



# Wholesale Catalogue

## February 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

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## PSC NATURAL FOODS Wholesale Catalogue

### Accounting Information Payment

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

### Past Due Accounts

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

### Delivery & Pick-up Information

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

### Order Pick-ups

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

### Quick Pick-Up Policy

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

### Back Order Policy

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

### Ordering Information

\* prices subject to change without notice

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

### Split Cases

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

### Minimum Order Amounts

– on scheduled days, where applicable.

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

### Claims

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

#### All Claims>Returns

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

#### Pricing/Shipping Errors

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

#### Guaranteed Sales

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

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

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

## PSC Freight Rates

Highly competitive freight rates.

*We deliver the goodness for less.*

### Vancouver Island and Other Islands

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

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

### Mainland

Greater Vancouver *Minimum order, no charge*

### Zone 1

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

### Zone 2

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

### Zone 3

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

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

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

### Lower Minimum Orders for Prepaid Freight

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

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

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

**Shipped from Horizon on Tuesday**

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

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

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

### Zone 2

See locations in Freight Rates Table (left)

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

### Zone 3

See locations in Freight Rates Table (left)

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

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

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

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

**BUY GROUP \$650 MINIMUM**

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

### Split Cases

• 1/2 case minimum.

Frozen items are sold in full cases only.

### Order Pick-ups

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

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

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

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

## BOB'S RED MILL | BAKING INGREDIENTS

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

## EAGLE INSTAFERM | BAKING INGREDIENTS

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

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

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

## ORCHID REAL FLAVOUR | BAKING INGREDIENTS

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

## SIMPLY ORGANIC | FLAVOURINGS & EXTRACTS

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

## Preserving Supplies

### POMONA'S | UNIVERSAL PECTIN

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

## Cocoa & Chocolate

### CAMINO | CHOCOLATE BAKING PRODUCTS

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

### ENDANGERED SPECIES CHOCOLATE | OAT MILK BAKING CHIPS

037014 400014	<b>36210</b>	GMO		GF		V	@				Baking Chips, Oat Milk + Dark Chocolate (55% cocoa)	6 / 285g			
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## BOB'S RED MILL | FLOUR

039978 001962	<b>34209</b>																X Cornmeal, Medium Grind (whole grain)	4 / 680g
039978 002143	<b>34240</b>	GMO				*											X Cornmeal, Medium Grind (whole grain), Organic	4 / 680g
039978 343819	<b>20375</b>	GMO		GF													X Flour, Almond, Blanched	4 / 453g
039978 333810	<b>20238</b>	GMO		GF													X Flour, Almond, Blanched	4 / 907g
039978 333803	<b>34076</b>	GMO		GF													X Flour, Almond, Natural	4 / 453g
039978 335050	<b>20159</b>	GMO		GF													X Flour, Arrowroot Starch	4 / 454g
039978 001870	<b>34218</b>	GMO				*											X Flour, Buckwheat, Organic	4 / 624g
039978 301789	<b>20150</b>	GMO		GF													X Flour, Cassava	4 / 567g
039978 328151	<b>20355</b>	GMO		GF		*	@										X Flour, Coconut, Organic	4 / 453g
039978 002402	<b>34222</b>	GMO		GF													X Flour, Garbanzo Bean	4 / 454g
039978 344533	<b>30572</b>	GMO		GF													X Flour, Gluten Free 1to1 Baking	4 / 623g
039978 354532	<b>30573</b>	GMO		GF													X Flour, Gluten Free 1to1 Baking	4 / 1.24kg
039978 334527	<b>30574</b>	GMO		GF													X Flour, Gluten Free All Purpose Baking	4 / 623g
039978 344526	<b>30575</b>	GMO		GF													X Flour, Gluten Free All Purpose Baking	4 / 1.24kg
039978 002150	<b>34220</b>																X Flour, Masa Harina	4 / 624g
039978 002273	<b>34235</b>	GMO		GF													X Flour, Oat	4 / 510g
039978 001979	<b>34210</b>	GMO		GF													X Flour, Rice, Brown	4 / 680g
039978 002426	<b>34242</b>	GMO		GF		*											X Flour, Rice, Brown, Organic	4 / 680g
039978 001986	<b>34211</b>	GMO		GF													X Flour, Rice, White	4 / 680g
039978 002136	<b>34227</b>	GMO															X Flour, Semolina Durum Wheat	4 / 680g
039978 002341	<b>34237</b>	GMO		GF													X Flour, Sorghum (whole grain)	4 / 624g
039978 002105	<b>34216</b>	GMO				*											X Flour, Spelt (whole grain), Organic	4 / 567g
039978 325365	<b>20389</b>	GMO		GF													X Flour, Tapioca Starch	4 / 454g
039978 002129	<b>34221</b>	GMO															X Flour, Vital Wheat Gluten	4 / 567g
039978 333018	<b>27007</b>	GMO															X Flour, All-Purpose White	8 / 2.27kg
039978 302366	<b>27006</b>	GMO															X Flour, Artisan Bread (unbleached)	8 / 2.27kg
039978 333001	<b>27008</b>	GMO															X Flour, Whole Wheat (stoneground)	8 / 2.27kg
039978 315052	<b>27002</b>	GMO		B	GF												Flour, Arrowroot Starch	1 / 11.34kg
039978 324528	<b>27001</b>	GMO		B	GF												Flour, Gluten Free All Purpose Baking	1 / 11.34kg
039978 334534	<b>30547</b>	GMO		B	GF												Flour, Gluten Free 1to1 Baking	1 / 11.34kg
039978 108159	<b>27005</b>	GMO		B	GF	*	@										Flour, Coconut, Organic	1 / 25lb
039978 103123	<b>20422</b>	GMO		B	GF												Flour, Potato	1 / 25lb
039978 103154	<b>20173</b>	GMO		B	GF												Flour, Rice, Brown	1 / 25lb
039978 109743	<b>20174</b>	GMO		B	GF	*											Flour, Rice, Brown, Organic	1 / 25lb
039978 106087	<b>20424</b>	GMO		B	GF												Flour, Rice, Sweet White	1 / 25lb
039978 109675	<b>20419</b>	GMO		B	GF	*											Flour, Rice, White, Organic	1 / 25lb
039978 106421	<b>20251</b>	GMO		B	GF												Flour, Sorghum (whole grain)	1 / 25lb
039978 105356	<b>20423</b>	GMO		B	GF												Flour, Tapioca Starch	1 / 25lb
039978 105394	<b>20398</b>	GMO		B	GF												Flour, Teff (whole grain)	1 / 25lb

## JOVIAL | EINKORN FLOUR

815421 011005	<b>21044</b>	GMO				*											Einkorn Flour, All Purpose, Organic	10 / 907g
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## MASECA | CORN MASA FLOUR

<b>34000</b>				B	GF												Yellow Corn Masa Flour, Regular #0	1 / 22.68kg
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## NUNWEILER'S FLOUR CO | ORGANIC FLOUR

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

## PAMELA'S | ARTISAN FLOUR BLENDS

093709 221142	<b>22246</b>	GMO		GF													Artisan Flour Blend	3 / 1.81kg
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## BEVERAGES, HOT

### Coffee & Coffee Filters

#### EMMA | UNBLEACHED COFFEE FILTERS

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

#### IF YOU CARE | COFFEE FILTERS

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

#### LEVEL GROUND COFFEE ROASTERS | CRAFT COFFEE

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

#### MOUNT HAGEN | INSTANT COFFEE

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

#### SALT SPRING COFFEE | COMPOSTABLE SINGLE-SERVE BREW PODS

628415 686635	<b>12379</b>	GMO				*	@		BC	ℙ			Coffee Pods, Blue Heron, Medium Dark, Organic	6 / 20ct						
628415 686161	<b>12380</b>	GMO				*	@		BC	ℙ			Coffee Pods, Decaf, Dark Roast, Organic	6 / 20ct						
628415 686413	<b>12381</b>	GMO				*	@		BC	ℙ			Coffee Pods, French Roast, Darkest Roast, Organic	6 / 20ct						

#### SALT SPRING COFFEE

628415 077631	<b>12375</b>	GMO				*	@			ℙ			Ground Coffee, Blue Heron, Medium Dark, Organic	8 / 284g						
628415 077419	<b>12376</b>	GMO				*	@			ℙ			Ground Coffee, French Roast, Darkest Roast, Organic	8 / 284g						
628415 077167	<b>12377</b>	GMO				*	@			ℙ			Ground Coffee, Decaf, Dark Roast, Organic	8 / 284g						
628415 077358	<b>12378</b>	GMO				*	@			ℙ			Ground Coffee, Peru, Medium Roast, Organic	8 / 284g						
628415 878634	<b>13301</b>	GMO				*	@			ℙ			Whole Bean Coffee, Blue Heron, Medium Dark Roast, Organic	8 / 400g						
628415 078317	<b>12356</b>	GMO				*	@			ℙ			Whole Bean Coffee, Canopy Bird, Medium Dark Roast, Organic	8 / 400g						
628415 078416	<b>12361</b>	GMO				*	@			ℙ			Whole Bean Coffee, French Roast, Darkest Roast, Organic	8 / 400g						
628415 878627	<b>12359</b>	GMO				*	@			ℙ			Whole Bean Coffee, Metta Espresso, Medium Dark Roast, Organic	8 / 400g						
628415 078355	<b>12357</b>	GMO				*	@			ℙ			Whole Bean Coffee, Peru, Medium Roast, Organic	8 / 400g						
628415 078270	<b>12358</b>	GMO				*	@			ℙ			Whole Bean Coffee, Sumatra, Dark Roast, Organic	8 / 400g						





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## FOUR O'CLOCK | TEA CRAFTERS

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

## GENUINE TEA CO. | TEA

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

## GUAYAKI | YERBA MATE

632432 100029	<b>13219</b>	GMO					*	@					Traditional Mate, Bags, Organic	6	/	75ct				
632432 100036	<b>13217</b>	GMO					*	@					Traditional Mate, Loose Leaf, Organic	6	/	454g				

## LEVEL GROUND TRADING DIRECT FAIR TRADE | TEA

661594 000229	<b>13007</b>						@			℞			Tea Bags, Black Tea	12	/	20ct				
661594 000236	<b>13009</b>						@			℞			Tea Bags, Chai Tea	12	/	20ct				
661594 000250	<b>13010</b>						@			℞			Tea Bags, Earl Grey Tea	12	/	20ct				
661594 000243	<b>13008</b>						@			℞			Tea Bags, Green Tea	12	/	20ct				
661594 001677	<b>12995</b>						@			℞			Loose Leaf Tea, Black	12	/	70g				
661594 001837	<b>12996</b>						@			℞			Loose Leaf Tea, Chai	12	/	70g				
661594 002698	<b>13241</b>						@			℞			Loose Leaf Tea, Earl Grey	12	/	70g				
661594 001684	<b>12997</b>						@			℞			Loose Leaf Tea, Green	12	/	70g				

## MATEINA | YERBA MATE

628504 157152	<b>20815</b>	GMO					*			℞			Yerba Mate, Loose Leaf, Organic	10	/	454g				
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## NUMI | ORGANIC TEA

680692 101713	<b>12026</b>	GMO					*	@					Black Tea, Aged Earl Grey, Organic	6	/	18ct				
680692 102215	<b>12966</b>	GMO					*	@					Black Tea, Breakfast Blend, Organic	6	/	18ct				
680692 101812	<b>12027</b>	GMO					*	@					Black Tea, Golden Chai, Organic	6	/	18ct				
680692 101195	<b>12021</b>	GMO					*	@					Green Tea, Gunpowder Green, Organic	6	/	18ct				
680692 101188	<b>12010</b>	GMO					*	@					Green Tea, Jasmine Green, Organic	6	/	18ct				
680692 103014	<b>13209</b>	GMO					*						Green Tea, Matcha Toasted Rice, Organic	6	/	18ct				
680692 111507	<b>12023</b>	GMO					*	@					Herbal Teasan, Chamomile Lemon, Organic	6	/	18ct				
680692 115000	<b>12007</b>	GMO					*						Herbal Teasan, Chocolate Rooibos, Organic	6	/	16ct				
680692 101010	<b>12003</b>	GMO					*	@					Herbal Teasan, Dry Desert Lime, Organic	6	/	18ct				
680692 116144	<b>12012</b>	GMO					*	@					Herbal Teasan, Echinacea Ally, Organic	6	/	16ct				
680692 116151	<b>12013</b>	GMO					*	@					Herbal Teasan, Elderberry Ally, Organic	6	/	16ct				
680692 116175	<b>12014</b>	GMO					*	@					Herbal Teasan, Fennel Peppermint Ginger, Organic	6	/	16ct				
680692 101034	<b>12005</b>	GMO					*						Herbal Teasan, Honeybush, Organic	6	/	18ct				
680692 101140	<b>12006</b>	GMO					*	@					Herbal Teasan, Moroccan Mint, Organic	6	/	18ct				
680692 102017	<b>12088</b>	GMO					*						Herbal Teasan, Rooibos Chai, Organic	6	/	18ct				
680692 101126	<b>12004</b>	GMO					*						Herbal Teasan, Rooibos, Organic	6	/	18ct				















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UPC CODE	CODE	GMO	B	GF	V	*	@	+	PJ	X	PACK	SIZE				G	P	U
853790 001562	<b>04121</b>										PJ X	Energy Tea, Green, high caffeine tea (glass bottle)	12 / 473ml					U
853790 001579	<b>04122</b>										PJ X	Energy Tea, Lemon, high caffeine tea (glass bottle)	12 / 473ml					U
853790 001555	<b>04120</b>										PJ X	Energy Tea, Mango, high caffeine tea (glass bottle)	12 / 473ml					U

## GUAYAKI | YERBA MATE BEVERAGE

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

## ITO EN | UNSWEETENED READY TO DRINK TEA

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

## MATEINA | INFUSED YERBA MATE TEA

628504 157305	<b>20803</b>	GMO					*		+	PJ X	X	Mate Tea, Lemon Original, Organic (can)	12 / 355ml							U
628504 157329	<b>20805</b>	GMO					*		+	PJ X	X	Mate Tea, Peach Passion, Organic (can)	12 / 355ml							U

## TWO BEARS | COLD BREW COFFEE & LATTE

628504 309414	<b>10000</b>						@		+	PJ X	X	Flash Brew, Black Coffee, Unsweetened (can)	6 / 207ml							U	
628504 309322	<b>10001</b>						@		+	PJ X	X	Flash Brew, Hazelnut Sea Salt Coffee (can)	6 / 207ml							P	U
628504 309407	<b>10002</b>						@		+	PJ X	X	Flash Brew, Mocha Coffee (can)	6 / 207ml							P	U
628504 309834	<b>10026</b>								+	PJ X	X	Latte, Lactose-Free Milk & Coffee, Mocha (can)	6 / 207ml							P	U
628504 309858	<b>10027</b>								+	PJ X	X	Latte, Lactose-Free Milk & Coffee, Salted Caramel (can)	6 / 207ml							P	U
628504 309841	<b>10028</b>								+	PJ X	X	Latte, Lactose-Free Milk & Coffee, Vanilla (can)	6 / 207ml							P	U
628504 309339	<b>10003</b>								+	PJ X	X	Latte, Oat & Coffee, Black (can)	6 / 207ml							P	U
628504 309421	<b>10010</b>								+	PJ X	X	Latte, Oat & Coffee, Mocha (can)	6 / 207ml							P	U
628504 309377	<b>10007</b>								+	PJ X	X	Latte, Oat & Coffee, Salted Caramel (can)	6 / 207ml							P	U
628504 309438	<b>10009</b>								+	PJ X	X	Latte, Oat & Coffee, Triple Shot (can)	6 / 207ml							P	U
628504 309346	<b>10004</b>								+	PJ X	X	Latte, Oat & Coffee, Vanilla (can)	6 / 207ml							P	U
628504 309353	<b>10005</b>								+	PJ X	X	Latte, Oat & Tea, Chai (can)	6 / 207ml							P	U
628504 309384	<b>10006</b>								+	PJ X	X	Latte, Oat & Tea, Matcha (can)	6 / 207ml							P	U
628504 309063	<b>10057</b>								+	PJ		Latte, Oat & Coffee, Vanilla (Tetra)	6 / 946ml								U

