



ALIMENTS
KOYO
FOODS INC.

GLUTEN FREE	KOYO#	FRMT	U / C	\$ REG		U.P.C #	CODE
				\$/UN	\$/CS		

 **KOYO**

NATURAL RICE CAKES

G	0101	Original unsalted	150g	12	1.35	16.20	C	0-65493-00001-2	B K
G	0102	Original salted	150g	12	1.35	16.20	C	0-65493-00002-9	B K
G	0103	Buckwheat unsalted	150g	12	1.35	16.20	C	0-65493-00003-6	B K
G	0104	Buckwheat salted	150g	12	1.35	16.20	C	0-65493-00004-3	B K
G	0105	Sesame unsalted	150g	12	1.35	16.20	C	0-65493-00009-8	B K
G	0106	Sesame salted	150g	12	1.35	16.20	C	0-65493-00010-4	B K
G	0111	Multigrain unsalted	150g	12	1.35	16.20	C	0-65493-00011-1	B K
G	0112	Multigrain salted	150g	12	1.35	16.20	C	0-65493-00021-0	B K

MACROBIOTIC RICE CAKES

G	0114	Nori seaweed	150g	12	1.35	16.20	C	0-65493-00006-7	B
G	0115	Dulse seaweed	150g	12	1.35	16.20	C	0-65493-00018-0	B

ORGANIC RICE CAKES

G	0117	Organic original unsalted	150g	12	1.65	19.82	C	0-65493-00007-4	O B K
G	0118	Organic original salted	150g	12	1.65	19.82	C	0-65493-00008-1	O B K
G	0119	Organic buckwheat unsalted	150g	12	1.65	19.82	C	0-65493-00012-8	O B K
G	0120	Organic buckwheat salted	150g	12	1.65	19.82	C	0-65493-00013-5	O B K
G	0121	Organic millet unsalted	150g	12	1.65	19.82	C	0-65493-00014-2	O B K
G	0122	Organic millet salted	150g	12	1.65	19.82	C	0-65493-00015-9	O B K
G	0125	Organic mixed grain unsalted	150g	12	1.65	19.82	C	0-65493-00125-5	O B K
G	0126	Organic mixed grain salted	150g	12	1.65	19.82	C	0-65493-00126-2	O B K

TAMARI

6001	Tamari "purple label"	150mL	12	1.60	19.20	1/2	0-65493-06001-6	B K
6002	Tamari "purple label"	475mL	12	3.39	40.62	1/2	0-65493-06002-3	B K
6003	Tamari "purple label"	950mL	12	5.14	61.66	1/2	0-65493-06003-0	B K
6005	Organic wheat-free tamari "green label"	475mL	12	5.63	67.59	1/2	0-65493-06005-4	O B K
6006	Organic wheat-free tamari "green label"	950mL	12	9.23	110.77	1/2	0-65493-06006-1	O B K
6008	Organic tamari "blue label"	475mL	12	4.31	51.69	1/2	0-65493-06008-5	O B K
6009	Organic tamari "blue label"	950mL	12	6.83	81.97	1/2	0-65493-06009-2	O B K
6101	Tamari select "black label"	150mL	12	1.91	22.92	1/2	0-65493-01015-8	B K
6102	Tamari select "black label"	475mL	12	4.57	54.84	1/2	0-65493-01011-0	B K
6103	Tamari select "black label"	950mL	12	7.94	95.26	1/2	0-65493-01012-7	B K
6105	Organic tamari select "black label"	295mL	12	3.52	42.24	1/2	0-65493-06105-1	O B K
6109	Organic tamari select "black label"	475mL	12	5.89	70.71	1/2	0-65493-01020-2	O B K
6110	Wheat-free Mitoku yaemon organic tamari	500mL	12	15.00	180.00	1/2	0-21009-10429-2	O B K

MISO

6150	Mame miso (soybean)	300g	12	4.27	51.24	1/2	0-65493-06150-1	B K
6173	Hatcho miso (unpasteurized soybean)	300g	12	5.48	65.76	1/2	0-65493-06173-0	B K

ORGANIC MISO

6160	Organic genmai miso (soybean/brown rice)	300g	6	5.95	35.70	C	0-65493-06160-0	O B K
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6161	Organic shiro miso (soybean/white rice)	300g	6	5.95	35.70	C	0-65493-06161-7	O	B	K
6162	Organic aka miso (soybean/white rice)	300g	6	5.00	30.00	C	0-65493-06162-4	O	B	K
MITOKU INSTANT MISO SOUP										
6193	Red miso with wakame	40g	6	3.97	23.82	C	0-21009-11730-8		B	
6194	Mellow white miso with tofu	40g	6	4.28	25.68	C	0-21009-11728-5		B	
DRIED SEAWEEDS										
6256	Arame	50g	10	6.77	67.70	½	0-65493-06252-2		B	K
6272	Wakame	50g	10	8.36	83.60	½	0-65493-06260-7		B	
6276	Kombu	50g	10	6.60	66.00	½	0-65493-06276-8		B	
6296	Kombu seaweed salad	12g	6	5.05	30.30	C	0-65493-06296-6		B	
6263	Agar-agar flakes	28g	10	6.59	65.90	½	0-65493-06263-8		B	
6267	Agar-agar (2 bars)	15g	10	4.62	46.20	½	0-65493-06267-6		B	
6260	Nori (10 sheets)	25g	12	5.33	63.96	½	0-65493-06272-0		B	
6360	Sushi nori (7 sheets)	15g	12	4.91	58.93	½	0-65493-06360-4		B	
DRIED SEAWEEDS IN BULK										
6361	Sushi nori (50 sheets)	190g	1	28.70	28.70	U	0-65493-06361-1		B	
MITOKU DRIED SEAWEEDS										
6285	Mitoku kizami nori (fine cut nori)	10g	10	3.67	36.70	½	0-21009-13013-0		B	K
6287	Mitoku sushi nori (7 roasted sheets)	17g	12	5.13	61.56	½	0-21009-13022-2		B	
6289	Mitoku ao-nori flakes	20g	10	2.51	25.10	½	0-21009-13102-1		B	
6290	Mitoku nori strips (spicy)	13.5g	10	4.16	41.60	½	0-21009-13003-1		B	
MITOKU DRIED SEAWEEDS IN BULK										
6257	Mitoku arame	1Kg	1	74.08	74.08	U	0-21009-12301-9		B	K
6274	Mitoku wakame	1Kg	1	109.39	109.39	U	N/A		B	
6279	Mitoku kombu	1Kg	1	70.31	70.31	U	0-21009-13511-1		B	K
6294	Mitoku sushi nori (50 roasted sheets)	190g	1	30.87	30.87	U	0-21009-13017-8		B	
NOODLES										
6420	Organic fine noodles	227g	12	3.05	36.63	½	8-13551-00102-6	O	S	
6421	Organic round udon	227g	12	3.05	36.63	½	8-13551-00103-3	O	S	
6423	Organic soba	227g	12	3.05	36.63	½	8-13551-00110-1	O	S	
6424	Organic udon	227g	12	3.05	36.63	½	8-13551-00101-9	O	S	
ORGANIC RAMEN NOODLES										
6430	Mushroom ramen - 89% organic	57g	12	1.09	13.10	C	0-65493-06430-4	O	B	
6431	Seaweed ramen - 89% organic	57g	12	1.09	13.10	C	0-65493-06431-1	O	B	
6432	Tofu and miso ramen - 89% organic	57g	12	1.09	13.10	C	0-65493-06432-8	O	B	
6433	Asian vegetables ramen - 88% organic	60g	12	1.09	13.10	C	0-65493-06433-5	O	B	
6434	Lemongrass ginger ramen - 88% organic	60g	12	1.09	13.10	C	0-65493-06434-2	O	B	
6435	Garlic pepper ramen - 88% organic	60g	12	1.09	13.10	C	0-65493-06435-9	O	B	
6436	Soba ramen - 89% organic	60g	12	1.09	13.10	C	0-65493-06436-6	O	B	
KOYO GREEN TEA										
6558	Gyokuro green tea (12 tea bags)	24g	1	6.50	6.50	U	0-65493-06558-5		B	
MITOKU ORGANIC TEAS										
6519	Organic roasted kukicha/bancha (loose tea)	85g	12	3.42	41.04	½	0-21009-14119-8	O	B	K
6522	Organic kukicha/bancha (10 tea bags)	20g	12	2.42	29.04	½	0-21009-14120-4	O	B	K
6530	Organic sencha (10 tea bags)	20g	12	3.07	36.84	½	0-21009-14204-1	O	B	K
6531	Organic sencha (loose tea)	85g	12	6.94	83.28	½	0-21009-14201-0	O	B	K
6540	Organic hojicha (10 tea bags)	20g	12	2.59	31.08	½	0-21009-14308-6	O	B	K
MITOKU ORGANIC TEAS IN BULK										
6521	Organic kukicha	1Kg	1	26.37	26.37	U	0-21009-14102-0	O	B	K
6532	Organic sencha	1Kg	1	60.05	60.05	U	0-21009-14202-7	O	B	K
PICKLES										

6641	Umeboshi (salted plums)	200g	12	9.72	116.64	½	0-65493-06641-4	B
6664	Organic umeboshi (salted plums)	100g	12	6.32	75.88	½	0-65493-06664-3	O B K
6645	Umeboshi paste (salted plum paste)	200g	12	6.23	74.74	½	0-65493-06645-2	B
6668	Organic meboshi paste (salted plum paste)	200g	12	7.25	87.00	½	0-65493-06668-1	O B
6651	Mitoku Takuan Inaka (pickled white radish)	200g	12	5.00	60.00	½	0-21009-27004-1	B
6658	Mitoku marinated sushi ginger	50g	20	2.54	50.80	¼	0-21009-27007-2	B
MITOKU PICKLES IN BULK								
6665	Organic umeboshi (salted plums)	1Kg	1	51.87	51.87	U	0-21009-17907-8	O B K
MITOKU MOCHI								
G 6710	Mochi (brown rice)	250g	12	7.39	88.68	½	0-21009-25205-4	B K
SEASONING								
6735	Organic genmai-su - org brown rice vinegar	150mL	12	2.69	32.28	½	0-65493-06735-0	O B K
6736	Organic genmai-su - org brown rice vinegar	475mL	12	7.02	84.24	½	0-65493-06736-7	O B K
6751	Toasted sesame seed oil	250mL	12	6.15	73.85	½	0-65493-06751-0	B
6752	Toasted sesame seed oil	500mL	12	11.20	134.40	½	0-65493-06752-7	B
6771	Sweet brown rice vinegar	150mL	12	2.94	35.26	½	0-65493-06771-8	B
6772	Sweet brown rice vinegar	475mL	12	9.79	117.42	½	0-65493-06772-5	B
6773	Mirin (liquid seasoning)	150mL	12	4.43	53.16	½	0-65493-06773-2	B K
6774	Mirin (liquid seasoning)	475mL	12	13.65	163.75	½	0-65493-06774-9	B K
6785	Umesu (plum vinegar)	150mL	12	1.74	20.88	½	0-65493-06785-5	B K
6786	Umesu (plum vinegar)	475mL	12	3.83	45.97	½	0-65493-06786-2	B K
SEASONING IN BULK								
6753	Toasted sesame seed oil	1.8L	1	35.84	35.84	U	0-21009-19102-5	
SEA SALT								
6811	Amashio (sea salt)	250g	12	1.66	19.92	½	0-65493-06811-1	B
6812	Amashio (sea salt)	500g	12	2.94	35.28	½	0-65493-06812-8	B
CONDIMENTS								
6820	Mitoku tekka (miso & dried vegetables)	80g	12	6.67	80.04	½	0-21009-21005-4	B
6832	Koyo toasted whole black sesame seeds	100g	10	2.68	26.77	½	0-65493-06832-6	B
6840	Mitoku wasabi (horseradish powder)	25g	6	3.64	21.84	C	0-21009-22902-5	B K
MITOKU CONDIMENTS IN BULK								
6831	Kurogoma (toasted black sesame seeds)	1Kg	1	17.65	17.65	U	0-21009-28104-7	S
MISCELLANEOUS								
G 6920	Mitoku Kuzu (wild arrowroot)	100g	12	6.30	75.60	½	0-21009-20003-1	B K
6983	Mitoku dried lotus root	50g	10	9.07	90.70	½	0-21009-21503-5	B
6985	Koyo shredded daikon	40g	10	3.48	34.80	½	0-65493-06985-9	B
KUZU IN BULK								
G 6921	Kuzu (wild arrowroot)	5Kg	1	240.00	240.00	U	N/A	B K
MITOKU RICE MALT SWEETENED CANDIES								
7272	Sweet Rice Candy (butterscotch)	50g	12	2.59	31.08	½	0-21009-34405-6	T B
7273	Sweet Rice Candy (sour plum)	50g	12	2.59	31.08	½	0-21009-34411-7	T B
7274	Sweet Rice Candy (ginger)	50g	12	2.59	31.08	½	0-21009-33505-4	T B
7275	Sweet Rice Candy (lotus)	50g	12	2.59	31.08	½	0-21009-33506-1	T B
7280	Sweet Rice Candy (lemon)	50g	12	2.59	31.08	½	0-21009-34416-2	T B
MAGNESIUM CHLORIDE								
7295	Magnesium chloride for tofu	250g	1	12.10	12.10	U	0-65493-07295-8	B
COOKWARE								
7526	Suribachi (earthenware mortar)	17cm	1	9.25	9.25	U	N/A	T
7532	Surikogi (wooden pestle) #8	25cm	1	4.64	4.64	U	4571101-554038	T
7549	Bamboo chopsticks (wrapped individually)	10pr	1	2.39	2.39	U	0-65493-07549-2	T
7561	Bamboo sushi mat		1	2.39	2.39	U	4-977794-009129	T
7564	Tawashi (vegetable brush)		1	5.34	5.34	U	4971871-101010	T

AÇAI ROOTS

FROZEN ORGANIC AÇAI DESSERTS

✳	7005	Organic açai sorbet	473mL	6	6.53	39.16	C	8-98685-00109-8	O
✳	7006	Organic açai fruit bars	4x68mL	12	6.16	73.90	C	8-98685-00129-6	O

FROZEN ORGANIC AÇAI DESSERTS

G	✳	7007	Organic açai smoothie pouch, unsweetened	4x100g	16	6.71	107.29	½	8-98685-00112-8	O	K
G	✳	7008	Organic açai & guarana smoothie pouch, energy blend	4x100g	16	6.71	107.29	½	8-98685-00119-7	O	K

ALEXIA**POTATO PRODUCTS**

✳	8380	Onion rings with sea salt	340g	12	3.41	40.94	½	8-34183-00405-6	B
✳	8381	Sweet potato fries with sea salt	425g	12	3.12	37.40	½	8-34183-00411-7	B K
✳	8382	Sweet potato crispy bite sized puffs	567g	12	3.89	46.70	½	8-34183-00458-2	B
✳	8391	Spicy sweet potato fries with chipotle	567g	12	3.89	46.64	½	8-34183-00453-7	B K
✳	8389	Oven fries with olive oil, rosemary & garlic	450g	12	2.88	34.55	½	8-34183-00451-3	B K
✳	8390	Oven reds olive oil/parmesan/roasted garlic	425g	12	2.88	34.55	½	8-34183-00459-9	B K
✳	8392	Seasoned waffle fries cut	567g	12	3.89	46.64	½	8-34183-00454-4	B K

ALO**ALO VERA BEVERAGE 1.5L**

G	7024	ALO Exposed - original aloe vera	1.5L	6	4.28	25.70	C	8-11955-01001-9	B
G	7025	ALO Awaken - wheatgrass & aloe vera	1.5L	6	4.28	25.70	C	8-11955-01003-3	B
G	7026	ALO Enrich - pomegranate, cranberry & aloe vera	1.5L	6	4.28	25.70	C	8-12475-01166-1	B
G	7027	ALO Allure - mangosteen, mango & aloe vera	1.5L	6	4.28	25.70	C	8-12475-01165-4	B

ALO VERA BEVERAGE 500ML

G	7029	ALO Comfort - watermelon, peach & aloe	500mL	12	1.85	22.16	C	8-12475-01229-3	B
G	7030	ALO Exposed - original aloe vera	500mL	12	1.85	22.16	C	8-11955-01101-6	B
G	7031	ALO Awaken - wheatgrass & aloe vera	500mL	12	1.85	22.16	C	8-11955-01103-0	B
G	7032	ALO Enrich - pomegranate, cranberry & aloe vera	500mL	12	1.85	22.16	C	8-12475-01226-2	B
G	7033	ALO Allure - mangosteen, mango & aloe vera	500mL	12	1.85	22.16	C	8-12475-01225-5	B
G	7034	ALO Appeal - pomelo, pink grapefruit, lemon & aloe	500mL	12	1.85	22.16	C	8-12475-01227-9	B
G	7035	ALO Spring - mixed berry	500mL	12	1.85	22.16	C	8-12475-01231-6	B
G	7037	ALO Light Bright - orange & passion fruit	500mL	12	1.85	22.16	C	8-12475-01323-8	
G	7038	ALO Light Refresh - cucumber & cantaloupe	500mL	12	1.85	22.16	C	8-12475-01322-1	B
G	7039	ALO Crisp - fuji apple & pear	500mL	12	1.85	22.16	C	8-12475-01230-9	B

AMANO**ORGANIC UNPASTEURIZED MISO**

✳	6220	Shiro miso (white)	400g	12	4.44	53.31	½	0-67334-07001-7	O	B K
✳	6221	Aka miso (red)	400g	12	5.28	63.37	½	0-67334-07002-4	O	B K
✳	6222	Genmai miso (brown rice)	400g	12	5.28	63.37	½	0-67334-07003-1	O	B K
✳	6223	Mugi miso (barley)	400g	12	5.28	63.37	½	0-67334-07004-8	O	B K

AMYCO**DRIED MUSHROOMS**

5900	Morel	20g	6	9.92	59.52	C	6-28055-03516-9	B
5901	Lobster mushroom	20g	6	5.29	31.71	C	6-27843-14775-6	B
5902	King bolete (Porcini)	20g	6	5.29	31.71	C	6-28055-03518-3	B
5903	Oyster mushroom	20g	6	3.34	20.03	C	6-28055-03507-7	B

5904	Shiitake	20g	6	3.34	20.03	C	6-28055-03508-4	B
5905	Forest mix	20g	6	4.60	27.57	C	6-28055-03515-2	B
HERBAL TEAS								
5910	Wild ground chaga	100g	12	7.42	89.03	½	6-28055-03514-5	B
5911	Wild chaga chunk	90g	12	7.10	85.14	½	6-28055-03510-7	B
5912	Reishi	45g	12	7.10	85.14	½	6-28055-03511-4	B
5913	Labrador tea	18g	12	4.97	59.68	½	6-28055-03580-0	B
5914	Wintergreen tea leaf	15g	12	4.97	59.68	½	6-28055-03513-8	B
SEASONINGS								
5920	Mushroom salt (glass jar)	60g	12	4.60	55.14	½	6-28055-03502-2	B
5921	Mushroom salt (spice jar)	100g	12	6.46	77.52	½	6-28055-03512-1	B
5922	Ground chanterelle (glass jar)	40g	12	9.93	119.19	½	6-28055-03503-9	B

AMY'S KITCHEN

FROZEN MACARONI & CHEESE

	* 8703	Macaroni & cheese	255g	12	3.30	39.63	½	0-42272-90030-5	O	B	K
G	* 8704	Rice macaroni & cheese - gluten free	255g	12	3.73	44.71	½	0-42272-90045-9	O	B	K
G	* 8709	Rice macaroni & cheese - dairy free, gluten free	227g	12	4.03	48.40	½	0-42272-90043-5	O	B	K

FROZEN LASAGNA

G	* 8768	Garden vegetable lasagna - gluten free	292g	12	4.73	56.71	½	0-42272-90041-1	O	B	K
	* 8705	Vegetable lasagna	269g	12	4.73	56.71	½	0-42272-90032-9	O	B	K
G	* 8710	Vegetable lasagna - gluten free & dairy free	255g	12	4.73	56.71	½	0-42272-90814-1	O	B	K

FROZEN POT PIES

	* 8701	Vegetable pot pie	213g	12	3.57	42.78	½	0-42272-90020-6	O	B	K
	* 8702	Broccoli pot pie	213g	12	3.57	42.78	½	0-42272-90021-3	O	B	K

FROZEN PIZZAS

	* 8722	Cheese pizza	369g	8	7.28	58.26	½	0-42272-90101-2	O	B	K
	* 8723	Spinach pizza	397g	8	7.28	58.26	½	0-42272-90102-9	O	B	K
G	* 8727	Rice crust cheese pizza - gluten free	340g	8	9.22	73.74	½	0-42272-90100-5	O	B	K
	* 8728	Margherita pizza	369g	8	8.27	66.15	½	0-42272-90199-9	O	B	K
	* 8733	Barbeque pizza	402g	8	8.27	66.15	½	0-42272-91140-0	O	B	K

FROZEN WHOLE MEALS - GLUTEN FREE

G	* 8754	Cheese enchilada - gluten free	255g	12	4.84	58.13	½	0-42272-90057-2	O	B	K
G	* 8715	Veggie loaf meal	284g	12	4.84	58.13	½	0-42272-90053-4	O	B	K

FROZEN ASIAN MEALS - GLUTEN FREE

G	* 8752	Pad thai	269g	12	4.95	59.44	½	0-42272-90924-7	O	B
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FROZEN INDIAN MEALS - GLUTEN FREE

G	* 8712	Palak paneer	283g	12	4.84	58.13	½	0-42272-90059-6	O	B	K
G	* 8714	Mattar paneer	284g	12	4.84	58.13	½	0-42272-90058-9	O	B	K
G	* 8716	Vegetable korma	269g	12	4.84	58.13	½	0-42272-90250-7	O	B	K

FROZEN BURRITOS

	* 8706	Bean & rice burrito	170g	12	2.57	30.87	C	0-42272-90070-8	O	B	K
	* 8707	Bean rice & cheese burrito	170g	12	2.57	30.87	C	0-42272-90071-5	O	B	K
	* 8745	Black bean burrito	170g	12	2.57	30.87	C	0-42272-90073-9	O	B	K
	* 8746	Breakfast burrito	170g	12	2.57	30.87	C	0-42272-90072-5	O	B	K

FROZEN BURRITOS & WRAPS, GLUTEN FREE

G	* 8763	Gluten free black beans & quinoa burrito	156g	12	2.97	35.64	C	0-42272-90989-6	O	B	K
G	* 8747	Gluten free bean & cheese burrito	156g	12	2.97	35.64	C	0-42272-90353-5	O	B	K
G	* 8748	Gluten free bean & rice burrito (non dairy)	156g	12	2.97	35.64	C	0-42272-90352-8	O	B	K
G	* 8749	Gluten free tofu scramble breakfast wrap	156g	12	2.97	35.64	C	0-42272-90807-3	O	B	K

FROZEN BURGERS

	*	8711 California veggie burger	284g	12	5.43	65.10	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	4.95	59.44	½	0-42272-91056-4	O	B	K
G	*	8765 Chili mac bowl - gluten free	255g	12	4.95	59.44	½	0-42272-91057-1	O	B	K
G	*	8766 Mexican casserole bowl - gluten free	269g	12	4.95	59.44	½	0-42272-90163-0	O	B	K
	*	8767 Spinach & ricotta cheese ravioli bowl	241g	12	4.95	59.44	½	0-42272-91129-5	O	B	K

