



ALIMENTS  
**KOYO**  
FOODS INC.

GLUTEN  
FREE

KOYO#	FRMT	U / C	U.P.C #	CODE
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 **KOYO**

**NATURAL RICE CAKES**

<b>G</b>	0101	Original unsalted	150g	12	C	0-65493-00001-2	B K
<b>G</b>	0102	Original salted	150g	12	C	0-65493-00002-9	B K
<b>G</b>	0103	Buckwheat unsalted	150g	12	C	0-65493-00003-6	B K
<b>G</b>	0104	Buckwheat salted	150g	12	C	0-65493-00004-3	B K
<b>G</b>	0105	Sesame unsalted	150g	12	C	0-65493-00009-8	B K
<b>G</b>	0106	Sesame salted	150g	12	C	0-65493-00010-4	B K
<b>G</b>	0111	Multigrain unsalted	150g	12	C	0-65493-00011-1	B K
<b>G</b>	0112	Multigrain salted	150g	12	C	0-65493-00021-0	B K

**MACROBIOTIC RICE CAKES**

<b>G</b>	0114	Nori seaweed	150g	12	C	0-65493-00006-7	B
<b>G</b>	0115	Dulse seaweed	150g	12	C	0-65493-00018-0	B

**ORGANIC RICE CAKES**

<b>G</b>	0117	Organic original unsalted	150g	12	C	0-65493-00007-4	O B K
<b>G</b>	0118	Organic original salted	150g	12	C	0-65493-00008-1	O B K
<b>G</b>	0119	Organic buckwheat unsalted	150g	12	C	0-65493-00012-8	O B K
<b>G</b>	0120	Organic buckwheat salted	150g	12	C	0-65493-00013-5	O B K
<b>G</b>	0121	Organic millet unsalted	150g	12	C	0-65493-00014-2	O B K
<b>G</b>	0122	Organic millet salted	150g	12	C	0-65493-00015-9	O B K
<b>G</b>	0125	Organic mixed grain unsalted	150g	12	C	0-65493-00125-5	O B K
<b>G</b>	0126	Organic mixed grain salted	150g	12	C	0-65493-00126-2	O B K

**TAMARI**

6001	Tamari "purple label"	150mL	12	½	C	0-65493-06001-6	B K
6002	Tamari "purple label"	475mL	12	½	C	0-65493-06002-3	B K
6003	Tamari "purple label"	950mL	12	½	C	0-65493-06003-0	B K
6005	Organic wheat-free tamari "green label"	475mL	12	½	C	0-65493-06005-4	O B K
6006	Organic wheat-free tamari "green label"	950mL	12	½	C	0-65493-06006-1	O B K
6008	Organic tamari "blue label"	475mL	12	½	C	0-65493-06008-5	O B K
6009	Organic tamari "blue label"	950mL	12	½	C	0-65493-06009-2	O B K
6101	Tamari select "black label"	150mL	12	½	C	0-65493-01015-8	B K
6102	Tamari select "black label"	475mL	12	½	C	0-65493-01011-0	B K
6103	Tamari select "black label"	950mL	12	½	C	0-65493-01012-7	B K
6105	Organic tamari select "black label"	295mL	12	½	C	0-65493-06105-1	O B K
6109	Organic tamari select "black label"	475mL	12	½	C	0-65493-01020-2	O B K
6110	Wheat-free Mitoku yaemon organic tamari	500mL	12	½	C	0-21009-10429-2	O B K

**MISO**

6150	Mame miso (soybean)	300g	12	½	C	0-65493-06150-1	B K
6173	Hatcho miso (unpasteurized soybean)	300g	12	½	C	0-65493-06173-0	B K

**ORGANIC MISO**

6160	Organic genmai miso (soybean/brown rice)	300g	6	C	C	0-65493-06160-0	O B K
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6161	Organic shiro miso (soybean/white rice)	300g	6	C	0-65493-06161-7	O	B	K
6162	Organic aka miso (soybean/white rice)	300g	6	C	0-65493-06162-4	O	B	K
<b>MITOKU INSTANT MISO SOUP</b>								
6193	Red miso with wakame	40g	6	C	0-21009-11730-8		B	
6194	Mellow white miso with tofu	40g	6	C	0-21009-11728-5		B	
<b>DRIED SEAWEEDS</b>								
6256	Arame	50g	10	½	0-65493-06252-2		B	K
6272	Wakame	50g	10	½	0-65493-06260-7		B	
6276	Kombu	50g	10	½	0-65493-06276-8		B	
6296	Kombu seaweed salad	12g	6	C	0-65493-06296-6		B	
6263	Agar-agar flakes	28g	10	½	0-65493-06263-8		B	
6267	Agar-agar (2 bars)	15g	10	½	0-65493-06267-6		B	
6260	Nori (10 sheets)	25g	12	½	0-65493-06272-0		B	
6360	Sushi nori (7 sheets)	15g	12	½	0-65493-06360-4		B	
<b>DRIED SEAWEEDS IN BULK</b>								
6361	Sushi nori (50 sheets)	190g	1	U	0-65493-06361-1		B	
<b>MITOKU DRIED SEAWEEDS</b>								
6285	Mitoku kizami nori (fine cut nori)	10g	10	½	0-21009-13013-0		B	K
6287	Mitoku sushi nori (7 roasted sheets)	17g	12	½	0-21009-13022-2		B	
6289	Mitoku ao-nori flakes	20g	10	½	0-21009-13102-1		B	
6290	Mitoku nori strips (spicy)	13.5g	10	½	0-21009-13003-1		B	
<b>MITOKU DRIED SEAWEEDS IN BULK</b>								
6257	Mitoku arame	1Kg	1	U	0-21009-12301-9		B	K
6274	Mitoku wakame	1Kg	1	U	N/A		B	
6279	Mitoku kombu	1Kg	1	U	0-21009-13511-1		B	K
6294	Mitoku sushi nori (50 roasted sheets)	190g	1	U	0-21009-13017-8		B	
<b>NOODLES</b>								
6420	Organic fine noodles	227g	12	½	8-13551-00102-6	O	S	
6421	Organic round udon	227g	12	½	8-13551-00103-3	O	S	
6423	Organic soba	227g	12	½	8-13551-00110-1	O	S	
6424	Organic udon	227g	12	½	8-13551-00101-9	O	S	
<b>ORGANIC RAMEN NOODLES</b>								
6430	Mushroom ramen - 89% organic	57g	12	C	0-65493-06430-4	O	B	
6431	Seaweed ramen - 89% organic	57g	12	C	0-65493-06431-1	O	B	
6432	Tofu and miso ramen - 89% organic	57g	12	C	0-65493-06432-8	O	B	
6433	Asian vegetables ramen - 88% organic	60g	12	C	0-65493-06433-5	O	B	
6434	Lemongrass ginger ramen - 88% organic	60g	12	C	0-65493-06434-2	O	B	
6435	Garlic pepper ramen - 88% organic	60g	12	C	0-65493-06435-9	O	B	
6436	Soba ramen - 89% organic	60g	12	C	0-65493-06436-6	O	B	
<b>KOYO GREEN TEA</b>								
6558	Gyokuro green tea (12 tea bags)	24g	1	U	0-65493-06558-5		B	
<b>MITOKU ORGANIC TEAS</b>								
6519	Organic roasted kukicha/bancha (loose tea)	85g	12	½	0-21009-14119-8	O	B	K
6522	Organic kukicha/bancha (10 tea bags)	20g	12	½	0-21009-14120-4	O	B	K
6530	Organic sencha (10 tea bags)	20g	12	½	0-21009-14204-1	O	B	K
6531	Organic sencha (loose tea)	85g	12	½	0-21009-14201-0	O	B	K
6540	Organic hojicha (10 tea bags)	20g	12	½	0-21009-14308-6	O		K
<b>MITOKU ORGANIC TEAS IN BULK</b>								
6521	Organic kukicha	1Kg	1	U	0-21009-14102-0	O	B	K
6532	Organic sencha	1Kg	1	U	0-21009-14202-7	O	B	K
<b>PICKLES</b>								
6641	Umeboshi (salted plums)	200g	12	½	0-65493-06641-4		B	

	6664	Organic umeboshi (salted plums)	100g	12	½	0-65493-06664-3	O	B	K
	6645	Umeboshi paste (salted plum paste)	200g	12	½	0-65493-06645-2		B	
	6668	Organic meboshi paste (salted plum paste)	200g	12	½	0-65493-06668-1	O	B	
	6651	Mitoku Takuan Inaka (pickled white radish)	200g	12	½	0-21009-27004-1		B	
	6658	Mitoku marinated sushi ginger	50g	20	¼	0-21009-27007-2		B	
		<b>MITOKU PICKLES IN BULK</b>							
	6665	Organic umeboshi (salted plums)	1Kg	1		U 0-21009-17907-8	O	B	K
		<b>MITOKU MOCHI</b>							
G	6710	Mochi (brown rice)	250g	12	½	0-21009-25205-4		B	K
		<b>SEASONING</b>							
	6735	Organic genmai-su - org brown rice vinegar	150mL	12	½	0-65493-06735-0	O	B	K
	6736	Organic genmai-su - org brown rice vinegar	475mL	12	½	0-65493-06736-7	O	B	K
	6751	Toasted sesame seed oil	250mL	12	½	0-65493-06751-0		B	
	6752	Toasted sesame seed oil	500mL	12	½	0-65493-06752-7		B	
	6771	Sweet brown rice vinegar	150mL	12	½	0-65493-06771-8		B	
	6772	Sweet brown rice vinegar	475mL	12	½	0-65493-06772-5		B	
	6773	Mirin (liquid seasoning)	150mL	12	½	0-65493-06773-2		B	K
	6774	Mirin (liquid seasoning)	475mL	12	½	0-65493-06774-9		B	K
	6785	Umesu (plum vinegar)	150mL	12	½	0-65493-06785-5		B	K
	6786	Umesu (plum vinegar)	475mL	12	½	0-65493-06786-2		B	K
		<b>SEASONING IN BULK</b>							
	6753	Toasted sesame seed oil	1.8L	1		U 0-21009-19102-5			
		<b>SEA SALT</b>							
	6811	Amashio (sea salt)	250g	12	½	0-65493-06811-1		B	
	6812	Amashio (sea salt)	500g	12	½	0-65493-06812-8		B	
		<b>CONDIMENTS</b>							
	6820	Mitoku tekka (miso & dried vegetables)	80g	12	½	0-21009-21005-4		B	
	6832	Koyo toasted whole black sesame seeds	100g	10	½	0-65493-06832-6		B	
	6840	Mitoku wasabi (horseradish powder)	25g	6		C 0-21009-22902-5		B	K
		<b>MITOKU CONDIMENTS IN BULK</b>							
	6831	Kurogoma (toasted black sesame seeds)	1Kg	1		U 0-21009-28104-7		S	
		<b>MISCELLANEOUS</b>							
G	6920	Mitoku Kuzu (wild arrowroot)	100g	12	½	0-21009-20003-1		B	K
	6983	Mitoku dried lotus root	50g	10	½	0-21009-21503-5		B	
	6985	Koyo shredded daikon	40g	10	½	0-65493-06985-9		B	
		<b>KUZU IN BULK</b>							
G	6921	Kuzu (wild arrowroot)	5Kg	1		U N/A		B	K
		<b>MITOKU RICE MALT SWEETENED CANDIES</b>							
	7272	Sweet Rice Candy (butterscotch)	50g	12	½	0-21009-34405-6		T	B
	7273	Sweet Rice Candy (sour plum)	50g	12	½	0-21009-34411-7		T	B
	7274	Sweet Rice Candy (ginger)	50g	12	½	0-21009-33505-4		T	B
	7275	Sweet Rice Candy (lotus)	50g	12	½	0-21009-33506-1		T	B
	7280	Sweet Rice Candy (lemon)	50g	12	½	0-21009-34416-2		T	B
		<b>MAGNESIUM CHLORIDE</b>							
	7295	Magnesium chloride for tofu	250g	1		U 0-65493-07295-8		B	
		<b>COOKWARE</b>							
	7526	Suribachi (earthenware mortar)	17cm	1		U N/A		T	
	7532	Surikogi (wooden pestle) #8	25cm	1		U 4571101-554038		T	
	7549	Bamboo chopsticks (wrapped individually)	10pr	1		U 0-65493-07549-2		T	
	7561	Bamboo sushi mat		1		U 4-977794-009129		T	
	7564	Tawashi (vegetable brush)		1		U 4971871-101010		T	

## AÇAI ROOTS

FROZEN ORGANIC AÇAI DESSERTS

✳	7005	Organic açai sorbet	473mL	6	C	8-98685-00109-8	O
✳	7006	Organic açai fruit bars	4x68mL	12	C	8-98685-00129-6	O

#### FROZEN ORGANIC AÇAI DESSERTS

G	✳	7007	Organic açai smoothie pouch, unsweetened	4x100g	16	½	8-98685-00112-8	O	K
G	✳	7008	Organic açai & guarana smoothie pouch, energy	4x100g	16	½	8-98685-00119-7	O	K

## ALEXIA

#### POTATO PRODUCTS

✳	8380	Onion rings with sea salt	340g	12	½	8-34183-00405-6	B
✳	8381	Sweet potato fries with sea salt	425g	12	½	8-34183-00411-7	B K
✳	8382	Sweet potato crispy bite sized puffs	567g	12	½	8-34183-00458-2	B
✳	8391	Spicy sweet potato fries with chipotle	567g	12	½	8-34183-00453-7	B K
✳	8389	Oven fries with olive oil, rosemary & garlic	450g	12	½	8-34183-00451-3	B K
✳	8390	Oven reds olive oil/parmesan/roasted garlic	425g	12	½	8-34183-00459-9	B K
✳	8392	Seasoned waffle fries cut	567g	12	½	8-34183-00454-4	B K

## ALO

#### ALO VERA BEVERAGE 1.5L

G	7024	ALO Exposed - original aloe vera	1.5L	6	C	8-11955-01001-9	B
G	7025	ALO Awaken - wheatgrass & aloe vera	1.5L	6	C	8-11955-01003-3	B
G	7026	ALO Enrich - pomegranate, cranberry & aloe ver	1.5L	6	C	8-12475-01166-1	B
G	7027	ALO Allure - mangosteen, mango & aloe vera	1.5L	6	C	8-12475-01165-4	B

#### ALO VERA BEVERAGE 500ML

G	7029	ALO Comfort - watermelon, peach & aloe	500mL	12	C	8-12475-01229-3	B
G	7030	ALO Exposed - original aloe vera	500mL	12	C	8-11955-01101-6	B
G	7031	ALO Awaken - wheatgrass & aloe vera	500mL	12	C	8-11955-01103-0	B
G	7032	ALO Enrich - pomegranate, cranberry & aloe ver	500mL	12	C	8-12475-01226-2	B
G	7033	ALO Allure - mangosteen, mango & aloe vera	500mL	12	C	8-12475-01225-5	B
G	7034	ALO Appeal - pomelo, pink grapefruit, lemon & a	500mL	12	C	8-12475-01227-9	B
G	7035	ALO Spring - mixed berry	500mL	12	C	8-12475-01231-6	B
G	7037	ALO Light Bright - orange & passion fruit	500mL	12	C	8-12475-01323-8	B
G	7038	ALO Light Refresh - cucumber & cantaloupe	500mL	12	C	8-12475-01322-1	B
G	7039	ALO Crisp - fuji apple & pear	500mL	12	C	8-12475-01230-9	B

## AMANO

#### ORGANIC UNPASTEURIZED MISO

✳	6220	Shiro miso (white)	400g	12	½	0-67334-07001-7	O	B	K
✳	6221	Aka miso (red)	400g	12	½	0-67334-07002-4	O	B	K
✳	6222	Genmai miso (brown rice)	400g	12	½	0-67334-07003-1	O	B	K
✳	6223	Mugi miso (barley)	400g	12	½	0-67334-07004-8	O	B	K

## AMYCO

#### DRIED MUSHROOMS

5900	Morel	20g	6	C	6-28055-03516-9	B
5901	Lobster mushroom	20g	6	C	6-27843-14775-6	B
5902	King bolete (Porcini)	20g	6	C	6-28055-03518-3	B
5903	Oyster mushroom	20g	6	C	6-28055-03507-7	B
5904	Shiitake	20g	6	C	6-28055-03508-4	B

5905	Forest mix	20g	6	C	6-28055-03515-2	B
<b>HERBAL TEAS</b>						
5910	Wild ground chaga	100g	12	½	6-28055-03514-5	B
5911	Wild chaga chunk	90g	12	½	6-28055-03510-7	B
5912	Reishi	45g	12	½	6-28055-03511-4	B
5913	Labrador tea	18g	12	½	6-28055-03580-0	B
5914	Wintergreen tea leaf	15g	12	½	6-28055-03513-8	B
<b>SEASONINGS</b>						
5920	Mushroom salt (glass jar)	60g	12	½	6-28055-03502-2	B
5921	Mushroom salt (spice jar)	100g	12	½	6-28055-03512-1	B
5922	Ground chanterelle (glass jar)	40g	12	½	6-28055-03503-9	B

## AMY'S KITCHEN

### FROZEN MACARONI & CHEESE

	❄️	8703	Macaroni & cheese	255g	12	½	0-42272-90030-5	O	B	K
G	❄️	8704	Rice macaroni & cheese - gluten free	255g	12	½	0-42272-90045-9	O	B	K
G	❄️	8709	Rice macaroni & cheese - dairy free, gluten free	227g	12	½	0-42272-90043-5	O	B	K

### FROZEN LASAGNA

G	❄️	8768	Garden vegetable lasagna - gluten free	292g	12	½	0-42272-90041-1	O	B	K
	❄️	8705	Vegetable lasagna	269g	12	½	0-42272-90032-9	O	B	K
G	❄️	8710	Vegetable lasagna - gluten free & dairy free	255g	12	½	0-42272-90814-1	O	B	K

### FROZEN POT PIES

	❄️	8701	Vegetable pot pie	213g	12	½	0-42272-90020-6	O	B	K
	❄️	8702	Broccoli pot pie	213g	12	½	0-42272-90021-3	O	B	K

### FROZEN PIZZAS

	❄️	8722	Cheese pizza	369g	8	½	0-42272-90101-2	O	B	K
	❄️	8723	Spinach pizza	397g	8	½	0-42272-90102-9	O	B	K
G	❄️	8727	Rice crust cheese pizza - gluten free	340g	8	½	0-42272-90100-5	O	B	K
	❄️	8728	Margherita pizza	369g	8	½	0-42272-90199-9	O	B	K
	❄️	8733	Barbeque pizza	402g	8	½	0-42272-91140-0	O	B	K

### FROZEN WHOLE MEALS - GLUTEN FREE

G	❄️	8754	Cheese enchilada - gluten free	255g	12	½	0-42272-90057-2	O	B	K
G	❄️	8715	Veggie loaf meal	284g	12	½	0-42272-90053-4	O	B	K

### FROZEN ASIAN MEALS - GLUTEN FREE

G	❄️	8752	Pad thai	269g	12	½	0-42272-90924-7	O	B	
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### FROZEN INDIAN MEALS - GLUTEN FREE

G	❄️	8712	Palak paneer	283g	12	½	0-42272-90059-6	O	B	K
G	❄️	8714	Mattar paneer	284g	12	½	0-42272-90058-9	O	B	K
G	❄️	8716	Vegetable korma	269g	12	½	0-42272-90250-7	O	B	K

### FROZEN BURRITOS

	❄️	8706	Bean & rice burrito	170g	12	C	0-42272-90070-8	O	B	K
	❄️	8707	Bean rice & cheese burrito	170g	12	C	0-42272-90071-5	O	B	K
	❄️	8745	Black bean burrito	170g	12	C	0-42272-90073-9	O	B	K
	❄️	8746	Breakfast burrito	170g	12	C	0-42272-90072-5	O	B	K

### FROZEN BURRITOS & WRAPS, GLUTEN FREE

G	❄️	8763	Gluten free black beans & quinoa burrito	156g	12	C	0-42272-90989-6	O	B	K
G	❄️	8747	Gluten free bean & cheese burrito	156g	12	C	0-42272-90353-5	O	B	K
G	❄️	8748	Gluten free bean & rice burrito (non dairy)	156g	12	C	0-42272-90352-8	O	B	K
G	❄️	8749	Gluten free tofu scramble breakfast wrap	156g	12	C	0-42272-90807-3	O	B	K

### FROZEN BURGERS

	❄️	8711	California veggie burger	284g	12	½	0-42272-90010-7	O	B	K
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**FROZEN BOWLS**

G	*	8764	3 cheese & kale bake bowl - gluten free	241g	12	½	0-42272-91056-4	O	B	K
G	*	8765	Chili mac bowl - gluten free	255g	12	½	0-42272-91057-1	O	B	K
G	*	8766	Mexican casserole bowl - gluten free	269g	12	½	0-42272-90163-0	O	B	K
	*	8767	Spinach & ricotta cheese ravioli bowl	241g	12	½	0-42272-91129-5	O	B	K

**ORGANIC CANNED SOUPS - GLUTEN FREE**

G		5859	Quinoa, kale & red lentil soup - gluten free	398mL	12	½	0-42272-90669-7	O	B	K
G		5860	Golden lentil dal soup - gluten free	398mL	12	½	0-42272-90593-5	O	B	K
G		5880	Lentil soup - gluten free	398mL	12	½	0-42272-90502-7	O	B	K
G		5890	Lentil vegetable soup - gluten free	398mL	12	½	0-42272-90535-5	O	B	K
G		5861	Tuscan bean & rice soup - gluten free	398mL	12	½	0-42272-90519-5	O	B	K
G		5862	Hearty french country vegetable soup - gluten free	398mL	12	½	0-42272-90591-1	O	B	K
G		5863	Chunky vegetable soup - gluten free	398mL	12	½	0-42272-90540-9	O	B	K
G		5864	Fire roasted southwestern vegetable soup - gluten free	398mL	12	½	0-42272-90547-8	O	B	K
G		5870	Tomato bisque soup - gluten free	398mL	12	½	0-42272-90536-2	O	B	K
G		5884	Cream of tomato soup - gluten free	398mL	12	½	0-42272-90501-0	O	B	K
G		5885	Black beans and vegetables soup - gluten free	398mL	12	½	0-42272-90504-1	O	B	K
G		5886	Split pea soup - gluten free	398mL	12	½	0-42272-90505-8	O	B	K
G		5891	Mushroom bisque with porcini - gluten free	398mL	12	½	0-42272-90626-0	O	B	K