## WIZE | SPARKLING ICED TEA

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

## ZEVIA | NO SUGAR TEA

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

## Functional Beverages

### BUCHA BREW | KOMBUCHA

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

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<b>GINGER PEOPLE   GINGER SOOTHER</b>																			
734027 995017	06177	GMO									X	GINGER SOOTHER, Lemon & Honey	24 / 355ml				G	U	
<b>GOODVIBES JUICE CO   GOODVIBES SHOTS+</b>																			
628250 941272	80732										+	PJ X Shots, Get Well + Elderberry/Ginger/Hibiscus	12 / 50ml					U	
628250 941180	80731										+	PJ X Shots, Sick Day + Echinaces/Ginger/Cayenne	12 / 50ml					U	
628250 941296	80733										+	PJ X Shots, Turmeric Daily + Turmeric/Ginger/Chamomile	12 / 50ml					U	
<b>LIVELY   PREBIOTIC POP</b>																			
628942 435324	66150										+	PJ X Prebiotic Pop, Cool Cola	12 / 355ml				G	P	U
628942 435348	66151										+	PJ X Prebiotic Pop, Rockin' Root Beer	12 / 355ml				G	P	U
628942 435355	66152										+	PJ X Prebiotic Pop, Spritzzy Lemon Lime	12 / 355ml				G	P	U
<b>ROAR ORGANIC   VITAMIN ENHANCED BEVERAGE</b>																			
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	
<b>RVIITA   ENERGY TEA</b>																			
627987 111873	01200										+	PJ X Energy Tea, Divine Strawberry (pouch)	10 / 355ml				G	U	
627987 111880	01201										+	PJ X Energy Tea, Midnight Blackberry (pouch)	10 / 355ml				G	U	
627987 111903	01202										+	PJ X Energy Tea, Royal Elderberry (pouch)	10 / 355ml				G	U	
627987 111897	01203										+	PJ X Energy Tea, Speachless Peach (pouch)	10 / 355ml				G	U	
<b>SAPSUCKER   SPARKLING TREE WATER</b>																			
898171 000154	56417	GMO									+	PJ X Sparkling Tree Water, Grapefruit, Organic	12 / 355ml				G	U	
898171 000024	56415	GMO									+	PJ X Sparkling Tree Water, Lemon, Organic	12 / 355ml				G	U	
898171 000031	56414	GMO									+	PJ X Sparkling Tree Water, Lime, Organic	12 / 355ml				G	U	
898171 000178	56418	GMO									+	PJ X Sparkling Tree Water, Orange, Organic	12 / 355ml				G	U	
898171 000017	56413	GMO									+	PJ X Sparkling Tree Water, Original, Organic	12 / 355ml				G	U	
898171 000284	56416	GMO									+	PJ X Sparkling Tree Water, Peach, Organic	12 / 355ml				G	U	
												<b>Buy 35+ cases</b>					<b>Save</b>	<b>4.50</b>	
<b>SOTA   SPARKLING TEA + ADAPTOGENS</b>																			
628176 390932	35450	GMO									+	PJ Sparkling Tea, Calm (grapefruit + hibiscus), Organic	4 / 6x355ml				G	U	
628176 390949	35451	GMO									+	PJ Sparkling Tea, Focus (orange + chamomile), Organic	4 / 6x355ml				G	U	
628176 390956	35452	GMO									+	PJ Sparkling Tea, Refresh (lime + dandelion), Organic	4 / 6x355ml				G	U	
<b>SPERRI   PLANT-BASED MEAL REPLACEMENT SHAKE</b>																			
627987 473766	13953	GMO									+	PJ Meal Replacement Shake, Chocolate, Organic	3 / 4x330ml						
832365 000025	13955	GMO									+	PJ Meal Replacement Shake, Strawberry, Organic	3 / 4x330ml						
627987 473759	13952	GMO									+	PJ Meal Replacement Shake, Vanilla Maple, Organic	3 / 4x330ml						
<b>THRIVE REMEDIES   WELLNESS TEAS</b>																			
628176 390048	11608	GMO									BC	PJ X Adaptogenic Rooibos Tea, Calm, Organic	12 / 475ml					U	
628176 390062	11609	GMO									BC	PJ X Adaptogenic Rooibos Tea, Defense, Organic	12 / 475ml					U	
628176 390017	11610	GMO									BC	PJ X Adaptogenic Rooibos Tea, Detox, Organic	12 / 475ml					U	
628176 390055	11611	GMO									BC	PJ X Adaptogenic Rooibos Tea, Recovery, Organic	12 / 475ml					U	
628176 390000	11612	GMO									BC	PJ X Adaptogenic Rooibos Tea, Stress, Organic	12 / 475ml					U	
<b>ZEVIA   ZERO SUGAR ENERGY DRINK</b>																			
849429 000723	72083	GMO										X Energy Drink, Kōla	12 / 355ml				G	P	U
849429 000709	72081	GMO										X Energy Drink, Mango Ginger	12 / 355ml				G	P	U
849429 003045	72084	GMO										X Energy Drink, Pineapple Paradise	12 / 355ml				G	P	U
849429 000716	72082	GMO										X Energy Drink, Raspberry Lime	12 / 355ml				G	P	U
849429 003052	72085	GMO										X Energy Drink, Strawberry Kiwi	12 / 355ml				G	P	U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	PJ	X	PACK	SIZE				G	P	U
<b>WAKEWATER   CAFFEINATED SPARKLING WATER</b>																		
628693 083072	<b>25115</b>							+	PJ			6 / 4x355ml				G		U
628693 083058	<b>25113</b>							+	PJ			6 / 4x355ml				G		U
628693 083065	<b>25114</b>							+	PJ			6 / 4x355ml				G		U
628693 083003	<b>25112</b>							+	PJ	X		12 / 355ml				G		U
628055 980896	<b>25110</b>							+	PJ	X		12 / 355ml				G		U
628055 980278	<b>25111</b>							+	PJ	X		12 / 355ml				G		U
628693 083096	<b>25109</b>							+	PJ	X		12 / 355ml				G		U
<b>WILD TEA   KOMBUCHA</b>																		
628055 948445	<b>23727</b>	GMO					*	+	PJ	X		12 / 355ml				G	P	U
628055 948469	<b>23726</b>	GMO					*	+	PJ	X		12 / 355ml				G	P	U

## Juices & Non - Carbonated Beverages

<b>BLACK RIVER   JUICE &amp; LEMONADE</b>																		
771344 001045	<b>02371</b>							+	PJ	X		12 / 300ml						U
771344 001083	<b>02372</b>							+	PJ	X		12 / 300ml						U
771344 001137	<b>02373</b>							+	PJ	X		12 / 300ml						U
771344 001090	<b>02375</b>							+	PJ	X		12 / 300ml						U
771344 001069	<b>02376</b>							+	PJ	X		12 / 300ml						U
771344 001120	<b>02374</b>							+	PJ	X		12 / 300ml				G		U
771344 004091	<b>02613</b>							+	PJ			6 / 1L						U
771344 004114	<b>02614</b>							+	PJ			6 / 1L						U
771344 004237	<b>02608</b>							+	PJ			6 / 1L						U
771344 004121	<b>02612</b>							+	PJ			6 / 1L						U
771344 004138	<b>02604</b>							+	PJ			6 / 1L						U
771344 004220	<b>02606</b>							+	PJ			6 / 1L						U
771344 004251	<b>02610</b>							+	PJ			6 / 1L						U
771344 004176	<b>02616</b>	GMO					*	+	PJ			6 / 1L						U
771344 004060	<b>02602</b>							+	PJ			6 / 1L						U
771344 004053	<b>02603</b>							+	PJ			6 / 1L						U
<b>BLUE MONKEY   PURE COCONUT WATER &amp; JUICE</b>																		
059654 510014	<b>07337</b>	GMO							PJ	X		12 / 330ml						U
059654 500022	<b>05538</b>								PJ			6 / 1L						U
059654 5000015	<b>07065</b>								PJ			12 / 1L						U
059654 170034	<b>06896</b>	GMO							PJ	X		24 / 330ml						U
059654 181009	<b>06909</b>	GMO							PJ	X		24 / 500ml						U
059654 810121	<b>05526</b>	GMO							PJ	X		12 / 500ml						U
059654 180026	<b>06908</b>	GMO							PJ	X		24 / 500ml						U
059654 820120	<b>05527</b>	GMO							PJ	X		12 / 500ml						U
059654 133336	<b>07072</b>	GMO					*		PJ	X		12 / 500ml						U
059654 222221	<b>07241</b>	GMO					*		PJ	X		12 / 1L						U
<b>BREMNER'S   JUICE</b>																		
834644 003208	<b>05239</b>	GMO					*	BC	PJ			12 / 946ml						U
834644 003222	<b>05249</b>	GMO					*	BC	PJ			12 / 946ml						U
834644 003055	<b>05086</b>	GMO					*	BC	PJ			12 / 946ml						U
<b>KIJU ORGANIC   BEVERAGE</b>																		
189727 000279	<b>06768</b>	GMO					*	+	PJ			8 / 4x200ml						U
189727 000262	<b>06770</b>	GMO					*	+	PJ			8 / 4x200ml						U
189727 000217	<b>06944</b>	GMO					*	+	PJ			8 / 4x200ml						U
189727 000224	<b>06955</b>	GMO					*	+	PJ			8 / 4x200ml						U
189727 000231	<b>06956</b>	GMO					*	+	PJ			8 / 4x200ml						U
189727 000248	<b>06969</b>	GMO					*	+	PJ			8 / 4x200ml						U
189727 000255	<b>06975</b>	GMO					*	+	PJ			8 / 4x200ml						U
189727 000309	<b>06753</b>	GMO					*	+	PJ			8 / 4x200ml						U



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	PJ	X	PACK	SIZE				G	P	U
189727 001016	<b>06757</b>	GMO						*	+	PJ		12 / 1L						U
189727 001023	<b>06758</b>	GMO						*	+	PJ		12 / 1L						U
189727 001047	<b>06759</b>	GMO						*	+	PJ		12 / 1L						U
189727 001054	<b>06760</b>	GMO						*	+	PJ		12 / 1L						U
189727 001078	<b>06761</b>	GMO						*	+	PJ		12 / 1L						U
189727 001146	<b>06752</b>	GMO						*	+	PJ		12 / 1L						U

## KING ISLAND | COCONUT WATER

8850813 300031	<b>07130</b>								+	PJ		12 / 1L						U
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## MORNIN' GLORY | PRUNE JUICE

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

856190 003020	<b>04081</b>									X		12 / 591ml				G		U
853790 001722	<b>04087</b>									X		12 / 591ml				G		U
856190 003006	<b>04082</b>									X		12 / 591ml				G		U
853790 001715	<b>04088</b>									X		12 / 591ml				G		U
856190 003013	<b>04083</b>									X		12 / 591ml				G		U
856190 003037	<b>04084</b>									X		12 / 591ml				G		U
856190 003136	<b>04085</b>									X		12 / 591ml				G		U
856190 003204	<b>04086</b>									X		12 / 591ml				G		U

## PATIENCE FRUIT & CO | FRUIT JUICE

662166 221103	<b>18209</b>	GMO		GF				*	+			6 / 946ml						U
662166 222209	<b>18233</b>	GMO						*	+	PJ		6 / 946ml						U
662166 223305	<b>18232</b>	GMO						*	+	PJ		6 / 946ml						U
662166 001002	<b>18210</b>	GMO		GF					+			6 / 1L						U
													<b>Buy 12-19 cases</b>	<b>Save</b>	<b>15%</b>			
													<b>Buy 20+ cases</b>	<b>Save</b>	<b>20%</b>			

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

074682 000146	<b>07446</b>	GMO						*				6 / 946ml						U
074682 000115	<b>07447</b>	GMO						*				6 / 946ml						U
074682 123098	<b>06303</b>	GMO										6 / 946ml						U
074682 123241	<b>06363</b>											6 / 946ml						U
074682 123500	<b>06361</b>	GMO										6 / 946ml						U
074682 123357	<b>06582</b>	GMO						*				6 / 946ml						U
074682 200645	<b>07445</b>	GMO						*				6 / 946ml						U
074682 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 | LEMONADE

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								6 / 700ml						U
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**UPC CODE | CODE | GMØ | B | GF | V | \* | @ | + | P | X | PACK | SIZE | | | | | G | P | U**

## THIRSTY BUDDHA | COCONUT WATER

852953 001432	<b>72505</b>	GMØ		GF							X	Coconut Water, Natural w/Pulp (can)	12 / 490ml					U
852953 001418	<b>07165</b>	GMØ		GF								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>	GMØ		GF								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>											+ P	Black Cherry, Pure (glass bottle)	12 / 946ml				U
059105 650757	<b>18133</b>											+ P	Cranberry, Pure (glass bottle)	12 / 946ml				U
059105 351005	<b>18132</b>	GMØ			*						BC P	Juice, Pear, Organic (glass bottle)	12 / 946ml					U
059105 150905	<b>18102</b>										BC P	Cider, Apple (glass bottle)	12 / 946ml					U
059105 001009	<b>18135</b>	GMØ			*						BC P	Cider, Apple, Organic (glass bottle)	12 / 946ml					U
059105 153784	<b>18131</b>										BC P	Cider, Apple (glass bottle)	4 / 3.78L					U
059105 003782	<b>18121</b>	GMØ			*						BC P	Cider, Apple, Organic (glass bottle)	4 / 3.78L					U

## Non-Alcoholic Drinks

### AELO | ALCOHOL FREE BEVERAGE

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

### CLEVER | PREMIUM MOCKTAIL

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

### NONNY | CRAFT NON-ALCOHOLIC BEER

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

### PARTAKE BREWING | NON-ALCOHOLIC BEER

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

### PARTAKE BREWING | SPARKLING HOP WATER

628110 465849	<b>06019</b>											+ P	Hop Twist Sparkling Hop Water, Citrus	6 / 4x355ml				G U
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**UPC CODE** | **CODE** | **GMO** | **B** | **GF** | **V** | \* | @ | + | PJ | X | **PACK** | **SIZE** | **G** | **P** | **U**

## PHILLIPS | IOTA NON-ALCOHOLIC CRAFT BEER

818278 005166	<b>11452</b>										BC PJ	iOTA, Blackberry Lemon Ale (can)	6 / 4x355ml	G	U
818278 005944	<b>11453</b>										BC PJ	iOTA, Cerveza (can)	6 / 4x355ml	G	U
818278 009683	<b>11446</b>										BC PJ	iOTA, Hazy IPA (can)	6 / 4x355ml	G	U
818278 005180	<b>11451</b>										BC PJ	iOTA, Mixed Pack (can)	4 / 6x355ml	G	U
818278 009706	<b>11445</b>										BC PJ	iOTA, Pale Ale (can)	6 / 4x355ml	G	U
818278 009690	<b>11444</b>										BC PJ	iOTA, Pilsner (can)	6 / 4x355ml	G	U

## ROAD POP | SPARKLING HOP WATER

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

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

854531 000868	<b>17110</b>										+ PJ	Beer, Blonde, (can)	6 / 4x355ml	G	U
854531 000080	<b>17115</b>	GMO				*					+ PJ	Beer, Blonde Pilsner, Organic (can)	6 / 4x355ml	G	U
854531 000882	<b>17108</b>										+ PJ	Beer, IPA, (can)	6 / 4x355ml	G	U
854531 000905	<b>17109</b>										+ PJ	Beer, Irish Red (can)	6 / 4x355ml	G	U
854531 000066	<b>17114</b>	GMO				*					+ PJ	Beer, Session IPA, Organic (can)	6 / 4x355ml	G	U
854531 000417	<b>17103</b>										+ PJ	XBeer, Blonde Ale (can)	12 / 473ml	G	U
854531 000042	<b>17101</b>										+ PJ	XBeer, IPA (can)	12 / 473ml	G	U
854531 000554	<b>17104</b>	GMO				*					+ PJ	X Beer, IPA, Organic (can)	12 / 473ml	G	U
854531 000226	<b>17102</b>										+ PJ	XBeer, Irish Red (can)	12 / 473ml	G	U
854531 000103	<b>17111</b>										+ PJ	X Beer, Raspberry, Sour (can)	12 / 473ml	G	U
854531 000035	<b>17100</b>										+ PJ	XBeer, White (can)	12 / 473ml	G	U
854531 000745	<b>17105</b>										+ PJ	X Craft Cider (can)	12 / 473ml	G	U

**Buy 20+ cases**

**Save 15%**

## SPARKMOUTH | MOCKTAILS

818278 009980	<b>11420</b>										BC PJ	Mocktails, Margarita (can)	6 / 4x355ml	G	P	U
818278 009973	<b>11421</b>										BC PJ	Mocktails, Mimosa Mocktail (can)	6 / 4x355ml	G	P	U
818278 009997	<b>11422</b>										BC PJ	Mocktails, Moscow Mule (can)	6 / 4x355ml	G	P	U

## STREET LEGAL | DEALCOHOLIZED BEER

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

## TWO BEARS | DRINK MIXER

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

### BLUE DIAMOND | ALMOND BREEZE ALMOND BEVER

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

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

626027 700121	<b>07145</b>	GMO									BC PJ	Almond, Unsweetened Original (Tetra)	12 / 946ml			U
626027 814071	<b>07345</b>										BC PJ	Barista, Oat (Tetra)	12 / 946ml			
626027 087703	<b>06917</b>										BC PJ	Barista, Soy (Tetra)	12 / 946ml			
626027 814057	<b>07347</b>	GMO									BC PJ	Oat, Chocolate (Tetra)	12 / 946ml			U
626027 814026	<b>07343</b>	GMO									BC PJ	Oat, Original (Tetra)	12 / 946ml			U
626027 814040	<b>07344</b>	GMO									BC PJ	Oat, Vanilla (Tetra)	12 / 946ml			U
626027 844023	<b>08317</b>	GMO									BC PJ	Oat, Zero Sugar Original (Tetra)	12 / 946ml			U
626027 844047	<b>08318</b>	GMO									BC PJ	Oat, Zero Sugar Vanilla (Tetra)	12 / 946ml			U



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## EDEN | EDENSOY SOYMILK

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

## NATIVE FOREST | DAIRY FREE MILK POWDER

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

063667 241087	<b>06408</b>	GMO				*		+	ℙ			8 / 3x200ml							U
063667 431020	<b>06407</b>	GMO				*		+	ℙ			8 / 3x200ml							U
063667 508012	<b>06392</b>	GMO				V *		+	ℙ			8 / 3x200ml							U
063667 201197	<b>06406</b>							+	ℙ			6 / 946ml							
063667 201098	<b>06405</b>	GMO		GF		*		+	ℙ			6 / 946ml							
063667 090463	<b>07276</b>					V		+	ℙ			12 / 946ml							U
063667 090012	<b>07119</b>					V		+	ℙ			12 / 946ml							U
063667 090067	<b>07121</b>					V		+	ℙ			12 / 946ml							U
063667 090265	<b>07275</b>					V		+	ℙ			12 / 946ml							U
063667 201081	<b>06404</b>	GMO		GF		*		+	ℙ			12 / 946ml							U
063667 201012	<b>06402</b>	GMO		GF		*		+	ℙ			12 / 946ml							U
063667 201029	<b>06403</b>	GMO		GF		*		+	ℙ			12 / 946ml							U
063667 006013	<b>06378</b>	GMO				V *		+	ℙ			12 / 946ml							U
063667 006020	<b>06379</b>	GMO				V *		+	ℙ			12 / 946ml							U
063667 301859	<b>06374</b>	GMO				V *		+	ℙ			12 / 946ml							U
063667 301408	<b>06371</b>	GMO				V *		+	ℙ			12 / 946ml							U
063667 511005	<b>06375</b>	GMO				V *		+	ℙ			12 / 946ml							U
063667 301552	<b>06372</b>	GMO				V *		+	ℙ			12 / 946ml							U

## OATLY | OAT DRINK

190646 631390	<b>35506</b>	GMO		GF	V							12 / 946ml							
190646 631369	<b>35508</b>	GMO		GF	V							12 / 946ml							U
190646 631376	<b>35509</b>	GMO		GF	V							12 / 946ml							U
190646 631352	<b>35507</b>	GMO		GF	V							12 / 946ml							U

## TWO BEARS | DAIRY-FREE BEVERAGE

628504 309391	<b>10008</b>							+	ℙ			6 / 946ml							
628504 309308	<b>10059</b>							+	ℙ			6 / 946ml							
628504 309575	<b>10012</b>							+	ℙ			6 / 946ml							U

## Waters

### FLOW | ALKALINE SPRING WATER

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

### WHISTLER WATER

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









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## CLOUD 9 | PANCAKE & WAFFLE MIX

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

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

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

## PAMELA'S | PANCAKE MIX

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

## STOKED OATS | SUPERFOOD PANCAKE MIX

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

## BUTTER ALTERNATIVES, NUT BUTTERS & FRUIT SPREADS

### Jams, Jellies & Fruit Spreads

#### EDEN | APPLE BUTTER

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

#### EDEN | TAHINI

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

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

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

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

#### FATSO | PEANUT BUTTER

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

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

682264 660604	<b>35356</b>							BC	PJ				Cashew Butter	6	/ 340g				
682264 600112	<b>35335</b>							BC	PJ				Almond Butter, Crunchy	12	/ 500g				
682264 600013	<b>35334</b>							BC	PJ				Almond Butter, Smooth	12	/ 500g				
682264 660406	<b>35352</b>	GMO				*		BC	PJ				Peanut Butter, Crunchy, Organic	6	/ 500g				
682264 660208	<b>35351</b>	GMO				*		BC	PJ				Peanut Butter, Smooth, Organic	6	/ 500g				
1068226 4600058	<b>35344</b>	GMO	B					BC	PJ				Almond Butter, Smooth	1	/ 4.09kg				
1068226 4600768	<b>35342</b>	GMO	B			*		BC	PJ				Peanut Butter, Smooth, Organic	1	/ 4.09kg				

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## 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 \* ℙ Pumpkin Seed Butter, Organic (plastic jar) 6 / 341g

