



# Wholesale Catalogue

## October 2024



# ***PSC Natural Foods***

*we deliver the goodness*

Tel: 250-386-3880 • 1-800-663-7604

Fax: 250-386-1413 • 1-800-520-5052

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

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





## PSC Natural Foods

*we deliver the goodness*

Office & Order Desk Hours:

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

Friday 8:30AM - 3:00PM

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

Friday 8:30AM - 2:30PM

Warehouse | Unit 117-2924 Jacklin Road

Victoria BC

V9B 3Y5

**Tel** 250.386.3880 • 1.800.663.7604

**Fax** 250.386.1413 • 1.800.520.5052

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

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

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

## BAKING & PRESERVING

### Baking Mixes

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

039978 003003	<b>34251</b>	<b>GMO</b>	GF		X Mix, Grain Free Blueberry Muffin	5 / 255g
039978 002006	<b>34213</b>		GF		X Mix, Gluten Free Brownie	4 / 595g
039978 002075	<b>34214</b>		GF		X Mix, Gluten Free Cookie, Chocolate Chip	4 / 624g
039978 001993	<b>34212</b>		GF		X Mix, Gluten Free Cornbread	4 / 567g
039978 002266	<b>34245</b>		GF		X Mix, Gluten Free Muffin	4 / 454g
039978 002082	<b>34215</b>		GF		X Mix, Gluten Free Pizza Crust	4 / 454g

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

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

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

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

### Baking Supplies

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

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

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

### Baking Ingredients

#### BAKERS SUPPLY HOUSE | BAKING INGREDIENTS

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

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

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



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## EAGLE INSTAFERM | BAKING INGREDIENTS

067031 109096 **02180** Instaferm Instant Yeast 20 / 450g

## KINNIKINNICK | GRAHAM STYLE CRUMBS

620133 004340 **55052** GF + ℞ Crumbs, Graham Style 6 / 300g

## LET'S DO...ORGANIC | BAKING INGREDIENTS

043182 005296 **20114** **GMO** GF \* Cornstarch, Organic 6 / 170g

043182 005272 **70340** Tapioca, Granules, Organic 6 / 170g

043182 005937 **02008** **GMO** GF \* X Sprinklez, Confetti, Organic 12 / 28g

043182 095297 **14542** **GMO** **B** \* X Cornstarch, Organic (S/O) 1 / 25kg

## ORCHID REAL FLAVOUR | BAKING INGREDIENTS

062932 001005 **02056** BC ℞ Pure Vanilla Extract 12 / 100ml

062932 001807 **02074** **GMO** \* BC ℞ Vanilla Extract, Organic 12 / 100ml

062932 002002 **02071** BC ℞ Pure Vanilla Extract 6 / 500ml

062932 001876 **02228** **GMO** \* BC ℞ Vanilla Extract, Organic 6 / 500ml

062932 006017 **02057** BC ℞ Pure Almond Extract (S/O) 12 / 100ml

## SIMPLY ORGANIC | FLAVOURINGS & EXTRACTS

089836 186188 **02156** **GMO** \* Almond Extract, Organic 6 / 59ml

089836 186201 **02157** **GMO** \* Lemon Flavour, Organic (no alcohol) 6 / 59ml

089836 186225 **02159** **GMO** \* Peppermint Flavour, Organic (no alcohol) 6 / 59ml

089836 195302 **02326** **GMO** \* Vanilla Extract, Organic (no alcohol) 6 / 59ml

089836 186232 **02154** **GMO** \* Vanilla Extract, Organic 6 / 59ml

089836 186195 **02172** **GMO** \* Almond Extract, Organic 6 / 118ml

089836 195319 **02328** **GMO** \* Vanilla Extract, Organic (no alcohol) 6 / 118ml

089836 186249 **02155** **GMO** \* Vanilla Extract, Organic 6 / 118ml

## Preserving Supplies

### POMONA'S | UNIVERSAL PECTIN

019356 551111 **02195** Pectin, Low Methoxyl (sugar free) 24 / 31g

019356 551135 **02196** **B** X Pectin, Low Methoxyl (sugar free) 1 / 454g

## Cocoa & Chocolate

### CAMINO | CHOCOLATE BAKING PRODUCTS

752612 230015 **02245** **GMO** \* @ ℞ Baking Chocolate, Unsweetened, 100% Cacao, Organic 10 / 200g

752612 240137 **37014** **GMO** \* @ ℞ Baking Chips, White, 40% Cacao, Organic 8 / 225g

752612 240021 **02337** **GMO** \* @ ℞ Chocolate Chips, Bittersweet, 71% Cacao, Organic 8 / 225g

752612 240014 **02338** **GMO** \* @ ℞ Chocolate Chips, Semi-Sweet, 55% Cacao, Organic 8 / 225g

752612 240106 **06920** **GMO** \* @ ℞ Chocolate Chips, Unsweetened, 100% Cacao, Organic 8 / 225g

752612 000113 **02002** **GMO** \* @ ℞ Cocoa Powder, Dutch Processed, Organic 6 / 224g

752612 000212 **02281** **GMO** \* @ ℞ Cocoa Powder, Natural, 100% Cacao, Organic 6 / 224g

752612 300336 **90371** **GMO** **B** \* @ Cocoa Powder, Dutch Processed, Organic (S/O) 1 / 25kg

752612 300147 **02336** **GMO** **B** \* @ Chocolate Chips, Semi-Sweet, 55% Cacao, Organic (S/O) 1 / 10kg

### CRAVE | STEVIA CHOCOLATE CHIPS

884063 000692 **23032** **GMO** BC ℞ Chocolate Chips 6 / 200g

### ENDANGERED SPECIES | OAT MILK BAKING CHIPS

037014 400014 **36210** **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 302366	<b>20180</b>	GMO																		X Flour, Artisan Bread (unbleached)	4 / 2.27kg
039978 333001	<b>20171</b>	GMO																		X Flour, Whole Wheat (stoneground)	4 / 2.27kg
039978 333018	<b>20169</b>	GMO																		X Flour, All-Purpose White	4 / 2.26kg
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 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

## EL FARO | FLOUR

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

## JOVIAL | EINKORN FLOUR

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

## MASECA | CORN MASA FLOUR

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

## NUNWEILER'S FLOUR CO | ORGANIC FLOUR

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

## PAMELA'S | ARTISAN FLOUR BLENDS

093709 221142 **22246** 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>										Unbleached Cone Filters (2 cup)	8 / 100ea						G P
071287 870884	<b>60338</b>										Unbleached Cone Filters (4 cup)	8 / 100ea						G P
726286 603307	<b>60304</b>										Unbleached Basket Filters (200ml)	24 / 100ea						G P

#### IF YOU CARE | COFFEE FILTERS

770009 001116	<b>60343</b>										Coffee Filters, Basket (unbleached)	12 / 100ct						G P
770009 001123	<b>60341</b>										Coffee Filters, No. 2 (unbleached)	12 / 100ct						G P
770009 001147	<b>60342</b>										Coffee Filters, No. 4 (unbleached)	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	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							
628415 078164	<b>12363</b>	GMO				*	@		P	Whole Bean Coffee, Swiss Water Decaf, Dark Roast, Organic	8 / 400g							

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

## Coffee Alternatives

CAF-LIB | GRAIN BEVERAGE

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

## Hot Chocolate Mixes

CAMINO | HOT CHOCOLATE

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

## Tea & Tea Concentrate

AMBIENT MOON | CHAI (CONCENTRATES)

066893 355757 17661 BC P Chai, Natural, Concentrate (tetra brik) 12 / 946ml

DOMO | STONE GROUND TEA

817523 000345	04072	GMO	GF							BC	P	6 / 60g						
817523 000338	04069	GMO	GF							BC	P	6 / 120g						
817523 000215	04037	GMO	GF							BC	P	6 / 120g						
817523 000321	04054	GMO	GF							BC	P	6 / 120g						
817523 000192	04034	GMO	GF	*						BC	P	6 / 120g						

FOUR O'CLOCK | TEA CRAFTERS

779192 402212	12906	GMO					*	@	+	P		6 / 16ct						
779192 402564	12973	GMO					*	@	+	P		6 / 16ct						
779192 402274	12914	GMO					*	@	+	P		6 / 16ct						
779192 402458	12907	GMO					*	@	+	P		6 / 16ct						
779192 402823	24252	GMO					*	@	+	P		6 / 16ct						
779192 402342	12912	GMO					*	@	+	P		6 / 16ct						
779192 402434	12911	GMO					*	@	+	P		6 / 16ct						
779192 402359	12905	GMO					*	@	+	P		6 / 16ct						
779192 402298	12921	GMO					*	@	+	P		6 / 16ct						
779192 402809	24250	GMO					*	@	+	P		6 / 16ct						
779192 402328	12908	GMO					*	@	+	P		6 / 16ct						
779192 402229	12972	GMO					*	@	+	P		6 / 16ct						
779192 202270	24254	GMO					*	@	+	P		6 / 16ct						
779192 202256	12916	GMO					*	@	+	P		6 / 16ct						
779192 202232	12909	GMO					*	@	+	P		6 / 16ct						
779192 202225	12975	GMO					*	@	+	P		6 / 16ct						
779192 202263	24253	GMO					*	@	+	P		6 / 16ct						
779192 402724	24114	GMO					*	@	+	P		6 / 16ct						
779192 402571	12910	GMO					*	@	+	P		6 / 16ct						
779192 402816	24251	GMO					*	@	+	P		6 / 16ct						





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## PUKKA | ORGANIC TEA

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

## SAY WHEN | ORGANIC CHAI CONCENTRATE

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

## STASH TEA COMPANY | PREMIUM TEA

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





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## UNCLE LEE'S TEA

892241 000679	<b>12963</b>	GMO				*										Black Tea, Organic	12 / 100ct		
049606 100042	<b>12956</b>															Green Tea, Legend of China, Original	12 / 100ct		
892241 000686	<b>12964</b>	GMO				*										Green Tea, Organic	12 / 100ct		
892241 000693	<b>12965</b>	GMO				*										White Tea, Organic	12 / 100ct		
																<b>Buy 8-15 cases</b>	<b>Save 10%</b>		
																<b>Buy 16-23 cases</b>	<b>Save 15%</b>		
																<b>Buy 24+ cases</b>	<b>Save 20%</b>		
892241 000235	<b>12961</b>	GMO				*										Green Tea, Jasmine, Organic	6 / 40ct		
892241 000211	<b>12962</b>	GMO				*										Green Tea, Matcha, Organic	6 / 40ct		
892241 000167	<b>12960</b>	GMO				*										Green Tea, Organic	6 / 40ct		
																<b>Buy 10-14 cases</b>	<b>Save 10%</b>		
																<b>Buy 15-17 cases</b>	<b>Save 15%</b>		
																<b>Buy 18+ cases</b>	<b>Save 18%</b>		

## YOGI | HERBAL TEA

076950 650213	<b>12652</b>	GMO				*										Green Tea, Kombucha, Organic	6 / 16ct		
076950 615335	<b>12677</b>	GMO				*										Herbal Tea, Chai Rooibos, Organic	6 / 16ct		
076950 615168	<b>12720</b>	GMO				*										Herbal Tea, EGYPTIAN LICORICE, Organic	6 / 16ct		
076950 650114	<b>12670</b>	GMO				*										Herbal Tea, Ginger, Organic	6 / 16ct		
076950 650176	<b>12671</b>	GMO				*										Herbal Tea, Lemon Ginger, Organic	6 / 16ct		
076950 203471	<b>12945</b>	GMO				*										Medicinal Tea, Calming, Organic	6 / 16ct		
076950 208957	<b>12949</b>	GMO				*										Medicinal Tea, Cold Support, Echinacea Elderberry, Organic	6 / 16ct		
076950 209374	<b>12678</b>	GMO				*										Medicinal Tea, Focus, Spiced Blackberry (w/caffeine), Organic	6 / 16ct		
076950 209381	<b>12679</b>	GMO				*										Medicinal Tea, Morning Vitality (w/caffeine), Organic	6 / 16ct		
076950 208414	<b>12672</b>	GMO				*										Medicinal Tea, POSITIVE ENERGY, Sweet Citrus (w/caffeine), Organic	6 / 16ct		
076950 203488	<b>12944</b>	GMO				*										Medicinal Tea, Restful Sleep, Organic	6 / 16ct		
076950 209367	<b>12680</b>	GMO				*										Medicinal Tea, Revitalize, Chai Turmeric, Organic	6 / 16ct		
076950 207028	<b>12653</b>	GMO				*										Medicinal Tea, STRESS RELIEF, Chamomile	6 / 16ct		
076950 209114	<b>12673</b>	GMO				*										Medicinal Tea, STRESS SUPPORT, Soothing Cinnamon, Organic	6 / 16ct		

## BEVERAGES, READY-TO-DRINK

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

**We apologize for any inconvenience.**

### Carbonated Soft Drinks + Mixers

#### BLUE MONKEY | SPARKLING BEVERAGE

059654 560040	<b>05535</b>															P	Sparkling Juice Drink, Guava (can)	6 / 4x250ml	G	P	U
059654 590047	<b>05529</b>															P	Sparkling Juice Drink, Lychee (can)	6 / 4x250ml	G	P	U
059654 530043	<b>05531</b>															P	Sparkling Juice Drink, Mango (can)	6 / 4x250ml	G	P	U
059654 540448	<b>05532</b>															P	Sparkling Juice Drink, Papaya (can)	6 / 4x250ml	G	P	U
059654 550041	<b>05533</b>															P	Sparkling Juice Drink, Passion Fruit (can)	6 / 4x250ml	G	P	U
059654 520044	<b>05530</b>															P	Sparkling Juice Drink, Watermelon (can)	6 / 4x250ml	G	P	U
059654 580048	<b>05534</b>															P	Sparkling Juice Drink, Yuzu (can)	6 / 4x250ml	G	P	U
059654 410031	<b>05522</b>															X	Sparkling Coco Mango (can)	12 / 330ml	G	P	U
059654 410055	<b>05524</b>															X	Sparkling Coco Watermelon (can)	12 / 330ml	G	P	U
059654 560019	<b>07071</b>															X	Sparkling Juice Drink, Guava (can)	12 / 330ml	G	P	U
059654 590016	<b>07075</b>															X	Sparkling Juice Drink, Lychee (can)	12 / 330ml	G	P	U
059654 530012	<b>07067</b>															X	Sparkling Juice Drink, Mango (can)	12 / 330ml	G	P	U
059654 550010	<b>07070</b>															X	Sparkling Juice Drink, Passion Fruit (can)	12 / 330ml	G	P	U
059654 600012	<b>05539</b>															X	Sparkling Juice Drink, Pineapple (can)	12 / 330ml	G	P	U
059654 520013	<b>07336</b>															X	Sparkling Juice Drink, Watermelon (can)	12 / 330ml	G	P	U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U		
<b>GOODRINK   SPRITZER</b>																				
853790 002026	<b>04057</b>	GMO								*			X Spritzer, Eureka Lemon, Organic (can)	12 / 355ml				G	P	U
853790 002057	<b>04090</b>	GMO								*			X Spritzer, Field Strawberry, Organic (can)	12 / 355ml				G	P	U
853790 002019	<b>04056</b>	GMO								*			X Spritzer, Granny Smith Apple, Organic (can)	12 / 355ml				G	P	U
853790 002033	<b>04058</b>	GMO								*			X Spritzer, Ruby Red Grapefruit, Organic (can)	12 / 355ml				G	P	U
853790 002064	<b>04091</b>	GMO								*			X Spritzer, Sweet Blueberry, Organic (can)	12 / 355ml				G	P	U
853790 002040	<b>04059</b>	GMO								*			X Spritzer, Wild Blackberry, Organic (can)	12 / 355ml				G	P	U
<b>PHILLIPS   SODA WORKS</b>																				
818278 009058	<b>11450</b>										BC	P	Soda, Dare Devil Orange Cream (can)	6 / 4x355ml				G	P	U
818278 009034	<b>11448</b>										BC	P	Soda, Intergalactic Root Beer (can)	6 / 4x355ml				G	P	U
818278 009065	<b>11447</b>										BC	P	Soda, Speed King Craft Cola (can)	6 / 4x355ml				G	P	U
818278 009041	<b>11449</b>										BC	P	Soda, Spiffire Ginger Ale (can)	6 / 4x355ml				G	P	U
<b>REED'S   ALL-NATURAL GINGER DRINK</b>																				
008274 111118	<b>10950</b>												Ginger Beer, Original (bottle)	6 / 4x355ml				G	P	U
<b>SPARKMOUTH   SPARKLING WATER &amp; TONIC</b>																				
818278 003469	<b>11417</b>										BC	P	Sparkling Water, Grapefruit (can)	3 / 8x355ml				G		U
818278 003445	<b>11415</b>										BC	P	Sparkling Water, Lemon (can)	3 / 8x355ml				G		U
818278 003452	<b>11416</b>										BC	P	Sparkling Water, Lime (can)	3 / 8x355ml				G		U
818278 003476	<b>11418</b>										BC	P	Sparkling Water, Strawberry (can)	3 / 8x355ml				G		U
818278 004787	<b>11432</b>										BC	P	Tonic, Artisanal Dry (can)	6 / 4x355ml				G	P	U
818278 005128	<b>11433</b>										BC	P	Tonic, Cucumber Mint (can)	6 / 4x355ml				G	P	U
818278 004824	<b>11434</b>										BC	P	Tonic, Lime Zest (can)	6 / 4x355ml				G	P	U
<b>THIRSTY BUDDHA   SPARKLING COCONUT WATER</b>																				
852953 001654	<b>72521</b>	GMO											X Sparkling Coconut Water with Pineapple (can)	12 / 330ml				G	P	U
852953 001357	<b>72522</b>	GMO											X Sparkling Coconut Water with Watermelon (can)	12 / 330ml				G	P	U
													<b>Buy 50-99 cases</b>	<b>Save 1.50</b>						
													<b>Buy 100-199 cases</b>	<b>Save 2.25</b>						
													<b>Buy 200+ cases</b>	<b>Save 3.00</b>						
<b>WIZE   ICED TEA</b>																				
628250 387469	<b>13656</b>												X Sparkling Iced Tea, Honeycrisp Apple (can)	12 / 355ml				G	P	U
628250 387360	<b>13653</b>												X Sparkling Iced Tea, Mango (can)	12 / 355ml				G	P	U
628250 387445	<b>13654</b>												X Sparkling Iced Tea, Wild Raspberry (can)	12 / 355ml				G	P	U
<b>ZEVIA   ZERO SUGAR SODA</b>																				
849429 001249	<b>07158</b>	GMO											Soda, Black Cherry (can)	4 / 6x355ml				G	P	U
849429 001300	<b>72024</b>	GMO											Soda, Cherry Cola (can)	4 / 6x355ml				G	P	U
849429 001201	<b>07106</b>	GMO											Soda, Cola (can)	4 / 6x355ml				G	P	U
849429 001287	<b>07111</b>	GMO											Soda, Cream Soda (can)	4 / 6x355ml				G	P	U
849429 000013	<b>07160</b>	GMO											Soda, Creamy Root Beer (can)	4 / 6x355ml				G	P	U
849429 001263	<b>07161</b>	GMO											Soda, Dr. Zevia (can)	4 / 6x355ml				G	P	U
849429 001256	<b>07110</b>	GMO											Soda, Ginger Ale (can)	4 / 6x355ml				G	P	U
849429 001232	<b>07109</b>	GMO											Soda, Ginger Root Beer (can)	4 / 6x355ml				G	P	U
849429 001270	<b>07159</b>	GMO											Soda, Grape (can)	4 / 6x355ml				G	P	U
849429 001218	<b>07107</b>	GMO											Soda, Lemon Lime Twist (can)	4 / 6x355ml				G	P	U
849429 001225	<b>07108</b>	GMO											Soda, Orange (can)	4 / 6x355ml				G	P	U
849429 003694	<b>72025</b>	GMO											Soda, Vanilla Cola (can)	4 / 6x355ml				G	P	U
849429 004097	<b>72060</b>	GMO											X Soda Sleek Can, Cola	12 / 355ml				G	P	U
849429 004110	<b>72061</b>	GMO											X Soda Sleek Can, Ginger Ale	12 / 355ml				G	P	U
849429 004103	<b>72062</b>	GMO											X Soda Sleek Can, Orange	12 / 355ml				G	P	U
849429 004127	<b>72063</b>	GMO											X Soda Sleek Can, Root Beer	12 / 355ml				G	P	U





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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
898171 000154	<b>56417</b>	GMO				*		+	P	X		12 / 355ml				G		U
898171 000024	<b>56415</b>	GMO				*		+	P	X		12 / 355ml				G		U
898171 000031	<b>56414</b>	GMO				*		+	P	X		12 / 355ml				G		U
898171 000178	<b>56418</b>	GMO				*		+	P	X		12 / 355ml				G		U
898171 000017	<b>56413</b>	GMO				*		+	P	X		12 / 355ml				G		U
898171 000284	<b>56416</b>	GMO				*		+	P	X		12 / 355ml				G		U

## SOTA SPARKLING TEA + ADAPTOGENS

628176 390932	<b>35450</b>	GMO				*		+	P			4 / 6x355ml				G		U
628176 390949	<b>35451</b>	GMO				*		+	P			4 / 6x355ml				G		U
628176 390956	<b>35452</b>	GMO				*		+	P			4 / 6x355ml				G		U

## SPERRI | PLANT-BASED MEAL REPLACEMENT SHAKE

627987 473766	<b>13953</b>	GMO				*		+	P			3 / 4x330ml						
832365 000025	<b>13955</b>	GMO				*		+	P			3 / 4x330ml						
627987 473759	<b>13952</b>	GMO				*		+	P			3 / 4x330ml						

## THRIVE REMEDIES | ADAPTOGENIC TEA

628176 390048	<b>11608</b>	GMO				*	BC		P	X		12 / 475ml						U
628176 390062	<b>11609</b>	GMO				*	BC		P	X		12 / 475ml						U
628176 390017	<b>11610</b>	GMO				*	BC		P	X		12 / 475ml						U
628176 390055	<b>11611</b>	GMO				*	BC		P	X		12 / 475ml						U
628176 390000	<b>11612</b>	GMO				*	BC		P	X		12 / 475ml						U

## ZEVIA | ZERO SUGAR ENERGY DRINK

849429 000693	<b>72080</b>	GMO	GF									12 / 355ml						G P U
849429 000723	<b>72083</b>	GMO	GF									12 / 355ml						G P U
849429 000709	<b>72081</b>	GMO	GF									12 / 355ml						G P U
849429 003045	<b>72084</b>	GMO	GF									12 / 355ml						G P U
849429 000716	<b>72082</b>	GMO	GF									12 / 355ml						G P U
849429 003052	<b>72085</b>	GMO	GF									12 / 355ml						G P U

## WAKEWATER | CAFFEINATED SPARKLING WATER

628693 083072	<b>25115</b>							+	P			6 / 4x355ml						G U
628693 083058	<b>25113</b>							+	P			6 / 4x355ml						G U
628693 083065	<b>25114</b>							+	P			6 / 4x355ml						G U
628693 083003	<b>25112</b>							+	P	X		12 / 355ml						G U
628055 980896	<b>25110</b>							+	P	X		12 / 355ml						G U
628055 980278	<b>25111</b>							+	P	X		12 / 355ml						G U
628693 083096	<b>25109</b>							+	P	X		12 / 355ml						G U

## WILD TEA | KOMBUCHA

628055 948445	<b>23727</b>	GMO				*		+	P	X		12 / 355ml						G P U
628055 948469	<b>23726</b>	GMO				*		+	P	X		12 / 355ml						G P U

## Juices & Non - Carbonated Beverages

### BLACK RIVER | JUICE & LEMONADE

771344 001045	<b>02371</b>							+	P	X		12 / 300ml						U
771344 001083	<b>02372</b>							+	P	X		12 / 300ml						U
771344 001137	<b>02373</b>							+	P	X		12 / 300ml						U
771344 001090	<b>02375</b>							+	P	X		12 / 300ml						U
771344 001069	<b>02376</b>							+	P	X		12 / 300ml						U
771344 001120	<b>02374</b>							+	P	X		12 / 300ml						G U
771344 004091	<b>02613</b>							+	P			6 / 1L						U
771344 004114	<b>02614</b>							+	P			6 / 1L						U
771344 004237	<b>02608</b>							+	P			6 / 1L						U
771344 004138	<b>02604</b>							+	P			6 / 1L						U
771344 004220	<b>02606</b>							+	P			6 / 1L						U
771344 004251	<b>02610</b>							+	P			6 / 1L						U
771344 004060	<b>02602</b>							+	P			6 / 1L						U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	℞	X	PACK	SIZE				G	P	U
771344 004053	<b>02358</b>							+	℞			12 / 1L						U
771344 004121	<b>02364</b>							+	℞			12 / 1L						U
771344 004176	<b>02392</b>	GMO					*	+	℞			12 / 1L						U