**ORGANIC CANNED SOUPS**

		5881	No chicken noodle soup	398mL	12	½	0-42272-90503-4	O	B	K
		5882	Minestrone soup	398mL	12	½	0-42272-90507-2	O	B	K
		5883	Cream of mushroom soup	398mL	12	½	0-42272-90506-5	O	B	K
		5887	Vegetable barley soup	398mL	12	½	0-42272-90508-9	O	B	K
		5888	Alphabet soup	398mL	12	½	0-42272-90514-0	O	B	K
		5889	Butternut squash soup	398mL	12	½	0-42272-90534-8	O	B	K

**ORGANIC CANNED SOUPS - LOW SODIUM**

G		5865	Low sodium lentil soup - gluten free	398mL	12	½	0-42272-90583-6	O	B	K
G		5868	Low sodium lentil vegetable soup - gluten free	398mL	12	½	0-42272-90582-9	O	B	
		5866	Low sodium minestrone soup	398mL	12	½	0-42272-90585-0	O	B	K
G		5867	Low sodium tomato bisque soup - gluten free	398mL	12	½	0-42272-90586-7	O	B	K
G		5869	Low sodium split pea soup - gluten free	398mL	12	½	0-42272-90584-3	O	B	K

**BEANS - GLUTEN FREE**

G		5873	Vegetarian baked beans - gluten free	398g	12	½	0-42272-90517-1	O	B	K
G		5874	Refried beans - gluten free	398g	12	½	0-42272-90550-8	O	B	K
G		5875	Refried black beans - gluten free	398g	12	½	0-42272-90551-5	O	B	K
G		5876	Refried beans with green chilies - gluten free	398g	12	½	0-42272-90552-2	O	B	K

**CHILIS - GLUTEN FREE**

G		5877	Medium chili - gluten free	398mL	12	½	0-42272-90510-2	O	B	K
G		5878	Medium chili with vegetables - gluten free	398mL	12	½	0-42272-90511-9	O	B	K
G		5879	Spicy chili - gluten free	398mL	12	½	0-42272-90512-6	O	B	K

 **ATLANTIC MARICULTURE****ORGANIC SEAWEED**

		6301	Organic dulse	40g	10	½	0-67835-77405-6	O	B	
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 **BLUE MONKEY****SPARKLING COCONUT WATER**

G		4158	Sparkling coconut water - natural	330mL	12	C	0-59654-41001-7		B	
G		4159	Sparkling coconut water - kiwi	330mL	12	C	0-59654-41002-4		B	
G		4160	Sparkling coconut water - mango	330mL	12	C	0-59654-41003-1		B	
G		4161	Sparkling coconut water - key lime	330mL	12	C	0-59654-41004-8		B	
G		4162	Sparkling coconut water - watermelon	330mL	12	C	0-59654-41005-5		B	

**WATERMELON JUICE**

	4167 100% watermelon juice	330mL	24	C	0-59654-51001-4	B
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**PURE COCONUT WATER****COBALT BLUE GLASS BOTTLE**

	4156 Pure coconut water, cobalt blue glass	500mL	24	C	0-59654-70500-7	B
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**PURE COCONUT WATER****COBALT BLUE GLASS BOTTLE**

	4157 Pure coconut water, cobalt blue glass	1L	12	C	0-59654-70010-1	B
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**ORGANIC COCONUT CREAM**

<b>G</b>	4185 Organic coconut cream	400mL	24	C	0-59654-33001-8	O B
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**COCONUT WATER - TETRA PAK**

<b>G</b>	4189 Organic pure coconut water - tetra pak	1L	12	C	0-59654-22222-6	O B
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**COCONUT WATER - TETRA PAK**

<b>G</b>	4184 Organic pure coconut water - tetra pak	500mL	12	C	0-59654-12222-4	O B
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**COCONUT WATER - 520ML, 6 PACK**

<b>G</b>	4173 Pure coconut water - can, 6 pack	520mL	6	C	0-59654-60021-0	B
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<b>G</b>	4174 Pure coconut water with pulp - can, 6 pack	520mL	6	C	0-59654-60022-7	B
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**COCONUT WATER - 520ML**

<b>G</b>	4168 Pure coconut water, can	520mL	24	C	0-59654-17001-0	B
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<b>G</b>	4169 Pure coconut water with pulp, can	520mL	24	C	0-59654-17002-7	B
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**COCONUT WATER - 330ML**

<b>G</b>	4170 Pure coconut water, can	330mL	24	C	0-59654-17003-4	B
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**BOB'S RED MILL****BAKING AIDS**

<b>G</b>	<sup>*</sup>	4857 Active dry yeast	226g	8	C	0-39978-30501-5	B K
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<b>G</b>	4866 Nutritional yeast - large flakes	226g	4	C	0-39978-30546-6	B K
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	4858 Toasted carob powder	510g	4	C	0-39978-30509-1	B K
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<b>G</b>	5151 Pea protein powder	453g	4	C	0-39978-30360-8	B K
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<b>G</b>	5152 Psyllium powder	453g	4	C	0-39978-30344-8	B K
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<b>G</b>	4860 Arrowroot starch	453g	4	C	0-39978-32505-1	B K
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<b>G</b>	4863 Corn starch	623g	4	C	0-39978-30583-1	B K
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<b>G</b>	4864 Potato starch	680g	4	C	0-39978-30525-1	B K
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<b>G</b>	4861 Baking powder	453g	4	C	0-39978-30392-9	B K
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<b>G</b>	4862 Baking soda	453g	4	C	0-39978-30391-2	B K
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<b>G</b>	4870 Egg replacer - gluten free	340g	8	C	0-39978-30620-3	B K
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<b>G</b>	4868 Guar gum	226g	8	C	0-39978-30554-1	B K
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<b>G</b>	4869 Xanthan gum	226g	6	C	0-39978-32555-6	B K
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	4856 Sea salt	907g	4	C	0-39978-31527-4	B K
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	4914 Coconut flakes unsweetened	340g	4	C	0-39978-30581-7	K
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	4915 Shredded coconut unsweetened	340g	4	C	0-39978-31578-6	B K
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**OATMEAL - MICROWAVABLE CUP**

<b>G</b>	5135 Oatmeal - apple cinnamon	67g	12	C	0-39978-30184-0	B K
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G	5137	Oatmeal - classic	51g	12	C	0-39978-32184-8	B K
G	5138	Oatmeal - maple brown sugar	61g	12	C	0-39978-33184-7	B K
		<b>CEREALS</b>					
	4880	5 grain rolled cereal	453g	4	C	0-39978-30105-5	B K
	4881	7 grain cereal	708g	4	C	0-39978-30107-9	B K
G	4882	8 grain cereal - gluten free	765g	4	C	0-39978-30108-6	B K
	4883	10 grain cereal	708g	4	C	0-39978-30110-9	B K
G	4884	"Creamy rice" brown rice farina cereal	737g	4	C	0-39978-30141-3	B K
G	4891	"Creamy rice" brown rice farina cereal - organic	737g	4	C	0-39978-30973-0	O B K
	4886	"Creamy" white wheat farina cereal	680g	4	C	0-39978-30152-9	B K
	4897	"Creamy" white wheat farina cereal - organic	680g	4	C	0-39978-30992-1	O B K
G	4889	Mighty tasty hot cereal	680g	4	C	0-39978-30116-1	B K
G	4890	Millet grits / meal	453g	4	C	0-39978-30398-1	B K
	4892	Rolled spelt flakes	453g	4	C	0-39978-32652-2	K
G	4896	Organic creamy buckwheat cereal	510g	4	C	0-39978-30113-0	O B K
	4898	Organic high fiber cereal	453g	4	C	0-39978-32803-8	O B K
	4899	Organic kamut cereal	680g	4	C	0-39978-30410-0	O B K
	4905	Wheat bran	226g	4	C	0-39978-34321-5	B K
	4907	Wheat germ	340g	4	C	0-39978-31150-4	B K
		<b>MUESLI</b>					
	4888	Muesli - old country style	510g	4	C	0-39978-34103-7	B K
G	4894	Muesli - gluten free	453g	4	C	0-39978-32366-8	B K
	5148	Fruit & seed muesli	396g	4	C	0-39978-30114-7	B K
G	5149	Paleo style muesli - gluten free	396g	4	C	0-39978-30350-9	B K
G	5150	Tropical muesli - gluten free	396g	4	C	0-39978-30368-4	B K
		<b>ENTREES</b>					
	4927	Natural pearl couscous	453g	4	C	0-39978-30496-4	B K
	4928	Whole wheat pearl couscous	453g	4	C	0-39978-30497-1	B K
	4929	Tricolour pearl couscous	453g	4	C	0-39978-30498-8	B K
	4932	Gloden couscous	680g	4	C	0-39978-30584-8	B K
	4925	Bountiful black bean soup mix	737g	4	C	0-39978-30506-0	K
	4926	Whole grains & beans soup mix	737g	4	C	0-39978-30507-7	K
	4936	13 beans soup mix	822g	4	C	0-39978-30251-9	B K
	4937	Vegi soup mix	793g	4	C	0-39978-30250-2	B K
	4930	Red bulgur - cracked whole grain wheat	793g	4	C	0-39978-30124-6	B K
	4931	Corn grits / polenta	680g	4	C	0-39978-30125-3	B K
	4935	Organic corn grits / polenta	680g	4	C	0-39978-30919-8	O B K
	4938	Tapioca small pearl	680g	4	C	0-39978-30537-4	K
G	4933	Tsp ~ Organic textured soy protein - gluten free	368g	4	C	0-39978-32901-1	O B K
G	4939	Tvp ~ textured vegetable protein - gluten free	283g	4	C	0-39978-32542-6	B K
		<b>GLUTEN FREE FLOUR &amp; MEALS</b>					
G	4941	Gluten free hazelnut flour	396g	4	C	0-39978-32750-5	B K
G	4945	Gluten free almond flour - blanched almonds	453g	4	C	0-39978-34381-9	B K
G	4971	Gluten free almond flour - whole almonds	453g	4	C	0-39978-33380-3	B K
G	4952	Gluten free flaxseed meal	453g	4	C	0-39978-33330-8	B K
G	4953	Gluten free flaxseed meal	907g	4	C	0-39978-34330-7	B K
G	4962	Gluten free flaxseed meal - organic	453g	4	C	0-39978-33937-9	O B K
G	4964	Gluten free flaxseed meal - organic golden	453g	4	C	0-39978-33940-9	O B K
G	4954	Gluten free garbanzo bean flour	453g	4	C	0-39978-32332-3	B K
G	4956	Gluten free garbanzo & fava bean flour	623g	4	C	0-39978-30457-5	B K
G	4955	Gluten free all purpose baking flour	623g	4	C	0-39978-30452-0	B K
G	4982	Gluten free all purpose baking flour	1.24Kg	4	C	0-39978-31452-9	B K
G	5011	Gluten free 1 to 1 baking flour	623g	4	C	0-39978-30453-7	B K
G	5012	Gluten free 1 to 1 baking flour	1.24Kg	4	C	0-39978-31453-6	B K
G	5017	Gluten free 1 to 1 baking flour	2.26Kg	4	C	0-39978-32453-5	B K



G	5146	Gluten free paleo baking flour	453g	4	C	0-39978-30349-3	B K
G	5147	Gluten free paleo baking flour	907g	4	C	0-39978-32349-1	B K
G	4974	Gluten free brown rice flour	680g	4	C	0-39978-30315-8	B K
G	4983	Gluten free brown rice flour - organic	680g	4	C	0-39978-30974-7	O B K
G	4975	Gluten free white rice flour	680g	4	C	0-39978-30316-5	B K
G	5076	Gluten free white rice flour - organic	680g	4	C	0-39978-30967-9	O B K
G	4924	Gluten free sweet white rice flour	680g	4	C	0-39978-30608-1	B K
G	4850	Gluten free organic amaranth flour	623g	4	C	0-39978-30911-2	O B K
G	4967	Gluten free organic quinoa flour	623g	4	C	0-39978-30320-2	O B K
G	4984	Gluten free organic coconut flour	453g	4	C	0-39978-32815-1	O B K
G	4957	Gluten free sweet white sorghum flour	623g	4	C	0-39978-30642-5	B K
G	4944	Gluten free millet flour	652g	4	C	0-39978-30310-3	B K
G	4973	Gluten free potato flour	680g	4	C	0-39978-30312-7	B K
G	4979	Gluten free tapioca flour	566g	4	C	0-39978-30535-0	B K
G	4980	Gluten free teff flour	680g	4	C	0-39978-30539-8	B K

#### FLOUR & MEALS

	4946	Organic corn flour	680g	4	C	0-39978-30917-4	O B K
	5153	Organic golden masa harina flour	680g	4	C	0-39978-30283-0	O B K
	4949	Masa harina corn flour	680g	4	C	0-39978-30335-6	B K
	4951	Cornmeal medium	680g	4	C	0-39978-30304-2	B K
	5074	Blue cornmeal medium	680g	4	C	0-39978-30126-0	K
	4966	Organic graham flour	680g	4	C	0-39978-30990-7	O B K
	4968	Organic dark rye flour	623g	4	C	0-39978-30313-4	O B K
	4969	Organic pumpernickel dark rye meal	680g	4	C	0-39978-30333-2	O B K
	4977	Soy flour stone ground	453g	4	C	0-39978-30317-2	B K
	4976	Semolina flour	680g	4	C	0-39978-34318-5	B K
	4978	Spelt flour	680g	4	C	0-39978-30650-0	B K
	5077	Organic spelt flour	680g	4	C	0-39978-30894-8	O K
	4940	Barley flour	566g	4	C	0-39978-30301-1	B K
	4960	Whole grain oat flour	623g	4	C	0-39978-30311-0	K
	4961	Organic buckwheat flour	623g	4	C	0-39978-30302-8	O B K
	4981	Organic kamut flour	566g	4	C	0-39978-30341-7	O B K
	4958	Vital wheat gluten flour	623g	4	C	0-39978-34322-2	B K
	5107	Whole wheat pastry flour - organic	1.36Kg	4	C	0-39978-33993-5	O K
	5106	Whole wheat pastry flour	1.36Kg	4	C	0-39978-36320-6	B K
	5108	Unbleached white pastry flour	1.36Kg	4	C	0-39978-33298-1	B K
	4972	Whole wheat flour - organic	1.36Kg	4	C	0-39978-31987-6	O B K
	5103	Whole wheat flour	1.36Kg	4	C	0-39978-35300-9	B K
	5105	Organic ivory wheat flour	1.36Kg	4	C	0-39978-33852-5	O B K
	5102	All-purpose flour	1.36Kg	4	C	0-39978-36301-5	B K
	5101	Super-fine cake flour	1.36Kg	4	C	0-39978-30235-9	B K
	5100	Artisan bread flour	2.27Kg	4	C	0-39978-30236-6	B K

#### GLUTEN FREE GRAINS & SEEDS

G	4916	Gluten free organic quinoa grain - white	453g	4	C	0-39978-32323-1	O B K
G	4995	Gluten free organic quinoa grain - white	737g	4	C	0-39978-30323-3	O B K
G	4917	Gluten free organic quinoa grain - red	453g	4	C	0-39978-30944-0	O B K
G	4918	Gluten free organic quinoa grain - tricolour	453g	4	C	0-39978-30946-4	O B K
G	4989	Gluten free organic amaranth grain	680g	4	C	0-39978-30910-5	O B K
G	4991	Gluten free flaxseeds - brown	368g	6	C	0-39978-33620-0	B K
G	4992	Gluten free flaxseeds - organic brown	368g	6	C	0-39978-32936-3	O B K
G	4993	Gluten free flaxseeds - organic golden	368g	6	C	0-39978-32939-4	O B K
G	4996	Gluten free whole grain teff	680g	4	C	0-39978-30536-7	B K
G	4997	Gluten free organic buckwheat groats	453g	4	C	0-39978-30580-0	O B K
G	4998	Gluten free organic buckwheat kernels (Kasha)	510g	4	C	0-39978-32419-1	O B K
G	4999	Gluten free hulled millet	793g	4	C	0-39978-30406-3	B K

<b>G</b>	<b>5006</b>	<i>Gluten free whole grain sorghum grain</i>	680g	4	<b>C</b>	0-39978-30643-2	B K
		<b>GRAINS &amp; SEEDS</b>					
	<b>4990</b>	<i>Barley pearl</i>	850g	4	<b>C</b>	0-39978-30403-2	B K
	<b>5000</b>	<i>Organic hard red spring wheat berries</i>	793g	4	<b>C</b>	0-39978-30986-0	O B K
	<b>5002</b>	<i>Chia seeds</i>	453g	4	<b>C</b>	0-39978-30339-4	B K
	<b>5005</b>	<i>Organic farro</i>	680g	4	<b>C</b>	0-39978-30860-3	O B K
	<b>5008</b>	<i>Organic kamut grain</i>	680g	4	<b>C</b>	0-39978-30941-9	O B K
	<b>4912</b>	<i>Organic cracked freekeh</i>	453g	4	<b>C</b>	0-39978-30856-6	O B K
		<b>POPCORN</b>					
	<b>5140</b>	<i>Yellow popcorn</i>	765g	4	<b>C</b>	0-39978-30307-3	B K
	<b>5141</b>	<i>White popcorn</i>	765g	4	<b>C</b>	0-39978-30295-3	B K
		<b>GLUTEN FREE MIXES</b>					
<b>G</b>	<b>5013</b>	<i>Gluten free pie crust</i>	453g	4	<b>C</b>	0-39978-30389-9	B K
<b>G</b>	<b>5032</b>	<i>Gluten free pizza crust</i>	453g	4	<b>C</b>	0-39978-30394-3	B K
<b>G</b>	<b>5018</b>	<i>Gluten free muffin mix</i>	453g	4	<b>C</b>	0-39978-30460-5	B K
<b>G</b>	<b>5019</b>	<i>Gluten free brownie mix</i>	595g	4	<b>C</b>	0-39978-30464-3	B K
<b>G</b>	<b>5021</b>	<i>Gluten free pancake mix</i>	623g	4	<b>C</b>	0-39978-30462-9	B K
<b>G</b>	<b>5014</b>	<i>Gluten free chocolate cake mix</i>	453g	4	<b>C</b>	0-39978-30468-1	B K
<b>G</b>	<b>5036</b>	<i>Gluten free vanilla cake mix</i>	539g	4	<b>C</b>	0-39978-30466-7	B K
<b>G</b>	<b>5015</b>	<i>Gluten free biscuit mix</i>	680g	4	<b>C</b>	0-39978-30205-2	B K
<b>G</b>	<b>5028</b>	<i>Gluten free chocolate chip cookie mix</i>	623g	4	<b>C</b>	0-39978-30467-4	B K
<b>G</b>	<b>5020</b>	<i>Gluten free homemade wonderful bread mix</i>	453g	4	<b>C</b>	0-39978-30454-4	B K
<b>G</b>	<b>5029</b>	<i>Gluten free cornbread mix</i>	566g	4	<b>C</b>	0-39978-30461-2	B K
<b>G</b>	<b>5030</b>	<i>Gluten free cinnamon raisin bread mix</i>	623g	4	<b>C</b>	0-39978-30456-8	B K
		<b>MIXES</b>					
	<b>5016</b>	<i>10 grain bread mix</i>	538g	4	<b>C</b>	0-39978-30672-2	B K
	<b>5033</b>	<i>Low carb bread mix</i>	453g	4	<b>C</b>	0-39978-30500-8	B K
	<b>5022</b>	<i>Low carb baking mix</i>	453g	4	<b>C</b>	0-39978-30499-5	B K
	<b>5025</b>	<i>Pancake / waffle mix - 10 grain</i>	737g	4	<b>C</b>	0-39978-30204-5	B K
	<b>5026</b>	<i>Pancake / waffle mix - buckwheat</i>	737g	4	<b>C</b>	0-39978-30881-8	B K
	<b>5027</b>	<i>Pancake / waffle mix - buttermilk</i>	737g	4	<b>C</b>	0-39978-30880-1	B K
	<b>5078</b>	<i>Pancake / waffle mix - organic 7 grains</i>	737g	4	<b>C</b>	0-39978-30882-5	O K
		<b>GRANOLA</b>					
	<b>5037</b>	<i>Granola honey oat</i>	340g	4	<b>C</b>	0-39978-33285-1	B K
	<b>5038</b>	<i>Granola cinnamon raisin</i>	340g	4	<b>C</b>	0-39978-33188-5	B K
	<b>5039</b>	<i>Classic granola</i>	340g	4	<b>C</b>	0-39978-34662-6	B K
		<b>WHEAT FREE &amp; GLUTEN FREE OATS</b>					
	<b>5045</b>	<i>Wheat free scottish oatmeal</i>	566g	4	<b>C</b>	0-39978-30372-1	B K
<b>G</b>	<b>5046</b>	<i>Gluten free extra thick rolled oats</i>	907g	4	<b>C</b>	0-39978-31374-4	B K
<b>G</b>	<b>5047</b>	<i>Gluten free quick-cooking rolled oats</i>	907g	4	<b>C</b>	0-39978-30376-9	B K
<b>G</b>	<b>5048</b>	<i>Gluten free steel cut oats</i>	680g	4	<b>C</b>	0-39978-30373-8	B K
<b>G</b>	<b>5049</b>	<i>Gluten free old fashioned rolled oats</i>	907g	4	<b>C</b>	0-39978-30375-2	B K
<b>G</b>	<b>5068</b>	<i>Gluten free oat bran cereal</i>	510g	4	<b>C</b>	0-39978-30378-3	B K
		<b>OATS</b>					
	<b>5050</b>	<i>Oat bran cereal</i>	510g	4	<b>C</b>	0-39978-30143-7	B K
	<b>5051</b>	<i>Scottish oatmeal</i>	566g	4	<b>C</b>	0-39978-31121-4	B K
	<b>5053</b>	<i>Quick-cooking rolled oats</i>	453g	4	<b>C</b>	0-39978-30153-6	B K
	<b>5054</b>	<i>Quick-cooking rolled oats</i>	907g	4	<b>C</b>	0-39978-32153-4	B K
	<b>5055</b>	<i>Extra thick rolled oats</i>	453g	4	<b>C</b>	0-39978-30155-0	B K
	<b>5056</b>	<i>Extra thick rolled oats</i>	907g	4	<b>C</b>	0-39978-32155-8	B K
	<b>5057</b>	<i>Steel cut oats</i>	680g	4	<b>C</b>	0-39978-31140-5	B K
		<b>ORGANIC OATS</b>					
	<b>5058</b>	<i>Organic oat bran cereal</i>	510g	4	<b>C</b>	0-39978-30955-6	O B K
	<b>5059</b>	<i>Organic quick-cooking rolled oats</i>	453g	4	<b>C</b>	0-39978-30953-2	O B K
	<b>5060</b>	<i>Organic quick-cooking rolled oats</i>	907g	4	<b>C</b>	0-39978-31953-1	O B K