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

## WOWBUTTER | NUT FREE BUTTER

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

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

## CANNED & PACKAGED GOODS

Look for "canned soups" in Soups & Broths Section

### Canned Beans

#### BIOITALIA | CANNED BEANS

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

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

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

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

#### EAT WHOLESOME | CANNED BEANS

628110 454003 **33300** **GMO** \* ℙ Beans, Black, Organic 12 / 398ml

628110 454430 **33303** **GMO** \* ℙ Beans, Red Kidney, Organic 12 / 398ml

628110 454423 **33302** **GMO** \* ℙ Chick Peas, Organic 12 / 398ml

#### EDEN | CANNED BEANS

024182 003529 **10456** **GMO** GF \* Adzuki Beans, Organic 12 / 398ml

024182 003536 **10458** **GMO** GF \* Black Beans, Organic 12 / 398ml

024182 003574 **10461** **GMO** GF \* Black Eye Peas, Organic 12 / 398ml

024182 003208 **10455** **GMO** GF \* Black Soy Beans, Organic 12 / 398ml

024182 003598 **10449** **GMO** GF \* Butter Beans (Baby Lima), Organic 12 / 398ml

024182 003581 **10475** **GMO** GF \* Cannellini (White Kidney) Beans, Organic 12 / 398ml

024182 003512 **10450** **GMO** GF \* Garbanzo Beans (Chick Peas), Organic 12 / 398ml

024182 003871 **10448** **GMO** GF \* Great Northern Beans, Organic 12 / 398ml

024182 003543 **10452** **GMO** GF \* Kidney Beans, Organic 12 / 398ml

024182 003550 **10460** **GMO** GF \* Navy Beans, Organic 12 / 398ml

024182 003505 **10454** **GMO** GF \* Pinto Beans, Organic 12 / 398ml

024182 283532 **10440** **GMO** GF \* Black Beans, Organic 12 / 796ml

024182 283587 **10444** **GMO** GF \* Cannellini (White Kidney) Beans, Organic 12 / 796ml

024182 283549 **10442** **GMO** GF \* Dark Red Kidney Beans, Organic 12 / 796ml

024182 283518 **10441** **GMO** GF \* Garbanzo Beans (Chick Peas), Organic 12 / 796ml

024182 283501 **10443** **GMO** GF \* Pinto Beans, Organic 12 / 796ml

#### UNICO | CHICKPEAS

067800 002474 **10107** Chickpeas 6 / 2.84L

### Canned Fruits & Vegetables

#### BIOITALIA | TOMATOES

661475 310010 **33068** **GMO** \* Tomatoes, Chopped, Organic 12 / 398ml

661475 003387 **33108** **GMO** \* Tomato Paste, Organic (jar) 12 / 300ml

661475 105708 **33069** **GMO** \* Tomatoes, Strained, Organic (jar) 12 / 700ml

661475 317040 **33071** **GMO** \* Tomatoes, Rustic Style Chopped, Organic (jar) 12 / 418ml

661475 324048 **33070** **GMO** \* Tomatoes, Rustic Style Crushed, Organic (jar) 12 / 418ml

661475 300011 **33049** **GMO** \* Tomatoes, Peeled Whole, Organic 12 / 398ml

#### CHA'S ORGANICS | CANNED FRUIT

806253 310220 **15255** **GMO** \* ℙ Mango Chunks, Organic (can) 12 / 400ml

806253 310237 **15256** **GMO** \* ℙ Pineapple Chunks, Organic (can) 12 / 400ml









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## UMI'S KITCHEN | COOKING SAUCE

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

## WHITEWATER COOKS | MARINADE

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

### GOBIO! | GRAVY & PESTO CUBES

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

### SIMPLY ORGANIC | GRAVY MIX

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

## Mayonnaise, Salad Dressings & Toppers

See Cooler section for more Mayonnaise Alternatives

### CHOSEN FOODS | AVOCADO OIL DRESSING & MAYO

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

### DAIYA | DAIRY-FREE SALAD DRESSING

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

### MAISON ORPHEE | DRESSING & MARINADE

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

### NAKED & SAUCY | NOOCH NUTRITIONAL YEAST DRESSING

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

### NATURSOURCE | SALAD TOPPER

068110 940128	<b>58107</b>	GMO				*					+ PJ	Salad Topper, Smart Life, Organic	8 / 600g
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## KIND | BREAKFAST BARS, HEALTHY GRAINS BARS, THINS NUT BARS & SOFT BAKED SQUARES

602652 204050	<b>39346</b>												5 / 4x50g					G
602652 204067	<b>39347</b>												5 / 4x50g					G
602652 201066	<b>39348</b>												5 / 4x50g					G
602652 184178	<b>37609</b>	GMO											8 / 5x35g					G
602652 184154	<b>37607</b>	GMO											8 / 5x35g					G
602652 184185	<b>37610</b>	GMO											8 / 5x35g					G
602652 296574	<b>37600</b>	GMO											8 / 5x35g					G
602652 429538	<b>39337</b>												6 / 10x21g					G
602652 429422	<b>39336</b>												6 / 10x21g					G
602652 669798	<b>37481</b>	GMO											8 / 5x40g					G
602652 669804	<b>37480</b>	GMO											8 / 5x40g					G

## MADEGOOD | BARS & BITES

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

## NATURE'S BAKERY | SNACK BARS

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

## PRANA ORGANIC | GRANOLA BARS

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

## Toaster Pastries

### NATURE'S PATH | TOASTER PASTRIES

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











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## LEVEL GROUND TRADING | CACAO NIBS

661594 003640 **18108** GMO \* @ ℙ 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, 1 / 180g  
 Maca+Reishi+Ashwagandha, Organic  
 811961 023249 **24423** GMO \* SUPERFOOD+, Berry Blend, Acai+Goji+Blueberry, 1 / 150g  
 Organic  
 811961 023256 **24424** GMO \* SUPERFOOD+, Greens Blend, 1 / 180g  
 Moringa+Kale+Wheatgrass, Organic  
 811961 021856 **21242** GMO \* Turmeric Powder, Organic 1 / 227g

## PRANA ORGANIC | FUNCTIONAL FOOD

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

## RED STAR | NUTRITIONAL YEAST

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

## YESHI | NUTRITIONAL YEAST FLAKES

628011 160072 **32806** GMO BC ℙ Nutritional Yeast Flakes, Original 6 / 125g  
 628011 160089 **32807** GMO BC ℙ Nutritional Yeast Flakes, Roasted Garlic & Parmezan 6 / 100g

## 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 12 / 42.5g  
 (shaker)

#### CHA'S ORGANICS | SPICES

806253 000756 **12693** GMO GF V \* @ ℙ X Cinnamon Quills, Ceylon, Organic (S/O) 6 / 25g  
 806253 000770 **91237** GMO GF V \* @ ℙ X Clove, Whole, Organic (S/O) 6 / 25g  
 806253 000800 **91251** GMO GF V \* @ ℙ X Ginger, Ground, Organic (S/O) 6 / 30g  
 806253 001463 **16794** GMO GF V \* @ ℙ Turmeric, Ground, Organic (S/O) 6 / 150g



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## SIMPLY ORGANIC | SEASONING MIX

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

## SUNDHED | SEA SALT & PURE HIMALAYAN SALT

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

## BULK SEA SALT

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

### Caribbean

#### MAUREEN'S | COOKING SAUCE

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

### Indian

See Frozen Entrées for Vij's

#### JYOTI | INDIAN CUISINE

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

#### NANAK | GHEE CLARIFIED BUTTER

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

#### ATLANTIC MARICULTURE | DULSE

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

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

#### EAT WHOLESOME | BEAN VERMICELLI

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

024182 003093	<b>24052</b>	GMO		GF		*						12 / 100g							
024182 000481	<b>24069</b>	GMO		GF								12 / 300ml							
024182 425901	<b>02119</b>			GF								12 / 296ml							
024182 002188	<b>24067</b>											6 / 25g							

## EDEN | SEA VEGETABLES

024182 157693	<b>24004</b>			GF								6 / 17g							
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## EDWARD & SONS | MISO SOUP

043182 000987	<b>38689</b>			GF								6 / 82g							
043182 000925	<b>38261</b>											12 / 36g							

## GIMME ORGANIC | ROASTED SEAWEED

855463 005273	<b>24165</b>	GMO		GF		V	*					12 / 9g							G
855463 005280	<b>24166</b>	GMO		GF		V	*					8 / 6x4.5g							G

## GIMME ORGANIC | ROASTED SEAWEED SNACKS

851093 004327	<b>24135</b>	GMO		GF		*						8 / 6x5g							G
851093 004303	<b>24136</b>	GMO		GF		*						8 / 6x5g							G
851093 004310	<b>24137</b>	GMO		GF		*						8 / 6x5g							G
851093 004662	<b>25163</b>	GMO		GF		*						12 / 10g							G
851093 004693	<b>24169</b>	GMO		GF		*						12 / 10g							G

## GIMME ORGANIC | ROASTED SUSHI NORI

851093 004372	<b>24164</b>	GMO		GF		V	*					12 / 23g							
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## GINGER PEOPLE | MINCED GINGER

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

## KOYO | JAPANESE PRODUCTS

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

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

## MARUKAN | PONZU SAUCE

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

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

## NIKKEI RAMEN YA | RAMEN SEASONING SAUCE

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

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

## NORA | SEAWEED SNACKS

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

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<b>OCEAN'S HALO   THE SEAWEED SNACK</b>																			
811670 032303	<b>10573</b>	GMO				V	*			X		5 / 5x4g							
811670 032310	<b>10574</b>	GMO				V	*			X		5 / 5x4g							
<b>OCEAN'S HALO   SUSHI NORI</b>																			
851899 005108	<b>10575</b>	GMO				V	*			X		12 / 28g							
<b>SEASNAX   SEAWEED PRODUCTS</b>																			
811201 020014	<b>24132</b>	GMO		GF		*				X		12 / 10g							G
811201 020021	<b>24141</b>	GMO		GF		*				X		12 / 10g							G
728028 023183	<b>24120</b>	GMO				*				X		16 / 5g							G
609722 798372	<b>24121</b>	GMO				*				X		16 / 5g							G
609722 798839	<b>24123</b>	GMO				*				X		16 / 5g							G
728028 023237	<b>24094</b>	GMO		GF		*				X		16 / 28g							
728028 012217	<b>24083</b>	GMO		GF		*				X		4 / 4x15g							G
728028 012200	<b>24080</b>	GMO		GF		*				X		16 / 15g							G
728028 023213	<b>24081</b>	GMO		GF		*				X		16 / 15g							G

## Mediterranean

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

072934 692477	<b>38528</b>	GMO										12 / 340g							
072934 000081	<b>38536</b>	GMO										12 / 180g							
072934 000111	<b>38530</b>	GMO				*						6 / 600g							
072934 692309	<b>33051</b>	GMO										12 / 284g							
072934 692279	<b>33059</b>	GMO										12 / 170g							

### HABIBI'S MEDITERRANEAN | LEBANESE GARLIC SAUCE

683830 019369	<b>14323</b>							BC	PJ			8 / 250g							
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## Mexican

### AMY'S | REFRIED BEANS

042272 905515	<b>10266</b>	GMO				V	*					12 / 398ml							
042272 905508	<b>10265</b>	GMO				V	*					12 / 398ml							
042272 905522	<b>10267</b>	GMO				V	*					12 / 398ml							

### EDEN | REFRIED BEANS

024182 003994	<b>10413</b>	GMO				*						12 / 398ml							
024182 003987	<b>10412</b>	GMO				*						12 / 398ml							

### QUE PASA | TACO SHELLS

068826 212854	<b>37824</b>	GMO		GF		*			BC	PJ		12 / 130g							
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## Thai

### BLUE MONKEY | COCONUT CREAM & MILK

059654 330018	<b>02297</b>	GMO				*						24 / 400ml							
059654 330025	<b>02298</b>	GMO				*				X		6 / 400ml							

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

806253 210407	<b>15040</b>	GMO				*	@		PJ			12 / 400ml							
806253 210414	<b>15080</b>	GMO				*	@		PJ			12 / 400ml							
806253 210421	<b>15081</b>	GMO				*	@		PJ			12 / 400ml							
806253 210483	<b>15041</b>	GMO				*	@		PJ			6 / 400ml							



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## NUTS, SEEDS & DRIED FRUIT

### Dried Fruit

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

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

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

043182 015202	02083	GMO		GF		*						Coconut, Fine Shredded, Unsweetened, Organic	12	/ 250g					
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043182 015226	02264	GMO		GF		*						Coconut Flakes, Unsweetened, Organic	12	/ 200g					
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#### LEVEL GROUND TRADING DIRECT FAIR TRADE | DRIED FRUIT

661594 003626	18115	GMO					* @				P	Dried Banana, Organic	12	/ 130g					
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661594 003633	18112	GMO					* @				P	Dried Golden Berry, Organic	12	/ 100g					
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661594 905005	18113	GMO					* @				P	Dried Mango, Organic	12	/ 100g					
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661594 904015	18114	GMO					* @				P	Dried Pineapple, Organic	12	/ 100g					
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#### MORNIN' GLORY | PRUNES

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

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

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

#### PRANA ORGANIC | DRIED FRUIT

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

#### TRIPLE JIM'S | ORGANIC DRIED FRUIT

059105 051707	36658	GMO				*			BC		P	Apple Chips, Cinnamon, Organic	24	/ 70g					G
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059105 050755	36657	GMO				*			BC		P	Apple Chips, Organic	24	/ 75g					G
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## Nuts & Seeds

#### BOB'S RED MILL | SEEDS

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

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

## EDEN | SESAME OIL

024182 000306	<b>28007</b>																Sesame Oil, Toasted	12 / 148ml
024182 000290	<b>28006</b>	GMO															Sesame Oil, Extra Virgin, Organic	12 / 473ml

## KRINOS FOODS | GREEK OLIVE OIL

055498 102507	<b>85100</b>	GMO														*	KALAMATA GOLD Extra Virgin Olive Oil, Organic	6 / 500ml
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## MAISON ORPHEE | CULINARY OIL

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

## MANITOBA HARVEST | HEMP SEED OIL

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

## NORTH PRAIRIE GOLD | OIL

628451 482055	<b>20236</b>	GMO																+	PJ	Virgin Canola Oil, Cold-Pressed	12 / 500ml
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## NUTIVA | OIL

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

## OII | OIL

810042 990210	<b>32321</b>	GMO																	Oil, Toasted Sesame	6 / 250ml
810042 990227	<b>32322</b>	GMO																	Oil, Toasted Sesame	4 / 750ml



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE					G	P	U	
073416 579002	32103	GMO					*	@				6 / 227g								
073416 587502	38724	GMO		GF			*					6 / 156g								
073416 587601	38725	GMO		GF			*					6 / 156g								

## PASTAS

### Pastas

See Cooler & International Cuisine Sections for more Pasta Selections

#### BIOITALIA | PASTA

661475 033148	30121	GMO					*					12 / 500g								
661475 112126	30104	GMO					*					12 / 500g								
661475 025143	33174	GMO					*					16 / 375g								
661475 112058	30101	GMO					*					24 / 500g								
661475 003400	30102	GMO					*					12 / 500g								
661475 046049	33176	GMO		GF			*					12 / 340g								
661475 071041	33177	GMO		GF			*					12 / 340g								
661475 014048	33175	GMO		GF			*					15 / 340g								
661475 020049	33173	GMO					*					12 / 500g								
661475 112102	30103	GMO					*					12 / 500g								
661475 112010	30089	GMO					*					24 / 500g								
661475 008047	30091	GMO					*					24 / 500g								
661475 005008	33171	GMO					*					12 / 500g								

#### JOVIAL | ITALIAN PASTA

815421 011302	17523	GMO		GF			*					12 / 255g								
815421 011227	17521	GMO		GF			*					12 / 340g								
815421 011937	17532	GMO		GF			*					12 / 227g								
815421 011944	17533	GMO		GF			*					6 / 227g								
815421 011913	17530	GMO		GF			*					6 / 227g								
815421 011920	17531	GMO		GF			*					6 / 227g								
815421 011906	17529	GMO		GF			*					12 / 227g								

#### KASLO SOURDOUGH PASTA | PASTA FERMENTATA

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

#### LIVIVA | KETO PASTAS

628110 422422	30720	GMO		GF	V							6 / 120g								
628110 422408	30721	GMO		GF	V							6 / 120g								
628110 422415	30722	GMO		GF	V							6 / 120g								
628110 422019	30723	GMO		GF	V	*				X		Bean Pasta, Black Bean Fettuccine, Organic (Keto certified)	6 / 200g							
628110 422002	30724	GMO		GF	V	*				X		Bean Pasta, Black Bean Spaghetti, Organic (Keto certified)	6 / 200g							
628110 422026	30725	GMO		GF	V	*				X		Bean Pasta, Edamame Spaghetti, Organic (Keto certified)	6 / 200g							
628110 422224	30726	GMO			V							Keto Pasta, Fettuccine (Keto certified)	6 / 225g							
628110 422217	30727	GMO			V							Keto Pasta, Linguine (Keto certified)	6 / 225g							
628110 422200	30728	GMO			V							Keto Pasta, Spaghetti (Keto certified)	6 / 225g							



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628110 422538	<b>30729</b>	GMO		GF	V							6 / 520g							
628110 422576	<b>30730</b>	GMO		GF	V							6 / 520g							
628110 422552	<b>30731</b>	GMO		GF	V							6 / 520g							
628110 422521	<b>30732</b>	GMO		GF	V							6 / 520g							

## RIZOPIA | RICE PASTA

833125 001153	<b>40364</b>	GMO		GF	V	*		+	ℙ	X		12 / 454g							
833125 001122	<b>40361</b>	GMO		GF	V	*		+	ℙ	X		12 / 454g							
833125 001139	<b>40362</b>	GMO		GF	V	*		+	ℙ	X		12 / 454g							
833125 001146	<b>40363</b>	GMO		GF	V	*		+	ℙ	X		12 / 454g							
833125 001115	<b>40360</b>	GMO		GF	V	*		+	ℙ	X		12 / 454g							
833125 001054	<b>40377</b>			GF				+	ℙ	X		12 / 454g							
833125 001023	<b>40374</b>			GF				+	ℙ	X		12 / 454g							
833125 001030	<b>40375</b>			GF				+	ℙ	X		12 / 454g							
833125 001085	<b>40380</b>			GF				+	ℙ	X		12 / 340g							
833125 001047	<b>40376</b>			GF				+	ℙ	X		12 / 454g							
833125 001016	<b>40373</b>			GF				+	ℙ	X		12 / 454g							
833125 001078	<b>40379</b>			GF				+	ℙ	X		12 / 454g							
833125 003034	<b>40383</b>			GF				+	ℙ	X		12 / 454g							