## BLUE MONKEY | PURE COCONUT WATER & JUICE

059654 510014	<b>07337</b>	GMO							℞	X		12 / 330ml						U
059654 500022	<b>05538</b>								℞			6 / 1L						U
059654 5000015	<b>07065</b>								℞			12 / 1L						U
059654 170034	<b>06896</b>	GMO							℞	X		24 / 330ml						U
059654 181009	<b>06909</b>	GMO							℞	X		24 / 500ml						U
059654 810121	<b>05526</b>	GMO							℞	X		12 / 500ml						U
059654 180026	<b>06908</b>	GMO							℞	X		24 / 500ml						U
059654 120220	<b>05537</b>	GMO							℞	X		12 / 520ml						U
059654 133336	<b>07072</b>	GMO					*		℞	X		12 / 500ml						U
059654 222221	<b>07241</b>	GMO					*		℞	X		12 / 1L						U

## BREMNER'S | JUICE

834644 003208	<b>05239</b>	GMO					*	BC	℞			12 / 946ml						U
834644 003222	<b>05249</b>	GMO					*	BC	℞			12 / 946ml						U
834644 003055	<b>05086</b>	GMO					*	BC	℞			12 / 946ml						U

## GOODDRINK | BOTTLED TEA

853790 001029	<b>04104</b>	GMO		GF						X		12 / 473ml						U
853790 001012	<b>04105</b>	GMO		GF						X		12 / 473ml						U
853790 001067	<b>04106</b>	GMO		GF						X		12 / 473ml						U
853790 001036	<b>04107</b>	GMO		GF						X		12 / 473ml						U
853790 001050	<b>04108</b>	GMO		GF						X		12 / 473ml						U
853790 001043	<b>04109</b>	GMO		GF						X		12 / 473ml						U

## ITO EN | UNSWEETENED READY TO DRINK TEA

835143 016928	<b>10020</b>									X		12 / 500ml						U
835143 006950	<b>10021</b>									X		12 / 500ml						U
835143 001412	<b>10066</b>									X		12 / 500ml						U
835143 017260	<b>10024</b>									X		12 / 315ml						U
835143 016829	<b>10023</b>									X		6 / 2L						U

## KIJU ORGANIC | BEVERAGE

189727 000279	<b>06768</b>	GMO					*	+	℞			8 / 4x200ml						U
189727 000262	<b>06770</b>	GMO					*	+	℞			8 / 4x200ml						U
189727 000217	<b>06944</b>	GMO					*	+	℞			8 / 4x200ml						U
189727 000224	<b>06955</b>	GMO					*	+	℞			8 / 4x200ml						U
189727 000231	<b>06956</b>	GMO					*	+	℞			8 / 4x200ml						U
189727 000248	<b>06969</b>	GMO					*	+	℞			8 / 4x200ml						U
189727 000255	<b>06975</b>	GMO					*	+	℞			8 / 4x200ml						U
189727 000309	<b>06753</b>	GMO					*	+	℞			8 / 4x200ml						U
189727 001016	<b>06757</b>	GMO					*	+	℞			12 / 1L						U
189727 001023	<b>06758</b>	GMO					*	+	℞			12 / 1L						U
189727 001047	<b>06759</b>	GMO					*	+	℞			12 / 1L						U
189727 001054	<b>06760</b>	GMO					*	+	℞			12 / 1L						U
189727 001078	<b>06761</b>	GMO					*	+	℞			12 / 1L						U
189727 001146	<b>06752</b>	GMO					*	+	℞			12 / 1L						U

## KING ISLAND | COCONUT WATER

8850813 300031	<b>07130</b>							+	℞			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	04081																	X Lemonade, Cherry	12 / 591ml			G	U
853790 001722	04087																	X Lemonade, Coconut & Pineapple	12 / 591ml			G	U
856190 003006	04082																	X Lemonade, Original	12 / 591ml			G	U
853790 001715	04088																	X Lemonade, Peach	12 / 591ml			G	U
856190 003013	04083																	X Lemonade, Strawberry	12 / 591ml			G	U
856190 003037	04084																	X Lemonade, Tropical Mango	12 / 591ml			G	U
856190 003136	04085																	X Limeade, Original	12 / 591ml			G	U
856190 003204	04086																	X Limeade, Raspberry	12 / 591ml			G	U

## PATIENCE FRUIT & CO | FRUIT JUICE

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

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

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

## SANTA CRUZ ORGANIC | LEMONADE

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

## TASTE NIRVANA | COCONUT WATER

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

852953 001432	72505	GMO		GF														X Coconut Water, Natural w/Pulp (can)	12 / 490ml				U
852953 001418	07165	GMO		GF														X Coconut Water, Natural (can)	12 / 490ml				U
																		<b>Buy 30-69 cases</b>					<b>Save 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	07213	GMO		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	18123							+	P									Black Cherry, Pure (glass bottle)	12 / 946ml				U
059105 650757	18133							+	P									Cranberry, Pure (glass bottle)	12 / 946ml				U
059105 351005	18132	GMO				*		BC	P									Juice, Pear, Organic (glass bottle)	12 / 946ml				U
059105 150905	18102							BC	P									Cider, Apple (glass bottle)	12 / 946ml				U
059105 001009	18135	GMO				*		BC	P									Cider, Apple, Organic (glass bottle)	12 / 946ml				U
059105 153784	18131							BC	P									Cider, Apple (glass bottle)	4 / 3.78L				U
059105 003782	18121	GMO				*		BC	P									Cider, Apple, Organic (glass bottle)	4 / 3.78L				U



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

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

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

## TWO BEARS | LACTOSE FREE DAIRY LATTE

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

## ZEVIA | STEVIA SWEETENED TEA BEVERAGE

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

## Non-Dairy Beverages (shelf stable)

### BLUE DIAMOND | ALMOND BREEZE ALMOND BEVERAGE

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

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

626027 700121	<b>07145</b>	<b>GMO</b>							BC	℞	Almond, Unsweetened Original (Tetra)	12 / 946ml			U
626027 114041	<b>08316</b>	<b>GMO</b>							BC	℞	Almond, Unsweetened Vanilla (Tetra)	12 / 946ml			U
626027 814071	<b>07345</b>								BC	℞	Barista, Oat (Tetra)	12 / 946ml			
626027 087703	<b>06917</b>								BC	℞	Barista, Soy (Tetra)	12 / 946ml			
626027 814057	<b>07347</b>	<b>GMO</b>							BC	℞	Oat, Chocolate (Tetra)	12 / 946ml			U
626027 814026	<b>07343</b>	<b>GMO</b>							BC	℞	Oat, Original (Tetra)	12 / 946ml			U
626027 814040	<b>07344</b>	<b>GMO</b>							BC	℞	Oat, Vanilla (Tetra)	12 / 946ml			U
626027 844023	<b>08317</b>	<b>GMO</b>							BC	℞	Oat, Zero Sugar Original (Tetra)	12 / 946ml			U
626027 844047	<b>08318</b>	<b>GMO</b>							BC	℞	Oat, Zero Sugar Vanilla (Tetra)	12 / 946ml			U

### EDEN | EDENSOY SOYMILK

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

### NATIVE FOREST | DAIRY FREE MILK POWDER

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

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

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

## Carbonated Beverages

### FENTIMANS | BOTANICALLY BREWED SOFT DRINKS & MIXERS

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

### FEVER-TREE | PREMIUM COCKTAIL MIXERS

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

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U		
5060108 450232	<b>06789</b>											6 / 4x200ml						G	P	U
812136 030185	<b>07805</b>											6 / 4x200ml						G	P	U
5060108 450515	<b>07259</b>											6 / 4x200ml						G	P	U
506010 8450287	<b>07210</b>											8 / 500ml						G	P	U
898195 001427	<b>07141</b>											8 / 500ml						G	P	U
898195 001441	<b>07802</b>											8 / 500ml						G	P	U
898195 001342	<b>07092</b>											8 / 500ml						G	P	U
898195 001403	<b>07803</b>											8 / 500ml						G	P	U

## Non-Alcoholic Drinks

### AELO | ALCOHOL FREE BEVERAGE

628634 740286	<b>13945</b>											6 / 4x355ml						G	U
628634 740262	<b>13944</b>											6 / 4x355ml						G	U
628634 740323	<b>13947</b>											6 / 4x355ml						G	U
628634 740309	<b>13946</b>											6 / 4x355ml						G	U

### CLEVER | PREMIUM MOCKTAIL

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

### NONNY | CRAFT NON-ALCOHOLIC BEER

627987 709162	<b>39651</b>											6 / 4x355ml						G	U
627987 709148	<b>39650</b>											6 / 4x355ml						G	U
628942 740251	<b>39652</b>											6 / 4x355ml						G	U

### PARTAKE BREWING | NON-ALCOHOLIC BEER

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

### PHILLIPS | IOTA NON-ALCOHOLIC CRAFT BEER

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

### ROAD POP | SPARKLING HOP WATER

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

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

854531 000868	<b>17110</b>											6 / 4x355ml						G	U
854531 000882	<b>17108</b>											6 / 4x355ml						G	U
854531 000905	<b>17109</b>											6 / 4x355ml						G	U
854531 000417	<b>17103</b>											12 / 473ml						G	U
854531 000042	<b>17101</b>											12 / 473ml						G	U
854531 000554	<b>17104</b>	GMØ				*						12 / 473ml						G	U
854531 000226	<b>17102</b>											12 / 473ml						G	U



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U	
854531 000103	17111							+		P	X	Beer, Raspberry, Sour (can)	12 / 473ml					G	U
854531 000035	17100							+		P		XBeer, White (can)	12 / 473ml					G	U
854531 000745	17105							+		P		X Craft Cider (can)	12 / 473ml					G	U

## SPARKMOUTH | MOCKTAILS

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

## STREET LEGAL | DEALCOHOLIZED BEER

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

## TWO BEARS | DRINK MIXER

628504 309551	10011							+		P		X Cocktail Mixer, Espresso Martini (can)	3 / 4x207ml							P	U
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## Waters

### FLOW | ALKALINE SPRING WATER

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

### WHISTLER WATER

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

## BREAKFAST FOODS

### Cereals - Hot & Overnight

#### ALIMENTS TRIGONE | CEREAL

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

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

#### HOLY CRAP | SUPERSEED CEREAL & OATMEAL

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

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## NATURE'S PATH | INSTANT OATMEAL

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

## PRANA ORGANIC | OVERNIGHT CHIA & OAT MIX

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

## Cereals - Ready To Eat

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

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

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

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

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

### MANITOBA HARVEST | HEMP YEAH! GRANOLA

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

### NATURE'S PATH | CEREAL

058449 600565	<b>22760</b>	GMO		GF	*				ℙ	X Cereal, Corn Flakes, Fruit Juice, Organic	6 / 750g			
058449 770947	<b>22765</b>	GMO		GF	*				ℙ	X Cereal, Corn Flakes, Honey'd, Organic	6 / 750g			
058449 550020	<b>22761</b>	GMO		GF	*				ℙ	X Cereal, Crispy Rice, Organic	6 / 750g			
058449 870081	<b>22767</b>	GMO			*				ℙ	Cereal, ENVIROKIDZ, Gorilla Munch, Organic	6 / 650g			
058449 870104	<b>22772</b>	GMO		GF	*				ℙ	X Cereal, ENVIROKIDZ, Koala Crisp, Organic	6 / 725g			
058449 212416	<b>22771</b>	GMO		GF	*				ℙ	X Cereal, ENVIROKIDZ, Leapin' Lemurs, Organic	6 / 650g			
058449 870098	<b>22770</b>	GMO		GF	*				ℙ	X Cereal, ENVIROKIDZ, Panda Puffs, Organic	6 / 700g			
058449 771630	<b>22847</b>	GMO			*				ℙ	X Cereal, FLAX PLUS Cinnamon Flakes, Organic	6 / 907g			
058449 189107	<b>22650</b>	GMO		GF	*				ℙ	Cereal, Golden Turmeric, Organic	6 / 300g			
058449 770213	<b>22780</b>	GMO			*				ℙ	X Cereal, HERITAGE Flakes, Organic	6 / 907g			
058449 770015	<b>22758</b>	GMO			*				ℙ	X Cereal, HERITAGE O's, Organic	6 / 907g			
058449 770695	<b>22782</b>	GMO			*				ℙ	X Cereal, Khorasan Wheat Flakes, Organic	6 / 750g			
058449 620044	<b>22044</b>	GMO			*				ℙ	X Cereal, Khorasan Wheat Puffs, Organic	12 / 170g			

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
058449 771616	<b>22846</b>	GMO		GF		*					P	X Cereal, MESA SUNRISE with Raisins, Organic	6 / 825g					
058449 779018	<b>22773</b>	GMO		GF		*					P	X Cereal, MESA SUNRISE, Organic	6 / 750g					
058449 770084	<b>22766</b>	GMO				*					P	X Cereal, Millet Rice, Organic	6 / 907g					
058449 602316	<b>22762</b>	GMO				*					P	X Cereal, Multigrain Oatbran Flakes, Organic	6 / 907g					
058449 620013	<b>22047</b>	GMO				*					P	X Cereal, Rice Puffs, Organic	12 / 170g					
058449 771524	<b>22641</b>	GMO		GF		*					P	Cereal, SUNRISE Crunchy Maple, Organic	12 / 300g					
058449 181125	<b>22699</b>	GMO		GF		*					P	X Cereal, SUNRISE Crunchy Maple, Organic	6 / 675g					
058449 779124	<b>22260</b>	GMO		GF		*					P	X Cereal, Whole O's, Organic	6 / 750g					

## NATURE'S PATH | GRANOLA

058449 172048	<b>22886</b>	GMO				*					P	X Granola, Coconut & Cashew Butter, Organic	8 / 312g					
058449 890171	<b>22733</b>	GMO				*					P	X Granola, Hemp Hearts, Organic	6 / 750g					
058449 890195	<b>22734</b>	GMO				*					P	X Granola, Pumpkin Seed + Flax, Organic	6 / 750g					
058449 779063	<b>22139</b>	GMO				*					P	Granola, Pumpkin Seed + Flax, Organic	6 / 800g					
058449 221364	<b>25077</b>	GMO				*					X	LOVE CRUNCH Granola, Dark Chocolate & Hazelnut Butter, Organic	6 / 300g					
058449 162063	<b>25069</b>	GMO				*					P	X LOVE CRUNCH Granola, Dark Chocolate & Peanut Butter, Organic	6 / 325g					
058449 771760	<b>25029</b>	GMO				*					P	X LOVE CRUNCH Granola, Dark Chocolate & Red Berries, Organic	6 / 325g					
058449 772019	<b>25055</b>	GMO				*					P	X LOVE CRUNCH Granola, Dark Chocolate & Coconut, Organic	6 / 325g					
058449 202233	<b>25054</b>	GMO				*					P	X LOVE CRUNCH Granola, Espresso Vanilla Cream, Organic	6 / 325g					

## PRANA ORGANIC | GRANOLOVE GRANOLA CEREAL

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

## TERRA BREADS | SMALL BATCH GRANOLA

779324 009371	<b>40150</b>	GMO									BC	P	Granola, Pure Crunch	8 / 340g				
779324 009227	<b>40163</b>	GMO									BC	P	Granola, Original	8 / 340g				
779324 009272	<b>40164</b>	GMO									BC	P	Granola, Pistachio	8 / 340g				
779324 009388	<b>40159</b>	GMO									BC	P	Granola, Pure Crunch	8 / 850g				
779324 002389	<b>40161</b>	GMO									BC	P	Granola, Original	8 / 800g				
779324 009562	<b>40162</b>	GMO									BC	P	Granola, Pistachio	8 / 800g				
779324 009531	<b>40153</b>	GMO	B								BC	P	Granola, Original (S/O)	1 / 5kg				
779324 009548	<b>40154</b>	GMO	B								BC	P	Granola, Pistachio (S/O)	1 / 5kg				

## Pancake & Waffle Mixes

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

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

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

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



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## CLOUD 9 | PANCAKE & WAFFLE MIX

816512 000908 **21058** GF V BC 🇨🇦 Pancake & Waffle Mix (gluten free/nut free/dairy-free/soy free/vegan) 8 / 1kg

## KINNIKINNICK | PANCAKE & WAFFLE MIX

620133 105122 **55051** GF + 🇨🇦 Mix, Pancake & Waffle 6 / 454g

## NUNWEILER'S | PANCAKE & WAFFLE MIX

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

## PAMELA'S | PANCAKE MIX

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

## BUTTER ALTERNATIVES, NUT BUTTERS & FRUIT SPREADS

### Jams, Jellies & Fruit Spreads

#### EDEN | APPLE BUTTER

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

### Nut & Seed Butters and Alternatives

#### EDEN | TAHINI

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

#### ELIMENTO | NUT & SEED BUTTERS

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

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

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

#### FATSO | PEANUT BUTTER

627843 710691 **42077** **GMO** GF V + 🇨🇦 Peanut Butter, Classic 12 / 500g  
 627987 075830 **42079** **GMO** GF V + 🇨🇦 Peanut Butter, Crunchy Salted Caramel 12 / 500g  
 627987 075847 **42080** **GMO** GF V + 🇨🇦 Peanut Butter, Maple 12 / 500g

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

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

#### NUTIVA | COCONUT MANNA CREAMY SPREAD

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

#### OMEGA NUTRITION | PUMPKIN SEED BUTTER

055358 335021 **85060** **GMO** GF \* 🇨🇦 Pumpkin Seed Butter, Organic (plastic jar) 6 / 341g  
 055358 335014 **85059** **GMO** GF \* 🇨🇦 Pumpkin Seed Butter, Organic (plastic jar) 6 / 568g



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## EAT WHOLESOME | TOMATOES & VEGETABLES

628110 454539	<b>33612</b>	GMO				*					P		12 / 341ml							
628110 454546	<b>33613</b>	GMO				*					P		12 / 398ml							
628110 454119	<b>33249</b>	GMO									P		24 / 398ml							
628110 454409	<b>33230</b>	GMO				*					P		12 / 796ml							
628110 454379	<b>33231</b>	GMO				*					P		12 / 796ml							
628110 454386	<b>33232</b>	GMO				*					P		12 / 796ml							
628110 454393	<b>33233</b>	GMO				*					P		12 / 680ml							

## EDEN | APPLE SAUCE

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

638882 002043	<b>10105</b>	GMO				*							12 / 398ml							
638882 002005	<b>10103</b>	GMO				*							12 / 398ml							

## NATIVE FOREST | CANNED FRUIT & VEGETABLES

043182 008945	<b>10217</b>			GF									6 / 170g							
043182 008914	<b>10428</b>			GF									6 / 400g							
043182 008921	<b>10215</b>			GF									6 / 280g							
043182 008303	<b>10429</b>	GMO		GF		*							6 / 400g							
043182 018685	<b>10228</b>	GMO		GF		*		+					6 / 284ml							
043182 018517	<b>10219</b>	GMO		GF		*							6 / 398ml							
043182 018524	<b>10220</b>	GMO		GF		*							6 / 398ml							
043182 018593	<b>10227</b>	GMO		GF		*							6 / 398ml							

## Canned Seafood & Alternatives

### RAINCOAST GLOBAL | MSC CERTIFIED SUSTAINABLE SEAFOOD

810757 003977	<b>16873</b>										P		24 / 142g							
810757 003878	<b>16872</b>										P		24 / 142g							
810757 000624	<b>16814</b>								BC		P		12 / 160g							
810757 005629	<b>16815</b>								BC		P		12 / 160g							
810757 006626	<b>16817</b>								BC		P		12 / 150g							
810757 000525	<b>16811</b>								BC		P		12 / 160g							
810757 005520	<b>16812</b>								BC		P		12 / 160g							
810757 006510	<b>16813</b>								BC		P		12 / 150g							
810757 009160	<b>16819</b>										P		12 / 120g							
810757 003953	<b>16875</b>										P		24 / 142g							
810757 003854	<b>16874</b>										P		24 / 142g							
810757 000112	<b>16808</b>								BC		P		12 / 150g							
810757 005117	<b>16809</b>								BC		P		12 / 150g							
810757 003892	<b>16826</b>										P		24 / 142g							
810757 003991	<b>16827</b>										P		24 / 142g							

### SAFE CATCH | LOW MERCURY CANNED SEAFOOD

859480 006428	<b>68511</b>	GMO											6 / 142g							
859480 006442	<b>68510</b>	GMO											6 / 142g							
859480 006053	<b>68501</b>	GMO											12 / 142g							
859480 006060	<b>68500</b>	GMO											12 / 142g							
859480 006732	<b>68530</b>												12 / 125g							
859480 006725	<b>68531</b>												12 / 125g							
859480 006008	<b>68502</b>	GMO											12 / 142g							
859480 006268	<b>68503</b>	GMO											6 / 142g							
859480 006275	<b>68505</b>	GMO											6 / 142g							
859480 006282	<b>68504</b>	GMO											6 / 142g							
859480 006305	<b>68507</b>	GMO											6 / 142g							



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## Ready to Serve Canned Meals

### AMY'S | CANNED MEALS

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

### AUGA | READY TO EAT ORGANIC CURRY

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

### EAT WHOLESOME | BAKED BEANS

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

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

### PACIFIC FOODS | PLANT-BASED CHILI

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

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

## CONDIMENTS & SAUCES

### Condiments

#### ARIZONA PEPPER'S | HOT SAUCE

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

#### BIOITALIA | PESTO SAUCE

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

5060844 590193	<b>33630</b>	GMO		*	P Ketchup, Organic	6 / 500g
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#### GINGER PEOPLE | GINGER SYRUP

734027 904705	<b>14457</b>	GMO		*	Ginger Syrup, Organic	12 / 237ml
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#### HEE-HAW | HORSERADISH

628110 106087	<b>11171</b>		BC	P	Horseradish, Damn Hot	12 / 250ml
628110 106094	<b>11172</b>		BC	P	Horseradish, Double Damn Hot	12 / 250ml

#### JONNY HETHERINGTON ESSENTIALS | CONDIMENTS

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

#### MAISON ORPHEE | MUSTARD

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

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## PIKE PIER FISHERMAN | ALL NATURAL SAUCE

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

## SEOUL | KIMCHI HOT SAUCE

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

## SUNSHINE FARMS | CONDIMENTS

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

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

### GINGER PEOPLE | COOKING SAUCE

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

### JONNY HETHERINGTON ESSENTIALS | BBQ SAUCE

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

### NAAM | COOKING SAUCE

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

### NAKED & SAUCY | COOKING SAUCE

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

### NAKED & SAUCY | SIMMER SAUCE

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

### SAN-J | COOKING SAUCE

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

### SEOUL | KOREAN BBQ SAUCE

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

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

## WHITewater COOKS | MARINADE

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

### GOBIO! | GRAVY & PESTO CUBES

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

### SIMPLY ORGANIC | GRAVY MIX

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

## Mayonnaise, Salad Dressings & Toppers

See Cooler section for more Mayonnaise Alternatives

### CHOSEN FOODS | AVOCADO OIL DRESSING & MAYO

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

### DAIYA | DAIRY-FREE SALAD DRESSING

871459 009117	<b>50171</b>	GMO		V							+ ℙ	Salad Dressing, Creamy Caesar, Dairy-Free	6 / 237ml
871459 009100	<b>50170</b>	GMO		V							+ ℙ	Salad Dressing, Homestyle Ranch, Dairy-Free	6 / 237ml
												<b>Buy 20-49 cases</b>	<b>Save 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									+ ℙ	Dressing, Caesar (certified Keto)	12 / 250ml
069593 120823	<b>33490</b>	GMO									+ ℙ	Dressing, Maple & Dijon (certified Keto)	12 / 250ml
069593 120854	<b>33493</b>	GMO									+ ℙ	Dressing, Olive & Balsamic (certified Keto)	12 / 250ml
069593 120861	<b>33494</b>	GMO									+ ℙ	Dressing, Sesame & Tamari (certified Keto)	12 / 250ml

### NAKED & SAUCY | NOOCH NUTRITIONAL YEAST DRESSING

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

### NATURSOURCE | SALAD TOPPER

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

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

## WHITEWATER COOKS | DRESSING & VINAIGRETTE

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

## YESHI | NUTRITIONAL YEAST DRESSING & DIP

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

## Pasta & Pizza Sauces

### BIOITALIA | TOMATO SAUCE

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

### EDEN | PIZZA & PASTA SAUCE

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

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

## Olives & Pickled Vegetables

### BUBBIES | BREAD & BUTTER CHIPS (REFRIGERATED)

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

817861 010044	48030										A La Grecque Moroccan Black (pouch)	10 / 200g			
817861 010631	48039	GMØ		*							Amphis Green Greek, Pitted, Organic (pouch)	10 / 270g			
817861 010662	48054	GMØ		*							Cerignola Green Italian, Organic (pouch)	10 / 270g			
817861 010181	48034										Chalkidiki Greek (pouch)	10 / 200g			
817861 010051	48031										Chalkidiki Greek, Almond Stuffed (pouch)	10 / 150g			
817861 010068	48032										Chalkidiki Greek, Garlic Stuffed (pouch)	10 / 150g			
817861 010006	48035										Hojiblanca Black Spanish, Pitted (pouch)	10 / 150g			
817861 010013	48036										Hojiblanca Green Spanish, Pitted (pouch)	10 / 150g			
817861 010037	48037										Kalamata Greek (pouch)	10 / 200g			
817861 010617	48040	GMØ		*							Kalamata Greek, Organic (pouch)	10 / 270g			
817861 010686	48055										Leccino Black Italian (pouch)	10 / 150g			
817861 010020	48038										Manzanilla Green Spanish, Pimento Stuffed (pouch)	10 / 200g			

