW KOMBUCHA (REFRIGERATED)	82,83
GT'S   ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)	82
GUAYAKI   YERBA MATE	13
GUAYAKI   YERBA MATE BEVERAGE	19
GUSTA   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	86
HABIBI'S MEDITERRANEAN   DIPS & HUMMUS (REFRIGERATED)	79
HABIBI'S MEDITERRANEAN   LEBANESE GARLIC SAUCE	50
HAPPY PAWS   CAT & DOG FOOD	106
HAPPY PLANET   JUICE & SMOOTHIES (REFRIGERATED)	83
HAPPY PLANET   SOUP (REFRIGERATED)	80
HARDBITE   HANDCRAFTED STYLE CHIPS	60,61
HARMLESS HARVEST   COCONUT BEVERAGES (REFRIGERATED)	83
HARVEST SNAPS   BAKED CRISPS	61
HEALTH-ADE   KOMBUCHA (REFRIGERATED)	83
HEALTHY SHORES   CANNED SEAFOOD FOR CATS & DOGS	106
HOLY CRAP   SUPERSEED CEREAL & OATMEAL	26
HOLY NAPOLI   PIZZA DOUGH (FROZEN)	93
HOLY NAPOLI   NEAPOLITAN PIZZA (FROZEN)	97
HOME GROWN LIVING FOODS   EASY MAGIC MIX	51
HOME GROWN LIVING FOODS   EASY U-BAKE MIX	6
HOME GROWN LIVING FOODS   SPROUTED NUTS & SEEDS	52
HOME GROWN LIVING FOODS   SPROUTED TRAIL MIX	68
HONEY STINGER   SPORTS NUTRITION	59
HOOCHY 'BOOCH   KOMBUCHA (REFRIGERATED)	83
HORNBY ISLAND   VEGGIE PÂTÉ (REFRIGERATED)	86
HORNBY ORGANIC   ENERGY BAR	59
HOT-KID   RICE CRISPS	41
HOUSE OF YEE   GLUTEN FREE DUMPLINGS (FROZEN)	95
HUER   NATURAL CANDY	68
HUMBLE   ORGANIC POTATO CHIPS	61
HUMMINGBIRD   BEAN TO BAR CHOCOLATE	65
HUNGRY BUDDHA   KETO BAR	59
IF YOU CARE   COFFEE FILTERS	10
IF YOU CARE   CONCENTRATED DISHWASHING PRODUCTS	103
IF YOU CARE   ENVIROMENT FRIENDLY BAKING CUPS	6
IF YOU CARE   ENVIROMENT FRIENDLY CLEANING PRODUCTS	107
IF YOU CARE   ENVIROMENT FRIENDLY COOKING PRODUCTS	104
IF YOU CARE   FOOD WASTE BAGS	104
ILIADA   GREEK OLIVES	36
IMAGINE FOODS   BROTH	70
IMAGINE FOODS   NATURAL SOUP	71
INDIANLIFE   CHIPS & SAVOURY SNACKS	61
INDIANLIFE   ENTRÉES (FROZEN)	95
INDIANLIFE   FLAT BREADS, WRAPS & TORTILLAS (FROZEN)	90
ISLAND ESSENTIALS   NATURAL BODY CARE	100
ISLAND KRAUT   RAW KRAUT (REFRIGERATED)	78
ISLAND NUT ROASTERY   FRESH ROAST NUT BUTTER	30
ISLANDERS MEXICAN SAUCE   FRESH AUTHENTIC SALSA (REFRIGERATED)	79
ITO EN   UNSWEETENED READY TO DRINK TEA	19
JASON   HAIR CARE	103
JONNY HETHERINGTON ESSENTIALS   BBQ SAUCE	34
JONNY HETHERINGTON ESSENTIALS   CONDIMENTS	33
JOVIAL   COOKIES	39
JOVIAL   EINKORN FLOUR	10
JOVIAL   ITALIAN PASTA	56
JUST EGG   PLANT EGG (FROZEN)	96
JUSTIN'S   NUT BUTTER CUPS	65