## TINKYADA | RICE PASTA

621683 920555	<b>30903</b>			GF				+	ℙ	X		12 / 454g							
621683 010553	<b>30930</b>	GMO		GF		*		+	ℙ	X		12 / 340g							
621683 920258	<b>30901</b>			GF				+	ℙ	X		12 / 397g							
621683 920654	<b>30037</b>			GF				+	ℙ	X		12 / 454g							
621683 911355	<b>30908</b>			GF				+	ℙ	X		12 / 283g							
621683 011352	<b>30925</b>	GMO		GF		*		+	ℙ	X		12 / 280g							
621683 911454	<b>30918</b>			GF				+	ℙ	X		12 / 397g							
621683 921156	<b>30907</b>			GF				+	ℙ	X		12 / 454g							
621683 021153	<b>30922</b>	GMO		GF		*		+	ℙ	X		12 / 340g							
621683 910754	<b>30924</b>			GF				+	ℙ	X		12 / 454g							
621683 920159	<b>30900</b>			GF				+	ℙ	X		12 / 454g							
621683 020156	<b>30920</b>	GMO		GF		*		+	ℙ	X		12 / 340g							
621683 520151	<b>30916</b>			GF				+	ℙ	X		12 / 454g							
621683 921255	<b>30902</b>			GF				+	ℙ	X		12 / 454g							
621683 021252	<b>30921</b>	GMO		GF		*		+	ℙ	X		12 / 340g							
621683 711252	<b>30923</b>			GF				+	ℙ	X		12 / 340g							
621683 021146	<b>30039</b>	GMO	<b>B</b>	GF		*		+	ℙ	X		2 / 2.27kg							
621683 020149	<b>90312</b>	GMO	<b>B</b>	GF		*		+	ℙ	X		2 / 2.27kg							
621683 021245	<b>30038</b>	GMO	<b>B</b>	GF		*		+	ℙ	X		2 / 2.27kg							

## SAVORY DIPS & SPREADS

### SIMPLY ORGANIC | DIP MIX

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

### Snack and Energy Bars & Bites

See Cooler Snacks Section for More Selections

#### BLISS BALLS | ENERGY TRUFFLE BALLS

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

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

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



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## HONEY STINGER | SPORTS NUTRITION

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

## HORNBY ORGANIC | ENERGY BAR

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

## HUNGRY BUDDHA | KETO BAR

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

## KIND | NUT BAR

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

## LOVE GOOD FATS | KETO BAR

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

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE				G	P	U	
628055 997009	11502	GMO										12 / 39g							G
840659 000118	11507	GMO										12 / 39g							G
628055 997115	11500	GMO										12 / 39g							G
628055 997030	11503	GMO										12 / 39g							G
													<b>Buy 10-19 cases</b>	<b>Save</b>	<b>1.80</b>				
													<b>Buy 20-49 cases</b>	<b>Save</b>	<b>2.40</b>				
													<b>Buy 50+ cases</b>	<b>Save</b>	<b>3.00</b>				

## PROBAR | NUTRITIONAL FOOD BAR

853152 100414	37525	GMO		GF								12 / 70g							G
853152 100384	37524	GMO		GF								12 / 70g							G
853152 100391	37522	GMO		GF								12 / 70g							G
853152 800079	37191											12 / 85g							G

## ZIMT | MACAROONS

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

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

818780 015356	59516			GF								X BOOMCHICKAPOP, Popcorn, Real Butter	8 / 125g						G
018780 090050	59501	GMO		GF								X BOOMCHICKAPOP, Popcorn, Sea Salt	12 / 35g						G
892773 000246	59504	GMO		GF								X BOOMCHICKAPOP, Popcorn, Sea Salt	8 / 136g						G
018780 110949	59502	GMO		GF								X BOOMCHICKAPOP, Popcorn, Sweet & Salty Kettle Corn	12 / 64g						G
892773 000208	59513	GMO		GF								X BOOMCHICKAPOP, Popcorn, Sweet & Salty Kettle Corn	8 / 198g						G
818780 013123	59512			GF								X BOOMCHICKAPOP, Puffs, Sweet Chili	12 / 170g						G
818780 010627	59503			GF								X BOOMCHICKAPOP, Puffs, White Cheddar	12 / 50g						G
818780 012935	59518			GF								X BOOMCHICKAPOP, Puffs, White Cheddar	12 / 170g						G

### BARBARA'S BAKERY | CHEESE PUFFS

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

### GLUTINO | PRETZELS

678523 040119	37333			GF								X Pretzel Sticks	12 / 400g						G
678523 040072	36160			GF								X Pretzels	12 / 400g						G
678523 040225	37310			GF								X Pretzels, Chocolate Covered	12 / 156g						G
678523 040249	37311			GF								X Pretzels, Yogurt Covered	12 / 156g						G

### HARDBITE | HANDCRAFTED STYLE CHIPS

673513 240500	37459	GMO							BC	ℙ		X Potato Chips, All Natural	30 / 50g						G
673513 242504	37461	GMO							BC	ℙ		X Potato Chips, Rock Salt & Vinegar	30 / 50g						G
673513 241507	37460	GMO							BC	ℙ		X Potato Chips, Smokin' BBQ	30 / 50g						G
673513 406500	36427	GMO							BC	ℙ		X Potato Chips, Avocado Oil, Apple Cider Vinegar	15 / 128g						G
673513 401505	36420	GMO							BC	ℙ		X Potato Chips, Avocado Oil, Black Sea Salt	15 / 128g						G
673513 407002	36458	GMO							BC	ℙ		X Potato Chips, Avocado Oil, Black Truffle Sea Salt	15 / 128g						G
673513 400508	36419	GMO							BC	ℙ		X Potato Chips, Avocado Oil, Honey Dijon	15 / 128g						G
673513 404506	36424	GMO							BC	ℙ		X Potato Chips, Avocado Oil, Smoked Paprika & Garlic	15 / 128g						G
673513 402502	36421	GMO							BC	ℙ		X Potato Chips, Avocado Oil, Sweet Ghost Pepper	15 / 128g						G
673513 405503	36450	GMO							BC	ℙ		X Potato Chips, Avocado Oil, Wasabi Ranch	15 / 128g						G
673513 104505	36411	GMO							BC	ℙ		X Potato Chips, All Dressed	15 / 150g						G
673513 001507	36412	GMO							BC	ℙ		X Potato Chips, All Natural	15 / 150g						G
673513 103508	37748	GMO							BC	ℙ		X Potato Chips, Avocado & Lime	15 / 150g						G
673513 101504	37517	GMO							BC	ℙ		X Potato Chips, Ketchup	15 / 150g						G
673513 021505	36414	GMO							BC	ℙ		X Potato Chips, Rock Salt & Vinegar	15 / 150g						G
673513 091508	37516	GMO							BC	ℙ		X Potato Chips, Sea Salt & Pepper	15 / 150g						G
673513 011506	36413	GMO							BC	ℙ		X Potato Chips, Smokin' BBQ	15 / 150g						G





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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE					G	P	U
084114 902795	<b>39233</b>	GMO		GF							X	12 / 198g							G
084114 902771	<b>39230</b>	GMO		GF							X	12 / 198g							G
084114 902849	<b>39234</b>	GMO		GF							X	12 / 198g							G
084114 902733	<b>39225</b>	GMO		GF							X	12 / 198g							G
084114 902863	<b>39236</b>			GF							X	9 / 368g							G
084114 902870	<b>39238</b>	GMO		GF							X	9 / 368g							G
084114 902818	<b>39235</b>	GMO		GF							X	9 / 368g							G
084114 902856	<b>39237</b>	GMO		GF							X	9 / 368g							G
<b>LUNDBERG   RICE CAKE MINIS</b>																			
073416 570900	<b>16336</b>	GMO		GF		*					X	6 / 142g							
073416 571006	<b>16337</b>	GMO		GF		*					X	6 / 142g							
073416 570801	<b>16338</b>	GMO		GF		*					X	6 / 142g							
<b>NOOCHPOP!   VEGAN CHEESY POPCORN</b>																			
627843 956662	<b>17820</b>	GMO		GF	V				BC	ℙ	X	12 / 20g							G
627843 956709	<b>17824</b>	GMO		GF	V				BC	ℙ	X	12 / 20g							G
628504 091012	<b>17825</b>	GMO		GF	V				BC	ℙ	X	12 / 20g							G
627843 956693	<b>17821</b>	GMO		GF	V				BC	ℙ	X	12 / 20g							G
627843 956679	<b>17822</b>	GMO		GF	V				BC	ℙ	X	12 / 20g							G
627843 956686	<b>17823</b>	GMO		GF	V				BC	ℙ	X	12 / 20g							G
627843 956624	<b>17800</b>	GMO		GF	V				BC	ℙ	X	12 / 120g							G
628504 091005	<b>17808</b>	GMO		GF	V				BC	ℙ	X	12 / 120g							G
628504 091029	<b>17809</b>	GMO		GF	V				BC	ℙ	X	12 / 120g							G
627843 956655	<b>17802</b>	GMO		GF	V				BC	ℙ	X	12 / 120g							G
627843 956631	<b>17801</b>	GMO		GF	V				BC	ℙ	X	12 / 120g							G
627843 956648	<b>17803</b>	GMO		GF	V				BC	ℙ	X	12 / 120g							G
<b>POPTASTIC   POPCORN</b>																			
673513 800100	<b>30403</b>	GMO		GF					BC	ℙ	X	8 / 130g							G
673513 800209	<b>30404</b>	GMO		GF					BC	ℙ	X	8 / 130g							G
673513 800308	<b>30405</b>	GMO		GF					BC	ℙ	X	8 / 130g							G
673513 800407	<b>30406</b>	GMO		GF					BC	ℙ	X	8 / 130g							G
<b>QUE PASA   TORTILLA CHIPS</b>																			
068826 176002	<b>37382</b>	GMO		GF		*			BC	ℙ	X	12 / 350g							G
068826 176118	<b>37755</b>	GMO		GF		*			BC	ℙ	X	12 / 300g							G
068826 252584	<b>37818</b>	GMO		GF		*			BC	ℙ	X	12 / 156g							G
068826 212649	<b>37812</b>	GMO		GF		*			BC	ℙ	X	12 / 142g							G
068826 212564	<b>37813</b>	GMO		GF		*			BC	ℙ	X	12 / 142g							G
068826 222587	<b>37815</b>	GMO		GF		*			BC	ℙ	X	12 / 156g							G
068826 176019	<b>37383</b>	GMO		GF		*			BC	ℙ	X	12 / 300g							G
068826 242547	<b>37816</b>	GMO		GF		*			BC	ℙ	X	12 / 300g							G
068826 242554	<b>37817</b>	GMO		GF		*			BC	ℙ	X	12 / 300g							G
068826 176033	<b>37384</b>	GMO		GF		*			BC	ℙ	X	12 / 350g							G
068826 166096	<b>37686</b>	GMO		GF		*			BC	ℙ	X	12 / 300g							G
068826 166102	<b>37687</b>	GMO		GF		*			BC	ℙ	X	12 / 300g							G
068826 166171	<b>37721</b>	GMO		GF		*			BC	ℙ	X	12 / 156g							G
068826 166188	<b>37722</b>	GMO		GF		*			BC	ℙ	X	12 / 156g							G
068826 176026	<b>37385</b>	GMO		GF		*			BC	ℙ	X	12 / 350g							G
<b>RICEWORKS   GOURMET RICE SNACKS</b>																			
815506 014556	<b>17907</b>			GF							X	12 / 155g							G
815506 014709	<b>17908</b>	GMO		GF							X	12 / 155g							G
060816 093238	<b>17902</b>	GMO		GF							x	12 / 155g							G
060816 093214	<b>17900</b>	GMO		GF							x	12 / 155g							G
037578 616296	<b>17903</b>	GMO		GF							x	12 / 155g							G
060816 093283	<b>17901</b>	GMO		GF							x	12 / 155g							G
815506 014716	<b>17909</b>	GMO		GF							X	12 / 155g							G



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## CAMINO | CHOCOLATE BARS

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

## DIVINE | CHOCOLATE BARS

852749 004074	<b>35606</b>						V	@		X			Dark Chocolate w/Ginger & Orange, 70% Cocoa	12 / 85g					G
852749 004067	<b>35601</b>	GMO					V	@		X			Dark Chocolate w/Mint, 70% Cocoa	12 / 85g					G
852749 004050	<b>35608</b>	GMO					V	@		X			Dark Chocolate w/Pink Himalayan Salt, 60% Cocoa	12 / 85g					G
852749 004081	<b>35605</b>	GMO					V	@		X			Dark Chocolate w/Raspberries, 70% Cocoa	12 / 85g					G
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
037014 000610	<b>36663</b>	GMO		GF			@			X			Milk Chocolate, Fudgy Peanut Butter (48% cocoa)	12 / 85g					G
037014 242317	<b>36216</b>	GMO		GF			@			X			Milk Chocolate (48% Cocoa)	12 / 85g					G
037014 000627	<b>36664</b>	GMO		GF			@			X			Milk Chocolate, Caramel (48% cocoa)	12 / 85g					G

## FREE2B | ALLERGEN-FREE CHOCOLATE CUPS

687785 001400	<b>43121</b>	GMO		GF						ℙ X			Chocolate Sunflower Butter Cups (2pk)	12 / 40g					G
687785 001417	<b>43120</b>	GMO		GF						ℙ X			Chocolate Sunflower Butter Cups, Dark Chocolate (2pk)	12 / 40g					G
687785 002421	<b>43122</b>	GMO		GF						ℙ X			Dark Chocolate Mint Cups (2pk)	12 / 30g					G
687785 001240	<b>43128</b>	GMO		GF						ℙ			Mini Cups, Chocolate Sunflower Butter	8 / 119g					G
687785 001233	<b>43127</b>	GMO		GF						ℙ			Mini Cups, Dark Chocolate Sunflower Butter	8 / 119g					G

## HUMMINGBIRD | BEAN TO BAR CHOCOLATE

628451 966074	<b>57103</b>									+ ℙ X			Dark Chocolate, Fleur de Sel w/Van Isle sea salt (70% cacao)	12 / 60g					G
628451 966029	<b>57113</b>									+ ℙ X			Dark Chocolate, Fleur de Sel w/Van Isle sea salt (70% cacao)	12 / 30g					G
628451 966104	<b>57104</b>									+ ℙ X			Dark Chocolate, Hispaniola (70% cacao)	12 / 60g					G
628451 966098	<b>57112</b>									+ ℙ X			Dark Chocolate, Hispaniola 85 (85% cacao)	12 / 30g					G
628451 966173	<b>57107</b>									+ ℙ X			Dark Chocolate, PB & Joy (65% cacao)	12 / 60g					G



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	PJ	X	PACK	SIZE				G	P	U	
628451 966050	<b>57114</b>										+ PJ X	Dark Chocolate, PB & Joy (65% cacao)	12 / 30g						G
628451 966142	<b>57109</b>										+ PJ X	Dark Chocolate, Zorzal (70% cacao)	12 / 60g						G
875132 000132	<b>57110</b>										+ PJ X	Milk Chocolate Peanut Butter Cups (2ct)	12 / 32g						G
628451 966371	<b>57102</b>										+ PJ X	Milk Chocolate, Dark Milk (60% cacao)	12 / 60g						G
875132 000026	<b>57118</b>										+ PJ X	Milk Chocolate, London Fog (55% cacao)	12 / 60g						G
628451 966180	<b>57105</b>										+ PJ X	Super Dark Chocolate, Hispaniola 85 (85% cacao)	12 / 60g						G
<b>JUSTIN'S   NUT BUTTER CUPS</b>																			
840379 153668	<b>10562</b>	GMO		GF		*						Peanut Butter Cups, Mini Dark Chocolate, Organic	6 / 120g						G
840379 128451	<b>10563</b>	GMO		GF		*						Peanut Butter Cups, Mini Milk Chocolate, Organic	6 / 120g						G
840379 188455	<b>10561</b>	GMO		GF		*						X Cashew Butter Cups, Dark Chocolate, Organic	12 / 40g						G
840379 100051	<b>10560</b>	GMO		GF		*						X Peanut Butter Cups, Dark Chocolate, Organic	12 / 40g						G
<b>KIND   CHOCOLATE DIPPED CLUSTERS</b>																			
602652 430527	<b>39342</b>											X DIPPED CLUSTERS, Dark Chocolate Almond Butter	8 / 113g						G
602652 430503	<b>39343</b>											X DIPPED CLUSTERS, Dark Chocolate Nuts & Berries	8 / 113g						G
602652 430558	<b>39344</b>											X DIPPED CLUSTERS, Dark Chocolate Vanilla Cashew	8 / 113g						G
<b>PRANA ORGANIC   CHOCOLATE TREATS</b>																			
877693 003331	<b>26151</b>	GMO		GF		*	@	+				X CHIC CHOC Bites, Chocolate Caramel, Organic	8 / 125g						G
877693 003355	<b>26153</b>	GMO		GF		*	@	+				X CHIC CHOC Bites, Double Chocolate, Organic	8 / 125g						G
877693 003348	<b>26152</b>	GMO		GF		*		+				X CHIC CHOC Bites, Vanilla Almond, Organic	8 / 125g						G
877693 003195	<b>26086</b>	GMO		GF		*	@	+				X Chocolate Barks, Algarve (almonds & sea salt), Organic	8 / 100g						G
877693 003201	<b>26087</b>	GMO		GF		*	@	+				X Chocolate Barks, Carazel (caramelized nuts & sea salt), Organic	8 / 100g						G
877693 003232	<b>26091</b>	GMO		GF		*	@	+				X Chocolate Barks, Matcha Magic (sesame, crispy rice & matcha), Organic	8 / 100g						G
877693 003225	<b>26089</b>	GMO		GF		*	@	+				X Chocolate Barks, No Mylk'n hazelnuts & crispy rice, Organic	8 / 95g						G
	<b>60130</b>											Empty Racks (S/O)	1 / ea						
<b>THEO   CHOCOLATE</b>																			
874492 002411	<b>11981</b>	GMO				*	@					X Dark Chocolate 85%, Pure Dark, Organic	12 / 85g						G
874492 002459	<b>11978</b>	GMO				*	@					X Dark Chocolate 70%, Salted Almond, Organic	12 / 85g						G
874492 003258	<b>11993</b>	GMO				*	@					X Dark Chocolate 70%, Sea Salt, Organic	12 / 85g						G
874492 004200	<b>11995</b>	GMO				*	@					X Dark Chocolate 70%, Coffee Toffee, Organic	12 / 85g						G
874492 002633	<b>11987</b>	GMO				*	@					X Dark Chocolate 70%, Coconut, Organic	12 / 85g						G
874492 002534	<b>11985</b>	GMO				*	@					X Dark Chocolate 70%, Mint, Organic	12 / 85g						G
874492 002558	<b>11986</b>	GMO				*	@					X Dark Chocolate 70%, Orange, Organic	12 / 85g						G
874492 003814	<b>11994</b>	GMO				*	@					X Dark Chocolate 55%, Salted Toffee, Organic	12 / 85g						G
874492 005405	<b>11997</b>	GMO				*	@					X Extra Dark Chocolate 85%, Salted Cashew, Organic	12 / 85g						G
874492 005375	<b>11996</b>	GMO				*	@					X Milk Chocolate 45%, Hazelnut Crisp, Organic	12 / 85g						G
874492 002374	<b>11979</b>	GMO				*	@					X Milk Chocolate 45%, Pure Milk, Organic	12 / 85g						G
874492 002510	<b>11984</b>	GMO				*	@					X Milk Chocolate 45%, Salted Almond, Organic	12 / 85g						G
												<b>Buy 15+ cases</b>	<b>Save 8.01</b>						
874492 003210	<b>11991</b>	GMO				*	@					X Peanut Butter Cups, Dark Chocolate	12 / 38g						G
874492 003227	<b>11992</b>	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	<b>14742</b>	GMO				*	@					X Coconut Sugar, Coconut Milk Punch - Pineapple & Coconut, Organic	12 / 85g						G
872227 000206	<b>14739</b>	GMO				*	@					X Coconut Sugar, Coconut Milk Sassy - Pomegranate & Hazelnut, Organic	12 / 85g						G
872227 000343	<b>14750</b>	GMO				*	@					X Coconut Sugar, Dark Buff - Strong Dark Chocolate (90% Cacao), Organic	12 / 85g						G
872227 000244	<b>14741</b>	GMO				*	@					X Coconut Sugar, Dark Kiki - Fig & Sea Salt (65% Cacao), Organic	12 / 85g						G
872227 000183	<b>14738</b>	GMO				*	@					X Coconut Sugar, Dark Nudie - Extra Dark Chocolate (80% Cacao), Organic	12 / 85g						G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE					G	P	U
872227 000220	14740	GMO					*	@	ℙ	X		12 / 85g							G
872227 001135	14773	GMO							ℙ	X		15 / 35g							G
872227 001159	14774	GMO							ℙ	X		15 / 35g							G
872227 000145	07189	GMO					*	@	ℙ	X		12 / 85g							G
872227 001098	14751	GMO					*	@	ℙ	X		12 / 85g							G
872227 000107	14737	GMO					*	@	ℙ	X		12 / 85g							G
872227 000060	14734	GMO					*	@	ℙ	X		12 / 85g							G
872227 000015	14733	GMO					*	@	ℙ	X		12 / 85g							G
872227 000046	14731	GMO					*	@	ℙ	X		12 / 85g							G
872227 000169	14732	GMO					*	@	ℙ	X		12 / 85g							G
872227 000084	14735	GMO					*	@	ℙ	X		12 / 85g							G
872227 000121	14736	GMO					*	@	ℙ	X		12 / 85g							G
872227 000602	14763								ℙ	X		12 / 80g							G
872227 000541	14760								ℙ	X		12 / 80g							G
872227 000640	14765								ℙ	X		12 / 80g							G
872227 000626	14764								ℙ	X		12 / 80g							G