### EAT WHOLESOME | PICKLED VEGETABLES

638170 905902	14552	GMØ		*					/P		Pickled Baby Beets, Whole, Organic	12 / 500ml			
638170 905803	33611	GMØ		*					/P		Garlic Dill Pickles, Organic	6 / 750ml			
638170 905810	33244	GMØ		*					/P		Sauerkraut, Organic	6 / 909ml			



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## EDEN | PICKLED VEGETABLES

024182 013009 **14500** **GMO** **B** **GF** \* Sauerkraut, Organic (jar) 12 / 796ml

## ILIADA | GREEK OLIVES

5201043 004047 **40928** **GMO** \* Olives, Kalamata Pitted, Organic 12 / 370g

## KRINOS | GREEK OLIVES

055498 045224 **48010** **GMO** \* Olives, Stuffed Cocktail, Spicy, Organic 6 / 375ml

055498 046023 **48018** **GMO** \* Olives, Kalamata, Organic 6 / 375ml

055498 046078 **48009** **GMO** \* Olives, Kalamata, Pitted, Organic 6 / 375ml

055498 046085 **48025** **GMO** \* Olive Mix, Organic 6 / 375ml

055498 045200 **48011** **GMO** \* Olives, Stuffed Cocktail, Garlic, Organic 6 / 375ml

## MOLISANA | ORGANIC ROASTED PEPPERS

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

## OCEAN'S HALO | KIMCHI

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

## SUNSHINE FARMS | ORGANIC PICKLES

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

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

## Salsas

### QUE PASA | SALSA

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

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

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

## Soy Sauce & Alternatives

### AMANO | SAUCE

067334 250884 **40023** **BC** **P** Soy Sauce 12 / 250ml

067334 050880 **40026** **BC** **P** Soy Sauce 12 / 500ml

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

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

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

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

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

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

### BRAGG | ALL PURPOSE SEASONING

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

074305 100161 **14071** **GMO** **GF** Liquid Soy Seasoning 12 / 473ml

074305 100321 **14072** **GMO** **GF** Liquid Soy Seasoning 12 / 946ml

### COCONUT SECRET | SOY SAUCE SUBSTITUTE

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

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

### NAKED & SAUCY | SOY SAUCE SUBSTITUTE

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

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

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

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

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## SAN-J | BREWED SOY SAUCE & ALTERNATIVES

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

## Vinegars

### BRAGG | APPLE CIDER VINEGAR

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

### EAT WHOLESOME | VINEGAR

638170 906213	<b>33614</b>	GMØ				*			🇨🇦													Vinegar, Balsamic of Modena, Organic	12 / 500ml
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### EDEN | VINEGAR

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

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

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

### MAISON ORPHEE | VINEGAR

069593 120212	<b>32368</b>	GMØ				*																Vinegar, Balsamic, Organic	6 / 500ml
069593 120229	<b>32369</b>	GMØ				*																Vinegar, Red Wine, Organic	6 / 500ml
069593 120236	<b>32370</b>	GMØ				*																Vinegar, White Wine, Organic	6 / 500ml

### MARUKAN | RICE VINEGAR

070641 000066	<b>24031</b>	GMØ		GF																		Rice Vinegar	6 / 355ml
070641 064129	<b>24034</b>	GMØ		GF		*																Rice Vinegar, Organic	6 / 355ml
070641 000059	<b>24036</b>	GMØ																				Rice Vinegar	6 / 710ml

### OMEGA NUTRITION | APPLE CIDER VINEGAR

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

### SUNSHINE FARMS | VINEGAR

625077 855003	<b>14543</b>	GMØ				*		+	🇨🇦													Vinegar, White, Organic	12 / 473ml
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## COOKIES, SNACK BARS & TOASTER PASTRIES

### Cookies

#### FREEYUMM | ALLERGEN-FREE COOKIES

816695 000788	<b>10290</b>	GF	BC	℞	Cookies, Banana Maple	6 / 7x22g
816695 000795	<b>10291</b>	GF	BC	℞	Cookies, Double Chocolate	6 / 7x22g
						<b>Buy 20+ cases Save 3.00</b>

#### GLUTINO | COOKIES

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

#### JOVIAL | COOKIES

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

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

#### MADEGOOD | COOKIES

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

#### MARY'S ORGANIC | GRAHAM-STYLE KOOKIES

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

#### PAMELA'S | COOKIES

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

#### PRANA ORGANIC | COOKIES

877693 003591	<b>26181</b>	GMO	GF	*	+	℞	X	GRANOLOVE Cookies, Chocolate Chip, Organic	8 / 120g	G
877693 003607	<b>26182</b>	GMO	GF	*	+	℞	X	GRANOLOVE Cookies, Brownie, Organic	8 / 120g	G
877693 003614	<b>26183</b>	GMO	GF	*	+	℞	X	GRANOLOVE Cookies, Berries, Organic	8 / 120g	G

#### WOW BAKING COMPANY | COOKIES

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

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## Granola & Snack Bars

### CLIF KID | ORGANIC ZBARS

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

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

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

### MADEGOOD | BARS & BITES

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

### NATURE'S BAKERY | SNACK BARS

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



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<b>PRANA ORGANIC   GRANOLA BARS</b>																				
877693 003850	<b>26177</b>	GMO						*	+	℞		12 / 5x24g							G	
										Chewy Granola Bars, Berry Blast, Organic (safe for school)										
877693 003843	<b>26176</b>	GMO						*	+	℞		12 / 5x24g								G
										Chewy Granola Bars, Choco Bongo, Organic (safe for school)										
877693 003867	<b>26178</b>	GMO						*	+	℞		12 / 5x24g								G
										Chewy Granola Bars, Magic Rainbow, Organic (safe for school)										

## Toaster Pastries

<b>NATURE'S PATH   TOASTER PASTRIES</b>																				
058449 188087	<b>55721</b>	GMO						*		℞		6 / 312g								
										Toaster Pastries, Berry Strawberry, Frosted, Organic										
058449 188070	<b>55720</b>	GMO						*		℞		6 / 312g								
										Toaster Pastries, Cherry Pomegranate, Frosted, Organic										

# CRACKERS & PUFFED GRAIN CAKES

## Crackers

<b>AK-MAK   SESAME CRACKERS</b>																				
071105 000011	<b>16005</b>											12 / 118g								
										Ak-Mak Sesame Crackers										

<b>BLUE DIAMOND   NUT THINS CRACKERS</b>																				
041570 054192	<b>16178</b>	GMO		GF								12 / 120g								
										Nut Thins, Almond										
041570 099162	<b>16568</b>	GMO		GF								12 / 120g								
										Nut Thins, Almond, Hint of Sea Salt										
041570 054291	<b>16179</b>			GF								12 / 120g								
										Nut Thins, Pecan										

<b>CRICH   CRACKERS WITH EXTRA VIRGIN OLIVE OIL</b>																				
8008620 071006	<b>40924</b>			GF								10 / 200g								
										X Crackers, Gluten-Free (6pkt)										
8008620 050506	<b>40925</b>	GMO						*				12 / 250g								
										X Crackers, Salted, Organic (8pkt)										
8008620 050544	<b>40926</b>	GMO						*				12 / 250g								
										X Crackers, Sesame & Rosemary, Organic (8pkt)										
8008620 050537	<b>40927</b>	GMO						*				12 / 250g								
										X Crackers, Tomato & Oregano, Organic (8pkt)										

<b>EDWARD &amp; SONS   EXOTIC RICE TOASTS &amp; BAKED BROWN RICE SNAPS</b>																				
039631 000462	<b>16159</b>	GMO		GF				*				12 / 100g								
										X Brown Rice Snaps, Black Sesame, Organic										
011206 000350	<b>16068</b>											12 / 100g								
										X Brown Rice Snaps, Tamari Seaweed										
039631 000417	<b>16024</b>	GMO		GF				*				12 / 100g								
										X Brown Rice Snaps, Unsalted Plain Rice, Organic										
039631 000448	<b>16027</b>	GMO		GF				*				12 / 100g								
										X Brown Rice Snaps, Vegetable Rice, Organic										
043182 000628	<b>16543</b>			GF								12 / 65g								
										EXOTIC RICE TOAST, Purple Rice & Black Sesame										

<b>EVE'S CRACKERS</b>																				
627843 724971	<b>56100</b>			GF		BC	℞					12 / 108g								
										X Crackers, Black Sesame										
627843 724964	<b>56101</b>			GF		BC	℞					12 / 108g								
										X Crackers, Chili Pepper Pumpkin Seed										
627843 724988	<b>56103</b>			GF		BC	℞					12 / 108g								
										X Crackers, Cracked Pepper										
627843 724957	<b>56102</b>			GF		BC	℞					12 / 108g								
										X Crackers, Savoury Sunflower										

<b>FREYUUMM   CRACKERS</b>																				
816695 004069	<b>10323</b>	GMO		GF		BC	℞					6 / 120g								
										X Cracker Bites, Cheezy										
816695 004076	<b>10324</b>	GMO		GF		BC	℞					6 / 120g								
										X Cracker Bites, Pizza										
816695 004038	<b>10322</b>	GMO		GF		BC	℞					6 / 120g								
										X Crackers, Herb & Seed										
816695 004014	<b>10320</b>	GMO		GF		BC	℞					6 / 120g								
										X Crackers, Himalayan Salt										
816695 004021	<b>10321</b>	GMO		GF		BC	℞					6 / 120g								
										X Crackers, Zesty Cheese										
												<b>Buy 20+ cases</b>	<b>Save 3.00</b>							

<b>GLUTINO   CRACKERS</b>																				
678523 038451	<b>16422</b>			GF								6 / 125g								
										Crackers (Rounds), Cheddar										
678523 038512	<b>16421</b>			GF								6 / 125g								
										Crackers (Rounds), Original										

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## HOT-KID | RICE CRISPS

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

## LE PAIN DES FLEURS | CRISPBREAD

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

## MADEGOOD | STAR PUFFED CRACKERS

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

## MARY'S ORGANIC | CRACKERS

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

## SAN-J | RICE CRACKERS

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

## WANT-WANT | SUPERSLIM BROWN RICE CRISPS

686352 816614	<b>16150</b>			GF								X SUPER SLIM Brown Rice Crisps, Black Sesame	12 / 100g
686352 604440	<b>16151</b>			GF								X SUPER SLIM Brown Rice Crisps, Cracked Black Pepper & Olive Oil	12 / 100g
686352 808596	<b>16152</b>			GF								X SUPER SLIM Brown Rice Crisps, Multigrain	12 / 100g

## Puffed Grain Cakes

### LUNDBERG | WHOLE GRAIN RICE CAKES

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

### PLUMM GOOD | WHOLE GRAIN RICE CAKES

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

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE					G	P	U	
069372 007208	<b>16609</b>	GMO								*	BC	ℙ	X	RICE THINS, Brown Rice Cakes, Sea-Salt, Organic	12	/ 95g				
069372 007505	<b>16614</b>	GMO								*	BC	ℙ	X	RICE THINS, Brown Rice Cakes, Sesame, Unsalted, Organic	12	/ 95g				
069372 007109	<b>16608</b>	GMO								*	BC	ℙ	X	RICE THINS, Brown Rice Cakes, Unsalted, Organic	12	/ 95g				
069372 002111	<b>16445</b>	GMO								*	BC	ℙ	X	Rice Cakes, Sea Salt, Organic	12	/ 185g				
069372 002159	<b>16441</b>	GMO								*	BC	ℙ	X	Rice Cakes, Multigrain, Salted, Organic	12	/ 185g				
069372 002173	<b>16446</b>	GMO								*	BC	ℙ	X	Rice Cakes, Sesame, Salted, Organic	12	/ 185g				
069372 001114	<b>16450</b>	GMO								*	BC	ℙ	X	Rice Cakes, Multigrain, Unsalted, Organic	12	/ 185g				
069372 001046	<b>16425</b>	GMO								*	BC	ℙ	X	Rice Cakes, Unsalted, Organic	12	/ 185g				

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

### Dried Beans, Legumes & Seeds

#### BULK BEANS

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

### Popcorns

#### ANGIE'S | BOOMCHICKAPOP MICROWAVE POPCORN

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

#### EDEN | ORGANIC POPCORN

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

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

#### BULK POPPING CORN

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

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

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

#### BOB'S RED MILL | GRAINS

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

#### BULK GRAINS

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

### Oats

#### ANITA'S ORGANIC MILL | OATS

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

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
623636 998925	<b>28059</b>	GMO	B	GF		*		+	P	X		1 / 11.34kg							
623636 710046	<b>20071</b>	GMO	B			*		+	P			1 / 11.34kg							
623636 700030	<b>22040</b>	GMO	B			*		+	P			1 / 11.34kg							
623636 700245	<b>28058</b>	GMO	B			*		+	P			1 / 11.34kg							
623636 700023	<b>22921</b>	GMO	B			*		+	P			4 / 2.5kg							

## AVENA FOODS | OATS

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

039978 349545	<b>30510</b>	GMO				*				X		4 / 454g							
039978 349521	<b>30514</b>	GMO				*				X		4 / 454g							
039978 339539	<b>30512</b>	GMO				*				X		4 / 454g							
039978 341402	<b>30534</b>	GMO								X		4 / 680g							
039978 323736	<b>30541</b>	GMO		GF						X		4 / 680g							
039978 329578	<b>30518</b>	GMO				*				X		4 / 680g							
039978 323767	<b>30530</b>	GMO		GF						X		4 / 794g							
039978 323866	<b>30552</b>	GMO		GF		*				X		4 / 907g							
039978 323750	<b>30540</b>	GMO		GF						X		4 / 907g							
039978 323873	<b>30551</b>	GMO		GF		*				X		4 / 907g							
039978 351555	<b>34270</b>	GMO								X		4 / 907g							
039978 359544	<b>30511</b>	GMO				*				X		4 / 907g							
039978 003799	<b>34271</b>	GMO								X		4 / 907g							
039978 359520	<b>34252</b>	GMO				*				X		4 / 907g							
039978 003843	<b>34272</b>	GMO								X		4 / 907g							
039978 313751	<b>20243</b>	GMO	B	GF						X		1 / 11.34kg							
039978 103734	<b>20244</b>	GMO	B	GF						X		1 / 11.34kg							

## NATURE'S PATH | WHOLE GRAIN OATS

729906 410033	<b>22175</b>	GMO				*			P			6 / 680g							
729906 410019	<b>22074</b>	GMO				*			P			6 / 850g							

## Rice

### GIA BASMATI | RICE IN A BAG

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

073416 004337	<b>31215</b>	GMO		GF								6 / 454g							
073416 051911	<b>31205</b>			GF								6 / 907g							
073416 405523	<b>31202</b>	GMO		GF								6 / 907g							
073416 406032	<b>31209</b>	GMO		GF		*						6 / 907g							
073416 403536	<b>31203</b>	GMO		GF								6 / 907g							
073416 404045	<b>31210</b>	GMO		GF		*						6 / 907g							
073416 040502	<b>31211</b>	GMO		GF		*						6 / 907g							
073416 040427	<b>31204</b>	GMO		GF								6 / 907g							
073416 040489	<b>31212</b>	GMO		GF		*						6 / 907g							
073416 199644	<b>31208</b>	GMO		GF		*						6 / 907g							
073416 250109	<b>31231</b>	GMO		GF		*						6 / 907g							
073416 199637	<b>31206</b>	GMO		GF		*						6 / 907g							
073416 040434	<b>31207</b>	GMO		GF		*						6 / 907g							
073416 402010	<b>32098</b>	GMO	B	GF		*				X		1 / 11.34kg							
073416 401518	<b>32050</b>	GMO	B	GF						X		1 / 11.34kg							
073416 402027	<b>32102</b>	GMO	B	GF		*				X		1 / 11.34kg							
073416 040298	<b>32043</b>	GMO	B			*						1 / 11.34kg							
073416 401341	<b>32039</b>	GMO	B	GF		*				X		1 / 11.34kg							
073416 401327	<b>32074</b>	GMO	B	GF		*				X		1 / 11.34kg							
073416 401228	<b>32076</b>	GMO	B	GF		*				X		1 / 11.34kg							
073416 401617	<b>32097</b>	GMO	B	GF		*				X		1 / 11.34kg							
30073416 14220	<b>91334</b>			GF						X		36 / 454g							



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## LOTUS FOODS | RICE

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

## OCEAN'S HALO | RICE

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

### BOB'S RED MILL | NUTRITIONAL YEAST

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

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

778659 221038	<b>02198</b>	<b>GMO</b>	<b>B</b>		<b>+</b>	<b>℞</b>	ENGEVITA Nutritional Yeast	1 / 2kg
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### LEVEL GROUND TRADING | CACAO NIBS

661594 003640	<b>18108</b>	<b>GMO</b>		*	<b>@</b>	<b>℞</b>	Cacao Nibs, Organic	12 / 120g
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### MODERN PRODUCTS | BREWERS YEAST

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

858847 000291	<b>37365</b>	<b>GMO</b>		*			Açaí Powder, Organic	1 / 113g
858847 000680	<b>29023</b>	<b>GMO</b>		*	<b>@</b>		Cacao Nibs, Organic	1 / 227g
858847 000871	<b>21004</b>	<b>GMO</b>		*	<b>@</b>		Cacao Powder, Organic	1 / 227g
858847 000840	<b>21003</b>	<b>GMO</b>		*	<b>@</b>		Cacao Powder, Organic	1 / 454g
811961 021849	<b>21241</b>	<b>GMO</b>		*			Matcha Powder, Organic	1 / 85g
811961 023232	<b>24422</b>	<b>GMO</b>		*			SUPERFOOD+, Adaptogen Blend, Maca+Reishi+Ashwagandha, Organic	1 / 180g
811961 023249	<b>24423</b>	<b>GMO</b>		*			SUPERFOOD+, Berry Blend, Acai+Goji+Blueberry, Organic	1 / 150g
811961 023256	<b>24424</b>	<b>GMO</b>		*			SUPERFOOD+, Greens Blend, Moringa+Kale+Wheatgrass, Organic	1 / 180g
811961 021856	<b>21242</b>	<b>GMO</b>		*			Turmeric Powder, Organic	1 / 227g

### PRANA ORGANIC | FUNCTIONAL FOOD

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

### RED STAR | NUTRITIONAL YEAST

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

### SUNSORYA | SPIRULINA SPRINKLES

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

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

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## HERBS, SPICES, SEASONINGS & SALTS

### Culinary Juices

#### GINGER PEOPLE | GINGER JUICE

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

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

036192 127157 **06311** **GMO** **\*** 100% Lemon Juice, Organic 8 / 473ml U

036192 120820 **06314** **GMO** **\*** 100% Lime Juice, Organic 8 / 473ml U

036192 000191 **06308** **GMO** **\*** 100% Lemon Juice, Organic 6 / 946ml

036192 000207 **06309** **GMO** **\*** 100% Lime Juice, Organic 6 / 946ml

### Herbs, Spices, Seasoning Mixes & Salts

#### BRAGG | SPRINKLE SEASONING

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

#### CHA'S ORGANICS | SPICES

806253 000756 **12693** **GMO** **GF** **V** **\*** **@** ℞ X Cinnamon Quills, Ceylon, Organic (S/O) 6 / 25g

806253 000770 **91237** **GMO** **GF** **V** **\*** **@** ℞ X Clove, Whole, Organic (S/O) 6 / 25g

806253 000800 **91251** **GMO** **GF** **V** **\*** **@** ℞ X Ginger, Ground, Organic (S/O) 6 / 30g

806253 001463 **16794** **GMO** **GF** **V** **\*** **@** ℞ Turmeric, Ground, Organic (S/O) 6 / 150g

806253 000329 **91298** **GMO** **GF** **V** **\*** **@** ℞ X Cinnamon Quills, Ceylon, Organic (S/O) 1 / 350g

806253 000527 **70200** **GMO** **GF** **V** **\*** ℞ X Cumin, Ground, Organic (S/O) 1 / 500g

806253 000336 **91299** **GMO** **GF** **V** **\*** **@** ℞ X Ginger, Ground, Organic (S/O) 1 / 500g

806253 000466 **91317** **GMO** **GF** **V** **\*** **@** ℞ X Turmeric, Ground, Organic (S/O) 1 / 500g

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

069593 100849 **33484** ℞ Grey Sea Salt, Fine 12 / 500g

069593 100832 **33483** ℞ Grey Sea Salt, Coarse 12 / 1kg

069593 100887 **33488** ℞ Grey Sea Salt, Fine 1 / 10kg

#### MODERN PRODUCTS | SEASONINGS

075820 000004 **70450** **GF** Spike Seasoning 24 / 85g

075820 204082 **70451** **GF** Spike Seasoning 12 / 198g

#### REDMOND | REAL SALT

018788 905004 **15605** REAL SALT Ancient Seasalt, Fine (shaker) 6 / 284g

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

#### SIMPLY ORGANIC | PASTA SAUCE MIX

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

#### SIMPLY ORGANIC | BOTTLED SPICES & GRINDERS

089836 192080 **70789** **GMO** **\*** Basil Leaf, c/s Organic (glass bottle) 6 / 15g

089836 192240 **70358** **GMO** **\*** Cayenne Pepper, Organic (glass bottle) 6 / 71g

089836 192332 **70842** **GMO** **\*** Ceylon Cinnamon, Organic (glass bottle) 6 / 59g

089836 192257 **70359** **GMO** **\*** Chili Powder, Organic (glass bottle) 6 / 82g

089836 192363 **70840** **GMO** **\*** Chipotle Ground, Organic (glass bottle) 6 / 75g

089836 192110 **70791** **GMO** **\*** Cinnamon, Ground, Organic (glass bottle) 6 / 69g

089836 192486 **70804** **GMO** **\*** Coriander, Ground, Organic (glass bottle) 6 / 65g

089836 192127 **70792** **GMO** **\*** Cumin Seed, Ground, Organic (glass bottle) 6 / 65g

089836 192264 **70360** **GMO** **\*** Curry Powder, Organic (glass bottle) 6 / 85g

089836 092502 **70806** **GMO** **\*** Dill Weed, Organic (glass bottle) 6 / 23g

089836 192141 **70793** **GMO** **\*** Garlic Powder, Organic (glass bottle) 6 / 103g

089836 192479 **70803** **GMO** **\*** Garlic Salt, Organic (glass bottle) 6 / 113g

089836 192158 **70794** **GMO** **\*** Ginger Root, Ground, Organic (glass bottle) 6 / 46g

089836 192271 **70361** **GMO** **\*** Italian Seasoning, Organic (glass bottle) 6 / 22g

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U	
089836 192288	70362	GMO								*		6 / 79g							
089836 192165	70795	GMO								*		6 / 21g							
089836 192295	70363	GMO								*		6 / 74g							
089836 192097	70796	GMO								*		6 / 65.5g							
089836 192134	70798	GMO								*		6 / 45g							
089836 192196	70801	GMO								*		6 / 75g							G
089836 192189	70800	GMO								*		6 / 75g							G
089836 192103	70797	GMO								*		6 / 75g							
089836 192462	70802	GMO								*		6 / 55g							
089836 192493	70805	GMO								*		6 / 35g							
089836 192349	70839	GMO								*		6 / 77g							
089836 192318	70365	GMO								*		6 / 31g							
089836 192172	70799	GMO								*		6 / 46g							

## SIMPLY ORGANIC | SEASONING MIX

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

## SUNDHED | SEA SALT & PURE HIMALAYAN SALT

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

## BULK SEA SALT

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

### Caribbean

#### MAUREN'S | COOKING SAUCE

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

### Indian

See Frozen Entrées for Vij's

#### JYOTI NATURAL FOODS | INDIAN CUISINE

077502 016105	38545												Delhi Saag, Spinach & Mustard Greens w/ Ginger & Peppers (can)	12 / 425g					
077502 156153	38542												Madras Sambar, Lentils w/ Vegetables (can)	12 / 425g					
077502 036103	38546	GMO								*			Matar Paneer, Peas & Home Style Cheese (can)	12 / 425g					
077502 146154	38541	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	24902											P	Ghee, Grass Fed	12 / 400g					
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## Japanese

### ATLANTIC MARICULTURE | DULSE

067835 774056 **24200** GMØ \* + P Dulse, Organic 12 / 40g

### CANADIAN KELP RESOURCES | SEA VEGETABLES

776128 000030 **32851** BC P X Kombu 16 / 42g

776128 000047 **32850** BC P X Macro Kelp 16 / 21g

### EAT WHOLESOME | BEAN VERMICELLI

5060844 590285 **33631** P X Mung Bean Vermicelli (glass noodles) 20 / 180g

### EDEN | JAPANESE PRODUCTS

024182 003093 **24052** GMØ GF \* Gomasio, Seaweed, Organic 12 / 100g

024182 000481 **24069** GMØ GF Mirin, Rice Cooking Wine 12 / 300ml

024182 425901 **02119** GF Ume Plum Vinegar 12 / 296ml

024182 002188 **24067** Wasabi Powder, Japanese horseradish (contains genuine wasabi) 6 / 25g