5061	Organic old fashioned rolled oats	453g	4	C	0-39978-30952-5	O	B	K
5062	Organic old fashioned rolled oats	907g	4	C	0-39978-31952-4	O	B	K
5065	Organic extra thick rolled oats	453g	4	C	0-39978-30954-9	O	B	K
5063	Organic extra thick rolled oats	907g	4	C	0-39978-31954-8	O	B	K
5064	Organic scottish oatmeal	566g	4	C	0-39978-30956-3	O	B	K
5066	Organic steel cut oats	680g	4	C	0-39978-30957-0	O	B	K

**ORGANIC OATS - GLUTEN FREE**

<b>G</b>	5142	Organic steel cut oats - gluten free	680g	4	C	0-39978-30385-1	O	B	K
<b>G</b>	5143	Organic extra thick rolled oats - gluten free	907g	4	C	0-39978-30386-8	O	B	K
<b>G</b>	5144	Organic old fashioned rolled oats - gluten free	907g	4	C	0-39978-30387-5	O	B	K
<b>G</b>	5145	Organic quick cooking oats - gluten free	907g	4	C	0-39978-30388-2	O	B	K

**BULK**

4818	Chocolate cake mix	25lb	1	U	0-39978-10468-7			
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**DISPLAY**

5079	Empty shipper (can hold 8 CS)	--	1	U	N/A			
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**BRAGG**

**LIQUID SOY SEASONING**

<b>G</b>	3960	Liquid soy seasoning, spray	180mL	24	½	0-74305-10006-2		B	K
<b>G</b>	3961	Liquid soy seasoning	473mL	12	½	0-74305-10016-1		B	K
<b>G</b>	3962	Liquid soy seasoning	946mL	12	½	0-74305-10032-1		B	K

**ORGANIC VINEGAR IN GLASS BOTTLE**

3965	Organic apple cider vinegar	473mL	12	½	0-74305-10116-8	O	B	K
3966	Organic apple cider vinegar	946mL	12	½	0-74305-10132-8	O	B	K

**ORGANIC APPLE CIDER VINEGAR DRINK**

3970	Organic ACV & honey drink	473mL	12	C	0-74305-15016-6	O	B	K
3971	Organic ACV & ginger drink	473mL	12	C	0-74305-15116-3	O	B	K
3972	Organic ACV & apple-cinnamon	473mL	12	C	0-74305-15216-0	O	B	K
3973	Organic ACV & concord grape-açai drink	473mL	12	C	0-74305-15316-7	O	B	K
3974	Organic ACV & limeade drink	473mL	12	C	0-74305-15416-4	O	B	K
3975	Organic ACV & stevia extract drink	473mL	12	C	0-74305-15516-1	O	B	K
3976	Organic ACV & pomegranate-goji drink	473mL	12	C	0-74305-15616-8	O	B	K

**ORGANIC COCONUT LIQUID AMINOS**

<b>G</b>	3969	All purpose seasoning - soy free	296mL	12	½	0-74305-10610-1	O	B	K
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**BRUCE COST**

**GINGER ALE**

3595	Original	355mL	24	C	8-55235-00201-1		T
3596	Jasmine tea	355mL	24	C	8-55235-00202-8		T
3597	Passion fruit	355mL	24	C	8-55235-00204-2		T
3598	Pomegranate	355mL	24	C	8-55235-00203-5		T
3599	Blood orange	355mL	24	C	8-55235-00205-9		T

**CESARES**

**SNACKS**

<b>G</b>	7880	Chestnuts - roasted & peeled	150g	24	½	8-19377-00012-0		B
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**CITY SNACKS**

**FREEZE DRIED FRUIT SNACKS**

<b>G</b>	7870	Banana & strawberry	17g	8	C	8-19377-00824-9		B
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G	7871	Pineapple	16g	8	C	8-19377-00819-5	B
G	7872	Peach	15g	8	C	8-19377-00821-8	B
G	7873	Pear	15g	8	C	8-19377-00823-2	B
G	7874	Apple	18g	8	C	8-19377-00822-5	B
G	7875	Banana	20g	8	C	8-19377-00820-1	B
G	7876	Strawberry	11g	8	C	8-19377-00818-8	B

## COCONUT BLISS

### ORGANIC FROZEN DESSERTS

G	*	9354	Organic chocolate chip cookie	473mL	8	C	8-96767-00111-0	O T B K
G	*	9370	Organic cinnamon chocolate fusion	473mL	8	C	8-96767-00109-7	O T B K
G	*	9348	Organic chocolate walnut brownie	473mL	8	C	8-96767-00188-2	O T B K
G	*	9351	Organic chocolate hazelnut fudge	473mL	8	C	8-96767-00126-4	O T B K
G	*	9360	Organic chocolate peanut butter	473mL	8	C	8-96767-00148-6	O T B K
G	*	9352	Organic dark chocolate	473mL	8	C	8-96767-00127-1	O T B K
G	*	9363	Organic salted caramel & chocolate	473mL	8	C	8-96767-00167-7	O T B K
G	*	9349	Organic ginger cookie caramel	473mL	8	C	8-96767-00187-5	O T B K
G	*	9350	Organic cappuccino	473mL	8	C	8-96767-00125-7	O T B K
G	*	9361	Organic mocha maca crunch	473mL	8	C	8-96767-00150-9	O T B K
G	*	9353	Organic naked coconut	473mL	8	C	8-96767-00128-8	O T B K
G	*	9355	Organic vanilla island	473mL	8	C	8-96767-00130-1	O T B K
G	*	9358	Organic cherry amaretto	473mL	8	C	8-96767-00147-9	O T B K
G	*	9359	Organic LunaBerry swirl	473mL	8	C	8-96767-00149-3	O T B K
G	*	9362	Organic mint galactica	473mL	8	C	8-96767-00166-0	O T B K

### ORGANIC FROZEN DESSERTS - BARS

G	*	9356	Organic dark chocolate bars	4x89mL	12	C	8-96767-00131-8	O T B K
G	*	9357	Organic naked coconut bars	4x89mL	12	C	8-96767-00132-5	O T B K
G	*	9364	Organic strawberry love bars	4x89mL	12	C	8-96767-00168-4	O T B K
G	*	9365	Organic café latte bars	4x89mL	12	C	8-96767-00169-1	O T B K
G	*	9366	Organic salted caramel in chocolate bars	3x89mL	12	C	8-96767-00186-8	O T B K
G	*	9367	Organic coconut almond in chocolate bars	3x89mL	12	C	8-96767-00185-1	O T B K
G	*	9368	Organic dark chocolate bars	89mL	24	C	8-96767-00116-5	O T B K
G	*	9369	Organic naked coconut bars	89mL	24	C	8-96767-00114-1	O T B K

## COLD MOUNTAIN

### MISO

G	**	6232	Mellow red miso	397g	6	C	8-13074-00170-1	B K
G	**	6235	Mellow white miso	397g	6	C	8-13074-00171-8	B K
G	**	6233	Kyoto red miso (low sodium)	397g	6	C	8-13074-00168-8	B K
G	**	6234	Kyoto white miso (low sodium)	397g	6	C	8-13074-00169-5	B K
G	**	6236	Light yellow miso	397g	6	C	8-13074-00172-5	B K
G	**	6237	Red miso	397g	6	C	8-13074-12173-2	B K

## COUNTRY FRESH

### EARTHSEED ORGANIC FROZEN SPROUTED BREAD

*	0810	Organic whole wheat	454g	6	C	6-20553-10004-2	O B
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✳	<b>0811</b>	<i>Organic carrot &amp; raisin</i>	400g	6	<b>C</b>	6-20553-10013-4	O	B
✳	<b>0812</b>	<i>Organic multiseed</i>	400g	6	<b>C</b>	6-20553-10032-5	O	B
✳	<b>0813</b>	<i>Organic fruit &amp; nut</i>	400g	6	<b>C</b>	6-20553-10220-6	O	B
✳	<b>0814</b>	<i>Organic whole rye</i>	400g	6	<b>C</b>	6-20553-10103-2	O	B
✳	<b>0815</b>	<i>Organic carrot, raisin &amp; rye</i>	400g	6	<b>C</b>	6-20553-10022-6	O	B

#### SESAME DREAM

#### HONEY SWEETENED NUT TREAT

<b>0830</b>	<i>Sesame wheat free treat</i>	234g	12	½		6-20553-10105-6		B
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#### NUT BUTTER

<b>4360</b>	<i>Almond butter</i>	225g	12	½		6-20553-10211-4		B
<b>4370</b>	<i>Almond butter</i>	500g	12	½		6-20553-10301-2		B
<b>4364</b>	<i>Sesame tahini - organic</i>	250g	12	½		6-20553-10021-9	O	B
<b>4372</b>	<i>Sesame tahini - organic</i>	500g	12	½		6-20553-10111-7	O	B
<b>4373</b>	<i>Peanut butter smooth - organic</i>	500g	12	½		6-20553-10001-1	O	B
<b>4374</b>	<i>Peanut butter crunchy - organic</i>	500g	12	½		6-20553-10002-8	O	B

## EARTH BALANCE

#### TRADITIONAL SPREAD

<b>G</b>	✳	<b>8813</b>	<i>Organic coconut flavour spread</i>	283g	12	½	0-33776-01195-6	O	B	K
<b>G</b>	✳	<b>8814</b>	<i>Soy free spread</i>	425g	12	½	0-33776-01169-7		B	K
<b>G</b>	✳	<b>8815</b>	<i>Original spread</i>	425g	12	½	0-33776-01172-7		B	K
<b>G</b>	✳	<b>8819</b>	<i>Original spread - large</i>	1.3Kg	6		<b>C</b> 0-33776-01188-8		B	K
<b>G</b>	✳	<b>8816</b>	<i>Organic spread</i>	368g	12	½	0-33776-01184-0	O	B	K
<b>G</b>	✳	<b>8820</b>	<i>Vegan cooking &amp; baking sticks</i>	454g	18	½	0-33776-01182-6		B	K

## EARTH ISLAND

#### REFRIGERATED VEGAN MAYONNAISE 473ML

<b>G</b>	✳	<b>7949</b>	<i>Vegenaise® soy free</i>	473mL	6		<b>C</b> 0-49568-26016-7		B	K
<b>G</b>	✳	<b>7953</b>	<i>Vegenaise® soy oil, organic</i>	473mL	6		<b>C</b> 0-49568-28016-5	O	B	K
<b>G</b>	✳	<b>7951</b>	<i>Vegenaise® grapeseed oil</i>	473mL	6		<b>C</b> 0-49568-22016-1		B	K
<b>G</b>	✳	<b>7950</b>	<i>Vegenaise® original</i>	473mL	6		<b>C</b> 0-49568-21016-2		B	K
<b>G</b>	✳	<b>7954</b>	<i>Vegenaise® reduced fat</i>	473mL	6		<b>C</b> 0-49568-24016-9		B	K

#### REFRIGERATED VEGAN MAYONNAISE 946ML

<b>G</b>	✳	<b>7942</b>	<i>Vegenaise® soy free</i>	946mL	6		<b>C</b> 0-49568-26946-7		B	K
<b>G</b>	✳	<b>7945</b>	<i>Vegenaise® original</i>	946mL	6		<b>C</b> 0-49568-21946-2		B	K
<b>G</b>	✳	<b>7946</b>	<i>Vegenaise® reduced fat</i>	946mL	6		<b>C</b> 0-49568-24946-9		B	K

#### REFRIGERATED VEGAN MAYONNAISE IN BULK

<b>G</b>	✳	<b>7944</b>	<i>Vegenaise® original</i>	3.78L	4		<b>C</b> 0-49568-01128-8		B	K
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#### REFRIGERATED VEGENAISE® GOURMET

<b>G</b>	<b>*</b>	<b>7975</b>	<i>Vegenaise® gourmet - roasted garlic</i>	355mL	6	<b>C</b>	0-49568-70355-8	B K
<b>G</b>	<b>*</b>	<b>7976</b>	<i>Vegenaise® gourmet - chipotle</i>	355mL	6	<b>C</b>	0-49568-72355-6	B K
<b>G</b>	<b>*</b>	<b>7977</b>	<i>Vegenaise® gourmet - pesto</i>	355mL	6	<b>C</b>	0-49568-73355-5	B K
<b>G</b>	<b>*</b>	<b>7980</b>	<i>Vegenaise® gourmet - sriracha</i>	355mL	6	<b>C</b>	0-49568-76355-2	B K
<b>REFRIGERATED VEGENAISE® SAUCE</b>								
<b>G</b>	<b>*</b>	<b>7978</b>	<i>Vegenaise® horse radish sauce</i>	237mL	6	<b>C</b>	0-49568-74237-3	B K
<b>G</b>	<b>*</b>	<b>7979</b>	<i>Vegenaise® tartar Sauce</i>	237mL	6	<b>C</b>	0-49568-75237-2	B K
<b>REFRIGERATED VEGAN GOURMET SOUR CREAM</b>								
<b>G</b>	<b>*</b>	<b>7961</b>	<i>Sour cream</i>	473mL	4	<b>C</b>	0-49568-55473-0	B K
<b>REFRIGERATED VEGAN GOURMET CREAM CHEESE</b>								
<b>G</b>	<b>*</b>	<b>7960</b>	<i>Cream cheese</i>	227g	8	½	0-49568-54227-0	B K
<b>REFRIGERATED VEGAN GOURMET CHEESE</b>								
<b>G</b>	<b>*</b>	<b>7956</b>	<i>Mozzarella cheese - wedge</i>	284g	12	½	0-49568-32010-6	B K
<b>G</b>	<b>*</b>	<b>7957</b>	<i>Cheddar cheese - wedge</i>	284g	12	½	0-49568-33010-5	B K
<b>REFRIGERATED VEGAN GOURMET SHREDS</b>								
<b>G</b>	<b>*</b>	<b>7985</b>	<i>Vegan gourmet shreds - mozzarella</i>	227g	8	½	0-49568-56227-8	B K
<b>G</b>	<b>*</b>	<b>7986</b>	<i>Vegan gourmet shreds - cheddar</i>	227g	8	½	0-49568-57227-7	B K
<b>G</b>	<b>*</b>	<b>7987</b>	<i>Vegan gourmet shreds - fiesta blend</i>	227g	8	½	0-49568-58227-6	B K
<b>G</b>	<b>*</b>	<b>7988</b>	<i>Vegan gourmet shreds - pizzeria blend</i>	227g	8	½	0-49568-61227-0	B K
<b>REFRIGERATED VEGAN CHEESE - SLICES</b>								
<b>G</b>	<b>*</b>	<b>7990</b>	<i>Provolone slices</i>	200g	12	½	0-49568-21227-2	B K
<b>G</b>	<b>*</b>	<b>7991</b>	<i>Cheddar slices</i>	200g	12	½	0-49568-22227-1	B K
<b>G</b>	<b>*</b>	<b>7992</b>	<i>Mozzarella slices</i>	200g	12	½	0-49568-23227-0	B K
<b>G</b>	<b>*</b>	<b>7993</b>	<i>Garden herb slices</i>	200g	12	½	0-49568-24227-9	B K
	<b>*</b>	<b>7994</b>	<i>Pepper jack slices</i>	200g	12	½	0-49568-27227-6	B K
	<b>*</b>	<b>7995</b>	<i>Smoked gouda slices</i>	200g	12	½	0-49568-29227-4	B K
<b>REFRIGERATED CHEESE ALTERNATIVE</b>								
<b>G</b>	<b>*</b>	<b>7997</b>	<i>Shredded parmesan</i>	113g	8	½	0-49568-60113-7	B K
<b>G</b>	<b>*</b>	<b>7998</b>	<i>Grated parmesan</i>	142g	8	½	0-49568-60142-7	B K
<b>EGG REPLACER</b>								
<b>G</b>		<b>7999</b>	<i>VeganEgg egg replacer - 100% plant-based</i>	114g	8	<b>C</b>	0-49568-46114-4	B K
<b>REFRIGERATED SALAD DRESSING</b>								
<b>G</b>	<b>*</b>	<b>7965</b>	<i>Vegan reduced fat ranch style</i>	355mL	6	<b>C</b>	0-49568-43355-4	B K
<b>G</b>	<b>*</b>	<b>7967</b>	<i>Vegan honey mustard style</i>	355mL	6	<b>C</b>	0-49568-09355-0	B K
<b>G</b>	<b>*</b>	<b>7969</b>	<i>Organic vegan caesar style</i>	355mL	6	<b>C</b>	0-49568-68355-3	O B K
<b>G</b>	<b>*</b>	<b>7971</b>	<i>Vegan creamy garlic</i>	355mL	6	<b>C</b>	0-49568-05355-4	B K

<b>G</b>	*	7972	Vegan thousand island	355mL	6	C	0-49568-17355-9	B K
<b>G</b>	*	7974	High omega vegan ranch	355mL	6	C	0-49568-40355-7	B K

## EARTH'S OWN

### SO FRESH CASHEW BEVERAGE

4125	Cashew Original	946mL	12	C	6-26027-31401-4	B K
4126	Cashew Unsweetened Original	946mL	12	C	6-26027-31402-1	B K

### SO FRESH OAT BEVERAGE

<b>G</b>	4130	Oat Unsweetened Original	946mL	12	C	6-26027-81402-6	B K
<b>G</b>	4131	Oat Unsweetened Vanilla	946mL	12	C	6-26027-81404-0	B K

### SO NICE COFFEE CREAMER

<b>G</b>	4136	Coffee creamer, french vanilla	473mL	12	C	6-26027-08776-5	B K
<b>G</b>	4137	Coffee creamer	473mL	12	C	6-26027-08777-2	B K

### SO NICE BARISTA BLEND

<b>G</b>	4138	Barista blend	946mL	12	C	6-26027-08770-3	B K
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### SO NICE SOY BEVERAGE - 946ML

<b>G</b>	4141	Original	946mL	12	C	0-57864-08705-0	O B K
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### ALMOND FRESH ALMOND BEVERAGE - 946ML

4152	Almond fresh - original	946mL	12	C	6-26027-70011-4	B
4153	Almond fresh - original unsweetened	946mL	12	C	6-26027-70012-1	B

### SO FRESH ALMOND BEVERAGE

4154	Almond Unsweetened Vanilla	946mL	12	C	6-26027-11404-1	B K
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### ALMOND FRESH ALMOND BEVERAGE - 250ML

4150	Original	250mL	24	C	6-26027-70031-2	B
4151	Chocolate	250mL	24	C	6-26027-70032-9	B

## ECHOCLEAN

### FABRIC SOFTENER

2763	Fabric softener sheets - lavender	40's	12	½	0-63827-60040-2	T B
2789	Fabric softener sheets - unscented	40's	12	½	0-63827-60041-9	T B

## EDEN FOODS

### SNACKS

3216	Quiet moon - nuts, seeds & dried fruit	113g	15	C	0-24182-00082-5	
3217	Organic pumpkin seeds	113g	15	C	0-24182-02084-7	O B K
3218	Organic spicy pumpkin seeds	113g	15	C	0-24182-02081-6	O B K
3219	Dried montmorency cherries	113g	15	C	0-24182-02079-3	B K
3221	Organic dried cranberries	113g	15	C	0-24182-02090-8	O B K
3223	Organic wild berry mix	113g	15	C	0-24182-02092-2	O B K
3224	Organic pistachios	113g	15	C	0-24182-02089-2	O B K

### ORGANIC BEANS IN A CAN

3360	Organic pinto beans	398mL	12	½	0-24182-00350-5	O B K
3362	Organic garbanzo beans	398mL	12	½	0-24182-00351-2	O B K
3363	Organic adzuki beans	398mL	12	½	0-24182-00352-9	O B K
3364	Organic black beans	398mL	12	½	0-24182-00353-6	O B K
3366	Organic kidney beans	398mL	12	½	0-24182-00354-3	O B K
3367	Organic navy beans	398mL	12	½	0-24182-00355-0	O B K
3368	Organic white kidney beans (cannellini)	398mL	12	½	0-24182-00358-1	O B K
3370	Organic black soy beans, no salt added	398mL	12	½	0-24182-00320-8	O B K
3371	Organic small red beans	398mL	12	½	0-24182-00356-7	O B K