JYOTI   INDIAN CUISINE	48
KAN'S   APPETIZERS (FROZEN)	93
KARTHEIN'S ORGANIC   UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	78
KASLO SOURDOUGH PASTA   PASTA FERMENTATA	56
KETTLE BRAND   POTATO CHIPS	62
KIJU ORGANIC   BEVERAGE	22
KIND   BREAKFAST BARS, HEALTHY GRAINS BARS, THINS NUT BARS & SOFT BAKED SQUARES	39,40
KIND   CHOCOLATE DIPPED CLUSTERS	65
KIND   NUT BAR	59
KIND   WHOLE GRAINS GRANOLA	27
KINDRED CULTURES   PROBIOTIC WATER KEFIR (REFRIGERATED)	83
KING ISLAND   COCONUT WATER	22
KINNIKINNICK   COOKIES	39
KINNIKINNICK   DINNER ROLLS & PIE CRUSTS (FROZEN)	93
KINNIKINNICK   DONUTS (FROZEN)	91
KINNIKINNICK   GLUTEN FREE BREAD PRODUCTS (FROZEN)	89
KINNIKINNICK   GRAHAM STYLE CRUMBS	7
KINNIKINNICK   PANCAKE & WAFFLE MIX	29
KINNIKINNICK   PANKO STYLE BREAD CRUMBS	5

# PSC Wholesale Catalogue - March 2025

KONSCIOUS   PLANT-BASED SEAFOOD MEALS (FROZEN)	95
KOYO   JAPANESE PRODUCTS	49
KOYO   RAMEN	70
KRINOS   FETA CHEESE (REFRIGERATED)	74
KRINOS   GREEK OLIVES	36
KRINOS FOODS   GREEK OLIVE OIL	53
KRISDA   SUGAR-FREE CHOCOLATELY CHIPS	8
KRISDA   SUGAR-FREE SWEETENER	72
LAKANTO   MONKFRUIT BLEND SWEETENER & SYRUP	73
L'ANCÊTRE   BUTTER (REFRIGERATED)	91
L'ANCÊTRE   CHEESE (REFRIGERATED)	74
LE GRAND   PESTO (REFRIGERATED)	79
LE GRAND   PLANT BASED CHEESE (REFRIGERATED)	77
LE PAIN DES FLEURS   CRISPBREAD	41
LET'S DO   ICE CREAM CONES	92
LET'S DO...ORGANIC   BAKING INGREDIENTS	7
LET'S DO...ORGANIC   COCONUT CREAM & MILK	50
LET'S DO...ORGANIC   SHREDDED COCONUT	51
LET'S DO...ORGANIC   ICE CREAM CONES	92
LEVEL GROUND COFFEE ROASTERS   CRAFT COFFEE	10,11
LEVEL GROUND TRADING   CACAO NIBS	45
LEVEL GROUND TRADING DIRECT FAIR TRADE   DRIED FRUIT	51
LEVEL GROUND TRADING DIRECT FAIR TRADE   SUGAR	73
LEVEL GROUND TRADING DIRECT FAIR TRADE   TEA	13
LICK YOUR CHOPS   CAT & DOG FOOD	106
LITA'S MEXICAN FOODS   FLOUR TORTILLAS (FROZEN)	90
LITA'S MEXICAN FOODS   VEGAN TAQUITOS (FROZEN)	93
LIVELY   PREBIOTIC POP	20
LIVIVA   KETO PASTAS	56
LOOP MISSION   COLD-PRESSED JUICE & SMOOTHIES (REFRIGERATED)	84
LOOP MISSION   PROBIOTIC SODA (REFRIGERATED)	84
LOTUS FOODS   RICE	44
LOTUS FOODS   RICE NOODLES	50
LOTUS FOODS   RICE RAMEN MISO SOUP	70
LOTUS FOODS   RICE RAMEN NOODLES	49
LOVE CHILD ORGANICS   BABY FOOD & SNACKS	5
LOVE GOOD FATS   KETO BAR	60
LUCKY FOODS   SPRING ROLLS (FROZEN)	93
