



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$/U	\$/C			

 **KOYO**

**NATURAL RICE CAKES**

0101	Original ~ unsalted	150g	12	1.91	22.96	C	0-65493-00001-2	G	K
0102	Original ~ salted	150g	12	1.91	22.96	C	0-65493-00002-9	G	K
0103	Buckwheat ~ unsalted	150g	12	1.91	22.96	C	0-65493-00003-6	G	K
0104	Buckwheat ~ salted	150g	12	1.91	22.96	C	0-65493-00004-3	G	K
0111	Multigrain ~ unsalted	150g	12	1.91	22.96	C	0-65493-00011-1	G	K
0112	Multigrain ~ salted	150g	12	1.91	22.96	C	0-65493-00021-0	G	K

**MACROBIOTIC RICE CAKES**

0114	Nori seaweed ~ unsalted	150g	12	1.91	22.96	C	0-65493-00006-7	G	
0115	Dulse seaweed ~ unsalted	150g	12	1.91	22.96	C	0-65493-00018-0	G	

**ORGANIC RICE CAKES**

0117	Original ~ unsalted	150g	12	2.19	26.28	C	0-65493-00007-4	G	O	K
0118	Original ~ salted	150g	12	2.19	26.28	C	0-65493-00008-1	G	O	K
0119	Buckwheat ~ unsalted	150g	12	2.19	26.28	C	0-65493-00012-8	G	O	K
0120	Buckwheat ~ salted	150g	12	2.19	26.28	C	0-65493-00013-5	G	O	K
0121	Millet ~ unsalted	150g	12	2.19	26.28	C	0-65493-00014-2	G	O	K
0122	Millet ~ salted	150g	12	2.19	26.28	C	0-65493-00015-9	G	O	K
0125	Mixed grain ~ unsalted	150g	12	2.19	26.28	C	0-65493-00125-5	G	O	K
0126	Mixed grain ~ salted	150g	12	2.19	26.28	C	0-65493-00126-2	G	O	K

**TAMARI ~ SELECT**

6101	Authentic ~ black label	150mL	12	2.03	24.40	½	0-65493-01015-8		K
6102	Authentic ~ black label	475mL	12	5.35	64.20	½	0-65493-01011-0		K
6103	Authentic ~ black label	950mL	12	8.39	100.70	½	0-65493-01012-7		K
6105	Organic ~ black label	295mL	12	3.90	46.76	½	0-65493-06105-1	O	K
6109	Organic ~ black label	475mL	12	6.35	76.14	½	0-65493-01020-2	O	K

**TAMARI ~ SELECT IN BULK**

**NEW  
NEW**

6104	Authentic ~ black label	4L	1	32.94	32.94	U	0-65493-06104-4		K
6110	Organic ~ black label	4L	1	41.33	41.33	U	0-65493-06110-5	O	K

**TAMARI**

6001	Classic ~ purple label	150mL	12	1.69	20.28	½	0-65493-06001-6		K
6002	Classic ~ purple label	475mL	12	4.28	51.33	½	0-65493-06002-3		K
6003	Classic ~ purple label	950mL	12	6.25	74.97	½	0-65493-06003-0		K
6005	Organic wheat-free ~ green label	475mL	12	6.17	74.03	½	0-65493-06005-4	O	K
6006	Organic wheat-free ~ green label	950mL	12	10.03	120.38	½	0-65493-06006-1	O	K
6008	Organic ~ blue label	475mL	12	5.03	60.34	½	0-65493-06008-5	O	K
6009	Organic ~ blue label	950mL	12	7.75	92.98	½	0-65493-06009-2	O	K

**MISO**

6150	Mame ~ soybean	300g	12	4.79	57.48	½	0-65493-06150-1		K
6173	Hatcho ~ unpasteurized soybean	300g	12	5.87	70.44	½	0-65493-06173-0		K

**ORGANIC MISO**

6160	Genmai ~ soybean & brown rice	300g	6	7.91	47.46	C	0-65493-06160-0	O	K
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	6161	Shiro ~ soybean & white rice <b>MITOKU ~ INSTANT MISO SOUP</b>	300g	6	7.91	47.46	C	0-65493-06161-7	O K
	6193	Red miso with wakame	40g	6	4.27	25.59	C	0-21009-11730-8	
	6194	Mellow white with tofu <b>DRIED SEAWEEDS</b>	40g	6	4.56	27.33	C	0-21009-11728-5	
	6256	Arame	50g	10	12.37	123.70	½	0-65493-06252-2	K
	6272	Wakame	50g	10	9.56	95.60	½	0-65493-06260-7	
	6276	Kombu	50g	10	6.97	69.70	½	0-65493-06276-8	
	6296	Kombu seaweed salad	12g	6	5.87	35.22	C	0-65493-06296-6	
	6260	Nori ~ 10 sheets	25g	6	5.76	34.56	C	0-65493-06272-0	
	6360	Sushi nori ~ 7 sheets <b>AGAR-AGAR</b>	15g	12	6.49	77.91	½	0-65493-06360-4	
	6263	Flakes	28g	10	8.04	80.40	½	0-65493-06263-8	
	6267	Bars ~ 2 bars <b>AGAR-AGAR <u>IN BULK</u></b>	15g	10	6.25	62.50	½	0-65493-06267-6	
	6264	Flakes <b>DRIED SEAWEEDS <u>IN BULK</u></b>	910g	1	204.84	204.84	U	N/A	
	6361	Sushi nori ~ 50 sheets <b>MITOKU ~ DRIED SEAWEEDS</b>	190g	1	35.57	35.57	U	0-65493-06361-1	
	6285	Kizami nori ~ fine cut nori	10g	10	5.30	53.00	½	0-21009-13013-0	
	6287	Sushi nori ~ 7 roasted sheets	17g	12	5.71	68.52	½	0-21009-13022-2	
	6289	Ao-nori flakes	20g	20	3.96	79.20	½	0-21009-12910-3	
	6290	Nori strips ~ spicy <b>MITOKU ~ DRIED SEAWEEDS <u>IN BULK</u></b>	13.5g	10	4.80	48.00	½	0-21009-13003-1	
	6257	Arame	1Kg	1	134.28	134.28	U	0-21009-12301-9	K
	6279	Kombu	1Kg	1	75.67	75.67	U	0-21009-13511-1	K
	6294	Sushi nori ~ 50 roasted sheets <b>ORGANIC NOODLES</b>	190g	1	32.04	32.04	U	0-21009-13017-8	
	6420	Fine udon	227g	12	3.82	45.80	½	8-13551-00102-6	O
	6421	Round udon	227g	12	3.82	45.80	½	8-13551-00103-3	O
	6423	Soba	227g	12	3.82	45.80	½	8-13551-00110-1	O
	6424	Udon	227g	12	3.82	45.80	½	8-13551-00101-9	O
		<b>ORGANIC RAMEN NOODLES</b>							
	6430	Mushroom ~ 89% organic	57g	12	1.25	14.94	C	0-65493-06430-4	O
	6431	Seaweed ~ 89% organic	57g	12	1.25	14.94	C	0-65493-06431-1	O
	6432	Tofu and miso ~ 89% organic	57g	12	1.25	14.94	C	0-65493-06432-8	O
	6433	Asian vegetables ~ 88% organic	60g	12	1.25	14.94	C	0-65493-06433-5	O
	6434	Lemongrass ginger ~ 88% organic	60g	12	1.25	14.94	C	0-65493-06434-2	O
	6435	Garlic pepper ~ 88% organic	60g	12	1.25	14.94	C	0-65493-06435-9	O
	6436	Soba ramen ~ 89% organic <b>ORGANIC RAMEN NOODLES ~ REDUCED SODIUM</b>	60g	12	1.25	14.94	C	0-65493-06436-6	O
	6437	Asian vegetables ~ 92% organic	60g	12	1.25	14.94	C	0-65493-06437-3	O