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3373	Organic black eyed peas	398mL	12	½	0-24182-00357-4	O	B	K
3374	Organic great northern beans	398mL	12	½	0-24182-00387-1	O	B	K
3387	Organic butter beans	398mL	12	½	0-24182-00359-8	O	B	K
<b>ORGANIC BEANS IN A CAN (LARGE SIZE)</b>								
3865	Organic pinto beans	796mL	12	½	0-24182-28350-1	O	B	K
3866	Organic black beans	796mL	12	½	0-24182-28353-2	O	B	K
3867	Organic garbanzo beans	796mL	12	½	0-24182-28351-8	O	B	K
3868	Organic white kidney beans (cannellini)	796mL	12	½	0-24182-28358-7	O	B	K
3869	Organic navy beans	796mL	12	½	0-24182-28355-6	O	B	K
3870	Organic kidney beans	796mL	12	½	0-24182-28354-9	O	B	K
3871	Organic black eyed peas	796mL	12	½	0-24182-00379-6	O	B	K
3872	Organic black soy beans	796mL	12	½	0-24182-00382-6	O	B	K
3873	Organic great northern beans	796mL	12	½	0-24182-00389-5	O	B	K
3874	Organic small red beans	796mL	12	½	0-24182-00381-9	O	B	K
<b>ORGANIC PRECOOKED BEANS</b>								
3395	Organic chili beans-jalapeno & red pepper	398mL	12	½	0-24182-00384-0	O	B	K
3396	Organic baked beans with mustard	398mL	12	½	0-24182-00385-7	O	B	K
3397	Organic lentils-onion & bay leaves	398mL	12	½	0-24182-00388-8	O	B	K
3398	Organic spicy pinto	398mL	12	½	0-24182-00330-7	O	B	K
3399	Organic caribbean black beans	398mL	12	½	0-24182-00372-7	O	B	K
<b>ORGANIC REFRIED BEANS</b>								
3400	Organic black beans	398mL	12	½	0-24182-00399-4	O	B	K
3401	Organic black soy & black beans	398mL	12	½	0-24182-00397-0	O	B	K
3402	Organic kidney beans	398mL	12	½	0-24182-00396-3	O	B	K
3403	Organic pinto beans	398mL	12	½	0-24182-00398-7	O	B	K
3404	Organic spicy pinto beans	398mL	12	½	0-24182-00395-6	O	B	K
3405	Organic spicy black beans	398mL	12	½	0-24182-00394-9	O	B	K
<b>ORGANIC RICE AND BEANS</b>								
3407	Organic rice & Caribbean black beans	398mL	12	½	0-24182-00304-8	O	S	K
3409	Organic rice & kidney beans	425g	12	½	0-24182-00222-5	O	B	K
3410	Organic rice & lentil beans	398mL	12	½	0-24182-00306-2	O	B	K
3411	Organic rice & pinto beans	398mL	12	½	0-24182-00337-9	O	B	K
3412	Organic rice & small red beans	398mL	12	½	0-24182-00303-1	O	B	K
3413	Organic moroccan rice & garbanzo beans	398mL	12	½	024182-00310-9	O	B	K
3414	Organic Mexican rice & black beans	398mL	12	½	024182-00302-4	O	B	K
3416	Organic curried rice & lentils	398mL	12	½	024182-00300-0	O	B	
<b>ORGANIC CHILI</b>								
3425	Organic chili - pinto beans & spelt	398mL	12	½	0-24182-00336-9	O	B	K
3427	Organic chili - black beans & quinoa	398mL	12	½	0-24182-00337-6	O	B	K
3428	Organic chili - kidney beans & kamut	398mL	12	½	0-24182-00338-3	O	B	K
<b>ORGANIC DRY BEANS</b>								
3420	Organic dry black beans	454g	12	½	0-24182-02200-1	O	B	
3421	Organic dry green lentils	454g	12	½	0-24182-02202-5	O	B	
<b>ORGANIC TOMATOES</b>								
3380	Organic crushed tomatoes unsalted	796mL	12	½	0-24182-01311-5	O	B	K
<b>ORGANIC TOMATO SAUCES</b>								
3379	Organic spaghetti sauce in jars, unsalted	680mL	12	½	0-24182-00318-5	O	B	K
3376	Organic pizza & pastas sauce	398mL	12	½	0-24182-00317-8	O	B	K
5610	Organic pizza & pasta sauce (amber glass)	398mL	12	½	0-24182-03313-7	O	B	K
<b>ORGANIC CRUSHED TOMATOES IN AMBER GLASS</b>								
5606	Organic crushed tomatoes	398mL	12	½	0-24182-03314-4	O	B	K
5608	Organic crushed tomatoes	680mL	12	½	0-24182-03312-0	O	B	K
<b>EDENSOY</b>								
<b>ORGANIC SOY BEVERAGE</b>								
3461	Edensoy organic original	946mL	12	C	0-24182-02705-1	O	B	K

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3462	Edensoy organic vanilla	946mL	12	C	0-24182-02725-9	O	B	K
3463	Edensoy organic carob	946mL	12	C	0-24182-02515-6	O	B	K
3466	Edensoy organic unsweetened	946mL	12	C	0-24182-02706-8	O	B	K
<b>JUICE</b>								
3535	Organic apple juice	1.82L	6	C	0-24182-00364-2	O	B	K
3536	Organic tart cherry juice	946mL	12	½	0-24182-00360-4	O	B	K
3537	Organic apple juice	946mL	12	½	0-24182-00067-2	O		
<b>SAUERKRAUT</b>								
3822	Organic sauerkraut in jar	796mL	12	½	0-24182-01300-9	O	B	K
3818	Organic sauerkraut in jar	447mL	12	½	0-24182-01304-7	O	B	K
3819	Organic 3 onion sauerkraut in jar	447mL	12	½	0-24182-01306-1	O	B	K
3820	Organic kimchi sauerkraut in jar	447mL	12	½	0-24182-01305-4	O	B	K
<b>MUSTARD</b>								
3844	Wasabi powder in tin can	25g	6	C	0-24182-00218-8			K
3845	Organic brown mustard	255g	12	½	0-24182-00212-6	O		K
3847	Organic yellow mustard	255g	12	½	0-24182-00210-2	O	S	K
3848	Organic brown mustard squeeze bottle	255g	12	½	0-24182-01208-9	O	S	K
3849	Organic yellow mustard squeeze bottle	255g	12	½	0-24182-00211-9	O	S	K
<b>BEANS IN BULK</b>								
3855	Organic garbanzo beans	3.06Kg	6	C	0-24182-00263-8	O		
<b>GOMASHIO</b>								
3880	Original sesame shake (with sea salt)	100g	12	½	0-24182-00301-7		S	K
3881	Garlic shake (with sea salt)	100g	12	½	0-24182-00305-5		S	K
3882	Seaweed shake (with sea salt)	100g	12	½	0-24182-00309-3		S	K
3883	Organic black & tan gomashio	100g	12	½	0-24182-00203-4	O	S	K
3884	Organic black gomashio	100g	12	½	0-24182-00204-1	O	S	K
<b>SALT</b>								
3885	Sea salt - French coast	397g	12	½	0-24182-00200-3		S	
3886	Sea salt - portuguese coast	453g	12	½	0-24182-00199-0		S	
<b>VINEGAR</b>								
3951	Org apple cider vinegar (unpasteurised, unfiltered)	473mL	12	½	0-24182-00362-4	O	B	K
3952	Org apple cider vinegar (unpasteurised, unfiltered)	946mL	12	½	0-24182-00361-1	O	B	K
3955	Red wine vinegar	473mL	12	½	0-24182-00059-7			
6790	Brown rice vinegar	148mL	12	½	0-24182-42086-9			K
6791	Brown rice vinegar	296mL	12	½	0-24182-42087-6			K
6794	Umeboshi Vinegar	296mL	12	½	0-24182-42590-1			K
<b>SWEETENERS</b>								
4241	Organic 100% barley malt	566g	12	½	0-24182-49315-3	O	B	K
<b>FRUITS</b>								
4246	Organic apple sauce	398mL	12	½	0-24182-00349-9	O	B	K
4245	Organic apple cinnamon sauce	398mL	12	½	0-24182-00339-0	O	B	K
4247	Organic apple cherry sauce	398mL	12	½	0-24182-00333-8	O	B	K
4248	Organic apple strawberry sauce	398mL	12	½	0-24182-00334-5	O	B	K
4255	Organic apple butter	482g	12	½	0-24182-00369-7	O	B	K
4254	Organic apple cherry butter	482g	12	½	0-24182-00370-3	O	B	K
<b>FIRST PRESSED OILS</b>								
4632	Extra-virgin olive -1st pressed	473mL	12	½	0-24182-00011-5		S	K
4633	Extra-virgin olive -1st pressed	946mL	12	½	0-24182-00013-9		S	K
4641	Safflower	473mL	12	½	0-24182-00020-7		S	K
4648	Sesame	473mL	12	½	0-24182-00025-2		S	K
4649	Sesame	946mL	12	½	0-24182-00027-6		S	K
4652	Toasted sesame seed	148mL	12	½	0-24182-00030-6		S	K
4653	Toasted sesame seed	295mL	12	½	0-24182-42329-7		S	K
<b>ORGANIC POPCORN</b>								
5082	Organic popcorn	566g	12	½	0-24182-03386-1	O	S	K

**ORGANIC WHOLE GRAIN**

5080	Organic red quinoa	454g	12	½	0-24182-02351-0	O	K
5081	Organic quinoa	454g	12	½	0-24182-02350-3	O	S K
5085	Organic buckwheat	454g	12	½	0-24182-03151-5	O	K
5086	Organic millet	454g	12	½	0-24182-03152-3	O	K
5090	Organic rye flakes	454g	12	½	0-24182-02353-4	O	B K
5091	Organic spelt flakes	454g	12	½	0-24182-02355-8	O	B K
5095	Wild rice	198g	12	½	0-24182-02153-0		

**PASTA 100% WHOLE GRAIN**

5643	Kamut & buckwheat rigatoni - organic, 100% wh	340g	6	C	0-24182-11153-8	O	S K
5620	Kamut & quinoa twisted pair - organic, 100% wg	340g	6	C	0-24182-11372-3	O	B K
5631	Kamut ditalini - organic, 100% whole grain	340g	6	C	0-24182-11364-8	O	B K
5644	Kamut elbows - organic, 100% whole grain	396g	6	C	0-24182-11157-6	O	S K
5634	Kamut spaghetti - organic, 100% whole grain	396g	12	½	0-24182-11350-1	O	B K
5619	Kamut spirals - organic, 100% whole grain	340g	6	C	0-24182-11351-8	O	B K
5630	Kamut vegetable spirals - organic, 100% wg	340g	6	C	0-24182-11356-3	O	B K
5653	Rye spirals - organic, 100% whole grain	340g	6	C	0-24182-11352-5	O	B K
5623	Spaghetti - organic, 100% whole grain	396g	12	½	0-24182-11380-8	O	B K
5645	Spelt & buckwheat gemelli - organic, 100% whol	340g	6	C	0-24182-11154-5	O	S K
5655	Spelt ribbons - organic, 100% whole grain	227g	6	C	0-24182-00109-9	O	K
5646	Spelt spaghetti - organic, 100% whole grain	396g	12	½	0-24182-11374-7	O	B K
5654	Spelt ziti rigati - organic, 100% whole grain	340g	6	C	0-24182-11348-8	O	B K
6449	Soba (100% buckwheat)	227g	12	½	0-24182-20155-0		S K

**ORGANIC PASTA 60% WHOLE GRAIN**

5622	Organic flax rice spirals - 60% whole grain	340g	6	C	0-24182-11363-1	O	B K
5639	Organic spinach spirals - 60% whole grain	340g	6	C	0-24182-11390-7	O	B K
5649	Organic vegetable alphabets (sifted) - 60% whol	453g	6	C	0-24182-11314-3	O	B K
5656	Organic small vegetable shells - 60% whole grai	340g	6	C	0-24182-11320-4	O	K

**ORGANIC DURUM PASTA**

5625	Organic vegetable shells - durum	340g	6	C	0-24182-11310-5	O	B K
5626	Organic vegetable spirals - durum	340g	6	C	0-24182-11340-2	O	B K
5629	Organic parsley & garlic ribbons - durum	227g	6	C	0-24182-11300-6	O	B K
5658	Organic artichoke ribbons - durum	227g	6	C	0-24182-11318-1	O	K

**IMPORTED TRADITION PASTA**

6450	Harusame (mung bean) pasta	70g	12	½	0-24182-20502-2		
6451	Kuzu (arrowroot) pasta	100g	6	C	0-24182-22794-9		K

**TAMARI SHOYU**

6062	Organic tamari shoyu	296mL	12	½	0-24182-00042-9	O	B K
6076	Tamari (wheat free)	296mL	12	½	0-24182-01158-6		B K
6077	Tamari (wheat free)	592mL	12	½	0-24182-01159-3		B K

**ORGANIC MISO**

6205	Shiro miso white (organic)	345g	12	½	0-24182-13360-8	O	S K
6206	Genmai miso (organic)	345g	12	½	0-24182-13464-3	O	S K
6207	Mugi miso (organic)	345g	12	½	0-24182-13065-2	O	S K

**ORGANIC INSTANT MISO SOUP**

6202	Red miso (kuzu, wakame & green onion)	32g	10	½	0-24182-24065-8	O	
6203	White miso (kuzu, tofu & green onion)	32g	10	½	0-24182-24064-1	O	

**DRIED SEAWEEDS**

6343	Arame	60g	6	C	0-24182-15475-7		K
6344	Wakame	60g	6	C	0-24182-15171-8		
6345	Kombu	60g	6	C	0-24182-15273-9		S K
6346	Toasted nori krinkles	15g	6	C	0-24182-15707-9		K
6347	Wakame flakes	30g	10	½	0-24182-15169-5		K
6352	Sushi nori (7 sheets, toasted)	17g	6	C	0-24182-15769-7		

**MUSHROOMS**

6353	Whole shiitake	25g	12	½	0-24182-30012-3	K
6354	Sliced shiitake	25g	12	½	0-24182-30018-5	K
6355	Maitake	25g	12	½	0-24182-30017-8	
<b>TEAS</b>						
6495	Organic sencha green tea (16 bags)	24g	12	½	0-24182-18137-1	O K
6505	Organic hojicha (16 bags)	24g	12	½	0-24182-18145-6	O K
6497	Organic hojicha chai roasted green tea (16 bags)	43g	12	½	0-24182-18138-8	O K
6496	Organic chamomile herb tea( 16 bags)	16g	12	½	0-24182-18142-5	O K
6502	Organic kukicha (16 bags)	32g	12	½	0-24182-18120-3	O K
6504	Organic genmaicha (16 bags)	29g	12	½	0-24182-18156-2	O K
<b>SAUCE</b>						
6796	Ponzu sauce	200mL	12	½	0-24182-00497-8	

## EDWARD & SONS

### ORGANIC BREADCRUMBS

9760	Organic panko breadcrumbs - Japanese style	300g	6	C	0-43182-00060-4	O
9761	Organic lightly salted breadcrumbs	425g	6	C	0-43182-00058-1	O
9762	Organic breadcrumbs - Italian herbs	425g	6	C	0-43182-00059-8	O

### EXOTIC RICE TOAST

G	9765	Jasmine rice & spring onion	65g	12	½	0-43182-00061-1	
G	9766	Purple rice & black sesame	65g	12	½	0-43182-00062-8	
G	9767	Thai red rice & flaxseed	65g	12	½	0-43182-00063-5	

### ORGANIC BROWN RICE SNAPS

G	9794	Black sesame brown rice snaps	100g	12	½	0-39631-00046-2	O B
G	9830	Unsalted brown rice snaps	100g	12	½	0-39631-00041-7	O B
G	9833	Vegetable brown rice snaps	100g	12	½	0-39631-00044-8	O B

### BROWN RICE SNAPS

G	9834	Tamari sesame brown rice snaps	100g	12	½	0-11206-00034-3	
G	9835	Tamari seaweed brown rice snaps	100g	12	½	0-11206-00035-0	
G	9836	Unsalted sesame brown rice snaps	100g	12	½	0-11206-00036-7	
G	9837	Onion garlic brown rice snaps	100g	12	½	0-11206-00037-4	

### MISO SOUP

9838	Organic miso Japanese restaurant style	82g	6	C	0-43182-00098-7	O B
9839	Reduced sodium miso soup	29g	12	C	0-43182-00091-8	B
9840	Original golden miso soup	72g	12	C	0-11206-00093-7	B
9841	Seaweed miso soup	72g	12	C	0-11206-10094-4	B
9844	Organic traditional tofu miso soup	36g	12	C	0-43182-00092-5	O B

### MISO SOUP DISPLAY

9842	Original golden miso soup display	18g	24	C	0-11206-00096-1	B
9843	Seaweed miso soup display	18g	24	C	0-11206-00097-8	B

## ELIKXIR

### ORGANIC KOMBUCHA

G	*	3770	Organic ginger	355mL	12	C	6-28055-88702-7	O T B
G	*	3771	Organic lavender lemonade	355mL	12	C	6-28055-88701-0	O T B
G	*	3772	Organic orange cardamom	355mL	12	C	6-28055-88700-3	O T B
G	*	3773	Organic root beer	355mL	12	C	6-28055-88703-4	O T B

## FITBITE

### CHIPS

7700	Cassava chips - Spicy	100g	12	C	6-28055-77500-3	T
7701	Cassava chips - Sea salt	100g	12	C	6-28055-77501-0	T

## FOOD FOR LIFE

### ORGANIC BREADS (SPROUTED & FLOURLESS)

❄	8314	Organic ezeziel 4:9 sprouted whole grain flax bre	680g	6	C	0-73472-00124-0	O	B	K
❄	8317	Organic genesis 1:29 sprouted grain & seed bre	680g	6	C	0-73472-00141-7	O	B	K
❄	8320	Organic ezeziel 4:9 sprouted grain bread	680g	6	C	0-73472-00120-2	O	B	K
❄	8321	Organic ezeziel 4:9 sesame sprouted grain	680g	6	C	0-73472-00123-3	O	B	K
❄	8322	Organic ezeziel 4:9 cinnamon raisin sprouted gr	680g	6	C	0-73472-00131-8	O	B	K
❄	8323	Organic ezeziel 4:9 low sodium sprouted grain	680g	6	C	0-73472-00153-0	O	B	K

### BREADS (WHEAT FREE & GLUTEN FREE)

G	❄	8332	Raisin pecan bread	680g	6	C	0-73472-00167-7		B	K
G	❄	8333	Brown rice bread	680g	6	C	0-73472-00169-1		B	K

### ORGANIC BUNS

❄	8324	Organic ezeziel 4:9 sprouted grain burger buns	454g	6	C	0-73472-00213-1	O	B	K
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### EZEKIEL 4:9 SPROUTED GRAIN CEREAL

	3250	Original	454g	6	C	0-73472-00255-1		B	K
	3251	Golden flax	454g	6	C	0-73472-00256-8		B	K
	3252	Cinnamon raisin	454g	6	C	0-73472-00257-5		B	K
	3253	Almond	454g	6	C	0-73472-00258-2		B	K

### WHEAT FREE & GLUTEN FREE ENGLISH MUFFINS

G	❄	8315	Wheat free & gluten free brown rice english muffi	510g	6	C	0-73472-00185-1		B	K
G	❄	8316	Wheat free & gluten free multi seed english muffi	510g	6	C	0-73472-00186-8		B	K

### EZEKIEL 4:9 ORGANIC ENGLISH MUFFINS

❄	8318	Organic sprouted grain cinnamon raisin english r	454g	6	C	0-73472-00117-2	O	B	K
❄	8319	Organic sprouted grain english muffins	454g	6	C	0-73472-00119-6	O	B	K

### EZEKIEL 4:9 ORGANIC PASTA

	5420	Organic sprouted whole grain spaghetti	454g	6	C	0-73472-00560-6	O	B	K
	5421	Organic sprouted whole grain penne	454g	6	C	0-73472-00563-7	O	B	K

### EZEKIEL 4:9 TORTILLAS

	❄	8340	Organic sprouted grain tortillas - 10 inch	340g	12	½	0-73472-00200-1	O	B	K
G	❄	8342	Wheat free & gluten free brown rice tortillas-10"	340g	12	½	0-73472-00369-5		B	K
	❄	8343	Organic sprouted whole kernel corn - 6"	283g	12	½	0-73472-00370-1	O	B	K

## FUNCTION NATURAL FOODS

### APPETIZERS - NON GMO

❄	9475	Kale & quinoa bites - mediterranean	280g	8	C	8-51335-00072-8		B
❄	9476	Kale & quinoa bites - teriyaki	280g	8	C	8-51335-00073-5		B
❄	9477	Kale & quinoa bites - bombay	280g	8	C	8-51335-00076-6		B

### APPETIZERS - QUINOA ARANCINI

❄	9478	Rosemary + lemon risotto bites	280g	8	C	8-51335-00074-2		B
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### VEGAN TEMPEH JERKY

	9495	Sweet BBQ	70g	12	½	8-51335-00082-7		B
	9496	Chipotle	70g	12	½	8-51335-00083-4		B
	9497	Teriyaki	70g	12	½	8-51335-00084-1		B
	9498	Original	70g	12	½	8-51335-00085-8		B


**ORGANIC DESSERT MIXES**

G	8904	Organic vanilla custard	34g	12	C	6-87789-12571-3	O	B
G	8905	Organic vanilla pudding	40g	12	C	6-87789-25510-6	O	B
G	8906	Organic chocolate pudding	50g	12	C	6-87789-25511-3	O	B

**ORGANIC GELATIN**

G	8910	Organic gelatin sheets	10g	20	C	6-87789-12528-7	O	B
G	8911	Organic gelatin powder	30g	18	C	6-87789-12511-9	O	B
G	8912	Organic gelatin powder	150g	12	C	6-87789-12512-6	O	B

**ORGANIC CORN STARCH**

G	8913	Organic corn starch	150g	12	C	6-87789-12586-7	O	B
G	8914	Organic corn starch	1Kg	10	C	6-87789-12587-4	O	B