### EDEN | SEA VEGETABLES

024182 157693 **24004** GF X Sushi Nori (7ct) 6 / 17g

### EDWARD & SONS | MISO SOUP

043182 000987 **38689** GF Miso-Cup, Japanese Restaurant Style - 3ct 6 / 82g

043182 000925 **38261** Miso-Cup, Traditional w/Tofu, Organic 12 / 36g

### GIMME ORGANIC | ROASTED SEAWEED

855463 005273 **24165** GMØ GF V \* X Roasted Seaweed, Sea Salt & Avocado Oil, Organic 12 / 9g G

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

### GIMME ORGANIC | ROASTED SEAWEED SNACKS

851093 004327 **24135** GMØ GF \* X Roasted Seaweed Snacks, Extra Virgin Olive Oil, Organic 8 / 6x5g G

851093 004303 **24136** GMØ GF \* X Roasted Seaweed Snacks, Sea Salt, Organic 8 / 6x5g G

851093 004310 **24137** GMØ GF \* X Roasted Seaweed Snacks, Teriyaki, Organic 8 / 6x5g G

851093 004662 **25163** GMØ GF \* X Roasted Seaweed Snacks, Sea Salt, Organic 12 / 10g G

851093 004693 **24169** GMØ GF \* X Roasted Seaweed Snacks, Teriyaki, Organic 12 / 10g G

### GIMME ORGANIC | ROASTED SUSHI NORI

851093 004372 **24164** GMØ GF V \* X Sushi Nori, Roasted, Organic (10ct) 12 / 23g

### GINGER PEOPLE | MINCED GINGER

734027 904064 **14196** GMØ GF \* Ginger, Minced (jar), Organic 12 / 190g

734027 904071 **14197** GMØ GF \* Ginger, Natural Pickled Sushi (jar), Organic 12 / 190g

### KOYO | JAPANESE PRODUCTS

021009 229025 **24019** Wasabi Powder 6 / 25g

### LOTUS FOODS | RICE RAMEN NOODLES

708953 622125 **39904** GMØ GF \* X Ramen Noodles, Jade Pearl Rice, Organic 6 / 283g

708953 622132 **39905** GMØ GF \* X Ramen Noodles, Millet & Brown Rice, Organic 6 / 283g

### MARUKAN | PONZU SAUCE

070641 066314 **24039** GMØ Ponzu, Yuzu 6 / 355ml

### MISHIMA | INSTANT SOUP

830757 000325 **38551** X Instant Hot and Sour Soup 12 / 27g

830757 000219 **38821** X Instant Miso Soup, Red 12 / 30g

830757 000233 **38822** X Instant Miso Soup, White 12 / 30g

830757 000226 **38655** X Instant Mixed Miso soup (red & white) 12 / 30g



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## 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	ℓ	Ramen Seasoning Sauce, Shio Tare	12 / 145ml			
628693 494052	<b>39188</b>								BC	ℓ	Ramen Seasoning Sauce, Shoyu Tare	12 / 145ml			

## NORA | SEAWEED SNACKS

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

## OCEAN'S HALO | THE SEAWEED SNACK

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

## OCEAN'S HALO | SUSHI NORI

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

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

## SOBAYA | PASTA

057443 307029	<b>30160</b>	<del>GMO</del>							*	+	Soba, Kamut and Buckwheat, Organic	12 / 230g			
057443 309023	<b>30169</b>	<del>GMO</del>							*	+	Soba, Spelt and Buckwheat, Organic	12 / 230g			
057443 309047	<b>30154</b>	<del>GMO</del>							*	+	Udon, Spelt, Organic	12 / 230g			

## Mediterranean

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

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

### HABIBI'S MEDITERRANEAN | LEBANESE GARLIC SAUCE

683830 019369	<b>14323</b>								BC	ℓ	Toum - Lebanese Garlic Sauce & Spread	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 212861	<b>37825</b>	GMO		GF		*		BC	P	X			12	/ 130g					
068826 212854	<b>37824</b>	GMO		GF		*		BC	P	X			12	/ 130g					

## Thai

### BLUE MONKEY | COCONUT CREAM & MILK

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

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

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

### CHA'S ORGANICS | THAI CURRY PASTE

806253 786223	<b>12732</b>	GMO				*			P			6	/ 55g						
806253 786209	<b>12730</b>	GMO				*			P			6	/ 55g						
806253 786216	<b>12731</b>	GMO				*			P			6	/ 55g						

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

043182 005258	<b>02246</b>	GMO				*						6	/ 200g						
043182 022057	<b>24099</b>	GMO				*						6	/ 195ml						
043182 002103	<b>24098</b>	GMO				*						12	/ 398ml						

### LOTUS FOODS | RICE NOODLES

708953 641133	<b>39903</b>	GMO		GF		*						8	/ 227g						
708953 641126	<b>39902</b>	GMO		GF		*						8	/ 227g						

### NATIVE FOREST | CANNED VEGETABLES & JACKFRUIT

043182 008341	<b>10431</b>	GMO				*						6	/ 400g						
043182 018692	<b>10398</b>	GMO				*						6	/ 398ml						
043182 008365	<b>10214</b>	GMO				*						6	/ 227g						

### NATIVE FOREST | COCONUT MILK

043182 012089	<b>24008</b>	GMO				*						12	/ 398ml						
043182 012010	<b>24097</b>	GMO	B			*						6	/ 2.84L						

### OCEAN'S HALO | SPRING ROLL WRAPS

811670 032174	<b>10571</b>	GMO				V	*					12	/ 120g						
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### THAI KITCHEN | COCONUT CREAM & MILK

737628 011766	<b>14958</b>	GMO		GF								6	/ 400ml						
737628 011575	<b>14936</b>	GMO										6	/ 750ml						
737628 011605	<b>14931</b>	GMO										12	/ 400ml						
737628 011551	<b>14937</b>	GMO										6	/ 750ml						
737628 082506	<b>14932</b>	GMO				*						12	/ 400ml						
737628 011506	<b>14930</b>	GMO										12	/ 400ml						
737628 060504	<b>14424</b>	GMO										24	/ 160ml						
737628 079506	<b>14933</b>	GMO				*						12	/ 400ml						

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## THAI KITCHEN | PASTE & SAUCE

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

## THAI KITCHEN | RICE NOODLES

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

### BOB'S RED MILL | TEXTURED VEGETABLE PROTEIN

039978 001290	02556											X TVP (Textured Vegetable Protein)	4 / 340g				
039978 105424	20172		B	GF								X TVP (Textured Vegetable Protein)	1 / 251bs				

### HOME GROWN LIVING FOODS | EASY MAGIC MIX

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

### Dried Fruit

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

039978 335784	02053	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				
043182 015226	02264	GMO		GF			*					Coconut Flakes, Unsweetened, Organic	12 / 200g				

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

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

#### MORNIN' GLORY | PRUNES

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

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

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

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U	
662166 551446	<b>18204</b>	GMO					*	+		P		8 / 113g						G	
662166 551361	<b>18234</b>	GMO					*	+		P		8 / 85g						G	
												<b>Buy 12+ cases</b>						<b>Save 15%</b>	
<b>PRANA ORGANIC   DRIED FRUIT</b>																			
877693 000224	<b>18111</b>	GMO		GF			*			P		6 / 250g							
877693 000217	<b>18155</b>	GMO		GF			*			P		6 / 250g							
877693 000187	<b>18110</b>	GMO		GF			*			P		6 / 200g							
877693 001450	<b>18152</b>	GMO		GF			*			P		6 / 150g							
877693 001405	<b>18171</b>	GMO		GF			*			P		6 / 250g							
877693 000279	<b>18154</b>	GMO		GF			*			P		6 / 250g							
877693 000194	<b>26139</b>	GMO					*			P	X	6 / 300g							
	<b>60130</b>											1 / ea							

## TRIPLE JIM'S | ORGANIC DRIED FRUIT

059105 051707	<b>36658</b>	GMO					*		BC	P		24 / 70g						G
059105 050755	<b>36657</b>	GMO					*		BC	P		24 / 75g						G

## Nuts & Seeds

### BOB'S RED MILL | SEEDS

039978 308443	<b>34207</b>	GMO		GF			*			X		5 / 340g						
039978 339379	<b>02019</b>	GMO		GF			*			X		4 / 453g						
039978 333308	<b>34048</b>	GMO		GF						X		4 / 453g						
039978 343307	<b>34054</b>	GMO		GF						X		4 / 907g						
039978 336200	<b>34202</b>	GMO		GF						X		4 / 368g						

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

628110 072085	<b>16270</b>	GMO					*		BC	P	X	8 / 120g						
628110 072450	<b>16301</b>	GMO					*		BC	P	X	8 / 120g						
628110 072405	<b>16300</b>	GMO					*		BC	P	X	8 / 120g						
628110 072108	<b>16271</b>	GMO					*		BC	P	X	8 / 120g						
628110 072092	<b>16273</b>	GMO					*		BC	P	X	8 / 130g						
628110 072122	<b>16272</b>	GMO					*		BC	P	X	8 / 100g						
628110 072993	<b>16274</b>	GMO					*		BC	P	X	8 / 100g						G

### MANITOBA HARVEST | HEMP SEED

697658 201554	<b>37352</b>	GMO						+		P		8 / 227g						
697658 000034	<b>36352</b>	GMO		GF				+		P		12 / 60g						
697658 000010	<b>36348</b>	GMO		GF				+		P		8 / 227g						
697658 201196	<b>37349</b>	GMO		GF				+		P		6 / 454g						
697658 410765	<b>37351</b>	GMO		GF				+		P		6 / 700g						
697658 691164	<b>37026</b>	GMO	B	GF				+		P		1 / 2.27kg						
697658 000072	<b>37197</b>	GMO		GF			*	+		P		8 / 200g						
697658 220012	<b>36907</b>	GMO		GF			*	+		P		6 / 340g						
697658 691157	<b>37140</b>	GMO	B	GF			*	+		P		1 / 2.27kg						

### PRANA ORGANIC | NUTS & SEEDS

877693 002884	<b>26145</b>	GMO		GF			*			P		6 / 200g						
877693 002891	<b>26146</b>	GMO		GF			*			P		6 / 200g						
877693 000170	<b>26130</b>	GMO		GF			*			P		6 / 250g						
877693 001344	<b>26132</b>	GMO		GF			*			P		6 / 180g						
877693 000200	<b>26128</b>	GMO		GF			*			P		6 / 180g						





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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
<b>MANITOBA HARVEST   HEMP SEED OIL</b>																		
697658 200014	<b>36603</b>	GMO						*	+	P		12 / 250ml						
697658 000027	<b>36353</b>	GMO							+	P		12 / 355ml						
697658 201615	<b>36351</b>	GMO							+	P		6 / 500ml						
697658 200021	<b>36897</b>	GMO						*	+	P		6 / 500ml						
<b>NORTH PRAIRIE GOLD   OIL</b>																		
628451 482055	<b>20236</b>	GMO							+	P		12 / 500ml						
<b>NUTIVA   OIL</b>																		
692752 108938	<b>15209</b>	GMO						*				6 / 236ml						
692752 106927	<b>30673</b>	GMO						*				6 / 414ml						
692752 105418	<b>30667</b>	GMO						*				6 / 860ml						
692752 106804	<b>30672</b>	GMO						*				4 / 3.79L						
692752 200014	<b>30661</b>	GMO						*				12 / 444ml						
692752 200021	<b>30662</b>	GMO						*				6 / 860ml						
692752 200052	<b>30663</b>	GMO						*				6 / 1.6L						
692752 108273	<b>30685</b>	GMO						*				6 / 1.6L						
<b>OIL   OIL</b>																		
810042 990210	<b>32321</b>	GMO										6 / 250ml						
810042 990227	<b>32322</b>	GMO										4 / 750ml						
<b>OMEGA NUTRITION   OIL</b>																		
055358 350024	<b>85050</b>	GMO		GF				*		P		6 / 454g						
055358 350031	<b>85051</b>	GMO		GF				*		P		6 / 908g						
055358 350055	<b>28047</b>	GMO	B	GF				*		P		4 / 3.17kg						
055358 351014	<b>28031</b>	GMO		GF				*		P		6 / 283g						
055358 351021	<b>85052</b>	GMO		GF				*		P		6 / 454g						
055358 670009	<b>85048</b>	GMO		GF				*		P		12 / 355ml						
<b>SPECTRUM   OIL</b>																		
<b>Refined Oils</b>																		
022506 255104	<b>28024</b>	GMO										6 / 236ml						
022506 155305	<b>28187</b>	GMO										6 / 236ml						
022506 471757	<b>28175</b>	GMO						*				6 / 750ml						
022506 974692	<b>28022</b>	GMO						*				12 / 414ml						
022506 062900	<b>28026</b>	GMO						*				6 / 473ml						
022506 068803	<b>28028</b>	GMO										6 / 473ml						
<b>Unrefined Oils</b>																		
022506 135642	<b>28044</b>	GMO						*				6 / 857ml						
022506 662001	<b>28025</b>	GMO						*				6 / 473ml						
022506 721753	<b>28135</b>	GMO						*				6 / 750ml						
022506 063303	<b>28027</b>	GMO										6 / 473ml						
022506 022041	<b>28136</b>	GMO						*				6 / 946ml						
<b>SPECTRUM   SPRAY OIL</b>																		
022506 065604	<b>28107</b>											6 / 170g						
022506 265813	<b>28127</b>											6 / 170g						
<b>TERRA DELYSSA   OLIVE OIL</b>																		
6191509 903641	<b>05223</b>	GMO		GF								6 / 500ml						
6191509 903726	<b>05229</b>	GMO		GF				*				6 / 500ml						
6191509 903719	<b>05220</b>	GMO		GF				*				6 / 750ml						
6191509 903627	<b>05228</b>	GMO		GF								6 / 1L						
6191509 903702	<b>05221</b>	GMO		GF				*				6 / 1L						
<b>UNICO   OLIVE OIL</b>																		
067800 002214	<b>28033</b>											6 / 3L						

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

## PACKAGED MEALS & SIDE DISHES

### DAIYA | DAIRY-FREE MAC & CHEESE

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

### LUNDBERG FAMILY FARMS | ENTREES & SIDES

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

## PASTAS

### Pastas

See Cooler & International Cuisine Sections for more

#### BIOITALIA | PASTA

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

#### JOVIAL | ITALIAN PASTA

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

#### KASLO SOURDOUGH PASTA | PASTA FERMENTATA

779605 022730	<b>42186</b>	<b>GMO</b>						<b>BC</b>	<b>℞</b>	<b>X</b> PASTA FERMENTATA, Macaroni	12	/ 227g					
779605 022716	<b>42187</b>	<b>GMO</b>						<b>BC</b>	<b>℞</b>	<b>X</b> PASTA FERMENTATA, Radiatori, Classic	12	/ 227g					
779605 022747	<b>42190</b>	<b>GMO</b>						<b>BC</b>	<b>℞</b>	<b>X</b> PASTA FERMENTATA, Radiatori, Whole Wheat	12	/ 227g					
779605 022723	<b>42188</b>	<b>GMO</b>						<b>BC</b>	<b>℞</b>	<b>X</b> PASTA FERMENTATA, Rotini	12	/ 227g					
779605 332273	<b>42189</b>	<b>GMO</b>						<b>BC</b>	<b>℞</b>	<b>X</b> PASTA FERMENTATA, Spaghetti	12	/ 227g					

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
779605 336448	42192	GMO										12 / 454g						
779605 336400	42178	GMO										12 / 454g						
779605 337407	42183	GMO										12 / 454g						
779605 336424	42179	GMO										12 / 454g						
779605 330071	42191	GMO										12 / 454g						

## RIZOPIA | RICE PASTA

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

## TINKYADA | RICE PASTA

621683 920555	30903			GF				+				12 / 454g						
621683 010553	30930	GMO		GF		*		+				12 / 340g						
621683 920258	30901			GF				+				12 / 397g						
621683 920654	30037			GF				+				12 / 454g						
621683 921354	30908			GF				+				12 / 283g						
621683 011352	30925	GMO		GF		*		+				12 / 280g						
621683 911454	30918			GF				+				12 / 397g						
621683 921156	30907			GF				+				12 / 454g						
621683 021153	30922	GMO		GF		*		+				12 / 340g						
621683 920753	30924			GF				+				12 / 454g						
621683 920159	30900			GF				+				12 / 454g						
621683 020156	30920	GMO		GF		*		+				12 / 340g						
621683 520151	30916			GF				+				12 / 454g						
621683 921255	30902			GF				+				12 / 454g						
621683 021252	30921	GMO		GF		*		+				12 / 340g						
621683 721251	30923			GF				+				12 / 340g						
621683 021146	30039	GMO	B	GF		*		+				2 / 2.27kg						
621683 020149	90312	GMO	B	GF		*		+				2 / 2.27kg						
621683 021245	30038	GMO	B	GF		*		+				2 / 2.27kg						

## PET CARE

### Clean up Products

#### ECOPOOCH | COMPOSTABLE DOGGIE BAGS

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

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

#### HAPPY PAWS | CAT & DOG FOOD

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



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## HEALTHY SHORES | CANNED SEAFOOD FOR CATS & DOGS

810757 001416	<b>48210</b>	BC	P	Cat Food, Minced, Albacore Tuna	24 / 100g	G	P
810757 001423	<b>48211</b>	BC	P	Cat Food, Minced, Pacific Hake	24 / 100g	G	P
810757 001409	<b>48213</b>	BC	P	Cat Food, Minced, Wild Salmon	24 / 100g	G	P
810757 001515	<b>48214</b>	BC	P	Cat Food, Pate, Albacore Tuna	24 / 100g	G	P
810757 001522	<b>48215</b>	BC	P	Cat Food, Pate, Pacific Hake	24 / 100g	G	P
810757 001508	<b>48217</b>	BC	P	Cat Food, Pate, Wild Salmon	24 / 100g	G	P
810757 001119	<b>48222</b>	BC	P	Dog Food, Albacore Tuna	24 / 170g	G	P
810757 001126	<b>48223</b>	BC	P	Dog Food, Pacific Hake	24 / 170g	G	P
810757 001102	<b>48225</b>	BC	P	Dog Food, Wild Salmon	24 / 170g	G	P
810757 001010	<b>48218</b>	BC	P	Dog Food, Albacore Tuna	12 / 397g	G	P
810757 001027	<b>48219</b>	BC	P	Dog Food, Pacific Hake	12 / 397g	G	P
810757 001829	<b>48226</b>	BC	P	NOOTKA PURE Supplemental Food, 100% Albacore Tuna, Soft Bones & Meat	24 / 160g	G	P
810757 001812	<b>48227</b>	BC	P	NOOTKA PURE Supplemental Food, 100% Black Cod Liver Pate	24 / 100g	G	P
810757 001805	<b>48228</b>	BC	P	NOOTKA PURE Supplemental Food, 100% Wild Salmon, Soft Bones & Meat	24 / 170g	G	P

## LICK YOUR CHOPS | CAT & DOG FOOD

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

## SNACK 21 | DOG & CAT SNACKS

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

## YAPPETIZERS TREAT COMPANY | DOG AND CAT TREATS

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

## Health Products

### BACH REMEDIES | RESCUE PET FORMULA

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

### SIMPLY ORGANIC | DIP MIX

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

#### CLIF | BLOKS ENERGY CHEWS

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

#### CLIF | ENERGY & SNACK BARS

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

#### CLIF | PERFORMANCE & SNACK BARS

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

#### GOMACRO | MACROBAR

853555 006689	<b>10910</b>	GMO		GF		V	*				X MACROBAR Everlasting Joy - coconut + almond butter + chocolate chips, Organic	12 / 65g				G
810039 910115	<b>10912</b>	GMO		GF		V	*				X MACROBAR Heartwarming Retreat - oatmeal chocolate chip, Organic	12 / 65g				G
181945 000154	<b>10908</b>	GMO		GF		V	*				X MACROBAR Prolonged Power - banana + almond butter, Organic	12 / 65g				G
853555 006412	<b>10914</b>	GMO		GF		V	*				X MACROBAR Protein Decadence - dark chocolate + almonds, Organic	12 / 65g				G
181945 000062	<b>10900</b>	GMO		GF		V	*				X MACROBAR Protein Pleasure - peanut butter chocolate chip, Organic	12 / 65g				G

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181945 000147	<b>10905</b>	GMO		GF	V	*				X		MACROBAR Protein Replenishment - peanut butter, Organic	12 / 65g					G
810039 910085	<b>10911</b>	GMO		GF	V	*				X		MACROBAR Pure Promise - maple sea salt, Organic	12 / 65g					G
810039 910146	<b>10913</b>	GMO		GF	V	*				X		MACROBAR Smooth Sanctuary - double chocolate + peanut butter chips, Organic	12 / 65g					G

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

687456 993423	<b>64138</b>	GMO		GF	V		+			P	X	Blondies, Chocolate Chip	6 / 2x20g					G
687456 993416	<b>64137</b>	GMO		GF	V		+			P	X	Brownies, Double Chocolate	6 / 2x20g					G
687456 924885	<b>64116</b>	GMO		GF	V		+			P	X	Bars, Cinnamon Pecan	9 / 40g					G
687456 924908	<b>64117</b>	GMO		GF	V		+			P	X	Bars, Double Chocolate	9 / 40g					G
687456 924892	<b>64115</b>	GMO		GF	V		+			P	X	Bars, Raspberry Lemon	9 / 40g					G
687456 924878	<b>64114</b>	GMO		GF	V		+			P	X	Bars, Vanilla Almond	9 / 40g					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					X Keto Bar, Chocolate Chip	12 / 40g					G
627561 000814	<b>07361</b>						V					X Keto Bar, Coconut Cocoa	12 / 40g					G
												<b>Buy 20-39 cases</b>	<b>Save 2.00</b>					
												<b>Buy 40-59 cases</b>	<b>Save 3.60</b>					
												<b>Buy 60+ cases</b>	<b>Save 4.50</b>					

## ALGI | IMPACT BAR

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

## KIND | NUT BAR

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

## LOVE GOOD FATS | KETO BAR

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

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628055 997009	<b>11502</b>	GMØ									+ P X	X Keto Bar, Coconut Chocolate Chip	12 / 39g		G
840659 000118	<b>11507</b>	GMØ									+ P X	X Keto Bar, Lemon Mousse	12 / 39g		G
628055 997115	<b>11500</b>	GMØ									+ P X	X Keto Bar, Mint Chocolate Chip	12 / 39g		G
628055 997030	<b>11503</b>	GMØ									+ P X	X Keto Bar, Peanut Butter Chocolatey	12 / 39g		G
												<b>Buy 10-19 cases</b>	<b>Save 1.80</b>		
												<b>Buy 20-49 cases</b>	<b>Save 2.40</b>		
												<b>Buy 50+ cases</b>	<b>Save 3.00</b>		

## PROBAR | NUTRITIONAL FOOD BAR

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

## ZIMT | MACAROONS

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

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

892773 000215	<b>59508</b>	GMØ		GF							+ X	BOOMCHICKAPOP, Popcorn, Lightly Sweet	8 / 142g		G
818780 015356	<b>59516</b>			GF							+ X	BOOMCHICKAPOP, Popcorn, Real Butter	8 / 125g		G
018780 090050	<b>59501</b>	GMØ		GF							+ X	BOOMCHICKAPOP, Popcorn, Sea Salt	12 / 35g		G
892773 000246	<b>59504</b>	GMØ		GF							+ X	BOOMCHICKAPOP, Popcorn, Sea Salt	8 / 136g		G
018780 110949	<b>59502</b>	GMØ		GF							+ X	BOOMCHICKAPOP, Popcorn, Sweet & Salty Kettle Corn	12 / 64g		G
892773 000208	<b>59513</b>	GMØ		GF							+ X	BOOMCHICKAPOP, Popcorn, Sweet & Salty Kettle Corn	8 / 198g		G
818780 013123	<b>59512</b>			GF							+ X	BOOMCHICKAPOP, Puffs, Sweet Chili	12 / 170g		G
818780 010627	<b>59503</b>			GF							+ X	BOOMCHICKAPOP, Puffs, White Cheddar	12 / 50g		G
818780 012935	<b>59518</b>			GF							+ X	BOOMCHICKAPOP, Puffs, White Cheddar	12 / 170g		G

### BARBARA'S BAKERY | CHEESE PUFFS

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

### GLUTINO | PRETZELS

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

### HARDBITE | HANDCRAFTED STYLE CHIPS

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



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
673513 091508	<b>37516</b>	GMO									BC P X	15 / 150g						G
673513 011506	<b>36413</b>	GMO									BC P X	15 / 150g						G
673513 107506	<b>36428</b>	GMO									BC P X	15 / 150g						G
673513 106509	<b>36425</b>	GMO									BC P X	15 / 150g						G
673513 108503	<b>36429</b>	GMO									BC P X	15 / 150g						G
673513 101108	<b>37515</b>	GMO									BC P X	15 / 150g						G
673513 041503	<b>36417</b>	GMO									BC P X	15 / 150g						G
673513 113552	<b>37638</b>	GMO									BC P X	15 / 150g						G
673513 118557	<b>36422</b>	GMO									BC P X	15 / 150g						G
673513 112555	<b>37637</b>	GMO									BC P X	15 / 150g						G
673513 111558	<b>37518</b>	GMO									BC P X	15 / 150g						G
673513 114559	<b>37749</b>	GMO									BC P X	15 / 150g						G
673513 120550	<b>36451</b>	GMO									BC P X	15 / 150g						G
673513 117550	<b>36423</b>	GMO									BC P X	15 / 150g						G
673513 121557	<b>36453</b>	GMO									BC P X	15 / 150g						G
673513 501908	<b>36457</b>	GMO		GF							BC P X	12 / 275g						G
673513 501809	<b>36456</b>	GMO		GF							BC P X	12 / 275g						G