**SPECIAL  
ORDER ITEM**

**NEW U/C**



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	6438	Garlic pepper ~ 92% organic	60g	12	1.25	14.94	C	0-65493-06438-0	O
	6439	Tofu and miso ~ 92% organic	60g	12	1.25	14.94	C	0-65493-06439-7	O
		<b>MITOKU ~ ORGANIC TEAS</b>							
	6519	Kukicha ~ roasted twig tea ~ loose leaf	85g	12	4.85	58.20	½	0-21009-14119-8	O K
	6522	Kukicha ~ roasted twig tea ~ 10 tea bags	20g	12	3.00	36.00	½	0-21009-14120-4	O K
	6530	Sencha ~ green tea ~ 10 tea bags	20g	12	3.65	43.80	½	0-21009-14204-1	O K
	6531	Sencha ~ green tea ~ loose leaf	85g	12	8.39	100.68	½	0-21009-14201-0	O K
	6540	Hojicha ~ roasted leaf tea ~ 10 tea bags	20g	12	3.19	38.28	½	0-21009-14308-6	O K
		<b>MITOKU ~ ORGANIC TEAS ~ IN BULK</b>							
	6521	Kukicha ~ roasted twig tea ~ loose leaf	1Kg	1	32.85	32.85	U	0-21009-14102-0	O K
	6532	Sencha ~ green tea ~ loose leaf	1Kg	1	64.44	64.44	U	0-21009-14202-7	O K
		<b>PICKLES</b>							
	6641	Umeboshi ~ pickled plums	200g	12	11.93	143.18	½	0-65493-06641-4	
	6664	Organic umeboshi ~ pickled plums	100g	12	6.85	82.19	½	0-65493-06664-3	O K
	6645	Umeboshi ~ pickled plum paste	200g	12	8.49	101.83	½	0-65493-06645-2	
	6668	Organic umeboshi ~ pickled plum paste	200g	12	8.30	99.54	½	0-65493-06668-1	O
		<b>MITOKU ~ PICKLES</b>							
	6651	Daikon ~ pickled white radish	200g	12	6.40	76.80	½	0-21009-27004-1	
	6658	Sushi ginger ~ lightly pickled ginger root	50g	20	2.93	58.60	¼	0-21009-27007-2	
		<b>MITOKU ~ PICKLES IN BULK</b>							
	6643	Umeboshi ~ pickled plums	11Kg	1	525.82	525.82	U	0-21009-14713-8	
	6647	Umeboshi ~ pickled plum paste	12Kg	1	424.25	424.25	U	N/A	K
	6665	Organic umeboshi ~ pickled plums	1Kg	1	57.84	57.84	U	0-21009-17907-8	O K
		<b>CONDIMENTS</b>							
	6773	Mirin ~ liquid seasoning	150mL	12	4.43	53.16	½	0-65493-06773-2	K
	6774	Mirin ~ liquid seasoning	475mL	12	13.65	163.75	½	0-65493-06774-9	K
		<b>MITOKU ~ CONDIMENTS</b>							
	6820	Tekka ~ hatcho miso & dried vegetables	80g	12	7.33	87.96	½	0-21009-21005-4	
	6840	Wasabi powder ~ japanese horseradish	25g	6	3.73	22.38	C	0-21009-22902-5	K
		<b>VINEGARS</b>							
	6735	Organic genmai-su ~ brown rice vinegar	150mL	12	2.69	32.28	½	0-65493-06735-0	O K
	6736	Organic genmai-su ~ brown rice vinegar	475mL	12	7.02	84.24	½	0-65493-06736-7	O K
	6785	Ume-su ~ plum vinegar	150mL	12	1.90	22.74	½	0-65493-06785-5	K
	6786	Ume-su ~ plum vinegar	475mL	12	4.91	58.94	½	0-65493-06786-2	K
		<b>MITOKU ~ VINEGAR IN BULK</b>							
	6783	Ume-su ~ plum vinegar	20L	1	133.77	133.77	U	N/A	
		<b>OIL</b>							
	6751	Toasted sesame oil	250mL	12	6.26	75.11	½	0-65493-06751-0	
	6752	Toasted sesame oil	500mL	12	11.38	136.56	½	0-65493-06752-7	
		<b>OIL IN BULK</b>							
	6753	Toasted sesame oil	1.8L	1	35.84	35.84	U	0-21009-19102-5	
		<b>SEA SALT</b>							
	6811	Amashio ~ japanese sea salt	250g	12	1.95	23.35	½	0-65493-06811-1	

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	6812	Amashio ~ japanese sea salt <b>SEA SALT IN BULK</b>	500g	12	3.51	42.09	½	0-65493-06812-8	
<b>SPECIAL ORDER ITEM</b>	6814	Amashio ~ japanese sea salt <b>MITOKU ~ ORGANIC KUZU</b>	20Kg	1	124.91	124.91	U	N/A	
	6920	Kuzu ~ wild japanese arrowroot <b>MITOKU ~ KUZU IN BULK</b>	100g	12	8.22	98.64	½	0-21009-20003-1	G O K
<b>SPECIAL ORDER ITEM</b>	6921	Kuzu ~ wild japanese arrowroot <b>MAGNESIUM CHLORIDE</b>	5Kg	1	313.45	313.45	U	N/A	G K
	7295	Magnesium chloride for tofu <b>MAGNESIUM CHLORIDE IN BULK</b>	250g	1	6.98	6.98	U	0-65493-07295-8	T
<b>SPECIAL ORDER ITEM</b>	7296	Magnesium chloride for tofu <b>COOKWARE</b>	20kg	1	165.14	165.14	U	N/A	T
	7525	Suribachi (earthenware mortar)	15cm	1	7.60	7.60	U	N/A	T
	7526	Suribachi (earthenware mortar)	17cm	1	10.84	10.84	U	N/A	T
	7531	Surikogi (wooden pestle) #6	18cm	1	4.84	4.84	U	4571101-554021	T
	7532	Surikogi (wooden pestle) #8	25cm	1	4.64	4.64	U	4571101-554038	T
	7561	Bamboo sushi mat	1 mat	1	3.10	3.10	U	0-65493-07561-4	T
	7564	Tawashi (vegetable brush) <b>ORGANIC FRUIT SPREAD</b>	1 brush	1	5.34	5.34	U	4971871-101010	T
<b>NEW</b>	6701	Strawberries	250ml	12	4.04	48.50	½	0-65493-06701-5	O
<b>NEW</b>	6702	Blueberries	250ml	12	4.51	54.12	½	0-65493-06702-2	O
<b>NEW</b>	6703	Raspberries	250ml	12	4.56	54.67	½	0-65493-06703-9	O
<b>NEW</b>	6704	4 fruits ~ straw / cran / rasp / blue-berries	250ml	12	4.21	50.46	½	0-65493-06704-6	O