**ORGANIC GUMMIES**

G	8920	Organic fruit gummi bears	75g	10	C	6-87789-21601-5	O	T	B
G	8921	Organic vegan gummi bears	75g	10	C	6-87789-21501-8	O	T	B
G	8922	Organic sour gummies	75g	10	C	6-87789-21701-2	O	T	B
	8923	Organic vegetarian licorice	75g	10	C	6-87789-21801-9	O	T	B
G	8944	Organic wine gums	75g	10	C	6-87789-22001-2	O	T	B
G	8945	Organic yogurt fruit gummies	75g	10	C	6-87789-22101-9	O	T	B

**ORGANIC BOUILLON CUBES**

G	8925	Organic vegetable cubes	66g	15	C	6-87789-05120-3	O	B	K
G	8927	Organic chicken cubes	66g	15	C	6-87789-05115-9	O	B	K
G	8928	Organic beef cubes	66g	15	C	6-87789-05111-1	O	B	K
G	8930	Organic onion cubes	66g	15	C	6-87789-05112-8	O	B	K
G	8931	Organic mushroom cubes	66g	15	C	6-87789-05113-5	O	B	K

**ORGANIC BOUILLON CUBES - LOW SODIUM**

G	8926	Organic vegetable cubes - no salt added	66g	15	C	6-87789-05118-0	O	B	K
G	8929	Organic chicken cubes - no salt added	66g	15	C	6-87789-05117-3	O	B	K
G	8932	Organic low salt yeast-free vegetable cubes	66g	15	C	6-87789-05114-2	O	B	K

**ORGANIC BROTH POWDER**

	8935	Organic yeast-free vegetable broth powder	100g	6	C	6-87789-05121-0	O	B	K
	8936	Organic yeast-free vegetable broth powder	200g	12	C	6-87789-05122-7	O	B	K

**ORGANIC BROTH POWDER - LOW SODIUM**

	8937	Organic low sodium chicken broth powder	75g	6	C	6-87789-05123-4	O	B	K
	8938	Organic low sodium chicken broth powder	150g	12	C	6-87789-05124-1	O	B	K

**ORGANIC GUMMIES IN BULK**

G	8950	Organic fruit gummi bears	1Kg	1	U	6-87789-21611-4	O	T	B
G	8951	Organic sour gummies	1Kg	1	U	6-87789-21711-1	O	T	B
G	8952	Organic vegan gummi bears	1Kg	1	U	6-87789-21511-7	O	T	B
	8953	Organic vegetarian licorice	1Kg	1	U	6-87789-21811-8	O	T	B
G	8954	Organic wine gums	1Kg	1	U	6-87789-22011-1	O	T	B
G	8955	Organic yogurt fruit gummies	1Kg	1	U	6-87789-22111-8	O	T	B


**LIQUID LAUNDRY**

	2787	Ultra liquid laundry	3.78L	4	C	0-63827-31038-7	T	B
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**VEGAN WHEAT SAUSAGE**

*	9379	Sausage montreal	350g	12	½	6-27843-57787-4	B
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✳	9380	Sausage italiana - peppers, tomatoes & herbs	350g	12	½	6-27843-57784-3	B
✳	9381	Sausage española - smoked paprika	350g	12	½	6-27843-57785-0	B
✳	9382	Sausage germaine - smoked onions	350g	12	½	6-27843-57786-7	B
<b>VEGAN CASHEW CHEESE</b>							
✳	9383	Vegan grating block original	227g	12	½	6-27843-57789-8	B
<b>VEGAN CHEESE</b>							
✳	9386	Vegan grating block Americano	227g	12	½	6-27843-57791-1	B
✳	9387	Vegan grating block Swisso	227g	12	½	6-27843-57792-8	B
<b>VEGAN SEITAN LOAF</b>							
✳	9375	Kebab - oriental spices	400g	10	½	6-27843-57790-4	B

## HENRY'S TEMPEH

### FROZEN ORGANIC TEMPEH

G	✳	9240	Soy basil	250g	24	¼	8-51193-00003-8	O	B
G	✳	9241	Soy curry	250g	24	¼	8-51193-00007-6	O	B
G	✳	9242	Soy kasha	250g	24	¼	8-51193-00001-4	O	B
G	✳	9243	Soy original	250g	24	¼	8-51193-00002-1	O	B
G	✳	9244	Soy red pepper	250g	24	¼	8-51193-00006-9	O	B

## HOME FREE

### ALLERGEN FRIENDLY COOKIES

G	7160	Mini chocolate chip cookies	144g	6	C	8-57313-00167-1	B	K
G	7162	Mini double chocolate chip cookies	144g	6	C	8-57313-00168-8	B	K
G	7161	Mini vanilla cookies	144g	6	C	8-57313-00169-5	B	K
G	7163	Mini lemon burst cookies	144g	6	C	8-57488-00436-1	B	K

## HONEYWATER

### HONEYWATER

3520	Lemon & honey	355mL	15	C	6-27843-53289-7	T	B
3521	Mint & honey	355mL	15	C	6-27843-53290-3	T	B

## HOUSE

### TOFU PASTA

G	✳	8605	Shirataki traditional	226g	12	½	0-76371-04143-0	B	K
G	✳	8606	Shirataki fettuccini	226g	12	½	0-76371-04146-1	B	K
G	✳	8607	Shirataki spaghetti	226g	12	½	0-76371-04145-4	B	K

## ICE AGE

### WATER

3541	Water regular cap 6 pack	500mL	24	C	6-61431-00500-4	B	K
3543	Water regular cap	1L	12	C	6-61431-10012-9	B	K
3544	Water sports cap	1L	12	C	6-61431-01000-8	B	K

3545	Water regular cap	1.5L	12	C	6-61431-01500-3	B K
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## ICELANDIC GLACIAL

### BPA FREE PET BOTTLE

4070	Natural spring water pH 8.4	330ml	30	C	5-690351-23204-2	B K
4071	Natural spring water pH 8.4	500ml	24	C	5-690351-23200-4	B K
4072	Natural spring water pH 8.4 - sports cap	750ml	12	C	5-690351-23234-9	B K
4073	Natural spring water pH 8.4	1L	12	C	5-690351-23210-3	B K
4074	Natural spring water pH 8.4	1.5L	12	C	5-690351-23213-4	B K

### GLASS BOTTLE

4075	Natural spring water pH 8.4	330ml	24	C	5-690351-23014-7	B K
4077	Natural spring water pH 8.4	750ml	12	C	5-690351-23018-5	B K

### GLASS BOTTLE - SPARKLING WATER

4076	Natural spring water - sparkling	330ml	24	C	5-690351-23016-1	T B K
4078	Natural spring water - sparkling	750ml	12	C	5-690351-23020-8	T B K

## IF YOU CARE

### COFFEE FILTERS

7400	No.2 coffee filters	100ct	12	½	7-70009-00112-3	T B
7401	No.4 coffee filters	100ct	12	½	7-70009-00114-7	T B
7402	8" basket filters	100ct	12	½	7-70009-00111-6	T B

### KITCHEN PRODUCTS

7394	Latex gloves small	1 pair	12	½	7-70009-25027-9	T
7395	Latex gloves medium	1 pair	12	½	7-70009-25028-6	T
7396	Latex gloves large	1 pair	12	½	7-70009-25029-3	T
7397	Sandwich bags	48 bags	12	½	7-70009-25026-2	T
7398	Baking cups - mini	90ct	24	½	7-70009-25018-7	T
7403	Baking cups - large	60ct	24	½	7-70009-01048-4	T
7399	Baking cups - jumbo	24ct	24	½	7-70009-25019-4	T
7404	Parchment paper roll	70 sq.ft.	12	½	7-70009-01020-0	T
7405	Baking paper in sheets (parchment paper)	24ct	12	½	7-70009-01192-4	T B
7406	100% recycled aluminum foil roll	50 sq.ft.	12	½	7-70009-12011-4	T
7407	Heavy duty aluminum foil	30 sq.ft.	12	½	7-70009-25020-0	T
7408	Unbleached wax paper	75 sq.ft.	12	½	7-70009-25025-5	T
7409	Cheesecloth - unbleached 72" x 36"	2 v.ca	24	½	7-70009-05004-6	T
7410	Natural cooking twine	200ft	24	½	7-70009-05001-5	T
7412	FSC certified firelighters	28ct	12	½	7-70009-25034-7	T B
7413	3 gallon food waste bags	30ct	12	½	7-70009-25064-6	T

## ITO-EN

### TEA IN A BOTTLE

3760	Oi Ocha - green tea	500mL	12	C	8-35143-00141-2	B
3761	Jasmine green tea	500mL	12	C	8-35143-00695-0	B

### MATCHA GREEN TEA - TEA BAGS

3764	Peppermint matcha green tea	30g	8	C	8-35143-01174-9
3765	Chamomile matcha green tea	30g	8	C	8-35143-01230-2
3766	Ginger matcha green tea	30g	8	C	8-35143-01232-6
3767	Traditional matcha green tea	30g	8	C	8-35143-01170-1
3768	Jasmine matcha green tea	30g	8	C	8-35143-01172-5
3769	Lemongrass matcha green tea	30g	8	C	8-35143-01176-3

## JENNIE'S GLUTEN FREE BAKERY

**GLUTEN FREE MACAROONS**

<b>G</b>	3121	Coconut	57g	24	<b>C</b>	0-71879-00214-3	T B K
<b>G</b>	3124	Chocolate	57g	24	<b>C</b>	0-71879-00219-8	T B K
<b>G</b>	3127	Coconut - canister	226g	12	½	0-71879-12491-3	T K
<b>G</b>	3128	Almond - canister	226g	12	½	0-71879-12494-4	T K
<b>G</b>	3129	Chocolate macaroons - canister	226g	12	½	0-71879-12492-0	T K

**KNUDSEN / SANTA CRUZ****KNUDSEN ORGANIC TOMATO JUICE**

<b>G</b>	3670	Organic tomato red bell pepper	946mL	12	½	0-74682-51024-9	O B
<b>G</b>	3671	Organic tomato sriracha	946mL	12	½	0-74682-51022-5	O B

**KNUDSEN FRUIT JUICE**

3658	Just blueberry	946mL	12	½	0-74682-12324-1	B
3665	Just pomegranate	946mL	12	½	0-74682-12329-6	B
3675	Just cranberry	946mL	12	½	0-74682-12350-0	B
3674	Organic Just tart cherry	946mL	6	<b>C</b>	0-74682-12318-0	O B

**KNUDSEN FRUIT JUICE**

3673	Just black cherry	946mL	12	½	0-74682-12309-8	B
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**KNUDSEN FRUIT JUICE**

3659	Organic Just cranberry	946mL	12	½	0-74682-12335-4	O B
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**KNUDSEN FRUIT JUICE**

3676	Organic pear	946mL	12	½	0-74682-12304-3	O B
3682	Organic grapefruit	945mL	6	<b>C</b>	0-74682-11113-2	O B
3683	Concord grape	945mL	6	<b>C</b>	0-74682-11112-5	B
3737	Organic cranberry pomegranate	946mL	12	½	0-74682-11118-7	O B
3739	Organic açai	946mL	12	½	0-74682-11120-0	O B

**KNUDSEN FRUIT JUICE**

3680	Pineapple coconut	946mL	12	½	0-74682-12323-4	B
3718	Very veggie low salt	946mL	12	½	0-74682-12383-8	B
3678	Organic prune	946mL	6	<b>C</b>	0-74682-12312-8	O B

**ORGANIC SANTA CRUZ JUICE**

3662	Organic 100% pure lime juice	473mL	12	½	0-36192-12082-0	O B
3664	Organic 100% lemon juice	473mL	12	½	0-36192-12715-7	O B
3698	Organic lemonade	946mL	12	½	0-36192-12313-5	O T B
3702	Organic raspberry lemonade	946mL	12	½	0-36192-12314-2	O T B
3704	Organic peach lemonade	946mL	12	½	0-36192-12786-7	O T B
3705	Organic mango lemonade	946mL	12	½	0-36192-12784-3	O T B
3707	Organic cherry lemonade	946mL	12	½	0-36192-12319-7	O T B
3708	Organic half & half iced tea lemonade	946mL	12	½	0-36192-12782-9	O T B
3706	Organic limeade	946mL	12	½	0-36192-12785-0	O T B

**ORGANIC SANTA CRUZ JUICE**

3712	Organic orange mango	946mL	12	½	0-36192-12739-3	O B
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**BREWED BEVERAGE**

3667	Real brew ginger ale, 4 pack	355mL	24	<b>C</b>	0-74682-12440-8	T B
3668	Real brew vanilla cream soda, 4 pack	355mL	24	<b>C</b>	0-74682-12442-2	T B
3669	Real brew draft root beer, 4 pack	355mL	24	<b>C</b>	0-74682-12444-6	T B

**COCONUT WATER IN A CAN**



7310 Pure coconut water 350mL 24 C 1-80539-00007-5 B

## LAKWOOD

### ORGANIC JUICES

3991	Organic super veggie	946mL	12	½	0-42608-47005-2	O	K
3993	Organic beet	946mL	12	½	0-42608-63070-8	O	K
4007	Organic tart cherry blend	946mL	12	½	0-42608-63077-7	O	K
4001	Organic pina colada	946mL	12	½	0-42608-47004-5	O	S K
3996	Organic pure carrot	946mL	12	½	0-42608-63045-6	O	B K
4003	Organic pure pineapple	946mL	12	½	0-42608-63005-0	O	S K
4004	Organic pure prune	946mL	12	½	0-42608-63009-8	O	S K
4002	Organic pure black cherry	946mL	12	½	0-42608-47003-8	O	S K
3985	Organic pure tart cherry	946mL	12	½	0-42608-63008-1	O	K
4005	Organic pure blueberry	946mL	12	½	0-42608-63062-3	O	S K
4006	Organic pure cranberry	946mL	12	½	0-42608-63011-1	O	S K

### ORGANIC SUPPLEMENT JUICES

4009	Organic pure aloe	946mL	12	½	0-42608-63014-2	O	S K
4010	Organic pure aloe vera gel	946mL	12	½	0-42608-47009-0	O	S K
4011	Organic pure aloe - whole leaf	946mL	12	½	0-42608-47010-6	O	S K

### ORGANIC CULINARY JUICES

4012	Organic pure lemon	370mL	12	½	0-42608-36094-0	O	B K
4013	Organic pure lime	370mL	12	½	0-42608-36091-9	O	B K
4014	Organic pure lemon	946mL	12	½	0-42608-47094-6	O	B K

### PREMIUM JUICES

4020	Pure cranberry	946mL	12	½	0-42608-63066-1	B	K
4021	Pure black cherry	946mL	12	½	0-42608-63048-7	B	K

## LET'S DO... GLUTEN FREE

### GLUTEN FREE CONES

G	9848	Gluten free ice cream cones	36g	12	½	0-43182-00352-0	B	K
G	9849	Gluten free sugar cones	132g	12	½	0-43182-00353-7	B	K

## LET'S DO... ORGANIC

### ORGANIC TAPIOCA

G	9781	Organic tapioca - granules	170g	6	C	0-43182-00527-2	O
G	9782	Organic tapioca - starch	170g	6	C	0-43182-00528-9	O

### ORGANIC CORN STARCH

9811	Organic corn starch	170g	6	C	0-43812-00529-6	O
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### ORGANIC COCONUT PRODUCTS

G	9800	Organic sweetened condensed coconut milk	195mL	6	C	0-43182-02205-7	O	B	K
G	9801	Organic coconut flour	454g	6	C	0-43182-01524-0	O	B	K
G	9803	Organic creamed coconut	200g	6	C	0-43182-00525-8	O	B	
G	9806	Organic shredded coconut	250g	12	½	0-43182-01520-2	O	B	
G	9808	Organic unsweetened coconut flakes	198g	12	½	0-43182-01522-6	O	B	K
G	9802	Organic heavy coconut cream	398ml	12	½	0-43182-00210-3	O	B	K

### ORGANIC CONES

9845	Organic ice cream cones	36g	12	½	0-43182-00355-1	O	B	K
9846	Organic sugar cones	132g	12	½	0-43182-00357-5	O	B	K

## LIBRE NATURALS

### NUT FREE GRANOLA BARS

<b>G</b>	3170	Chocolate chip granola bars	140g	6	C	8-95435-00074-5	T B K
<b>G</b>	3171	Apple cinnamon granola bars	140g	6	C	8-95435-00076-9	T B K
<b>G</b>	3173	Red berry granola bars	140g	6	C	8-95435-00075-2	T B K
<b>G</b>	3174	Double chocolate chip granola bars	140g	6	C	8-95435-00077-6	T B K

## MARANATHA NUT BUTTERS

### PEANUT BUTTER

<b>G</b>	4392	Peanut butter with salt - organic, creamy	500g	6	C	0-51651-09330-9	O B K
<b>G</b>	4393	Peanut butter with salt - organic, crunchy	500g	6	C	0-51651-09331-6	O B K

### ALMOND BUTTER

<b>G</b>	4396	Almond butter - raw	340g	6	C	0-51651-09306-4	B K
<b>G</b>	4397	Almond butter roasted - creamy	340g	6	C	0-51651-09305-7	B K

## MARICOTA

### CHEESE ROLLS - NON GMO & PEANUT FREE

<b>G</b> ❄️	8890	PopCheese all natural maricota	400g	10	C	8-11680-02012-3	B
<b>G</b> ❄️	8891	PopCheese all natural maricota mini	400g	10	C	8-11680-02013-0	B
<b>G</b> ❄️	8892	PopKids all natural maricota lactose free	400g	10	C	8-11680-02014-7	B

## MARUKAN

### VINEGAR

<b>G</b>	6740	Organic rice vinegar	355mL	6	C	0-70641-06412-9	O B K
<b>G</b>	6741	Organic seasoned rice vinegar dressing	355mL	6	C	0-70641-06413-6	O B K
	6742	Genuine brewed rice vinegar	355mL	6	C	0-70641-00006-6	B K

### VINEGAR

<b>G</b>	6740	Organic rice vinegar	355mL	6	C	0-70641-06412-9	O B K
<b>G</b>	6741	Organic seasoned rice vinegar dressing	355mL	6	C	0-70641-06413-6	O B K
	6742	Genuine brewed rice vinegar	355mL	6	C	0-70641-00006-6	B K

## MORI NU

### TOFU

	8601	Soft	340g	12	½	0-85696-60803-7	B K
	8599	Lite firm 1% fat	349g	12	½	0-85696-60720-7	B K
	8602	Firm	349g	12	½	0-85696-60804-4	B K
	8603	Extra firm	349g	12	½	0-85696-60805-1	B K

## NATIVE

### ORGANIC SUGAR NON GMO

	7000	Organic cane sugar	1Kg	12	½	7-898206-500010	O B
	7001	Organic demerara cane sugar	1Kg	12	½	7-898206-500027	O B

## NATIVE FOREST

### ORGANIC FRUIT PRODUCTS

<b>G</b>	9784	Organic sliced peaches	398g	6	C	0-43182-00859-3	O B K
	9785	Organic mandarin oranges	284g	6	C	0-43182-01868-5	O B K
	9789	Organic pineapple chunks	398mL	6	C	0-43182-01851-7	O B K
	9790	Organic pineapple slices	425g	6	C	0-43182-00852-5	O

**COCONUT MILK**

G	9799	Coconut milk powder	150g	6	C	0-43182-01101-3	B K
G	9804	Organic light coconut milk	398mL	12	½	0-43182-00209-6	O B K
G	9805	Organic coconut milk	398mL	12	½	0-43182-00208-9	O B K

**VEGETABLE PRODUCTS**

	9823	Artichoke hearts, quartered	400g	6	C	0-43182-00891-4	B
	9824	Artichoke hearts, whole, jar	170mL	6	C	0-43182-00892-1	B
	9826	Organic cut baby corn	400g	6	C	0-43182-00830-3	O
G	9791	Organic young jackfruit	398mL	6	C	0-43182-01869-2	O B


**NATUR-A**
**RICE BEVERAGE**

G	3432	Original	946mL	12	C	0-63667-00601-3	B K
G	3433	Vanilla	946mL	12	C	0-63667-00602-0	B K

**MINI ORGANIC ENRICHED SOY BEVERAGE**

G	3429	Mini cappucino	200mL	24	C	0-63667-50701-5	O B K
G	3430	Mini original	200mL	24	C	0-63667-50101-3	O B K
G	3431	Mini unsweetened	200mL	24	C	0-63667-50601-8	O B K
G	3434	Mini vanilla	200mL	24	C	0-63667-50201-0	O B K
G	3435	Mini strawberry	200mL	24	C	0-63667-50301-7	O T B K
G	3436	Mini chocolate	200mL	24	C	0-63667-50801-2	O B K

**ORGANIC ENRICHED SOY BEVERAGE**

G	3437	Unsweetened	946mL	12	C	0-63667-51100-5	O B K
G	3438	Original lite	946mL	12	C	0-63667-51000-8	O B K
G	3439	Vanilla lite	946mL	12	C	0-63667-51050-3	O B K
G	3440	Cappucino	946mL	12	C	0-63667-30180-4	O B K
G	3445	Original	946mL	12	C	0-63667-30140-8	O B K
G	3446	Vanilla	946mL	12	C	0-63667-30155-2	O B K
G	3447	Strawberry	946mL	12	C	0-63667-30170-5	O T B K
G	3448	Chocolate	946mL	12	C	0-63667-30185-9	O B K

**ENRICHED ALMOND BEVERAGE**

G	4193	Vanilla unsweetened	946mL	12	C	0-63667-09026-5	B K
G	4194	Almond & coconut unsweetened	946mL	12	C	0-63667-09046-3	T B K
G	4195	Original	946mL	12	C	0-63667-09001-2	B K
G	4196	Vanilla	946mL	12	C	0-63667-09002-9	B K
G	4197	Unsweetened	946mL	12	C	0-63667-09006-7	B K
G	4198	Chocolate	946mL	12	C	0-63667-09008-1	B K