## HUMBLE | ORGANIC POTATO CHIPS

628678 211247	<b>34309</b>	GMO				*		+	P	X		12 / 135g						G
628678 211261	<b>34310</b>	GMO				*		+	P	X		12 / 135g						G
628678 211353	<b>34311</b>	GMO				*		+	P	X		12 / 135g						G
628678 211223	<b>34307</b>	GMO				*		+	P	X		12 / 135g						G
628678 211230	<b>34308</b>	GMO				*		+	P	X		12 / 135g						G
628678 211216	<b>34306</b>	GMO				*		+	P	X		12 / 135g						G

## INDIANLIFE | CHIPS & SAVOURY SNACKS

777762 004293	<b>37601</b>	GMO									BC P X	12 / 170g						G
777762 004378	<b>10073</b>	GMO									BC P X	12 / 170g						G
777762 004330	<b>58045</b>	GMO									BC P X	8 / 200g						G
777762 004323	<b>58046</b>	GMO									BC P X	8 / 200g						G

## KETTLE BRAND | POTATO CHIPS

084114 902894	<b>39240</b>			GF							X	24 / 56g						G
084114 902696	<b>39239</b>			GF							X	24 / 56g						G
084114 902900	<b>39242</b>	GMO		GF							X	24 / 56g						G
084114 902887	<b>39241</b>	GMO		GF							X	24 / 56g						G
084114 902917	<b>39243</b>	GMO		GF							X	12 / 156g						G
084114 902924	<b>39244</b>	GMO		GF							X	12 / 156g						G
084114 902726	<b>39220</b>			GF							X	12 / 198g						G
084114 902931	<b>39222</b>			GF							X	12 / 198g						G
084114 902764	<b>39223</b>	GMO		GF							X	12 / 198g						G
084114 902801	<b>39224</b>	GMO		GF							X	12 / 198g						G
084114 902702	<b>39226</b>	GMO		GF							X	12 / 198g						G
084114 902832	<b>39232</b>	GMO		GF							X	12 / 198g						G
084114 902825	<b>39229</b>	GMO		GF							X	12 / 198g						G
084114 902788	<b>39231</b>	GMO		GF							X	12 / 198g						G
084114 902719	<b>39227</b>	GMO		GF							X	12 / 198g						G
084114 902757	<b>39228</b>			GF							X	12 / 198g						G
084114 902740	<b>39221</b>			GF							X	12 / 198g						G
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

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## LUNDBERG | RICE CAKE MINIS

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

## NOOCHPOP! | VEGAN CHEESY POPCORN

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

## POPTASTIC | POPCORN

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

## QUE PASA | TORTILLA CHIPS

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

## RICEWORKS | GOURMET RICE CHIPS

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

## SENSIBLE PORTIONS | GARDEN VEGGIE STRAWS & CHIPS

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

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## SKIPPY'S KETTLE CORN

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

## VEGAN ROB'S | PLANT BASED SNACKS

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

## Chocolate

### ALTER ECO | CHOCOLATE BARS

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

### CAMINO | CHOCOLATE BARS

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

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<b>DIVINE   CHOCOLATE BARS</b>																			
852749 004074	<b>35606</b>				V		@			X		12 / 85g							G
852749 004067	<b>35601</b>	GMO			V		@			X		12 / 85g							G
852749 004050	<b>35608</b>	GMO			V		@			X		12 / 85g							G
852749 004081	<b>35605</b>	GMO			V		@			X		12 / 85g							G
852749 004043	<b>35600</b>	GMO			V		@			X		12 / 85g							G
852749 004036	<b>35607</b>	GMO			V		@			X		12 / 85g							G
852749 004012	<b>35602</b>						@			X		12 / 85g							G
852749 004029	<b>35604</b>						@			X		12 / 85g							G
852749 004791	<b>35603</b>						@			X		12 / 85g							G
<b>ENDANGERED SPECIES   CHOCOLATE BARS</b>																			
037014 242379	<b>36219</b>	GMO		GF	V		@			X		12 / 85g							G
037014 000528	<b>37745</b>	GMO		GF			@			X		12 / 85g							G
037014 242287	<b>36213</b>	GMO		GF	V		@			X		12 / 85g							G
037014 000139	<b>37450</b>	GMO		GF	V		@			X		12 / 85g							G
037014 242478	<b>36661</b>	GMO		GF	V		@			X		12 / 85g							G
037014 242263	<b>36212</b>	GMO		GF	V		@			X		12 / 85g							G
037014 100136	<b>37451</b>	GMO		GF			@			X		12 / 85g							G
037014 242300	<b>36221</b>	GMO		GF	V		@			X		12 / 85g							G
037014 242317	<b>36216</b>	GMO		GF			@			X		12 / 85g							G
<b>FREE2B   ALLERGEN-FREE CHOCOLATE CUPS</b>																			
687785 001400	<b>43121</b>	GMO		GF						P	X	12 / 40g							G
687785 001417	<b>43120</b>	GMO		GF						P	X	12 / 40g							G
687785 001424	<b>43122</b>	GMO		GF						P	X	12 / 30g							G
687785 001240	<b>43128</b>	GMO		GF						P	X	8 / 119g							G
687785 001233	<b>43127</b>	GMO		GF						P	X	8 / 119g							G
<b>HUMMINGBIRD CHOCOLATE MAKER   BEAN TO BAR CHOCOLATE</b>																			
628451 966173	<b>57107</b>									+	P	X	12 / 60g						G
628451 966074	<b>57103</b>									+	P	X	12 / 60g						G
628451 966104	<b>57104</b>									+	P	X	12 / 60g						G
628451 966142	<b>57109</b>									+	P	X	12 / 60g						G
628451 966371	<b>57102</b>									+	P	X	12 / 60g						G
875132 000132	<b>57110</b>									+	P	X	12 / 32g						G
628451 966180	<b>57105</b>									+	P	X	12 / 60g						G
<b>JUSTIN'S   NUT BUTTER CUPS</b>																			
840379 153668	<b>10562</b>	GMO		GF		*						6 / 120g							G
840379 128451	<b>10563</b>	GMO		GF		*						6 / 120g							G
840379 188455	<b>10561</b>	GMO		GF		*				X		12 / 40g							G
840379 100051	<b>10560</b>	GMO		GF		*				X		12 / 40g							G
<b>KIND   CHOCOLATE DIPPED CLUSTERS</b>																			
602652 430527	<b>39342</b>									X		8 / 113g							G
602652 430503	<b>39343</b>									X		8 / 113g							G
602652 430558	<b>39344</b>									X		8 / 113g							G



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
<b>PRANA ORGANIC   CHOCOLATE TREATS</b>																		
877693 003331	26151	GMO		GF			*	@	+	P	X	CHIC CHOC Bites, Chocolate Caramel, Organic	8 / 125g					G
877693 003355	26153	GMO		GF			*	@	+	P	X	CHIC CHOC Bites, Double Chocolate, Organic	8 / 125g					G
877693 003348	26152	GMO		GF			*		+	P	X	CHIC CHOC Bites, Vanilla Almond, Organic	8 / 125g					G
877693 003195	26086	GMO		GF			*	@	+	P	X	Chocolate Barks, Algarve (almonds & sea salt), Organic	8 / 100g					G
877693 003201	26087	GMO		GF			*	@	+	P	X	Chocolate Barks, Carazel (caramelized nuts & sea salt), Organic	8 / 100g					G
877693 003232	26091	GMO		GF			*	@	+	P	X	Chocolate Barks, Matcha Magic (sesame, crispy rice & matcha), Organic	8 / 100g					G
877693 003225	26089	GMO		GF			*	@	+	P	X	Chocolate Barks, No Mylk'n hazelnuts & crispy rice, Organic	8 / 95g					G
	60130											Empty Racks (S/O)	1 / ea					
<b>THEO   CHOCOLATE</b>																		
874492 002411	11981	GMO					*	@				X Dark Chocolate 85%, Pure Dark, Organic	12 / 85g					G
874492 002459	11978	GMO					*	@				X Dark Chocolate 70%, Salted Almond, Organic	12 / 85g					G
874492 003258	11993	GMO					*	@				X Dark Chocolate 70%, Sea Salt, Organic	12 / 85g					G
874492 004200	11995	GMO					*	@				X Dark Chocolate 70%, Coffee Toffee, Organic	12 / 85g					G
874492 002633	11987	GMO					*	@				X Dark Chocolate 70%, Coconut, Organic	12 / 85g					G
874492 002534	11985	GMO					*	@				X Dark Chocolate 70%, Mint, Organic	12 / 85g					G
874492 002558	11986	GMO					*	@				X Dark Chocolate 70%, Orange, Organic	12 / 85g					G
874492 003814	11994	GMO					*	@				X Dark Chocolate 55%, Salted Toffee, Organic	12 / 85g					G
874492 005405	11997	GMO					*	@				X Extra Dark Chocolate 85%, Salted Cashew, Organic	12 / 85g					G
874492 005375	11996	GMO					*	@				X Milk Chocolate 45%, Hazelnut Crisp, Organic	12 / 85g					G
874492 002374	11979	GMO					*	@				X Milk Chocolate 45%, Pure Milk, Organic	12 / 85g					G
874492 002510	11984	GMO					*	@				X Milk Chocolate 45%, Salted Almond, Organic	12 / 85g					G
												<b>Buy 15+ cases</b>	<b>Save 7.02</b>					
874492 003210	11991	GMO					*	@				X Peanut Butter Cups, Dark Chocolate	12 / 38g					G
874492 003227	11992	GMO					*	@				X Peanut Butter Cups, Milk Chocolate	12 / 38g					G
												<b>Buy 15+ cases</b>	<b>Save 4.21</b>					
<b>ZAZUBEAN   CHOCOLATE BARS</b>																		
872227 000947	14772	GMO					*	@		P	X	Coconut Sugar, Coconut Milk Breezy - Cashew & Hazelnut, Organic	12 / 85g					G
872227 000367	14742	GMO					*	@		P	X	Coconut Sugar, Coconut Milk Punch - Pineapple & Coconut, Organic	12 / 85g					G
872227 000206	14739	GMO					*	@		P	X	Coconut Sugar, Coconut Milk Sassy - Pomegranate & Hazelnut, Organic	12 / 85g					G
872227 000343	14750	GMO					*	@		P	X	Coconut Sugar, Dark Buff - Strong Dark Chocolate (90% Cacao), Organic	12 / 85g					G
872227 000244	14741	GMO					*	@		P	X	Coconut Sugar, Dark Kiki - Fig & Sea Salt (65% Cacao), Organic	12 / 85g					G
872227 000183	14738	GMO					*	@		P	X	Coconut Sugar, Dark Nudie - Extra Dark Chocolate (80% Cacao), Organic	12 / 85g					G
872227 000220	14740	GMO					*	@		P	X	Coconut Sugar, Dark Saltry - Sea Salt & Almonds (65% Cacao), Organic	12 / 85g					G
872227 000145	07189	GMO					*	@		P	X	Grass Fed Milk Chocolate, Smooch - Vanilla Caramel Crunch, Organic	12 / 85g					G
872227 001098	14751	GMO					*	@		P	X	Oat Milk Chocolate, Bestie - Almond Toffee Crunch, Organic	12 / 85g					G
872227 000107	14737	GMO					*	@		P	X	Superfood, Cheeky - Salted Toffee & Banana w/Maca (70% Cacao), Organic	12 / 85g					G
872227 000060	14734	GMO					*	@		P	X	Superfood, Flirt - Raspberry & Cherry w/Acai (70% Cacao), Organic	12 / 85g					G
872227 000015	14733	GMO					*	@		P	X	Superfood, Hottie - Chili & Cinnamon w/Yerba Mate (71% Cacao), Organic	12 / 85g					G
872227 000046	14731	GMO					*	@		P	X	Superfood, Lunatic - Mint & Cocoa Nibs w/Maca (73% Cacao), Organic	12 / 85g					G

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	🇨🇦	X	PACK	SIZE				G	P	U	
872227 000169	14732	GMO					*	@	🇨🇦	X		12 / 85g							G
872227 000084	14735	GMO					*	@	🇨🇦	X		12 / 85g							G
872227 000121	14736	GMO					*	@	🇨🇦	X		12 / 85g							G
872227 000602	14763							@	🇨🇦	X		12 / 80g							G
872227 000541	14760							@	🇨🇦	X		12 / 80g							G
872227 000640	14765							@	🇨🇦	X		12 / 80g							G
872227 000626	14764							@	🇨🇦	X		12 / 80g							G

## ZORAW CHOCOLATES | FUNCTIONAL CHOCOLATE BARS

628678 987074	27024							+	🇨🇦	X		12 / 52g							G
627987 164503	27020							+	🇨🇦	X		12 / 52g							G
628678 987036	27023							+	🇨🇦	X		12 / 52g							G
627987 164527	27022							+	🇨🇦	X		12 / 52g							G
627987 164510	27021							+	🇨🇦	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					*	+	🇨🇦	X		12 / 30g							G
628371 190313	35120	GMO					*	+	🇨🇦	X		12 / 30g							G
628371 190320	35121	GMO					*	+	🇨🇦	X		12 / 30g							G
628371 190306	35122	GMO					*	+	🇨🇦	X		12 / 30g							G

### DANDIES | VEGAN MARSHMALLOWS

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

### DEEBEE'S ORGANICS | FREEZER POPS

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

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## EFRUTI | FRUIT JUICE GUMMI CANDIES

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

## THE GINGER PEOPLE | GINGER CANDY

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

## GOBIO! | CANDY

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

## HUER | NATURAL CANDY

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

## PANDA | LICORICES

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

## PATIENCE FRUIT & CO | SOUR CRAN DRIED CRANBERRIES

662166 557028	18556	GMO								+	P	X SOUR CRAN, Sour Cherry	12 / 60g				G
662166 557011	18555	GMO								+	P	X SOUR CRAN, Sour Peach	12 / 60g				G
662166 557042	18558	GMO								+	P	X SOUR CRAN, Sour Raspberry	12 / 60g				G
662166 557035	18557	GMO								+	P	X SOUR CRAN, Sour Strawberry	12 / 60g				G
662166 557059	18559	GMO								+	P	X SOUR CRAN, Sour Watermelon	12 / 60g				G

**Buy 15+ cases**

**Save 25%**

## Snack Foods

### EDEN | PACKAGED SNACK FOOD

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

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

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

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

## ORIGO | FREEZE DRIED FRUIT

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

## PRANA | SNACK NUTS & MIXES

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

## SOUPS & BROTHS

### Broths & Bouillons

#### BLUEBIRD PROVISIONS | INSTANT BONE BROTH MIX

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

687789 051111	<b>45301</b>	<b>GMO</b>										*	P	Bouillon Cubes, Beef, Organic	15 / 66g			
687789 051005	<b>45306</b>	<b>GMO</b>										*	P	Bouillon Cubes, Chicken (no salt), Organic	15 / 54g			
687789 051159	<b>45302</b>	<b>GMO</b>										*	P	Bouillon Cubes, Chicken, Organic	15 / 66g			
687789 051135	<b>45304</b>	<b>GMO</b>										*	P	Bouillon Cubes, Mushroom (yeast free), Organic	15 / 66g			
687789 051128	<b>45303</b>	<b>GMO</b>										*	P	Bouillon Cubes, Onion (yeast free), Organic	15 / 66g			
687789 051012	<b>45307</b>	<b>GMO</b>										*	P	Bouillon Cubes, Vegetable (no salt), Organic	15 / 54g			
687789 051142	<b>45305</b>	<b>GMO</b>										*	P	Bouillon Cubes, Vegetable (yeast free), Organic	15 / 66g			
687789 051203	<b>45300</b>	<b>GMO</b>										*	P	Bouillon Cubes, Vegetable, Organic	15 / 66g			

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687789 051234	<b>45312</b>	GMO				*				P		6 / 75g								
687789 051241	<b>45313</b>	GMO				*				P		8 / 150g								
687789 051210	<b>45310</b>	GMO				*				P		6 / 100g								
687789 051227	<b>45311</b>	GMO				*				P		8 / 200g								

## IMAGINE FOODS | BROTH

084253 773560	<b>37800</b>	GMO										12 / 1L								
084253 241243	<b>38636</b>	GMO		GF		*						12 / 1L								
084253 242943	<b>38411</b>	GMO		GF		*						12 / 1L								
084253 242493	<b>38280</b>	GMO		GF		*						12 / 1L								
084253 773546	<b>38785</b>	GMO		GF		*						12 / 1L								
084253 242486	<b>38279</b>	GMO		GF		*						12 / 1L								
084253 242950	<b>38449</b>	GMO					V					12 / 1L								

## PACIFIC FOODS | BROTH

052603 067256	<b>38080</b>	GMO				*						12 / 946ml								
052603 054089	<b>38069</b>	GMO		GF		*						12 / 946ml								
052603 054072	<b>38079</b>	GMO		GF		*						12 / 946ml								
052603 054058	<b>38811</b>	GMO		GF		*						12 / 1L								
052603 054379	<b>38118</b>	GMO		GF		*						12 / 1L								
052603 054119	<b>38183</b>	GMO		GF		*						12 / 1L								
												<b>Buy 30+ cases (Mix &amp; Match with any 1L/946ml Broth &amp; Soup)</b>	<b>Save</b>	<b>5.04</b>						
052603 282383	<b>38084</b>	GMO										12 / 946ml								
052603 067249	<b>38082</b>											12 / 946ml								

## Instant Soups

### KOYO | RAMEN

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

### LOTUS FOODS | RICE RAMEN MISO SOUP

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

## Ready-To-Serve Soups

### AMY'S | CANNED SOUP

042272 905140	<b>38321</b>	GMO				*						Soup, Alphabet, Organic	12 / 398ml							
042272 905041	<b>38157</b>	GMO		GF		*						Soup, Black Bean, Organic	12 / 398ml							
042272 905348	<b>38328</b>	GMO				*						Soup, Butternut Squash, 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 905065	<b>38155</b>	GMO				*						Soup, Cream of Mushroom, 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 905911	<b>38716</b>	GMO		GF		*						Soup, French Country Vegetable, Organic	12 / 398ml							



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
042272 905935	<b>38715</b>	GMO		GF		*						12 / 398ml						
042272 906277	<b>38605</b>	GMO			V	*						12 / 398ml						
042272 905836	<b>38666</b>	GMO		GF		*						12 / 398ml						
042272 905829	<b>38607</b>	GMO		GF		*						12 / 398ml						
042272 905355	<b>38330</b>	GMO		GF		*						12 / 398ml						
042272 905027	<b>38152</b>	GMO		GF		*						12 / 398ml						
042272 905850	<b>38667</b>	GMO				*						12 / 398ml						
042272 905072	<b>38154</b>	GMO				*						12 / 398ml						
042272 906260	<b>38751</b>	GMO		GF		*						12 / 398ml						
042272 905034	<b>38153</b>	GMO				*						12 / 398ml						
042272 906697	<b>38783</b>	GMO		GF		*						12 / 398ml						
042272 905843	<b>38608</b>	GMO		GF		*						12 / 398ml						
042272 905058	<b>38216</b>	GMO		GF		*						12 / 398ml						
042272 907755	<b>38606</b>	GMO			V	*						12 / 398ml						
042272 905089	<b>38217</b>	GMO				*						12 / 398ml						

## AUGA | READY TO EAT ORGANIC SOUPS

4779039 732300	<b>40918</b>	GMO				*						10 / 400g						
4779039 731105	<b>40920</b>	GMO				*						10 / 400g						
4779039 732270	<b>40922</b>	GMO				*						10 / 400g						
4779039 732324	<b>40921</b>	GMO				*						10 / 400g						
4779039 732317	<b>40923</b>	GMO				*						10 / 400g						
4779039 732287	<b>40919</b>	GMO				*						10 / 400g						

## EAT WHOLESOME | CANNED SOUP

5060844 590346	<b>33615</b>	GMO				*			P			12 / 398ml						
5060844 590360	<b>33616</b>	GMO				*			P			12 / 398ml						
5060844 590353	<b>33617</b>	GMO				*			P			12 / 398ml						

## IMAGINE FOODS | NATURAL SOUP

084253 241441	<b>38749</b>	GMO		GF		*						12 / 1L						
084253 242417	<b>38272</b>	GMO		GF		*						12 / 1L						
084253 246514	<b>38644</b>	GMO		GF		*						12 / 1L						
084253 242479	<b>38278</b>	GMO		GF		*						12 / 1L						

## PACIFIC FOODS | SOUP

052603 281393	<b>38092</b>											12 / 284ml						
052603 279543	<b>38090</b>	GMO				*						12 / 284ml						
<b>Buy 15+ cases (Mix &amp; Match Condensed Can Soups Only)</b>													<b>Save</b>	<b>3.04</b>				
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)</b>													<b>Save</b>	<b>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)</b>													<b>Save</b>	<b>6.17</b>				

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## Soup Mixes

### BOB'S RED MILL | SOUP MIX

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

## 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 000256	<b>44284</b>	GMO				*		+	P			Maple Syrup, Dark, Organic	6 / 1L
620892 000089	<b>44258</b>	GMO				*		+	P			Maple Syrup, Amber, Organic	12 / 1L
620892 000300	<b>44267</b>	GMO				*		+	P			Maple Syrup, Very Dark, Organic	12 / 1L

Buy 10+ cases

Save 25%

### 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

### ESCUMINAC | FARM BOTTLED ORGANIC MAPLE SYRUP

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

### FLORIDA CRYSTALS | SUGAR

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

688120 024542	<b>23022</b>											Sweetener, Monk Fruit	6 / 454g
688120 034541	<b>23021</b>											Sweetener, Xylitol	6 / 454g
1068812 020023	<b>93041</b>		B					X				Sweetener, Monk Fruit (S/O)	1 / 10kg



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## COOLER

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

## DAIRY & EGGS PRODUCTS

### Butters

#### L'ANCÊTRE | BUTTER (REFRIGERATED)

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

### Cheeses

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

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

#### KRINOS | FETA CHEESE (REFRIGERATED)

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

#### L'ANCÊTRE | CHEESE (REFRIGERATED)

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



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778177 499506	50103	GMO				*		+	P			8 / 200g						
778177 499858	50104	GMO				*		+	P			8 / 200g						
778177 499575	50102	GMO				*		+	P			8 / 200g						
778177 499605	50020	GMO				*		+	P			8 / 200g						
778177 499810	50401	GMO				*		+	P			8 / 180g						
778177 149814	50406	GMO				*		+	P			8 / 325g						
	50057	GMO	B			*		+	P			1 / 2kg						
	50059	GMO	B			*		+	P			1 / 2kg						
	50411	GMO	B			*		+	P			1 / 1kg						
	50055	GMO	B			*		+	P			1 / 2kg						
	50054	GMO	B			*		+	P			1 / 2kg						
	91213											1 / ea						

## Eggs (REFRIGERATED)

### COUNTRY GOLDEN YOLKS | EGGS (REFRIGERATED)

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

### RABBIT RIVER FARMS | EGGS (REFRIGERATED)

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

## Preserving Supplies

### YOGOURMET | CULTURES (REFRIGERATED)

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

## Yogurts & Sour Creams

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

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

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

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

## DAIRY ALTERNATIVES

### Non-dairy Beverages (REFRIGERATED)

#### BLUE DIAMOND | ALMOND BREEZE ALMOND BEVERAGE (REFRIGERATED)

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

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

626027 712179 **08321** GMO BC P Oat Creamer, French Vanilla 6 / 946ml  
 626027 712155 **08320** GMO BC P Oat Creamer, Original 6 / 946ml  
 626027 712186 **08322** GMO BC P Oat Creamer, Salted Caramel 6 / 946ml