## AÇAI ROOTS

### ORGANIC AÇAI DESSERTS

* 7005	Sorbet	473mL	8	6.74	53.88	C	8-98685-00109-8	O
	<b>ORGANIC SMOOTHIE POUCH</b>							
* 7007	Pure açai ~ unsweetened	4x100g	16	6.77	108.24	½	8-98685-00112-8	G O K

## AMANO

### ORGANIC UNPASTEURIZED MISO

± 6220	Shiro miso (white)	400g	12	4.72	56.61	½	0-67334-07001-7	O K
± 6221	Aka miso (red)	400g	12	5.61	67.28	½	0-67334-07002-4	O K
± 6222	Genmai miso (brown rice)	400g	12	5.61	67.28	½	0-67334-07003-1	O K
± 6223	Mugi miso (barley)	400g	12	5.61	67.28	½	0-67334-07004-8	O K

## AMYCO

### DRIED MUSHROOMS

5900	Morel	20g	6	10.91	65.44	C	6-28055-03516-9
5902	King bolete (Porcini)	20g	6	5.81	34.87	C	6-28055-03518-3
5903	Oyster mushroom	20g	6	3.68	22.06	C	6-28055-03507-7
5904	Shiitake	20g	6	3.68	22.06	C	6-28055-03508-4



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5905	Forest mix	20g	6	5.06	30.33	C	6-28055-03515-2
5906	Black trumpet	20g	6	5.81	34.87	C	6-27843-14777-0
5907	Chanterelles	20g	6	5.81	34.87	C	6-27843-14774-9
5908	Pine Mushroom (Matsutake)	20g	6	5.81	34.87	C	6-27843-14772-5

## AMY'S KITCHEN

### LASAGNA

* 8705	Vegetable	269g	12	5.03	60.35	½	0-42272-90032-9	O	K
* 8710	Vegetable ~ gluten free & dairy free	255g	12	5.03	60.35	½	0-42272-90814-1	G O	K

### WHOLE MEAL ~ GLUTEN FREE

* 8754	Cheese enchilada with beans & corn	255g	12	5.03	60.35	½	0-42272-90057-2	G O	K
* 8715	Veggie loaf ~ mashed potatoes & vegetables	284g	12	5.03	60.35	½	0-42272-90053-4	G O	K

### INDIAN MEALS ~ GLUTEN FREE

* 8712	Palak paneer	283g	12	5.03	60.35	½	0-42272-90059-6	G O	K
* 8714	Mattar paneer	284g	12	5.03	60.35	½	0-42272-90058-9	G O	K
* 8716	Vegetable korma	269g	12	5.03	60.35	½	0-42272-90250-7	G O	K

### BOWLS ~ GLUTEN FREE

* 8764	3 cheese & kale bake bowl	241g	12	5.03	60.35	½	0-42272-91056-4	G O	K
* 8766	Mexican casserole bowl	269g	12	5.03	60.35	½	0-42272-90163-0	G O	K

### BOWLS

* 8767	Spinach & ricotta cheese ravioli	241g	12	5.03	60.35	½	0-42272-91129-5	O	K
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### MACARONI & CHEESE

* 8703	With aged cheddar cheese	255g	12	3.43	41.14	½	0-42272-90030-5	O	K
* 8704	Rice mac & cheese ~ gluten free	255g	12	3.89	46.65	½	0-42272-90045-9	G O	K
* 8709	Rice macaroni & cheese ~ dairy free	227g	12	4.23	50.78	½	0-42272-90043-5	G O	K

### PIZZAS

* 8722	Cheese pizza	369g	8	7.92	63.38	C	0-42272-90101-2	O	K
* 8723	Spinach pizza	397g	8	7.92	63.38	C	0-42272-90102-9	O	K
* 8728	Margherita pizza	369g	8	7.92	63.38	C	0-42272-90199-9	O	K
* 8730	Supreme pizza ~ dairy free	369g	8	7.92	63.38	C	0-42272-91245-2	O	K

### BURRITOS

* 8706	Bean & rice burrito	170g	12	2.84	34.13	C	0-42272-90070-8	O	K
* 8707	Bean rice & cheese burrito	170g	12	2.84	34.13	C	0-42272-90071-5	O	K
* 8745	Black bean burrito	170g	12	2.84	34.13	C	0-42272-90073-9	O	K
* 8719	Vietnamese bahn mi burrito	170g	12	3.34	40.13	C	0-42272-91238-4	O	K
* 8721	Greek spanakopita burrito	170g	12	3.34	40.13	C	0-42272-91237-7	O	K

### BURRITOS ~ GLUTEN FREE

* 8747	Bean & cheese burrito	156g	12	3.34	40.13	C	0-42272-90353-5	G O	K
* 8748	Bean & rice burrito (non dairy)	156g	12	3.34	40.13	C	0-42272-90352-8	G O	K

### WRAPS ~ GLUTEN FREE

* 8749	Tofu scramble breakfast wrap	156g	12	3.34	40.13	C	0-42272-90807-3	G O	K
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### ORG. CANNED SOUPS ~ GLUTEN FREE