**MINI ENRICHED ALMOND BEVERAGE**

G	4191	Mini original	200mL	24	C	0-63667-49001-0	B K
G	4192	Mini chocolate	200mL	24	C	0-63667-49008-9	B K


**NATURE'S PATH**
**FROZEN ORGANIC MANNA BREAD**

*	9501	Organic carrot raisin	400g	8	C	0-58449-00003-7	O B K
*	9504	Organic fruit & nut	400g	8	C	0-58449-00009-9	O B K
*	9509	Organic fig, fennel and flax	350g	8	C	0-58449-00026-3	O B K
*	9510	Organic date & cinnamon	400g	8	C	0-58449-70801-8	O B K

**FROZEN ORGANIC WAFFLES**

G	*	3271	Organic homestyle	210g	12	½	0-58449-59052-1	O B K
	*	3272	Organic flax plus	210g	12	½	0-58449-59055-2	O B K
G	*	3273	Organic buckwheat wildberry	210g	12	½	0-58449-59057-6	O B K
	*	3276	Organic maple cinnamon	210g	12	½	0-58449-59063-2	O B K

<b>G</b>	<b>*</b>	<b>3280</b>	<i>Organic chia plus</i>	210g	12	½	0-58449-59074-3	O	B	K
<b>ORGANIC SUNRISE BREAKFAST BISCUITS</b>										
		<b>9708</b>	<i>Touch of honey &amp; chia biscuits</i>	175g	6		C 0-58449-16006-9	O	B	K
		<b>9709</b>	<i>Blueberry &amp; chia biscuits</i>	175g	6		C 0-58449-16008-3	O	B	K
		<b>9710</b>	<i>Dark chocolate &amp; coconut biscuits</i>	175g	6		C 0-58449-16014-4	O	B	K
<b>ORGANIC PUFFED CEREALS</b>										
		<b>9577</b>	<i>Organic puffed brown rice</i>	170g	12	½	0-58449-62001-3	O	B	K
		<b>9579</b>	<i>Organic puffed kamut</i>	170g	12	½	0-58449-62004-4	O	B	K
<b>ORGANIC CEREALS</b>										
<b>G</b>		<b>9531</b>	<i>Organic mesa sunrise® multigrain flakes - glute</i>	300g	12	½	0-58449-77900-1	O	B	K
<b>G</b>		<b>9521</b>	<i>Organic whole O's - whole grain corn &amp; rice, gf</i>	325g	12	½	0-58449-77902-5	O	B	K
<b>G</b>		<b>9523</b>	<i>Organic honey'd corn flakes - gluten free</i>	300g	12	½	0-58449-60218-7	O	B	K
<b>G</b>		<b>9530</b>	<i>Organic crispy brown rice - gluten free</i>	284g	12	½	0-58449-55000-6	O	B	K
		<b>9526</b>	<i>Organic heritage crunch</i>	400g	12	½	0-58449-77174-6	O	B	K
		<b>9527</b>	<i>Organic heritage flakes</i>	375g	12	½	0-58449-77020-6	O	B	K
<b>ORGANIC ENVIROKIDZ CEREAL</b>										
<b>G</b>		<b>9580</b>	<i>Organic Choco chimps - chocolate</i>	284g	12	½	0-58449-87023-4	O	B	K
<b>G</b>		<b>9581</b>	<i>Organic Jungle munch - cinnamon</i>	284g	12	½	0-58449-87027-2	O	B	K
<b>G</b>		<b>9582</b>	<i>Organic Gorilla Munch</i>	284g	12	½	0-58449-86002-0	O	B	K
<b>G</b>		<b>9583</b>	<i>Organic Koala Krisp</i>	325g	12	½	0-58449-86003-7	O	B	K
<b>G</b>		<b>9584</b>	<i>Organic Panda puffs</i>	300g	12	½	0-58449-86004-4	O	B	K
<b>G</b>		<b>9586</b>	<i>Organic Leapin lemurs</i>	284g	12	½	0-58449-86006-8	O	B	K
<b>ORGANIC LOVE CRUNCH® CEREALS</b>										
		<b>9700</b>	<i>Org Love Crunch® dark chocolate and red berrie</i>	284g	6		C 0-58449-18115-6	O	B	K
		<b>9701</b>	<i>Org Love Crunch® dark chocolate peanut butter</i>	284g	6		C 0-58449-18116-3	O	B	K
		<b>9702</b>	<i>Org Love Crunch® dark chocolate macaroon</i>	284g	6		C 0-58449-18117-0	O	B	K
<b>PREMIUM ORGANIC CEREALS</b>										
<b>G</b>		<b>9512</b>	<i>Organic sunrise® crunchy honey - gluten free</i>	300g	12	½	0-58449-77204-0	O	B	K
<b>G</b>		<b>9515</b>	<i>Organic sunrise® crunchy cinnamon - gluten free</i>	300g	12	½	0-58449-77206-4	O	B	K
<b>G</b>		<b>9538</b>	<i>Organic sunrise® crunchy maple - gluten free</i>	300g	12	½	0-58449-77152-4	O	B	K
<b>G</b>		<b>9539</b>	<i>Organic sunrise® crunchy vanilla - gluten free</i>	300g	12	½	0-58449-77154-8	O	B	K
		<b>9737</b>	<i>Organic flax maple pecan crunch</i>	325g	12	½	0-58449-77142-5	O	B	K
		<b>9511</b>	<i>Organic smart bran™</i>	300g	12	½	0-58449-77102-9	O	B	K
		<b>9534</b>	<i>Organic Optimum blueberry cinnamon</i>	400g	12	½	0-58449-77700-7	O	B	K
<b>PREMIUM ORGANIC ECO-PACK CEREALS</b>										
<b>G</b>		<b>9621</b>	<i>Organic sunrise® crunchy maple - gluten free</i>	675g	6		C 0-58449-18110-1	O	B	K
<b>G</b>		<b>9622</b>	<i>Organic sunrise® crunchy vanilla - gluten free</i>	675g	6		C 0-58449-18112-5	O	B	K
<b>ORGANIC GRANOLA</b>										
		<b>9516</b>	<i>Organic flax plus® pumpkin flax granola</i>	325g	12	½	0-58449-89007-2	O	B	K
		<b>9735</b>	<i>Organic flax plus® vanilla almond granola</i>	325g	12	½	0-58449-89023-2	O	B	K
		<b>9532</b>	<i>Organic chia plus™ coconut chia granola</i>	350g	12	½	0-58449-89032-4	O	B	K
		<b>9535</b>	<i>Organic hemp plus® granola</i>	325g	12	½	0-58449-89000-3	O	B	K
		<b>9731</b>	<i>Organic peanut butter granola</i>	325g	12	½	0-58449-89008-9	O	B	K
<b>ORGANIC PURE OATS GRANOLA</b>										
<b>G</b>		<b>9667</b>	<i>Organic vanilla pumpkin seed granola</i>	312g	8		C 0-58449-17203-1	O	B	K
<b>G</b>		<b>9668</b>	<i>Organic coconut cashew butter granola</i>	312g	8		C 0-58449-17204-8	O	B	K
<b>G</b>		<b>9669</b>	<i>Organic blueberry pecan crunch granola</i>	312g	8		C 0-58449-17205-5	O	B	K
<b>G</b>		<b>9670</b>	<i>Organic honey almond granola</i>	312g	8		C 0-58449-89041-6	O	B	K
<b>G</b>		<b>9671</b>	<i>Organic fruit &amp; nut granola</i>	312g	8		C 0-58449-89042-3	O	B	K
<b>G</b>		<b>9672</b>	<i>Organic summer berries granola</i>	312g	8		C 0-58449-89043-0	O	B	K
<b>ORGANIC LOVE CRUNCH® GRANOLA</b>										
		<b>9751</b>	<i>Org Love Crunch® double chocolate chunk</i>	325g	6		C 0-58449-17213-0	O	B	K
		<b>9748</b>	<i>Org Love Crunch® dark chocolate peanut butter</i>	325g	6		C 0-58449-16206-3	O	B	K
		<b>9749</b>	<i>Org Love Crunch® dark chocolate macaroon</i>	325g	6		C 0-58449-77201-9	O	B	K

	9750	Org Love Crunch® dark chocolate and red berrie	325g	6	C	0-58449-77176-0	O	B	K
	9752	Organic Love Crunch® apple crumble	325g	6	C	0-58449-77178-4	O	B	K
	9753	Organic Love Crunch® aloha blend	325g	6	C	0-58449-77179-1	O	B	K
	9747	Organic dark chocolate cinnamon & cashew	325g	6	C	0-58449-17211-6	O	B	K
		<b>ORGANIC LOVE CRUNCH® GRANOLA - LARGE</b>							
	9717	Org Love Crunch® dark chocolate macaroon	700g	6	C	0-58449-18204-7	O	B	K
	9718	Org Love Crunch® dark chocolate and red berrie	700g	6	C	0-58449-18203-0	O	B	K
		<b>ORGANIC ECO-PACK CEREAL</b>							
	9540	Organic multigrain flakes	907g	6	C	0-58449-60231-6	O	B	K
	9542	Organic millet rice flakes	907g	6	C	0-58449-77008-4	O	B	K
G	9543	Organic honey'd corn flakes - gluten free	750g	6	C	0-58449-77094-7	O	B	K
G	9545	Organic corn flakes - gluten free	750g	6	C	0-58449-60056-5	O	B	K
G	9551	Organic mesa sunrise flakes - gluten free	750g	6	C	0-58449-77901-8	O	B	K
	9552	Organic kamut krisp flakes	750g	6	C	0-58449-77069-5	O	B	K
	9547	Organic heritage flakes	907g	6	C	0-58449-77021-3	O	B	K
	9546	Organic heritage o's	907g	6	C	0-58449-77001-5	O	B	K
G	9557	Organic mesa sunrise raisin - gluten free	825g	6	C	0-58449-77161-6	O	B	K
G	9620	Organic Whole O's - gluten free	750g	6	C	0-58449-77912-4	O	B	K
	9550	Organic flax plus cinnamon	907g	6	C	0-58449-77163-0	O	B	K
G	9556	Organic crispy rice - gluten free	750g	6	C	0-58449-55002-0	O	B	K
		<b>ORGANIC ECO-PACK GRANOLA</b>							
	9541	Organic hemp plus granola	750g	6	C	0-58449-89017-1	O	B	K
	9544	Organic pumpkin flax plus granola	750g	6	C	0-58449-89019-5	O	B	K
		<b>ORGANIC ECO-PACK ENVIROKIDZ CEREAL</b>							
G	9553	Organic Gorilla Munch - gluten free	650g	6	C	0-58449-87008-1	O	B	K
G	9554	Organic Panda Puffs - gluten free	700g	6	C	0-58449-87009-8	O	B	K
G	9555	Organic Koala Krisp - gluten free	725g	6	C	0-58449-87010-4	O	B	K
		<b>ORGANIC Qi'A SUPERFLAKES</b>							
G	9630	Organic Qi'a honey chia	284g	12	½	0-58449-16111-0	O	B	K
G	9631	Organic Qi'a coconut chia	284g	12	½	0-58449-16112-7	O	B	K
G	9632	Organic Qi'a cocoa coconut	284g	12	½	0-58449-16113-4	O	B	K
		<b>ORGANIC Qi'A CEREALS</b>							
G	9738	Organic Qi'a apple cinnamon cereal	225g	10	½	0-58449-32000-5	O	B	K
G	9739	Organic Qi'a original cereal	225g	10	½	0-58449-32004-3	O	B	K
G	9740	Organic Qi'a cranberry vanilla cereal	225g	10	½	0-58449-32006-7	O	B	K
		<b>ORGANIC ENVIROKIDZ OATMEAL</b>							
G	9571	Brown sugar maple oatmeal	256g	6	C	0-58449-16522-4	O	B	K
G	9572	Apple cinnamon oatmeal	256g	6	C	0-58449-16523-1	O	B	K
		<b>ORGANIC PURE OATS HOT OATMEAL</b>							
G	9675	Organic Pure Oats homestyle hot oatmeal	320g	6	C	0-58449-45065-8	O	B	K
G	9676	Organic Pure Oats spiced apple flax hot oatmeal	320g	6	C	0-58449-45067-2	O	B	K
G	9677	Organic Pure Oats brown sugar maple hot oatmeal	320g	6	C	0-58449-45069-6	O	B	K
G	9678	Organic Pure Oats variety pack hot oatmeal	320g	6	C	0-58449-45071-9	O	B	K
		<b>ORGANIC Qi'A SUPERFOOD HOT OATMEAL</b>							
G	9742	Organic Qi'a cinnamon pumpkin seed oatmeal	228g	6	C	0-58449-15404-4	O	B	K
G	9743	Organic Qi'a creamy coconut oatmeal	228g	6	C	0-58449-15402-0	O	B	K
G	9744	Organic Qi'a superseeds & grains oatmeal	228g	6	C	0-58449-15400-6	O	B	K
		<b>ORGANIC HOT OATMEAL POUCHES</b>							
	9558	Organic pumpkin spice with chia	320g	6	C	0-58449-17402-8	O	B	K
	9559	Organic 4 variety 8 pack	400g	6	C	0-58449-45000-9	O	B	K
	9560	Organic apple cinnamon	400g	6	C	0-58449-45004-7	O	B	K
	9561	Organic maple nut	400g	6	C	0-58449-45003-0	O	B	K
	9562	Organic flax'n oats	400g	6	C	0-58449-45002-3	O	B	K

	9563	Organic original	400g	6	C	0-58449-45001-6	O	B	K	
	9568	Organic optimum blueberry cinnamon	320g	6	C	0-58449-45013-9	O	B	K	
	<b>ORGANIC SUPERFOOD BARS</b>									
G	9720	Organic dark chocolate peanut bars	38g	12	C	0-58449-17317-5	O	B	K	
G	9723	Org dark chocolate, cranberry & almond bars	38g	12	C	0-58449-17315-1	O	B	K	
G	9721	Organic blueberry cashew bars	38g	12	C	0-58449-17319-9	O	B	K	
G	9722	Organic mocha hazelnut bars	38g	12	C	0-58449-17322-9	O	B	K	
G	9724	Organic nut, seeds & sea salt bars	38g	12	C	0-58449-17324-3	O	B	K	
	<b>ORGANIC ENVIROKIDZ CRISPY RICE BARS (x6)</b>									
G	9588	Org Lemur peanut chocolate drizzle rice bars	168g	6	C	0-58449-43021-6	O	B	K	
G	9590	Organic Koala chocolate rice bars - peanut free	168g	6	C	0-58449-43000-1	O	B	K	
G	9591	Organic Panda peanut butter rice bars	168g	6	C	0-58449-43001-8	O	B	K	
G	9592	Org Cheetah berry blast rice bars - peanut free	168g	6	C	0-58449-43002-5	O	B	K	
	<b>ORGANIC LOVE CRUNCH GRANOLA BARS</b>									
	9756	Organic dark chocolate & red berries	180g	12	½	0-58449-17302-1	O	T	B	K
	9757	Organic dark chocolate macaroon	180g	12	½	0-58449-17304-5	O	T	B	K
	9758	Organic dark chocolate peanut butter	180g	12	½	0-58449-17306-9	O	T	B	K
	<b>ORGANIC ENVIROKIDZ GRANOLA BARS</b>									
G	9593	Macaw strawberry bars - peanut free	144g	6	C	0-58449-16517-0	O	T	B	K
G	9594	Chimp chocolate bars - peanut free	144g	6	C	0-58449-16513-2	O	T	B	K
	<b>ORGANIC PURE OATS GRANOLA BARS</b>									
G	9683	Organic Pure Oats chocolate chip granola bars	175g	6	C	0-58449-15302-3	O	T	B	K
G	9685	Organic Pure Oats trail mix granola bars	175g	6	C	0-58449-15306-1	O	T	B	K
	<b>ORGANIC CHEWY GRANOLA BARS</b>									
	9595	Organic berry strawberry granola bars	175g	6	C	0-58449-89142-0	O	T	B	K
	9598	Organic chococonut granola bars	175g	6	C	0-58449-89128-4	O	T	B	K
	9601	Organic pumpkin-N-spice granola bars	210g	6	C	0-58449-89101-7	O	T	B	K

## NEW WORLD

### ALMOND BUTTER

4265	Almond butter - smooth raw, organic	250g	12	½	0-59443-40155-4	O	B	K
4290	Almond butter - smooth raw, organic	500g	12	½	0-59443-40158-5	O	B	K
4281	Almond butter - smooth raw	250g	12	½	0-59443-40030-4	B	K	
4297	Almond butter - smooth raw	500g	12	½	0-59443-40031-1	B	K	
4291	Almond butter - smooth, organic	500g	12	½	0-59443-40157-8	O	B	K

### ORGANIC SESAME TAHINI

4279	Organic sesame tahini - raw	250g	12	½	0-59443-40111-0	O	B	K
4293	Organic sesame tahini - raw	500g	12	½	0-59443-40112-7	O	B	K
4280	Organic sesame tahini - roasted	250g	12	½	0-59443-40115-8	O	B	K

### PEANUT BUTTER

4295	Organic peanut butter - smooth unsalted	500g	12	½	0-59443-40190-5	O	B	K
4296	Organic peanut butter - crunchy unsalted	500g	12	½	0-59443-40192-9	O	B	K
4300	Valencia peanut butter - smooth	500g	12	½	0-59443-40015-1	B	K	
4301	Peanut butter - crunchy	500g	12	½	0-59443-40014-4	B	K	
4302	Organic coconut peanut spread - unsalted	500g	12	½	0-59443-40199-8	O	B	

### OTHER ORGANIC NUT BUTTERS

4268	Organic cashew butter - raw	250g	12	½	0-59443-40160-8	O	B	K
4272	Organic hazelnut butter	250g	12	½	0-59443-40182-0	O	B	K
4273	Organic hemp nut butter - raw	250g	12	½	0-59443-40147-9	O	B	K
4276	Organic pumpkin seed butter - raw	250g	12	½	0-59443-40086-1	O	B	K
4277	Organic sunflower seed butter	250g	12	½	0-59443-40183-7	O	B	K

## PAPERCHEF

### CULINARY PARCHMENT

7175	Pre-cut sheets (15" x 16.5")	24 sheets	12	½	6-28689-70024-2	T B
7176	Parchment paper (15" x 33')	41 sq.ft.	12	½	6-28689-00001-4	T B
7177	Parchment paper (15" x 98.4')	123 sq.ft.	12	½	6-28689-70098-3	T B
7178	Parchment paper (15" x 164')	205 sq.ft.	8	½	6-28689-00050-2	T B
7179	Cooking bags (small: 8" x 3 1/4" x 12 3/4")	10ct	12	½	6-28689-70010-5	T B
7180	Mini baking cups (base: 1 1/4"; height: 1")	90ct	12	½	6-28689-70090-7	T B
7181	Large baking cups (base: 1 7/8"; height: 1 3/8")	60ct	12	½	6-28689-70060-0	T B
7182	X-large baking cups (base: 2 1/8"; height: 2")	30ct	12	½	6-28689-70030-3	T B
7183	Tulip cups (base: 1.9"; height: 3.5"; volume: 3.3ℓ)	12ct	6	C	6-28689-70014-3	T B
7185	Tulip cups - multi-coloured	12ct	6	C	6-28689-70414-1	T B
7184	Lotus cups (base: 1.9"; height: 2.6"; volume: 3.3ℓ)	12ct	6	C	6-28689-70012-9	T B
7186	Lotus cups - multi-coloured	12ct	6	C	6-28689-70412-7	T B

## PB&ME

### POWDERED PEANUT BUTTER

G	4410	Powdered peanut butter - natural	200g	6	C	6-27843-53841-7	B
G	4415	Powdered peanut butter - natural	454g	6	C	6-27843-53842-4	B
G	4411	Powdered peanut butter - traditional	200g	6	C	6-27843-53835-6	B
G	4416	Powdered peanut butter - traditional	454g	6	C	6-27843-53836-3	B
G	4412	Powdered peanut butter - chocolate hazelnut	200g	6	C	6-27843-53838-7	B
G	4417	Powdered peanut butter - chocolate hazelnut	454g	6	C	6-27843-53839-4	B
G	4409	Powdered peanut butter - dark roast	200g	6	C	6-27451-16617-4	B
G	4414	Powdered peanut butter - dark roast	454g	6	C	6-27451-16618-4	B

### POWDERED ALMOND BUTTER

G	4420	Powdered almond butter - original	184g	6	C	6-28451-16611-5	B
G	4423	Powdered almond butter - original	453g	6	C	6-28451-16612-2	B
G	4421	Powdered almond butter - chocolate	184g	6	C	6-28451-16615-3	B
G	4424	Powdered almond butter - chocolate	453g	6	C	6-28451-16616-0	B
G	4422	Powdered almond butter - no sugar added	184g	6	C	6-28451-16613-9	B
G	4425	Powdered almond butter - no sugar added	453g	6	C	6-28451-16614-6	B

## PREMIER JAPAN

### SAUCES

G	9828	Wheat free hoisin sauce	251mL	12	½	0-11206-00085-5
G	9829	Wheat free teriyaki sauce	251mL	12	½	0-11206-00086-2

## PUREST

### GLUTEN FREE COCOA MIXES

G	7640	Hot cocoa	300g	6	C	1-85396-00003-9	B K
G	7641	Hot cocoa - Mexican	300g	6	C	1-85396-00010-7	B K
G	7642	Marvellous - chocolate powder	500g	6	C	1-85396-00002-2	B K

### GLUTEN FREE BAKING MIXES

G	7648	Chocolate chip cookies	481g	6	C	1-85396-00033-3	B K
G	7643	Chocolate cake	561g	6	C	1-85396-00078-7	B K
G	7646	Brownies	488g	6	C	1-85396-00036-7	B K
G	7654	Pie pastry	626g	6	C	1-85396-00027-5	B K
G	7652	Muffin & loaf mix	553g	6	C	1-85396-00026-8	B K
G	7653	Vanilla cake mix	582g	6	C	1-85396-00025-1	B K
G	7671	Tea biscuits	490g	6	C	1-85396-00079-4	B K
G	7656	Ginger molasses cookie	700g	6	C	1-85396-00015-2	B K
G	7657	Shortbread cookie	378g	6	C	1-85396-00016-9	B K