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

626027 871401	<b>07349</b>	GMO		BC	Ⓡ						NAKED Oat, Original (no oils or gums) (gable)	6 / 1.75L				U
626027 811056	<b>07346</b>	GMO		BC	Ⓡ						Oat, Chocolate (gable)	6 / 1.75L				U
626027 811025	<b>07327</b>	GMO		BC	Ⓡ						Oat, Original (gable)	6 / 1.75L				U
626027 811049	<b>07328</b>	GMO		BC	Ⓡ						Oat, Vanilla (gable)	6 / 1.75L				U
626027 841022	<b>08313</b>	GMO		BC	Ⓡ						Oat, Zero Sugar, Original (gable)	6 / 1.75L				U
626027 841046	<b>08319</b>	GMO		BC	Ⓡ						Oat, Zero Sugar, Vanilla (gable)	6 / 1.75L				U
626027 611410	<b>08325</b>	GMO		BC	Ⓡ						THE ALT. Milk Alternative	6 / 1.75L				U
626027 087802	<b>07232</b>	GMO		BC	Ⓡ					*	SO NICE Almond Original, Organic (gable top)	6 / 1.75L				U
626027 087819	<b>07233</b>	GMO		BC	Ⓡ					*	SO NICE Almond Unsweetened, Original, Organic	6 / 1.75L				U
626027 121049	<b>07602</b>	GMO		BC	Ⓡ					*	SO NICE Almond Unsweetened, Vanilla, Organic	6 / 1.75L				U
626027 221015	<b>08331</b>	GMO		BC	Ⓡ					*	Soy, Original, Organic (gable)	6 / 1.75L				U
626027 221022	<b>08330</b>	GMO		BC	Ⓡ					*	Soy, Unsweetened Original, Organic (gable)	6 / 1.75L				U
626027 700015	<b>06901</b>	GMO		BC	Ⓡ						Almond, Original (gable top)	6 / 1.89L				U
626027 700039	<b>06905</b>	GMO		BC	Ⓡ						Almond Unsweetened, Original (gable top)	6 / 1.89L				U
626027 700060	<b>07248</b>	GMO		BC	Ⓡ						Almond Unsweetened, Vanilla (gable top)	6 / 1.89L				U
626027 700022	<b>06903</b>	GMO		BC	Ⓡ						Almond, Vanilla (gable top)	6 / 1.89L				U

## Non-Dairy Butter Alternatives

See Frozen Section for More Selection

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

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

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

626027 916119	<b>08310</b>	GMO			*	BC	Ⓡ				Butter Spread	6 / 340g				
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### MIYOKO'S CREAMERY | PLANT-BASED BUTTER (REFRIGERATED)

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

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

842232 008023	<b>18660</b>	GMO			*	+	Ⓡ				Cashew Butter, Salted Original, Organic (2 sticks)	6 / 227g				
842232 009020	<b>18661</b>	GMO			*	+	Ⓡ				Cashew Butter, Herb & Garlic, Organic (2 sticks)	6 / 227g				
											<b>Buy 5-9 cases</b>	<b>Save 3.75</b>				
											<b>Buy 10-14 cases</b>	<b>Save 5.50</b>				
											<b>Buy 15+ cases</b>	<b>Save 7.50</b>				

## Non-Dairy Cheese Alternatives

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

871459 001128	<b>50134</b>	GMO	GF	V		BC	Ⓡ				Block, Cheddar	8 / 200g				
871459 001289	<b>50128</b>	GMO				BC	Ⓡ				Block, Feta Flavour	8 / 185g				
871459 001142	<b>50154</b>	GMO	GF	V		BC	Ⓡ				Block, Smoked Gouda	8 / 200g				
871459 000824	<b>50010</b>	GMO	GF	V		BC	Ⓡ				Crumbles, Feta Cheese Flavour	6 / 170g				
871459 000831	<b>50011</b>	GMO	GF	V		BC	Ⓡ				Crumbles, Goat Cheese Flavour	6 / 170g				
871459 003245	<b>50184</b>	GMO	GF	V		BC	Ⓡ				Shreds, Cheddar	12 / 200g				
871459 003177	<b>50131</b>	GMO	GF	V		+	Ⓡ				Shreds, Italian Blend	12 / 200g				
871459 003658	<b>50189</b>	GMO	GF	V		BC	Ⓡ				Shreds, Mexican Blend	12 / 200g				
871459 003238	<b>50185</b>	GMO	GF	V		BC	Ⓡ				Shreds, Mozza	12 / 200g				
871459 003665	<b>50130</b>	GMO	GF	V		BC	Ⓡ				Shreds, Parmesan	12 / 200g				
871459 003252	<b>50186</b>	GMO	GF	V		BC	Ⓡ				Shreds, Spicy Monterey Jack	12 / 200g				
871459 000329	<b>50139</b>	GMO	GF	V		BC	Ⓡ				Slices, Cheddar	8 / 220g				
871459 000343	<b>50003</b>	GMO	GF	V		BC	Ⓡ				Slices, Smoked Gouda	8 / 220g				
871459 000305	<b>50138</b>	GMO	GF	V		BC	Ⓡ				Slices, Swiss	8 / 220g				



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## Non-dairy Sour Cream & Yogurts

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

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

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

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

627987 786477	<b>25363</b>				+	ℙ	X Coconut Yogurt, Chocolate	12 / 113g
627987 786453	<b>25362</b>				+	ℙ	X Coconut Yogurt, Lemon	12 / 113g
627987 786484	<b>25360</b>				+	ℙ	X Coconut Yogurt, Original	12 / 113g
627987 786491	<b>25364</b>				+	ℙ	X Coconut Yogurt, Raspberry	12 / 113g
627987 786460	<b>25361</b>				+	ℙ	X Coconut Yogurt, Vanilla	12 / 113g
627987 786439	<b>25353</b>				+	ℙ	Coconut Yogurt, Chocolate	6 / 450g
627987 786422	<b>25352</b>				+	ℙ	Coconut Yogurt, Lemon	6 / 450g
627987 786408	<b>25350</b>				+	ℙ	Coconut Yogurt, Original	6 / 450g
628942 855528	<b>25354</b>				+	ℙ	Coconut Yogurt, Raspberry	6 / 450g
627987 786446	<b>25351</b>				+	ℙ	Coconut Yogurt, Vanilla	6 / 450g

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

627987 070835	<b>56004</b>			BC	ℙ	Coconut Yogurt, Lemon	6 / 450g
627987 070811	<b>56000</b>			BC	ℙ	Coconut Yogurt, Mango	6 / 450g
627987 070767	<b>56001</b>			BC	ℙ	Coconut Yogurt, Original	6 / 450g
627987 070774	<b>56002</b>			BC	ℙ	Coconut Yogurt, Strawberry	6 / 450g
627987 070804	<b>56003</b>			BC	ℙ	Coconut Yogurt, Vanilla	6 / 450g

## FERMENTED VEGETABLES

### BUBBIES | FERMENTED CONDIMENTS (REFRIGERATED)

038261 957368	<b>51200</b>	<b>GMO</b>			+	Pickles, Kosher Dill	6 / 1L
038261 957474	<b>51204</b>	<b>GMO</b>			+	Sauerkraut, Fermented	6 / 750ml

### GREEN TABLE FERMENTS | CONDIMENTS (REFRIGERATED)

180071 000274	<b>19606</b>				+	ℙ	Dill Pickles	6 / 750ml
180071 000199	<b>19601</b>				+	ℙ	Kimchi, Kale	6 / 500ml
180071 000182	<b>19600</b>	<b>GMO</b>			+	ℙ	Kimchi, organic	6 / 500ml

### ISLAND KRAUT | RAW KRAUT (REFRIGERATED)

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

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

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



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## SEOUL | KIMCHI (REFRIGERATED)

026396 908256	<b>31036</b>	GMO		GF														Kimchi, Original, Keto (certified)	6 / 396g
026396 909109	<b>31038</b>	GMO		GF	V													Kimchi, Vegan, Keto (certified)	6 / 396g

## WILDBRINE | FERMENTED VEGETABLES (REFRIGERATED)

858159 002051	<b>32156</b>	GMO																Kimchi, Miso Horseradish	6 / 500ml
858159 002068	<b>32157</b>	GMO																Kimchi, Korean Style	6 / 500ml
858159 002686	<b>32242</b>	GMO																Kimchi, Mild w/ turmeric	6 / 500ml
858159 002020	<b>32152</b>	GMO				*												Kraut, Arame & Ginger, Organic	6 / 500ml
858159 002013	<b>32151</b>	GMO				*												Kraut, Dill & Garlic, Organic	6 / 500ml
858159 002419	<b>32220</b>	GMO				*												Kraut, Green, Organic	6 / 500ml
858159 002044	<b>32154</b>	GMO				*												Kraut, Red Beet & Cabbage, Organic	6 / 500ml
858159 002815	<b>32245</b>	GMO				*												Kraut, Roasted Garlic, Organic	6 / 500ml

## FRESH CONDIMENTS, DIPS & SAUCES

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

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

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

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

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

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

### LE GRAND | PESTO (REFRIGERATED)

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

### MAISON ORPHEE | FRESH MAYONNAISE (REFRIGERATED)

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

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

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

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

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

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

## SUNFLOWER KITCHEN | DIP & SAUCE (REFRIGERATED)

679514 310105	14273	GMO		GF				+		P		Babaghanouj Roasted Eggplant Dip	6	/ 227g					
679514 310068	14281	GMO		GF		*		+		P		Hummus, Organic	6	/ 227g					
679514 310013	14276	GMO		GF				+		P		Hummus, Classic	6	/ 227g					
679514 410010	14419	GMO		GF				+		P		Hummus, Classic	8	/ 500g					
679514 310112	14287	GMO		GF		*		+		P		Hummus, Beets & Dill, Organic	6	/ 227g					
679514 410058	14420	GMO		GF				+		P		Hummus, Garlic & Onion	8	/ 500g					
679514 310020	14278	GMO		GF				+		P		Hummus, Jerusalem w/Fresh Herbs	6	/ 227g					
679514 310044	14279	GMO		GF				+		P		Hummus, Mediterranean w/Olives	6	/ 227g					
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 002082	32159	GMO										Salsa, Fermented Salsa Rojo	6	/ 510ml					
858159 002716	32238	GMO										Sriracha Sauce, Spicy Kimchi	8	/ 241g					

## 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

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UPC CODE	CODE	GMØ	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
<b>BUCHA BREW   KOMBUCHA (REFRIGERATED)</b>																		
628110 435262	<b>17225</b>										BC P	12 / 355ml						G P U
628110 435224	<b>17216</b>										BC P	12 / 355ml						G P U
628110 435231	<b>17215</b>										BC P	12 / 355ml						G P U
628110 435415	<b>17241</b>										BC P	12 / 355ml						G P U
628110 435279	<b>17226</b>										BC P	12 / 355ml						G P U
<b>CHASERS   100% COLD-PRESSED JUICE (REFRIGERATED)</b>																		
628242 710268	<b>58576</b>										BC P X	6 / 500ml						U
628242 712101	<b>58578</b>										BC P X	6 / 500ml						U
628242 710084	<b>58556</b>										BC P X	6 / 500ml						U
628242 710343	<b>58580</b>										BC P X	6 / 500ml						U
628242 710091	<b>58582</b>										BC P X	6 / 500ml						U
628242 712088	<b>58568</b>										BC P X	6 / 500ml						U
628242 710183	<b>58570</b>										BC P X	6 / 500ml						U
628242 710206	<b>58564</b>										BC P X	6 / 500ml						U
628242 717113	<b>58592</b>										BC P X	6 / 500ml						U
628242 710428	<b>58566</b>										BC P X	6 / 500ml						U
628242 710213	<b>58558</b>										BC P X	6 / 500ml						U
628242 710060	<b>58572</b>										BC P X	6 / 500ml						U
628242 710077	<b>58560</b>										BC P X	6 / 500ml						U
628242 710381	<b>58562</b>										BC P X	6 / 500ml						U
628242 710329	<b>58550</b>										BC P X	6 / 500ml						U
628242 712064	<b>58584</b>										BC P X	6 / 500ml						U
628242 710107	<b>58552</b>										BC P X	6 / 500ml						U
628242 710244	<b>58554</b>										BC P X	6 / 500ml						U
628242 717106	<b>58593</b>										BC P X	6 / 500ml						U
628242 707169	<b>58594</b>										BC P X	6 / 500ml						U
628242 717007	<b>58595</b>										BC P X	6 / 500ml						U
628242 717014	<b>58587</b>										BC P	6 / 1L						U
628242 717090	<b>58588</b>										BC P	6 / 1L						U
628242 712118	<b>58579</b>										BC P	6 / 1L						U
628242 710015	<b>58557</b>										BC P	6 / 1L						U
628242 710336	<b>58581</b>										BC P	6 / 1L						U
628242 710039	<b>58583</b>										BC P	6 / 1L						U
628242 710190	<b>58565</b>										BC P	6 / 1L						U
628242 717021	<b>58586</b>										BC P	6 / 1L						U
628242 712040	<b>58575</b>										BC P	6 / 1L						U
628242 710022	<b>58573</b>										BC P	6 / 1L						U
628242 710053	<b>58561</b>										BC P	6 / 1L						U

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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE				G	P	U
628242 710374	<b>58563</b>										BC P		Juice, The Fighter (apple, cucumber, celery, carrot, lemon, ginger, cayenne)	6 / 1L				U
628242 710046	<b>58553</b>										BC P		Juice, Turmeric Sunrise - apple/pear/carrot/lemon/ginger/turmeric	6 / 1L				U
628242 717045	<b>58590</b>										BC P		Lemonade	6 / 1L				U
628242 717069	<b>58591</b>										BC P		Lemonade, Blueberry	6 / 1L				U
628242 717052	<b>58589</b>										BC P		Lemonade, Pink (strawberry)	6 / 1L				U

## CULTURE CRAFT KOMBUCHA (REFRIGERATED)

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

## FARMHOUSE CULTURE | GUT SHOT BEVERAGE (REFRIGERATED)

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

## GT'S | ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)

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

## GT'S | SYNERGY RAW KOMBUCHA (REFRIGERATED)

722430 760179	<b>05406</b>	GMO											SYNERGY Kombucha, Blood Orange (glass)	12 / 480ml				G P U
722430 300177	<b>05138</b>	GMO											SYNERGY Kombucha, Cosmic Cranberry (glass)	12 / 480ml				G P U
722430 800172	<b>05137</b>	GMO											SYNERGY Kombucha, Divine Grape (glass)	12 / 480ml				G P U
722430 200170	<b>05135</b>	GMO											SYNERGY Kombucha, Gingerade (glass)	12 / 480ml				G P U
722430 600178	<b>05182</b>	GMO											SYNERGY Kombucha, Gingerberry (glass)	12 / 480ml				G P U
722430 420172	<b>05400</b>	GMO											SYNERGY Kombucha, Golden Pineapple (glass)	12 / 480ml				G P U
722430 900179	<b>05215</b>	GMO											SYNERGY Kombucha, Guava Goddess (glass)	12 / 480ml				G P U
722430 790176	<b>05407</b>	GMO											SYNERGY Kombucha, Honeycrisp Apple (glass)	12 / 480ml				G P U
722430 140179	<b>05136</b>	GMO											SYNERGY Kombucha, Multi-Green (glass)	12 / 480ml				G P U
722430 500171	<b>05214</b>	GMO											SYNERGY Kombucha, Mystic Mango (glass)	12 / 480ml				G P U
722430 750170	<b>05130</b>	GMO											SYNERGY Kombucha, Peach Paradise (glass)	12 / 480ml				G P U
722430 000176	<b>05134</b>	GMO											SYNERGY Kombucha, Pure (glass)	12 / 480ml				G P U
722430 910178	<b>05403</b>	GMO											SYNERGY Kombucha, Strawberry Lemonade (glass)	12 / 480ml				G P U
722430 400174	<b>05131</b>	GMO											SYNERGY Kombucha, Strawberry Serenity (glass)	12 / 480ml				G P U
722430 110172	<b>05139</b>	GMO											SYNERGY Kombucha, Trilogy(raspberry/lemon/ginger) (glass)	12 / 480ml				G P U
722430 800479	<b>05267</b>	GMO											SYNERGY Kombucha, Divine Grape (glass)	6 / 1.4L				G P U
722430 200477	<b>05260</b>	GMO											SYNERGY Kombucha, Gingerade (glass)	6 / 1.4L				G P U
722430 600475	<b>05263</b>	GMO											SYNERGY Kombucha, Gingerberry (glass)	6 / 1.4L				G P U
722430 900476	<b>05264</b>	GMO											SYNERGY Kombucha, Guava Goddess (glass)	6 / 1.4L				G P U
722430 500478	<b>05266</b>	GMO											SYNERGY Kombucha, Mystic Mango (glass)	6 / 1.4L				G P U
722430 110479	<b>05261</b>	GMO											SYNERGY Kombucha, Trilogy(raspberry/lemon/ginger) (glass)	6 / 1.4L				G P U

## HAPPY PLANET | JUICE & SMOOTHIES (REFRIGERATED)

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

779172 243903	<b>01342</b>	GMO					@				BC P		Clean Protein Smoothie, Fair Trade Chocolate & Coconut (plastic bottle)	6 / 900ml				G U
779172 243910	<b>01341</b>	GMO									BC P		Clean Protein Smoothie, Banana Cashew (plastic bottle)	6 / 900ml				G U
779172 243033	<b>01344</b>	GMO									BC P		Clean Protein Smoothie, Blueberry Almond Butter (plastic bottle)	6 / 900ml				G U



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UPC CODE	CODE	GMO	B	GF	V	*	@	+	P	X	PACK	SIZE					G	P	U
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779172 417199	<b>06260</b>	GMO					*			BC P		Juice, Mango & Peach, Organic (gable carton)	6 / 1.75L							U
779172 417366	<b>06506</b>	GMO					*			BC P		Juice, Pomegranate & Blueberry, Organic (gable carton)	6 / 1.75L							U
779172 417021	<b>06258</b>	GMO					*			BC P		Juice, Valencia Orange, Organic (gable carton)	6 / 1.75L							U

## HARMLESS HARVEST | COCONUT BEVERAGES (REFRIGERATED)

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

## HEALTH-ADE | KOMBUCHA (REFRIGERATED)

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

## HOOCHY 'BOOCH | KOMBUCHA (REFRIGERATED)

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

## KINDRED CULTURES | PROBIOTIC WATER KEFIR (REFRIGERATED)

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

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

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

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<b>LOOP MISSION   PROBIOTIC SODA (REFRIGERATED)</b>																		
056719 900377	<b>11232</b>	GMO						+	P	X		12 / 355ml						G P U
056719 900087	<b>11233</b>							+	P	X		12 / 355ml						G P U
056719 900094	<b>11231</b>	GMO						+	P	X		12 / 355ml						G P U
056719 900070	<b>11230</b>	GMO						+	P	X		12 / 355ml						G P U
<b>RISE BOTANICALS   SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)</b>																		
818762 006235	<b>15332</b>	GMO				*		+	P			12 / 414ml						G P U
818762 005429	<b>15333</b>	GMO				*		+	P			12 / 414ml						G P U
818762 004613	<b>15334</b>	GMO				*		+	P			12 / 414ml						G P U
818762 007515	<b>15335</b>	GMO				*		+	P			12 / 414ml						G P U
<b>RISE   KOMBUCHA (REFRIGERATED)</b>																		
818762 001803	<b>15322</b>	GMO			V	*		+	P			12 / 414ml						G P U
818762 001810	<b>15323</b>	GMO			V	*		+	P			12 / 414ml						G P U
818762 001827	<b>15324</b>	GMO			V	*		+	P			12 / 414ml						G P U
818762 001834	<b>15325</b>	GMO			V	*		+	P			12 / 414ml						G P U
818762 001902	<b>15315</b>	GMO			V	*		+	P			6 / 1L						G P U
818762 001919	<b>15316</b>	GMO			V	*		+	P			6 / 1L						G P U
818762 001926	<b>15317</b>	GMO			V	*		+	P			6 / 1L						G P U
818762 001933	<b>15318</b>	GMO			V	*		+	P			6 / 1L						G P U
818762 000042	<b>15304</b>	GMO		GF	V	*		+	P			12 / 414ml						G P U
818762 000011	<b>15301</b>	GMO		GF	V	*		+	P			12 / 414ml						G P U
818762 000035	<b>15302</b>	GMO		GF	V	*		+	P			12 / 414ml						G P U
818762 002008	<b>15327</b>	GMO				*		+	P			12 / 414ml						G P U
818762 001063	<b>15320</b>	GMO			V	*		+	P			12 / 414ml						G P U
818762 001032	<b>15305</b>	GMO		GF	V	*		+	P			12 / 414ml						G P U
818762 001056	<b>15321</b>	GMO			V	*		+	P			12 / 414ml						G P U
818762 002015	<b>15326</b>	GMO				*		+	P			12 / 414ml						G P U
818762 000370	<b>15310</b>	GMO		GF	V	*		+	P			6 / 1L						G P U
818762 000349	<b>15307</b>	GMO		GF	V	*		+	P			6 / 1L						G P U
818762 000363	<b>15308</b>	GMO		GF	V	*		+	P			6 / 1L						G P U
818762 002046	<b>15331</b>	GMO				*		+	P			6 / 1L						G P U
818762 001070	<b>15313</b>	GMO			V	*		+	P			6 / 1L						G P U
818762 001049	<b>15311</b>	GMO		GF	V	*		+	P			6 / 1L						G P U
818762 001087	<b>15314</b>	GMO			V	*		+	P			6 / 1L						G P U
818762 002053	<b>15330</b>	GMO				*		+	P			6 / 1L						G P U
<b>SQUAMISH WATER KEFIR   PROBIOTIC SODA &amp; WATER KEFIR (REFRIGERATED)</b>																		
628451 426219	<b>23604</b>			BC					P			12 / 355ml						G P U
628451 426028	<b>23606</b>			BC					P			12 / 355ml						G P U
628451 426257	<b>23616</b>			BC					P			12 / 355ml						G P U
628451 426240	<b>23617</b>			BC					P			12 / 355ml						G P U
628451 426004	<b>23605</b>			BC					P			12 / 355ml						G P U
628451 426059	<b>23609</b>			BC					P			12 / 355ml						G P U
628451 426035	<b>23608</b>			BC					P			12 / 355ml						G P U
628451 426233	<b>23618</b>			BC					P			12 / 355ml						G P U
628451 426066	<b>23610</b>			BC					P			6 / 1L						U
<b>TOFINO   RAW KOMBUCHA (REFRIGERATED)</b>																		
628176 608136	<b>17243</b>	GMO				*			BC			12 / 355ml						G P U
628176 608068	<b>17233</b>	GMO				*			BC			12 / 355ml						G P U
628176 608082	<b>17234</b>	GMO				*			BC			12 / 355ml						G P U
628176 608020	<b>17235</b>	GMO				*			BC			12 / 355ml						G P U
628176 608044	<b>17236</b>	GMO				*			BC			12 / 355ml						G P U
628176 608112	<b>17242</b>											12 / 355ml						G P U
628176 608105	<b>17237</b>	GMO				*			BC			12 / 355ml						G P U
628176 608150	<b>17244</b>	GMO				*			BC			12 / 355ml						G P U

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

## MEAT & SEAFOOD ALTERNATIVES

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

777744 000084	<b>38008</b>	V	BC	P	Bites, MMM Mighty Mushroom	8 / 300g
777744 000077	<b>38009</b>	V	BC	P	Bites, Sunny Superfood Breakfast	8 / 300g
777744 000138	<b>38017</b>	V	BC	P	Burger, Lion's Mane Mushroom (2pk)	8 / 240g
777744 000060	<b>38004</b>	V	BC	P	Links, Veggie Big Brat	12 / 300g
777744 000022	<b>38006</b>	V	BC	P	Links, Veggie Fiesta	12 / 300g
777744 000008	<b>38012</b>	V	BC	P	Mushroom Crumble, Lion's Mane	8 / 300g
777744 000091	<b>38010</b>	V	BC	P	Veggie Grounds, Broccoli Boost	8 / 340g
777744 000046	<b>38007</b>	V	BC	P	Veggie Grounds, Cauli Crumble	8 / 340g
777744 000015	<b>38011</b>	V	BC	P	Veggie Patty, The Original	8 / 400g

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

638031 266739	<b>65249</b>	GMØ	V		Field Burger (2pk)	6 / 184g
638031 612284	<b>65251</b>	GMØ	V		Frankfurters (4pk)	12 / 340g
638031 612154	<b>65252</b>	GMØ	V		Sausages, Italian (4pk)	12 / 368g
638031 612161	<b>65254</b>	GMØ	V		Sausages, Mexican Chipotle (4pk)	12 / 368g
638031 612178	<b>65253</b>	GMØ	V		Sausages, Smoked Apple Sage (4pk)	12 / 368g

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

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

### HORNBY ISLAND | VEGGIE PÂTÉ (REFRIGERATED)

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

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

627987 308181	<b>40450</b>		BC	P	Smoked Salmon	6 / 100g
627987 308228	<b>40452</b>		BC	P	Smoked Salmon, w/Dill & Capers	6 / 100g
627987 308204	<b>40451</b>		BC	P	Tuna Salad	6 / 100g

### TOFURKY | MEAT ALTERNATIVE (REFRIGERATED)

025583 119079	<b>57089</b>					Chick'N, Barbecue, Plant-Based	5 / 227g
025583 119109	<b>57090</b>					Chick'N, Butter, Plant-Based	5 / 227g
025583 004313	<b>57072</b>					Deli Slices, Hickory Smoked, Plant-Based	12 / 156g
025583 004306	<b>57071</b>					Deli Slices, Oven Roasted Tofurky, Plant-Based	12 / 156g
025583 004320	<b>57080</b>					Deli Slices, Peppered (pastrami-style), Plant-Based	12 / 156g
025583 119062	<b>57091</b>					Sausages, Chorizo, Plant-based	8 / 227g
025583 006126	<b>57078</b>	GMØ				Sausages, Italian, Plant-Based	12 / 397g
025583 005303	<b>54605</b>					Slow Roasted Chick'n, Lightly Seasoned, Plant-Based	5 / 227g
025583 005334	<b>54607</b>					Slow Roasted Chick'n, Sesame-Garlic, Plant-Based	5 / 227g
025583 005358	<b>54606</b>					Slow Roasted Chick'n, Thai Basil, Plant-Based	5 / 227g