ORGANIC CANNED SOUPS - GLUTEN FREE

G	5859 Quinoa, kale & red lentil soup - gluten free	398mL	12	3.31	39.77	½	0-42272-90669-7	O	B	K
G	5860 Golden lentil dal soup - gluten free	398mL	12	3.31	39.77	½	0-42272-90593-5	O	B	K
G	5880 Lentil soup - gluten free	398mL	12	2.83	33.92	½	0-42272-90502-7	O	B	K
G	5890 Lentil vegetable soup - gluten free	398mL	12	2.83	33.92	½	0-42272-90535-5	O	B	K
G	5861 Tuscan bean & rice soup - gluten free	398mL	12	3.56	42.69	½	0-42272-90519-5	O	B	K
G	5862 Hearty french country vegetable soup - gluten free	398mL	12	3.56	42.69	½	0-42272-90591-1	O	B	K
G	5863 Chunky vegetable soup - gluten free	398mL	12	3.31	39.77	½	0-42272-90540-9	O	B	K
G	5864 Fire roasted southwestern vegetable soup - gluten free	398mL	12	3.56	42.69	½	0-42272-90547-8	O	B	K
G	5870 Tomato bisque soup - gluten free	398mL	12	3.31	39.77	½	0-42272-90536-2	O	B	K
G	5884 Cream of tomato soup - gluten free	398mL	12	2.83	33.92	½	0-42272-90501-0	O	B	K
G	5885 Black beans and vegetables soup - gluten free	398mL	12	3.31	39.77	½	0-42272-90504-1	O	B	K
G	5886 Split pea soup - gluten free	398mL	12	2.83	33.92	½	0-42272-90505-8	O	B	K
G	5891 Mushroom bisque with porcini - gluten free	398mL	12	3.31	39.77	½	0-42272-90626-0	O	B	K

ORGANIC CANNED SOUPS

5881 No chicken noodle soup	398mL	12	2.83	33.92	½	0-42272-90503-4	O	B	K
5882 Minestrone soup	398mL	12	2.83	33.92	½	0-42272-90507-2	O	B	K
5883 Cream of mushroom soup	398mL	12	3.31	39.77	½	0-42272-90506-5	O	B	K
5887 Vegetable barley soup	398mL	12	2.83	33.92	½	0-42272-90508-9	O	B	K
5888 Alphabet soup	398mL	12	2.83	33.92	½	0-42272-90514-0	O	B	K
5889 Butternut squash soup	398mL	12	2.83	33.92	½	0-42272-90534-8	O	B	K

ORGANIC CANNED SOUPS - LOW SODIUM

G	5865 Low sodium lentil soup - gluten free	398mL	12	2.83	33.92	½	0-42272-90583-6	O	B	K
G	5868 Low sodium lentil vegetable soup - gluten free	398mL	12	2.83	33.92	½	0-42272-90582-9	O	B	K
	5866 Low sodium minestrone soup	398mL	12	2.83	33.92	½	0-42272-90585-0	O	B	K
G	5867 Low sodium tomato bisque soup - gluten free	398mL	12	3.31	39.77	½	0-42272-90586-7	O	B	K
G	5869 Low sodium split pea soup - gluten free	398mL	12	2.83	33.92	½	0-42272-90584-3	O	B	K

BEANS - GLUTEN FREE

G	5873 Vegetarian baked beans - gluten free	398g	12	2.85	34.23	½	0-42272-90517-1	O	B	K
G	5874 Refried beans - gluten free	398g	12	2.85	34.23	½	0-42272-90550-8	O	B	K
G	5875 Refried black beans - gluten free	398g	12	2.85	34.23	½	0-42272-90551-5	O	B	K
G	5876 Refried beans with green chilies - gluten free	398g	12	2.85	34.23	½	0-42272-90552-2	O	B	K

CHILIS - GLUTEN FREE

G	5877 Medium chili - gluten free	398mL	12	3.24	38.85	½	0-42272-90510-2	O	B	K
G	5878 Medium chili with vegetables - gluten free	398mL	12	3.24	38.85	½	0-42272-90511-9	O	B	K
G	5879 Spicy chili - gluten free	398mL	12	3.24	38.85	½	0-42272-90512-6	O	B	K

ATLANTIC MARICULTURE

ORGANIC SEAWEED

6301	Organic dulse	40g	10	3.80	38.00	½	0-67835-77405-6	O	B
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BLUE MONKEY

SPARKLING COCONUT WATER

G	4158 Sparkling coconut water - natural	330mL	12	1.51	18.16		C 0-59654-41001-7		B
G	4159 Sparkling coconut water - kiwi	330mL	12	1.51	18.16		C 0-59654-41002-4		B
G	4160 Sparkling coconut water - mango	330mL	12	1.51	18.16		C 0-59654-41003-1		B

G	4161	Sparkling coconut water - key lime	330mL	12	1.51	18.16	C	0-59654-41004-8	B
G	4162	Sparkling coconut water - watermelon	330mL	12	1.51	18.16	C	0-59654-41005-5	B
WATERMELON JUICE									
	4167	100% watermelon juice	330mL	24	1.70	40.69	C	0-59654-51001-4	B
PURE COCONUT WATER									
COBALT BLUE GLASS BOTTLE									
	4156	Pure coconut water, cobalt blue glass	500mL	24	1.82	43.60	C	0-59654-70500-7	B
PURE COCONUT WATER									
COBALT BLUE GLASS BOTTLE									
	4157	Pure coconut water, cobalt blue glass	1L	12	4.73	56.80	C	0-59654-70010-1	B
ORGANIC COCONUT CREAM									
G	4185	Organic coconut cream	400mL	24	2.12	50.89	C	0-59654-33001-8	O B
COCONUT WATER - TETRA PAK									
G	4189	Organic pure coconut water - tetra pak	1L	12	4.25	50.97	C	0-59654-22222-6	O B
COCONUT WATER - TETRA PAK									
G	4184	Organic pure coconut water - tetra pak	500mL	12	1.86	22.35	C	0-59654-12222-4	O B
COCONUT WATER - 520ML, 6 PACK									
G	4173	Pure coconut water - can, 6 pack	520mL	6	1.86	11.13	C	0-59654-60021-0	B
G	4174	Pure coconut water with pulp - can, 6 pack	520mL	6	1.86	11.13	C	0-59654-60022-7	B
COCONUT WATER - 520ML									
G	4168	Pure coconut water, can	520mL	24	1.94	46.54	C	0-59654-17001-0	B
G	4169	Pure coconut water with pulp, can	520mL	24	1.94	46.54	C	0-59654-17002-7	B
COCONUT WATER - 330ML									
G	4170	Pure coconut water, can	330mL	24	1.39	33.37	C	0-59654-17003-4	B

BOB'S RED MILL

BAKING AIDS

G	*	4857	Active dry yeast	226g	8	4.44	35.49	C	0-39978-30501-5	B K
G		4866	Nutritional yeast - large flakes	226g	4	8.87	35.49	C	0-39978-30546-6	B K
		4858	Toasted carob powder	510g	4	4.42	17.67	C	0-39978-30509-1	B K
G		5151	Pea protein powder	453g	4	14.92	59.69	C	0-39978-30360-8	B K
G		5152	Psyllium powder	453g	4	10.07	40.28	C	0-39978-30344-8	B K
G		4860	Arrowroot starch	453g	4	5.39	21.57	C	0-39978-32505-1	B K
G		4863	Corn starch	623g	4	3.19	12.74	C	0-39978-30583-1	B K
G		4864	Potato starch	680g	4	4.29	17.15	C	0-39978-30525-1	B K
G		4861	Baking powder	453g	4	3.90	15.60	C	0-39978-30392-9	B K
G		4862	Baking soda	453g	4	2.77	11.08	C	0-39978-30391-2	B K
G		4870	Egg replacer - gluten free	340g	8	3.75	30.03	C	0-39978-30620-3	B K
G		4868	Guar gum	226g	8	8.50	68.00	C	0-39978-30554-1	B K
G		4869	Xanthan gum	226g	6	13.47	80.79	C	0-39978-32555-6	B K
		4856	Sea salt	907g	4	2.73	10.92	C	0-39978-31527-4	B K
		4914	Coconut flakes unsweetened	340g	4	3.77	15.07	C	0-39978-30581-7	K

	4915	Shredded coconut unsweetened	340g	4	3.54	14.14	C	0-39978-31578-6	B	K	
		OATMEAL - MICROWAVABLE CUP									
G	5135	Oatmeal - apple cinnamon	67g	12	2.27	27.29	C	0-39978-30184-0	B	K	
G	5137	Oatmeal - classic	51g	12	2.27	27.29	C	0-39978-32184-8	B	K	
G	5138	Oatmeal - maple brown sugar	61g	12	2.27	27.29	C	0-39978-33184-7	B	K	
		CEREALS									
	4880	5 grain rolled cereal	453g	4	2.46	9.82	C	0-39978-30105-5	B	K	
	4881	7 grain cereal	708g	4	2.91	11.62	C	0-39978-30107-9	B	K	
G	4882	8 grain cereal - gluten free	765g	4	3.72	14.87	C	0-39978-30108-6	B	K	
	4883	10 grain cereal	708g	4	2.91	11.62	C	0-39978-30110-9	B	K	
G	4884	"Creamy rice" brown rice farina cereal	737g	4	4.20	16.80	C	0-39978-30141-3	B	K	
G	4891	"Creamy rice" brown rice farina cereal - organic	737g	4	5.48	21.92	C	0-39978-30973-0	O	B	K
	4886	"Creamy" white wheat farina cereal	680g	4	3.25	13.00	C	0-39978-30152-9	B	K	
	4897	"Creamy" white wheat farina cereal - organic	680g	4	4.10	16.40	C	0-39978-30992-1	O	B	K
G	4889	Mighty tasty hot cereal	680g	4	3.72	14.87	C	0-39978-30116-1	B	K	
G	4890	Millet grits / meal	453g	4	2.79	11.14	C	0-39978-30398-1	B	K	
	4892	Rolled spelt flakes	453g	4	3.82	15.27	C	0-39978-32652-2		K	
G	4896	Organic creamy buckwheat cereal	510g	4	6.20	24.78	C	0-39978-30113-0	O	B	K
	4898	Organic high fiber cereal	453g	4	3.30	13.20	C	0-39978-32803-8	O	B	K
	4899	Organic kamut cereal	680g	4	4.25	17.00	C	0-39978-30410-0	O	B	K
	4905	Wheat bran	226g	4	1.72	6.89	C	0-39978-34321-5	B	K	
	4907	Wheat germ	340g	4	2.54	10.15	C	0-39978-31150-4	B	K	
		MUESLI									
	4888	Muesli - old country style	510g	4	4.33	17.33	C	0-39978-34103-7	B	K	
G	4894	Muesli - gluten free	453g	4	5.41	21.65	C	0-39978-32366-8	B	K	
	5148	Fruit & seed muesli	396g	4	5.20	20.79	C	0-39978-30114-7	B	K	
G	5149	Paleo style muesli - gluten free	396g	4	9.75	39.00	C	0-39978-30350-9	B	K	
G	5150	Tropical muesli - gluten free	396g	4	6.81	27.24	C	0-39978-30368-4	B	K	
		ENTREES									
	4927	Natural pearl couscous	453g	4	3.67	14.67	C	0-39978-30496-4	B	K	
	4928	Whole wheat pearl couscous	453g	4	3.67	14.67	C	0-39978-30497-1	B	K	
	4929	Tricolour pearl couscous	453g	4	3.67	14.67	C	0-39978-30498-8	B	K	
	4932	Gloden couscous	680g	4	4.75	18.99	C	0-39978-30584-8	B	K	
	4925	Bountiful black bean soup mix	737g	4	4.33	17.33	C	0-39978-30506-0		K	
	4926	Whole grains & beans soup mix	737g	4	4.33	17.33	C	0-39978-30507-7		K	
	4936	13 beans soup mix	822g	4	4.75	18.99	C	0-39978-30251-9	B	K	
	4937	Vegi soup mix	793g	4	4.33	17.33	C	0-39978-30250-2	B	K	
	4930	Red bulgur - cracked whole grain wheat	793g	4	3.55	14.20	C	0-39978-30124-6	B	K	
	4931	Corn grits / polenta	680g	4	2.66	10.62	C	0-39978-30125-3	B	K	
	4935	Organic corn grits / polenta	680g	4	3.70	14.80	C	0-39978-30919-8	O	B	K
	4938	Tapioca small pearl	680g	4	4.18	16.73	C	0-39978-30537-4		K	
G	4933	Tsp ~ Organic textured soy protein - gluten free	368g	4	8.68	34.73	C	0-39978-32901-1	O	B	K
G	4939	Tvp ~ textured vegetable protein - gluten free	283g	4	3.04	12.14	C	0-39978-32542-6	B	K	
		GLUTEN FREE FLOUR & MEALS									
G	4941	Gluten free hazelnut flour	396g	4	14.06	56.23	C	0-39978-32750-5	B	K	
G	4945	Gluten free almond flour - blanched almonds	453g	4	10.52	42.07	C	0-39978-34381-9	B	K	
G	4971	Gluten free almond flour - whole almonds	453g	4	10.52	42.07	C	0-39978-33380-3	B	K	
G	4952	Gluten free flaxseed meal	453g	4	3.50	14.00	C	0-39978-33330-8	B	K	
G	4953	Gluten free flaxseed meal	907g	4	5.36	21.43	C	0-39978-34330-7	B	K	
G	4962	Gluten free flaxseed meal - organic	453g	4	4.28	17.13	C	0-39978-33937-9	O	B	K
G	4964	Gluten free flaxseed meal - organic golden	453g	4	4.48	17.93	C	0-39978-33940-9	O	B	K
G	4954	Gluten free garbanzo bean flour	453g	4	2.56	10.22	C	0-39978-32332-3	B	K	
G	4956	Gluten free garbanzo & fava bean flour	623g	4	5.16	20.65	C	0-39978-30457-5	B	K	
G	4955	Gluten free all purpose baking flour	623g	4	4.13	16.53	C	0-39978-30452-0	B	K	
G	4982	Gluten free all purpose baking flour	1.24Kg	4	7.75	31.00	C	0-39978-31452-9	B	K	

G	5011	Gluten free 1 to 1 baking flour	623g	4	4.35	17.39	C	0-39978-30453-7	B	K	
G	5012	Gluten free 1 to 1 baking flour	1.24Kg	4	8.28	33.13	C	0-39978-31453-6	B	K	
G	5017	Gluten free 1 to 1 baking flour	2.26Kg	4	13.92	55.68	C	0-39978-32453-5	B	K	
G	5146	Gluten free paleo baking flour	453g	4	11.66	46.65	C	0-39978-30349-3	B	K	
G	5147	Gluten free paleo baking flour	907g	4	21.68	86.73	C	0-39978-32349-1	B	K	
G	4974	Gluten free brown rice flour	680g	4	3.32	13.28	C	0-39978-30315-8	B	K	
G	4983	Gluten free brown rice flour - organic	680g	4	5.26	21.05	C	0-39978-30974-7	O	B	K
G	4975	Gluten free white rice flour	680g	4	3.10	12.40	C	0-39978-30316-5	B	K	
G	5076	Gluten free white rice flour - organic	680g	4	5.21	20.85	C	0-39978-30967-9	O	B	K
G	4924	Gluten free sweet white rice flour	680g	4	4.18	16.73	C	0-39978-30608-1	B	K	
G	4850	Gluten free organic amaranth flour	623g	4	8.11	32.43	C	0-39978-30911-2	O	B	K
G	4967	Gluten free organic quinoa flour	623g	4	13.28	53.10	C	0-39978-30320-2	O	B	K
G	4984	Gluten free organic coconut flour	453g	4	4.40	17.59	C	0-39978-32815-1	O	B	K
G	4957	Gluten free sweet white sorghum flour	623g	4	3.69	14.74	C	0-39978-30642-5	B	K	
G	4944	Gluten free millet flour	652g	4	3.14	12.54	C	0-39978-30310-3	B	K	
G	4973	Gluten free potato flour	680g	4	6.11	24.44	C	0-39978-30312-7	B	K	
G	4979	Gluten free tapioca flour	566g	4	3.69	14.74	C	0-39978-30535-0	B	K	
G	4980	Gluten free teff flour	680g	4	7.01	28.04	C	0-39978-30539-8	B	K	

FLOUR & MEALS

	4946	Organic corn flour	680g	4	3.30	13.20	C	0-39978-30917-4	O	B	K
	5153	Organic golden masa harina flour	680g	4	4.34	17.35	C	0-39978-30283-0	O	B	K
	4949	Masa harina corn flour	680g	4	3.30	13.20	C	0-39978-30335-6	B	K	
	4951	Cornmeal medium	680g	4	2.42	9.68	C	0-39978-30304-2	B	K	
	5074	Blue cornmeal medium	680g	4	4.13	16.53	C	0-39978-30126-0		K	
	4966	Organic graham flour	680g	4	2.91	11.62	C	0-39978-30990-7	O	B	K
	4968	Organic dark rye flour	623g	4	3.12	12.48	C	0-39978-30313-4	O	B	K
	4969	Organic pumpnickel dark rye meal	680g	4	3.17	12.68	C	0-39978-30333-2	O	B	K
	4977	Soy flour stone ground	453g	4	3.52	14.07	C	0-39978-30317-2	B	K	
	4976	Semolina flour	680g	4	3.14	12.54	C	0-39978-34318-5	B	K	
	4978	Spelt flour	680g	4	3.47	13.88	C	0-39978-30650-0	B	K	
	5077	Organic spelt flour	680g	4	3.92	15.67	C	0-39978-30894-8	O	K	
	4940	Barley flour	566g	4	2.66	10.62	C	0-39978-30301-1	B	K	
	4960	Whole grain oat flour	623g	4	3.37	13.48	C	0-39978-30311-0		K	
	4961	Organic buckwheat flour	623g	4	4.37	17.47	C	0-39978-30302-8	O	B	K
	4981	Organic kamut flour	566g	4	3.74	14.94	C	0-39978-30341-7	O	B	K
	4958	Vital wheat gluten flour	623g	4	6.55	26.18	C	0-39978-34322-2	B	K	
	5107	Whole wheat pastry flour - organic	1.36Kg	4	4.89	19.57	C	0-39978-33993-5	O	K	
	5106	Whole wheat pastry flour	1.36Kg	4	3.56	14.24	C	0-39978-36320-6	B	K	
	5108	Unbleached white pastry flour	1.36Kg	4	3.56	14.24	C	0-39978-33298-1	B	K	
	4972	Whole wheat flour - organic	1.36Kg	4	4.89	19.57	C	0-39978-31987-6	O	B	K
	5103	Whole wheat flour	1.36Kg	4	3.56	14.24	C	0-39978-35300-9	B	K	
	5105	Organic ivory wheat flour	1.36Kg	4	4.89	19.57	C	0-39978-33852-5	O	B	K
	5102	All-purpose flour	1.36Kg	4	3.56	14.24	C	0-39978-36301-5	B	K	
	5101	Super-fine cake flour	1.36Kg	4	3.86	15.44	C	0-39978-30235-9	B	K	
	5100	Artisan bread flour	2.27Kg	4	5.51	22.03	C	0-39978-30236-6	B	K	

GLUTEN FREE GRAINS & SEEDS

G	4916	Gluten free organic quinoa grain - white	453g	4	8.34	33.35	C	0-39978-32323-1	O	B	K
G	4995	Gluten free organic quinoa grain - white	737g	4	12.75	50.98	C	0-39978-30323-3	O	B	K
G	4917	Gluten free organic quinoa grain - red	453g	4	8.34	33.35	C	0-39978-30944-0	O	B	K
G	4918	Gluten free organic quinoa grain - tricolour	453g	4	8.34	33.35	C	0-39978-30946-4	O	B	K
G	4989	Gluten free organic amaranth grain	680g	4	7.79	31.17	C	0-39978-30910-5	O	B	K
G	4991	Gluten free flaxseeds - brown	368g	6	1.99	11.94	C	0-39978-33620-0	B	K	
G	4992	Gluten free flaxseeds - organic brown	368g	6	2.71	16.27	C	0-39978-32936-3	O	B	K
G	4993	Gluten free flaxseeds - organic golden	368g	6	2.85	17.07	C	0-39978-32939-4	O	B	K
G	4996	Gluten free whole grain teff	680g	4	6.28	25.12	C	0-39978-30536-7	B	K	

G	4997	Gluten free organic buckwheat groats	453g	4	4.95	19.79	C	0-39978-30580-0	O	B	K
G	4998	Gluten free organic buckwheat kernels (Kasha)	510g	4	7.48	29.90	C	0-39978-32419-1	O	B	K
G	4999	Gluten free hulled millet	793g	4	3.15	12.60	C	0-39978-30406-3		B	K
G	5006	Gluten free whole grain sorghum grain	680g	4	3.15	12.60	C	0-39978-30643-2		B	K
GRAINS & SEEDS											
	4990	Barley pearl	850g	4	3.11	12.45	C	0-39978-30403-2		B	K
	5000	Organic hard red spring wheat berries	793g	4	3.15	12.60	C	0-39978-30986-0	O	B	K
	5002	Chia seeds	453g	4	9.52	38.08	C	0-39978-30339-4		B	K
	5005	Organic farro	680g	4	5.36	21.45	C	0-39978-30860-3	O	B	K
	5008	Organic kamut grain	680g	4	3.44	13.74	C	0-39978-30941-9	O	B	K
	4912	Organic cracked freekeh	453g	4	6.00	23.98	C	0-39978-30856-6	O	B	K
POPCORN											
	5140	Yellow popcorn	765g	4	3.89	15.54	C	0-39978-30307-3		B	K
	5141	White popcorn	765g	4	4.07	16.27	C	0-39978-30295-3		B	K
GLUTEN FREE MIXES											
G	5013	Gluten free pie crust	453g	4	3.87	15.47	C	0-39978-30389-9		B	K
G	5032	Gluten free pizza crust	453g	4	3.87	15.47	C	0-39978-30394-3		B	K
G	5018	Gluten free muffin mix	453g	4	4.17	16.67	C	0-39978-30460-5		B	K
G	5019	Gluten free brownie mix	595g	4	4.80	19.19	C	0-39978-30464-3		B	K
G	5021	Gluten free pancake mix	623g	4	4.38	17.53	C	0-39978-30462-9		B	K
G	5014	Gluten free chocolate cake mix	453g	4	4.17	16.67	C	0-39978-30468-1		B	K
G	5036	Gluten free vanilla cake mix	539g	4	3.62	14.47	C	0-39978-30466-7		B	K
G	5015	Gluten free biscuit mix	680g	4	4.45	17.79	C	0-39978-30205-2		B	K
G	5028	Gluten free chocolate chip cookie mix	623g	4	5.40	21.59	C	0-39978-30467-4		B	K
G	5020	Gluten free homemade wonderful bread mix	453g	4	4.88	19.53	C	0-39978-30454-4		B	K
G	5029	Gluten free cornbread mix	566g	4	3.25	13.00	C	0-39978-30461-2		B	K
G	5030	Gluten free cinnamon raisin bread mix	623g	4	5.36	21.45	C	0-39978-30456-8		B	K
MIXES											
	5016	10 grain bread mix	538g	4	3.14	12.54	C	0-39978-30672-2		B	K
	5033	Low carb bread mix	453g	4	5.26	21.05	C	0-39978-30500-8		B	K
	5022	Low carb baking mix	453g	4	5.26	21.05	C	0-39978-30499-5		B	K
	5025	Pancake / waffle mix - 10 grain	737g	4	3.75	15.00	C	0-39978-30204-5		B	K
	5026	Pancake / waffle mix - buckwheat	737g	4	4.22	16.87	C	0-39978-30881-8		B	K
	5027	Pancake / waffle mix - buttermilk	737g	4	4.22	16.87	C	0-39978-30880-1		B	K
	5078	Pancake / waffle mix - organic 7 grains	737g	4	4.22	16.87	C	0-39978-30882-5	O		K
GRANOLA											
	5037	Granola honey oat	340g	4	4.18	16.73	C	0-39978-33285-1		B	K
	5038	Granola cinnamon raisin	340g	4	4.18	16.73	C	0-39978-33188-5		B	K
	5039	Classic granola	340g	4	4.18	16.73	C	0-39978-34662-6		B	K
WHEAT FREE & GLUTEN FREE OATS											
	5045	Wheat free scottish oatmeal	566g	4	4.75	18.99	C	0-39978-30372-1		B	K
G	5046	Gluten free extra thick rolled oats	907g	4	6.91	27.62	C	0-39978-31374-4		B	K
G	5047	Gluten free quick-cooking rolled oats	907g	4	6.91	27.62	C	0-39978-30376-9		B	K
G	5048	Gluten free steel cut oats	680g	4	5.55	22.19	C	0-39978-30373-8		B	K
G	5049	Gluten free old fashioned rolled oats	907g	4	6.91	27.62	C	0-39978-30375-2		B	K
G	5068	Gluten free oat bran cereal	510g	4	3.49	13.94	C	0-39978-30378-3		B	K
OATS											
	5050	Oat bran cereal	510g	4	3.09	12.34	C	0-39978-30143-7		B	K
	5051	Scottish oatmeal	566g	4	3.35	13.40	C	0-39978-31121-4		B	K
	5053	Quick-cooking rolled oats	453g	4	2.57	10.28	C	0-39978-30153-6		B	K
	5054	Quick-cooking rolled oats	907g	4	3.88	15.50	C	0-39978-32153-4		B	K
	5055	Extra thick rolled oats	453g	4	2.57	10.28	C	0-39978-30155-0		B	K
	5056	Extra thick rolled oats	907g	4	3.88	15.50	C	0-39978-32155-8		B	K
	5057	Steel cut oats	680g	4	3.09	12.34	C	0-39978-31140-5		B	K
ORGANIC OATS											