LUNDBERG   BROWN RICE SYRUP	73
LUNDBERG   RICE CAKE MINIS	62
LUNDBERG   WHOLE GRAIN RICE CAKES	42
LUNDBERG FAMILY FARMS   ENTREES & SIDES	55
LUNDBERG FAMILY FARMS   RICE	44
MACKELLAR FARMS   EDAMAME (FROZEN)	99
MADEGOOD   BARS & BITES	40
MADEGOOD   COOKIES	39
MADEGOOD   STAR PUFFED CRACKERS	41
MAISON ORPHEE   CULINARY OIL	54
MAISON ORPHEE   DRESSING & MARINADE	35
MAISON ORPHEE   FRESH MAYONNAISE (REFRIGERATED)	79
MAISON ORPHEE   HAND-HARVESTED GREY SEA SALT	46
MAISON ORPHEE   MUSTARD	33
MAISON ORPHEE   VINEGAR	38
MANITOBA HARVEST   HEMP SEED	52,53
MANITOBA HARVEST   HEMP SEED OIL	54
MANITOBA HARVEST   HEMP YEAH! GRANOLA	28
MANITOBA HARVEST   PROTEIN POWDER	99
MANNA ORGANICS   MIGHTY MANNA BREAD (FROZEN)	89
MARUKAN   PONZU SAUCE	49
MARUKAN   RICE VINEGAR	38
MARY'S ORGANIC   CRACKERS	42
MARY'S ORGANIC   GRAHAM-STYLE KOOKIES	39
MASECA   CORN MASA FLOUR	10
MATEINA   INFUSED YERBA MATE TEA	19
MATEINA   YERBA MATE	13
MAUREEN'S   COOKING SAUCE	47
MCKENZIE'S   COUNTRY FARM HONEY	73
MELT ORGANIC   PLANT BUTTER (REFRIGERATED)	76
MID-DAY SQUARES   FUNCTIONAL CHOCOLATE (REFRIGERATED)	86
MISHIMA   INSTANT SOUP	49
MIYOKO'S CREAMERY   VEGAN CHEESE (REFRIGERATED)	77
MIYOKO'S CREAMERY   PLANT-BASED BUTTER (REFRIGERATED)	76
MODERN PRODUCTS   BREWERS YEAST	45
MODERN PRODUCTS   SEASONINGS	46
MOLISANA   ORGANIC ROASTED PEPPERS	37
MOOCHO   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	77
MORNIN' GLORY   PRUNE JUICE	22
MORNIN' GLORY   PRUNES	51
MOUNT HAGEN   INSTANT COFFEE	11
MOUNTAIN SKY   BODY CARE	101
NAAM   COOKING SAUCE	34

# PSC Wholesale Catalogue - March 2025

NAKED & SAUCY   COOKING SAUCE	34
NAKED & SAUCY   NOOCH NUTRITIONAL YEAST DRESSING	35
NAKED & SAUCY   SIMMER SAUCE	34
NAKED & SAUCY   SOY SAUCE SUBSTITUTE	37
NANAK   GHEE CLARIFIED BUTTER	48
NATIVE FOREST   CANNED FRUIT & VEGETABLES	32
NATIVE FOREST   CANNED VEGETABLES & JACKFRUIT	50
NATIVE FOREST   COCONUT MILK	50
NATIVE FOREST   DAIRY FREE MILK POWDER	25
NATRACARE   FEMININE CARE	102
NATURA   DAIRY-FREE BARISTA BLEND	25
NATURA   DAIRY-FREE BEVERAGE	25
NATURAL CABANA   LEMON & LIMEADE	22
NATURE CLEAN   DISHWASHING PRODUCTS	103
NATURE CLEAN   HAND SOAP	101
NATURE CLEAN   HOUSEHOLD CLEANERS	107
NATURE CLEAN   LAUNDRY PRODUCTS	105
NATURE CLEAN   SHAMPOO & CONDITIONER	103