### YVES | VEGGIE CUISINE MEAT ALTERNATIVE (REFRIGERATED)

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

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## SNACKS

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

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

## TOFU & ASIAN CUISINE

### AMANO | MISO (REFRIGERATED)

067334 070024	<b>40005</b>	<b>GMO</b>		<b>*</b>	<b>BC</b>	<b>ℙ</b>	Miso, Aka, Organic	12 / 400g
067334 070031	<b>40010</b>	<b>GMO</b>		<b>*</b>	<b>BC</b>	<b>ℙ</b>	Miso, Genmai, Organic	12 / 400g
067334 070048	<b>40007</b>	<b>GMO</b>		<b>*</b>	<b>BC</b>	<b>ℙ</b>	Miso, Mugj, Organic	12 / 400g
067334 070017	<b>40015</b>	<b>GMO</b>		<b>*</b>	<b>BC</b>	<b>ℙ</b>	Miso, Shiro, Organic	12 / 400g
067334 001028	<b>40061</b>	<b>GMO</b>		<b>*</b>	<b>BC</b>	<b>ℙ</b>	Miso, Aka, Organic	10 / 1kg
067334 001035	<b>40059</b>	<b>GMO</b>		<b>*</b>	<b>BC</b>	<b>ℙ</b>	Miso, Genmai, Organic	10 / 1kg
067334 001011	<b>40062</b>	<b>GMO</b>		<b>*</b>	<b>BC</b>	<b>ℙ</b>	Miso, Shiro, Organic	10 / 1kg
067334 005026	<b>40065</b>	<b>GMO B</b>		<b>*</b>	<b>BC</b>	<b>ℙ</b>	Miso, Aka, Organic	1 / 2.27kg
067334 005019	<b>40060</b>	<b>GMO B</b>		<b>*</b>	<b>BC</b>	<b>ℙ</b>	Miso, Shiro, Organic	1 / 2.27kg
067334 025024	<b>40063</b>	<b>GMO B</b>		<b>*</b>	<b>BC</b>	<b>ℙ</b>	Miso, Aka, Organic	1 / 11.36kg

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

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

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

See Frozen meat alternatives for more selections

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

### OOME | SMOKED TOFU (REFRIGERATED)

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

### SOYA NOVA | TOFU (REFRIGERATED)

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









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UPC CODE	CODE	GMO	B	GF	V	*	@	+	ℙ	X	PACK	SIZE				G	P	U
661172 000061	<b>40182</b>											12 / 810g						
661172 000092	<b>40183</b>											12 / 810g						
661172 020694	<b>40184</b>											12 / 810g						
661172 000115	<b>40185</b>											12 / 720g						
661172 000122	<b>40186</b>											12 / 720g						

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

## TERRA | ARTISAN BREAD (FROZEN)

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

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

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

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

### BUENO FOODS | TORTILLAS (FROZEN)

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

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

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

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

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

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

### OASIS | PITA BREAD (FROZEN)

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

698433 100185	<b>54625</b>	GMO		GF	V							+ ℙ X O'DIPPERS, Garlic & Chive	6 / 210g					
698433 100178	<b>54624</b>	GMO		GF	V							+ ℙ X O'DIPPERS, Original	6 / 210g					

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

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

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

### ORGANIC MEADOW | BUTTER (FREEZER)

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

### ROLLING MEADOW | BUTTER (FROZEN)

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

## FROZEN DESSERTS

### Bakery Goods

#### DAIYA | CHEEZECAKE (FROZEN)

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

#### KINNIKINNICK | DONUTS (FROZEN)

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

#### RAWMBAS | VEGAN MUFFINS (FROZEN)

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

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

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

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

## Dessert Toppings & Ice Cream Cones

### LET'S DO | ICE CREAM CONES

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

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

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

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## 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 217152	<b>53182</b>				BC	℞ X Ice Cream, Milk Chocolate	8 / 473ml		G
628055 217169	<b>53183</b>				BC	℞ X Coffee Ice Cream	8 / 473ml		G
628055 217138	<b>53180</b>				BC	℞ X Cream Ice Cream	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 947536	<b>24717</b>	GMO			+	℞ X Smoothie Pops, Dragon Fruit	8 / 5x50g		G
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

### SQUAMISH WATER KEFIR | FROZEN PROBIOTIC POPS

628451 426165	<b>23612</b>				BC	℞ X Pops, Coconut-Horchata	6 / 4x80ml		G
628451 426158	<b>23613</b>				BC	℞ X Pops, Fudge	6 / 4x80ml		G
628451 426141	<b>23614</b>				BC	℞ X Pops, Grape	6 / 4x80ml		G
628451 426134	<b>23615</b>				BC	℞ X Pops, Lemonade	6 / 4x80ml		G
628451 426226	<b>23619</b>				BC	℞ X Pops, Root Beer	6 / 4x80ml		G

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

### CAULIPOWER | CAULIFLOWER PIZZA CRUSTS (FROZEN)

854934 007082	<b>32400</b>		GF			X Pizza Crusts (2pk)	8 / 310g		
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### HOLY NAPOLI | PIZZA DOUGH (FROZEN)

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

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

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

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

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

## FROZEN PREPARED FOODS

### Appetizers

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

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

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

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

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

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

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

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

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

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

#### 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







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842234 002227	<b>65037</b>	GMO										8 / 205g								
842234 001701	<b>65009</b>	GMO										8 / 288g								
842234 001718	<b>65028</b>	GMO						+				8 / 360g								
842234 003224	<b>54271</b>	GMO						+				8 / 255g								
842234 007147	<b>65013</b>	GMO						+				8 / 226g								
842234 001756	<b>65014</b>	GMO						+				8 / 226g								
842234 001824	<b>65015</b>	GMO						+				8 / 226g								
842234 409972	<b>65046</b>	GMO										6 / 425g								
842234 409965	<b>65047</b>	GMO										6 / 417g								
842234 001145	<b>65036</b>	GMO										8 / 300g								
	<b>91796</b>											1 / ea								

## GREEN CUISINE | TEMPEH (FROZEN)

See Cooler Tofu & Asian Cuisine Section for more selections

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

## JUST EGG | PLANT EGG (FROZEN)

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

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

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

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

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

## VG GOURMET | ARTISAN VEGAN BURGERS (FROZEN)

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

## Pizzas

### AMY'S | PIZZA (FROZEN)

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

### CAULIPOWER | PIZZA (FROZEN)

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

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

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

## HOLY NAPOLI | NEAPOLITAN PIZZA (FROZEN)

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

## Toaster Waffles

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

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

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

### Coconut Water & Juice

#### EVERGREEN | WHEATGRASS JUICE (FROZEN)

778702 598001	<b>82051</b>	<b>GMO</b>					<b>*</b>	<b>+</b>		<b>🇨🇦</b>	<b>X</b>	Wheatgrass Juice, Organic	10 / 5x30ml
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### Smoothie Cubes

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

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

## Fruit

#### BREMNER'S | FRUIT (FROZEN)

834644 005363	<b>55066</b>	<b>GMO</b>				<b>*</b>				<b>BC</b>	<b>🇨🇦</b>	<b>X</b>	Blackberries, Organic	12 / 300g
834644 005318	<b>55065</b>	<b>GMO</b>				<b>*</b>				<b>BC</b>	<b>🇨🇦</b>	<b>X</b>	Blueberries, Organic	12 / 300g
834644 005424	<b>55071</b>	<b>GMO</b>				<b>*</b>				<b>BC</b>	<b>🇨🇦</b>	<b>X</b>	Pineapple Chunks, Organic	12 / 300g
834644 005400	<b>55067</b>	<b>GMO</b>				<b>*</b>				<b>BC</b>	<b>🇨🇦</b>	<b>X</b>	Raspberries, Organic	12 / 300g
834644 005394	<b>55068</b>	<b>GMO</b>				<b>*</b>				<b>BC</b>	<b>🇨🇦</b>	<b>X</b>	Strawberries, Organic	12 / 300g
834644 005028	<b>55017</b>	<b>GMO</b>				<b>*</b>				<b>BC</b>	<b>🇨🇦</b>	<b>X</b>	Blackberries, Organic (stand-up pouch)	12 / 600g
834644 005066	<b>55001</b>									<b>BC</b>	<b>🇨🇦</b>	<b>X</b>	Blueberries (stand-up pouch)	12 / 600g
834644 005042	<b>05253</b>	<b>GMO</b>				<b>*</b>				<b>BC</b>	<b>🇨🇦</b>	<b>X</b>	Dark Tart Cherries, Organic (stand-up pouch)	12 / 600g





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## VITAMINS, SUPPLEMENTS & HERBAL REMEDIES

Find Refrigerated Flax Seeds in Cooler Section

### HERBAL REMEDIES

#### BACH REMEDIES | RESCUE FORMULA

741273 005216	<b>80830</b>									RESCUE Night, Spray	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, Strong (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 | HEMP YEAH PROTEIN POWDER

697658 690044	<b>37199</b>	<b>GMO</b>				*				+ ℞ HEMP YEAH, Max Protein Powder, Unsweetened, Organic	6 / 454g							G
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#### NUUN HYDRATION | DRINK TABLETS

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

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

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

#### OMEGA 3 NUTRACLEANSE | FIBRE BLEND

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

#### ROAR PLUS | VITAMIN & ELECTROLYTE DRINK MIX

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

## PERSONAL CARE

### BODY CARE

#### AURA CACIA | BODY CARE

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

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## DOM'S DEODORANT

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

## ISLAND ESSENTIALS | NATURAL BODY CARE

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

## JASON | BODY CARE PRODUCTS

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

## MOUNTAIN SKY | BODY CARE

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

## NATUREBEE | CONCENTRATED FOAMING HAND SOAP TABLETS

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

## NATURE CLEAN | HAND SOAP

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

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## NOVA SCOTIA FISHERMAN | XTREME LIP & SKIN CARE

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

## PAPOUTSANIS | OLIVE OIL HAND SOAP BAR

5201109 655022	<b>89997</b>	X Oliva Pure Olive Oil Hand Soap Bar	1 / 125g	G P
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## SAPADILLA | BODY CARE

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

## THAYERS REMEDIES | WITCH HAZEL

041507 065765	<b>85307</b>	Witch Hazel Astringent, Original	1 / 355ml	G P
041507 070035	<b>85308</b>	Witch Hazel Toner, Rose Petal	1 / 355ml	G P
041507 070066	<b>85310</b>	Witch Hazel Toner, Lavender	1 / 355ml	G P

## THOMPSON'S HOMEOPATHIC | CRÈME

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

## TOM'S OF MAINE | DEODORANT

035000 968425	<b>80674</b>	Deodorant For Men, Mountain Spring	1 / 79g	G P
827854 012863	<b>81527</b>	Antiperspirant, Cucumber Aloe	1 / 92g	G P
827854 012870	<b>81528</b>	Antiperspirant, Men's, North Woods	1 / 92g	G P
827854 012849	<b>81529</b>	Deodorant, Men's, Mountain Spring	1 / 92g	G P
827854 012894	<b>81530</b>	Deodorant, Men's, North Woods	1 / 92g	G P
827854 012801	<b>81531</b>	Deodorant, Rose Vanilla	1 / 92g	G P
827854 012818	<b>81532</b>	Deodorant, Unscented	1 / 92g	G P

## WILD & FREE ORGANICS | LIP BALM

628693 963411	<b>80624</b>	BC ℙ X Lip Balm, Lavender	6 / 11g	G P
628693 963442	<b>80625</b>	BC ℙ X Lip Balm, Vanilla Bean	6 / 11g	G P

## DENTAL CARE

### SYNERGY ORGANICS | DENTAL CARE

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

### TOM'S OF MAINE | DENTAL CARE

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

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## FEMININE CARE

### NATRACARE | FEMININE CARE

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

## HAIR CARE

### JASON | HAIR CARE

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

### NATURE CLEAN | SHAMPOO & CONDITIONER

058951 502807	<b>81118</b>		+	℞	Pure Sensitive Unscented Shampoo	6 / 300ml	G P
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## HOUSEHOLD & PACKAGING MATERIALS

### AIR FRESHENERS

#### WILD & FREE ORGANICS | AIR FRESHENERS

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

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

## DISHWASHING PRODUCTS

### BIOVERT | DISHWASHING PRODUCTS

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

### EARTH FRIENDLY | DISHWASHING PRODUCTS

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

### ECO LIVING CLUB | DISHWASHER STRIPS

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

### ECO-MAX | DISHWASHING PRODUCTS

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

### IF YOU CARE | CONCENTRATED DISHWASHING PRODUCTS

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

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

## FOOD PACKAGING & WRAP

### ECOSAFE~6400 | COMPOSTABLE SANDWICH BAGS

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

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

### PAPERCHEF | CULINARY PARCHMENT PAPER

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



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## GARBAGE BAGS

### BAG TO EARTH | FOOD WASTE BAGS

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

### ECOSAFE~6400 | COMPOSTABLE BAGS

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

### IF YOU CARE | FOOD WASTE BAGS

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

### ASPEN CLEAN | LAUNDRY PRODUCTS

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

### BIOVERT | LAUNDRY PRODUCTS

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

### ECO LIVING CLUB | LAUNDRY DETERGENT STRIPS

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

### ECO-MAX | LAUNDRY PRODUCTS

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

### NATURE CLEAN | LAUNDRY PRODUCTS

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





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AELO   ALCOHOL FREE BEVERAGE	23
AK-MAK   SESAME CRACKERS	38
ALGI   IMPACT BAR	56
ALIMENTS TRIGONE   CEREAL	24
ALKEME   GLUTEN FREE SOURDOUGH (FROZEN)	83
ALTER ECO   CHOCOLATE BARS	60
AMANO   MISO (REFRIGERATED)	82
AMANO   SAUCE	34
AMBIENT MOON   CHAI (CONCENTRATES)	11
AMY'S   BURRITOS & WRAPS (FROZEN)	89
AMY'S   CANNED MEALS	30
AMY'S   CANNED SOUP	66,67
AMY'S   ENTRÉES (FROZEN)	89
AMY'S   PIZZA (FROZEN)	91
AMY'S   REFRIED BEANS	47
ANGIE'S   BOOMCHICKAPOP MICROWAVE POPCORN	40
ANGIE'S   BOOMCHICKAPOP RTE POPCORN & CORN PUFFS	57
ANITA'S ORGANIC MILL   BULK GRAINS	40,41
ANITA'S ORGANIC MILL   FLOUR	8
ANITA'S ORGANIC MILL   PANCAKE & WAFFLE MIX	26
ANITA'S ORGANIC MILL   OATS	41
ANTOINETTE'S   DIP & SAUCE (REFRIGERATED)	75
ARIZONA PEPPER'S   HOT SAUCE	30
ASPEN CLEAN   LAUNDRY PRODUCTS	99
ATLANTIC MARICULTURE   DULSE	45
AUGA   READY TO EAT ORGANIC CURRY	30
AUGA   READY TO EAT ORGANIC SOUPS	67
AURA CACIA   BODY CARE	94
AVALON   ORGANIC ICE CREAM (FROZEN)	87
AVENA FOODS   OAT FLOUR	8
AVENA FOODS   OATS	41
BACH REMEDIES   RESCUE PET FORMULA	54
BACH REMEDIES   RESCUE FORMULA	94
BAG TO EARTH   FOOD WASTE BAGS	99
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)	90
BIG MOUNTAIN   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	81
BIG MOUNTAIN   SOY-FREE TOFU (REFRIGERATED)	82
BIOITALIA   CANNED BEANS	28
BIOITALIA   OIL	50
BIOITALIA   PASTA	52
BIOITALIA   PESTO SAUCE	30
BIOITALIA   TOMATO SAUCE	33
BIOITALIA   TOMATOES	28
BIO-K PLUS   PROBIOTIC (REFRIGERATED)	83
BIO-K PLUS   PROBIOTIC CAPSULES	94
BIOVERT   DISHWASHING PRODUCTS	98
BIOVERT   LAUNDRY PRODUCTS	99
BLACK RIVER   JUICE & LEMONADE	18,19
BLISS BALLS   ENERGY TRUFFLE BALLS	55
BLUE DIAMOND   ALMOND BREEZE ALMOND BEVERAGE	21
BLUE DIAMOND   ALMOND BREEZE ALMOND BEVERAGE (REFRIGERATED)	71
BLUE DIAMOND   ALMOND FLOUR	8
BLUE DIAMOND   NUT THINS CRACKERS	38
BLUE MONKEY   COCONUT CREAM & MILK	47
BLUE MONKEY   PURE COCONUT WATER & JUICE	19
BLUE MONKEY   SPARKLING BEVERAGE	15
BLUEBIRD PROVISIONS   BONE BROTH (FROZEN)	88
BLUEBIRD PROVISIONS   INSTANT BONE BROTH MIX	65
BO & MARROW   BONE BROTH (FROZEN)	88
BOB'S RED MILL   BAKING INGREDIENTS	6
BOB'S RED MILL   BAKING MIX	6
BOB'S RED MILL   BOB'S BAR	55
BOB'S RED MILL   CEREAL & GRANOLA	25
BOB'S RED MILL   FLOUR	9
BOB'S RED MILL   GRAINS	41
BOB'S RED MILL   HOT CEREAL	24
BOB'S RED MILL   NUTRITIONAL YEAST	42
BOB'S RED MILL   OATS	41
BOB'S RED MILL   PANCAKE & WAFFLE MIX	26
BOB'S RED MILL   SEEDS	49
BOB'S RED MILL   SHREDDED COCONUT	48
BOB'S RED MILL   SOUP MIX	68
BOB'S RED MILL   TEXTURED VEGETABLE PROTEIN	48
BRAGG   ALL PURPOSE SEASONING	34
BRAGG   APPLE CIDER VINEGAR	35
BRAGG   SPRINKLE SEASONING	43
BREMNER'S   JUICE	19

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BREW DR.KOMBUCHA   KOMBUCHA (REFRIGERATED)	76
BUBBIES   BREAD & BUTTER CHIPS (REFRIGERATED)	33
BUBBIES   CONDIMENTS (REFRIGERATED)	75
BUBBIES   FERMENTED CONDIMENTS (REFRIGERATED)	74
BUCHA BREW   KOMBUCHA	17
BUCHA BREW   KOMBUCHA (REFRIGERATED)	77
BUENO FOODS   TORTILLAS (FROZEN)	85
BULK BEANS	40
BULK GRAINS	41
BULK NUTS	50
BULK POPPING CORN	40
BULK SEA SALT	44
BULK SEEDS	50
CABOO   BAMBOO BABY WIPES	5
CABOO   TREE-FREE PAPER PRODUCTS	100
CAF-LIB   GRAIN BEVERAGE	11
CAMINO   CHOCOLATE BAKING PRODUCTS	7
CAMINO   CHOCOLATE BARS	60
CAMINO   HOT CHOCOLATE	11
CAMINO   SHREDDED COCONUT	48
CAMINO   SUGAR	68
CANADIAN HERITAGE ORGANICS   MAPLE BUTTER & SYRUP	68
CANADIAN KELP RESOURCES   SEA VEGETABLES	45
CASBAH AUTHENTIC GRAINS   GRAINS, SIDES & SPECIALTY MIXES	46
CAULIPOWER   CAULIFLOWER PIZZA CRUSTS (FROZEN)	87
CAULIPOWER   PIZZA (FROZEN)	91
CHA'S ORGANICS   CANNED FRUIT	28
CHA'S ORGANICS   COCONUT CREAM & MILK	47
CHA'S ORGANICS   COCONUT OIL	50
CHA'S ORGANICS   SPICES	43
CHA'S ORGANICS   THAI CURRY PASTE	47
CHASERS   100% COLD-PRESSED JUICE (REFRIGERATED)	77,78
CHEF BOMBAY   INDIAN APPETIZERS (FROZEN)	88
CHEF BOMBAY   INDIAN ENTREES (FROZEN)	90
CHIMES   CANDY	63
CHOSEN FOODS   AVOCADO OIL DRESSING & MAYO	32
CHOSEN FOODS   CULINARY OIL	50
CLAWHAMMER   ORGANIC MINTS	63
CLEVER   PREMIUM MOCKTAIL	23
CLIF   BLOKS ENERGY CHEWS	55
CLIF   PERFORMANCE & SNACK BARS	55
CLIF   ENERGY & SNACK BARS	55
CLIF KID   ORGANIC ZBARS	37
CLOUD 9   GLUTEN-FREE BAKING MIX	6
CLOUD 9   PANCAKE & WAFFLE MIX	27
COCOFINO   PLANT-BASED YOGURT (REFRIGERATED)	74
COCONUT SECRET   SOY SAUCE SUBSTITUTE	34
COUNTRY GOLDEN YOLKS   EGGS (REFRIGERATED)	71
CRAVE   STEVIA CHOCOLATE CHIPS	7
CRAVE   SWEETENER	68
CRICH   CRACKERS WITH EXTRA VIRGIN OLIVE OIL	38
CULTURE CRAFT KOMBUCHA (REFRIGERATED)	78
DAIYA   CHEEZECAKE (FROZEN)	86
DAIYA   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	72,73
DAIYA   DAIRY-FREE MAC & CHEESE	52
DAIYA   DAIRY-FREE SALAD DRESSING	32
DAIYA DAIRY-FREE   PIZZA & FLATBREAD (FROZEN)	92
DANDIES   VEGAN MARSHMALLOWS	63
DEEBEE'S ORGANICS   FREEZER POPS	63
DIVINE   CHOCOLATE BARS	61
DOMO   STONE GROUND TEA	11
DOM'S DEODORANT	95
DUMET   OLIVES	33
EAGLE INSTAFERM   BAKING INGREDIENTS	7
EARTH BALANCE   SPREAD & STICKS (REFRIGERATED)	72
EARTH FRIENDLY   DISHWASHING PRODUCTS	98
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 SOUR CREAM ALTERNATIVE (REFRIGERATED)	74
EARTH'S OWN   NON-DAIRY CREAMERS (REFRIGERATED)	71
EARTH'S OWN   PLANT-BASED BEVERAGE	21
EARTH'S OWN   PLANT-BASED BEVERAGE (REFRIGERATED)	72
EAT WHOLESOME   BAKED BEANS	30
EAT WHOLESOME   BEAN VERMICELLI	45
EAT WHOLESOME   CANNED BEANS	28
EAT WHOLESOME   CANNED SOUP	67
EAT WHOLESOME   CONDIMENTS	30
EAT WHOLESOME   PICKLED VEGETABLES	33



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EAT WHOLESOME   VINEGAR	35
ECO LIVING CLUB   CLEANER STRIPS	100
ECO LIVING CLUB   DISHWASHER STRIPS	98
ECO LIVING CLUB   LAUNDRY DETERGENT STRIPS	99
ECO-MAX   DISHWASHING PRODUCTS	98
ECO-MAX   LAUNDRY PRODUCTS	99
ECO-MAX   SURFACE CLEANING PRODUCTS	100
ECOPOOCH   COMPOSTABLE DOGGIE BAGS	53
ECOSAFE~6400   COMPOSTABLE BAGS	99
ECOSAFE~6400   COMPOSTABLE SANDWICH BAGS	98
EDEN   APPLE BUTTER	27
EDEN   APPLE SAUCE	29
EDEN   BARLEY MALT SYRUP	68
EDEN   CANNED BEANS	30
EDEN   CANNED BEANS	28
EDEN   EDENSOY SOYMILK	21
EDEN   JAPANESE PRODUCTS	45
EDEN   ORGANIC POPCORN	40
EDEN   PACKAGED SNACK FOOD	64
EDEN   PICKLED VEGETABLES	34
EDEN   PIZZA & PASTA SAUCE	33
EDEN   REFRIED BEANS	47
EDEN   SEA VEGETABLES	45
EDEN   SESAME OIL	50
EDEN   TAHINI	27
EDEN   VINEGAR	35
EDWARD & SONS   EXOTIC RICE TOASTS & BAKED BROWN RICE SNAPS	38
EDWARD & SONS   MISO SOUP	45
EFRUTI   FRUIT JUICE GUMMI CANDIES	64
EL FARO   FLOUR	9
ELIAS   HONEY	68
ELIMENTO   NUT & SEED BUTTERS	27
ELIMENTO   NUTRITIONAL YEAST	42
EMMA   UNBLEACHED COFFEE FILTERS	10
ENDANGERED SPECIES   CHOCOLATE BARS	61
ENDANGERED SPECIES   OAT MILK BAKING CHIPS	7
ENGEVITA   NUTRITIONAL YEAST	42
ENJOY LIFE   BAKING CHOCOLATE	8
ESCUMINAC   FARM BOTTLED ORGANIC MAPLE SYRUP	68
EVERGREEN   WHEATGRASS JUICE (FROZEN)	92
EVE'S CRACKERS	38
EVIVE   BLENDER FREE SMOOTHIE CUBES (FROZEN)	92
EVIVE   SMOOTHIE POPS (FROZEN)	87
FARMER'S MARKET   CANNED PUMPKIN	29
FARMHOUSE CULTURE   GUT SHOT BEVERAGE (REFRIGERATED)	78
FATSO   PEANUT BUTTER	27
FENTIMANS   BOTANICALLY BREWED SOFT DRINKS & MIXERS	22
FERIDIES   PEANUTS	64
FEVER-TREE   PREMIUM COCKTAIL MIXERS	22,23
FIELD ROAST   CHAO PLANT BASED CHEESE (REFRIGERATED)	73
FIELD ROAST   PLANT BASED MEAT (REFRIGERATED)	81
FILSINGER'S ORGANIC FOODS   APPLE CIDER VINEGAR	35
FLORIDA CRYSTALS   SUGAR	68
FLOW   ALKALINE SPRING WATER	24
FOOD FOR LIFE   BREAD & ENGLISH MUFFINS (FROZEN)	84
FOOD FOR LIFE   EZEKIEL 4:9 SPROUTED CEREAL	25
FOOD FOR LIFE   TORTILLAS (FROZEN)	85
FOUR O'CLOCK   TEA CRAFTERS	11
FREE2B   ALLERGEN-FREE CHOCOLATE CUPS	61
FREEYUMM   ALLERGEN-FREE COOKIES	36
FREEYUMM   CRACKERS	38
GARDEIN   MEAT-FREE ALTERNATIVE (FROZEN)	90,91
GENUINE TEA CO.   TEA	12
GIA BASMATI   RICE IN A BAG	41
GIMME ORGANIC   ROASTED SEAWEED	45
GIMME ORGANIC   ROASTED SEAWEED SNACKS	45
GIMME ORGANIC   ROASTED SUSHI NORI	45
GINGER PEOPLE   COOKING SAUCE	31
GINGER PEOPLE   GINGER JUICE	43
GINGER PEOPLE   GINGER SOOTHER	17
GINGER PEOPLE   GINGER SYRUP	30
GINGER PEOPLE   MINCED GINGER	45
GLUTINO   COOKIES	36
GLUTINO   CRACKERS	38
GLUTINO   PRETZELS	57
GOBIO!   BOUILLON CUBES & BROTH POWDER	65,66
GOBIO!   CANDY	64
GOBIO!   GRAVY & PESTO CUBES	32
GOMACRO   MACROBAR	55,56
GOOD TO GO   SOFT BAKED BARS, BLONDIES & BROWNIES	56