5058	Organic oat bran cereal	510g	4	4.22	16.87	C	0-39978-30955-6	O	B	K
5059	Organic quick-cooking rolled oats	453g	4	3.02	12.08	C	0-39978-30953-2	O	B	K
5060	Organic quick-cooking rolled oats	907g	4	5.01	20.03	C	0-39978-31953-1	O	B	K
5061	Organic old fashioned rolled oats	453g	4	3.02	12.08	C	0-39978-30952-5	O	B	K
5062	Organic old fashioned rolled oats	907g	4	5.01	20.03	C	0-39978-31952-4	O	B	K
5065	Organic extra thick rolled oats	453g	4	3.02	12.08	C	0-39978-30954-9	O	B	K
5063	Organic extra thick rolled oats	907g	4	5.01	20.03	C	0-39978-31954-8	O	B	K
5064	Organic scottish oatmeal	566g	4	4.18	16.73	C	0-39978-30956-3	O	B	K
5066	Organic steel cut oats	680g	4	3.98	15.93	C	0-39978-30957-0	O	B	K

ORGANIC OATS - GLUTEN FREE

G	5142	Organic steel cut oats - gluten free	680g	4	6.08	24.32	C	0-39978-30385-1	O	B	K
G	5143	Organic extra thick rolled oats - gluten free	907g	4	7.54	30.14	C	0-39978-30386-8	O	B	K
G	5144	Organic old fashioned rolled oats - gluten free	907g	4	7.54	30.14	C	0-39978-30387-5	O	B	K
G	5145	Organic quick cooking oats - gluten free	907g	4	7.54	30.14	C	0-39978-30388-2	O	B	K

BULK

4818	Chocolate cake mix	25lb	1	62.83	62.83	U	0-39978-10468-7			
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DISPLAY

5079	Empty shipper (can hold 8 CS)	--	1	0.00	0.00	U	N/A			
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BRAGG

LIQUID SOY SEASONING

G	3960	Liquid soy seasoning, spray	180mL	24	3.68	88.21	½	0-74305-10006-2		B	K
G	3961	Liquid soy seasoning	473mL	12	4.92	59.03	½	0-74305-10016-1		B	K
G	3962	Liquid soy seasoning	946mL	12	7.99	95.92	½	0-74305-10032-1		B	K

ORGANIC VINEGAR IN GLASS BOTTLE

3965	Organic apple cider vinegar	473mL	12	4.14	49.72	½	0-74305-10116-8	O	B	K
3966	Organic apple cider vinegar	946mL	12	6.60	79.22	½	0-74305-10132-8	O	B	K

ORGANIC APPLE CIDER VINEGAR DRINK

3970	Organic ACV & honey drink	473mL	12	2.83	33.90	C	0-74305-15016-6	O	B	K
3971	Organic ACV & ginger drink	473mL	12	2.83	33.90	C	0-74305-15116-3	O	B	K
3972	Organic ACV & apple-cinnamon	473mL	12	2.83	33.90	C	0-74305-15216-0	O	B	K
3973	Organic ACV & concord grape-çai drink	473mL	12	2.83	33.90	C	0-74305-15316-7	O	B	K
3974	Organic ACV & limeade drink	473mL	12	2.83	33.90	C	0-74305-15416-4	O	B	K
3975	Organic ACV & stevia extract drink	473mL	12	2.83	33.90	C	0-74305-15516-1	O	B	K
3976	Organic ACV & pomegranate-goji drink	473mL	12	2.83	33.90	C	0-74305-15616-8	O	B	K

ORGANIC COCONUT LIQUID AMINOS

G	3969	All purpose seasoning - soy free	296mL	12	6.73	80.79	½	0-74305-10610-1	O	B	K
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BRUCE COST

GINGER ALE

3595	Original	355mL	24	1.87	44.91	C	8-55235-00201-1		T	
3596	Jasmine tea	355mL	24	1.87	44.91	C	8-55235-00202-8		T	
3597	Passion fruit	355mL	24	1.87	44.91	C	8-55235-00204-2		T	
3598	Pomegranate	355mL	24	1.87	44.91	C	8-55235-00203-5		T	
3599	Blood orange	355mL	24	1.87	44.91	C	8-55235-00205-9		T	

 **CESARES**

SNACKS

G	7880	Chestnuts - roasted & peeled	150g	24	2.11	50.71	½	8-19377-00012-0		B	
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CITY SNACKS

FREEZE DRIED FRUIT SNACKS

G	7870	Banana & strawberry	17g	8	1.41	11.27	C	8-19377-00824-9	B
G	7871	Pineapple	16g	8	1.41	11.27	C	8-19377-00819-5	B
G	7872	Peach	15g	8	1.41	11.27	C	8-19377-00821-8	B
G	7873	Pear	15g	8	1.41	11.27	C	8-19377-00823-2	B
G	7874	Apple	18g	8	1.41	11.27	C	8-19377-00822-5	B
G	7875	Banana	20g	8	1.41	11.27	C	8-19377-00820-1	B
G	7876	Strawberry	11g	8	1.41	11.27	C	8-19377-00818-8	B

COCONUT BLISS

ORGANIC FROZEN DESSERTS

G	**	9354	Organic chocolate chip cookie	473mL	8	6.79	54.34	C	8-96767-00111-0	O T B K
G	**	9370	Organic cinnamon chocolate fusion	473mL	8	6.79	54.34	C	8-96767-00109-7	O T B K
G	**	9348	Organic chocolate walnut brownie	473mL	8	6.79	54.34	C	8-96767-00188-2	O T B K
G	**	9351	Organic chocolate hazelnut fudge	473mL	8	6.79	54.34	C	8-96767-00126-4	O T B K
G	**	9360	Organic chocolate peanut butter	473mL	8	6.79	54.34	C	8-96767-00148-6	O T B K
G	**	9352	Organic dark chocolate	473mL	8	6.79	54.34	C	8-96767-00127-1	O T B K
G	**	9363	Organic salted caramel & chocolate	473mL	8	6.79	54.34	C	8-96767-00167-7	O T B K
G	**	9349	Organic ginger cookie caramel	473mL	8	6.79	54.34	C	8-96767-00187-5	O T B K
G	**	9350	Organic cappuccino	473mL	8	6.79	54.34	C	8-96767-00125-7	O T B K
G	**	9361	Organic mocha maca crunch	473mL	8	6.79	54.34	C	8-96767-00150-9	O T B K
G	**	9353	Organic naked coconut	473mL	8	6.79	54.34	C	8-96767-00128-8	O T B K
G	**	9355	Organic vanilla island	473mL	8	6.79	54.34	C	8-96767-00130-1	O T B K
G	**	9358	Organic cherry amaretto	473mL	8	6.79	54.34	C	8-96767-00147-9	O T B K
G	**	9359	Organic LunaBerry swirl	473mL	8	6.79	54.34	C	8-96767-00149-3	O T B K
G	**	9362	Organic mint galactica	473mL	8	6.79	54.34	C	8-96767-00166-0	O T B K

ORGANIC FROZEN DESSERTS - BARS

G	**	9356	Organic dark chocolate bars	4x89mL	12	6.38	76.59	C	8-96767-00131-8	O T B K
G	**	9357	Organic naked coconut bars	4x89mL	12	6.38	76.59	C	8-96767-00132-5	O T B K
G	**	9364	Organic strawberry love bars	4x89mL	12	6.38	76.59	C	8-96767-00168-4	O T B K
G	**	9365	Organic café latte bars	4x89mL	12	6.38	76.59	C	8-96767-00169-1	O T B K
G	**	9366	Organic salted caramel in chocolate bars	3x89mL	12	6.38	76.59	C	8-96767-00186-8	O T B K
G	**	9367	Organic coconut almond in chocolate bars	3x89mL	12	6.38	76.59	C	8-96767-00185-1	O T B K
G	**	9368	Organic dark chocolate bars	89mL	24	1.64	39.45	C	8-96767-00116-5	O T B K
G	**	9369	Organic naked coconut bars	89mL	24	1.64	39.45	C	8-96767-00114-1	O T B K

COLD MOUNTAIN

MISO

G	**	6232	Mellow red miso	397g	6	5.13	30.78	C	8-13074-00170-1	B K
G	**	6235	Mellow white miso	397g	6	5.13	30.78	C	8-13074-00171-8	B K
G	**	6233	Kyoto red miso (low sodium)	397g	6	5.13	30.78	C	8-13074-00168-8	B K
G	**	6234	Kyoto white miso (low sodium)	397g	6	5.13	30.78	C	8-13074-00169-5	B K
G	**	6236	Light yellow miso	397g	6	5.13	30.78	C	8-13074-00172-5	B K
G	**	6237	Red miso	397g	6	5.13	30.78	C	8-13074-12173-2	B K

COUNTRY FRESH

EARTHSEED ORGANIC FROZEN SPROUTED BREAD

* 0810	Organic whole wheat	454g	6	2.38	14.25	C	6-20553-10004-2	O	B
* 0811	Organic carrot & raisin	400g	6	2.54	15.26	C	6-20553-10013-4	O	B
* 0812	Organic multiseed	400g	6	2.54	15.26	C	6-20553-10032-5	O	B
* 0813	Organic fruit & nut	400g	6	3.05	18.30	C	6-20553-10220-6	O	B
* 0814	Organic whole rye	400g	6	2.38	14.25	C	6-20553-10103-2	O	B
* 0815	Organic carrot, raisin & rye	400g	6	2.54	15.26	C	6-20553-10022-6	O	B

SESAME DREAM

HONEY SWEETENED NUT TREAT

0830	Sesame wheat free treat	234g	12	3.98	47.76	½	6-20553-10105-6		B
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NUT BUTTER

4360	Almond butter	225g	12	7.23	86.76	½	6-20553-10211-4		B
4370	Almond butter	500g	12	13.07	156.80	½	6-20553-10301-2		B
4364	Sesame tahini - organic	250g	12	4.08	48.99	½	6-20553-10021-9	O	B
4372	Sesame tahini - organic	500g	12	7.19	86.26	½	6-20553-10111-7	O	B
4373	Peanut butter smooth - organic	500g	12	5.40	64.84	½	6-20553-10001-1	O	B
4374	Peanut butter crunchy - organic	500g	12	5.40	64.84	½	6-20553-10002-8	O	B

EARTH BALANCE

TRADITIONAL SPREAD

G	* 8813	Organic coconut flavour spread	283g	12	5.59	67.08	½	0-33776-01195-6	O	B	K
G	* 8814	Soy free spread	425g	12	5.22	62.67	½	0-33776-01169-7		B	K
G	* 8815	Original spread	425g	12	4.85	58.18	½	0-33776-01172-7		B	K
G	* 8819	Original spread - large	1.3Kg	6	11.26	67.56	C	0-33776-01188-8		B	K
G	* 8816	Organic spread	368g	12	5.20	62.35	½	0-33776-01184-0	O	B	K
G	* 8820	Vegan cooking & baking sticks	454g	18	4.87	87.60	½	0-33776-01182-6		B	K

EARTH ISLAND

REFRIGERATED VEGAN MAYONNAISE 473ML

G	* 7949	Vegenaise® soy free	473mL	6	6.20	37.22	C	0-49568-26016-7		B	K
G	* 7953	Vegenaise® soy oil, organic	473mL	6	6.20	37.22	C	0-49568-28016-5	O	B	K
G	* 7951	Vegenaise® grapeseed oil	473mL	6	6.54	39.22	C	0-49568-22016-1		B	K
G	* 7950	Vegenaise® original	473mL	6	5.26	31.56	C	0-49568-21016-2		B	K
G	* 7954	Vegenaise® reduced fat	473mL	6	5.26	31.56	C	0-49568-24016-9		B	K

REFRIGERATED VEGAN MAYONNAISE 946ML

G	* 7942	Vegenaise® soy free	946mL	6	9.72	58.33	C	0-49568-26946-7		B	K
G	* 7945	Vegenaise® original	946mL	6	8.30	49.78	C	0-49568-21946-2		B	K
G	* 7946	Vegenaise® reduced fat	946mL	6	8.30	49.78	C	0-49568-24946-9		B	K

REFRIGERATED VEGAN MAYONNAISE IN BULK

G	*	7944	<i>Vegenaise® original</i>	3.78L	4	27.35	109.38	C	0-49568-01128-8	B K
REFRIGERATED VEGANAISE® GOURMET										
G	*	7975	<i>Vegenaise® gourmet - roasted garlic</i>	355mL	6	5.25	31.48	C	0-49568-70355-8	B K
G	*	7976	<i>Vegenaise® gourmet - chipotle</i>	355mL	6	5.25	31.48	C	0-49568-72355-6	B K
G	*	7977	<i>Vegenaise® gourmet - pesto</i>	355mL	6	5.25	31.48	C	0-49568-73355-5	B K
G	*	7980	<i>Vegenaise® gourmet - sriracha</i>	355mL	6	5.25	31.48	C	0-49568-76355-2	B K
REFRIGERATED VEGANAISE® SAUCE										
G	*	7978	<i>Vegenaise® horse radish sauce</i>	237mL	6	3.67	22.00	C	0-49568-74237-3	B K
G	*	7979	<i>Vegenaise® tartar Sauce</i>	237mL	6	3.67	22.00	C	0-49568-75237-2	B K
REFRIGERATED VEGAN GOURMET SOUR CREAM										
G	*	7961	<i>Sour cream</i>	473mL	4	5.92	23.69	C	0-49568-55473-0	B K
REFRIGERATED VEGAN GOURMET CREAM CHEESE										
G	*	7960	<i>Cream cheese</i>	227g	8	4.32	34.57	½	0-49568-54227-0	B K
REFRIGERATED VEGAN GOURMET CHEESE										
G	*	7956	<i>Mozzarella cheese - wedge</i>	284g	12	5.13	61.59	½	0-49568-32010-6	B K
G	*	7957	<i>Cheddar cheese - wedge</i>	284g	12	5.13	61.59	½	0-49568-33010-5	B K
REFRIGERATED VEGAN GOURMET SHREDS										
G	*	7985	<i>Vegan gourmet shreds - mozzarella</i>	227g	8	5.13	41.06	½	0-49568-56227-8	B K
G	*	7986	<i>Vegan gourmet shreds - cheddar</i>	227g	8	5.13	41.06	½	0-49568-57227-7	B K
G	*	7987	<i>Vegan gourmet shreds - fiesta blend</i>	227g	8	5.13	41.06	½	0-49568-58227-6	B K
G	*	7988	<i>Vegan gourmet shreds - pizzeria blend</i>	227g	8	5.13	41.06	½	0-49568-61227-0	B K
REFRIGERATED VEGAN CHEESE - SLICES										
G	*	7990	<i>Provolone slices</i>	200g	12	5.73	68.73	½	0-49568-21227-2	B K
G	*	7991	<i>Cheddar slices</i>	200g	12	5.73	68.73	½	0-49568-22227-1	B K
G	*	7992	<i>Mozzarella slices</i>	200g	12	5.73	68.73	½	0-49568-23227-0	B K
G	*	7993	<i>Garden herb slices</i>	200g	12	5.73	68.73	½	0-49568-24227-9	B K
	*	7994	<i>Pepper jack slices</i>	200g	12	5.73	68.73	½	0-49568-27227-6	B K
	*	7995	<i>Smoked gouda slices</i>	200g	12	5.73	68.73	½	0-49568-29227-4	B K
REFRIGERATED CHEESE ALTERNATIVE										
G	*	7997	<i>Shredded parmesan</i>	113g	8	5.07	40.52	½	0-49568-60113-7	B K
G	*	7998	<i>Grated parmesan</i>	142g	8	6.10	48.79	½	0-49568-60142-7	B K
EGG REPLACER										
G		7999	<i>VeganEgg egg replacer - 100% plant-based</i>	114g	8	8.11	64.91	C	0-49568-46114-4	B K
REFRIGERATED SALAD DRESSING										
G	*	7965	<i>Vegan reduced fat ranch style</i>	355mL	6	4.27	25.60	C	0-49568-43355-4	B K
G	*	7967	<i>Vegan honey mustard style</i>	355mL	6	4.27	25.60	C	0-49568-09355-0	B K

G	*	7969	<i>Organic vegan caesar style</i>	355mL	6	4.27	25.60	C	0-49568-68355-3	O	B	K
G	*	7971	<i>Vegan creamy garlic</i>	355mL	6	4.27	25.60	C	0-49568-05355-4		B	K
G	*	7972	<i>Vegan thousand island</i>	355mL	6	4.27	25.60	C	0-49568-17355-9		B	K
G	*	7974	<i>High omega vegan ranch</i>	355mL	6	4.27	25.60	C	0-49568-40355-7		B	K

EARTH'S OWN

SO FRESH CASHEW BEVERAGE

4125	<i>Cashew Original</i>	946mL	12	2.13	25.61	C	6-26027-31401-4	B	K
4126	<i>Cashew Unsweetened Original</i>	946mL	12	2.13	25.61	C	6-26027-31402-1	B	K

SO FRESH OAT BEVERAGE

G	4130	<i>Oat Unsweetened Original</i>	946mL	12	2.13	25.61	C	6-26027-81402-6	B	K
G	4131	<i>Oat Unsweetened Vanilla</i>	946mL	12	2.13	25.61	C	6-26027-81404-0	B	K

SO NICE COFFEE CREAMER

G	4136	<i>Coffee creamer, french vanilla</i>	473mL	12	2.17	26.03	C	6-26027-08776-5	B	K
G	4137	<i>Coffee creamer</i>	473mL	12	2.17	26.03	C	6-26027-08777-2	B	K

SO NICE BARISTA BLEND

G	4138	<i>Barista blend</i>	946mL	12	1.92	22.99	C	6-26027-08770-3	B	K
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SO NICE SOY BEVERAGE - 946ML

G	4141	<i>Original</i>	946mL	12	1.92	22.99	C	0-57864-08705-0	O	B	K
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ALMOND FRESH ALMOND BEVERAGE - 946ML

4152	<i>Almond fresh - original</i>	946mL	12	2.13	25.61	C	6-26027-70011-4	B
4153	<i>Almond fresh - original unsweetened</i>	946mL	12	2.13	25.61	C	6-26027-70012-1	B

SO FRESH ALMOND BEVERAGE

4154	<i>Almond Unsweetened Vanilla</i>	946mL	12	2.13	25.61	C	6-26027-11404-1	B	K
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ALMOND FRESH ALMOND BEVERAGE - 250ML

4150	<i>Original</i>	250mL	24	1.13	27.11	C	6-26027-70031-2	B
4151	<i>Chocolate</i>	250mL	24	1.13	27.11	C	6-26027-70032-9	B

ECHOCLEAN

FABRIC SOFTENER

2763	<i>Fabric softener sheets - lavender</i>	40's	12	2.82	33.79	½	0-63827-60040-2	T	B
2789	<i>Fabric softener sheets - unscented</i>	40's	12	2.82	33.79	½	0-63827-60041-9	T	B

EDEN FOODS

SNACKS

3216	<i>Quiet moon - nuts, seeds & dried fruit</i>	113g	15	3.33	49.91	C	0-24182-00082-5			
3217	<i>Organic pumpkin seeds</i>	113g	15	2.50	37.50	C	0-24182-02084-7	O	B	K
3218	<i>Organic spicy pumpkin seeds</i>	113g	15	2.50	37.50	C	0-24182-02081-6	O	B	K
3219	<i>Dried montmorency cherries</i>	113g	15	7.28	109.22	C	0-24182-02079-3	B	K	
3221	<i>Organic dried cranberries</i>	113g	15	4.13	62.02	C	0-24182-02090-8	O	B	K
3223	<i>Organic wild berry mix</i>	113g	15	4.05	60.69	C	0-24182-02092-2	O	B	K
3224	<i>Organic pistachios</i>	113g	15	10.64	159.64	C	0-24182-02089-2	O	B	K

ORGANIC BEANS IN A CAN

3360	<i>Organic pinto beans</i>	398mL	12	2.37	28.46	½	0-24182-00350-5	O	B	K
3362	<i>Organic garbanzo beans</i>	398mL	12	2.40	28.78	½	0-24182-00351-2	O	B	K
3363	<i>Organic adzuki beans</i>	398mL	12	2.67	32.00	½	0-24182-00352-9	O	B	K
3364	<i>Organic black beans</i>	398mL	12	2.37	28.41	½	0-24182-00353-6	O	B	K
3366	<i>Organic kidney beans</i>	398mL	12	2.46	29.50	½	0-24182-00354-3	O	B	K

3367	Organic navy beans	398mL	12	2.21	26.46	½	0-24182-00355-0	O	B	K
3368	Organic white kidney beans (cannellini)	398mL	12	2.62	31.41	½	0-24182-00358-1	O	B	K
3370	Organic black soy beans, no salt added	398mL	12	2.26	27.15	½	0-24182-00320-8	O	B	K
3371	Organic small red beans	398mL	12	2.29	27.44	½	0-24182-00356-7	O	B	K
3373	Organic black eyed peas	398mL	12	2.30	27.59	½	0-24182-00357-4	O	B	K
3374	Organic great northern beans	398mL	12	2.30	27.59	½	0-24182-00387-1	O	B	K
3387	Organic butter beans	398mL	12	2.32	27.88	½	0-24182-00359-8	O	B	K

ORGANIC BEANS IN A CAN (LARGE SIZE)

3865	Organic pinto beans	796mL	12	3.95	47.34	½	0-24182-28350-1	O	B	K
3866	Organic black beans	796mL	12	4.05	48.63	½	0-24182-28353-2	O	B	K
3867	Organic garbanzo beans	796mL	12	3.98	47.78	½	0-24182-28351-8	O	B	K
3868	Organic white kidney beans (cannellini)	796mL	12	4.45	53.45	½	0-24182-28358-7	O	B	K
3869	Organic navy beans	796mL	12	4.20	50.36	½	0-24182-28355-6	O	B	K
3870	Organic kidney beans	796mL	12	4.32	51.87	½	0-24182-28354-9	O	B	K
G 3871	Organic black eyed peas	796mL	12	3.91	46.91	½	0-24182-00379-6	O	B	K
G 3872	Organic black soy beans	796mL	12	3.59	43.02	½	0-24182-00382-6	O	B	K
G 3873	Organic great northern beans	796mL	12	4.11	49.28	½	0-24182-00389-5	O	B	K
G 3874	Organic small red beans	796mL	12	4.02	48.21	½	0-24182-00381-9	O	B	K

ORGANIC PRECOOKED BEANS

3395	Organic chili beans-jalapeno & red pepper	398mL	12	3.09	37.06	½	0-24182-00384-0	O	B	K
3396	Organic baked beans with mustard	398mL	12	3.16	37.88	½	0-24182-00385-7	O	B	K
3397	Organic lentils-onion & bay leaves	398mL	12	2.40	28.75	½	0-24182-00388-8	O	B	K
3398	Organic spicy pinto	398mL	12	3.17	38.03	½	0-24182-00330-7	O	B	K
3399	Organic caribbean black beans	398mL	12	2.45	29.41	½	0-24182-00372-7	O	B	K