## ZORAW CHOCOLATES | FUNCTIONAL CHOCOLATE BARS

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

## Confectionery

### CHIMES | CANDY

051299 110802	35272									X		12 / 42.5g							G
051299 110765	35324	GMO								X		12 / 42.5g							G
051299 110819	35273	GMO								X		12 / 42.5g							G
051299 110772	35269	GMO								X		12 / 42.5g							G
051299 111076	35362									X		12 / 100g							G
051299 111038	35361	GMO								X		12 / 100g							G
051299 111083	35363	GMO								X		12 / 100g							G
051299 111045	35360	GMO								X		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									X		6 / 72g							G
051299 111052	35328									X		6 / 72g							G

### CLAWHAMMER | ORGANIC MINTS

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



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## Snack Foods

### EDEN | PACKAGED SNACK FOOD

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

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

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

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

### ORIGO | FREEZE DRIED FRUIT

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

### PRANA | SNACK NUTS & MIXES

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





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## LOTUS FOODS | RICE RAMEN MISO SOUP

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

## Ready-To-Serve Soups

### AMY'S | CANNED SOUP

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

### AUGA | READY TO EAT ORGANIC SOUPS

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

### EAT WHOLESOME | CANNED SOUP

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

### IMAGINE FOODS | NATURAL SOUP

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

### PACIFIC FOODS | SOUP

052603 281393	<b>38092</b>										X Soup, Condensed Cream of Chicken (can)	12 / 284ml			
052603 279543	<b>38090</b>	GMO			*						X Soup, Condensed Cream of Mushroom, Organic (can)	12 / 284ml			

**Buy 15+ cases (Mix & Match Condensed Can Soups Only) Save 3.04**

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U		
052603 290609	<b>38122</b>	GMO					*					12 / 440ml									
052603 290616	<b>38123</b>	GMO					*					12 / 440ml									
052603 290623	<b>38124</b>	GMO					*					12 / 440ml									
												<b>Buy 15+ cases (Mix &amp; Match Hearty Can Soups Only) Save 3.57</b>									
052603 281287	<b>38083</b>	GMO					*					12 / 946ml									
052603 054218	<b>38269</b>	GMO					*					12 / 1L									
052603 054034	<b>38214</b>	GMO					*					12 / 1L									
052603 054584	<b>38638</b>	GMO					*					12 / 1L									
052603 054096	<b>38132</b>	GMO					*					12 / 1L									
052603 054577	<b>38639</b>	GMO					*					12 / 1L									
052603 054041	<b>38218</b>	GMO					*					12 / 1L									
												<b>Buy 30+ cases (Mix &amp; Match with any 1L/946ml Broth &amp; Soup) Save 6.17</b>									

## Soup Mixes

### BOB'S RED MILL | SOUP MIX

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

## SWEETENERS

### BEE-MINDFUL HUNNIE | VEGAN HONEY ALTERNATIVE

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

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

### CANADIAN HERITAGE ORGANICS | MAPLE BUTTER & SYRUP

620892 000140	<b>44259</b>	GMO					*		+	P		Maple Butter, Organic	12 / 160g								
620892 000065	<b>44262</b>	GMO					*		+	P		Maple Syrup, Amber, Organic	12 / 250ml								
620892 000232	<b>44264</b>	GMO					*		+	P		Maple Syrup, Dark, Organic	12 / 250ml								
620892 999994	<b>44287</b>	GMO					*			P		Date & Maple Syrup, Organic	12 / 375ml								
620892 000072	<b>44263</b>	GMO					*		+	P		Maple Syrup, Amber, Organic	12 / 500ml								
620892 000249	<b>44265</b>	GMO					*		+	P		Maple Syrup, Dark, Organic	12 / 500ml								
620892 000294	<b>44266</b>	GMO					*		+	P		Maple Syrup, Very Dark, Organic	12 / 500ml								
620892 000089	<b>44285</b>	GMO					*		+	P		Maple Syrup, Amber, Organic	6 / 1L								
620892 000256	<b>44284</b>	GMO					*		+	P		Maple Syrup, Dark, Organic	6 / 1L								
620892 000300	<b>44286</b>	GMO					*		+	P		Maple Syrup, Very Dark, Organic	6 / 1L								
												<b>Buy 10+ cases Save 25%</b>									

### CRAVE | SWEETENER

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

### EDEN | BARLEY MALT SYRUP

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

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









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

626027 871401	<b>07349</b>	GMO											6 / 1.75L						U
626027 811056	<b>07346</b>	GMO											6 / 1.75L						U
626027 811025	<b>07327</b>	GMO											6 / 1.75L						U
626027 811049	<b>07328</b>	GMO											6 / 1.75L						U
626027 841022	<b>08313</b>	GMO											6 / 1.75L						U
626027 841046	<b>08319</b>	GMO											6 / 1.75L						U
626027 611410	<b>08325</b>	GMO											6 / 1.75L						U
626027 087802	<b>07232</b>	GMO				*							6 / 1.75L						U
626027 087819	<b>07233</b>	GMO				*							6 / 1.75L						U
626027 121049	<b>07602</b>	GMO				*							6 / 1.75L						U
626027 221015	<b>08331</b>	GMO				*							6 / 1.75L						U
626027 221022	<b>08330</b>	GMO				*							6 / 1.75L						U
626027 700015	<b>06901</b>	GMO											6 / 1.89L						U
626027 700039	<b>06905</b>	GMO											6 / 1.89L						U
626027 700060	<b>07248</b>	GMO											6 / 1.89L						U
626027 700022	<b>06903</b>	GMO											6 / 1.89L						U

## Non-Dairy Butter Alternatives

See Frozen Section for More Selection

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

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

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

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

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

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

857554 005889	<b>19150</b>	GMO				*							6 / 227g						
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### NUTS FOR CHEESE | NUTS FOR BUTTER CULTURED CASHEW PRODUCT (REFRIGERATED)

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

## Non-Dairy Cheese Alternatives

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

871459 001128	<b>50134</b>	GMO				GF	V				BC	ℙ	8 / 200g						
871459 001142	<b>50154</b>	GMO				GF	V				BC	ℙ	8 / 200g						
871459 000824	<b>50010</b>	GMO				GF	V				BC	ℙ	6 / 170g						
871459 000831	<b>50011</b>	GMO				GF	V				BC	ℙ	6 / 170g						
871459 003245	<b>50184</b>	GMO				GF	V				BC	ℙ	12 / 200g						
871459 003177	<b>50131</b>	GMO				GF	V			+	ℙ		12 / 200g						
871459 003658	<b>50189</b>	GMO				GF	V				BC	ℙ	12 / 200g						
871459 003238	<b>50185</b>	GMO				GF	V				BC	ℙ	12 / 200g						
871459 003665	<b>50130</b>	GMO				GF	V				BC	ℙ	12 / 200g						
871459 003252	<b>50186</b>	GMO				GF	V				BC	ℙ	12 / 200g						
871459 000329	<b>50139</b>	GMO				GF	V				BC	ℙ	8 / 220g						
871459 000343	<b>50003</b>	GMO				GF	V				BC	ℙ	8 / 220g						
871459 000305	<b>50138</b>	GMO				GF	V				BC	ℙ	8 / 220g						
871459 001197	<b>50143</b>	GMO				GF	V				BC	ℙ	6 / 227g						
871459 001173	<b>50141</b>	GMO				GF	V				BC	ℙ	6 / 227g						







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## FRESH CONDIMENTS, DIPS & SAUCES

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

628399 100295 **23122** BC P Dip & Sauce, Salt Spring 6 / 375ml

### BUBBIES | CONDIMENTS (REFRIGERATED)

038261 957665 **51205** + Prepared Horseradish 12 / 250ml

### HABIBI'S MEDITERRANEAN | DIPS & HUMMUS (REFRIGERATED)

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

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

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

### LE GRAND | PESTO (REFRIGERATED)

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

### MAISON ORPHEE | FRESH MAYONNAISE (REFRIGERATED)

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

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

842232 021022 **18670** + P Creamy Cashew Dip, Artichoke & Jalapeno 6 / 210g  
 842232 022029 **18671** GMQ \* + P Creamy Cashew Dip, Dill Pickle, Organic 6 / 210g  
 842232 023026 **18672** GMQ \* + P Creamy Cashew Dip, Roasted Red Pepper, Organic 6 / 210g  
**Buy 5-9 cases Save 4.50**  
**Buy 10-14 cases Save 6.75**  
**Buy 15+ cases Save 9.15**

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

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

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

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

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## SUNFLOWER KITCHEN | DIP & SAUCE (REFRIGERATED)

679514 310105	14273	GMO		GF				+	ℙ		Babaghanouj Roasted Eggplant Dip	6	/ 227g			
679514 310068	14281	GMO		GF		*		+	ℙ		Hummus, Organic	6	/ 227g			
679514 310013	14276	GMO		GF				+	ℙ		Hummus, Classic	6	/ 227g			
679514 410010	14419	GMO		GF				+	ℙ		Hummus, Classic	8	/ 500g			
679514 310112	14287	GMO		GF		*		+	ℙ		Hummus, Beets & Dill, Organic	6	/ 227g			
679514 410058	14420	GMO		GF				+	ℙ		Hummus, Garlic & Onion	8	/ 500g			
679514 310020	14278	GMO		GF				+	ℙ		Hummus, Jerusalem w/Fresh Herbs	6	/ 227g			
679514 310044	14279	GMO		GF				+	ℙ		Hummus, Mediterranean w/Olives	6	/ 227g			
679514 310051	14280	GMO		GF				+	ℙ		Hummus, Roasted Garlic and Onion	6	/ 227g			
679514 310075	14284	GMO		GF		*		+	ℙ		Hummus, Roasted Garlic & Spinach, Organic	6	/ 227g			
679514 310082	14285	GMO		GF		*		+	ℙ		Hummus, Smokey Red Pepper, Organic	6	/ 227g			
679514 310037	14277	GMO		GF				+	ℙ		Hummus, Spicy	6	/ 227g			
679514 310099	14286	GMO		GF		*		+	ℙ		Hummus, Turmeric Masala Lentil, Organic	6	/ 227g			
679514 311010	14274	GMO		GF				+	ℙ		Pesto, Basil	6	/ 227g			
679514 311041	14275	GMO		GF				+	ℙ		Pesto, Kale & Oregano	6	/ 227g			
679514 311102	14282	GMO		GF				+	ℙ		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	ℙ		Soup, Berkeley Butternut Squash, Organic	6	/ 650ml			
779172 611030	38883	GMO				*		BC	ℙ		Soup, Louisiana Sweetcorn & Red Pepper, Organic	6	/ 650ml			
779172 611023	38882	GMO				*		BC	ℙ		Soup, Moroccan Chickpea, Organic	6	/ 650ml			
779172 611016	38881	GMO				*		BC	ℙ		Soup, Thai Coconut, Organic	6	/ 650ml			
779172 611061	38885	GMO				*		BC	ℙ		Soup, Tuscan Tomato, Organic	6	/ 650ml			
779172 667266	38894							BC	ℙ		Super Soup, Carrot Ginger & Turmeric (S/O)	6	/ 500ml			
779172 667501	38893							BC	ℙ		Super Soup, Fraser Valley Mushroom (S/O)	6	/ 500ml			
779172 667525	38899							BC	ℙ		Super Soup, Roasted Vegetables & Lentils (S/O)	6	/ 500ml			

## COLD COFFEES, JUICES, SMOOTHIES & FUNCTIONAL BEVERAGES

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

We apologize for any inconvenience.

### BREW DR.KOMBUCHA | KOMBUCHA (REFRIGERATED)

851107 003001	15221	GMO				*					Kombucha, Clear Mind, Organic (glass)	12	/ 414ml			G P U
851107 003629	15222	GMO				*					Kombucha, Mountain Ginger, 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
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
857161 008457	16215	GMO				*					Kombucha, Blackberry Trails, Organic (glass)	12	/ 414ml			G P U

### BUCHA BREW | KOMBUCHA (REFRIGERATED)

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

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

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







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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE					G	P	U
056719 900100	11241	GMO						+	ℙ	X	6	355ml							U
056719 901022	11250	GMO						+	ℙ	X	6	355ml							U
056719 900193	11222	GMO						+	ℙ		6	1L							U
056719 900186	11220	GMO						+	ℙ		6	1L							U
056719 900452	11226	GMO						+	ℙ		6	1L							U
056719 900261	11244	GMO						+	ℙ		6	1L							U
<b>LOOP MISSION   PROBIOTIC SODA (REFRIGERATED)</b>																			
056719 900377	11232	GMO						+	ℙ	X	12	355ml							G P U
056719 900087	11233	GMO						+	ℙ	X	12	355ml							G P U
056719 900094	11231	GMO						+	ℙ	X	12	355ml							G P U
056719 900070	11230	GMO						+	ℙ	X	12	355ml							G P U
<b>RISE BOTANICALS   SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)</b>																			
818762 006235	15332	GMO				*		+	ℙ		12	414ml							G P U
818762 005429	15333	GMO				*		+	ℙ		12	414ml							G P U
818762 004613	15334	GMO				*		+	ℙ		12	414ml							G P U
818762 007515	15335	GMO				*		+	ℙ		12	414ml							G P U
<b>RISE   KOMBUCHA (REFRIGERATED)</b>																			
818762 001803	15322	GMO			V	*		+	ℙ		12	414ml							G P U
818762 001810	15323	GMO			V	*		+	ℙ		12	414ml							G P U
818762 001827	15324	GMO			V	*		+	ℙ		12	414ml							G P U
818762 001834	15325	GMO			V	*		+	ℙ		12	414ml							G P U
818762 001902	15315	GMO			V	*		+	ℙ		6	1L							G P U
818762 001919	15316	GMO			V	*		+	ℙ		6	1L							G P U
818762 001926	15317	GMO			V	*		+	ℙ		6	1L							G P U
818762 001933	15318	GMO			V	*		+	ℙ		6	1L							G P U
818762 000042	15304	GMO		GF	V	*		+	ℙ		12	414ml							G P U
818762 000011	15301	GMO		GF	V	*		+	ℙ		12	414ml							G P U
818762 000035	15302	GMO		GF	V	*		+	ℙ		12	414ml							G P U
818762 002008	15327	GMO				*		+	ℙ		12	414ml							G P U
818762 001063	15320	GMO			V	*		+	ℙ		12	414ml							G P U
818762 001032	15305	GMO		GF	V	*		+	ℙ		12	414ml							G P U
818762 001056	15321	GMO			V	*		+	ℙ		12	414ml							G P U
818762 002015	15326	GMO				*		+	ℙ		12	414ml							G P U
818762 000370	15310	GMO		GF	V	*		+	ℙ		6	1L							G P U
818762 000349	15307	GMO		GF	V	*		+	ℙ		6	1L							G P U
818762 000363	15308	GMO		GF	V	*		+	ℙ		6	1L							G P U
818762 002046	15331	GMO				*		+	ℙ		6	1L							G P U
818762 001070	15313	GMO			V	*		+	ℙ		6	1L							G P U
818762 001049	15311	GMO		GF	V	*		+	ℙ		6	1L							G P U
818762 001087	15314	GMO			V	*		+	ℙ		6	1L							G P U
818762 002053	15330	GMO				*		+	ℙ		6	1L							G P U
<b>SQUAMISH WATER KEFIR   PROBIOTIC SODA &amp; WATER KEFIR (REFRIGERATED)</b>																			
628451 426219	23604		BC	ℙ							12	355ml							G P U
628451 426028	23606		BC	ℙ							12	355ml							G P U
628451 426257	23616		BC	ℙ							12	355ml							G P U
628451 426240	23617		BC	ℙ							12	355ml							G P U
628451 426004	23605		BC	ℙ							12	355ml							G P U
628451 426059	23609		BC	ℙ							12	355ml							G P U
628451 426035	23608		BC	ℙ							12	355ml							G P U
628451 426233	23618		BC	ℙ							12	355ml							G P U
628451 426066	23610		BC	ℙ							6	1L							U







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## SOYA NOVA | TOFU (REFRIGERATED)