NATUREBEE   CONCENTRATED FOAMING HAND SOAP TABLETS	101
NATUREBEE   REUSABLE SPONGE CLOTHS	107
NATUREBEE   SHOWER STEAMERS	100
NATURE'S BAKERY   SNACK BARS	40
NATURE'S NUTS   NUT & SEED BUTTER	30
NATURE'S PATH   CEREAL	28
NATURE'S PATH   GRANOLA	28
NATURE'S PATH   INSTANT OATMEAL	26
NATURE'S PATH   TOASTER PASTRIES	40
NATURE'S PATH   WAFFLES (FROZEN)	97
NATURE'S PATH   WHOLE GRAIN OATS	44
NATURSOURCE   SALAD TOPPER	35
NATURSOURCE   SNACKS	68
NAVITAS ORGANICS   DRIED FRUIT	51
NAVITAS ORGANICS   PLANT-BASED SUPERFOOD	45
NIKKEI RAMEN YA   AUTHENTIC RAMEN (FROZEN)	94
NIKKEI RAMEN YA   RAMEN SEASONING SAUCE	49
NONNY   CRAFT NON-ALCOHOLIC BEER	23
NOOCHPOP!   VEGAN CHEESY POPCORN	62
NORA   SEAWEED SNACKS	49
NORA'S   DAIRY-FREE DESSERT (FROZEN)	92
NORTH PRAIRIE GOLD   OIL	54
NOVA SCOTIA FISHERMAN   XTREME LIP & SKIN CARE	101
NUMI   ORGANIC TEA	13
NUNWEILER'S   PANCAKE & WAFFLE MIX	29
NUNWEILER'S FLOUR CO   ORGANIC FLOUR	10
NUTIVA   COCONUT MANNA CREAMY SPREAD	30
NUTIVA   OIL	54
NUTS FOR CHEESE   CREAMY CASHEW DIP (REFRIGERATED)	79
NUTS FOR CHEESE   FERMENTED CASHEW PRODUCT (REFRIGERATED)	77
NUTS FOR CHEESE   NUTS FOR BUTTER CULTURED CASHEW PRODUCT (REFRIGERATED)	76
NUUN   HYDRATION SUPPLEMENTS	99
OASIS   PITA BREAD (FROZEN)	90
OATLY   BARISTA EDITION OAT DRINK	25
OATLY   OAT DRINK	25
OCEAN'S HALO   KIMCHI	37
OCEAN'S HALO   RICE	45
OCEAN'S HALO   SPRING ROLL WRAPS	51
OCEAN'S HALO   SUSHI NORI	49
OCEAN'S HALO   THE SEAWEED SNACK	49
O'DOUGHS   BITE SIZED NAAN STYLE O'DIPPERS (FROZEN)	91
O'DOUGHS   BREAD, BUNS & BAGELS (FROZEN)	89
OI!   OIL	54
OMEGA 3 NUTRACLEANSE   FIBRE BLEND	100
OMEGA NUTRITION   APPLE CIDER VINEGAR	38
OMEGA NUTRITION   EFA OIL (REFRIGERATED)	88
OMEGA NUTRITION   FLAX & PUMPKIN SEED POWDER	100
OMEGA NUTRITION   OIL	54
OMEGA NUTRITION   PUMPKIN SEED BUTTER	30
ONEEARTH FUNCTIONAL FOODS   COCONUT PALM SUGAR	73
OOME   SMOKED TOFU (REFRIGERATED)	87
ORCHID REAL FLAVOUR   BAKING INGREDIENTS	7
ORGANIC INDIA TEA   HERBAL INFUSIONS	13
ORGANIC MEADOW   BUTTER (FREEZER)	91
ORGANIC MEADOW   ICE CREAM (FROZEN)	92
ORIGO   FREEZE DRIED FRUIT	69
OZERY FAMILY BAKERY   BUNS (FROZEN)	89
PACIFIC FOODS   BROTH	70
PACIFIC FOODS   PLANT-BASED CHILI	33
PACIFIC FOODS   SOUP	71
PAMELA'S   ARTISAN FLOUR BLENDS	10
PAMELA'S   COOKIES	39
PAMELA'S   PANCAKE MIX	29

# PSC Wholesale Catalogue - March 2025

PANDA   LICORICES	68