ORGANIC REFRIED BEANS

3400	Organic black beans	398mL	12	2.57	30.79	½	0-24182-00399-4	O	B	K
3401	Organic black soy & black beans	398mL	12	2.53	30.36	½	0-24182-00397-0	O	B	K
3402	Organic kidney beans	398mL	12	2.50	29.95	½	0-24182-00396-3	O	B	K
3403	Organic pinto beans	398mL	12	2.57	30.79	½	0-24182-00398-7	O	B	K
3404	Organic spicy pinto beans	398mL	12	2.93	35.10	½	0-24182-00395-6	O	B	K
3405	Organic spicy black beans	398mL	12	2.93	35.10	½	0-24182-00394-9	O	B	K

ORGANIC RICE AND BEANS

3407	Organic rice & Caribbean black beans	398mL	12	2.47	29.68	½	0-24182-00304-8	O	S	K
3409	Organic rice & kidney beans	425g	12	2.43	29.15	½	0-24182-00222-5	O	B	K
3410	Organic rice & lentil beans	398mL	12	2.57	30.78	½	0-24182-00306-2	O	B	K
3411	Organic rice & pinto beans	398mL	12	2.37	28.38	½	0-24182-00337-9	O	B	K
G 3412	Organic rice & small red beans	398mL	12	2.58	30.95	½	0-24182-00303-1	O	B	K
3413	Organic moroccan rice & garbanzo beans	398mL	12	2.61	31.29	½	0-24182-00310-9	O	B	K
3414	Organic Mexican rice & black beans	398mL	12	2.67	31.98	½	0-24182-00302-4	O	B	K
3416	Organic curried rice & lentils	398mL	12	2.59	31.05	½	0-24182-00300-0	O	B	

ORGANIC CHILI

3425	Organic chili - pinto beans & spelt	398mL	12	3.14	37.65	½	0-24182-00336-9	O	B	K
3427	Organic chili - black beans & quinoa	398mL	12	3.99	47.82	½	0-24182-00337-6	O	B	K
3428	Organic chili - kidney beans & kamut	398mL	12	3.79	45.49	½	0-24182-00338-3	O	B	K

ORGANIC DRY BEANS

3420	Organic dry black beans	454g	12	3.96	47.56	½	0-24182-02200-1	O	B	
3421	Organic dry green lentils	454g	12	4.22	50.59	½	0-24182-02202-5	O	B	

ORGANIC TOMATOES

3380	Organic crushed tomatoes unsalted	796mL	12	4.76	57.06	½	0-24182-01311-5	O	B	K
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ORGANIC TOMATO SAUCES

3379	Organic spaghetti sauce in jars, unsalted	680mL	12	5.83	69.90	½	0-24182-00318-5	O	B	K
3376	Organic pizza & pastas sauce	398mL	12	2.89	34.67	½	0-24182-00317-8	O	B	K
5610	Organic pizza & pasta sauce (amber glass)	398mL	12	3.81	45.68	½	0-24182-03313-7	O	B	K

ORGANIC CRUSHED TOMATOES IN AMBER GLASS

5606	Organic crushed tomatoes	398mL	12	3.91	46.88	½	0-24182-03314-4	O	B	K
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5608	Organic crushed tomatoes	680mL	12	5.68	68.18	½	0-24182-03312-0	O	B	K
	EDENSOY									
	ORGANIC SOY BEVERAGE									
3461	Edensoy organic original	946mL	12	3.36	40.26	C	0-24182-02705-1	O	B	K
3462	Edensoy organic vanilla	946mL	12	4.54	54.49	C	0-24182-02725-9	O	B	K
3463	Edensoy organic carob	946mL	12	3.95	47.38	C	0-24182-02515-6	O	B	K
3466	Edensoy organic unsweetened	946mL	12	3.36	40.26	C	0-24182-02706-8	O	B	K
	JUICE									
3535	Organic apple juice	1.82L	6	11.93	71.56	C	0-24182-00364-2	O	B	K
3536	Organic tart cherry juice	946mL	12	12.54	150.48	½	0-24182-00360-4	O	B	K
3537	Organic apple juice	946mL	12	6.72	80.60	½	0-24182-00067-2	O		
	SAUERKRAUT									
3822	Organic sauerkraut in jar	796mL	12	5.21	62.50	½	0-24182-01300-9	O	B	K
3818	Organic sauerkraut in jar	447mL	12	3.75	44.99	½	0-24182-01304-7	O	B	K
3819	Organic 3 onion sauerkraut in jar	447mL	12	4.49	53.83	½	0-24182-01306-1	O	B	K
3820	Organic kimchi sauerkraut in jar	447mL	12	4.95	59.44	½	0-24182-01305-4	O	B	K
	MUSTARD									
3844	Wasabi powder in tin can	25g	6	6.02	36.09	C	0-24182-00218-8			K
3845	Organic brown mustard	255g	12	3.24	38.88	½	0-24182-00212-6	O		K
3847	Organic yellow mustard	255g	12	3.24	38.88	½	0-24182-00210-2	O	S	K
3848	Organic brown mustard squeeze bottle	255g	12	2.87	34.40	½	0-24182-01208-9	O	S	K
3849	Organic yellow mustard squeeze bottle	255g	12	2.87	34.40	½	0-24182-00211-9	O	S	K
	BEANS IN BULK									
3855	Organic garbanzo beans	3.06Kg	6	12.49	74.94	C	0-24182-00263-8	O		
	GOMASHIO									
3880	Original sesame shake (with sea salt)	100g	12	3.09	37.06	½	0-24182-00301-7		S	K
3881	Garlic shake (with sea salt)	100g	12	3.09	37.06	½	0-24182-00305-5		S	K
3882	Seaweed shake (with sea salt)	100g	12	3.09	37.06	½	0-24182-00309-3		S	K
3883	Organic black & tan gomashio	100g	12	3.71	44.49	½	0-24182-00203-4	O	S	K
3884	Organic black gomashio	100g	12	3.88	46.59	½	0-24182-00204-1	O	S	K
	SALT									
3885	Sea salt - French coast	397g	12	5.20	62.45	½	0-24182-00200-3		S	
3886	Sea salt - portuguese coast	453g	12	3.38	40.60	½	0-24182-00199-0		S	
	VINEGAR									
3951	Org apple cider vinegar (unpasteurised, unfiltered)	473mL	12	4.09	49.03	½	0-24182-00362-4	O	B	K
3952	Org apple cider vinegar (unpasteurised, unfiltered)	946mL	12	7.30	87.60	½	0-24182-00361-1	O	B	K
3955	Red wine vinegar	473mL	12	2.67	32.05	½	0-24182-00059-7			
6790	Brown rice vinegar	148mL	12	3.23	38.76	½	0-24182-42086-9			K
6791	Brown rice vinegar	296mL	12	5.29	63.42	½	0-24182-42087-6			K
6794	Umeboshi Vinegar	296mL	12	4.35	52.17	½	0-24182-42590-1			K
	SWEETENERS									
4241	Organic 100% barley malt	566g	12	7.10	85.25	½	0-24182-49315-3	O	B	K
	FRUITS									
4246	Organic apple sauce	398mL	12	4.02	48.25	½	0-24182-00349-9	O	B	K
4245	Organic apple cinnamon sauce	398mL	12	4.05	48.56	½	0-24182-00339-0	O	B	K
4247	Organic apple cherry sauce	398mL	12	4.91	58.87	½	0-24182-00333-8	O	B	K
4248	Organic apple strawberry sauce	398mL	12	4.62	55.44	½	0-24182-00334-5	O	B	K
4255	Organic apple butter	482g	12	7.88	94.57	½	0-24182-00369-7	O	B	K
4254	Organic apple cherry butter	482g	12	8.67	104.05	½	0-24182-00370-3	O	B	K
	FIRST PRESSED OILS									
4632	Extra-virgin olive -1st pressed	473mL	12	10.41	124.95	½	0-24182-00011-5		S	K
4633	Extra-virgin olive -1st pressed	946mL	12	18.76	225.13	½	0-24182-00013-9		S	K
4641	Safflower	473mL	12	12.16	145.87	½	0-24182-00020-7		S	K
4648	Sesame	473mL	12	9.89	118.69	½	0-24182-00025-2		S	K
4649	Sesame	946mL	12	19.96	239.57	½	0-24182-00027-6		S	K

G

G

	4652	Toasted sesame seed	148mL	12	6.02	72.19	½	0-24182-00030-6	S	K	
	4653	Toasted sesame seed	295mL	12	10.87	130.48	½	0-24182-42329-7	S	K	
	ORGANIC POPCORN										
	5082	Organic popcorn	566g	12	4.53	54.34	½	0-24182-03386-1	O	S	K
	ORGANIC WHOLE GRAIN										
G	5080	Organic red quinoa	454g	12	9.36	112.30	½	0-24182-02351-0	O	K	
G	5081	Organic quinoa	454g	12	9.36	112.30	½	0-24182-02350-3	O	S	K
	5085	Organic buckwheat	454g	12	4.61	55.28	½	0-24182-03151-5	O	K	
	5086	Organic millet	454g	12	2.40	28.75	½	0-24182-03152-3	O	K	
	5090	Organic rye flakes	454g	12	3.83	46.00	½	0-24182-02353-4	O	B	K
	5091	Organic spelt flakes	454g	12	6.03	72.32	½	0-24182-02355-8	O	B	K
	5095	Wild rice	198g	12	8.59	103.05	½	0-24182-02153-0			
	PASTA 100% WHOLE GRAIN										
	5643	Kamut & buckwheat rigatoni - organic, 100% whole gr	340g	6	4.53	27.17	C	0-24182-11153-8	O	S	K
	5620	Kamut & quinoa twisted pair - organic, 100% wg	340g	6	5.54	33.21	C	0-24182-11372-3	O	B	K
	5631	Kamut ditalini - organic, 100% whole grain	340g	6	3.83	22.96	C	0-24182-11364-8	O	B	K
	5644	Kamut elbows - organic, 100% whole grain	396g	6	4.26	25.55	C	0-24182-11157-6	O	S	K
	5634	Kamut spaghetti - organic, 100% whole grain	396g	12	4.94	59.22	½	0-24182-11350-1	O	B	K
	5619	Kamut spirals - organic, 100% whole grain	340g	6	3.80	22.82	C	0-24182-11351-8	O	B	K
	5630	Kamut vegetable spirals - organic, 100% wg	340g	6	4.24	25.44	C	0-24182-11356-3	O	B	K
	5653	Rye spirals - organic, 100% whole grain	340g	6	3.64	21.83	C	0-24182-11352-5	O	B	K
	5623	Spaghetti - organic, 100% whole grain	396g	12	5.31	63.75	½	0-24182-11380-8	O	B	K
	5645	Spelt & buckwheat gemelli - organic, 100% whole grai	340g	6	4.12	24.69	C	0-24182-11154-5	O	S	K
	5655	Spelt ribbons - organic, 100% whole grain	227g	6	3.14	18.83	C	0-24182-00109-9	O	K	
	5646	Spelt spaghetti - organic, 100% whole grain	396g	12	5.46	65.48	½	0-24182-11374-7	O	B	K
	5654	Spelt ziti rigati - organic, 100% whole grain	340g	6	3.70	22.21	C	0-24182-11348-8	O	B	K
	6449	Soba (100% buckwheat)	227g	12	8.38	100.61	½	0-24182-20155-0	S	K	
	ORGANIC PASTA 60% WHOLE GRAIN										
	5622	Organic flax rice spirals - 60% whole grain	340g	6	4.20	25.22	C	0-24182-11363-1	O	B	K
	5639	Organic spinach spirals - 60% whole grain	340g	6	4.85	29.11	C	0-24182-11390-7	O	B	K
	5649	Organic vegetable alphabets (sifted) - 60% whole grai	453g	6	5.30	31.80	C	0-24182-11314-3	O	B	K
	5656	Organic small vegetable shells - 60% whole grain	340g	6	4.28	25.65	C	0-24182-11320-4	O	K	
	ORGANIC DURUM PASTA										
	5625	Organic vegetable shells - durum	340g	6	4.29	25.76	C	0-24182-11310-5	O	B	K
	5626	Organic vegetable spirals - durum	340g	6	4.31	25.87	C	0-24182-11340-2	O	B	K
	5629	Organic parsley & garlic ribbons - durum	227g	6	3.58	21.45	C	0-24182-11300-6	O	B	K
	5658	Organic artichoke ribbons - durum	227g	6	3.70	22.17	C	0-24182-11318-1	O	K	
	IMPORTED TRADITION PASTA										
G	6450	Harusame (mung bean) pasta	70g	12	4.93	59.13	½	0-24182-20502-2			
G	6451	Kuzu (arrowroot) pasta	100g	6	12.48	74.88	C	0-24182-22794-9		K	
	TAMARI SHOYU										
	6062	Organic tamari shoyu	296mL	12	7.05	84.65	½	0-24182-00042-9	O	B	K
	6076	Tamari (wheat free)	296mL	12	5.20	62.41	½	0-24182-01158-6		B	K
	6077	Tamari (wheat free)	592mL	12	9.10	109.17	½	0-24182-01159-3		B	K
	ORGANIC MISO										
	6205	Shiro miso white (organic)	345g	12	10.61	127.30	½	0-24182-13360-8	O	S	K
	6206	Genmai miso (organic)	345g	12	10.98	131.72	½	0-24182-13464-3	O	S	K
	6207	Mugi miso (organic)	345g	12	9.02	108.18	½	0-24182-13065-2	O	S	K
	ORGANIC INSTANT MISO SOUP										
G	6202	Red miso (kuzu, wakame & green onion)	32g	10	10.83	108.26	½	0-24182-24065-8	O		
G	6203	White miso (kuzu, tofu & green onion)	32g	10	10.65	106.49	½	0-24182-24064-1	O		
	DRIED SEAWEEDS										
	6343	Arame	60g	6	10.75	64.49	C	0-24182-15475-7		K	
	6344	Wakame	60g	6	12.16	72.94	C	0-24182-15171-8			
	6345	Kombu	60g	6	9.68	58.09	C	0-24182-15273-9	S	K	

6346	Toasted nori krinkles	15g	6	6.70	40.17	C	0-24182-15707-9	K
6347	Wakame flakes	30g	10	12.14	121.37	½	0-24182-15169-5	K
6352	Sushi nori (7 sheets, toasted)	17g	6	6.49	38.96	C	0-24182-15769-7	
MUSHROOMS								
6353	Whole shiitake	25g	12	10.80	129.56	½	0-24182-30012-3	K
6354	Sliced shiitake	25g	12	13.10	157.22	½	0-24182-30018-5	K
6355	Maitake	25g	12	11.34	136.09	½	0-24182-30017-8	
TEAS								
6495	Organic sencha green tea (16 bags)	24g	12	4.46	53.46	½	0-24182-18137-1	O K
6505	Organic hojicha (16 bags)	24g	12	3.96	47.46	½	0-24182-18145-6	O K
6497	Organic hojicha chai roasted green tea (16 bags)	43g	12	5.44	65.22	½	0-24182-18138-8	O K
6496	Organic chamomile herb tea(16 bags)	16g	12	3.21	38.48	½	0-24182-18142-5	O K
6502	Organic kukicha (16 bags)	32g	12	4.19	50.25	½	0-24182-18120-3	O K
6504	Organic genmaicha (16 bags)	29g	12	4.21	50.56	½	0-24182-18156-2	O K
SAUCE								
6796	Ponzu sauce	200mL	12	8.70	104.37	½	0-24182-00497-8	

EDWARD & SONS

ORGANIC BREADCRUMBS

9760	Organic panko breadcrumbs - Japanese style	300g	6	5.83	35.00	C	0-43182-00060-4	O
9761	Organic lightly salted breadcrumbs	425g	6	5.83	35.00	C	0-43182-00058-1	O
9762	Organic breadcrumbs - Italian herbs	425g	6	5.83	35.00	C	0-43182-00059-8	O

EXOTIC RICE TOAST

G	9765	Jasmine rice & spring onion	65g	12	2.83	33.91	½	0-43182-00061-1
G	9766	Purple rice & black sesame	65g	12	2.83	33.91	½	0-43182-00062-8
G	9767	Thai red rice & flaxseed	65g	12	2.83	33.91	½	0-43182-00063-5

ORGANIC BROWN RICE SNAPS

G	9794	Black sesame brown rice snaps	100g	12	3.88	46.52	½	0-39631-00046-2	O B
G	9830	Unsalted brown rice snaps	100g	12	3.88	46.52	½	0-39631-00041-7	O B
G	9833	Vegetable brown rice snaps	100g	12	3.88	46.52	½	0-39631-00044-8	O B

BROWN RICE SNAPS

G	9834	Tamari sesame brown rice snaps	100g	12	3.93	47.21	½	0-11206-00034-3
G	9835	Tamari seaweed brown rice snaps	100g	12	3.93	47.21	½	0-11206-00035-0
G	9836	Unsalted sesame brown rice snaps	100g	12	3.93	47.21	½	0-11206-00036-7
G	9837	Onion garlic brown rice snaps	100g	12	3.93	47.21	½	0-11206-00037-4

MISO SOUP

9838	Organic miso Japanese restaurant style	82g	6	3.93	23.56	C	0-43182-00098-7	O B
9839	Reduced sodium miso soup	29g	12	4.44	53.32	C	0-43182-00091-8	B
9840	Original golden miso soup	72g	12	5.65	67.78	C	0-11206-00093-7	B
9841	Seaweed miso soup	72g	12	5.65	67.78	C	0-11206-10094-4	B
9844	Organic traditional tofu miso soup	36g	12	3.81	45.72	C	0-43182-00092-5	O B

MISO SOUP DISPLAY

9842	Original golden miso soup display	18g	24	1.66	39.75	C	0-11206-00096-1	B
9843	Seaweed miso soup display	18g	24	1.66	39.75	C	0-11206-00097-8	B

ELIKXIR

ORGANIC KOMBUCHA

G	*	3770	Organic ginger	355mL	12	2.21	26.50	C	6-28055-88702-7	O T B
G	*	3771	Organic lavender lemonade	355mL	12	2.21	26.50	C	6-28055-88701-0	O T B

G	*	3772	Organic orange cardamom	355mL	12	2.21	26.50	C	6-28055-88700-3	O	T	B
G	*	3773	Organic root beer	355mL	12	2.21	26.50	C	6-28055-88703-4	O	T	B

FITBITE

CHIPS

7700	Cassava chips - Spicy	100g	12	2.83	33.99	C	6-28055-77500-3	T
7701	Cassava chips - Sea salt	100g	12	2.83	33.99	C	6-28055-77501-0	T

FOOD FOR LIFE

ORGANIC BREADS (SPROUTED & FLOURLESS)

*	8314	Organic ezeziel 4:9 sprouted whole grain flax bread	680g	6	5.45	32.68	C	0-73472-00124-0	O	B	K
*	8317	Organic genesis 1:29 sprouted grain & seed bread	680g	6	6.23	37.35	C	0-73472-00141-7	O	B	K
*	8320	Organic ezeziel 4:9 sprouted grain bread	680g	6	5.45	32.68	C	0-73472-00120-2	O	B	K
*	8321	Organic ezeziel 4:9 sesame sprouted grain	680g	6	5.45	32.68	C	0-73472-00123-3	O	B	K
*	8322	Organic ezeziel 4:9 cinnamon raisin sprouted grain	680g	6	7.06	42.38	C	0-73472-00131-8	O	B	K
*	8323	Organic ezeziel 4:9 low sodium sprouted grain	680g	6	5.45	32.68	C	0-73472-00153-0	O	B	K

BREADS (WHEAT FREE & GLUTEN FREE)

G	*	8332	Raisin pecan bread	680g	6	7.42	44.53	C	0-73472-00167-7	B	K
G	*	8333	Brown rice bread	680g	6	6.23	37.35	C	0-73472-00169-1	B	K

ORGANIC BUNS

*	8324	Organic ezeziel 4:9 sprouted grain burger buns	454g	6	5.30	31.77	C	0-73472-00213-1	O	B	K
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EZEKIEL 4:9 SPROUTED GRAIN CEREAL

3250	Original	454g	6	6.97	41.79	C	0-73472-00255-1	B	K
3251	Golden flax	454g	6	6.97	41.79	C	0-73472-00256-8	B	K
3252	Cinnamon raisin	454g	6	8.26	49.58	C	0-73472-00257-5	B	K
3253	Almond	454g	6	7.48	44.87	C	0-73472-00258-2	B	K

WHEAT FREE & GLUTEN FREE ENGLISH MUFFINS

G	*	8315	Wheat free & gluten free brown rice english muffins	510g	6	6.29	37.75	C	0-73472-00185-1	B	K
G	*	8316	Wheat free & gluten free multi seed english muffins	510g	6	6.29	37.75	C	0-73472-00186-8	B	K

EZEKIEL 4:9 ORGANIC ENGLISH MUFFINS

*	8318	Organic sprouted grain cinnamon raisin english muffin	454g	6	6.20	37.18	C	0-73472-00117-2	O	B	K
*	8319	Organic sprouted grain english muffins	454g	6	4.94	29.63	C	0-73472-00119-6	O	B	K

EZEKIEL 4:9 ORGANIC PASTA

5420	Organic sprouted whole grain spaghetti	454g	6	6.23	37.37	C	0-73472-00560-6	O	B	K
5421	Organic sprouted whole grain penne	454g	6	6.45	38.68	C	0-73472-00563-7	O	B	K

EZEKIEL 4:9 TORTILLAS

*	8340	Organic sprouted grain tortillas - 10 inch	340g	12	3.65	43.77	½	0-73472-00200-1	O	B	K
G	*	8342	Wheat free & gluten free brown rice tortillas-10"	340g	12	3.76	45.15	½	0-73472-00369-5	B	K
*	8343	Organic sprouted whole kernel corn - 6"	283g	12	3.65	43.77	½	0-73472-00370-1	O	B	K

FUNCTION NATURAL FOODS

APPETIZERS - NON GMO

*	9475	Kale & quinoa bites - mediterranean	280g	8	3.65	29.19	C	8-51335-00072-8	B
*	9476	Kale & quinoa bites - teriyaki	280g	8	3.65	29.19	C	8-51335-00073-5	B
*	9477	Kale & quinoa bites - bombay	280g	8	3.65	29.19	C	8-51335-00076-6	B

APPETIZERS - QUINOA ARANCINI

*	9478	Rosemary + lemon risotto bites	280g	8	3.65	29.19	C	8-51335-00074-2	B
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VEGAN TEMPEH JERKY

9495	Sweet BBQ	70g	12	4.28	51.36	½	8-51335-00082-7	B
9496	Chipotle	70g	12	4.28	51.36	½	8-51335-00083-4	B
9497	Teriyaki	70g	12	4.28	51.36	½	8-51335-00084-1	B
9498	Original	70g	12	4.28	51.36	½	8-51335-00085-8	B

GO BIO!