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	5859	Quinoa, kale & red lentil	398mL	12	3.56	42.68	½	0-42272-90669-7	G O K
	5860	Golden lentil dal	398mL	12	3.56	42.68	½	0-42272-90593-5	G O K
	5880	Lentil	398mL	12	3.56	42.68	½	0-42272-90502-7	G O K
	5890	Lentil vegetable	398mL	12	3.56	42.68	½	0-42272-90535-5	G O K
	5862	Hearty french country vegetable	398mL	12	3.56	42.68	½	0-42272-90591-1	G O K
	5863	Chunky vegetable	398mL	12	3.56	42.68	½	0-42272-90540-9	G O K
	5864	Fire roasted southwestern vegetable	398mL	12	3.56	42.68	½	0-42272-90547-8	G O K
	5870	Tomato bisque	398mL	12	3.56	42.68	½	0-42272-90536-2	G O K
	5884	Cream of tomato	398mL	12	3.56	42.68	½	0-42272-90501-0	G O K
	5885	Black bean vegetable	398mL	12	3.56	42.68	½	0-42272-90504-1	G O K
	5886	Split pea	398mL	12	3.56	42.68	½	0-42272-90505-8	G O K
	5891	Mushroom bisque with porcini	398mL	12	3.56	42.68	½	0-42272-90626-0	G O K
	5892	Carrot Ginger	398mL	12	3.56	42.68	½	0-42272-90740-3	G O K
		<b>ORG. CANNED SOUPS</b>							
	5881	No chicken noodle	398mL	12	3.56	42.68	½	0-42272-90503-4	O K
	5882	Minestrone	398mL	12	3.56	42.68	½	0-42272-90507-2	O K
	5883	Cream of mushroom	398mL	12	3.56	42.68	½	0-42272-90506-5	O K
	5887	Vegetable barley	398mL	12	3.56	42.68	½	0-42272-90508-9	O K
	5888	Alphabet	398mL	12	3.56	42.68	½	0-42272-90514-0	O K
	5889	Butternut squash	398mL	12	3.56	42.68	½	0-42272-90534-8	O K
		<b>ORG. CANNED SOUPS</b>							
		<b>~ LOWER IN SODIUM &amp; GLUTEN FREE</b>							
	5865	Lentil	398mL	12	3.56	42.68	½	0-42272-90583-6	G O K
	5866	Minestrone	398mL	12	3.56	42.68	½	0-42272-90585-0	G O K
	5868	Lentil vegetable	398mL	12	3.56	42.68	½	0-42272-90582-9	G O
	5867	Tomato bisque	398mL	12	3.56	42.68	½	0-42272-90586-7	G O K
	5869	Split pea	398mL	12	3.56	42.68	½	0-42272-90584-3	G O K
		<b>ORG. CHILI ~ GLUTEN FREE</b>							
	5877	Medium	398mL	12	3.25	39.04	½	0-42272-90510-2	G O K
	5878	Medium with vegetables	398mL	12	3.25	39.04	½	0-42272-90511-9	G O K
	5879	Spicy chili	398mL	12	3.25	39.04	½	0-42272-90512-6	G O K
		<b>ORG. BAKED BEANS ~ GLUTEN FREE</b>							
<b>NEW</b>	5873	Vegetarian	398mL	12	3.90	46.75	½	0-42272-90517-1	G O K
<b>NEW</b>	5874	Traditional	398mL	12	3.90	46.75	½	0-42272-90550-8	G O K
<b>NEW</b>	5875	Black beans	398mL	12	3.90	46.75	½	0-42272-90551-5	G O K
<b>NEW</b>	5876	With green chiles	398mL	12	3.90	46.75	½	0-42272-90552-2	G O K

 **ATLANTIC MARICULTURE**

<b>ORGANIC SEAWEED</b>									
	6301	Dulse	40g	12	6.52	78.23	½	0-67835-77405-6	O
	6302	Roasted seaweed flakes	40g	9	4.57	41.12	<b>C</b>	0-67835-77406-3	O

**BENTILIA**



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$/U	\$/C			

**PLANT BASED LENTIL PASTA**

7010	Red lentil penne	227g	6	3.93	23.60	C	6-28055-20921-8	G	K
7011	Red lentil rotini	227g	6	3.93	23.60	C	6-28055-20920-1	G	K
7012	Red lentil small macaroni	227g	6	3.93	23.60	C	6-28055-20925-6	G	K
7013	Green lentil large macaroni	227g	6	3.93	23.60	C	6-28055-20926-3	G	K

**BLUE MONKEY**

**COCONUT WATER IN CAN ~ 330ML**

4170	Pure coconut water	330mL	24	1.42	34.07	C	0-59654-17003-4	G
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**COCONUT WATER IN CAN ~ 520ML**

4168	Pure coconut water	520mL	24	1.98	47.57	C	0-59654-17001-0	G
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4169	Pure coconut water with pulp	520mL	24	1.98	47.57	C	0-59654-17002-7	G
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**ORG COCONUT WATER**

4189	Pure coconut water ~ 1L in tetra pak	1L	12	4.40	52.74	C	0-59654-22222-1	G	O
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4184	Pure coconut water ~ 500mL in can	500mL	12	1.96	23.57	C	0-59654-13333-6	G	O
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**ORGANIC COCONUT CREAM**

4185	Coconut cream	400mL	24	2.32	55.56	C	0-59654-33001-8	G	O
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**WATERMELON JUICE IN CAN**

4167	100% watermelon juice	330mL	12	1.79	21.44	C	0-59654-51001-4
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**WATERMELON JUICE IN TETRA**