PAPERCHEF   CULINARY PARCHMENT BAKING PRODUCTS	6
PAPERCHEF   CULINARY PARCHMENT PAPER	104
PARMELA CREAMERY   PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)	77
PARTAKE BREWING   NON-ALCOHOLIC BEER	24
PARTAKE BREWING   SPARKLING HOP WATER	24
PATIENCE FRUIT & CO   DRIED BERRIES	52
PATIENCE FRUIT & CO   FRUIT JUICE	22
PATIENCE FRUIT & CO   SOUR CRAN DRIED CRANBERRIES	68
PEARL'S   PEROGIES (FROZEN)	95
PERFECT CHEF   TOMATO PASTA SAUCE	36
PHILLIPS   IOTA NON-ALCOHOLIC CRAFT BEER	24
PHILLIPS   SODA WORKS	17
PIKE PIER FISHERMAN   ALL NATURAL SAUCE	33
PLUMM GOOD   BROWN RICE BREADING CRUMBS	5
PLUMM GOOD   WHOLE GRAIN RICE CAKES	42
POMONA'S   UNIVERSAL PECTIN	7
POPTASTIC   POPCORN	62
PORTOFINO BAKERY   BREAD & BUNS (FROZEN)	89,90
PRANA   OVERNIGHT CHIA WITH OATS	26,27
PRANA   SNACK NUTS & MIXES	69
PRANA ORGANIC   CHOCOLATE CHUNKS	8
PRANA ORGANIC   CHOCOLATE TREATS	65
PRANA ORGANIC   COOKIES	39
PRANA ORGANIC   DRIED FRUIT	52
PRANA ORGANIC   FUNCTIONAL FOOD	45
PRANA ORGANIC   GRANOLA BARS	40
PRANA ORGANIC   GRANOLOVE GRANOLA CEREAL	28
PRANA ORGANIC   NUTS & SEEDS	53
PROBAR   NUTRITIONAL FOOD BAR	60
PUKKA   ORGANIC TEA	14
QUE PASA   SALSA	37
QUE PASA   TACO SHELLS	50
QUE PASA   TORTILLA CHIPS	62,63
R.W. KNUDSEN   FRUIT JUICE & VEGETABLE JUICE	22,23
RABBIT RIVER FARMS   EGGS (REFRIGERATED)	75
RAINCOAST GLOBAL   MSC CERTIFIED SUSTAINABLE SEAFOOD	32
RAWMBAS   VEGAN MUFFINS (FROZEN)	91
RED STAR   NUTRITIONAL YEAST	45
REDMOND   REAL SALT	46
RICEWORKS   GOURMET RICE SNACKS	63
RISE   KOMBUCHA & BOTANICALS (REFRIGERATED)	84,85
RIZOPIA   RICE PASTA	57
ROAD POP   SPARKLING HOP WATER	24
ROAR ORGANIC   VITAMIN ENHANCED BEVERAGE	20
ROAR PLUS   VITAMIN & ELECTROLYTE DRINK MIX	100
ROLLING MEADOW   BUTTER (FROZEN)	91
RUBY'S AUTHENTIC   APPETIZERS (FROZEN)	93
RUBY'S AUTHENTIC   CHUTNEY (REFRIGERATED)	79
RVIITA   ENERGY TEA	20
SAFE CATCH   LOW MERCURY CANNED SEAFOOD	32
SALT SPRING COFFEE	11
SALT SPRING GELATO   ITALIAN ICE CREAM (FROZEN)	92
SALT SPRING GELATO   SORBETTO (FROZEN)	92
SAN-J   BREWED SOY SAUCE & ALTERNATIVES	37
SAN-J   COOKING SAUCE	34
SAN-J   RICE CRACKERS	42
SANTA CRUZ ORGANIC   100% LEMON & LIME JUICE	46
SANTA CRUZ ORGANIC   JUICE, LEMONADE & LIMEADE	23
SAPSUCKER   SPARKLING WATER BEVERAGE	20
SAUGEEN COUNTRY DAIRY   KEFIR & YOGURT (REFRIGERATED)	75