### GLUTEN FREE COOKING MIXES

G	7647	Pancakes	558g	6	C	1-85396-00037-4	B K
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G	7644	Spicy pure batter	300g	6	C	1-85396-00080-0	B K
G	7645	Pure batter	300g	6	C	1-85396-00008-4	B K
G	7651	Pure batter - extra crispy	300g	6	C	1-85396-00005-3	B K
G	7649	Soup thickener	300g	6	C	1-85396-00034-3	B K
G	7650	Gravy mix	300g	6	C	1-85396-00007-7	B K
G	7655	Artisan bread mix	360g	6	C	1-85396-00084-8	B K
<b>GLUTEN FREE BAKING AIDS</b>							
G	7668	Baking powder	250g	6	C	1-85396-00038-1	B K
G	7669	Baking soda	453g	6	C	1-85396-00039-8	B K
<b>GLUTEN FREE FLOURS</b>							
G	7675	Potato flakes	300g	6	C	1-85396-00032-9	B K
G	7676	White rice flour	500g	6	C	1-85396-00041-1	B K
G	7677	Brown rice flour	680g	6	C	1-85396-00049-7	B K
G	7678	Potato starch	500g	6	C	1-85396-00044-2	B K
G	7679	Natural cocoa	300g	6	C	1-85396-00048-0	B K
G	7680	Gluten free all purpose flour	680g	6	C	1-85396-00050-3	B K
G	7682	Garbanzo bean flour	500g	6	C	1-85396-00046-6	B K
G	7683	Buckwheat flour	500g	6	C	1-85396-00024-4	B K
G	7684	Sorghum flour	623g	6	C	1-85396-00042-8	B K
G	7686	Tapioca flour	500g	6	C	1-85396-00076-3	B K
G	7687	Millet flour	651g	6	C	1-85396-00043-5	B K

## RAWESOME

### ORGANIC CAKES

G	*	9200	Lemon goji - organic	95g	6	C	7-84672-14001-0	O B
G	*	9201	Lime coco - organic	95g	6	C	7-84672-14002-7	O B
G	*	9202	Choco raspberry - organic	95g	6	C	7-84672-14005-8	O B
G	*	9203	White choco - organic	95g	6	C	7-84672-14003-4	O B
G	*	9204	Choco coco - organic	95g	6	C	7-84672-14004-1	O B
G	*	9205	Pecan caramel - organic	95g	6	C	7-84672-14006-5	O B
G	*	9206	Crème brûlée - organic	95g	6	C	7-84672-95602-4	O B
G	*	9207	Café mocha	95g	6	C	7-84672-95601-7	O B

### RAW & VEGAN CREAM CHEESE

*	9210	Original	227g	6	C	7-84672-14007-2	B
*	9211	Onion & chives	227g	6	C	7-84672-95604-8	B
*	9212	Garlic & black pepper	227g	6	C	7-84672-95603-1	B
*	9213	Cilantro & chili pepper	227g	6	C	7-84672-95605-5	B

## REED'S BREW

### BREWED BEVERAGE

G	3584	Spiced apple	355mL	24	C	0-33919-00008-3	T B K
G	3585	Extra ginger	355mL	24	C	0-33919-00007-6	T B K
G	3586	Premium ginger	355mL	24	C	0-33919-00009-0	T B K
G	3589	Original ginger	355mL	24	C	0-33919-00006-9	T B K

## RICOLA

### HERBAL COUGH DROPS - STICK

1505	Original herb stick	32g	24	C	0-36602-31008-7	T B
1506	Cherry honey stick	32g	24	C	0-36602-31011-7	T B

### HERBAL COUGH DROPS - BAG

1508	Action plus - cherry	54g	12	C	0-36602-31004-9	T B
1509	Action plus - glacier mint	54g	12	C	0-36602-31002-5	T B



1510	Original	75g	12	C	0-36602-07917-5	T B
1511	Lemon mint	75g	12	C	0-36602-07948-9	T B
1512	Cherry honey	75g	12	C	0-36602-30172-6	T B
1515	Honey herb	75g	12	C	0-36602-30197-9	T B
1516	Honey lemon with echinacea	75g	12	C	0-36602-30190-0	T B
1518	Mixed berry with vitamin C	75g	12	C	0-36602-19201-0	T B

## SAN-J

### TAMARI

G	6117	Tamari "black label" - gluten free	296mL	6	C	0-75810-02126-2	B K
G	6118	Tamari "black label" - gluten free	592mL	6	C	0-75810-02136-1	B K
G	6121	Tamari "gold label" - organic, gluten free	296mL	6	C	0-75810-00126-4	O B K
G	6123	Tamari "gold label" - organic, gluten free	592mL	6	C	0-75810-00136-3	O B K
	6141	Organic shoyu "bronze label"	296mL	6	C	0-75810-04126-0	O B K

### GLUTEN FREE LOW SODIUM TAMARI

G	6116	Soy sauce - 50% less sodium	296mL	6	C	0-75810-02426-3	B K
G	6124	Tamari low sodium "platinum label" - organic	296mL	6	C	0-75810-00426-5	O B K
G	6140	Tamari low sodium "platinum label" - organic	592mL	6	C	0-75810-00436-4	O B K
G	6126	Tamari low sodium "white label"	296mL	6	C	0-75810-02326-6	B K
G	6139	Tamari low sodium "white label"	592mL	6	C	0-75810-02336-5	B K

### GLUTEN FREE SAUCES

G	6131	Hoisin sauce	296mL	6	C	0-75810-15026-9	B K
G	6128	Thai style peanut	296mL	6	C	0-75810-14026-0	B K
G	6130	Teriyaki sauce	296mL	6	C	0-75810-11226-7	B K
G	6132	Szechuan style sauce	296mL	6	C	0-75810-12026-2	B K

## SICILIA

### ORGANIC CULINARY JUICES

3510	Organic lemon juice with organic lemon oil	118mL	24	C	0-30849-00004-6	O B K
3511	Organic lime juice with organic lime oil	118mL	24	C	0-30849-00001-5	O B K

## SIMPLY NATURAL

### ORGANIC PASTA SAUCE

3300	Organic marinara pasta sauce	739mL	12	½	0-70974-41510-0	O B
3298	Organic marinara with red wine pasta sauce	739mL	12	½	0-70974-41522-3	O B
3301	Organic tomato & basil pasta sauce	739mL	12	½	0-70974-41512-4	O B
3302	Organic tomato & mushroom pasta sauce	739mL	12	½	0-70974-41514-8	O B
3303	Organic tomato & roasted garlic pasta sauce	739mL	12	½	0-70974-41516-2	O B
3304	Organic tomato & roasted peppers pasta sauce	739mL	12	½	0-70974-41518-6	O B
3299	Organic vodka cream pasta sauce	739mL	12	½	0-70974-41524-7	O B
3305	Organic spicy pasta sauce	739mL	12	½	0-70974-41520-9	O B

### ORGANIC KETCHUP

3306	Organic ketchup	575mL	12	½	0-70974-41220-8	O B
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### ORGANIC CONDIMENT

G	3310	Organic red sriracha - hot sauce	473mL	12	½	0-70974-00236-2	O B
G	3311	Organic green sriracha - hot sauce	473mL	12	½	0-70974-00237-9	O B

### ORGANIC SALSA

3312	Organic mild salsa	470mL	12	½	0-70974-41350-2	O B
3313	Organic medium salsa	470mL	12	½	0-70974-41352-6	O B
3314	Organic pineapple salsa	470mL	12	½	0-70974-41354-0	O B
3315	Organic mango salsa	470mL	12	½	0-70974-41356-4	O B

	3316	Organic black bean & corn salsa	470mL	12	½	0-70974-41358-8	O	B
		<b>ORGANIC SALAD DRESSINGS</b>						
G	3317	Organic sun dried tomatoes	354mL	12	½	0-70974-41010-5	O	B
G	3318	Organic balsamic	354mL	12	½	0-70974-41014-3	O	B
G	3319	Organic roasted garlic	354mL	12	½	0-70974-41016-7	O	B
G	3320	Organic Italian with roasted pepper	354mL	12	½	0-70974-41020-4	O	B
G	3321	Organic caesar	354mL	12	½	0-70974-41024-2	O	B
G	3322	Organic honey mustard	354mL	12	½	0-70974-41026-6	O	B
G	3323	Organic sesame ginger	354mL	12	½	0-70974-41028-0	O	B
G	3324	Organic raspberry	354mL	12	½	0-70974-41030-3	O	B
	3325	Organic goddess dressing	354mL	12	½	0-70974-41032-7	O	B
G	3326	Organic ranch dressing	354mL	12	½	0-70974-00115-0	O	B
G	3327	Organic roasted red pepper vinaigrette	354mL	12	½	0-70974-00116-7	O	B
G	3328	Organic miso ginger vinaigrette	354mL	12	½	0-70974-00230-0	O	B

## SO DELICIOUS

### FROZEN SOY DESSERTS

	**	9149	Vanilla mini sandwiches	8x69mL	12	C	7-44473-22033-5	T B K
G	**	9160	Organic creamy vanilla	946mL	6	C	7-44473-24011-1	O B K
G	**	9161	Organic chocolate velvet	946mL	6	C	7-44473-24021-0	O B K

### FROZEN COCONUT MILK NOVELTIES

	**	9135	Coconut sandwich minis	8x68mL	12	C	7-44473-27430-7	T B K
G	**	9137	Chocolate coated vanilla bar minis	4x68mL	12	C	7-44473-27411-6	T B K
G	**	9138	Coconut almond bar minis	4x68mL	12	C	7-44473-27412-3	T B K
G	**	9139	Mocha almond fudge bar minis	4x68mL	12	C	7-44473-00025-8	T B K

### FROZEN COCONUT WHIPPED TOPPING

G	**	9116	Coconut whipped topping original	266mL	12	C	7-44473-29997-3	T B K
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### FROZEN CASHEW BARS

G	**	9140	Cashew bars - dipped salted caramel	4x68mL	12	C	7-44473-00074-6	B K
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### FROZEN CASHEW DESSERTS

G	**	9107	Simply vanilla	500mL	8	C	7-44473-00066-1	B K
G	**	9108	Creamy chocolate	500mL	8	C	7-44473-00067-8	B K
G	**	9109	Cinnamon cookie dough	500mL	8	C	7-44473-00068-5	B K
G	**	9110	Creamy cashew	500mL	8	C	7-44473-27611-0	B K
G	**	9111	Salted caramel cluster	500mL	8	C	7-44473-27613-4	B K
G	**	9112	Dark chocolatey truffle	500mL	8	C	7-44473-27621-9	B K
G	**	9114	Chocolate banana flambé	500mL	8	C	7-44473-00091-3	B K
G	**	9115	Peach maple pecan	500mL	8	C	7-44473-00092-0	B K

### FROZEN COCONUT MILK DESSERTS

G	**	9125	Vanilla bean	500mL	8	C	7-44473-27011-8	B K
G	**	9126	Chocolate	500mL	8	C	7-44473-27021-7	B K
G	**	9128	Cookie dough	500mL	8	C	7-44473-27046-0	B K
G	**	9113	Cold brew coffee	500mL	8	C	7-44473-00090-6	B K

## SOBAYA

### ORGANIC KAMUT NOODLES

6392	Org kamut soba - 80% kamut, 20% buckwheat	230g	12	½	0-57443-30702-9	O	B K
6393	Organic kamut udon - 100% kamut	230g	12	½	0-57443-30704-3	O	B K
6394	Organic kamut somen - 100% kamut	230g	12	½	0-57443-30706-7	O	B K

### ORGANIC KAMUT NOODLES IN BULK

6416	Org kamut soba - 80% kamut, 20% buckwheat	5Kg	1	U	0-57443-50702-3	O	K
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6417	Organic kamut somen - 100% kamut	5Kg	1	U	0-57443-50706-1	O	B
6418	Org kamut genmai udon-80% kamut, 20% browr.	5Kg	1	U	0-57443-50707-8	O	
<b>ORGANIC SPELT NOODLES</b>							
6397	Org spelt soba - 80% spelt grain, 20% buckwhea	230g	12	½	0-57443-30902-3	O	B K
6398	Organic spelt udon - 100% spelt grain	230g	12	½	0-57443-30904-7	O	B K
<b>ORGANIC NOODLES</b>							
6405	Organic udon - 100% whole wheat	230g	12	½	0-57443-30204-8	O	B K
6407	Organic soba - 30% buckwheat	230g	12	½	0-57443-30202-4	O	B K
<b>ORGANIC NOODLES IN BULK</b>							
6411	Organic udon - 100% whole wheat	5Kg	1	U	0-57443-50204-2	O	K
6415	Organic soba - 30% buckwheat	5Kg	1	U	0-57443-50202-8	O	K
<b>NATURAL NOODLES</b>							
6408	Soba - 30% buckwheat	454g	12	½	0-57443-40101-7		B K
6414	Natural udon	454g	12	½	0-57443-40102-4		B K
<b>NATURAL NOODLES IN BULK</b>							
6413	Soba - 30% buckwheat	5Kg	1	U	0-57443-60101-1		B K

## SPECTRUM

### COCONUT OILS

4708	Organic coconut oil	414mL	12	½	0-22506-97469-2	O	B K
4710	Organic virgin coconut oil	857mL	6	C	0-22506-13564-2	O	B K
4783	Coconut oil spray	170g	6	C	0-22506-06560-4		B

### CANOLA OILS

4751	Canola oil - organic	375mL	6	C	0-22506-47137-5	O	B K
4752	Canola oil - organic	750mL	6	C	0-22506-47175-7	O	B K
4701	Canola oil - refined, pressed without solvent	375mL	6	C	0-22506-41137-1		B K
4702	Canola oil - refined, pressed without solvent	750mL	6	C	0-22506-41175-3		B K
4781	High heat canola oil spray	170g	6	C	0-22506-26540-0		B K

### OLIVE OILS

4749	Extra-virgin olive oil - unrefined, organic	375mL	6	C	0-22506-72137-1	O	B K
4750	Extra-virgin olive oil - unrefined, organic	750mL	6	C	0-22506-72175-3	O	B K
4730	Extra-virgin olive oil - unrefined	375mL	6	C	0-22506-42337-5		B K
4731	Extra-virgin olive oil - unrefined	750mL	6	C	0-22506-42375-7		B K
4782	Extra virgin olive oil spray	170g	6	C	0-22506-26581-3		B K
4765	Mediterranean olive oil, organic	1L	6	C	0-22506-02204-7	O	K

### OTHER OILS

4707	Walnut oil	375mL	6	C	0-22506-41637-6		B K
4709	Peanut oil - unrefined	375mL	6	C	0-22506-41301-6		B K
4741	Safflower oil - refined, organic	375mL	6	C	0-22506-40337-6	O	B K
4743	Sesame oil - unrefined, pressed without solvents	375mL	6	C	0-22506-40437-3		B K
4763	Almond oil - refined, pressed without solvents	375mL	6	C	0-22506-41037-4		B K

### MAYONNAISE

4775	Organic mayonnaise	473mL	12	½	0-22506-20304-4	O	B K
4776	Organic mayonnaise	946mL	12	½	0-22506-20305-1	O	B K

### ORGANIC VINEGARS

4778	Organic red wine vinegar	500mL	6	C	0-22506-25150-2	O	
4779	Organic white wine vinegar	500mL	6	C	0-22506-25155-7	O	
4784	Organic balsamic wine vinegar	500mL	6	C	0-22506-25275-2	O	B

## STARLITE

### FROZEN VEGAN TAQUITOS

G	*	9460	Vegan taquitos - beef flavor	298g	6	C	0-37427-50720-1	B
G	*	9461	Vegan taquitos - chicken flavor	298g	6	C	0-37427-50721-8	B

<b>G</b>	❄️	<b>9462</b>	Vegan taquitos - chorizo & black bean flavor	298g	6	<b>C</b>	0-37427-50722-5	B
<b>FROZEN VEGAN ROLLED TACOS</b>								
	❄️	<b>9463</b>	Vegan rolled tacos - santa fe chicken flavor	340g	6	<b>C</b>	0-37427-50740-9	B
	❄️	<b>9464</b>	Vegan rolled tacos - garlic chicken flavor	340g	6	<b>C</b>	0-37427-50741-6	B
	❄️	<b>9465</b>	Vegan rolled tacos - chipotle chicken flavor	340g	6	<b>C</b>	0-37427-50743-0	B
<b>FROZEN VEGAN ENCHILADAS</b>								
<b>G</b>	❄️	<b>9466</b>	Vegan enchiladas Verdes - green sauce	255g	6	<b>C</b>	0-37427-30750-4	B
<b>G</b>	❄️	<b>9467</b>	Vegan enchiladas Rojas - red sauce	255g	6	<b>C</b>	0-37427-30751-1	B
<b>G</b>	❄️	<b>9468</b>	Vegan enchiladas Suizas - cream sauce	255g	6	<b>C</b>	0-37427-30752-8	B
<b>G</b>	❄️	<b>9469</b>	Vegan enchiladas de Queso - bean & cheese	255g	6	<b>C</b>	0-37427-30753-5	B

## SWEETCANE

### ORGANIC MOLASSES

	<b>7363</b>	Organic barbados molasses	500g	12	½	0-59443-21326-7	O	B K
<b>G</b>	<b>7364</b>	Organic blackstrap molasses	500g	12	½	0-59443-21321-8	O	B K

### ORGANIC HONEY

<b>G</b>	<b>7366</b>	Organic raw honey (creamed)	500g	12	½	0-59443-21302-7	O	B K
	<b>7367</b>	Organic honey	500g	12	½	0-59443-21301-0	O	B K

## TAIKOO

### SUGAR

	<b>4256</b>	Raw brown sugar cubes	454g	12	½	4-899888-00007-5	B
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## TAJ MAHAL

### INDIAN MEALS - VEGAN

	<b>7250</b>	Spinach dal	285g	6	<b>C</b>	0-59443-60001-8	
	<b>7251</b>	Baingan bharta - eggplant	285g	6	<b>C</b>	0-59443-60002-5	
	<b>7252</b>	Dal tadka - lentils, onions	285g	6	<b>C</b>	0-59443-60003-2	
	<b>7253</b>	Chana masala - chickpeas	285g	6	<b>C</b>	0-59443-60006-3	
	<b>7254</b>	Aloo matar - potato & green pea	285g	6	<b>C</b>	0-59443-60008-7	
	<b>7255</b>	Pav bhaji - mashed vegetables in sauce	285g	6	<b>C</b>	0-59443-60009-4	

### INDIAN MEALS - DAIRY FREE

	<b>7256</b>	Palak paneer - spinach & cottage cheese	285g	6	<b>C</b>	0-59443-60004-9	
	<b>7257</b>	Matar paneer - peas & cottage cheese	285g	6	<b>C</b>	0-59443-60005-6	
	<b>7258</b>	Dal makhani - black gram in hot butter sauce	285g	6	<b>C</b>	0-59443-60007-0	
	<b>7259</b>	Navratan korma - mixed vegetables & cottage ch	285g	6	<b>C</b>	0-59443-60010-0	

## TASTE ADVENTURE

### INSTANT REFRIED BEANS

	<b>5810</b>	Organic black bean	170g	6	<b>C</b>	0-32445-00632-3	O	B
<b>G</b>	<b>5811</b>	Organic pinto bean	170g	6	<b>C</b>	0-32445-00631-6	O	B

### ORGANIC SOUPS - CUP

<b>G</b>	<b>5815</b>	Organic black bean soup	71g	6	<b>C</b>	0-32445-02611-6	O	B
<b>G</b>	<b>5816</b>	Organic curry lentil soup	71g	6	<b>C</b>	0-32445-02612-3	O	B
<b>G</b>	<b>5817</b>	Organic split pea soup	71g	6	<b>C</b>	0-32445-02610-9	O	B
<b>G</b>	<b>5818</b>	Organic golden pea soup	71g	6	<b>C</b>	0-32445-02613-0	O	B
<b>G</b>	<b>5819</b>	Organic sweet corn chowder	57g	6	<b>C</b>	0-32445-02614-7	O	B

### BULK

<b>G</b>	<b>5847</b>	Organic black bean soup	10lbs	1	<b>U</b>	0-32445-00641-5	O
<b>G</b>	<b>5848</b>	Organic split pea soup	10lbs	1	<b>U</b>	0-32445-00640-8	O
<b>G</b>	<b>5849</b>	Organic refried pinto beans	10lbs	1	<b>U</b>	0-32445-00644-6	O

## TASTE NIRVANA

### COCONUT WATER - 280ML

3570	Real coconut water - glass bottle	280mL	12	C	0-11259-80686-2	B
3571	Real coconut water with pulp - glass bottle	280mL	12	C	0-11259-80688-6	B
3572	Real coco aloe - glass bottle	280mL	12	C	0-11259-80113-3	B

### COCONUT WATER - 700ML

3573	Real coconut water - glass bottle	700mL	6	C	0-11259-90424-7	B
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## THE WIZARD'S

### SAUCES

9815	Original hot stuff spicy sauce	147mL	12	½	0-11206-00405-1	
9816	Worcestershire sauce	147mL	12	½	0-11206-00408-2	B
9820	Vegetarian worcestershire sauce	295mL	12	½	0-11206-00418-1	B
G 9813	Organic wheat free vegan worcestershire	251mL	12	½	0-11206-00419-8	O

## TINKYADA

### ORGANIC BROWN RICE PASTA

G 5439	Organic brown rice elbows	340g	12	½	6-21683-01055-3	O B K
G 5440	Organic brown rice lasagna	280g	12	½	6-21683-01135-2	O B K
G 5444	Organic brown rice spaghetti	340g	12	½	6-21683-02015-6	O B K
G 5445	Organic brown rice spirals	340g	12	½	6-21683-02125-2	O B K
G 5446	Organic brown rice penne	340g	12	½	6-21683-02115-3	O B K