**BOB'S RED MILL**

**BAKING AIDS**

≠	4857	Active dry yeast	227g	5	5.77	28.83	C	0-39978-32501-3	G	K
	4860	Arrowroot starch/flour	454g	4	6.62	26.47	C	0-39978-33505-0	G	K
	4861	Baking powder	397g	4	4.41	17.65	C	0-39978-31392-8	G	K
	4862	Baking soda	454g	4	3.65	14.61	C	0-39978-32391-0	G	K
	4914	Coconut flakes unsweetened	284g	4	4.55	18.18	C	0-39978-32581-5		K
	4863	Corn starch	510g	4	3.54	14.14	C	0-39978-32583-9	G	K
	4870	Egg replacer - gluten free	340g	5	4.81	24.03	C	0-39978-30620-3	G	K
	4868	Guar gum	227g	5	7.84	39.18	C	0-39978-31554-0	G	K
	4866	Nutritional yeast - large flakes	142g	4	6.96	27.82	C	0-39978-32546-4	G	K
	4864	Potato starch	624g	4	5.40	21.61	C	0-39978-32525-9	G	K
	4915	Shredded coconut ~ unsweetened	340g	4	4.87	19.46	C	0-39978-33578-4		K
	4979	Tapioca flour	454g	4	4.21	16.84	C	0-39978-32536-5	G	K
	4869	Xanthan gum	227g	5	13.09	65.44	C	0-39978-35555-3	G	K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
		<b>NUT FLOUR</b>							
	4934	Almond flour ~ blanched almonds	907g	4	19.31	77.23	C	0-39978-33381-0	G K
	4945	Almond flour ~ blanched almonds	453g	4	11.29	45.17	C	0-39978-34381-9	G K
	4971	Natural almond flour	453g	4	11.29	45.17	C	0-39978-33380-3	G K
	4984	Organic coconut flour	453g	4	5.87	23.49	C	0-39978-32815-1	G O K
		<b>GLUTEN FREE FLOUR &amp; MEALS</b>							
	5011	1 to 1 baking flour	624g	4	5.58	22.30	C	0-39978-34453-3	G K
	5012	1 to 1 baking flour	1.24Kg	4	10.40	41.61	C	0-39978-35453-2	G K
	5017	1 to 1 baking flour	1.8kg	4	15.05	60.18	C	0-39978-36453-1	G K
	4955	All purpose baking flour	624g	4	5.22	20.88	C	0-39978-33452-7	G K
	4982	All purpose baking flour	1.24Kg	4	9.77	39.06	C	0-39978-34452-6	G K
	4974	Brown rice flour	680g	4	4.53	18.12	C	0-39978-00197-9	G K
	4983	Brown rice flour ~ organic	680g	4	6.94	27.75	C	0-39978-00242-6	G O K
	4970	Cassava flour	567g	4	9.39	37.57	C	0-39978-30178-9	G K
	4851	Corn flour	624g	4	3.94	15.76	C	0-39978-00229-7	G K
	4956	Garbanzo & fava bean flour	624g	4	6.64	26.54	C	0-39978-00228-0	G K
	4954	Chickpea flour	454g	4	3.49	13.94	C	0-39978-00240-2	G K
	4944	Millet flour	567g	4	3.72	14.89	C	0-39978-00243-3	G K
	4967	Organic quinoa flour	510g	4	11.30	45.19	C	0-39978-35320-7	G O K
	5146	Paleo baking flour	454g	4	10.64	42.56	C	0-39978-33349-0	G K
	5147	Paleo baking flour	907g	4	18.08	72.32	C	0-39978-34349-9	G K
	4973	Potato flour	680g	4	7.58	30.31	C	0-39978-00238-9	G K
	4924	Sweet white rice flour	680g	4	5.59	22.36	C	0-39978-00244-0	G K
	4957	Sweet white sorghum flour	624g	4	4.78	19.13	C	0-39978-00234-1	G K
	4980	Teff flour	567g	4	7.44	29.76	C	0-39978-00239-6	G K
	4975	White rice flour	680g	4	4.21	16.84	C	0-39978-00198-6	G K
	5072	Whole grain oat flour	510g	4	6.11	24.45	C	0-39978-00227-3	G K
		<b>FLOUR &amp; MEALS</b>							
	5103	All purpose flour ~ unbleached white	2.27Kg	4	6.62	26.49	C	0-39978-33301-8	K
	4951	Cornmeal medium	680g	4	3.40	13.60	C	C	K
	4988	Cornmeal medium - organic	680g	4	4.46	17.85	C	0-39978-00214-3	O K
	4949	Masa harina corn flour	624g	4	3.97	15.89	C	0-39978-00215-0	K
	4961	Organic buckwheat flour	624g	4	5.58	22.30	C	0-39978-00187-0	O K
	5077	Organic spelt flour	567g	4	4.24	16.97	C	0-39978-00210-5	O K
	4976	Semolina flour	680g	4	4.13	16.50	C	0-39978-00213-6	K
		<b>GRAIN FREE MIXES</b>							
	5007	Blueberry muffin mix	255g	5	6.05	30.26	C	0-39978-00300-3	G K
	5008	Chocolate cake mix	300g	5	5.31	26.55	C	0-39978-00318-8	G K
	5009	Brownie mix	340g	5	5.97	29.84	C	0-39978-00322-5	G K
	5010	Flatbread mix	200g	5	3.95	19.74	C	0-39978-00329-4	G K
		<b>GLUTEN FREE MIXES</b>							
	5019	Brownie mix	595g	4	6.42	25.69	C	0-39978-00200-6	G K
	5028	Chocolate chip cookie mix	624g	4	6.87	27.47	C	0-39978-0207-5	G K





ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	5029	Corbread mix	567g	4	4.24	16.97	C	0-39978-00199-3	G K
	5018	Muffin mix	454g	4	5.26	21.02	C	0-39978-00226-6	G K
	5013	Pie crust	454g	4	5.02	20.07	C	0-39978-00224-2	G K
	5032	Pizza crust	454g	4	4.94	19.74	C	0-39978-00208-2	G K
		<b>OATS ~ GLUTEN FREE</b>							
	5046	Extra thick rolled oats	907g	4	8.85	35.41	C	0-39978-33374-2	G K
	5068	Oat bran cereal	454g	4	4.63	18.52	C	0-39978-32378-1	G K
	5049	Old fashioned rolled oats	907g	4	8.85	35.41	C	0-39978-32375-0	G K
	5047	Quick-cooking rolled oats	794g	4	8.85	35.41	C	0-39978-32376-7	G K
	5045	Scottish oatmeal	567g	4	4.71	18.83	C	0-39978-32372-9	G K
	5048	Steel cut oats	680g	4	7.04	28.16	C	0-39978-32373-6	G K
		<b>ORGANIC OATS ~ GLUTEN FREE</b>							
	5143	Extra thick rolled oats	907g	4	9.77	39.06	C	0-39978-32386-6	G O K
	5144	Old fashioned rolled oats	907g	4	9.77	39.06	C	0-39978-32387-3	G O K
	5145	Quick cooking oats	794g	4	9.77	39.06	C	0-39978-32388-0	G O K
	5142	Steel cut oats	680g	4	7.80	31.18	C	0-39978-32385-9	G O K
		<b>ORGANIC OATS</b>							
	5065	Extra thick rolled oats	454g	4	4.39	17.57	C	0-39978-34954-5	O K
	5063	Extra thick rolled oats	907g	4	7.29	29.14	C	0-39978-35954-4	O K
	5058	Oat bran cereal	510g	4	6.03	24.11	C	0-39978-32955-4	O K
	5061	Old fashioned rolled oats	454g	4	4.39	17.57	C	0-39978-34952-1	O K
	5062	Old fashioned rolled oats	907g	4	7.29	29.14	C	0-39978-35952-0	O K
	5059	Quick-cooking rolled oats	454g	4	4.39	17.57	C	0-39978-33953-9	O K
	5060	Quick-cooking rolled oats	907g	4	7.29	29.14	C	0-39978-34953-8	O K
	5064	Scottish oatmeal	567g	4	5.96	23.84	C	0-39978-32956-1	O K
	5066	Steel cut oats	680g	4	5.74	22.97	C	0-39978-32957-8	O K
		<b>OATS</b>							
	5055	Extra thick rolled oats	454g	4	3.65	14.61	C	0-39978-34155-6	K
	5051	Scottish oatmeal	567g	4	4.80	19.19	C	0-39978-34121-1	K
	5057	Steel cut oats	680g	4	4.36	17.45	C	0-39978-34140-2	K
		<b>OATMEAL - MICROWAVABLE CUP</b>							
	5135	Apple cinnamon	67g	12	2.13	25.59	C	0-39978-30184-0	G K
	5136	Blueberry hazelnut	71g	12	2.13	25.59	C	0-39978-31184-9	G K
	5137	Classic	51g	12	2.13	25.59	C	0-39978-32184-8	G K
	5138	Maple brown sugar	61g	12	2.13	25.59	C	0-39978-33184-7	G K
		<b>MUESLI</b>							
	4894	Muesli ~ gluten free	453g	4	7.07	28.27	C	0-39978-32366-8	G K
	4888	Old country style	510g	4	5.76	23.02	C	0-39978-34103-7	K
	5149	Paleo style ~ gluten free	396g	4	11.51	46.04	C	0-39978-30350-9	G K
	5150	Tropical ~ gluten free	396g	4	8.25	32.98	C	0-39978-30368-4	G K
		<b>GRAINS &amp; SEEDS</b>							
	4999	Hulled millet	794g	4	4.18	16.70	C	0-39978-00253-2	G K
	4997	Organic buckwheat groats	454g	4	6.18	24.71	C	0-39978-00189-4	G O K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	5005	Organic farro	680g	4	6.72	26.88	C	0-39978-00211-2	O K
	4918	Organic quinoa grain ~ tricolour	369g	5	6.62	33.12	C	0-39978-32946-2	G O K
	4995	Organic quinoa grain ~ white	737g	4	12.68	50.71	C	0-39978-34323-9	G O K
	4916	Organic quinoa grain ~ white	369g	5	6.81	34.04	C	0-39978-33323-0	G O K
	5006	Whole grain sorghum grain	680g	4	4.18	16.70	C	0-39978-00254-9	G K
	4996	Whole grain teff	680g	4	7.75	30.98	C	0-39978-00255-6	G K
	5140	Yellow popcorn	850g	4	5.10	20.41	C	0-39978-32307-1	K
		<b>SEEDS</b>							
	5002	Chia seeds ~ organic	340g	5	7.20	35.98	C	0-39978-30844-3	O K
	4952	Flaxseed meal	453g	4	4.98	19.92	C	0-39978-33330-8	G K
	4953	Flaxseed meal	907g	4	7.52	30.09	C	0-39978-34330-7	G K
	4962	Flaxseed meal ~ organic	453g	4	5.87	23.49	C	0-39978-33937-9	G O K
	4964	Flaxseed meal ~ organic golden	453g	4	6.13	24.50	C	0-39978-33940-9	G O K
	4991	Flaxseeds ~ brown	368g	4	2.98	11.92	C	0-39978-33620-0	G K
	5001	Hulled hemp seeds	227g	5	9.65	48.27	C	0-39978-32596-9	K
		<b>PANCAKE MIX</b>							
	5025	Pancake / waffle mix ~ 10 grain	680g	4	4.29	17.17	C	0-39978-32204-3	K
	5026	Pancake / waffle mix ~ buckwheat	680g	4	5.08	20.33	C	0-39978-31881-7	K
	5027	Pancake / waffle mix ~ buttermilk	680g	4	5.08	20.33	C	0-39978-32880-9	K
	5024	Pancake / waffle mix ~ paleo	368g	4	10.58	42.30	C	0-39978-00185-6	G K
	5021	Pancake mix	680g	4	6.00	23.98	C	0-39978-32462-7	G K
		<b>CEREALS</b>							
	4884	"Creamy rice" brown rice farina	737g	4	5.64	22.56	C	0-39978-00121-4	G K
	4883	10 grain	709g	4	3.91	15.63	C	0-39978-00119-1	K
	4880	5 grain rolled	454g	4	3.33	13.33	C	0-39978-00115-3	K
	4882	8 grain - gluten free	709g	4	4.71	18.85	C	0-39978-00118-4	G K
	4889	Mighty tasty hot cereal	680g	4	4.95	19.80	C	0-39978-00117-7	G K
	4896	Organic creamy buckwheat	510g	4	7.66	30.64	C	0-39978-00106-1	G O K
	4905	Wheat bran	227g	4	2.38	9.50	C	0-39978-00217-4	K
	4907	Wheat germ	340g	4	3.33	13.33	C	0-39978-00216-7	K
		<b>ENTREES</b>							
	4936	13 beans soup mix	822g	4	5.93	23.70	C	0-39978-00127-6	K
	4932	Golden couscous	680g	4	5.91	23.64	C	0-39978-00258-7	K
	4935	Organic corn grits / polenta	680g	4	4.94	19.74	C	0-39978-00257-0	O K
	4930	Red bulgur - cracked whole grain wheat	680g	4	4.04	16.17	C	0-39978-00248-8	K
	4939	Tvp ~ textured veg protein ~ gluten free	340g	4	4.55	18.18	C	0-39978-00129-0	G K
	4937	Vegi soup mix	794g	4	5.96	23.83	C	0-39978-00128-3	K
	4958	Vital wheat gluten flour	567g	4	10.06	40.22	C	0-39978-00212-9	K
		<b>DISPLAY</b>							
	5079	Empty shipper (can hold 8 CS)	--	1	0.00	0.00	U	N/A	

**BRAGG**



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$/U	\$/C			

**ORGANIC VINEGAR IN GLASS BOTTLE**

3965	Organic apple cider vinegar	473mL	12	4.39	52.68	½	0-74305-10116-8	O	K
3966	Organic apple cider vinegar	946mL	12	6.94	83.22	½	0-74305-10132-8	O	K

**LIQUID SOY SEASONING**

3961	Liquid soy seasoning	473mL	12	5.31	63.75	½	0-74305-10016-1	G	K
3962	Liquid soy seasoning	946mL	12	8.66	103.94	½	0-74305-10032-1	G	K

**ORGANIC SOY FREE ALL PURPOSE SEASONING**

3969	Coconut nectar	296mL	12	7.31	87.68	½	0-74305-10610-1	G O	K
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**NUTRITIONAL YEAST**

**NEW**

3959	Nutritional yeast	127g	12	6.76	81.07	½	0-74305-06600-9	G	K
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 **BUMBLE BLOOM**

**ORGANIC AND VEGAN APPLE BASED HONEY**

8555	Classic	500g	6	9.09	54.53	C	6-27987-50284-8	O
8556	Ginger	500g	6	9.09	54.53	C	6-27987-50285-5	O

 **CESARES**

**SNACKS**

7880	Chestnuts ~ roasted & peeled	150g	24	2.46	59.03	½	8-19377-00012-0	G
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 **CITY SNACKS**

**FREEZE DRIED FRUIT SNACKS**

7870	Banana & strawberry	17g	8	1.96	15.68	C	8-19377-00824-9	G	T
7871	Pineapple	16g	8	1.96	15.68	C	8-19377-00819-5	G	
7872	Peach	15g	8	1.96	15.68	C	8-19377-00821-8	G	
7873	Pear	15g	8	1.96	15.68	C	8-19377-00823-2	G	
7874	Apple	18g	8	1.96	15.68	C	8-19377-00822-5	G	
7875	Banana	20g	8	1.96	15.68	C	8-19377-00820-1	G	
7876	Strawberry	11g	8	1.96	15.68	C	8-19377-00818-8	G	