ORGANIC DESSERT MIXES

G	8904	Organic vanilla custard	34g	12	1.60	19.18	C	6-87789-12571-3	O	B
G	8905	Organic vanilla pudding	40g	12	1.60	19.18	C	6-87789-25510-6	O	B
G	8906	Organic chocolate pudding	50g	12	1.60	19.18	C	6-87789-25511-3	O	B

ORGANIC GELATIN

G	8910	Organic gelatin sheets	10g	20	1.56	31.12	C	6-87789-12528-7	O	B
G	8911	Organic gelatin powder	30g	18	3.90	70.20	C	6-87789-12511-9	O	B
G	8912	Organic gelatin powder	150g	12	9.54	114.47	C	6-87789-12512-6	O	B

ORGANIC CORN STARCH

G	8913	Organic corn starch	150g	12	3.24	38.87	C	6-87789-12586-7	O	B
G	8914	Organic corn starch	1Kg	10	17.03	170.34	C	6-87789-12587-4	O	B

ORGANIC GUMMIES

G	8920	Organic fruit gummi bears	75g	10	2.59	25.94	C	6-87789-21601-5	O	T	B
G	8921	Organic vegan gummi bears	75g	10	2.59	25.94	C	6-87789-21501-8	O	T	B
G	8922	Organic sour gummies	75g	10	2.59	25.94	C	6-87789-21701-2	O	T	B
	8923	Organic vegetarian licorice	75g	10	2.59	25.94	C	6-87789-21801-9	O	T	B
G	8944	Organic wine gums	75g	10	2.59	25.94	C	6-87789-22001-2	O	T	B
G	8945	Organic yogurt fruit gummies	75g	10	2.59	25.94	C	6-87789-22101-9	O	T	B

ORGANIC BOUILLON CUBES

G	8925	Organic vegetable cubes	66g	15	2.42	36.34	C	6-87789-05120-3	O	B	K
G	8927	Organic chicken cubes	66g	15	2.42	36.34	C	6-87789-05115-9	O	B	K
G	8928	Organic beef cubes	66g	15	2.42	36.34	C	6-87789-05111-1	O	B	K
G	8930	Organic onion cubes	66g	15	2.56	38.44	C	6-87789-05112-8	O	B	K
G	8931	Organic mushroom cubes	66g	15	2.56	38.44	C	6-87789-05113-5	O	B	K

ORGANIC BOUILLON CUBES - LOW SODIUM

G	8926	Organic vegetable cubes - no salt added	66g	15	2.78	41.66	C	6-87789-05118-0	O	B	K
G	8929	Organic chicken cubes - no salt added	66g	15	2.78	41.66	C	6-87789-05117-3	O	B	K
G	8932	Organic low salt yeast-free vegetable cubes	66g	15	2.56	38.44	C	6-87789-05114-2	O	B	K

ORGANIC BROTH POWDER

	8935	Organic yeast-free vegetable broth powder	100g	6	3.95	23.70	C	6-87789-05121-0	O	B	K
	8936	Organic yeast-free vegetable broth powder	200g	12	6.15	73.79	C	6-87789-05122-7	O	B	K

ORGANIC BROTH POWDER - LOW SODIUM

	8937	Organic low sodium chicken broth powder	75g	6	4.26	25.56	C	6-87789-05123-4	O	B	K
	8938	Organic low sodium chicken broth powder	150g	12	5.39	64.63	C	6-87789-05124-1	O	B	K

ORGANIC GUMMIES IN BULK

G	8950	Organic fruit gummi bears	1Kg	1	23.74	23.74	U	6-87789-21611-4	O	T	B
G	8951	Organic sour gummies	1Kg	1	23.74	23.74	U	6-87789-21711-1	O	T	B
G	8952	Organic vegan gummi bears	1Kg	1	23.74	23.74	U	6-87789-21511-7	O	T	B
	8953	Organic vegetarian licorice	1Kg	1	23.74	23.74	U	6-87789-21811-8	O	T	B
G	8954	Organic wine gums	1Kg	1	23.74	23.74	U	6-87789-22011-1	O	T	B
G	8955	Organic yogurt fruit gummies	1Kg	1	23.74	23.74	U	6-87789-22111-8	O	T	B

GRANNY'S

LIQUID LAUNDRY

2787	Ultra liquid laundry	3.78L	4	6.00	24.00	C	0-63827-31038-7	T	B
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GUSTA

VEGAN WHEAT SAUSAGE

* 9379	Sausage montreal	350g	12	4.72	56.63	½	6-27843-57787-4	B
* 9380	Sausage italiana - peppers, tomatoes & herbs	350g	12	4.72	56.63	½	6-27843-57784-3	B
* 9381	Sausage española - smoked paprika	350g	12	4.72	56.63	½	6-27843-57785-0	B
* 9382	Sausage germaine - smoked onions	350g	12	4.72	56.63	½	6-27843-57786-7	B

VEGAN CASHEW CHEESE

≡* 9383	Vegan grating block original	227g	12	4.04	48.42	½	6-27843-57789-8	B
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VEGAN CHEESE

≡* 9386	Vegan grating block Americano	227g	12	4.09	49.02	½	6-27843-57791-1	B
≡* 9387	Vegan grating block Swisso	227g	12	4.09	49.02	½	6-27843-57792-8	B

VEGAN SEITAN LOAF

* 9375	Kebab - oriental spices	400g	10	5.18	51.79	½	6-27843-57790-4	B
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HENRY'S TEMPEH

FROZEN ORGANIC TEMPEH

G ≡* 9240	Soy basil	250g	24	2.96	70.95	¼	8-51193-00003-8	O B
G ≡* 9241	Soy curry	250g	24	2.96	70.95	¼	8-51193-00007-6	O B
G ≡* 9242	Soy kasha	250g	24	2.96	70.95	¼	8-51193-00001-4	O B
G ≡* 9243	Soy original	250g	24	2.96	70.95	¼	8-51193-00002-1	O B
G ≡* 9244	Soy red pepper	250g	24	2.96	70.95	¼	8-51193-00006-9	O B

HOME FREE

ALLERGEN FRIENDLY COOKIES

G 7160	Mini chocolate chip cookies	144g	6	4.48	26.90	C	8-57313-00167-1	B K
G 7162	Mini double chocolate chip cookies	144g	6	4.48	26.90	C	8-57313-00168-8	B K
G 7161	Mini vanilla cookies	144g	6	4.48	26.90	C	8-57313-00169-5	B K
G 7163	Mini lemon burst cookies	144g	6	4.48	26.90	C	8-57488-00436-1	B K

HONEYWATER

HONEYWATER

3520	Lemon & honey	355mL	15	1.42	21.36	C	6-27843-53289-7	T B
3521	Mint & honey	355mL	15	1.42	21.36	C	6-27843-53290-3	T B

HOUSE

TOFU PASTA

G ≡* 8605	Shirataki traditional	226g	12	1.75	20.96	½	0-76371-04143-0	B K
G ≡* 8606	Shirataki fettuccini	226g	12	1.75	20.96	½	0-76371-04146-1	B K
G ≡* 8607	Shirataki spaghetti	226g	12	1.75	20.96	½	0-76371-04145-4	B K

ICE AGE

WATER

3541	Water regular cap 6 pack	500mL	24	0.78	18.68	C	6-61431-00500-4	B K
3543	Water regular cap	1L	12	2.19	26.25	C	6-61431-10012-9	B K
3544	Water sports cap	1L	12	1.47	17.69	C	6-61431-01000-8	B K
3545	Water regular cap	1.5L	12	1.75	20.94	C	6-61431-01500-3	B K

ICELANDIC GLACIAL**BPA FREE PET BOTTLE**

4070	Natural spring water pH 8.4	330ml	30	0.86	25.8	C	5-690351-23204-2	B K
4071	Natural spring water pH 8.4	500ml	24	0.90	21.60	C	5-690351-23200-4	B K
4072	Natural spring water pH 8.4 - sports cap	750ml	12	1.65	19.80	C	5-690351-23234-9	B K
4073	Natural spring water pH 8.4	1L	12	1.73	20.70	C	5-690351-23210-3	B K
4074	Natural spring water pH 8.4	1.5L	12	2.25	27.00	C	5-690351-23213-4	B K

GLASS BOTTLE

4075	Natural spring water pH 8.4	330ml	24	1.40	33.60	C	5-690351-23014-7	B K
4077	Natural spring water pH 8.4	750ml	12	2.50	30.00	C	5-690351-23018-5	B K

GLASS BOTTLE - SPARKLING WATER

4076	Natural spring water - sparkling	330ml	24	1.40	33.60	C	5-690351-23016-1	T B K
4078	Natural spring water - sparkling	750ml	12	2.50	30.00	C	5-690351-23020-8	T B K

IF YOU CARE**COFFEE FILTERS**

7400	No.2 coffee filters	100ct	12	4.15	49.82	½	7-70009-00112-3	T B
7401	No.4 coffee filters	100ct	12	4.15	49.82	½	7-70009-00114-7	T B
7402	8" basket filters	100ct	12	3.14	37.68	½	7-70009-00111-6	T B

KITCHEN PRODUCTS

7394	Latex gloves small	1 pair	12	4.33	51.95	½	7-70009-25027-9	T
7395	Latex gloves medium	1 pair	12	4.33	51.95	½	7-70009-25028-6	T
7396	Latex gloves large	1 pair	12	4.33	51.95	½	7-70009-25029-3	T
7397	Sandwich bags	48 bags	12	4.99	59.86	½	7-70009-25026-2	T
7398	Baking cups - mini	90ct	24	1.47	35.38	½	7-70009-25018-7	T
7403	Baking cups - large	60ct	24	1.97	47.34	½	7-70009-01048-4	T
7399	Baking cups - jumbo	24ct	24	1.89	45.33	½	7-70009-25019-4	T
7404	Parchment paper roll	70 sq.ft.	12	5.76	69.10	½	7-70009-01020-0	T
7405	Baking paper in sheets (parchment paper)	24ct	12	4.45	53.38	½	7-70009-01192-4	T B
7406	100% recycled aluminum foil roll	50 sq.ft.	12	5.27	63.26	½	7-70009-12011-4	T
7407	Heavy duty aluminum foil	30 sq.ft.	12	5.63	67.55	½	7-70009-25020-0	T
7408	Unbleached wax paper	75 sq.ft.	12	5.83	69.95	½	7-70009-25025-5	T
7409	Cheesecloth - unbleached 72" x 36"	2 v.ca	24	3.11	74.56	½	7-70009-05004-6	T
7410	Natural cooking twine	200ft	24	3.54	85.03	½	7-70009-05001-5	T
7412	FSC certified firelighters	28ct	12	3.13	37.53	½	7-70009-25034-7	T B
7413	3 gallon food waste bags	30ct	12	6.28	75.40	½	7-70009-25064-6	T

ITO-EN**TEA IN A BOTTLE**

3760	Oi Ocha - green tea	500mL	12	1.85	22.22	C	8-35143-00141-2	B
3761	Jasmine green tea	500mL	12	1.85	22.22	C	8-35143-00695-0	B

MATCHA GREEN TEA - TEA BAGS

3764	Peppermint matcha green tea	30g	8	4.57	36.58	C	8-35143-01174-9	
3765	Chamomile matcha green tea	30g	8	4.57	36.58	C	8-35143-01230-2	
3766	Ginger matcha green tea	30g	8	4.57	36.58	C	8-35143-01232-6	
3767	Traditional matcha green tea	30g	8	4.57	36.58	C	8-35143-01170-1	
3768	Jasmine matcha green tea	30g	8	4.57	36.58	C	8-35143-01172-5	

3769 Lemongrass matcha green tea 30g 8 4.57 36.58 C 8-35143-01176-3

JENNIE'S GLUTEN FREE BAKERY

GLUTEN FREE MACAROONS

G	3121	Coconut	57g	24	1.05	25.18	C	0-71879-00214-3	T B K
G	3124	Chocolate	57g	24	1.05	25.18	C	0-71879-00219-8	T B K
G	3127	Coconut - canister	226g	12	3.92	47.09	½	0-71879-12491-3	T K
G	3128	Almond - canister	226g	12	3.92	47.09	½	0-71879-12494-4	T K
G	3129	Chocolate macaroons - canister	226g	12	3.92	47.09	½	0-71879-12492-0	T K

KNUDSEN / SANTA CRUZ

KNUDSEN ORGANIC TOMATO JUICE

G	3670	Organic tomato red bell pepper	946mL	12	4.41	52.92	½	0-74682-51024-9	O B
G	3671	Organic tomato sriracha	946mL	12	4.41	52.92	½	0-74682-51022-5	O B

KNUDSEN FRUIT JUICE

3658	Just blueberry	946mL	12	8.49	101.90	½	0-74682-12324-1	B
3665	Just pomegranate	946mL	12	8.49	101.90	½	0-74682-12329-6	B
3675	Just cranberry	946mL	12	8.49	101.90	½	0-74682-12350-0	B
3674	Organic Just tart cherry	946mL	6	8.67	52.00	C	0-74682-12318-0	O B

KNUDSEN FRUIT JUICE

3673	Just black cherry	946mL	12	6.94	83.28	½	0-74682-12309-8	B
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KNUDSEN FRUIT JUICE

3659	Organic Just cranberry	946mL	12	11.39	136.65	½	0-74682-12335-4	O B
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KNUDSEN FRUIT JUICE

3676	Organic pear	946mL	12	5.68	68.18	½	0-74682-12304-3	O B
3682	Organic grapefruit	945mL	6	5.07	30.44	C	0-74682-11113-2	O B
3683	Concord grape	945mL	6	5.07	30.44	C	0-74682-11112-5	B
3737	Organic cranberry pomegranate	946mL	12	4.89	58.72	½	0-74682-11118-7	O B
3739	Organic açai	946mL	12	7.30	87.59	½	0-74682-11120-0	O B

KNUDSEN FRUIT JUICE

3680	Pineapple coconut	946mL	12	4.18	50.10	½	0-74682-12323-4	B
3718	Very veggie low salt	946mL	12	4.18	50.10	½	0-74682-12383-8	B
3678	Organic prune	946mL	6	8.67	52.00	C	0-74682-12312-8	O B

ORGANIC SANTA CRUZ JUICE

3662	Organic 100% pure lime juice	473mL	12	5.41	64.95	½	0-36192-12082-0	O B
3664	Organic 100% lemon juice	473mL	12	5.41	64.95	½	0-36192-12715-7	O B
3698	Organic lemonade	946mL	12	3.24	38.92	½	0-36192-12313-5	O T B
3702	Organic raspberry lemonade	946mL	12	3.24	38.92	½	0-36192-12314-2	O T B
3704	Organic peach lemonade	946mL	12	3.24	38.92	½	0-36192-12786-7	O T B
3705	Organic mango lemonade	946mL	12	3.24	38.92	½	0-36192-12784-3	O T B
3707	Organic cherry lemonade	946mL	12	3.24	38.92	½	0-36192-12319-7	O T B
3708	Organic half & half iced tea lemonade	946mL	12	3.24	38.92	½	0-36192-12782-9	O T B
3706	Organic limeade	946mL	12	3.24	38.92	½	0-36192-12785-0	O T B

ORGANIC SANTA CRUZ JUICE

3712	Organic orange mango	946mL	12	4.95	59.37	½	0-36192-12739-3	O B
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BREWED BEVERAGE

3667	Real brew ginger ale, 4 pack	355mL	24	1.44	34.50	C	0-74682-12440-8	T B
3668	Real brew vanilla cream soda, 4 pack	355mL	24	1.44	34.50	C	0-74682-12442-2	T B
3669	Real brew draft root beer, 4 pack	355mL	24	1.44	34.50	C	0-74682-12444-6	T B



COCONUT WATER IN A CAN

7310	Pure coconut water	350mL	24	1.01	24.23	C	1-80539-00007-5	B
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LAKWOOD

ORGANIC JUICES

3991	Organic super veggie	946mL	12	4.49	53.82	½	0-42608-47005-2	O	K
3993	Organic beet	946mL	12	6.36	76.29	½	0-42608-63070-8	O	K
4007	Organic tart cherry blend	946mL	12	4.50	53.95	½	0-42608-63077-7	O	K
4001	Organic pina colada	946mL	12	5.42	65.09	½	0-42608-47004-5	O	S K
3996	Organic pure carrot	946mL	12	6.36	76.29	½	0-42608-63045-6	O	B K
4003	Organic pure pineapple	946mL	12	6.84	82.02	½	0-42608-63005-0	O	S K
4004	Organic pure prune	946mL	12	7.91	94.95	½	0-42608-63009-8	O	S K
4002	Organic pure black cherry	946mL	12	7.91	94.95	½	0-42608-47003-8	O	S K
3985	Organic pure tart cherry	946mL	12	7.91	94.95	½	0-42608-63008-1	O	K
4005	Organic pure blueberry	946mL	12	9.90	118.75	½	0-42608-63062-3	O	S K
4006	Organic pure cranberry	946mL	12	9.90	118.75	½	0-42608-63011-1	O	S K

ORGANIC SUPPLEMENT JUICES

4009	Organic pure aloe	946mL	12	6.84	82.02	½	0-42608-63014-2	O	S K
4010	Organic pure aloe vera gel	946mL	12	6.84	82.02	½	0-42608-47009-0	O	S K
4011	Organic pure aloe - whole leaf	946mL	12	6.84	82.02	½	0-42608-47010-6	O	S K

ORGANIC CULINARY JUICES

4012	Organic pure lemon	370mL	12	3.68	44.12	½	0-42608-36094-0	O	B K
4013	Organic pure lime	370mL	12	3.68	44.12	½	0-42608-36091-9	O	B K
4014	Organic pure lemon	946mL	12	6.86	82.29	½	0-42608-47094-6	O	B K

PREMIUM JUICES

4020	Pure cranberry	946mL	12	7.94	95.29	½	0-42608-63066-1	B	K
4021	Pure black cherry	946mL	12	5.69	68.32	½	0-42608-63048-7	B	K

LET'S DO... GLUTEN FREE

GLUTEN FREE CONES

G	9848	Gluten free ice cream cones	36g	12	4.58	54.99	½	0-43182-00352-0	B	K
G	9849	Gluten free sugar cones	132g	12	4.91	58.88	½	0-43182-00353-7	B	K

LET'S DO... ORGANIC

ORGANIC TAPIOCA

G	9781	Organic tapioca - granules	170g	6	3.34	20.02	C	0-43182-00527-2	O
G	9782	Organic tapioca - starch	170g	6	3.36	20.18	C	0-43182-00528-9	O

ORGANIC CORN STARCH

9811	Organic corn starch	170g	6	3.36	20.18	C	0-43812-00529-6	O
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ORGANIC COCONUT PRODUCTS

G	9800	Organic sweetened condensed coconut milk	195mL	6	3.94	23.61	C	0-43182-02205-7	O	B	K
G	9801	Organic coconut flour	454g	6	6.00	36.00	C	0-43182-01524-0	O	B	K
G	9803	Organic creamed coconut	200g	6	3.11	18.65	C	0-43182-00525-8	O	B	
G	9806	Organic shredded coconut	250g	12	3.83	45.91	½	0-43182-01520-2	O	B	
G	9808	Organic unsweetened coconut flakes	198g	12	3.83	45.91	½	0-43182-01522-6	O	B	K
G	9802	Organic heavy coconut cream	398ml	12	5.17	62.03	½	0-43182-00210-3	O	B	K

ORGANIC CONES

9845	Organic ice cream cones	36g	12	4.08	49.00	½	0-43182-00355-1	O	B	K
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9846 Organic sugar cones 132g 12 4.91 58.88 ½ 0-43182-00357-5 O B K

LIBRE NATURALS

NUT FREE GRANOLA BARS

G	3170	Chocolate chip granola bars	140g	6	3.92	23.52	C	8-95435-00074-5	T B K
G	3171	Apple cinnamon granola bars	140g	6	3.92	23.52	C	8-95435-00076-9	T B K
G	3173	Red berry granola bars	140g	6	3.92	23.52	C	8-95435-00075-2	T B K
G	3174	Double chocolate chip granola bars	140g	6	3.92	23.52	C	8-95435-00077-6	T B K

MARANATHA NUT BUTTERS

PEANUT BUTTER

G	4392	Peanut butter with salt - organic, creamy	500g	6	5.72	34.34	C	0-51651-09330-9	O B K
G	4393	Peanut butter with salt - organic, crunchy	500g	6	5.72	34.34	C	0-51651-09331-6	O B K

ALMOND BUTTER

G	4396	Almond butter - raw	340g	6	8.87	53.19	C	0-51651-09306-4	B K
G	4397	Almond butter roasted - creamy	340g	6	8.87	53.19	C	0-51651-09305-7	B K

MARICOTA

CHEESE ROLLS - NON GMO & PEANUT FREE

G	*	8890	PopCheese all natural maricota	400g	10	4.29	42.90	C	8-11680-02012-3	B
G	*	8891	PopCheese all natural maricota mini	400g	10	4.99	49.90	C	8-11680-02013-0	B
G	*	8892	PopKids all natural maricota lactose free	400g	10	4.99	49.90	C	8-11680-02014-7	B

MARUKAN

VINEGAR

G	6740	Organic rice vinegar	355mL	6	3.92	23.52	C	0-70641-06412-9	O B K
G	6741	Organic seasoned rice vinegar dressing	355mL	6	4.30	25.79	C	0-70641-06413-6	O B K
	6742	Genuine brewed rice vinegar	355mL	6	3.11	18.67	C	0-70641-00006-6	B K

VINEGAR

G	6740	Organic rice vinegar	355mL	6	3.92	23.52	C	0-70641-06412-9	O B K
G	6741	Organic seasoned rice vinegar dressing	355mL	6	4.30	25.79	C	0-70641-06413-6	O B K
	6742	Genuine brewed rice vinegar	355mL	6	3.11	18.67	C	0-70641-00006-6	B K

MORI NU

TOFU

	8601	Soft	340g	12	1.77	21.27	½	0-85696-60803-7	B K
	8599	Lite firm 1% fat	349g	12	1.77	21.27	½	0-85696-60720-7	B K
	8602	Firm	349g	12	1.77	21.27	½	0-85696-60804-4	B K
	8603	Extra firm	349g	12	1.77	21.27	½	0-85696-60805-1	B K

NATIVE

ORGANIC SUGAR NON GMO

	7000	Organic cane sugar	1Kg	12	4.10	49.15	½	7-898206-500010	O B
	7001	Organic demerara cane sugar	1Kg	12	4.50	54.02	½	7-898206-500027	O B

NATIVE FOREST

ORGANIC FRUIT PRODUCTS

G	9784	Organic sliced peaches	398g	6	4.74	28.44	C	0-43182-00859-3	O B K
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9785	Organic mandarin oranges	284g	6	3.04	18.22	C	0-43182-01868-5	O	B	K
9789	Organic pineapple chunks	398mL	6	3.62	21.69	C	0-43182-01851-7	O	B	K
9790	Organic pineapple slices	425g	6	3.62	21.69	C	0-43182-00852-5	O		

COCONUT MILK

G	9799	Coconut milk powder	150g	6	4.32	25.90	C	0-43182-01101-3		B	K
G	9804	Organic light coconut milk	398mL	12	3.18	38.10	½	0-43182-00209-6	O	B	K
G	9805	Organic coconut milk	398mL	12	3.03	36.38	½	0-43182-00208-9	O	B	K

VEGETABLE PRODUCTS

	9823	Artichoke hearts, quartered	400g	6	4.79	28.75	C	0-43182-00891-4		B	
	9824	Artichoke hearts, whole, jar	170mL	6	4.81	28.83	C	0-43182-00892-1		B	
	9826	Organic cut baby corn	400g	6	3.35	20.10	C	0-43182-00830-3	O		
G	9791	Organic young jackfruit	398mL	6	3.52	21.11	C	0-43182-01869-2	O	B	

NATUR-A

RICE BEVERAGE

G	3432	Original	946mL	12	2.12	25.45	C	0-63667-00601-3		B	K
G	3433	Vanilla	946mL	12	2.12	25.45	C	0-63667-00602-0		B	K

MINI ORGANIC ENRICHED SOY BEVERAGE

G	3429	Mini cappucino	200mL	24	0.81	19.41	C	0-63667-50701-5	O	B	K	
G	3430	Mini original	200mL	24	0.81	19.41	C	0-63667-50101-3	O	B	K	
G	3431	Mini unsweetened	200mL	24	0.81	19.41	C	0-63667-50601-8	O	B	K	
G	3434	Mini vanilla	200mL	24	0.81	19.41	C	0-63667-50201-0	O	B	K	
G	3435	Mini strawberry	200mL	24	0.81	19.41	C	0-63667-50301-7	O	T	B	K
G	3436	Mini chocolate	200mL	24	0.81	19.41	C	0-63667-50801-2	O	B	K	

ORGANIC ENRICHED SOY BEVERAGE

G	3437	Unsweetened	946mL	12	2.12	25.45	C	0-63667-51100-5	O	B	K	
G	3438	Original lite	946mL	12	2.12	25.45	C	0-63667-51000-8	O	B	K	
G	3439	Vanilla lite	946mL	12	2.12	25.45	C	0-63667-51050-3	O	B	K	
G	3440	Cappucino	946mL	12	2.12	25.45	C	0-63667-30180-4	O	B	K	
G	3445	Original	946mL	12	2.12	25.45	C	0-63667-30140-8	O	B	K	
G	3446	Vanilla	946mL	12	2.12	25.45	C	0-63667-30155-2	O	B	K	
G	3447	Strawberry	946mL	12	2.12	25.45	C	0-63667-30170-5	O	T	B	K
G	3448	Chocolate	946mL	12	2.12	25.45	C	0-63667-30185-9	O	B	K	