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GOODDRINK   SPRITZER	16
GOODVIBES JUICE CO   GOODVIBES SHOTS+	17
GREEK GODS   GREEK STYLE YOGURT (REFRIGERATED)	71
GREEN CUISINE   MOCHI, TEMPEH & TOFU (REFRIGERATED)	82
GREEN CUISINE   TEMPEH (FROZEN)	91
GREEN TABLE FERMENTS   CONDIMENTS (REFRIGERATED)	74
GT'S   SYNERGY RAW KOMBUCHA (REFRIGERATED)	78
GT'S   ALIVE ANCIENT MUSHROOM ELIXIR (REFRIGERATED)	78
GUAYAKI   YERBA MATE	12
GUAYAKI   YERBA MATE BEVERAGE	17
GUSTA   PLANT-BASED MEAT ALTERNATIVE (REFRIGERATED)	81
HABIBI'S MEDITERRANEAN   DIPS & HUMMUS (REFRIGERATED)	75
HABIBI'S MEDITERRANEAN   LEBANESE GARLIC SAUCE	46
HAPPY PAWS   CAT & DOG FOOD	53
HAPPY PLANET   JUICE & SMOOTHIES (REFRIGERATED)	78,79
HAPPY PLANET   SOUP (REFRIGERATED)	76
HARDBITE   HANDCRAFTED STYLE CHIPS	57,58
HARMLESS HARVEST   COCONUT BEVERAGES (REFRIGERATED)	79
HEALTH-ADE   KOMBUCHA (REFRIGERATED)	79
HEALTHY SHORES   CANNED SEAFOOD FOR CATS & DOGS	54
HEE-HAW   HORSERADISH	30
HOLY CRAP   SUPERSEED CEREAL & OATMEAL	24
HOLY NAPOLI   PIZZA DOUGH (FROZEN)	87
HOLY NAPOLI   NEAPOLITAN PIZZA (FROZEN)	92
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HOME GROWN LIVING FOODS   EASY U-BAKE MIX	6
HOME GROWN LIVING FOODS   SPROUTED NUTS & SEEDS	49
HOME GROWN LIVING FOODS   SPROUTED TRAIL MIX	64
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 CHOCOLATE MAKER   BEAN TO BAR CHOCOLATE	61
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	100
IF YOU CARE   ENVIROMENT FRIENDLY COOKING PRODUCTS	98
IF YOU CARE   FOOD WASTE BAGS	99
ILIADA   GREEK OLIVES	34
IMAGINE FOODS   BROTH	66
IMAGINE FOODS   NATURAL SOUP	67
INDIANLIFE   CHIPS & SAVOURY SNACKS	58
INDIANLIFE   ENTRÉES (FROZEN)	90
INDIANLIFE   FLAT BREADS, WRAPS & TORTILLAS (FROZEN)	85
ISLAND ESSENTIALS   NATURAL BODY CARE	95
ISLAND KRAUT   RAW KRAUT (REFRIGERATED)	74
ISLAND NUT ROASTERY   FRESH ROAST NUT BUTTER	27
ISLANDERS MEXICAN SAUCE   FRESH AUTHENTIC SALSA (REFRIGERATED)	75
ITO EN   UNSWEETENED READY TO DRINK TEA	19
JASON   BODY CARE PRODUCTS	95
JASON   HAIR CARE	97
JONNY HETHERINGTON ESSENTIALS   BBQ SAUCE	31
JONNY HETHERINGTON ESSENTIALS   CONDIMENTS	30
JOVIAL   COOKIES	36
JOVIAL   EINKORN FLOUR	9
JOVIAL   ITALIAN PASTA	52
JUST EGG   PLANT EGG (FROZEN)	91
JUSTIN'S   NUT BUTTER CUPS	61
JYOTI NATURAL FOODS   INDIAN CUISINE	44
KAN'S GOURMET FOODS   APPETIZERS (FROZEN)	88
KARTHEIN'S ORGANIC   UNPASTEURIZED KIMCHI & SAUERKRAUT (REFRIGERATED)	74
KASLO SOURDOUGH PASTA   PASTA FERMENTATA	52,53
KETTLE BRAND   POTATO CHIPS	58
KIJU ORGANIC   BEVERAGE	19
KIND   BREAKFAST BARS, HEALTHY GRAINS BARS & THINS NUT BARS	37
KIND   CHOCOLATE DIPPED CLUSTERS	61
KIND   NUT BAR	56
KIND   WHOLE GRAINS GRANOLA	25
KINDRED CULTURES   PROBIOTIC WATER KEFIR (REFRIGERATED)	79
KING ISLAND   COCONUT WATER	19
KINNIKINNICK   COOKIES	36
KINNIKINNICK   DINNER ROLLS & PIE CRUSTS (FROZEN)	88
KINNIKINNICK   DONUTS (FROZEN)	86
KINNIKINNICK   GLUTEN FREE BREAD PRODUCTS (FROZEN)	84
KINNIKINNICK   GRAHAM STYLE CRUMBS	7

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KINNIKINNICK   PANCAKE & WAFFLE MIX	27
KINNIKINNICK   PANKO STYLE BREAD CRUMBS	5
KONSCIOUS   PLANT-BASED SEAFOOD MEALS (FROZEN)	90
KOYO   JAPANESE PRODUCTS	45
KOYO   RAMEN	66
KRINOS   FETA CHEESE (REFRIGERATED)	70
KRINOS   GREEK OLIVES	34
KRINOS FOODS   GREEK OLIVE OIL	50
KRISDA   SUGAR-FREE CHOCOLATELY CHIPS	8
KRISDA   SUGAR-FREE SWEETENER	68
LAKANTO   MONKFRUIT BLEND SWEETENER & SYRUP	69
L'ANCÊTRE   BUTTER (REFRIGERATED)	70
L'ANCÊTRE   CHEESE (REFRIGERATED)	70,71
LE GRAND   PESTO (REFRIGERATED)	75
LE GRAND   PLANT BASED CHEESE (REFRIGERATED)	73
LE PAIN DES FLEURS   CRISPBREAD	39
LET'S DO   ICE CREAM CONES	86
LET'S DO...ORGANIC   BAKING INGREDIENTS	7
LET'S DO...ORGANIC   COCONUT CREAM & MILK	47
LET'S DO...ORGANIC   SHREDDED COCONUT	48
LET'S DO...ORGANIC   ICE CREAM CONES	86
LEVEL GROUND COFFEE ROASTERS   CRAFT COFFEE	10
LEVEL GROUND TRADING   CACAO NIBS	42
LEVEL GROUND TRADING DIRECT FAIR TRADE   DRIED FRUIT	48
LEVEL GROUND TRADING DIRECT FAIR TRADE   SUGAR	69
LEVEL GROUND TRADING DIRECT FAIR TRADE   TEA	12
LICK YOUR CHOPS   CAT & DOG FOOD	54
LITA'S MEXICAN FOODS   FLOUR TORTILLAS (FROZEN)	85
LITA'S MEXICAN FOODS   VEGAN TAQUITOS (FROZEN)	88
LIVELY   PREBIOTIC POP	17
LOOP MISSION   COLD-PRESSED JUICE & SMOOTHIES (REFRIGERATED)	79
LOOP MISSION   PROBIOTIC SODA (REFRIGERATED)	80
LOTUS FOODS   RICE	42
LOTUS FOODS   RICE NOODLES	47
LOTUS FOODS   RICE RAMEN MISO SOUP	66
LOTUS FOODS   RICE RAMEN NOODLES	45
LOVE CHILD ORGANICS   BABY FOOD & 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	39
LUNDBERG FAMILY FARMS   ENTREES & SIDES	52
LUNDBERG FAMILY FARMS   RICE	41,42
MACKELLAR FARMS   EDAMAME (FROZEN)	93
MADEGOOD   BARS & BITES	37
MADEGOOD   COOKIES	36
MADEGOOD   STAR PUFFED CRACKERS	39
MAISON ORPHEE   CULINARY OIL	50
MAISON ORPHEE   DRESSING & MARINADE	32
MAISON ORPHEE   FRESH MAYONNAISE (REFRIGERATED)	75
MAISON ORPHEE   HAND-HARVESTED GREY SEA SALT	43
MAISON ORPHEE   MUSTARD	30
MAISON ORPHEE   VINEGAR	35
MANITOBA HARVEST   HEMP SEED	49
MANITOBA HARVEST   HEMP SEED OIL	51
MANITOBA HARVEST   HEMP YEAH PROTEIN POWDER	94
MANITOBA HARVEST   HEMP YEAH! GRANOLA	25
MANNA ORGANICS   MIGHTY MANNA BREAD (FROZEN)	84
MARUKAN   PONZU SAUCE	45
MARUKAN   RICE VINEGAR	35
MARY'S ORGANIC   CRACKERS	39
MARY'S ORGANIC   GRAHAM-STYLE KOOKIES	36
MASECA   CORN MASA FLOUR	9
MATEINA   READY-TO-DRINK YERBA MATE	17
MATEINA   YERBA MATE	12
MAUREEN'S   COOKING SAUCE	44
MCKENZIE'S   COUNTRY FARM HONEY	69
MID-DAY SQUARES   FUNCTIONAL CHOCOLATE (REFRIGERATED)	82
MISHIMA   INSTANT SOUP	45
MIYOKO'S CREAMERY   VEGAN CHEESE (REFRIGERATED)	73
MIYOKO'S CREAMERY   PLANT-BASED BUTTER (REFRIGERATED)	72
MODERN PRODUCTS   BREWERS YEAST	42
MODERN PRODUCTS   SEASONINGS	43
MOLISANA   ORGANIC ROASTED PEPPERS	34
MOOCHO   DAIRY-FREE CHEESE ALTERNATIVE (REFRIGERATED)	73
MORNIN' GLORY   PRUNE JUICE	19
MORNIN' GLORY   PRUNES	48
MOUNT HAGEN   INSTANT COFFEE	10
MOUNTAIN SKY   BODY CARE	95
NAAM   COOKING SAUCE	31

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NAKED & SAUCY   COOKING SAUCE	31
NAKED & SAUCY   NOOCH NUTRITIONAL YEAST DRESSING	32
NAKED & SAUCY   SIMMER SAUCE	31
NAKED & SAUCY   SOY SAUCE SUBSTITUTE	34
NANAK   GHEE CLARIFIED BUTTER	44
NATIVE FOREST   CANNED FRUIT & VEGETABLES	29
NATIVE FOREST   CANNED VEGETABLES & JACKFRUIT	47
NATIVE FOREST   COCONUT MILK	47
NATIVE FOREST   DAIRY FREE MILK POWDER	21
NATACARE   FEMININE CARE	97
NATURA   DAIRY-FREE BEVERAGE	21,22
NATURAL CABANA   LEMON & LIMEADE	20
NATURE CLEAN   DISHWASHING PRODUCTS	98
NATURE CLEAN   HAND SOAP	95
NATURE CLEAN   HOUSEHOLD CLEANERS	
NATURE CLEAN   LAUNDRY PRODUCTS	99
NATURE CLEAN   SHAMPOO & CONDITIONER	97
NATUREBEE   CONCENTRATED FOAMING HAND SOAP TABLETS	95
NATUREBEE   CONCENTRATED HOUSEHOLD CLEANER TABLETS	100
NATUREBEE   REUSABLE SPONGE CLOTHS	100
NATURE'S BAKERY   SNACK BARS	37
NATURE'S NUTS   NUT & SEED BUTTER	27
NATURE'S PATH   CEREAL	25,26
NATURE'S PATH   GRANOLA	26
NATURE'S PATH   INSTANT OATMEAL	25
NATURE'S PATH   TOASTER PASTRIES	38
NATURE'S PATH   WAFFLES (FROZEN)	92
NATURE'S PATH   WHOLE GRAIN OATS	41
NATURSOURCE   SALAD TOPPER	32
NATURSOURCE   SNACKS	65
NAVITAS ORGANICS   DRIED FRUIT	48
NAVITAS ORGANICS   PLANT-BASED SUPERFOOD	42
NIKKEI RAMEN YA   AUTHENTIC RAMEN (FROZEN)	89
NIKKEI RAMEN YA   RAMEN SEASONING SAUCE	46
NONNY   CRAFT NON-ALCOHOLIC BEER	23
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
NUNWEILER'S   PANCAKE & WAFFLE MIX	27
NUNWEILER'S FLOUR CO   ORGANIC FLOUR	9
NUTIVA   COCONUT MANNA CREAMY SPREAD	27
NUTIVA   OIL	51
NUTS FOR CHEESE   FERMENTED CASHEW PRODUCT (REFRIGERATED)	73
NUTS FOR CHEESE   NUTS FOR BUTTER CULTURED CASHEW PRODUCT (REFRIGERATED)	72
NUUN HYDRATION   DRINK TABLETS	94
OASIS   PITA BREAD (FROZEN)	85
OATLY   OAT DRINK	22
OCEAN'S HALO   KIMCHI	34
OCEAN'S HALO   RICE	42
OCEAN'S HALO   SPRING ROLL WRAPS	47
OCEAN'S HALO   SUSHI NORI	46
OCEAN'S HALO   THE SEAWEED SNACK	46
O'DOUGHS   BITE SIZED NAAN STYLE O'DIPPERS (FROZEN)	85
O'DOUGHS   BREAD, BUNS & BAGELS (FROZEN)	84
OI!   OIL	51
OMEGA 3 NUTRACLEANSE   FIBRE BLEND	94
OMEGA NUTRITION   APPLE CIDER VINEGAR	35
OMEGA NUTRITION   EFA OIL (REFRIGERATED)	83
OMEGA NUTRITION   FLAX & PUMPKIN SEED POWDER	94
OMEGA NUTRITION   OIL	51
OMEGA NUTRITION   PUMPKIN SEED BUTTER	27
ONEEARTH FUNCTIONAL FOODS   COCONUT PALM SUGAR	69
OOME   SMOKED TOFU (REFRIGERATED)	82
ORCHID REAL FLAVOUR   BAKING INGREDIENTS	7
ORGANIC INDIA   HERBAL INFUSIONS	12
ORGANIC MEADOW   BUTTER (FREEZER)	86
ORGANIC MEADOW   BUTTER (FREEZER)	91
ORGANIC MEADOW   ICE CREAM (FROZEN)	87
ORIGO   FREEZE DRIED FRUIT	65
OZERY FAMILY BAKERY   BUNS (FROZEN)	84
PACIFIC FOODS   BROTH	66
PACIFIC FOODS   PLANT-BASED CHILI	30
PACIFIC FOODS   SOUP	67
PAMELA'S   ARTISAN FLOUR BLENDS	9
PAMELA'S   COOKIES	36
PAMELA'S   PANCAKE MIX	27
PANDA   LICORICES	64
PAPERCHEF   CULINARY PARCHMENT BAKING PRODUCTS	6

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PAPERCHIEF   CULINARY PARCHMENT PAPER	98
PAPOUTSANIS   OLIVE OIL HAND SOAP BAR	96
PARMELA CREAMERY   PLANT BASED CHEESE ALTERNATIVE (REFRIGERATED)	73
PARTAKE BREWING   NON-ALCOHOLIC BEER	23
PATIENCE FRUIT & CO   DRIED BERRIES	48,49
PATIENCE FRUIT & CO   FRUIT JUICE	20
PATIENCE FRUIT & CO   SOUR CRAN DRIED CRANBERRIES	64
PEARL'S   PEROGIES (FROZEN)	90
PERFECT CHEF   TOMATO PASTA SAUCE	33
PHILLIPS   IOTA NON-ALCOHOLIC CRAFT BEER	23
PHILLIPS   SODA WORKS	16
PIKE PIER FISHERMAN   ALL NATURAL SAUCE	31
PLUMM GOOD   BROWN RICE BREADING CRUMBS	5
PLUMM GOOD   WHOLE GRAIN RICE CAKES	39,40
POMONA'S   UNIVERSAL PECTIN	7
POPTASTIC   POPCORN	59
PORTOFINO BAKERY   BREAD & BUNS (FROZEN)	84,85
PRANA   SNACK NUTS & MIXES	65
PRANA ORGANIC   CHOCOLATE CHUNKS	8
PRANA ORGANIC   CHOCOLATE TREATS	62
PRANA ORGANIC   COOKIES	36
PRANA ORGANIC   DRIED FRUIT	49
PRANA ORGANIC   FUNCTIONAL FOOD	42
PRANA ORGANIC   GRANOLA BARS	38
PRANA ORGANIC   GRANOLOVE GRANOLA CEREAL	26
PRANA ORGANIC   NUTS & SEEDS	49,50
PRANA ORGANIC   OVERNIGHT CHIA & OAT MIX	25
PROBAR   NUTRITIONAL FOOD BAR	57
PUKKA   ORGANIC TEA	13
QUE PASA   SALSA	34
QUE PASA   TACO SHELLS	47
QUE PASA   TORTILLA CHIPS	59
R.W. KNUDSEN   FRUIT JUICE & VEGETABLE JUICE	20
RABBIT RIVER FARMS   EGGS (REFRIGERATED)	71
RAINCOAST GLOBAL   MSC CERTIFIED SUSTAINABLE SEAFOOD	29
RAWMBAS   VEGAN MUFFINS (FROZEN)	86
RED STAR   NUTRITIONAL YEAST	42
REDMOND   REAL SALT	43
REED'S   ALL-NATURAL GINGER DRINK	16
RICEWORKS   GOURMET RICE CHIPS	59
RISE   KOMBUCHA (REFRIGERATED)	80
RISE BOTANICALS   SPARKLING APAPTOGENIC BEVERAGE (REFRIGERATED)	80
RIZOPIA   RICE PASTA	53
ROAD POP   SPARKLING HOP WATER	23
ROAR ORGANIC   VITAMIN ENHANCED BEVERAGE	17
ROAR PLUS   VITAMIN & ELECTROLYTE DRINK MIX	94
ROLLING MEADOW   BUTTER (FROZEN)	86
RUBY'S AUTHENTIC   APPETIZERS (FROZEN)	88
RUBY'S AUTHENTIC   CHUTNEY (REFRIGERATED)	75
RVIITA   ENERGY TEA	17
SAFE CATCH   LOW MERCURY CANNED SEAFOOD	29
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
SAN-J   COOKING SAUCE	31
SAN-J   RICE CRACKERS	39
SANTA CRUZ ORGANIC   100% LEMON & LIME JUICE	43
SANTA CRUZ ORGANIC   LEMONADE	20
SAPADILLA   BODY CARE	96
SAPSUCKER   SPARKLING TREE WATER	17,18
SAUGEEN COUNTRY DAIRY   KEFIR & YOGURT (REFRIGERATED)	71
SAVE DA SEA   PLANT-BASED SEAFOOD (REFRIGERATED)	81
SAY WHEN   ORGANIC CHAI CONCENTRATE	13
SEASNAX   SEAWEED PRODUCTS	46
SENSIBLE PORTIONS   GARDEN VEGGIE STRAWS & CHIPS	59
SEOUL   KIMCHI (REFRIGERATED)	75
SEOUL   KIMCHI HOT SAUCE	31
SEOUL   KOREAN BBQ SAUCE	31
SILK'N SOFT   BAMBOO BATHROOM TISSUE	100
SIMPLA   COCONUT PLANT-BASED YOGURT (REFRIGERATED)	74
SIMPLY ORGANIC   BOTTLED SPICES & GRINDERS	43,44
SIMPLY ORGANIC   DIP MIX	54
SIMPLY ORGANIC   FLAVOURINGS & EXTRACTS	7
SIMPLY ORGANIC   GRAVY MIX	32
SIMPLY ORGANIC   PASTA SAUCE MIX	43
SIMPLY ORGANIC   SEASONING MIX	44
SKIPPY'S KETTLE CORN	60
SNACK 21   DOG & CAT SNACKS	54
SOBAYA   PASTA	46



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SOBER CARPENTER   NON-ALCOHOLIC CRAFT BEER & CIDER	23,24
SOTA SPARKLING TEA + ADAPTOGENS	18
SOYA NOVA   TOFU (REFRIGERATED)	82
SPARKMOUTH   MOCKTAILS	24
SPARKMOUTH   SPARKLING WATER & TONIC	16
SPECTRUM   OIL	51
SPECTRUM   SPRAY OIL	51
SPECTRUM CULINARY   MAYONNAISE	33
SPERRI   PLANT-BASED MEAL REPLACEMENT SHAKE	18
SPREAD 'EM KITCHEN CO.   CASHEW CHEESE (REFRIGERATED)	73
SPREAD 'EM KITCHEN CO.   CASHEW DIP (REFRIGERATED)	75,76
SQUAMISH WATER KEFIR   FROZEN PROBIOTIC POPS	87
SQUAMISH WATER KEFIR   PROBIOTIC SODA & WATER KEFIR (REFRIGERATED)	80
ST. MICHAEL   HONEY	69
STAHLBUSH ISLAND FARMS   FRUIT (FROZEN)	93
STAHLBUSH ISLAND FARMS   VEGETABLES (FROZEN)	93
STASH TEA COMPANY   PREMIUM TEA	13,14
STELLA'S   PEROGIES (FROZEN)	90
STICKLING'S   BAKERY PRODUCTS	5
STREET LEGAL   DEALCOHOLIZED BEER	24
SUNDHED   SEA SALT & PURE HIMALAYAN SALT	44
SUNFLOWER KITCHEN   DIP & SAUCE (REFRIGERATED)	76
SUNSHINE FARMS   CONDIMENTS	31
SUNSHINE FARMS   ORGANIC PICKLES	34
SUNSHINE FARMS   VINEGAR	35
SUNSORYA   SPIRULINA SPRINKLES	42
SUPERIOR NATURAL   TOFU (REFRIGERATED)	83
SWERVE SWEETENER	69
SYNERGY ORGANICS   DENTAL CARE	96
TASTE NIRVANA   COCONUT WATER	20
TAZO   BLACK TEA CONCENTRATE	14
TAZO   FILTERBAG TEA	14
TERRA   ARTISAN BREAD (FROZEN)	85
TERRA BREADS   SMALL BATCH GRANOLA	26
TERRA DELYSSA   OLIVE OIL	51
THAI KITCHEN   COCONUT CREAM & MILK	47
THAI KITCHEN   PASTE & SAUCE	48
THAI KITCHEN   RICE NOODLES	48
THAYERS REMEDIES   WITCH HAZEL	96
THE BETTER BUTCHERS   FORAGER'S FINEST MUSHROOM POWERED GROUND (FROZEN)	91
THE CULTURED COCONUT   PROBIOTIC (REFRIGERATED)	83
THE GINGER PEOPLE   GINGER CANDY	64
THEO   CHOCOLATE	62
THIRSTY BUDDHA   COCONUT WATER	20
THIRSTY BUDDHA   SPARKLING COCONUT WATER	16
THOMPSON'S HOMEOPATHIC   CRÈME	96
THRIVE REMEDIES   ADAPTOGENIC TEA	18
TINKYADA   RICE PASTA	53
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