**COCONUT BLISS**

**CUPS OF JOY ~ ORGANIC DESSERTS**

* 9398	Madagascar vanilla bean	4x106mL	6	8.00	47.98	C	8-51499-00674-1	G O T K
* 9399	Dark chocolate	4x106mL	6	8.00	47.98	C	8-51499-00675-8	G O T K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$/U	\$/C			

**ORGANIC DESSERTS**

* 9394	Legendary cookie dough	473mL	8	7.22	57.78	C	8-51499-00676-5	G O T K
* 9355	Madagascar vanilla bean	473mL	8	7.22	57.78	C	8-96767-00130-1	G O T K
* 9363	Sea salt caramel + chocolate	473mL	8	7.22	57.78	C	8-96767-00167-7	G O T K
* 9352	Dark chocolate	473mL	8	7.22	57.78	C	8-96767-00127-1	G O T K
* 9360	Chocolate peanut butter	473mL	8	7.22	57.78	C	8-96767-00148-6	G O T K
* 9351	Chocolate hazelnut decadence	473mL	8	7.22	57.78	C	8-96767-00126-4	G O T K
* 9397	Golden banana brownie swirl	473mL	8	7.22	57.78	C	8-51499-00659-8	G O T K
* 9362	Mint chip galactica	473mL	8	7.22	57.78	C	8-96767-00166-0	G O T K
* 9348	Chocolate walnut brownie	473mL	8	7.22	57.78	C	8-96767-00188-2	G O T K
* 9353	Infinite coconut	473mL	8	7.22	57.78	C	8-96767-00128-8	G O T K
* 9361	Peruvian mocha crunch	473mL	8	7.22	57.78	C	8-96767-00150-9	G O T K

**ORG. COOKIE SANDWICH DESSERT ~ GLUTEN FREE**

* 9396	Vanilla	155ml	12	6.50	78.05	C	8-96767-00677-2	G O T K
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**COLD MOUNTAIN**

**MISO**

± 6232	Mellow red miso	397g	6	5.59	33.56	C	8-13074-00170-1	G K
± 6235	Mellow white miso	397g	6	5.59	33.56	C	8-13074-00171-8	G K
± 6233	Kyoto red miso (low sodium)	397g	6	5.59	33.56	C	8-13074-00168-8	G K
± 6234	Kyoto white miso (low sodium)	397g	6	5.59	33.56	C	8-13074-00169-5	G K
± 6236	Light yellow miso	397g	6	5.59	33.56	C	8-13074-00172-5	G K
± 6237	Red miso	397g	6	5.59	33.56	C	8-13074-12173-2	G K

**EARTH BALANCE**

**TRADITIONAL SPREAD**

± 8814	Soy free	425g	12	5.37	64.40	½	0-33776-01169-7	G K
± 8815	Original	425g	12	4.99	59.91	½	0-33776-01172-7	G K
± 8816	Organic	368g	12	5.32	63.87	½	0-33776-01184-0	G O K
± 8817	Soy free made with olive oil	368g	6	5.95	35.72	C	0-33776-01170-0	G K

**COOKING & BAKING STICKS**

± 8820	Vegan	454g	18	5.03	90.46	½	0-33776-01182-6	G K
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**TRADITIONAL SPREAD ~ 1.3KG**

± 8819	Original	1.3Kg	6	11.69	70.14	C	0-33776-01188-8	G K
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**EARTH ISLAND**

**VEGENAISE IN BULK**

± 7944	Original	3.78L	4	31.43	125.72	C	0-49568-01128-8	G K
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**VEGENAISE ~ 946ML**

± 7942	Soy free	946mL	6	11.13	66.80	C	0-49568-26946-7	G K
± 7945	Original	946mL	6	9.66	57.96	C	0-49568-21946-2	G K

**VEGENAISE ~ 473ML**

± 7955	Avocado oil	473mL	6	8.05	48.30	C	0-49568-784733-3	G K
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ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	≠	7949 Soy free	473mL	6	7.15	42.91	C	0-49568-26016-7	G K
	≠	7953 Organic	473mL	6	7.15	42.91	C	0-49568-28016-5	G O K
	≠	7951 Grapeseed oil	473mL	6	7.49	44.96	C	0-49568-22016-1	G K
	≠	7950 Original	473mL	6	6.16	36.98	C	0-49568-21016-2	G K
	≠	7954 Reduced fat	473mL	6	6.16	36.98	C	0-49568-24016-9	G K
	≠	7952 Organic Aioli	473mL	6	7.15	42.91	C	0-49568-77473-2	G O K
		<b>VEGENAISE GOURMET</b>							
	≠	7975 Roasted garlic	355mL	6	6.19	37.13	C	0-49568-70355-8	G K
	≠	7976 Chipotle	355mL	6	6.19	37.13	C	0-49568-72355-6	G K
	≠	7977 Pesto	355mL	6	6.19	37.13	C	0-49568-73355-5	G K
	≠	7980 Sriracha	355mL	6	6.19	37.13	C	0-49568-76355-2	G K
		<b>VEGAN CHEESE ~ SLICES</b>							
	≠	7991 Cheddar	200g	12	6.10	73.22	½	0-49568-22227-1	G K
	≠	7992 Mozzarella	200g	12	6.10	73.22	½	0-49568-23227-0	G K
	≠	7995 Smoked gouda	200g	12	6.10	73.22	½	0-49568-29227-4	K
		<b>VEGANEGG</b>							
		8000 Plant-based egg replacer	114g	8	8.88	71.02	C	0-49568-47114-3	G K
		<b>VEGAN SALAD DRESSING</b>							
	≠	7969 Caesar organic	355mL	6	4.88	29.29	C	0-49568-68355-3	G O K
		<b>VEGAN GOURMET</b>							
	≠	7961 Soy free sour cream	473mL	4	7.58	30.32	C	0-49568-63454-8	G K
	≠	7962 Dairy free cream cheese	227g	8	4.64	37.15	C	0-49568-62227-5	G K
		<b>VEGAN CHEESE ~ SHREDS</b>							
	≠	7985 Mozzarella	227g	8	5.62	44.95	C	0-49568-56227-8	G K
	≠	7986 Cheddar	227g	8	5.62	44.95	C	0-49568-57227-7	G K
	≠	7987 Fiesta blend	227g	8	5.62	44.95	C	0-49568-58227-6	G K
	≠	7988 Pizzeria blend	227g	8	5.48	43.82	C	0-49568-61227-0	G K
		<b>VEGAN PARMESAN CHEESE</b>							
	≠	7997 Shredded	113g	8	5.54	44.34	C	0-49568-60113-7	G K
	≠	7998 Grated	142g	8	6.42	51.37	C	0-49568-60142-7	G K
		<b>DAIRY-FREE CHEESE</b>							
	≠	7981 Mozzarella style ~ finely shredded	198g	8	4.81	38.48	C	0-49568-16198-3	G K
	≠	7982 Cheddar style ~ finely shredded	198g	8	4.81	38.48	C	0-49568-15198-4	G K
		<b>DAIRY-FREE CRUMBLES</b>							
	≠	7983 Feta style	170g	8	5.35	42.83	C	0-49568-34172-9	G K
	≠	7984 Bleu cheese style	170g	8	6.25	50.02	C	0-49568-39170-0	G K