ENRICHED ALMOND BEVERAGE

G	4193	Vanilla unsweetened	946mL	12	2.35	28.23	C	0-63667-09026-5		B	K	
G	4194	Almond & coconut unsweetened	946mL	12	2.35	28.23	C	0-63667-09046-3		T	B	K
G	4195	Original	946mL	12	2.35	28.23	C	0-63667-09001-2		B	K	
G	4196	Vanilla	946mL	12	2.35	28.23	C	0-63667-09002-9		B	K	
G	4197	Unsweetened	946mL	12	2.35	28.23	C	0-63667-09006-7		B	K	
G	4198	Chocolate	946mL	12	2.35	28.23	C	0-63667-09008-1		B	K	

MINI ENRICHED ALMOND BEVERAGE

G	4191	Mini original	200mL	24	0.90	21.60	C	0-63667-49001-0		B	K
G	4192	Mini chocolate	200mL	24	0.90	21.60	C	0-63667-49008-9		B	K

NATURE'S PATH

FROZEN ORGANIC MANNA BREAD

* 9501	Organic carrot raisin	400g	8	2.92	23.33	C	0-58449-00003-7	O	B	K
* 9504	Organic fruit & nut	400g	8	2.92	23.33	C	0-58449-00009-9	O	B	K
* 9509	Organic fig, fennel and flax	350g	8	2.92	23.33	C	0-58449-00026-3	O	B	K
* 9510	Organic date & cinnamon	400g	8	2.92	23.33	C	0-58449-70801-8	O	B	K

FROZEN ORGANIC WAFFLES

G	*	3271	Organic homestyle	210g	12	3.39	40.67	½	0-58449-59052-1	O	B	K
	*	3272	Organic flax plus	210g	12	3.39	40.67	½	0-58449-59055-2	O	B	K
G	*	3273	Organic buckwheat wildberry	210g	12	3.39	40.67	½	0-58449-59057-6	O	B	K
	*	3276	Organic maple cinnamon	210g	12	3.39	40.67	½	0-58449-59063-2	O	B	K
G	*	3280	Organic chia plus	210g	12	3.39	40.67	½	0-58449-59074-3	O	B	K
ORGANIC SUNRISE BREAKFAST BISCUITS												
		9708	Touch of honey & chia biscuits	175g	6	4.48	26.87		C 0-58449-16006-9	O	B	K
		9709	Blueberry & chia biscuits	175g	6	4.48	26.87		C 0-58449-16008-3	O	B	K
		9710	Dark chocolate & coconut biscuits	175g	6	4.48	26.87		C 0-58449-16014-4	O	B	K
ORGANIC PUFFED CEREALS												
		9577	Organic puffed brown rice	170g	12	2.68	32.18	½	0-58449-62001-3	O	B	K
		9579	Organic puffed kamut	170g	12	2.68	32.18	½	0-58449-62004-4	O	B	K
ORGANIC CEREALS												
G		9531	Organic mesa sunrise® multigrain flakes - gluten free	300g	12	4.06	48.70	½	0-58449-77900-1	O	B	K
G		9521	Organic whole O's - whole grain corn & rice, gf	325g	12	4.06	48.70	½	0-58449-77902-5	O	B	K
G		9523	Organic honey'd corn flakes - gluten free	300g	12	4.06	48.70	½	0-58449-60218-7	O	B	K
G		9530	Organic crispy brown rice - gluten free	284g	12	4.06	48.70	½	0-58449-55000-6	O	B	K
		9526	Organic heritage crunch	400g	12	4.06	48.70	½	0-58449-77174-6	O	B	K
		9527	Organic heritage flakes	375g	12	4.06	48.70	½	0-58449-77020-6	O	B	K
ORGANIC ENVIROKIDZ CEREAL												
G		9580	Organic Choco chimps - chocolate	284g	12	4.06	48.70	½	0-58449-87023-4	O	B	K
G		9581	Organic Jungle munch - cinnamon	284g	12	4.06	48.70	½	0-58449-87027-2	O	B	K
G		9582	Organic Gorilla Munch	284g	12	4.06	48.70	½	0-58449-86002-0	O	B	K
G		9583	Organic Koala Krisp	325g	12	4.06	48.70	½	0-58449-86003-7	O	B	K
G		9584	Organic Panda puffs	300g	12	4.06	48.70	½	0-58449-86004-4	O	B	K
G		9586	Organic Leapin lemurs	284g	12	4.06	48.70	½	0-58449-86006-8	O	B	K
ORGANIC LOVE CRUNCH® CEREALS												
		9700	Org Love Crunch® dark chocolate and red berries	284g	6	4.71	28.27		C 0-58449-18115-6	O	B	K
		9701	Org Love Crunch® dark chocolate peanut butter	284g	6	4.71	28.27		C 0-58449-18116-3	O	B	K
		9702	Org Love Crunch® dark chocolate macaroon	284g	6	4.71	28.27		C 0-58449-18117-0	O	B	K
PREMIUM ORGANIC CEREALS												
G		9512	Organic sunrise® crunchy honey - gluten free	300g	12	4.73	56.71	½	0-58449-77204-0	O	B	K
G		9515	Organic sunrise® crunchy cinnamon - gluten free	300g	12	4.73	56.71	½	0-58449-77206-4	O	B	K
G		9538	Organic sunrise® crunchy maple - gluten free	300g	12	4.73	56.71	½	0-58449-77152-4	O	B	K
G		9539	Organic sunrise® crunchy vanilla - gluten free	300g	12	4.73	56.71	½	0-58449-77154-8	O	B	K
		9737	Organic flax maple pecan crunch	325g	12	4.73	56.71	½	0-58449-77142-5	O	B	K
		9511	Organic smart bran™	300g	12	4.73	56.71	½	0-58449-77102-9	O	B	K
		9534	Organic Optimum blueberry cinnamon	400g	12	4.73	56.71	½	0-58449-77700-7	O	B	K
PREMIUM ORGANIC ECO-PACK CEREALS												
G		9621	Organic sunrise® crunchy maple - gluten free	675g	6	7.98	47.90		C 0-58449-18110-1	O	B	K
G		9622	Organic sunrise® crunchy vanilla - gluten free	675g	6	7.98	47.90		C 0-58449-18112-5	O	B	K
ORGANIC GRANOLA												
		9516	Organic flax plus® pumpkin flax granola	325g	12	4.07	48.85	½	0-58449-89007-2	O	B	K
		9735	Organic flax plus® vanilla almond granola	325g	12	4.07	48.85	½	0-58449-89023-2	O	B	K
		9532	Organic chia plus™ coconut chia granola	350g	12	4.07	48.85	½	0-58449-89032-4	O	B	K
		9535	Organic hemp plus® granola	325g	12	4.07	48.85	½	0-58449-89000-3	O	B	K
		9731	Organic peanut butter granola	325g	12	4.07	48.85	½	0-58449-89008-9	O	B	K
ORGANIC PURE OATS GRANOLA												
G		9667	Organic vanilla pumpkin seed granola	312g	8	4.70	37.59		C 0-58449-17203-1	O	B	K
G		9668	Organic coconut cashew butter granola	312g	8	4.70	37.59		C 0-58449-17204-8	O	B	K
G		9669	Organic blueberry pecan crunch granola	312g	8	4.70	37.59		C 0-58449-17205-5	O	B	K
G		9670	Organic honey almond granola	312g	8	4.70	37.59		C 0-58449-89041-6	O	B	K
G		9671	Organic fruit & nut granola	312g	8	4.70	37.59		C 0-58449-89042-3	O	B	K
G		9672	Organic summer berries granola	312g	8	4.70	37.59		C 0-58449-89043-0	O	B	K

ORGANIC LOVE CRUNCH® GRANOLA

9751	Org Love Crunch® double chocolate chunk	325g	6	4.31	25.84	C	0-58449-17213-0	O	B	K
9748	Org Love Crunch® dark chocolate peanut butter	325g	6	4.31	25.84	C	0-58449-16206-3	O	B	K
9749	Org Love Crunch® dark chocolate macaroon	325g	6	4.31	25.84	C	0-58449-77201-9	O	B	K
9750	Org Love Crunch® dark chocolate and red berries	325g	6	4.31	25.84	C	0-58449-77176-0	O	B	K
9752	Organic Love Crunch® apple crumble	325g	6	4.31	25.84	C	0-58449-77178-4	O	B	K
9753	Organic Love Crunch® aloha blend	325g	6	4.31	25.84	C	0-58449-77179-1	O	B	K
9747	Organic dark chocolate cinnamon & cashew	325g	6	4.31	25.84	C	0-58449-17211-6	O	B	K

ORGANIC LOVE CRUNCH® GRANOLA - LARGE

9717	Org Love Crunch® dark chocolate macaroon	700g	6	7.91	47.47	C	0-58449-18204-7	O	B	K
9718	Org Love Crunch® dark chocolate and red berries	700g	6	7.91	47.47	C	0-58449-18203-0	O	B	K

ORGANIC ECO-PACK CEREAL

9540	Organic multigrain flakes	907g	6	7.98	47.89	C	0-58449-60231-6	O	B	K	
9542	Organic millet rice flakes	907g	6	7.98	47.89	C	0-58449-77008-4	O	B	K	
G	9543	Organic honey'd corn flakes - gluten free	750g	6	7.81	46.83	C	0-58449-77094-7	O	B	K
G	9545	Organic corn flakes - gluten free	750g	6	7.81	46.83	C	0-58449-60056-5	O	B	K
G	9551	Organic mesa sunrise flakes - gluten free	750g	6	7.81	46.83	C	0-58449-77901-8	O	B	K
9552	Organic kamut krisp flakes	750g	6	7.88	47.28	C	0-58449-77069-5	O	B	K	
9547	Organic heritage flakes	907g	6	7.98	47.89	C	0-58449-77021-3	O	B	K	
9546	Organic heritage o's	907g	6	7.98	47.89	C	0-58449-77001-5	O	B	K	
G	9557	Organic mesa sunrise raisin - gluten free	825g	6	7.98	47.89	C	0-58449-77161-6	O	B	K
G	9620	Organic Whole O's - gluten free	750g	6	7.81	46.83	C	0-58449-77912-4	O	B	K
9550	Organic flax plus cinnamon	907g	6	7.98	47.89	C	0-58449-77163-0	O	B	K	
G	9556	Organic crispy rice - gluten free	750g	6	7.88	47.28	C	0-58449-55002-0	O	B	K

ORGANIC ECO-PACK GRANOLA

9541	Organic hemp plus granola	750g	6	7.73	46.36	C	0-58449-89017-1	O	B	K
9544	Organic pumpkin flax plus granola	750g	6	7.73	46.36	C	0-58449-89019-5	O	B	K

ORGANIC ECO-PACK ENVIROKIDZ CEREAL

G	9553	Organic Gorilla Munch - gluten free	650g	6	7.88	47.28	C	0-58449-87008-1	O	B	K
G	9554	Organic Panda Puffs - gluten free	700g	6	7.88	47.28	C	0-58449-87009-8	O	B	K
G	9555	Organic Koala Krisp - gluten free	725g	6	7.88	47.28	C	0-58449-87010-4	O	B	K

ORGANIC Qi'A SUPERFLAKES

G	9630	Organic Qi'a honey chia	284g	12	4.73	56.71	½	0-58449-16111-0	O	B	K
G	9631	Organic Qi'a coconut chia	284g	12	4.73	56.71	½	0-58449-16112-7	O	B	K
G	9632	Organic Qi'a cocoa coconut	284g	12	4.73	56.71	½	0-58449-16113-4	O	B	K

ORGANIC Qi'A CEREALS

G	9738	Organic Qi'a apple cinnamon cereal	225g	10	6.48	64.82	½	0-58449-32000-5	O	B	K
G	9739	Organic Qi'a original cereal	225g	10	6.48	64.82	½	0-58449-32004-3	O	B	K
G	9740	Organic Qi'a cranberry vanilla cereal	225g	10	6.48	64.82	½	0-58449-32006-7	O	B	K

ORGANIC ENVIROKIDZ OATMEAL

G	9571	Brown sugar maple oatmeal	256g	6	3.80	22.80	C	0-58449-16522-4	O	B	K
G	9572	Apple cinnamon oatmeal	256g	6	3.80	22.80	C	0-58449-16523-1	O	B	K

ORGANIC PURE OATS HOT OATMEAL

G	9675	Organic Pure Oats homestyle hot oatmeal	320g	6	4.46	26.76	C	0-58449-45065-8	O	B	K
G	9676	Organic Pure Oats spiced apple flax hot oatmeal	320g	6	4.46	26.76	C	0-58449-45067-2	O	B	K
G	9677	Organic Pure Oats brown sugar maple hot oatmeal	320g	6	4.46	26.76	C	0-58449-45069-6	O	B	K
G	9678	Organic Pure Oats variety pack hot oatmeal	320g	6	4.46	26.76	C	0-58449-45071-9	O	B	K

ORGANIC Qi'A SUPERFOOD HOT OATMEAL

G	9742	Organic Qi'a cinnamon pumpkin seed oatmeal	228g	6	4.09	24.52	C	0-58449-15404-4	O	B	K
G	9743	Organic Qi'a creamy coconut oatmeal	228g	6	4.09	24.52	C	0-58449-15402-0	O	B	K
G	9744	Organic Qi'a superseeds & grains oatmeal	228g	6	4.09	24.52	C	0-58449-15400-6	O	B	K

ORGANIC HOT OATMEAL POUCHES

9558	Organic pumpkin spice with chia	320g	6	3.96	23.78	C	0-58449-17402-8	O	B	K
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9559	Organic 4 variety 8 pack	400g	6	3.96	23.78	C	0-58449-45000-9	O	B	K
9560	Organic apple cinnamon	400g	6	3.96	23.78	C	0-58449-45004-7	O	B	K
9561	Organic maple nut	400g	6	3.96	23.78	C	0-58449-45003-0	O	B	K
9562	Organic flax'n oats	400g	6	3.96	23.78	C	0-58449-45002-3	O	B	K
9563	Organic original	400g	6	3.96	23.78	C	0-58449-45001-6	O	B	K
9568	Organic optimum blueberry cinnamon	320g	6	3.96	23.78	C	0-58449-45013-9	O	B	K

ORGANIC SUPERFOOD BARS

G	9720	Organic dark chocolate peanut bars	38g	12	1.29	15.45	C	0-58449-17317-5	O	B	K
G	9723	Org dark chocolate, cranberry & almond bars	38g	12	1.29	15.45	C	0-58449-17315-1	O	B	K
G	9721	Organic blueberry cashew bars	38g	12	1.29	15.45	C	0-58449-17319-9	O	B	K
G	9722	Organic mocha hazelnut bars	38g	12	1.29	15.45	C	0-58449-17322-9	O	B	K
G	9724	Organic nut, seeds & sea salt bars	38g	12	1.29	15.45	C	0-58449-17324-3	O	B	K

ORGANIC ENVIROKIDZ CRISPY RICE BARS (x6)

G	9588	Org Lemur peanut chocolate drizzle rice bars	168g	6	3.55	21.31	C	0-58449-43021-6	O	B	K
G	9590	Organic Koala chocolate rice bars - peanut free	168g	6	3.55	21.31	C	0-58449-43000-1	O	B	K
G	9591	Organic Panda peanut butter rice bars	168g	6	3.55	21.31	C	0-58449-43001-8	O	B	K
G	9592	Org Cheetah berry blast rice bars - peanut free	168g	6	3.55	21.31	C	0-58449-43002-5	O	B	K

ORGANIC LOVE CRUNCH GRANOLA BARS

9756	Organic dark chocolate & red berries	180g	12	3.38	40.51	½	0-58449-17302-1	O	T	B	K
9757	Organic dark chocolate macaroon	180g	12	3.38	40.51	½	0-58449-17304-5	O	T	B	K
9758	Organic dark chocolate peanut butter	180g	12	3.38	40.51	½	0-58449-17306-9	O	T	B	K

ORGANIC ENVIROKIDZ GRANOLA BARS

G	9593	Macaw strawberry bars - peanut free	144g	6	3.50	20.98	C	0-58449-16517-0	O	T	B	K
G	9594	Chimp chocolate bars - peanut free	144g	6	3.50	20.98	C	0-58449-16513-2	O	T	B	K

ORGANIC PURE OATS GRANOLA BARS

G	9683	Organic Pure Oats chocolate chip granola bars	175g	6	3.60	21.62	C	0-58449-15302-3	O	T	B	K
G	9685	Organic Pure Oats trail mix granola bars	175g	6	3.60	21.62	C	0-58449-15306-1	O	T	B	K

ORGANIC CHEWY GRANOLA BARS

9595	Organic berry strawberry granola bars	175g	6	3.47	20.82	C	0-58449-89142-0	O	T	B	K
9598	Organic chococonut granola bars	175g	6	3.47	20.82	C	0-58449-89128-4	O	T	B	K
9601	Organic pumpkin-N-spice granola bars	210g	6	3.47	20.82	C	0-58449-89101-7	O	T	B	K

NEW WORLD

ALMOND BUTTER

4265	Almond butter - smooth raw, organic	250g	12	9.64	115.72	½	0-59443-40155-4	O	B	K
4290	Almond butter - smooth raw, organic	500g	12	18.30	219.60	½	0-59443-40158-5	O	B	K
4281	Almond butter - smooth raw	250g	12	6.72	80.59	½	0-59443-40030-4		B	K
4297	Almond butter - smooth raw	500g	12	11.09	133.11	½	0-59443-40031-1		B	K
4291	Almond butter - smooth, organic	500g	12	18.30	219.60	½	0-59443-40157-8	O	B	K

ORGANIC SESAME TAHINI

4279	Organic sesame tahini - raw	250g	12	4.24	50.86	½	0-59443-40111-0	O	B	K
4293	Organic sesame tahini - raw	500g	12	7.04	84.46	½	0-59443-40112-7	O	B	K
4280	Organic sesame tahini - roasted	250g	12	4.24	50.86	½	0-59443-40115-8	O	B	K

PEANUT BUTTER

4295	Organic peanut butter - smooth unsalted	500g	12	5.35	64.19	½	0-59443-40190-5	O	B	K
4296	Organic peanut butter - crunchy unsalted	500g	12	5.35	64.19	½	0-59443-40192-9	O	B	K
4300	Valencia peanut butter - smooth	500g	12	4.22	50.68	½	0-59443-40015-1		B	K
4301	Peanut butter - crunchy	500g	12	4.22	50.68	½	0-59443-40014-4		B	K
4302	Organic coconut peanut spread - unsalted	500g	12	6.03	72.30	½	0-59443-40199-8	O	B	

OTHER ORGANIC NUT BUTTERS

4268	Organic cashew butter - raw	250g	12	9.64	115.72	½	0-59443-40160-8	O	B	K
4272	Organic hazelnut butter	250g	12	9.64	115.72	½	0-59443-40182-0	O	B	K
4273	Organic hemp nut butter - raw	250g	12	9.64	115.72	½	0-59443-40147-9	O	B	K
4276	Organic pumpkin seed butter - raw	250g	12	5.59	67.07	½	0-59443-40086-1	O	B	K

4277 Organic sunflower seed butter

250g

12

4.13

49.50

½

0-59443-40183-7 O B K


PAPERCHEF
CULINARY PARCHMENT

7175	Pre-cut sheets (15" x 16.5")	24 sheets	12	3.03	36.34	½	6-28689-70024-2	T B
7176	Parchment paper (15" x 33')	41 sq.ft.	12	2.83	33.91	½	6-28689-00001-4	T B
7177	Parchment paper (15" x 98.4')	123 sq.ft.	12	5.60	67.22	½	6-28689-70098-3	T B
7178	Parchment paper (15" x 164')	205 sq.ft.	8	8.42	67.32	½	6-28689-00050-2	T B
7179	Cooking bags (small: 8" x 3 1/4" x 12 3/4")	10ct	12	2.87	34.40	½	6-28689-70010-5	T B
7180	Mini baking cups (base: 1 1/4"; height: 1")	90ct	12	1.55	18.56	½	6-28689-70090-7	T B
7181	Large baking cups (base: 1 7/8"; height: 1 3/8")	60ct	12	1.58	18.96	½	6-28689-70060-0	T B
7182	X-large baking cups (base: 2 1/8"; height: 2")	30ct	12	1.61	19.32	½	6-28689-70030-3	T B
7183	Tulip cups (base: 1.9"; height: 3.5"; volume: 3.38 oz.)	12ct	6	2.24	13.42	C	6-28689-70014-3	T B
7185	Tulip cups - multi-coloured	12ct	6	2.24	13.42	C	6-28689-70414-1	T B
7184	Lotus cups (base: 1.9"; height: 2.6"; volume: 3.38 oz.)	12ct	6	2.25	13.48	C	6-28689-70012-9	T B
7186	Lotus cups - multi-coloured	12ct	6	2.25	13.48	C	6-28689-70412-7	T B


PB&ME
POWDERED PEANUT BUTTER

G	4410	Powdered peanut butter - natural	200g	6	5.44	32.61	C	6-27843-53841-7	B
G	4415	Powdered peanut butter - natural	454g	6	9.80	58.78	C	6-27843-53842-4	B
G	4411	Powdered peanut butter - traditional	200g	6	5.44	32.61	C	6-27843-53835-6	B
G	4416	Powdered peanut butter - traditional	454g	6	9.80	58.78	C	6-27843-53836-3	B
G	4412	Powdered peanut butter - chocolate hazelnut	200g	6	5.44	32.61	C	6-27843-53838-7	B
G	4417	Powdered peanut butter - chocolate hazelnut	454g	6	9.80	58.78	C	6-27843-53839-4	B
G	4409	Powdered peanut butter - dark roast	200g	6	5.87	35.21	C	6-27451-16617-4	B
G	4414	Powdered peanut butter - dark roast	454g	6	10.95	65.69	C	6-27451-16618-4	B

POWDERED ALMOND BUTTER

G	4420	Powdered almond butter - original	184g	6	10.72	64.32	C	6-28451-16611-5	B
G	4423	Powdered almond butter - original	453g	6	23.30	139.78	C	6-28451-16612-2	B
G	4421	Powdered almond butter - chocolate	184g	6	10.72	64.32	C	6-28451-16615-3	B
G	4424	Powdered almond butter - chocolate	453g	6	23.30	139.78	C	6-28451-16616-0	B
G	4422	Powdered almond butter - no sugar added	184g	6	10.72	64.32	C	6-28451-16613-9	B
G	4425	Powdered almond butter - no sugar added	453g	6	23.30	139.78	C	6-28451-16614-6	B

PREMIER JAPAN
SAUCES

G	9828	Wheat free hoisin sauce	251mL	12	6.19	74.33	½	0-11206-00085-5
G	9829	Wheat free teriyaki sauce	251mL	12	6.19	74.33	½	0-11206-00086-2


PUREST
GLUTEN FREE COCOA MIXES

G	7640	Hot cocoa	300g	6	4.11	24.65	C	1-85396-00003-9	B K
G	7641	Hot cocoa - Mexican	300g	6	4.11	24.65	C	1-85396-00010-7	B K
G	7642	Marvellous - chocolate powder	500g	6	5.39	32.36	C	1-85396-00002-2	B K

GLUTEN FREE BAKING MIXES

G	7648	Chocolate chip cookies	481g	6	5.39	32.36	C	1-85396-00033-3	B K
G	7643	Chocolate cake	561g	6	5.39	32.36	C	1-85396-00078-7	B K
G	7646	Brownies	488g	6	5.39	32.36	C	1-85396-00036-7	B K
G	7654	Pie pastry	626g	6	5.07	30.41	C	1-85396-00027-5	B K
G	7652	Muffin & loaf mix	553g	6	4.56	27.33	C	1-85396-00026-8	B K
G	7653	Vanilla cake mix	582g	6	4.56	27.33	C	1-85396-00025-1	B K