SAVE DA SEA   PLANT-BASED SEAFOOD (REFRIGERATED)	86
SAY IT AIN'T SODA   FRUIT & BOTANICALS SPARKLING SOFT DRINK	17
SAY WHEN   ORGANIC CHAI CONCENTRATE	12
SEASNAX   SEAWEED PRODUCTS	49
SENSIBLE PORTIONS   GARDEN VEGGIE STRAWS & CHIPS	63
SEOUL   KIMCHI (REFRIGERATED)	78
SEOUL   KIMCHI HOT SAUCE	33
SILK'N SOFT   BAMBOO BATHROOM TISSUE	105
SIMPLA   COCONUT PLANT-BASED YOGURT (REFRIGERATED)	78
SIMPLY ORGANIC   BOTTLED SPICES & GRINDERS	46,47
SIMPLY ORGANIC   DIP MIX	57
SIMPLY ORGANIC   FINISHING SALT	47
SIMPLY ORGANIC   FLAVOURINGS & EXTRACTS	7
SIMPLY ORGANIC   GRAVY MIX	35
SIMPLY ORGANIC   PASTA SAUCE MIX	46
SIMPLY ORGANIC   SEASONING MIX	47
SNACK 21   DOG & CAT SNACKS	106
SOBER CARPENTER   NON-ALCOHOLIC CRAFT BEER & CIDER	24
SOTA   SPARKLING TEA + ADAPTOGENS	20
SOYA NOVA   TOFU (REFRIGERATED)	87



# PSC Wholesale Catalogue - March 2025

SPARKMOUTH   MOCKTAILS	24
SPARKMOUTH   SPARKLING WATER & TONIC	18
SPECTRUM   OIL	54,55
SPECTRUM   SPRAY OIL	55
SPECTRUM CULINARY   MAYONNAISE	35
SPERRI   PLANT-BASED MEAL REPLACEMENT SHAKE	21
SPREAD 'EM KITCHEN CO.   CASHEW CHEESE (REFRIGERATED)	77
SPREAD 'EM KITCHEN CO.   CASHEW DIP (REFRIGERATED)	79,80
SQUAMISH WATER KEFIR   FROZEN PROBIOTIC POPS	93
SQUAMISH WATER KEFIR   PROBIOTIC SODA & WATER KEFIR (REFRIGERATED)	85
ST. MICHAEL   HONEY	73
STAHLBUSH ISLAND FARMS   FRUIT (FROZEN)	98
STAHLBUSH ISLAND FARMS   VEGETABLES (FROZEN)	99
STASH TEA   PREMIUM TEA	14
STELLA'S   PEROGIES (FROZEN)	95
STICKLING'S   BAKERY PRODUCTS	6
STOKED OATS   RUN OF THE MILL OATS	44
STOKED OATS   SUPERFOOD GRANOLA	29
STOKED OATS   SUPERFOOD OATMEAL BLEND	27
STOKED OATS   SUPERFOOD PANCAKE MIX	29
STREET LEGAL   DEALCOHOLIZED BEER	24
SUNDHED   SEA SALT & PURE HIMALAYAN SALT	47
SUNFLOWER KITCHEN   DIP & SAUCE (REFRIGERATED)	80
SUNSHINE FARMS   CONDIMENTS	34
SUNSHINE FARMS   ORGANIC PICKLES	37
SUNSHINE FARMS   VINEGAR	38
SUPERIOR NATURAL   TOFU (REFRIGERATED)	87
SWERVE SWEETENER	73
SYNERGY ORGANICS   DENTAL CARE	102
TASTE NIRVANA   COCONUT WATER	23
TAZO   LATTE CONCENTRATE	12
TAZO   TEA BAGS	15
TERRA   ARTISAN BREAD (FROZEN)	90
TERRA BREADS   SMALL BATCH GRANOLA	29
TERRA DELYSSA   OLIVE OIL	55
THAI KITCHEN   COCONUT CREAM & MILK	51
THAI KITCHEN   PASTE & SAUCE	51
THAI KITCHEN   RICE NOODLES	51
THE BETTER BUTCHERS   FORAGER'S FINEST MUSHROOM POWERED GROUND (FROZEN)	96