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

## SUPERIOR NATURAL | TOFU (REFRIGERATED)

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

## OILS

### OMEGA NUTRITION | EFA OIL (REFRIGERATED)

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

## NUTRITIONAL SUPPLEMENTS & PROBIOTICS

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

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

### THE CULTURED COCONUT | PROBIOTIC (REFRIGERATED)

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

### FROZEN BREAD

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

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

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

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

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

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

620133 000540	<b>58078</b>		GF	+	PJ	X	English Muffins, Traditional (6pk)	6 / 354g
620133 000458	<b>54348</b>		GF	V	+	PJ	Bread, Multigrain	6 / 454g
620133 000441	<b>54342</b>		GF	V	+	PJ	Bread, White	6 / 454g
620133 000762	<b>58075</b>		GF	V	+	PJ	Bread, Whole Grain	6 / 504g
620133 000748	<b>54343</b>		GF	V	+	PJ	Buns, Hotdog (4pk)	6 / 285g
620133 000731	<b>54345</b>		GF	V	+	PJ	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	+	PJ	X	Bread, Flax	6 / 700g
698433 000027	<b>54599</b>	GMO	GF	V	+	PJ	X	Bread, White	6 / 700g
698433 000744	<b>54613</b>	GMO	GF	V	+	PJ	X	Buns, Hamburger	6 / 400g
698433 001208	<b>54651</b>	GMO	GF	V	+	PJ	X	THINS, Bagel, Everything	6 / 300g
698433 000843	<b>54616</b>	GMO	GF	V	+	PJ	X	THINS, Bagel, Original	6 / 300g
698433 001192	<b>54650</b>	GMO	GF	V	+	PJ	X	THINS, Bagel, Sesame	6 / 300g
698433 000850	<b>54617</b>	GMO	GF	V	+	PJ	X	THINS, Bagel, Sprouted Whole Grain Flax	6 / 300g
698433 001116	<b>54621</b>	GMO	GF	V	+	PJ	X	THINS, Sandwich, Multigrain	6 / 510g
698433 001109	<b>54619</b>	GMO	GF	V	+	PJ	X	THINS, Sandwich, Original	6 / 510g





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

816592 000584	<b>28510</b>			GF	V							8 / 150g							G
816592 000546	<b>28511</b>			GF	V							2 / 12x75g							G
816592 000218	<b>28512</b>			GF	V							12 / 300g							
816592 000232	<b>28513</b>			GF	V							12 / 300g							

## Dessert Toppings & Ice Cream Cones

### LET'S DO | ICE CREAM CONES

043182 003520	<b>35182</b>	GMO		GF	V							6 / 36g							
043182 003537	<b>35183</b>			GF								6 / 132g							

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

043182 003551	<b>35042</b>	GMO			V	*						12 / 36g							
043182 003575	<b>35043</b>	GMO			V	*						12 / 132g							

## Ice Cream, Frozen Yogurt & Gelato

### AVALON | ORGANIC ICE CREAM (FROZEN)

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

### BETTERWITH | CREAM ICE CREAM (FROZEN)

628055 217176	<b>53184</b>								BC			X Ice Cream, Caramel Cream	8 / 473ml							G
628055 217169	<b>53183</b>								BC			X Ice Cream, Coffee	8 / 473ml							G
628055 217138	<b>53180</b>								BC			X Ice Cream, Cream	8 / 473ml							G
628055 217152	<b>53182</b>								BC			X Ice Cream, Milk Chocolate	8 / 473ml							G
628055 217183	<b>53185</b>								BC			X Ice Cream, Summer Strawberry	8 / 473ml							G
628055 217145	<b>53181</b>								BC			X Ice Cream, Vanilla Bean	8 / 473ml							G

### ORGANIC MEADOW | ICE CREAM (FROZEN)

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

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

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

## Non-Dairy Frozen Desserts & Sorbets

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

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

### SALT SPRING GELATO | SORBETTO (FROZEN)

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

### EVIVE | SMOOTHIE POPS (FROZEN)

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





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## VIJ'S | INDIAN APPETIZERS (FROZEN)

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

## Broth & Soup Noodles

### BLUEBIRD PROVISIONS | BONE BROTH (FROZEN)

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

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

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

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

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

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

## Entrées

### AMY'S | ENTRÉES (FROZEN)

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





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## Pizzas

### AMY'S | PIZZA (FROZEN)

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

### CAULIPOWER | PIZZA (FROZEN)

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

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

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

### HOLY NAPOLI | NEAPOLITAN PIZZA (FROZEN)

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

## Toaster Waffles

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

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

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

### Smoothie Cubes

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

628110 947048	<b>24703</b>	GMO							+	ℙ	X	Asana	8 / 405g
628110 947055	<b>24704</b>	GMO					*		+	ℙ	X	Pure, Organic	8 / 405g
628110 947017	<b>24700</b>	GMO							+	ℙ	X	Samourai	8 / 405g
628110 947239	<b>24707</b>	GMO							+	ℙ	X	Saphir	8 / 405g
628110 947253	<b>24709</b>	GMO							+	ℙ	X	Sunrise	8 / 405g
628110 947024	<b>24701</b>	GMO					*		+	ℙ	X	Touk-Touk, Organic	8 / 405g
628110 947079	<b>24706</b>	GMO							+	ℙ	X	Viva	8 / 405g
628110 947031	<b>24702</b>	GMO					*		+	ℙ	X	Yogi, Organic	8 / 405g



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## Fruit

### BREMNER'S | FRUIT (FROZEN)

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

### EARTHBOUND FARM | ORGANIC FRUIT (FROZEN)

032601 025311	<b>63013</b>	GMO				*					X	Berry Blend, Organic (bag)	12	/ 300g
032601 025304	<b>63009</b>	GMO				*					X	Blueberries, Organic (bag)	12	/ 300g
032601 025298	<b>63010</b>	GMO				*					X	Cherries, Sweet Dark, Organic (bag)	12	/ 300g
032601 025335	<b>63014</b>	GMO				*					X	Mango Chunks, Organic (bag)	12	/ 300g
032601 025359	<b>63024</b>	GMO				*					X	Sliced Peaches, Organic (bag)	12	/ 300g
032601 025281	<b>63011</b>	GMO				*					X	Strawberries, Organic (bag)	12	/ 300g
032601 954154	<b>63040</b>	GMO				*					X	Blueberries, Organic (bag)	6	/ 900g
032601 954161	<b>63041</b>	GMO				*					X	Mango Chunks, Organic (bag)	6	/ 900g
032601 954185	<b>63043</b>	GMO				*					X	Strawberries, Sliced, Organic (bag)	6	/ 900g
032601 954178	<b>63042</b>	GMO				*					X	Triple Berry Blend - blueberries/blackberries/raspberries, Organic (bag)	6	/ 900g

### STAHLBUSH ISLAND FARMS | FRUIT (FROZEN)

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

## Vegetables

### EARTHBOUND FARM | ORGANIC VEGETABLES (FROZEN)

032601 025274	<b>63016</b>	GMO				*					X	Broccoli, Florets, Organic (bag)	12	/ 300g
032601 954192	<b>63044</b>	GMO				*					X	Broccoli Florets, Organic (bag)	6	/ 750g
032601 954253	<b>63031</b>	GMO				*					X	Butternut Squash, Organic (bag)	12	/ 300g
032601 954246	<b>63033</b>	GMO				*					X	Corn, Sweet, Organic (bag)	12	/ 300g
032601 025212	<b>63018</b>	GMO				*					X	Green Beans, Whole, Organic (bag)	12	/ 300g
032601 025540	<b>63028</b>	GMO				*					X	Kale, Organic (bag)	12	/ 300g
032601 954239	<b>63032</b>	GMO				*					X	Peas, Green, Organic (bag)	12	/ 300g
032601 025243	<b>63021</b>	GMO				*					X	Spinach, Cut, Organic (bag)	12	/ 300g
032601 954208	<b>63045</b>	GMO				*					X	Corn, Sweet, Organic (bag)	6	/ 900g
032601 954215	<b>63046</b>	GMO				*					X	Peas, Green, Organic (bag)	6	/ 900g

### MACKELLAR FARMS | EDAMAME (FROZEN)

185820 000017	<b>63026</b>	GMO							+	ℙ	X	Edamame, Whole Pods (Product of Canada)	12	/ 400g
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### STAHLBUSH ISLAND FARMS | VEGETABLES (FROZEN)

638882 000155	<b>54026</b>	GMO									X	Broccoli Florets, Organic (bag)	12	/ 300g
638882 210806	<b>54011</b>	GMO									X	Butternut Squash, Diced (bag)	12	/ 284g
638882 000704	<b>54052</b>	GMO									X	Classic Mixed Vegetables (bag)	12	/ 300g
638882 000520	<b>54012</b>	GMO									X	Corn, Super Sweet (bag)	12	/ 350g
638882 000193	<b>54207</b>	GMO				*					X	Green Beans, Cut, Organic (bag)	12	/ 300g
638882 000544	<b>54010</b>	GMO									X	Green Peas (bag)	12	/ 350g

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638882 000612	<b>54061</b>	GMO									X Spinach, Cut (bag)	12 / 300g							
638882 000216	<b>54027</b>	GMO									X Sweet Potato, Organic (bag)	12 / 284g							
	<b>60069</b>	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	<b>80830</b>										X Spinach, Cut (bag)	1 / 20ml							G
741273 002499	<b>03844</b>										RESCUE Night, Liquid Melts	1 / 28caps							G P
741273 105619	<b>03833</b>										X RESCUE Pastilles, Black Currant	6 / 35ct							G
741273 002598	<b>03834</b>										X RESCUE Pastilles, Original	6 / 35ct							G
741273 005193	<b>85012</b>										RESCUE Remedy, Dropper	1 / 20ml							G
741273 000020	<b>80092</b>										RESCUE Remedy, Spray	1 / 20ml							G

### VITAMINS & SUPPLEMENTS

#### BIO-K PLUS | PROBIOTIC CAPSULES

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

#### MANITOBA HARVEST | PROTEIN POWDER

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

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

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

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

#### OMEGA 3 NUTRACLEANSE | FIBRE BLEND

839266 000024	<b>21851</b>	GMO									BC	PJ	Omega 3 Nutracleanse, Organic	8 / 420g					G
839266 000017	<b>21850</b>	GMO									BC	PJ	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

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

### BODY CARE

#### AURA CACIA | BODY CARE

051381 285968	<b>83004</b>											6 / 70.9g						G	P
051381 285791	<b>83002</b>											6 / 70.9g						G	P
051381 285753	<b>83003</b>											6 / 70.9g						G	P
051381 902148	<b>80759</b>	GMO					*					1 / 30ml						G	P
051381 311711	<b>83006</b>											1 / 118ml						G	P
051381 311728	<b>80657</b>											1 / 118ml						G	P
051381 902131	<b>80763</b>	GMO					*					1 / 30ml						G	P
051381 311445	<b>83007</b>											1 / 118ml						G	P

#### DOM'S DEODORANT

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

#### ISLAND ESSENTIALS | NATURAL BODY CARE

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

#### MOUNTAIN SKY | BODY CARE

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

#### NATUREBEE | CONCENTRATED FOAMING HAND SOAP TABLETS

628176 082486	<b>30603</b>									ℙ		Foaming Hand Soap Tablets, Bergamot Lime	12 / 2x8g					G	P
628176 082165	<b>30604</b>									ℙ		Foaming Hand Soap Tablets, Honey Clementine	12 / 2x8g					G	P
628176 082493	<b>30605</b>									ℙ		Foaming Hand Soap Tablets, Sweet Citrus	12 / 2x8g					G	P
628176 082158	<b>30606</b>									ℙ		Foaming Hand Soap Tablets, Unscented	12 / 2x8g					G	P
628176 082172	<b>30607</b>									ℙ		Foaming Hand Soap Tablets, Warm Coconut	12 / 2x8g					G	P

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	PJ	X	PACK	SIZE					G	P	U	
628176 082196	<b>30600</b>										PJ	12 / 1ea								G P
628176 082738	<b>30601</b>										PJ	12 / 1ea								G P
628176 082189	<b>30602</b>										PJ	12 / 1ea								G P

## NATURE CLEAN | HAND SOAP

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

## NOVA SCOTIA FISHERMAN | XTREME LIP & SKIN CARE

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

## TOM'S OF MAINE | DEODORANT

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

## DENTAL CARE

### SYNERGY ORGANICS | DENTAL CARE

874321 000021	<b>81017</b>										BC PJ	12 / 250ml								G P
874321 000038	<b>80554</b>										BC PJ	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							

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

## HAIR CARE

### JASON | HAIR CARE

078522 800255	<b>80240</b>											1 / 473ml							
078522 800293	<b>80227</b>											1 / 473ml							
078522 800057	<b>80241</b>											1 / 473ml							
078522 800095	<b>80229</b>											1 / 473ml							
078522 800781	<b>80263</b>											1 / 517ml							

### NATURE CLEAN | SHAMPOO & CONDITIONER

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

### DISHWASHING PRODUCTS

#### BIOVERT | DISHWASHING PRODUCTS

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

#### EARTH FRIENDLY | DISHWASHING PRODUCTS

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

#### ECO LIVING CLUB | DISHWASHER STRIPS

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

#### ECO-MAX | DISHWASHING PRODUCTS

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



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

## IF YOU CARE | CONCENTRATED DISHWASHING PRODUCTS

770009 250897	<b>46390</b>											8 / 520g						G	P
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## NATURE CLEAN | DISHWASHING PRODUCTS

058951 403746	<b>80580</b>							+	PJ			6 / 740ml						G	P
058951 403364	<b>80443</b>							+	PJ			4 / 3.63L						G	P
058951 351825	<b>80400</b>							+	PJ			6 / 1.8L						G	P
058951 380184	<b>80570</b>							+	PJ			8 / 432g						G	P
058951 380207	<b>80835</b>							+	PJ			4 / 1.08kg						G	P
058951 232506	<b>80429</b>							+	PJ			12 / 250ml						G	P
058951 197409	<b>80581</b>							+	PJ			6 / 740ml						G	P
058951 403784	<b>80583</b>							+	PJ			6 / 740ml						G	P
058951 187400	<b>80582</b>							+	PJ			6 / 740ml						G	P
058951 184652	<b>80489</b>							+	PJ			6 / 500ml						G	P

## FOOD PACKAGING & WRAP

### ECOSAFE~6400 | COMPOSTABLE SANDWICH BAGS

678526 500078	<b>46275</b>								PJ			12 / 100ct						G	P
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### IF YOU CARE | ENVIROMENT FRIENDLY COOKING PRODUCTS

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

### PAPERCHEF | CULINARY PARCHMENT PAPER

628689 000014	<b>47011</b>								PJ			12 / 41ft <sup>2</sup>						G	P
628689 700983	<b>47010</b>								PJ			12 / 123ft <sup>2</sup>						G	P

## GARBAGE BAGS

### BAG TO EARTH | FOOD WASTE BAGS

777080 001004	<b>70215</b>							+	PJ			12 / 5ea						G	P
777080 001011	<b>70213</b>							+	PJ			20 / 10ea						G	P

### ECOSAFE~6400 | COMPOSTABLE BAGS

678526 600013	<b>46271</b>											24 / 30ct						G	P
678526 600020	<b>46272</b>											15 / 12ct						G	P
678526 316174	<b>46299</b>								PJ			10 / 90ct						G	P
678526 243265	<b>46279</b>		<b>B</b>						PJ			24 / 12ct						G	P

### IF YOU CARE | FOOD WASTE BAGS

770009 250644	<b>60347</b>											12 / 30ct						G	P
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AELO   ALCOHOL FREE BEVERAGE	22
ALIMENTS TRIGONE   CEREAL	25
ALKEME FOODS   GLUTEN FREE SOURDOUGH (FROZEN)	84
ALTER ECO   CHOCOLATE BARS	60
AMANO FOODS   MISO (REFRIGERATED)	82
AMANO FOODS   SAUCE	35
AMBIENT MOON   CHAI TEA CONCENTRATE	11
AMY'S   BURRITOS & WRAPS (FROZEN)	90
AMY'S   CANNED MEALS	31
AMY'S   CANNED SOUP	67
AMY'S   ENTRÉES (FROZEN)	89,90
AMY'S   PIZZA (FROZEN)	92
AMY'S   REFRIED BEANS	47
ANGIE'S   BOOMCHICKAPOP MICROWAVE POPCORN	41
ANGIE'S   BOOMCHICKAPOP RTE POPCORN & CORN PUFFS	57
ANITA'S ORGANIC MILL   BULK GRAINS	41
ANITA'S ORGANIC MILL   FLOUR	8
ANITA'S ORGANIC MILL   PANCAKE & WAFFLE MIX	27
ANITA'S ORGANIC MILL   OATS	41
ANTOINETTE'S   DIP & SAUCE (REFRIGERATED)	75
ARIZONA PEPPER'S   HOT SAUCE	31
ASPEN CLEAN   LAUNDRY PRODUCTS	99
ATLANTIC MARICULTURE   DULSE	45
AUGA   READY TO EAT ORGANIC CURRY	31
AUGA   READY TO EAT ORGANIC SOUPS	67
AURA CACIA   BODY CARE	95
AVALON   ORGANIC ICE CREAM (FROZEN)	87
AVENA FOODS   OAT FLOUR	8
AVENA FOODS   OATS	41
BACH REMEDIES   RESCUE PET FORMULA	101
BACH REMEDIES   RESCUE FORMULA	94
BAG TO EARTH   FOOD WASTE BAGS	98
BAKERS SUPPLY HOUSE   BAKING INGREDIENTS	6
BARBARA'S BAKERY   CHEESE PUFFS	57
BEE-MINDFUL HUNNIE   VEGAN HONEY ALTERNATIVE	68
BETTERWITH   CREAM ICE CREAM (FROZEN)	87
BEYOND MEAT   PLANT-BASED MEAT ALTERNATIVE (FROZEN)	91
BEYOND THE OLIVE   CALIFORNIA OLIVE OIL	50
BIG MOUNTAIN   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	81
BIG MOUNTAIN   SOY-FREE TOFU (REFRIGERATED)	82
BIOITALIA   CANNED BEANS	29
BIOITALIA   OIL	50
BIOITALIA   PASTA	53
BIOITALIA   PESTO SAUCE	31
BIOITALIA   TOMATO SAUCE	34
BIOITALIA   TOMATOES	29
BIO-K PLUS   PROBIOTIC (REFRIGERATED)	83
BIO-K PLUS   PROBIOTIC CAPSULES	94
BIOVERT   DISHWASHING PRODUCTS	97
BIOVERT   LAUNDRY PRODUCTS	99
BLACK RIVER   JUICE & LEMONADE	20
BLISS BALLS   ENERGY TRUFFLE BALLS	54
BLUE DIAMOND   ALMOND BREEZE ALMOND BEVERAGE	23
BLUE DIAMOND   ALMOND BREEZE ALMOND BEVERAGE (REFRIGERATED)	71
BLUE DIAMOND   ALMOND FLOUR	8
BLUE DIAMOND   NUT THINS CRACKERS	39
BLUE MONKEY   COCONUT CREAM & MILK	47
BLUE MONKEY   PURE COCONUT WATER & JUICE	20
BLUE MONKEY   SPARKLING BEVERAGE	15,16
BLUEBIRD PROVISIONS   BONE BROTH (FROZEN)	89
BLUEBIRD PROVISIONS   INSTANT BONE BROTH MIX	66
BO & MARROW   BONE BROTH (FROZEN)	89
BOB'S RED MILL   BAKING INGREDIENTS	7
BOB'S RED MILL   BAKING MIX	6
BOB'S RED MILL   BOB'S BAR	54
BOB'S RED MILL   CEREAL & GRANOLA	26
BOB'S RED MILL   FLOUR	9
BOB'S RED MILL   GRAINS	41
BOB'S RED MILL   HOT CEREAL	25
BOB'S RED MILL   NUTRITIONAL YEAST	42
BOB'S RED MILL   OATS	41,42
BOB'S RED MILL   PANCAKE & WAFFLE MIX	27
BOB'S RED MILL   SEEDS	49
BOB'S RED MILL   SHREDDED COCONUT	49
BOB'S RED MILL   SOUP MIX	67,68
BOB'S RED MILL   TEXTURED VEGETABLE PROTEIN	48
BRAGG   ALL PURPOSE SEASONING	35
BRAGG   APPLE CIDER VINEGAR	36
BRAGG   SPRINKLE SEASONING	43
BREMNER'S   JUICE	20
BREMNER'S   FRUIT (FROZEN)	93