G	7671	Tea biscuits	490g	6	5.07	30.41	C	1-85396-00079-4	B K
G	7656	Ginger molasses cookie	700g	6	5.39	32.36	C	1-85396-00015-2	B K
G	7657	Shortbread cookie	378g	6	4.93	29.60	C	1-85396-00016-9	B K
GLUTEN FREE COOKING MIXES									
G	7647	Pancakes	558g	6	4.56	27.33	C	1-85396-00037-4	B K
G	7644	Spicy pure batter	300g	6	3.92	23.52	C	1-85396-00080-0	B K
G	7645	Pure batter	300g	6	3.92	23.52	C	1-85396-00008-4	B K
G	7651	Pure batter - extra crispy	300g	6	3.92	23.52	C	1-85396-00005-3	B K
G	7649	Soup thickener	300g	6	3.92	23.52	C	1-85396-00034-3	B K
G	7650	Gravy mix	300g	6	3.92	23.52	C	1-85396-00007-7	B K
G	7655	Artisan bread mix	360g	6	4.83	28.95	C	1-85396-00084-8	B K
GLUTEN FREE BAKING AIDS									
G	7668	Baking powder	250g	6	3.27	19.63	C	1-85396-00038-1	B K
G	7669	Baking soda	453g	6	3.08	18.49	C	1-85396-00039-8	B K
GLUTEN FREE FLOURS									
G	7675	Potato flakes	300g	6	5.06	30.33	C	1-85396-00032-9	B K
G	7676	White rice flour	500g	6	4.20	25.22	C	1-85396-00041-1	B K
G	7677	Brown rice flour	680g	6	4.20	25.22	C	1-85396-00049-7	B K
G	7678	Potato starch	500g	6	4.20	25.22	C	1-85396-00044-2	B K
G	7679	Natural cocoa	300g	6	5.41	32.44	C	1-85396-00048-0	B K
G	7680	Gluten free all purpose flour	680g	6	4.56	27.33	C	1-85396-00050-3	B K
G	7682	Garbanzo bean flour	500g	6	4.20	25.22	C	1-85396-00046-6	B K
G	7683	Buckwheat flour	500g	6	4.20	25.22	C	1-85396-00024-4	B K
G	7684	Sorghum flour	623g	6	4.20	25.22	C	1-85396-00042-8	B K
G	7686	Tapioca flour	500g	6	4.20	25.22	C	1-85396-00076-3	B K
G	7687	Millet flour	651g	6	4.20	25.22	C	1-85396-00043-5	B K

RAWESOME

ORGANIC CAKES

G	*	9200	Lemon goji - organic	95g	6	4.89	29.36	C	7-84672-14001-0	O B
G	*	9201	Lime coco - organic	95g	6	4.89	29.36	C	7-84672-14002-7	O B
G	*	9202	Choco raspberry - organic	95g	6	4.89	29.36	C	7-84672-14005-8	O B
G	*	9203	White choco - organic	95g	6	4.89	29.36	C	7-84672-14003-4	O B
G	*	9204	Choco coco - organic	95g	6	4.89	29.36	C	7-84672-14004-1	O B
G	*	9205	Pecan caramel - organic	95g	6	4.89	29.36	C	7-84672-14006-5	O B
G	*	9206	Crème brûlée - organic	95g	6	4.89	29.36	C	7-84672-95602-4	O B
G	*	9207	Café mocha	95g	6	4.89	29.36	C	7-84672-95601-7	O B

RAW & VEGAN CREAM CHEESE

*	9210	Original	227g	6	5.95	35.68	C	7-84672-14007-2	B
*	9211	Onion & chives	227g	6	5.95	35.68	C	7-84672-95604-8	B
*	9212	Garlic & black pepper	227g	6	5.95	35.68	C	7-84672-95603-1	B
*	9213	Cilantro & chili pepper	227g	6	5.95	35.68	C	7-84672-95605-5	B

REED'S BREW

BREWED BEVERAGE

G	3584	Spiced apple	355mL	24	1.53	36.83	C	0-33919-00008-3	T B K
G	3585	Extra ginger	355mL	24	1.53	36.83	C	0-33919-00007-6	T B K
G	3586	Premium ginger	355mL	24	1.53	36.83	C	0-33919-00009-0	T B K
G	3589	Original ginger	355mL	24	1.53	36.83	C	0-33919-00006-9	T B K

RICOLA

HERBAL COUGH DROPS - STICK

1505	Original herb stick	32g	24	1.33	31.90	C	0-36602-31008-7	T B
1506	Cherry honey stick	32g	24	1.33	31.90	C	0-36602-31011-7	T B
HERBAL COUGH DROPS - BAG								
1508	Action plus - cherry	54g	12	2.63	31.60	C	0-36602-31004-9	T B
1509	Action plus - glacier mint	54g	12	2.63	31.60	C	0-36602-31002-5	T B
1510	Original	75g	12	2.63	31.60	C	0-36602-07917-5	T B
1511	Lemon mint	75g	12	2.63	31.60	C	0-36602-07948-9	T B
1512	Cherry honey	75g	12	2.63	31.60	C	0-36602-30172-6	T B
1515	Honey herb	75g	12	2.63	31.60	C	0-36602-30197-9	T B
1516	Honey lemon with echinacea	75g	12	2.63	31.60	C	0-36602-30190-0	T B
1518	Mixed berry with vitamin C	75g	12	2.63	31.60	C	0-36602-19201-0	T B

SAN-J

TAMARI

G	6117	Tamari "black label" - gluten free	296mL	6	2.55	15.30	C	0-75810-02126-2	B K
G	6118	Tamari "black label" - gluten free	592mL	6	4.17	25.00	C	0-75810-02136-1	B K
G	6121	Tamari "gold label" - organic, gluten free	296mL	6	3.99	23.94	C	0-75810-00126-4	O B K
G	6123	Tamari "gold label" - organic, gluten free	592mL	6	6.20	37.22	C	0-75810-00136-3	O B K
	6141	Organic shoyu "bronze label"	296mL	6	3.12	18.70	C	0-75810-04126-0	O B K

GLUTEN FREE LOW SODIUM TAMARI

G	6116	Soy sauce - 50% less sodium	296mL	6	3.53	21.20	C	0-75810-02426-3	B K
G	6124	Tamari low sodium "platinum label" - organic	296mL	6	4.67	28.02	C	0-75810-00426-5	O B K
G	6140	Tamari low sodium "platinum label" - organic	592mL	6	7.06	42.37	C	0-75810-00436-4	O B K
G	6126	Tamari low sodium "white label"	296mL	6	3.38	20.29	C	0-75810-02326-6	B K
G	6139	Tamari low sodium "white label"	592mL	6	5.39	32.32	C	0-75810-02336-5	B K

GLUTEN FREE SAUCES

G	6131	Hoisin sauce	296mL	6	3.53	21.20	C	0-75810-15026-9	B K
G	6128	Thai style peanut	296mL	6	3.53	21.20	C	0-75810-14026-0	B K
G	6130	Teriyaki sauce	296mL	6	3.53	21.20	C	0-75810-11226-7	B K
G	6132	Szechuan style sauce	296mL	6	3.53	21.20	C	0-75810-12026-2	B K

SICILIA

ORGANIC CULINARY JUICES

3510	Organic lemon juice with organic lemon oil	118mL	24	1.01	24.33	C	0-30849-00004-6	O B K
3511	Organic lime juice with organic lime oil	118mL	24	1.01	24.33	C	0-30849-00001-5	O B K

SIMPLY NATURAL

ORGANIC PASTA SAUCE

3300	Organic marinara pasta sauce	739mL	12	4.44	53.33	½	0-70974-41510-0	O B
3298	Organic marinara with red wine pasta sauce	739mL	12	4.44	53.33	½	0-70974-41522-3	O B
3301	Organic tomato & basil pasta sauce	739mL	12	4.44	53.33	½	0-70974-41512-4	O B
3302	Organic tomato & mushroom pasta sauce	739mL	12	4.44	53.33	½	0-70974-41514-8	O B
3303	Organic tomato & roasted garlic pasta sauce	739mL	12	4.44	53.33	½	0-70974-41516-2	O B
3304	Organic tomato & roasted peppers pasta sauce	739mL	12	4.44	53.33	½	0-70974-41518-6	O B
3299	Organic vodka cream pasta sauce	739mL	12	4.44	53.33	½	0-70974-41524-7	O B
3305	Organic spicy pasta sauce	739mL	12	4.44	53.33	½	0-70974-41520-9	O B

ORGANIC KETCHUP

3306	Organic ketchup	575mL	12	4.26	51.11	½	0-70974-41220-8	O B
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ORGANIC CONDIMENT

G	3310	Organic red sriracha - hot sauce	473mL	12	5.91	70.96	½	0-70974-00236-2	O B
G	3311	Organic green sriracha - hot sauce	473mL	12	5.91	70.96	½	0-70974-00237-9	O B

ORGANIC SALSA

3312	Organic mild salsa	470mL	12	3.40	40.78	½	0-70974-41350-2	O	B
3313	Organic medium salsa	470mL	12	3.40	40.78	½	0-70974-41352-6	O	B
3314	Organic pineapple salsa	470mL	12	3.40	40.78	½	0-70974-41354-0	O	B
3315	Organic mango salsa	470mL	12	3.40	40.78	½	0-70974-41356-4	O	B
3316	Organic black bean & corn salsa	470mL	12	3.69	44.23	½	0-70974-41358-8	O	B

ORGANIC SALAD DRESSINGS

G	3317	Organic sun dried tomatoes	354mL	12	3.31	39.77	½	0-70974-41010-5	O	B
G	3318	Organic balsamic	354mL	12	3.31	39.77	½	0-70974-41014-3	O	B
G	3319	Organic roasted garlic	354mL	12	3.31	39.77	½	0-70974-41016-7	O	B
G	3320	Organic Italian with roasted pepper	354mL	12	3.31	39.77	½	0-70974-41020-4	O	B
G	3321	Organic caesar	354mL	12	3.31	39.77	½	0-70974-41024-2	O	B
G	3322	Organic honey mustard	354mL	12	3.31	39.77	½	0-70974-41026-6	O	B
G	3323	Organic sesame ginger	354mL	12	3.31	39.77	½	0-70974-41028-0	O	B
G	3324	Organic raspberry	354mL	12	3.31	39.77	½	0-70974-41030-3	O	B
	3325	Organic goddess dressing	354mL	12	3.31	39.77	½	0-70974-41032-7	O	B
G	3326	Organic ranch dressing	354mL	12	3.31	39.77	½	0-70974-00115-0	O	B
G	3327	Organic roasted red pepper vinaigrette	354mL	12	3.31	39.77	½	0-70974-00116-7	O	B
G	3328	Organic miso ginger vinaigrette	354mL	12	3.31	39.77	½	0-70974-00230-0	O	B

SO DELICIOUS**FROZEN SOY DESSERTS**

	* 9149	Vanilla mini sandwiches	8x69mL	12	4.33	51.98	C	7-44473-22033-5	T	B	K
G	* 9160	Organic creamy vanilla	946mL	6	5.68	34.09	C	7-44473-24011-1	O	B	K
G	* 9161	Organic chocolate velvet	946mL	6	5.68	34.09	C	7-44473-24021-0	O	B	K

FROZEN COCONUT MILK NOVELTIES

	* 9135	Coconut sandwich minis	8x68mL	12	5.34	64.10	C	7-44473-27430-7	T	B	K
G	* 9137	Chocolate coated vanilla bar minis	4x68mL	12	4.47	53.68	C	7-44473-27411-6	T	B	K
G	* 9138	Coconut almond bar minis	4x68mL	12	4.47	53.68	C	7-44473-27412-3	T	B	K
G	* 9139	Mocha almond fudge bar minis	4x68mL	12	4.47	53.68	C	7-44473-00025-8	T	B	K

FROZEN COCONUT WHIPPED TOPPING

G	* 9116	Coconut whipped topping original	266mL	12	3.77	45.27	C	7-44473-29997-3	T	B	K
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FROZEN CASHEW BARS

G	* 9140	Cashew bars - dipped salted caramel	4x68mL	12	4.47	53.68	C	7-44473-00074-6	B	K
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FROZEN CASHEW DESSERTS

G	* 9107	Simply vanilla	500mL	8	4.99	39.95	C	7-44473-00066-1	B	K
G	* 9108	Creamy chocolate	500mL	8	4.99	39.95	C	7-44473-00067-8	B	K
G	* 9109	Cinnamon cookie dough	500mL	8	4.99	39.95	C	7-44473-00068-5	B	K
G	* 9110	Creamy cashew	500mL	8	4.99	39.95	C	7-44473-27611-0	B	K
G	* 9111	Salted caramel cluster	500mL	8	4.99	39.95	C	7-44473-27613-4	B	K
G	* 9112	Dark chocolatey truffle	500mL	8	4.99	39.95	C	7-44473-27621-9	B	K
G	* 9114	Chocolate banana flambé	500mL	8	4.99	39.95	C	7-44473-00091-3	B	K
G	* 9115	Peach maple pecan	500mL	8	4.99	39.95	C	7-44473-00092-0	B	K

FROZEN COCONUT MILK DESSERTS

G	* 9125	Vanilla bean	500mL	8	4.99	39.95	C	7-44473-27011-8	B	K
G	* 9126	Chocolate	500mL	8	4.99	39.95	C	7-44473-27021-7	B	K
G	* 9128	Cookie dough	500mL	8	4.99	39.95	C	7-44473-27046-0	B	K
G	* 9113	Cold brew coffee	500mL	8	4.99	39.95	C	7-44473-00090-6	B	K

**ORGANIC KAMUT NOODLES**

6392	Org kamut soba - 80% kamut, 20% buckwheat	230g	12	3.41	40.87	½	0-57443-30702-9	O	B	K
6393	Organic kamut udon - 100% kamut	230g	12	3.10	37.19	½	0-57443-30704-3	O	B	K
6394	Organic kamut somen - 100% kamut	230g	12	3.10	37.19	½	0-57443-30706-7	O	B	K
ORGANIC KAMUT NOODLES IN BULK										
6416	Org kamut soba - 80% kamut, 20% buckwheat	5Kg	1	54.94	54.94	U	0-57443-50702-3	O		K
6417	Organic kamut somen - 100% kamut	5Kg	1	47.63	47.63	U	0-57443-50706-1	O	B	
6418	Org kamut genmai udon-80% kamut, 20% brown rice	5Kg	1	53.13	53.13	U	0-57443-50707-8	O		
ORGANIC SPELT NOODLES										
6397	Org spelt soba - 80% spelt grain, 20% buckwheat	230g	12	4.26	51.06	½	0-57443-30902-3	O	B	K
6398	Organic spelt udon - 100% spelt grain	230g	12	3.90	46.79	½	0-57443-30904-7	O	B	K
ORGANIC NOODLES										
6405	Organic udon - 100% whole wheat	230g	12	3.06	36.76	½	0-57443-30204-8	O	B	K
6407	Organic soba - 30% buckwheat	230g	12	3.14	37.63	½	0-57443-30202-4	O	B	K
ORGANIC NOODLES IN BULK										
6411	Organic udon - 100% whole wheat	5Kg	1	56.13	56.13	U	0-57443-50204-2	O		K
6415	Organic soba - 30% buckwheat	5Kg	1	63.57	63.57	U	0-57443-50202-8	O		K
NATURAL NOODLES										
6408	Soba - 30% buckwheat	454g	12	4.72	56.59	½	0-57443-40101-7		B	K
6414	Natural udon	454g	12	4.72	56.65	½	0-57443-40102-4		B	K
NATURAL NOODLES IN BULK										
6413	Soba - 30% buckwheat	5Kg	1	46.28	46.28	U	0-57443-60101-1		B	K

SPECTRUM

COCONUT OILS

4708	Organic coconut oil	414mL	12	7.84	94.05	½	0-22506-97469-2	O	B	K
4710	Organic virgin coconut oil	857mL	6	15.73	94.37	C	0-22506-13564-2	O	B	K
4783	Coconut oil spray	170g	6	6.64	39.83	C	0-22506-06560-4		B	

CANOLA OILS

4751	Canola oil - organic	375mL	6	6.17	37.02	C	0-22506-47137-5	O	B	K
4752	Canola oil - organic	750mL	6	10.35	62.09	C	0-22506-47175-7	O	B	K
4701	Canola oil - refined, pressed without solvent	375mL	6	4.40	26.42	C	0-22506-41137-1		B	K
4702	Canola oil - refined, pressed without solvent	750mL	6	6.69	40.14	C	0-22506-41175-3		B	K
4781	High heat canola oil spray	170g	6	4.50	27.00	C	0-22506-26540-0		B	K

OLIVE OILS

4749	Extra-virgin olive oil - unrefined, organic	375mL	6	8.31	49.86	C	0-22506-72137-1	O	B	K
4750	Extra-virgin olive oil - unrefined, organic	750mL	6	13.80	82.82	C	0-22506-72175-3	O	B	K
4730	Extra-virgin olive oil - unrefined	375mL	6	7.35	44.08	C	0-22506-42337-5		B	K
4731	Extra-virgin olive oil - unrefined	750mL	6	12.29	73.74	C	0-22506-42375-7		B	K
4782	Extra virgin olive oil spray	170g	6	5.73	34.38	C	0-22506-26581-3		B	K
4765	Mediterranean olive oil, organic	1L	6	15.38	92.28	C	0-22506-02204-7	O		K

OTHER OILS

4707	Walnut oil	375mL	6	8.00	48.00	C	0-22506-41637-6		B	K
4709	Peanut oil - unrefined	375mL	6	7.35	44.08	C	0-22506-41301-6		B	K
4741	Safflower oil - refined, organic	375mL	6	7.35	44.08	C	0-22506-40337-6	O	B	K
4743	Sesame oil - unrefined, pressed without solvents	375mL	6	7.35	44.08	C	0-22506-40437-3		B	K
4763	Almond oil - refined, pressed without solvents	375mL	6	9.36	56.18	C	0-22506-41037-4		B	K

MAYONNAISE

4775	Organic mayonnaise	473mL	12	5.47	65.65	½	0-22506-20304-4	O	B	K
4776	Organic mayonnaise	946mL	12	8.17	98.03	½	0-22506-20305-1	O	B	K

ORGANIC VINEGARS

4778	Organic red wine vinegar	500mL	6	6.49	38.91	C	0-22506-25150-2	O		
4779	Organic white wine vinegar	500mL	6	6.49	38.91	C	0-22506-25155-7	O		
4784	Organic balsamic wine vinegar	500mL	6	6.49	38.91	C	0-22506-25275-2	O		B

G

G

STARLITE

FROZEN VEGAN TAQUITOS

G	*	9460	Vegan taquitos - beef flavor	298g	6	5.88	35.28	C	0-37427-50720-1	B
G	*	9461	Vegan taquitos - chicken flavor	298g	6	5.88	35.28	C	0-37427-50721-8	B
G	*	9462	Vegan taquitos - chorizo & black bean flavor	298g	6	5.88	35.28	C	0-37427-50722-5	B

FROZEN VEGAN ROLLED TACOS

*	9463	Vegan rolled tacos - santa fe chicken flavor	340g	6	5.88	35.28	C	0-37427-50740-9	B
*	9464	Vegan rolled tacos - garlic chicken flavor	340g	6	5.88	35.28	C	0-37427-50741-6	B
*	9465	Vegan rolled tacos - chipotle chicken flavor	340g	6	5.88	35.28	C	0-37427-50743-0	B

FROZEN VEGAN ENCHILADAS

G	*	9466	Vegan enchiladas Verdes - green sauce	255g	6	5.73	34.38	C	0-37427-30750-4	B
G	*	9467	Vegan enchiladas Rojas - red sauce	255g	6	5.73	34.38	C	0-37427-30751-1	B
G	*	9468	Vegan enchiladas Suizas - cream sauce	255g	6	5.73	34.38	C	0-37427-30752-8	B
G	*	9469	Vegan enchiladas de Queso - bean & cheese	255g	6	5.73	34.38	C	0-37427-30753-5	B

SWEETCANE

ORGANIC MOLASSES

	7363	Organic barbados molasses	500g	12	4.65	55.75	½	0-59443-21326-7	O	B K
G	7364	Organic blackstrap molasses	500g	12	4.65	55.75	½	0-59443-21321-8	O	B K

ORGANIC HONEY

G	7366	Organic raw honey (creamed)	500g	12	9.38	112.50	½	0-59443-21302-7	O	B K
	7367	Organic honey	500g	12	9.38	112.50	½	0-59443-21301-0	O	B K

TAIKOO

SUGAR

	4256	Raw brown sugar cubes	454g	12	3.31	39.67	½	4-899888-00007-5	B
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TAJ MAHAL

INDIAN MEALS - VEGAN

	7250	Spinach dal	285g	6	2.54	15.23	C	0-59443-60001-8
	7251	Baingan bharta - eggplant	285g	6	2.54	15.23	C	0-59443-60002-5
	7252	Dal tadka - lentils, onions	285g	6	2.54	15.23	C	0-59443-60003-2
	7253	Chana masala - chickpeas	285g	6	2.54	15.23	C	0-59443-60006-3
	7254	Aloo matar - potato & green pea	285g	6	2.54	15.23	C	0-59443-60008-7
	7255	Pav bhaji - mashed vegetables in sauce	285g	6	2.54	15.23	C	0-59443-60009-4

INDIAN MEALS - DAIRY FREE

	7256	Palak paneer - spinach & cottage cheese	285g	6	2.54	15.23	C	0-59443-60004-9
	7257	Matar paneer - peas & cottage cheese	285g	6	2.54	15.23	C	0-59443-60005-6
	7258	Dal makhani - black gram in hot butter sauce	285g	6	2.54	15.23	C	0-59443-60007-0
	7259	Navratan korma - mixed vegetables & cottage cheese	285g	6	2.54	15.23	C	0-59443-60010-0

TASTE ADVENTURE

INSTANT REFRIED BEANS

	5810	Organic black bean	170g	6	4.55	27.28	C	0-32445-00632-3	O	B
G	5811	Organic pinto bean	170g	6	4.55	27.28	C	0-32445-00631-6	O	B

ORGANIC SOUPS - CUP

G	5815	Organic black bean soup	71g	6	2.77	16.60	C	0-32445-02611-6	O	B
G	5816	Organic curry lentil soup	71g	6	2.77	16.60	C	0-32445-02612-3	O	B
G	5817	Organic split pea soup	71g	6	2.77	16.60	C	0-32445-02610-9	O	B
G	5818	Organic golden pea soup	71g	6	2.77	16.60	C	0-32445-02613-0	O	B

G	5819	Organic sweet corn chowder BULK	57g	6	2.77	16.60	C	0-32445-02614-7	O	B
G	5847	Organic black bean soup	10lbs	1	93.07	93.07	U	0-32445-00641-5	O	
G	5848	Organic split pea soup	10lbs	1	93.07	93.07	U	0-32445-00640-8	O	
G	5849	Organic refried pinto beans	10lbs	1	93.07	93.07	U	0-32445-00644-6	O	

TASTE NIRVANA

COCONUT WATER - 280ML

3570	Real coconut water - glass bottle	280mL	12	1.96	23.50	C	0-11259-80686-2	B
3571	Real coconut water with pulp - glass bottle	280mL	12	1.96	23.50	C	0-11259-80688-6	B
3572	Real coco aloe - glass bottle	280mL	12	1.96	23.50	C	0-11259-80113-3	B

COCONUT WATER - 700ML

3573	Real coconut water - glass bottle	700mL	6	3.70	22.17	C	0-11259-90424-7	B
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THE WIZARD'S

SAUCES

9815	Original hot stuff spicy sauce	147mL	12	4.76	57.14	½	0-11206-00405-1	
9816	Worcestershire sauce	147mL	12	4.31	51.75	½	0-11206-00408-2	B
9820	Vegetarian worcestershire sauce	295mL	12	6.28	75.38	½	0-11206-00418-1	B
G 9813	Organic wheat free vegan worcestershire	251mL	12	6.19	74.33	½	0-11206-00419-8	O