THE CULTURED COCONUT   PROBIOTIC (REFRIGERATED)	88
THE GINGER PEOPLE   GINGER CANDY	67,68
THEO   CHOCOLATE	66
THIRSTY BUDDHA   COCONUT WATER	23
THIRSTY BUDDHA   SPARKLING COCONUT WATER	18
THRIVE REMEDIES   WELLNESS TEAS	21
TINKYADA   RICE PASTA	57
TOFINO   RAW KOMBUCHA (REFRIGERATED)	85
TOFURKY   MEAT ALTERNATIVE (REFRIGERATED)	86
TOM'S OF MAINE   DENTAL CARE	102
TOM'S OF MAINE   DEODORANT	101,102
TRADITIONAL MEDICINALS   TEA	15
TRIPLE JIM'S   ORGANIC DRIED FRUIT	52
TRIPLE JIM'S   ALL NATURAL JUICE MADE FROM BC FRUIT	23
TWO BEARS   COLD BREW COFFEE & LATTE	19
TWO BEARS   DAIRY-FREE BARISTA OAT	25
TWO BEARS   DAIRY-FREE BEVERAGE	26
TWO BEARS   DRINK MIXER	24
UMI'S KITCHEN   COOKING SAUCE	34
UNCLE LEE'S TEA	15,16
UNICO   CHICKPEAS	13
UNICO   OLIVE OIL	55
VANCOUVER CROISSANT   READY-TO-BAKE CROISSANTS (FROZEN)	93
VEGAN ROB'S   PLANT BASED SNACKS	63
VG GOURMET   ARTISAN VEGAN BURGERS (FROZEN)	97
VIJ'S   INDIAN APPETIZERS (FROZEN)	94
VIJ'S   INDIAN CUISINE (FROZEN)	96
WAKEWATER   CAFFEINATED SPARKLING WATER	21
WANT-WANT   SUPERSLIM BROWN RICE CRISPS	42
WHISTLER WATER	26
WHITewater COOKS   DRESSING & VINAIGRETTE	35
WHITewater COOKS   MARINADE	34
WHOLE ALTERNATIVES   POPCORN	43
WHOLESOME   NATURAL & ORGANIC SWEETENER	73
WHOLLY WHOLESOME   PIE SHELLS (FROZEN)	93
WILD COUNTRY   HONEY	73
WILD TEA   KOMBUCHA	21
WILDBRINE   FERMENTED SAUCE (REFRIGERATED)	80
WILDBRINE   FERMENTED VEGETABLES (REFRIGERATED)	79
WILDVINE   PICKLED VEGETABLES (REFRIGERATED)	80
WILDWOOD ORGANICS   TOFU (REFRIGERATED)	87
WISE BITES   ALLERGEN-FREE BAKED GOODS (FROZEN)	91

## PSC Wholesale Catalogue - March 2025

WIZARD'S   ORGANIC SAUCE	34
WIZE   SPARKLING ICED TEA	19
WOW BAKING COMPANY   COOKIES	39
WOWBUTTER   NUT FREE BUTTER	30
WUNDERCAT   ALL NATURAL CAT LITTER	105
YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS	106
YESHI   NUTRITIONAL YEAST DRESSING & DIP	36
YESHI   NUTRITIONAL YEAST FLAKES	45
YOGGU!   PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED)	78
YOGI   HERBAL TEA	16
YOGOURMET   CULTURES (REFRIGERATED)	75
YVES   VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)	86
ZAZUBEAN   CHOCOLATE BARS	66
ZEVIA   NO SUGAR TEA	19
ZEVIA   ZERO SUGAR ENERGY DRINK	21
ZEVIA   ZERO SUGAR SODA	18
ZIMT   MACAROONS	60
ZORAW CHOCOLATES   FUNCTIONAL CHOCOLATE BARS	67