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BREW DR.KOMBUCHA   KOMBUCHA (REFRIGERATED)	76
BUBBIES   BREAD & BUTTER CHIPS	34
BUBBIES   CONDIMENTS (REFRIGERATED)	75
BUBBIES   FERMENTED CONDIMENTS (REFRIGERATED)	74
BUCHA BREW   KOMBUCHA	18
BUCHA BREW   KOMBUCHA (REFRIGERATED)	76
BUENO FOODS   TORTILLAS (FROZEN)	85
BULK BEANS	40
BULK GRAINS	41
BULK NUTS	50
BULK POPPING CORN	41
BULK SEA SALT	45
BULK SEEDS	50
CABOO   BAMBOO BABY WIPES	5
CABOO   TREE-FREE PAPER PRODUCTS	99
CAF-LIB   GRAIN BEVERAGE	11
CAMINO   CHOCOLATE BAKING PRODUCTS	7
CAMINO   CHOCOLATE BARS	61
CAMINO   HOT CHOCOLATE	11
CAMINO   SHREDDED COCONUT	49
CAMINO   SUGAR	68
CANADIAN HERITAGE ORGANICS   MAPLE BUTTER & SYRUP	68
CANADIAN KELP RESOURCES   SEA VEGETABLES	45
CASBAH AUTHENTIC GRAINS   GRAINS, SIDES & SPECIALTY MIXES	47
CAULIPOWER   CAULIFLOWER PIZZA CRUSTS (FROZEN)	88
CAULIPOWER   PIZZA (FROZEN)	92
CHA'S ORGANICS   CANNED FRUIT	29
CHA'S ORGANICS   COCONUT CREAM & MILK	47
CHA'S ORGANICS   COCONUT OIL	50
CHA'S ORGANICS   SPICES	43,44
CHA'S ORGANICS   THAI CURRY PASTE	48
CHASERS   100% COLD-PRESSED JUICE (REFRIGERATED)	77,78
CHEF BOMBAY   INDIAN APPETIZERS (FROZEN)	88
CHEF BOMBAY   INDIAN ENTREES (FROZEN)	90
CHIMES   CANDY	63
CHOSEN FOODS   AVOCADO OIL DRESSING & MAYO	33
CHOSEN FOODS   CULINARY OIL	51
CLAWHAMMER   ORGANIC MINTS	63
CLEVER   PREMIUM MOCKTAIL	22
CLIF   BLOKS ENERGY CHEWS	55
CLIF   PERFORMANCE & SNACK BARS	55
CLIF   ENERGY & SNACK BARS	55
CLIF KID   ORGANIC ZBARS	37
CLOUD 9   GLUTEN-FREE BAKING MIX	6
CLOUD 9   PANCAKE & WAFFLE MIX	28
CÖCO   SUPERFOOD HOT CHOCOLATE	11
COCOFINO   PLANT-BASED YOGURT (REFRIGERATED)	73
COCONUT SECRET   SOY SAUCE SUBSTITUTE	35
COOLER CO KOMBUCHA (REFRIGERATED)	78
CRAVE   SWEETENER	68
CRICH   CRACKERS WITH EXTRA VIRGIN OLIVE OIL	39
DAIYA   CHEEZECAKE (FROZEN)	86
DAIYA   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	72,73
DAIYA   DAIRY-FREE MAC & CHEESE	52
DAIYA   DAIRY-FREE SALAD DRESSING	33
DAIYA DAIRY-FREE   PIZZA & FLATBREAD (FROZEN)	92
DANDIES   VEGAN MARSHMALLOWS	64
DEEBEE'S ORGANICS   FREEZER POPS	64
DIVINE   CHOCOLATE BARS	61
DOMO   MICRO-GROUND TEA	11
DOM'S DEODORANT	95
DUMET   OLIVES	34
EAGLE INSTAFERM   BAKING INGREDIENTS	7
EARTH BALANCE   SPREAD & STICKS (REFRIGERATED)	72
EARTH FRIENDLY   DISHWASHING PRODUCTS	97
EARTHBOUND FARM   ORGANIC FRUIT (FROZEN)	93
EARTHBOUND FARM   ORGANIC VEGETABLES (FROZEN)	93
EARTH'S OWN   DAIRY-FREE BUTTER ALTERNATIVE (REFRIGERATED)	72
EARTH'S OWN   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	73
EARTH'S OWN   DAIRY-FREE CREAMER (REFRIGERATED)	71
EARTH'S OWN   DAIRY-FREE SOUR CREAM ALTERNATIVE (REFRIGERATED)	73
EARTH'S OWN   PLANT-BASED BEVERAGE	23
EARTH'S OWN   PLANT-BASED BEVERAGE (REFRIGERATED)	72
EAT WHOLESOME   BAKED BEANS	13
EAT WHOLESOME   BEAN VERMICELLI	45
EAT WHOLESOME   CANNED BEANS	29
EAT WHOLESOME   CANNED SOUP	67
EAT WHOLESOME   CONDIMENTS	31
EAT WHOLESOME   PICKLED VEGETABLES	34
EAT WHOLESOME   TOMATOES & VEGETABLES	30
EAT WHOLESOME   VINEGAR	36

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ECO LIVING CLUB   CLEANER STRIPS	101
ECO LIVING CLUB   DISHWASHER STRIPS	97
ECO LIVING CLUB   LAUNDRY DETERGENT STRIPS	99
ECO-MAX   DISHWASHING PRODUCTS	97,98
ECO-MAX   LAUNDRY PRODUCTS	99
ECO-MAX   SURFACE CLEANING PRODUCTS	101
ECOPOOCH   COMPOSTABLE DOGGIE BAGS	100
ECOSAFE~6400   COMPOSTABLE BAGS	98
ECOSAFE~6400   COMPOSTABLE SANDWICH BAGS	98
EDEN   APPLE BUTTER	28
EDEN   APPLE SAUCE	30
EDEN   BARLEY MALT SYRUP	68
EDEN   CANNED BEANS	31
EDEN   CANNED BEANS	29
EDEN   EDENSOY SOYMILK	24
EDEN   JAPANESE PRODUCTS	46
EDEN   ORGANIC POPCORN	41
EDEN   PACKAGED SNACK FOOD	65
EDEN   PICKLED VEGETABLES	34
EDEN   PIZZA & PASTA SAUCE	34
EDEN   REFRIED BEANS	47
EDEN   SEA VEGETABLES	46
EDEN   SESAME OIL	51
EDEN   TAHINI	28
EDEN   VINEGAR	36
EDWARD & SONS   EXOTIC RICE TOASTS & BAKED BROWN RICE SNAPS	39
EDWARD & SONS   MISO SOUP	46
EFRUTI   FRUIT JUICE GUMMI CANDIES	64
ELIAS   HONEY	68
ELIMENTO   NUT & SEED BUTTERS	28
ELIMENTO   NUTRITIONAL YEAST	42
EMMA   UNBLEACHED COFFEE FILTERS	10
ENDANGERED SPECIES CHOCOLATE   CHOCOLATE BARS	61
ENDANGERED SPECIES CHOCOLATE   OAT MILK BAKING CHIPS	7
ENGEVITA   NUTRITIONAL YEAST	42
ENJOY LIFE   BAKING CHOCOLATE	8
ESCUMINAC   FARM BOTTLED ORGANIC MAPLE SYRUP	69
EVE'S CRACKERS	39
EVIVE   BLENDER FREE SMOOTHIE CUBES (FROZEN)	92
EVIVE   SMOOTHIE POPS (FROZEN)	87
FARMER'S MARKET   CANNED PUMPKIN	30
FARMHOUSE CULTURE   GUT SHOT BEVERAGE (REFRIGERATED)	78
FATSO   PEANUT BUTTER	28
FENTIMANS   BOTANICALLY BREWED SOFT DRINKS & MIXERS	16
FERIDIES   PEANUTS	65
FEVER-TREE   PREMIUM COCKTAIL MIXERS	16
FIELD ROAST   CHAO PLANT BASED CHEESE (REFRIGERATED)	73
FIELD ROAST   PLANT BASED MEAT (REFRIGERATED)	81
FILSINGER'S ORGANIC FOODS   APPLE CIDER VINEGAR	36
FLORIDA CRYSTALS   SUGAR	69
FLOW   ALKALINE SPRING WATER	24
FOOD FOR LIFE   BREAD & ENGLISH MUFFINS (FROZEN)	84
FOOD FOR LIFE   EZEKIEL 4:9 SPROUTED CEREAL	26
FOOD FOR LIFE   TORTILLAS (FROZEN)	85
FOUR O'CLOCK   TEA CRAFTERS	12
FREE2B   ALLERGEN-FREE CHOCOLATE CUPS	61
FREEYUMM   ALLERGEN-FREE COOKIES	36
FREEYUMM   CRACKERS	39
GARDEIN   MEAT-FREE ALTERNATIVE (FROZEN)	91
GARDEIN   PLANT-BASED BOWLS (FROZEN)	90
GENUINE TEA CO.   TEA	12
GIMME ORGANIC   ROASTED SEAWEED	46
GIMME ORGANIC   ROASTED SEAWEED SNACKS	46
GIMME ORGANIC   ROASTED SUSHI NORI	46
GINGER PEOPLE   COOKING SAUCE	32
GINGER PEOPLE   GINGER JUICE	43
GINGER PEOPLE   GINGER SOOTHER	19
GINGER PEOPLE   GINGER SYRUP	31
GINGER PEOPLE   MINCED GINGER	46
GLUTINO   COOKIES	36,37
GLUTINO   CRACKERS	39
GLUTINO   PRETZELS	57
GOBIO!   BOUILLON CUBES & BROTH POWDER	66
GOBIO!   CANDY	64
GOBIO!   GRAVY & PESTO CUBES	33
GOMACRO   MACROBAR	55
GOOD TO GO   SOFT BAKED BARS, BLONDIES & BROWNIES	55
GOODDRINK   BOTTLED TEA	17,18
GOODDRINK   SPRITZER	16
GOODVIBES JUICE CO   GOODVIBES SHOTS+	19
GREEK GODS   GREEK STYLE YOGURT (REFRIGERATED)	71

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GREEN CUISINE   MOCHI, TEMPEH & TOFU (REFRIGERATED)	82
GREEN CUISINE   TEMPEH (FROZEN)	91
GREEN TABLE FERMENTS   CONDIMENTS (REFRIGERATED)	74
GT'S   SYNERGY RAW KOMBUCHA (REFRIGERATED)	78
GT'S   ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)	78
GUAYAKI   YERBA MATE	12
GUAYAKI   YERBA MATE BEVERAGE	18
GUSTA   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	81
HABIBI'S MEDITERRANEAN   DIPS & HUMMUS (REFRIGERATED)	75
HABIBI'S MEDITERRANEAN   LEBANESE GARLIC SAUCE	47
HAPPY PAWS   CAT & DOG FOOD	100
HAPPY PLANET   JUICE & SMOOTHIES (REFRIGERATED)	79
HAPPY PLANET   SOUP (REFRIGERATED)	76
HARDBITE   HANDCRAFTED STYLE CHIPS	57,58
HARMLESS HARVEST   COCONUT BEVERAGES (REFRIGERATED)	79
HARVEST SNAPS   BAKED CRISPS	58
HEALTH-ADE   KOMBUCHA (REFRIGERATED)	79
HEALTHY SHORES   CANNED SEAFOOD FOR CATS & DOGS	100
HOLY CRAP   SUPERSEED CEREAL & OATMEAL	25
HOLY NAPOLI   PIZZA DOUGH (FROZEN)	88
HOLY NAPOLI   NEAPOLITAN PIZZA (FROZEN)	92
HOME GROWN LIVING FOODS   EASY MAGIC MIX	48
HOME GROWN LIVING FOODS   EASY U-BAKE MIX	6
HOME GROWN LIVING FOODS   SPROUTED NUTS & SEEDS	50
HOME GROWN LIVING FOODS   SPROUTED TRAIL MIX	65
HONEY STINGER   SPORTS NUTRITION	56
HOOCHY 'BOOCH   KOMBUCHA (REFRIGERATED)	79
HORNBY ISLAND   VEGGIE PÂTÉ (REFRIGERATED)	81
HORNBY ORGANIC   ENERGY BAR	56
HOT-KID   RICE CRISPS	39
HOUSE OF YEE   GLUTEN FREE DUMPLINGS (FROZEN)	90
HUER   NATURAL CANDY	64
HUMBLE   ORGANIC POTATO CHIPS	58
HUMMINGBIRD   BEAN TO BAR CHOCOLATE	61,62
HUNGRY BUDDHA   KETO BAR	56
IF YOU CARE   COFFEE FILTERS	10
IF YOU CARE   CONCENTRATED DISHWASHING PRODUCTS	98
IF YOU CARE   ENVIROMENT FRIENDLY BAKING CUPS	6
IF YOU CARE   ENVIROMENT FRIENDLY CLEANING PRODUCTS	101
IF YOU CARE   ENVIROMENT FRIENDLY COOKING PRODUCTS	98
IF YOU CARE   FOOD WASTE BAGS	98
ILIADA   GREEK OLIVES	35
IMAGINE FOODS   BROTH	66
IMAGINE FOODS   NATURAL SOUP	67
INDIANLIFE   CHIPS & SAVOURY SNACKS	58
INDIANLIFE   ENTRÉES (FROZEN)	90
INDIANLIFE   FLAT BREADS, WRAPS & TORTILLAS (FROZEN)	85,86
ISLAND ESSENTIALS   NATURAL BODY CARE	95
ISLAND KRAUT   RAW KRAUT (REFRIGERATED)	74
ISLAND NUT ROASTERY   FRESH ROAST NUT BUTTER	28
ISLANDERS MEXICAN SAUCE   FRESH AUTHENTIC SALSA (REFRIGERATED)	75
ITO EN   UNSWEETENED READY TO DRINK TEA	18
JASON   HAIR CARE	97
JONNY HETHERINGTON ESSENTIALS   BBQ SAUCE	32
JONNY HETHERINGTON ESSENTIALS   CONDIMENTS	31
JOVIAL   COOKIES	37
JOVIAL   EINKORN FLOUR	9
JOVIAL   ITALIAN PASTA	53
JUST EGG   PLANT EGG (FROZEN)	91
JUSTIN'S   NUT BUTTER CUPS	62
JYOTI   INDIAN CUISINE	45
KAN'S   APPETIZERS (FROZEN)	88
KARTHEIN'S ORGANIC   UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	74
KASLO SOURDOUGH PASTA   PASTA FERMENTATA	53
KETTLE BRAND   POTATO CHIPS	58,59
KIJU ORGANIC   BEVERAGE	20,21
KIND   BREAKFAST BARS, HEALTHY GRAINS BARS, THINS NUT BARS & SOFT BAKED SQUARES	38
KIND   CHOCOLATE DIPPED CLUSTERS	62
KIND   NUT BAR	56
KIND   WHOLE GRAINS GRANOLA	26
KINDRED CULTURES   PROBIOTIC WATER KEFIR (REFRIGERATED)	79
KING ISLAND   COCONUT WATER	21
KINNIKINNICK   COOKIES	37
KINNIKINNICK   DINNER ROLLS & PIE CRUSTS (FROZEN)	88
KINNIKINNICK   DONUTS (FROZEN)	86
KINNIKINNICK   GLUTEN FREE BREAD PRODUCTS (FROZEN)	84
KINNIKINNICK   GRAHAM STYLE CRUMBS	7
KINNIKINNICK   PANCAKE & WAFFLE MIX	28
KINNIKINNICK   PANKO STYLE BREAD CRUMBS	5
KONSCIOUS   PLANT-BASED SEAFOOD MEALS (FROZEN)	90
KOYO   JAPANESE PRODUCTS	46

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KOYO   RAMEN	66
KRINOS   FETA CHEESE (REFRIGERATED)	70
KRINOS   GREEK OLIVES	35
KRINOS FOODS   GREEK OLIVE OIL	51
KRISDA   SUGAR-FREE CHOCOLATELY CHIPS	8
KRISDA   SUGAR-FREE SWEETENER	69
LAKANTO   MONKFRUIT BLEND SWEETENER & SYRUP	69
L'ANCÊTRE   BUTTER (REFRIGERATED)	70
L'ANCÊTRE   CHEESE (REFRIGERATED)	70,71
LE GRAND   PESTO (REFRIGERATED)	75
LE GRAND   PLANT BASED CHEESE (REFRIGERATED)	73
LE PAIN DES FLEURS   CRISPBREAD	39
LET'S DO   ICE CREAM CONES	87
LET'S DO...ORGANIC   BAKING INGREDIENTS	7
LET'S DO...ORGANIC   COCONUT CREAM & MILK	48
LET'S DO...ORGANIC   SHREDDED COCONUT	49
LET'S DO...ORGANIC   ICE CREAM CONES	87
LEVEL GROUND COFFEE ROASTERS   CRAFT COFFEE	10
LEVEL GROUND TRADING   CACAO NIBS	43
LEVEL GROUND TRADING DIRECT FAIR TRADE   DRIED FRUIT	49
LEVEL GROUND TRADING DIRECT FAIR TRADE   SUGAR	69
LEVEL GROUND TRADING DIRECT FAIR TRADE   TEA	12
LICK YOUR CHOPS   CAT & DOG FOOD	100
LITA'S MEXICAN FOODS   FLOUR TORTILLAS (FROZEN)	86
LITA'S MEXICAN FOODS   VEGAN TAQUITOS (FROZEN)	88
LIVELY   PREBIOTIC POP	19
LIVIVA   KETO PASTAS	53,54
LOOP MISSION   COLD-PRESSED JUICE & SMOOTHIES (REFRIGERATED)	79,80
LOOP MISSION   PROBIOTIC SODA (REFRIGERATED)	80
LOTUS FOODS   RICE	42
LOTUS FOODS   RICE NOODLES	48
LOTUS FOODS   RICE RAMEN MISO SOUP	67
LOTUS FOODS   RICE RAMEN NOODLES	46
LOVE CHILD ORGANICS   BABY FOOD & SNACKS	5
LOVE GOOD FATS   KETO BAR	56,57
LUCKY FOODS   SPRING ROLLS (FROZEN)	88
LUNDBERG   BROWN RICE SYRUP	69
LUNDBERG   RICE CAKE MINIS	59
LUNDBERG   WHOLE GRAIN RICE CAKES	40
LUNDBERG FAMILY FARMS   ENTREES & SIDES	52,53
LUNDBERG FAMILY FARMS   RICE	42
MACKELLAR FARMS   EDAMAME (FROZEN)	93
MADEGOOD   BARS & BITES	38
MADEGOOD   COOKIES	37
MADEGOOD   STAR PUFFED CRACKERS	39
MAISON ORPHEE   CULINARY OIL	51
MAISON ORPHEE   DRESSING & MARINADE	33
MAISON ORPHEE   FRESH MAYONNAISE (REFRIGERATED)	75
MAISON ORPHEE   HAND-HARVESTED GREY SEA SALT	44
MAISON ORPHEE   MUSTARD	31
MAISON ORPHEE   VINEGAR	36
MANITOBA HARVEST   HEMP SEED	50
MANITOBA HARVEST   HEMP SEED OIL	51
MANITOBA HARVEST   HEMP YEAH! GRANOLA	26
MANITOBA HARVEST   PROTEIN POWDER	94
MANNA ORGANICS   MIGHTY MANNA BREAD (FROZEN)	84
MARUKAN   PONZU SAUCE	46
MARUKAN   RICE VINEGAR	36
MARY'S ORGANIC   CRACKERS	40
MARY'S ORGANIC   GRAHAM-STYLE KOOKIES	37
MASECA   CORN MASA FLOUR	9
MATEINA   INFUSED YERBA MATE TEA	18
MATEINA   YERBA MATE	12
MAUREEN'S   COOKING SAUCE	45
MCKENZIE'S   COUNTRY FARM HONEY	69
MELT ORGANIC   PLANT BUTTER (REFRIGERATED)	72
MID-DAY SQUARES   FUNCTIONAL CHOCOLATE (REFRIGERATED)	82
MISHIMA   INSTANT SOUP	46
MIYOKO'S CREAMERY   VEGAN CHEESE (REFRIGERATED)	73
MIYOKO'S CREAMERY   PLANT-BASED BUTTER (REFRIGERATED)	72
MODERN PRODUCTS   BREWERS YEAST	43
MODERN PRODUCTS   SEASONINGS	44
MOLISANA   ORGANIC ROASTED PEPPERS	35
MOOCHO   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	73
MORNIN' GLORY   PRUNE JUICE	21
MORNIN' GLORY   PRUNES	49
MOUNT HAGEN   INSTANT COFFEE	10
MOUNTAIN SKY   BODY CARE	95
NAAM   COOKING SAUCE	32
NAKED & SAUCY   COOKING SAUCE	32
NAKED & SAUCY   NOOCH NUTRITIONAL YEAST DRESSING	33