TINKYADA

ORGANIC BROWN RICE PASTA

G 5439	Organic brown rice elbows	340g	12	2.77	33.24	½	6-21683-01055-3	O	B	K
G 5440	Organic brown rice lasagna	280g	12	2.98	35.80	½	6-21683-01135-2	O	B	K
G 5444	Organic brown rice spaghetti	340g	12	2.76	33.16	½	6-21683-02015-6	O	B	K
G 5445	Organic brown rice spirals	340g	12	2.78	33.38	½	6-21683-02125-2	O	B	K
G 5446	Organic brown rice penne	340g	12	2.77	33.24	½	6-21683-02115-3	O	B	K

BROWN RICE & WHITE RICE PASTA

G 5451	Brown rice shells	454g	12	2.51	30.06	½	6-21683-92075-3	B	K
G 5442	Spinach brown rice spaghetti	340g	12	2.76	33.16	½	6-21683-62015-8	B	K
G 5447	Brown rice spaghetti	454g	12	2.49	29.84	½	6-21683-92015-9	B	K
G 5449	White rice spaghetti	454g	12	2.49	29.84	½	6-21683-52015-1	B	K
G 5443	Vegetables brown rice spirals	340g	12	2.78	33.38	½	6-21683-72125-1	B	K
G 5450	Brown rice spirals	454g	12	2.51	30.06	½	6-21683-92125-5	B	K
G 5438	Brown rice little dreams	397g	12	2.48	29.81	½	6-21683-91145-4	B	K
G 5441	Brown rice lasagna	280g	12	2.79	33.49	½	6-21683-92135-4	B	K
G 5448	Brown rice fettucini	397g	12	2.49	29.84	½	6-21683-92025-8	B	K
G 5452	Brown rice penne	454g	12	2.48	29.81	½	6-21683-92115-6	B	K
G 5453	Brown rice elbows	454g	12	2.48	29.81	½	6-21683-92055-5	B	K
G 5454	Brown rice fusilli	454g	12	2.51	30.06	½	6-21683-92065-4	B	K

BROWN RICE PASTA IN BULK

G 5455	Brown rice spaghetti	10lbs	1	21.43	21.43	U	6-21683-92014-2	B	K
G 5456	Brown rice spirals	10lbs	1	21.65	21.65	U	6-21683-92124-8	B	K
G 5457	Brown rice shells	10lbs	1	21.65	21.65	U	6-21683-92074-6	B	K
G 5458	Brown rice penne	10lbs	1	21.51	21.51	U	6-21683-92114-9	B	K
G 5459	Brown rice elbows	10lbs	1	21.51	21.51	U	6-21683-92054-8	B	K
G 5461	Brown rice fettucini	10lbs	1	24.42	24.42	U	6-21683-92024-1	B	K
G 5462	Brown rice lasagna	10lbs	1	33.17	33.17	U	6-21683-92134-7	B	K

TOM'S OF MAINE

TOOTHPASTE

2731	Wicked cool! Mild mint fluoride free	90mL	6	4.42	26.52	C	0-77326-83334-6	T	B
2732	Strawberry children's toothpaste, fluoride free	85mL	6	4.42	26.52	C	0-77326-83222-6	T	B
2733	Peppermint wholecare plus whitening	85mL	6	4.50	27.00	C	0-77326-83003-1	T	B
2738	Peppermint, fluoride-free plus whitening	85mL	6	4.88	29.28	C	0-77326-15940-8	T	B
2734	Spearmint, fluoride-free	85mL	6	4.50	27.00	C	0-77326-10140-7	T	B
2737	Spearmint, anticavity with fluoride	85mL	6	4.50	27.00	C	0-07326-11640-1	T	B
2735	Fennel, fluoride-free	85mL	6	4.50	27.00	C	0-77326-10240-4	T	B
2740	Strength sensitive with fluoride	85mL	6	4.88	29.28	C	0-77326-83005-5	T	B
2741	Toddler training toothpaste-mild fruit, no fluoride	38mL	6	3.92	23.52	C	0-77326-44978-3	T	B
2742	Rapid relief sensitive, fluoride free	76mL	6	5.38	32.28	C	0-77326-45556-2	T	B
MOUTHWASH									
2745	Wicked fresh! Cool mountain mint	473mL	6	6.33	37.95	C	0-77326-83417-6	T	B
DEODORANTS									
2753	Long lasting wide stick mountain spring	64g	6	6.31	37.87	C	0-77326-83230-1	T	B
2755	Long lasting wild lavender	64g	6	6.31	37.87	C	0-77326-44462-7	T	B
2756	Long lasting beautiful earth	64g	6	6.31	37.87	C	0-77326-83132-8	T	B
2757	Long lasting lemongrass stick	64g	6	6.31	37.87	C	0-77326-61325-2	T	B
2758	Long lasting unscented natural stick	64g	6	6.31	37.87	C	0-77326-83131-1	T	B
2759	Long lasting honeysuckle rose natural stick	64g	6	6.31	37.87	C	0-77326-83151-9	T	B
2760	Long lasting calendula natural stick	64g	6	6.31	37.87	C	0-77326-83150-2	T	B

TRADITION MISO

ORGANIC MISO

<u>*</u>	6210	Organic brown rice miso	450g	12	9.46	113.52	½	8-12139-00001-7	O	B
<u>*</u>	6212	Organic mellow brown rice miso	450g	12	9.46	113.52	½	8-12139-00003-1	O	B
<u>*</u>	6211	Organic barley miso	450g	12	9.46	113.52	½	8-12139-00002-4	O	B
<u>*</u>	6213	Organic chick pea miso - soy free	450g	12	9.87	118.38	½	8-12139-00004-8	O	B

TRADITIONAL MEDICINALS

ORGANIC SEASONAL TEAS

8419	Echinacea plus - elderberry	30g	6	4.05	24.31	C	0-32917-10154-9	O	B	K
8442	Echinacea plus	30g	6	4.05	24.31	C	0-32917-00076-7	O	B	K
8423	Throat coat lemon - echinacea	40g	6	4.05	24.31	C	0-32917-10159-4	O	B	K
8455	Throat coat	40g	6	4.05	24.31	C	0-32917-10172-3	O	B	K

SEASONAL TEAS

8450	Breathe easy	30g	6	4.05	24.31	C	0-32917-10160-0		B	K
8451	Cold formula	34g	6	4.05	24.31	C	0-32917-10161-7		B	K

ORGANIC HERBAL TEAS

8415	Licorice root	30g	6	4.05	24.31	C	0-32917-10180-8	O	B	K
8416	Nettle leaf	40g	6	4.05	24.31	C	0-32917-10181-5	O	B	K
8418	Ginger with chamomile	30g	6	4.05	24.31	C	0-32917-10151-8	O	B	K
8433	Ginger	30g	6	4.05	24.31	C	0-32917-10173-0	O	B	K
8421	Fennel	40g	6	4.05	24.31	C	0-32917-10194-5	O	B	K
8425	Hibiscus	35g	6	4.05	24.31	C	0-32917-10195-2	O	B	K
8426	Lemon balm	30g	6	4.05	24.31	C	0-32917-10191-4	O	B	K
8443	Chamomile	26g	6	4.05	24.31	C	0-32917-10056-6	O	B	K
8432	Chamomile with lavender	30g	6	4.05	24.31	C	0-32917-10179-2	O	B	K
8439	Raspberry leaf	35g	6	4.05	24.31	C	0-32917-00079-8	O	B	K
8440	Roasted dandelion root	30g	6	4.05	24.31	C	0-32917-10175-4	O	B	K
8430	Dandelion leaf & root	30g	6	4.05	24.31	C	0-32917-10198-3	O	B	K
8444	Peppermint	30g	6	4.05	24.31	C	0-32917-10052-8	O	B	K

8448	Spearmint	30g	6	4.05	24.31	C	0-32917-10174-7	O	B	K
ORGANIC TONIC TEAS										
8436	Heart tea - hawthorn hibiscus	40g	6	4.05	24.31	C	0-32917-10185-3	O	B	K
ORGANIC LAXATIVE TEAS										
8422	Smooth move - peppermint	40g	6	4.05	24.31	C	0-32917-10189-1	O	B	K
8417	Smooth move - chamomile	40g	6	4.05	24.31	C	0-32917-10188-4	O	B	K
8453	Smooth move	40g	6	4.05	24.31	C	0-32917-10167-9	O	B	K
ORGANIC GREEN TEAS										
8420	Green tea ginger	26g	6	4.05	24.31	C	0-32917-10088-7	O	B	K
8441	Green tea lemongrass	30g	6	4.05	24.31	C	0-32917-00078-1	O	B	K
8435	Green tea peppermint	30g	6	4.05	24.31	C	0-32917-10201-0	O	B	K
ORGANIC RELAXATION TEAS										
8427	Nighty night - valerian	30g	6	4.05	24.31	C	0-32917-10193-8	O	B	K
8456	Nighty night	35g	6	4.05	24.31	C	0-32917-10168-6	O	B	K
8449	Cup of calm	30g	6	4.05	24.31	C	0-32917-10163-1	O	B	K
8429	Stress soother - cinnamon	30g	6	4.05	24.31	C	0-32917-10208-9	O	B	K
8437	Tulsi with ginger	40g	6	4.05	24.31	C	0-32917-10209-6	O	B	K
ORGANIC DIGESTIVE TEAS										
8431	Ginger aid	40g	6	4.05	24.31	C	0-32917-10165-5	O	B	K
8457	Eater's digest - peppermint	35g	6	4.05	24.31	C	0-32917-10164-8	O	B	K
ORGANIC WOMEN'S TEAS										
8434	Mother's milk	35g	6	4.05	24.31	C	0-32917-10196-9	O	B	K
8452	Weightless - dandelion hibiscus	30g	6	4.05	24.31	C	0-32917-10166-2	O	B	K
ORGANIC DETOX TEAS										
8428	Everyday detox - dandelion	30g	6	4.05	24.31	C	0-32917-10197-6	O	B	K
8447	Everyday detox - lemon	30g	6	4.05	24.31	C	0-32917-10187-7	O	B	K
DISPLAYS										
8424	Best seller display	48un	48	4.05	194.48	C	0-32917-00121-4	O	B	K
8438	Organic top 4 display	48un	48	4.05	194.48	C	0-32917-01084-1	O	B	K
8446	Organic fair trade display	48un	48	4.05	194.48	C	0-32917-01061-2	O	B	K
8458	Seasonal cold care display	48un	48	4.05	194.48	C	0-32917-00133-7		B	K
8459	Organic single herb display	48un	48	4.05	194.48	C	0-32917-00134-4	O	B	K
8460	Organic smooth move® & detox® display	48un	48	4.05	194.48	C	0-32917-00131-3	O	B	K

UDI'S

GLUTEN FREE LOAF

G	**	7428	Classic french dinner rolls 8ct	210g	8	4.69	37.52	C	6-98997-80744-5	B	K
G	**	7429	French baguette 2ct	240g	6	4.69	28.14	C	6-98997-80698-1	B	K
G	**	7430	White sandwich loaf	340g	8	4.28	34.23	C	6-98997-80910-4	B	K
G	**	7431	Whole grain loaf	340g	8	4.28	34.23	C	6-98997-80916-6	B	K
G	**	7432	Cinnamon raisin loaf	340g	8	4.28	34.23	C	6-98997-80925-8	B	K
G	**	7433	Millet-chia loaf	406g	8	4.42	35.32	C	6-98997-80994-4	B	K
G	**	7434	Omega-3 flax & fiber loaf	406g	8	4.42	35.32	C	6-98997-80996-8	B	K

GLUTEN FREE MUFFINS

G	**	7438	Double chocolate muffins	340g	6	4.82	28.93	C	6-98997-80937-1	T	B	K
G	**	7437	Blueberry muffins	340g	6	4.82	28.93	C	6-98997-80931-9	T	B	K

GLUTEN FREE BUNS

G	**	7442	Classic hamburger buns	296g	8	3.42	27.36	C	6-98997-80913-5	B	K
G	**	7443	Whole grain hamburger buns	308g	8	3.42	27.36	C	6-98997-80984-5	B	K
G	**	7444	Classic hot dog buns	408g	6	4.68	28.07	C	6-98997-80932-6	B	K

GLUTEN FREE BAGELS

G	**	7447	Plain bagel	396g	8	4.52	36.17	C	6-98997-80954-8	B	K
G	**	7448	Whole grain bagel	397g	8	4.52	36.17	C	6-98997-80964-7	B	K

G	*	7449	<i>Cinnamon raisin bagel</i>	397g	8	4.52	36.17	C	6-98997-80957-9	B	K
GLUTEN FREE SOFT-BAKED COOKIES											
G		7483	<i>Maple pecan chocolate chip</i>	260g	6	4.56	27.35	C	6-98997-80773-5	B	K
G		7484	<i>Salted caramel cashew</i>	260g	6	4.56	27.35	C	6-98997-80774-2	B	K
G		7485	<i>Peanut butter coconut</i>	260g	6	4.56	27.35	C	6-98997-80775-9	B	K
GLUTEN FREE PIZZA CRUSTS											
G	*	7457	<i>Pizza 9" crust</i>	224g	8	4.07	32.55	C	6-98997-80917-3	B	K
GLUTEN FREE PIZZA											
G	*	7458	<i>Three cheese pizza</i>	284g	6	5.77	34.64	C	6-98997-80624-0	B	K
G	*	7459	<i>Margherita pizza</i>	284g	6	5.77	34.64	C	6-98997-80625-7	B	K
GLUTEN FREE TORTILLA											
G	*	7469	<i>9" plain tortilla 6ct</i>	432g	10	4.67	46.71	C	6-98997-80717-9	B	K

URBANI

APPETIZERS - ARANCINI RISOTTO BALLS

*	9480	<i>Mozzarella</i>	280g	8	3.65	29.19	C	8-51335-00030-8	B
*	9481	<i>Italian - Italian sausage & mozzarella</i>	280g	8	3.65	29.19	C	8-51335-00031-5	B
*	9482	<i>Marinara - tomato sauce, peas & mozzarella</i>	280g	8	3.65	29.19	C	8-51335-00033-9	B
*	9483	<i>Porcini - wild mushroom & cream cheese</i>	280g	8	3.65	29.19	C	8-51335-00034-6	B

VEGETARIAN GOURMET

ARTISAN VEGAN BURGERS - GLUTEN FREE

G	*	9430	<i>Quinoa & chickpea burgers- gluten free</i>	4x100g	12	5.61	67.26	½	6-27843-51737-5	B
G	*	9431	<i>Mexican spicy 3-bean burgers - gluten free</i>	4x100g	12	5.61	67.26	½	6-27843-51739-9	B
G	*	9432	<i>Lentil & walnut burgers - gluten free</i>	4x100g	12	5.61	67.26	½	6-27843-51741-2	B
G	*	9433	<i>Sweet potato & black bean burgers - gluten free</i>	4x100g	12	5.61	67.26	½	6-27843-51743-6	B

VORTEX 9.5 PH

GLACIAL ALKALINE WATER

4180	<i>Vortex 9.5</i>	500mL	24	1.22	29.35	C	6-61431-10050-1	B	K
4182	<i>Vortex 9.5</i>	1.5L	12	2.14	25.73	C	6-61431-10150-8	B	K

WESTERN RICE MILLS

ORGANIC RICE

G	5255	<i>Organic long grain brown rice</i>	907g	6	5.11	30.65	C	0-61052-50630-8	O	B	K
G	5256	<i>Organic short grain brown rice</i>	907g	6	4.84	29.03	C	0-61052-50629-2	O	B	K
G	5257	<i>Organic brown jasmine rice</i>	907g	6	5.24	31.46	C	0-61052-40719-3	O	B	K
G	5258	<i>Organic white jasmine rice</i>	907g	6	6.06	36.33	C	0-61052-40720-9	O	B	K

WHOLE SOME SWEETENERS

ORGANIC FROSTING

8983	<i>Organic vanilla frosting</i>	354g	6	5.75	34.48	C	0-12511-87133-8	O	B	K
8984	<i>Organic chocolate frosting</i>	354g	6	5.75	34.48	C	0-12511-87131-4	O	B	K

ORGANIC AGAVE

8972	<i>Organic blue agave</i>	240mL	6	5.64	33.86	C	0-12511-47121-7	O	B	K
8973	<i>Organic blue agave</i>	480mL	6	8.24	49.44	C	0-12511-47231-3	O	B	K
8980	<i>Organic blue agave</i>	900mL	6	13.34	80.02	C	0-12511-47441-6	O	B	K
8974	<i>Organic blue agave - raw</i>	240mL	6	5.64	33.86	C	0-12511-47312-9	O	B	K

8975	Organic blue agave - raw	480mL	6	8.24	49.44	C	0-12511-47323-5	O	B	K
8981	Organic blue agave - raw	900mL	6	13.34	80.02	C	0-12511-47644-1	O	B	K
ORGANIC BLACKSTRAP MOLASSES										
8960	Organic blackstrap molasses unsulphured	662g	12	5.83	69.90	½	0-12511-60000-6	O	B	K
8961	Organic blackstrap molasses unsulphured	1.13kg	6	8.36	50.17	C	0-12511-70000-3	O	B	K
SUGAR										
8968	Organic sugar	454g	6	4.05	24.30	C	0-12511-47031-9	O	B	K
8969	Organic sugar	907g	6	6.33	38.00	C	0-12511-47632-8	O	B	K
8966	Organic icing sugar	454g	6	4.85	29.08	C	0-12511-32004-1	O	B	K
8962	Fair trade raw cane sugar	680g	6	5.30	31.81	C	0-12511-47071-5		B	K
8970	Organic light brown sugar	680g	6	5.46	32.76	C	0-12511-44641-3	O	B	K
8971	Organic dark brown sugar	680g	6	5.46	32.76	C	0-12511-44652-9	O	B	K
8964	Organic sucanat	907g	6	7.60	45.58	C	0-12511-30500-0	O	B	K
8965	Fair trade organic turbinado raw cane sugar	680g	6	5.79	34.71	C	0-12511-44471-6	O	B	K
ORGANIC COCONUT PALM SUGAR										
8976	Organic coconut palm sugar	454g	6	6.07	36.42	C	0-12511-97106-9	O	B	K
ORGANIC STEVIA										
8987	Organic stevia - 35 packets	35x1g	6	4.26	25.58	C	0-12511-97635-4	O	B	K
8988	Organic stevia - 75 packets	75x1g	6	5.81	34.83	C	0-12511-97675-0	O	B	K
ORGANIC SUGAR & STEVIA EXTRACT BLEND										
8989	Organic sweet & lite	567g	6	8.11	48.63	C	0-12511-49725-5	O	B	K

XYLA

NATURAL SUGAR

G	4200	Xylitol	454g	6	8.29	49.75	C	8-75002-00003-3		B	K
G	4201	Xylitol	908g	6	16.47	98.82	C	8-75002-00007-1		B	K
G	4202	Xylitol - 50 packets	50x4g	6	5.33	31.95	C	8-75002-00004-0		B	K

ORGANIC COCONUT PALM SUGAR

4204	Organic coconut palm sugar	454g	6	4.98	29.88	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	17.73	17.73	U	8-75004-00011-6	O	B	K
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NATURAL SUGAR IN BULK

G	4205	Xylitol natural sugar	5lb	1	32.45	32.45	U	8-75002-00088-0		B	K
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XYLITOL GUM

7040	Cinnamon	12pcs	12	1.17	14.03	C	8-75002-00123-8		T	B
7042	Peppermint	12pcs	12	1.17	14.03	C	8-75002-00125-2		T	B
7043	Spearmint	12pcs	12	1.17	14.03	C	8-75002-00124-5		T	B

XYLITOL MINTS

G	7050	Cocoa	100ct	6	2.85	17.07	C	8-75002-00018-7		T	B
G	7054	Peppermint	100ct	6	2.85	17.07	C	8-75002-00020-0		T	B
G	7055	Wintermint	100ct	6	2.85	17.07	C	8-75002-00019-4		T	B

XYLITOL CANDIES

G	7051	Fruit punch	100ct	6	2.85	17.07	C	8-75002-00015-6		T	B
G	7052	Lemon lime	100ct	6	2.85	17.07	C	8-75002-00017-0		T	B
G	7053	Licorice	100ct	6	2.85	17.07	C	8-75002-00011-8		T	B
G	7060	Cherry blast candies	100ct	6	2.85	17.07	C	8-75002-00014-9		T	B
G	7061	Citrus sky candies	100ct	6	2.85	17.07	C	8-75002-00016-3		T	B
G	7062	Grape blizzard candies	100ct	6	2.85	17.07	C	8-75002-00012-5		T	B
G	7063	Key lime candies	100ct	6	2.85	17.07	C	8-75002-00013-2		T	B
G	7064	Raspberry dance candies	100ct	6	2.85	17.07	C	8-75002-00032-3		T	B
G	7065	Watermelon splash candies	100ct	6	2.85	17.07	C	8-75002-00033-0		T	B

YOGI TEA

FUNCTIONAL TEA

9861	Roasted dandelion spiced detox - organic	36g	6	4.48	26.86	C	0-76950-20572-7	O	B	K
9862	Tulsi spiced berry cough & cold relief - organic	36g	6	4.48	26.86	C	0-76950-20571-0	O	B	K
9855	Restful sleep	32g	6	4.48	26.86	C	0-76950-20348-8		B	K
9856	Calming tea	29g	6	4.48	26.86	C	0-76950-20347-1		B	K
9857	Honey lemon throat comfort	32g	6	4.48	26.86	C	0-76950-20350-1		B	K
9859	Lemon DeTox	29g	6	4.48	26.86	C	0-76950-20346-4		B	K
9865	Green tea citrus slim	32g	6	4.48	26.86	C	0-76950-20351-8		B	K
9873	Organic Original Yogi Tea®	36g	6	4.48	26.86	C	0-76950-20642-7	O	B	K

ORGANIC HERBAL TEA

9853	Organic lemon ginger	36g	6	4.48	26.86	C	0-76950-65017-6	O	B	K
9854	Organic ginger tea	32g	6	4.48	26.86	C	0-76950-65011-4	O	B	K

ORGANIC GREEN TEA

9851	Organic green tea with triple echinacea	32g	6	4.48	26.86	C	0-76950-65026-8	O	B	K
9852	Organic green tea with kombucha	32g	6	4.48	26.86	C	0-76950-65021-3	O	B	K
9868	Organic decaf green kombucha	32g	6	4.48	26.86	C	0-76950-65037-4	O	B	K
9870	Organic simply decaf green	31g	6	4.48	26.86	C	0-76950-65041-1	O	B	K
9871	Organic pure green tea	31g	6	4.48	26.86	C	0-76950-65042-8	O	B	K

ORGANIC HERBAL SPICE TEA

9860	Organic egyptian licorice	36g	6	4.48	26.86	C	0-76950-61516-8	O	B	K
9874	Organic egyptian licorice mint	32g	6	4.48	26.86	C	0-76950-61527-4	O	B	K
9883	Organic chai rooibos tea	36g	6	4.48	26.86	C	0-76950-61533-5	O	B	K

YORKSHIRE VALLEY FARMS

ORGANIC BREADED CHICKEN

* 8769	Organic chicken nuggets	454g	12	8.13	97.50	½	7-32352-13585-6	O	B
* 8770	Organic chicken fillets	480g	12	10.99	131.85	½	7-32352-13586-3	O	B

YUM

NUT BUTTER

4311	Regular peanut butter - smooth	500g	12	2.72	32.64	½	0-56664-01311-5		B	K
4312	Regular peanut butter - crunchy	500g	12	2.72	32.64	½	0-56664-01322-1		B	K
4342	Organic peanut butter - smooth	500g	12	3.88	46.53	½	0-56664-81311-1	O	B	K
4341	Organic peanut butter - crunchy	500g	12	3.88	46.53	½	0-56664-81322-7	O	B	K
4331	Smooth almond butter	500g	12	12.56	150.70	½	0-56664-03107-2		B	K
4336	Tahini	500g	12	4.57	54.87	½	0-56664-02205-6		B	K

NOTES