### BROWN RICE & WHITE RICE PASTA

G 5451	Brown rice shells	454g	12	½	6-21683-92075-3	B K
G 5442	Spinach brown rice spaghetti	340g	12	½	6-21683-62015-8	B K
G 5447	Brown rice spaghetti	454g	12	½	6-21683-92015-9	B K
G 5449	White rice spaghetti	454g	12	½	6-21683-52015-1	B K
G 5443	Vegetables brown rice spirals	340g	12	½	6-21683-72125-1	B K
G 5450	Brown rice spirals	454g	12	½	6-21683-92125-5	B K
G 5438	Brown rice little dreams	397g	12	½	6-21683-91145-4	B K
G 5441	Brown rice lasagna	280g	12	½	6-21683-92135-4	B K
G 5448	Brown rice fettucini	397g	12	½	6-21683-92025-8	B K
G 5452	Brown rice penne	454g	12	½	6-21683-92115-6	B K
G 5453	Brown rice elbows	454g	12	½	6-21683-92055-5	B K
G 5454	Brown rice fusilli	454g	12	½	6-21683-92065-4	B K

### BROWN RICE PASTA IN BULK

G 5455	Brown rice spaghetti	10lbs	1	U	6-21683-92014-2	B K
G 5456	Brown rice spirals	10lbs	1	U	6-21683-92124-8	B K
G 5457	Brown rice shells	10lbs	1	U	6-21683-92074-6	B K
G 5458	Brown rice penne	10lbs	1	U	6-21683-92114-9	B K
G 5459	Brown rice elbows	10lbs	1	U	6-21683-92054-8	B K
G 5461	Brown rice fettucini	10lbs	1	U	6-21683-92024-1	B K
G 5462	Brown rice lasagna	10lbs	1	U	6-21683-92134-7	B K

## TOM'S OF MAINE

### TOOTHPASTE

2731	Wicked cool! Mild mint fluoride free	90mL	6	C	0-77326-83334-6	T B
2732	Strawberry children's toothpaste, fluoride free	85mL	6	C	0-77326-83222-6	T B
2733	Peppermint wholecare plus whitening	85mL	6	C	0-77326-83003-1	T B
2738	Peppermint, fluoride-free plus whitening	85mL	6	C	0-77326-15940-8	T B
2734	Spearmint, fluoride-free	85mL	6	C	0-77326-10140-7	T B

2737	Spearmint, anticavity with fluoride	85mL	6	C	0-07326-11640-1	T	B
2735	Fennel, fluoride-free	85mL	6	C	0-77326-10240-4	T	B
2740	Strength sensitive with fluoride	85mL	6	C	0-77326-83005-5	T	B
2741	Toddler training toothpaste-mild fruit, no fluoride	38mL	6	C	0-77326-44978-3	T	B
2742	Rapid relief sensitive, fluoride free	76mL	6	C	0-77326-45556-2	T	B
<b>MOUTHWASH</b>							
2745	Wicked fresh! Cool mountain mint	473mL	6	C	0-77326-83417-6	T	B
<b>DEODORANTS</b>							
2753	Long lasting wide stick mountain spring	64g	6	C	0-77326-83230-1	T	B
2755	Long lasting wild lavender	64g	6	C	0-77326-44462-7	T	B
2756	Long lasting beautiful earth	64g	6	C	0-77326-83132-8	T	B
2757	Long lasting lemongrass stick	64g	6	C	0-77326-61325-2	T	B
2758	Long lasting unscented natural stick	64g	6	C	0-77326-83131-1	T	B
2759	Long lasting honeysuckle rose natural stick	64g	6	C	0-77326-83151-9	T	B
2760	Long lasting calendula natural stick	64g	6	C	0-77326-83150-2	T	B

## TRADITION MISO

### ORGANIC MISO

<u>✱</u>	6210	Organic brown rice miso	450g	12	½	8-12139-00001-7	O	B
<u>✱</u>	6212	Organic mellow brown rice miso	450g	12	½	8-12139-00003-1	O	B
<u>✱</u>	6211	Organic barley miso	450g	12	½	8-12139-00002-4	O	B
<u>✱</u>	6213	Organic chick pea miso - soy free	450g	12	½	8-12139-00004-8	O	B

## TRADITIONAL MEDICINALS

### ORGANIC SEASONAL TEAS

8419	Echinacea plus - elderberry	30g	6	C	0-32917-10154-9	O	B	K
8442	Echinacea plus	30g	6	C	0-32917-00076-7	O	B	K
8423	Throat coat lemon - echinacea	40g	6	C	0-32917-10159-4	O	B	K
8455	Throat coat	40g	6	C	0-32917-10172-3	O	B	K

### SEASONAL TEAS

8450	Breathe easy	30g	6	C	0-32917-10160-0		B	K
8451	Cold formula	34g	6	C	0-32917-10161-7		B	K

### ORGANIC HERBAL TEAS

8415	Licorice root	30g	6	C	0-32917-10180-8	O	B	K
8416	Nettle leaf	40g	6	C	0-32917-10181-5	O	B	K
8418	Ginger with chamomile	30g	6	C	0-32917-10151-8	O	B	K
8433	Ginger	30g	6	C	0-32917-10173-0	O	B	K
8421	Fennel	40g	6	C	0-32917-10194-5	O	B	K
8425	Hibiscus	35g	6	C	0-32917-10195-2	O	B	K
8426	Lemon balm	30g	6	C	0-32917-10191-4	O	B	K
8443	Chamomile	26g	6	C	0-32917-10056-6	O	B	K
8432	Chamomile with lavender	30g	6	C	0-32917-10179-2	O	B	K
8439	Raspberry leaf	35g	6	C	0-32917-00079-8	O	B	K
8440	Roasted dandelion root	30g	6	C	0-32917-10175-4	O	B	K
8430	Dandelion leaf & root	30g	6	C	0-32917-10198-3	O	B	K
8444	Peppermint	30g	6	C	0-32917-10052-8	O	B	K
8448	Spearmint	30g	6	C	0-32917-10174-7	O	B	K

### ORGANIC TONIC TEAS

8436	Heart tea - hawthorn hibiscus	40g	6	C	0-32917-10185-3	O	B	K
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### ORGANIC LAXATIVE TEAS

8422	Smooth move - peppermint	40g	6	C	0-32917-10189-1	O	B	K
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8417	Smooth move - chamomile	40g	6	C	0-32917-10188-4	O	B	K
8453	Smooth move	40g	6	C	0-32917-10167-9	O	B	K
<b>ORGANIC GREEN TEAS</b>								
8420	Green tea ginger	26g	6	C	0-32917-10088-7	O	B	K
8441	Green tea lemongrass	30g	6	C	0-32917-00078-1	O	B	K
8435	Green tea peppermint	30g	6	C	0-32917-10201-0	O	B	K
<b>ORGANIC RELAXATION TEAS</b>								
8427	Nighty night - valerian	30g	6	C	0-32917-10193-8	O	B	K
8456	Nighty night	35g	6	C	0-32917-10168-6	O	B	K
8449	Cup of calm	30g	6	C	0-32917-10163-1	O	B	K
8429	Stress soother - cinnamon	30g	6	C	0-32917-10208-9	O	B	K
8437	Tulsi with ginger	40g	6	C	0-32917-10209-6	O	B	K
<b>ORGANIC DIGESTIVE TEAS</b>								
8431	Ginger aid	40g	6	C	0-32917-10165-5	O	B	K
8457	Eater's digest - peppermint	35g	6	C	0-32917-10164-8	O	B	K
<b>ORGANIC WOMEN'S TEAS</b>								
8434	Mother's milk	35g	6	C	0-32917-10196-9	O	B	K
8452	Weightless - dandelion hibiscus	30g	6	C	0-32917-10166-2	O	B	K
<b>ORGANIC DETOX TEAS</b>								
8428	Everyday detox - dandelion	30g	6	C	0-32917-10197-6	O	B	K
8447	Everyday detox - lemon	30g	6	C	0-32917-10187-7	O	B	K
<b>DISPLAYS</b>								
8424	Best seller display	48un	48	C	0-32917-00121-4	O	B	K
8438	Organic top 4 display	48un	48	C	0-32917-01084-1	O	B	K
8446	Organic fair trade display	48un	48	C	0-32917-01061-2	O	B	K
8458	Seasonal cold care display	48un	48	C	0-32917-00133-7		B	K
8459	Organic single herb display	48un	48	C	0-32917-00134-4	O	B	K
8460	Organic smooth move® & detox® display	48un	48	C	0-32917-00131-3	O	B	K

## UDI'S

### GLUTEN FREE LOAF

<b>G</b>	✱	7428	Classic french dinner rolls 8ct	210g	8	C	6-98997-80744-5	B	K
<b>G</b>	✱	7429	French baguette 2ct	240g	6	C	6-98997-80698-1	B	K
<b>G</b>	✱	7430	White sandwich loaf	340g	8	C	6-98997-80910-4	B	K
<b>G</b>	✱	7431	Whole grain loaf	340g	8	C	6-98997-80916-6	B	K
<b>G</b>	✱	7432	Cinnamon raisin loaf	340g	8	C	6-98997-80925-8	B	K
<b>G</b>	✱	7433	Millet-chia loaf	406g	8	C	6-98997-80994-4	B	K
<b>G</b>	✱	7434	Omega-3 flax & fiber loaf	406g	8	C	6-98997-80996-8	B	K

### GLUTEN FREE MUFFINS

<b>G</b>	✱	7438	Double chocolate muffins	340g	6	C	6-98997-80937-1	T	B	K
<b>G</b>	✱	7437	Blueberry muffins	340g	6	C	6-98997-80931-9	T	B	K

### GLUTEN FREE BUNS

<b>G</b>	✱	7442	Classic hamburger buns	296g	8	C	6-98997-80913-5	B	K
<b>G</b>	✱	7443	Whole grain hamburger buns	308g	8	C	6-98997-80984-5	B	K
<b>G</b>	✱	7444	Classic hot dog buns	408g	6	C	6-98997-80932-6	B	K

### GLUTEN FREE BAGELS

<b>G</b>	✱	7447	Plain bagel	396g	8	C	6-98997-80954-8	B	K
<b>G</b>	✱	7448	Whole grain bagel	397g	8	C	6-98997-80964-7	B	K
<b>G</b>	✱	7449	Cinnamon raisin bagel	397g	8	C	6-98997-80957-9	B	K

### GLUTEN FREE SOFT-BAKED COOKIES

<b>G</b>		7483	Maple pecan chocolate chip	260g	6	C	6-98997-80773-5	B	K
<b>G</b>		7484	Salted caramel cashew	260g	6	C	6-98997-80774-2	B	K

<b>G</b>	<b>7485</b>	<i>Peanut butter coconut</i>	260g	6	<b>C</b>	6-98997-80775-9	B K
<b>GLUTEN FREE PIZZA CRUSTS</b>							
<b>G</b>	<b>7457</b>	<i>Pizza 9" crust</i>	224g	8	<b>C</b>	6-98997-80917-3	B K
<b>GLUTEN FREE PIZZA</b>							
<b>G</b>	<b>7458</b>	<i>Three cheese pizza</i>	284g	6	<b>C</b>	6-98997-80624-0	B K
<b>G</b>	<b>7459</b>	<i>Margherita pizza</i>	284g	6	<b>C</b>	6-98997-80625-7	B K
<b>GLUTEN FREE TORTILLA</b>							
<b>G</b>	<b>7469</b>	<i>9" plain tortilla 6ct</i>	432g	10	<b>C</b>	6-98997-80717-9	B K

## URBANI

### APPETIZERS - ARANCINI RISOTTO BALLS

<b>*</b>	<b>9480</b>	<i>Mozzarella</i>	280g	8	<b>C</b>	8-51335-00030-8	B
<b>*</b>	<b>9481</b>	<i>Italian - Italian sausage &amp; mozzarella</i>	280g	8	<b>C</b>	8-51335-00031-5	B
<b>*</b>	<b>9482</b>	<i>Marinara - tomato sauce, peas &amp; mozzarella</i>	280g	8	<b>C</b>	8-51335-00033-9	B
<b>*</b>	<b>9483</b>	<i>Porcini - wild mushroom &amp; cream cheese</i>	280g	8	<b>C</b>	8-51335-00034-6	B

## VEGETARIAN GOURMET

### ARTISAN VEGAN BURGERS - GLUTEN FREE

<b>G</b>	<b>*</b>	<b>9430</b>	<i>Quinoa &amp; chickpea burgers - gluten free</i>	4x100g	12	½	6-27843-51737-5	B
<b>G</b>	<b>*</b>	<b>9431</b>	<i>Mexican spicy 3-bean burgers - gluten free</i>	4x100g	12	½	6-27843-51739-9	B
<b>G</b>	<b>*</b>	<b>9432</b>	<i>Lentil &amp; walnut burgers - gluten free</i>	4x100g	12	½	6-27843-51741-2	B
<b>G</b>	<b>*</b>	<b>9433</b>	<i>Sweet potato &amp; black bean burgers - gluten free</i>	4x100g	12	½	6-27843-51743-6	B

## VORTEX 9.5 PH

### GLACIAL ALKALINE WATER

<b>4180</b>	<i>Vortex 9.5</i>	500mL	24	<b>C</b>	6-61431-10050-1	B K
<b>4182</b>	<i>Vortex 9.5</i>	1.5L	12	<b>C</b>	6-61431-10150-8	B K

## WESTERN RICE MILLS

### ORGANIC RICE

<b>G</b>	<b>5255</b>	<i>Organic long grain brown rice</i>	907g	6	<b>C</b>	0-61052-50630-8	O B K
<b>G</b>	<b>5256</b>	<i>Organic short grain brown rice</i>	907g	6	<b>C</b>	0-61052-50629-2	O B K
<b>G</b>	<b>5257</b>	<i>Organic brown jasmine rice</i>	907g	6	<b>C</b>	0-61052-40719-3	O B K
<b>G</b>	<b>5258</b>	<i>Organic white jasmine rice</i>	907g	6	<b>C</b>	0-61052-40720-9	O B K

## WHOLE SOME SWEETENERS

### ORGANIC FROSTING

<b>8983</b>	<i>Organic vanilla frosting</i>	354g	6	<b>C</b>	0-12511-87133-8	O B K
<b>8984</b>	<i>Organic chocolate frosting</i>	354g	6	<b>C</b>	0-12511-87131-4	O B K

### ORGANIC AGAVE

<b>8972</b>	<i>Organic blue agave</i>	240mL	6	<b>C</b>	0-12511-47121-7	O B K
<b>8973</b>	<i>Organic blue agave</i>	480mL	6	<b>C</b>	0-12511-47231-3	O B K
<b>8980</b>	<i>Organic blue agave</i>	900mL	6	<b>C</b>	0-12511-47441-6	O B K
<b>8974</b>	<i>Organic blue agave - raw</i>	240mL	6	<b>C</b>	0-12511-47312-9	O B K
<b>8975</b>	<i>Organic blue agave - raw</i>	480mL	6	<b>C</b>	0-12511-47323-5	O B K
<b>8981</b>	<i>Organic blue agave - raw</i>	900mL	6	<b>C</b>	0-12511-47644-1	O B K

### ORGANIC BLACKSTRAP MOLASSES

<b>8960</b>	<i>Organic blackstrap molasses un sulphured</i>	662g	12	½	0-12511-60000-6	O B K
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8961	Organic blackstrap molasses unsulphured <b>SUGAR</b>	1.13kg	6	C	0-12511-70000-3	O	B	K
8968	Organic sugar	454g	6	C	0-12511-47031-9	O	B	K
8969	Organic sugar	907g	6	C	0-12511-47632-8	O	B	K
8966	Organic icing sugar	454g	6	C	0-12511-32004-1	O	B	K
8962	Fair trade raw cane sugar	680g	6	C	0-12511-47071-5		B	K
8970	Organic light brown sugar	680g	6	C	0-12511-44641-3	O	B	K
8971	Organic dark brown sugar	680g	6	C	0-12511-44652-9	O	B	K
8964	Organic sucanat	907g	6	C	0-12511-30500-0	O	B	K
8965	Fair trade organic turbinado raw cane sugar <b>ORGANIC COCONUT PALM SUGAR</b>	680g	6	C	0-12511-44471-6	O	B	K
8976	Organic coconut palm sugar <b>ORGANIC STEVIA</b>	454g	6	C	0-12511-97106-9	O	B	K
8987	Organic stevia - 35 packets	35x1g	6	C	0-12511-97635-4	O	B	K
8988	Organic stevia - 75 packets <b>ORGANIC SUGAR &amp; STEVIA EXTRACT BLEND</b>	75x1g	6	C	0-12511-97675-0	O	B	K
8989	Organic sweet & lite	567g	6	C	0-12511-49725-5	O	B	K

## XYLA

### NATURAL SUGAR

G	4200	Xylitol	454g	6	C	8-75002-00003-3		B	K
G	4201	Xylitol	908g	6	C	8-75002-00007-1		B	K
G	4202	Xylitol - 50 packets	50x4g	6	C	8-75002-00004-0		B	K

### ORGANIC COCONUT PALM SUGAR

4204	Organic coconut palm sugar	454g	6	C	8-75004-00001-7	O	B	K
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### ORGANIC COCONUT PALM SUGAR IN BULK

4206	Organic coconut palm sugar	4lb	1	U	8-75004-00011-6	O	B	K
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### NATURAL SUGAR IN BULK

G	4205	Xylitol natural sugar	5lb	1	U	8-75002-00088-0		B	K
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### XYLITOL GUM

7040	Cinnamon	12pcs	12	C	8-75002-00123-8		T	B
7042	Peppermint	12pcs	12	C	8-75002-00125-2		T	B
7043	Spearmint	12pcs	12	C	8-75002-00124-5		T	B

### XYLITOL MINTS

G	7050	Cocoa	100ct	6	C	8-75002-00018-7		T	B
G	7054	Peppermint	100ct	6	C	8-75002-00020-0		T	B
G	7055	Wintermint	100ct	6	C	8-75002-00019-4		T	B

### XYLITOL CANDIES

G	7051	Fruit punch	100ct	6	C	8-75002-00015-6		T	B
G	7052	Lemon lime	100ct	6	C	8-75002-00017-0		T	B
G	7053	Licorice	100ct	6	C	8-75002-00011-8		T	B
G	7060	Cherry blast candies	100ct	6	C	8-75002-00014-9		T	B
G	7061	Citrus sky candies	100ct	6	C	8-75002-00016-3		T	B
G	7062	Grape blizzard candies	100ct	6	C	8-75002-00012-5		T	B
G	7063	Key lime candies	100ct	6	C	8-75002-00013-2		T	B
G	7064	Raspberry dance candies	100ct	6	C	8-75002-00032-3		T	B
G	7065	Watermelon splash candies	100ct	6	C	8-75002-00033-0		T	B

## YOGI TEA

### FUNCTIONAL TEA

9861	Roasted dandelion spiced detox - organic	36g	6	C	0-76950-20572-7	O	B	K
9862	Tulsi spiced berry cough & cold relief - organic	36g	6	C	0-76950-20571-0	O	B	K

9855	<i>Restful sleep</i>	32g	6	C	0-76950-20348-8	B	K
9856	<i>Calming tea</i>	29g	6	C	0-76950-20347-1	B	K
9857	<i>Honey lemon throat comfort</i>	32g	6	C	0-76950-20350-1	B	K
9859	<i>Lemon DeTox</i>	29g	6	C	0-76950-20346-4	B	K
9865	<i>Green tea citrus slim</i>	32g	6	C	0-76950-20351-8	B	K
9873	<i>Organic Original Yogi Tea®</i>	36g	6	C	0-76950-20642-7	O	B
<b>ORGANIC HERBAL TEA</b>							
9853	<i>Organic lemon ginger</i>	36g	6	C	0-76950-65017-6	O	B
9854	<i>Organic ginger tea</i>	32g	6	C	0-76950-65011-4	O	B
<b>ORGANIC GREEN TEA</b>							
9851	<i>Organic green tea with triple echinacea</i>	32g	6	C	0-76950-65026-8	O	B
9852	<i>Organic green tea with kombucha</i>	32g	6	C	0-76950-65021-3	O	B
9868	<i>Organic decaf green kombucha</i>	32g	6	C	0-76950-65037-4	O	B
9870	<i>Organic simply decaf green</i>	31g	6	C	0-76950-65041-1	O	B
9871	<i>Organic pure green tea</i>	31g	6	C	0-76950-65042-8	O	B
<b>ORGANIC HERBAL SPICE TEA</b>							
9860	<i>Organic egyptian licorice</i>	36g	6	C	0-76950-61516-8	O	B
9874	<i>Organic egyptian licorice mint</i>	32g	6	C	0-76950-61527-4	O	B
9883	<i>Organic chai rooibos tea</i>	36g	6	C	0-76950-61533-5	O	B

## YORKSHIRE VALLEY FARMS

### ORGANIC BREADED CHICKEN

* 8769	<i>Organic chicken nuggets</i>	454g	12	½	7-32352-13585-6	O	B
* 8770	<i>Organic chicken fillets</i>	480g	12	½	7-32352-13586-3	O	B

## YUM

### NUT BUTTER

4311	<i>Regular peanut butter - smooth</i>	500g	12	½	0-56664-01311-5	B	K
4312	<i>Regular peanut butter - crunchy</i>	500g	12	½	0-56664-01322-1	B	K
4342	<i>Organic peanut butter - smooth</i>	500g	12	½	0-56664-81311-1	O	B
4341	<i>Organic peanut butter - crunchy</i>	500g	12	½	0-56664-81322-7	O	B
4331	<i>Smooth almond butter</i>	500g	12	½	0-56664-03107-2	B	K
4336	<i>Tahini</i>	500g	12	½	0-56664-02205-6	B	K