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NAKED & SAUCY   SIMMER SAUCE	32
NAKED & SAUCY   SOY SAUCE SUBSTITUTE	35
NANAK   GHEE CLARIFIED BUTTER	45
NATIVE FOREST   CANNED FRUIT & VEGETABLES	30
NATIVE FOREST   CANNED VEGETABLES & JACKFRUIT	48
NATIVE FOREST   COCONUT MILK	48
NATIVE FOREST   DAIRY FREE MILK POWDER	24
NATACARE   FEMININE CARE	96,97
NATURA   DAIRY-FREE BEVERAGE	24
NATURAL CABANA   LEMON & LIMEADE	21
NATURE CLEAN   DISHWASHING PRODUCTS	98
NATURE CLEAN   HAND SOAP	96
NATURE CLEAN   HOUSEHOLD CLEANERS	101
NATURE CLEAN   LAUNDRY PRODUCTS	99
NATURE CLEAN   SHAMPOO & CONDITIONER	97
NATUREBEE   CONCENTRATED FOAMING HAND SOAP TABLETS	95,96
NATUREBEE   CONCENTRATED HOUSEHOLD CLEANER TABLETS	101
NATUREBEE   REUSABLE SPONGE CLOTHS	101
NATURE'S BAKERY   SNACK BARS	38
NATURE'S NUTS   NUT & SEED BUTTER	28
NATURE'S PATH   CEREAL	26
NATURE'S PATH   GRANOLA	26,27
NATURE'S PATH   INSTANT OATMEAL	25
NATURE'S PATH   TOASTER PASTRIES	38
NATURE'S PATH   WAFFLES (FROZEN)	92
NATURE'S PATH   WHOLE GRAIN OATS	42
NATURSOURCE   SALAD TOPPER	33
NATURSOURCE   SNACKS	65
NAVITAS ORGANICS   DRIED FRUIT	49
NAVITAS ORGANICS   PLANT-BASED SUPERFOOD	43
NIKKEI RAMEN YA   AUTHENTIC RAMEN (FROZEN)	89
NIKKEI RAMEN YA   RAMEN SEASONING SAUCE	46
NONNY   CRAFT NON-ALCOHOLIC BEER	22
NOOCHPOP!   VEGAN CHEESY POPCORN	59
NORA   SEAWEED SNACKS	46
NORA'S   DAIRY-FREE DESSERT (FROZEN)	87
NORTH PRAIRIE GOLD   OIL	51
NOVA SCOTIA FISHERMAN   XTREME LIP & SKIN CARE	96
NUMI   ORGANIC TEA	12,13
NUNWEILER'S   PANCAKE & WAFFLE MIX	28
NUNWEILER'S FLOUR CO   ORGANIC FLOUR	9
NUTIVA   COCONUT MANNA CREAMY SPREAD	29
NUTIVA   OIL	51
NUTS FOR CHEESE   CREAMY CASHEW DIP (REFRIGERATED)	75
NUTS FOR CHEESE   FERMENTED CASHEW PRODUCT (REFRIGERATED)	73
NUTS FOR CHEESE   NUTS FOR BUTTER CULTURED CASHEW PRODUCT (REFRIGERATED)	72
NUUN   HYDRATION SUPPLEMENTS	94
OASIS   PITA BREAD (FROZEN)	86
OATLY   OAT DRINK	24
OCEAN'S HALO   KIMCHI	35
OCEAN'S HALO   RICE	42
OCEAN'S HALO   SPRING ROLL WRAPS	48
OCEAN'S HALO   SUSHI NORI	47
OCEAN'S HALO   THE SEAWEED SNACK	47
O'DOUGHS   BITE SIZED NAAN STYLE O'DIPPERS (FROZEN)	86
O'DOUGHS   BREAD, BUNS & BAGELS (FROZEN)	84
OI!   OIL	51
OMEGA 3 NUTRACLEANSE   FIBRE BLEND	94
OMEGA NUTRITION   APPLE CIDER VINEGAR	36
OMEGA NUTRITION   EFA OIL (REFRIGERATED)	83
OMEGA NUTRITION   FLAX & PUMPKIN SEED POWDER	94
OMEGA NUTRITION   OIL	52
OMEGA NUTRITION   PUMPKIN SEED BUTTER	29
ONEEARTH FUNCTIONAL FOODS   COCONUT PALM SUGAR	69
OOME   SMOKED TOFU (REFRIGERATED)	82
ORCHID REAL FLAVOUR   BAKING INGREDIENTS	7
ORGANIC INDIA TEA   HERBAL INFUSIONS	13
ORGANIC MEADOW   BUTTER (FREEZER)	86
ORGANIC MEADOW   ICE CREAM (FROZEN)	87
ORIGO   FREEZE DRIED FRUIT	65
OZERY FAMILY BAKERY   BUNS (FROZEN)	85
PACIFIC FOODS   BROTH	66
PACIFIC FOODS   PLANT-BASED CHILI	31
PACIFIC FOODS   SOUP	67
PAMELA'S   ARTISAN FLOUR BLENDS	9
PAMELA'S   COOKIES	37
PAMELA'S   PANCAKE MIX	28
PANDA   LICORICES	64
PAPERCHEF   CULINARY PARCHMENT BAKING PRODUCTS	6
PAPERCHEF   CULINARY PARCHMENT PAPER	98
PARMELA CREAMERY   PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)	73



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PARTAKE BREWING   NON-ALCOHOLIC BEER	22
PARTAKE BREWING   SPARKLING HOP WATER	22
PATIENCE FRUIT & CO   DRIED BERRIES	49
PATIENCE FRUIT & CO   FRUIT JUICE	21
PATIENCE FRUIT & CO   SOUR CRAN DRIED CRANBERRIES	64
PEARL'S   PEROGIES (FROZEN)	90
PERFECT CHEF   TOMATO PASTA SAUCE	34
PHILLIPS   IOTA NON-ALCOHOLIC CRAFT BEER	23
PHILLIPS   SODA WORKS	16
PIKE PIER FISHERMAN   ALL NATURAL SAUCE	32
PLUMM GOOD   BROWN RICE BREADING CRUMBS	5
PLUMM GOOD   WHOLE GRAIN RICE CAKES	40
POMONA'S   UNIVERSAL PECTIN	7
POPTASTIC   POPCORN	59
PORTOFINO BAKERY   BREAD & BUNS (FROZEN)	85
PRANA   OVERNIGHT CHIA WITH OATS	25
PRANA   SNACK NUTS & MIXES	65
PRANA ORGANIC   CHOCOLATE CHUNKS	8
PRANA ORGANIC   CHOCOLATE TREATS	62
PRANA ORGANIC   COOKIES	37
PRANA ORGANIC   DRIED FRUIT	49
PRANA ORGANIC   FUNCTIONAL FOOD	43
PRANA ORGANIC   GRANOLA BARS	38
PRANA ORGANIC   GRANOLOVE GRANOLA CEREAL	27
PRANA ORGANIC   NUTS & SEEDS	50
PROBAR   NUTRITIONAL FOOD BAR	57
PUKKA   ORGANIC TEA	13
QUE PASA   SALSA	35
QUE PASA   TACO SHELLS	47
QUE PASA   TORTILLA CHIPS	59
R.W. KNUDSEN   FRUIT JUICE & VEGETABLE JUICE	21
RABBIT RIVER FARMS   EGGS (REFRIGERATED)	71
RAINCOAST GLOBAL   MSC CERTIFIED SUSTAINABLE SEAFOOD	30
RAWMBAS   VEGAN MUFFINS (FROZEN)	86
RED STAR   NUTRITIONAL YEAST	43
REDMOND   REAL SALT	44
RICEWORKS   GOURMET RICE SNACKS	59
RISE   KOMBUCHA (REFRIGERATED)	80
RISE BOTANICALS   SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)	80
RIZOPIA   RICE PASTA	54
ROAD POP   SPARKLING HOP WATER	23
ROAR ORGANIC   VITAMIN ENHANCED BEVERAGE	19
ROAR PLUS   VITAMIN & ELECTROLYTE DRINK MIX	94
ROLLING MEADOW   BUTTER (FROZEN)	86
RUBY'S AUTHENTIC   APPETIZERS (FROZEN)	88
RUBY'S AUTHENTIC   CHUTNEY (REFRIGERATED)	75
RVIITA   ENERGY TEA	19
SAFE CATCH   LOW MERCURY CANNED SEAFOOD	30
SALT SPRING COFFEE	10,11
SALT SPRING COFFEE   COMPOSTABLE SINGLE-SERVE BREW PODS	10
SALT SPRING GELATO   ITALIAN ICE CREAM (FROZEN)	87
SALT SPRING GELATO   SORBETTO (FROZEN)	87
SAN-J   BREWED SOY SAUCE & ALTERNATIVES	35,36
SAN-J   COOKING SAUCE	32
SAN-J   RICE CRACKERS	40
SANTA CRUZ ORGANIC   100% LEMON & LIME JUICE	43
SANTA CRUZ ORGANIC   LEMONADE	21
SAPSUCKER   SPARKLING TREE WATER	19
SAUGEEN COUNTRY DAIRY   KEFIR & YOGURT (REFRIGERATED)	71
SAVE DA SEA   PLANT-BASED SEAFOOD (REFRIGERATED)	81
SAY IT AIN'T SODA   FRUIT & BOTANICALS SPARKLING SOFT DRINK	17
SAY WHEN   ORGANIC CHAI CONCENTRATE	11
SEASNAX   SEAWEED PRODUCTS	47
SENSIBLE PORTIONS   GARDEN VEGGIE STRAWS & CHIPS	60
SEOUL   KIMCHI (REFRIGERATED)	74
SEOUL   KIMCHI HOT SAUCE	32
SEOUL   KOREAN BBQ SAUCE	32
SILK'N SOFT   BAMBOO BATHROOM TISSUE	99
SIMPLA   COCONUT PLANT-BASED YOGURT (REFRIGERATED)	74
SIMPLY ORGANIC   BOTTLED SPICES & GRINDERS	44
SIMPLY ORGANIC   DIP MIX	54
SIMPLY ORGANIC   FINISHING SALT	44
SIMPLY ORGANIC   FLAVOURINGS & EXTRACTS	7
SIMPLY ORGANIC   GRAVY MIX	33
SIMPLY ORGANIC   PASTA SAUCE MIX	44
SIMPLY ORGANIC   SEASONING MIX	45
SKIPPY'S KETTLE CORN	60
SNACK 21   DOG & CAT SNACKS	100
SOBER CARPENTER   NON-ALCOHOLIC CRAFT BEER & CIDER	23
SOTA   SPARKLING TEA + ADAPTOGENS	19
SOYA NOVA   TOFU (REFRIGERATED)	83

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SPARKMOUTH   MOCKTAILS	23
SPARKMOUTH   SPARKLING WATER & TONIC	17
SPECTRUM   OIL	52
SPECTRUM   SPRAY OIL	52
SPECTRUM CULINARY   MAYONNAISE	34
SPERRI   PLANT-BASED MEAL REPLACEMENT SHAKE	19
SPREAD 'EM KITCHEN CO.   CASHEW CHEESE (REFRIGERATED)	73
SPREAD 'EM KITCHEN CO.   CASHEW DIP (REFRIGERATED)	75
SQUAMISH WATER KEFIR   FROZEN PROBIOTIC POPS	88
SQUAMISH WATER KEFIR   PROBIOTIC SODA & WATER KEFIR (REFRIGERATED)	80
ST. MICHAEL   HONEY	69
STAHLBUSH ISLAND FARMS   FRUIT (FROZEN)	93
STAHLBUSH ISLAND FARMS   VEGETABLES (FROZEN)	93,94
STASH TEA   PREMIUM TEA	13,14
STELLA'S   PEROGIES (FROZEN)	90
STICKLING'S   BAKERY PRODUCTS	6
STOKED OATS   RUN OF THE MILL OATS	42
STOKED OATS   SUPERFOOD GRANOLA	27
STOKED OATS   SUPERFOOD OATMEAL BLEND	25,26
STOKED OATS   SUPERFOOD PANCAKE MIX	28
STREET LEGAL   DEALCOHOLIZED BEER	23
SUNDHED   SEA SALT & PURE HIMALAYAN SALT	45
SUNFLOWER KITCHEN   DIP & SAUCE (REFRIGERATED)	76
SUNSHINE FARMS   CONDIMENTS	32
SUNSHINE FARMS   ORGANIC PICKLES	35
SUNSHINE FARMS   VINEGAR	36
SUPERIOR NATURAL   TOFU (REFRIGERATED)	83
SWERVE SWEETENER	69
SYNERGY ORGANICS   DENTAL CARE	96
TASTE NIRVANA   COCONUT WATER	21
TAZO   LATTE CONCENTRATE	11
TAZO   TEA BAGS	14
TERRA   ARTISAN BREAD (FROZEN)	85
TERRA BREADS   SMALL BATCH GRANOLA	27
TERRA DELYSSA   OLIVE OIL	52
THAI KITCHEN   COCONUT CREAM & MILK	48
THAI KITCHEN   PASTE & SAUCE	48
THAI KITCHEN   RICE NOODLES	48
THE BETTER BUTCHERS   FORAGER'S FINEST MUSHROOM POWERED GROUND (FROZEN)	91
THE CULTURED COCONUT   PROBIOTIC (REFRIGERATED)	83
THE GINGER PEOPLE   GINGER CANDY	64
THEO   CHOCOLATE	62
THIRSTY BUDDHA   COCONUT WATER	22
THIRSTY BUDDHA   SPARKLING COCONUT WATER	17
THRIVE REMEDIES   WELLNESS TEAS	19
TINKYADA   RICE PASTA	54
TOFINO   RAW KOMBUCHA (REFRIGERATED)	81
TOFURKY   MEAT ALTERNATIVE (REFRIGERATED)	81
TOM'S OF MAINE   DENTAL CARE	96
TOM'S OF MAINE   DEODORANT	96
TRADITIONAL MEDICINALS   TEA	14,15
TRIPLE JIM'S   ORGANIC DRIED FRUIT	49
TRIPLE JIM'S   ALL NATURAL JUICE MADE FROM BC FRUIT	22
TWO BEARS   COLD BREW COFFEE & LATTE	18
TWO BEARS   DAIRY-FREE BEVERAGE	24
TWO BEARS   DRINK MIXER	23
UMI'S KITCHEN   COOKING SAUCE	33
UNCLE LEE'S TEA	15
UNICO   CHICKPEAS	29
UNICO   OLIVE OIL	52
VANCOUVER CROISSANT   READY-TO-BAKE CROISSANTS (FROZEN)	88
VEGAN ROB'S   PLANT BASED SNACKS	60
VG GOURMET   ARTISAN VEGAN BURGERS (FROZEN)	91
VIJ'S   INDIAN APPETIZERS (FROZEN)	89
VIJ'S   INDIAN CUISINE (FROZEN)	90
WAKEWATER   CAFFEINATED SPARKLING WATER	20
WANT-WANT   SUPERSLIM BROWN RICE CRISPS	40
WHISTLER WATER	24
WHITewater COOKS   DRESSING & VINAIGRETTE	34
WHITewater COOKS   MARINADE	33
WHOLE ALTERNATIVES   POPCORN	41
WHOLESOME   NATURAL & ORGANIC SWEETENER	69
WHOLLY WHOLESOME   PIE SHELLS (FROZEN)	88
WILD COUNTRY   HONEY	70
WILD TEA   KOMBUCHA	20
WILDBRINE   FERMENTED SAUCE (REFRIGERATED)	76
WILDBRINE   FERMENTED VEGETABLES (REFRIGERATED)	74
WILDVINE   PICKLED VEGETABLES (REFRIGERATED)	76
WILDWOOD ORGANICS   TOFU (REFRIGERATED)	83
WISE BITES   ALLERGEN-FREE BAKED GOODS (FROZEN)	87
WIZARD'S   ORGANIC SAUCE	32

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WIZE   SPARKLING ICED TEA	18
WOW BAKING COMPANY   COOKIES	37
WOWBUTTER   NUT FREE BUTTER	29
WUNDERCAT   ALL NATURAL CAT LITTER	100
YAPPETIZERS TREAT COMPANY   DOG AND CAT TREATS	101
YESHI   NUTRITIONAL YEAST DRESSING & DIP	34
YESHI   NUTRITIONAL YEAST FLAKES	43
YOGGU!   PLANT-BASED YOGURT ALTERNATIVE (REFRIGERATED)	74
YOGI   HERBAL TEA	15
YOGOURMET   CULTURES (REFRIGERATED)	71
YVES   VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)	82
ZAZUBEAN   CHOCOLATE BARS	62,63
ZEVIA   NO SUGAR TEA	18
ZEVIA   ZERO SUGAR ENERGY DRINK	19
ZEVIA   ZERO SUGAR SODA	17
ZIMT   MACAROONS	57
ZORAW CHOCOLATES   FUNCTIONAL CHOCOLATE BARS	63