## EARTHBOUND FARM

### ORGANIC FRUITS

*	9400 Blueberries	300g	12	4.73	56.80	½	0-32601-02530-4	O
*	9401 Dark sweet cheerries	300g	12	4.88	58.60	½	0-32601-02529-8	O
*	9402 Strawberries	300g	12	4.73	56.80	½	0-32601-02528-1	O
*	9404 Berry blend	300g	12	4.73	56.80	½	0-32601-02531-1	O



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	* 9405	Mango chunks	300g	12	4.73	56.80	½	0-32601 02533-5	O
	* 9407	Sliced peaches	300g	12	4.73	56.80	½	0-32601 02535-9	O
		<b>ORGANIC VEGETABLES</b>							
	* 9410	Green peas	350g	12	3.54	42.42	½	0-32601-02522-9	O
	* 9411	Sweet corn	350g	12	3.39	40.63	½	0-32601-02526-7	O
	* 9412	Cut spinach	300g	12	3.69	44.22	½	0-32601-02524-3	O
	* 9413	Butternut squash	400g	12	3.69	44.22	½	0-32601-02525-0	O
	* 9414	Whole green beans	300g	12	3.39	40.63	½	0-32601-02521-2	O
	* 9415	Kale	300g	12	4.14	49.72	½	0-32601-02554-0	O
	* 9416	Broccoli	300g	12	3.84	46.13	½	0-32601-02527-4	O

## EARTH'S OWN

### OAT BEVERAGE ~ 946ML

4130	Original	946mL	12	3.11	37.36	C	6-26027-81402-6	K
4131	Vanilla	946mL	12	3.11	37.36	C	6-26027-81404-0	K
4132	Barista blend	946mL	12	4.96	59.47	C	6-26027-81407-1	K
4133	Chocolate	946mL	12	3.11	37.36	C	6-26027-81405-7	K

### SO NICE ~ SOY COFFEE CREAMER

4138	Barista blend	946mL	12	2.71	32.57	C	6-26027-08770-3	G K
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## ECHOCLEAN

### FABRIC SOFTENER SHEETS

2763	Lavender	80 sheets	12	6.08	72.98	½	0-63827-60043-3	T
2764	Vanilla citrus	80 sheets	12	6.08	72.98	½	0-63827-60042-6	T

## EDEN FOODS

### ORGANIC BEANS IN A CAN

3360	Pinto beans	398mL	12	2.89	34.71	½	0-24182-00350-5	O K
3362	Garbanzo beans	398mL	12	3.05	36.65	½	0-24182-00351-2	O K
3363	Adzuki beans	398mL	12	3.20	38.38	½	0-24182-00352-9	O K
3364	Black beans	398mL	12	2.91	34.92	½	0-24182-00353-6	O K
3366	Kidney beans	398mL	12	3.25	39.02	½	0-24182-00354-3	O K
3367	Navy beans	398mL	12	3.05	36.65	½	0-24182-00355-0	O K
3368	White kidney beans (cannellini)	398mL	12	3.11	37.30	½	0-24182-00358-1	O K
3370	Black soy beans, no salt added	398mL	12	2.91	34.92	½	0-24182-00320-8	O K
3371	Small red beans	398mL	12	2.91	34.92	½	0-24182-00356-7	O K
3373	Black eyed peas	398mL	12	3.25	39.02	½	0-24182-00357-4	O K
3374	Great northern beans	398mL	12	3.04	36.44	½	0-24182-00387-1	O K
3387	Butter beans	398mL	12	3.02	36.22	½	0-24182-00359-8	O K

### ORGANIC BEANS IN A CAN (LARGE SIZE)

3865	Pinto beans	796mL	12	4.85	58.17	½	0-24182-28350-1	O K
3866	Black beans	796mL	12	4.99	59.88	½	0-24182-28353-2	O K
3867	Garbanzo beans	796mL	12	5.13	61.61	½	0-24182-28351-8	O K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

**SPECIAL  
ORDER  
ITEM**

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$ / U	\$ / C			
3868	White kidney beans (cannellini)	796mL	12	5.37	64.41	½	0-24182-28358-7	O K
3869	Navy beans	796mL	12	5.35	64.19	½	0-24182-28355-6	O K
3870	Kidney beans	796mL	12	5.48	65.71	½	0-24182-28354-9	O K
3871	Black eyed peas	796mL	12	5.58	67.00	½	0-24182-00379-6	G O K
	<b>ORGANIC BEANS IN A CAN <u>IN BULK</u></b>							
3855	Garbanzo beans	3.06Kg	6	15.84	95.06	C	0-24182-00263-8	O
3856	Black beans	3.06Kg	6	15.29	91.71	C	0-24182-00265-2	O
3857	Pinto beans	3.06Kg	6	15.07	90.42	C	0-24182-00262-1	O
3860	Navy beans	3.06Kg	6	15.84	95.06	C	0-24182-00267-6	O
	<b>SNACKS</b>							
3217	Organic pumpkin seeds	113g	15	3.40	51.05	C	0-24182-02084-7	O K
3218	Organic spicy pumpkin seeds	113g	15	3.51	52.67	C	0-24182-02081-6	O K
	<b>ORGANIC PRECOOKED BEANS</b>							
3396	Baked beans with mustard	398mL	12	4.03	48.30	½	0-24182-00385-7	O K
3397	Lentils-onion & bay leaves	398mL	12	3.09	37.09	½	0-24182-00388-8	O K
	<b>ORGANIC REFRIED BEANS</b>							
3400	Organic black beans	398mL	12	3.14	37.73	½	0-24182-00399-4	O K
3402	Organic kidney beans	398mL	12	3.20	38.38	½	0-24182-00396-3	O K
3403	Organic pinto beans	398mL	12	3.13	37.52	½	0-24182-00398-7	O K
	<b>ORGANIC CHILI</b>							
3425	Pinto beans & spelt	398mL	12	3.70	44.41	½	0-24182-00336-9	O K
	<b>ORGANIC TOMATO SAUCES</b>							
3379	Spaghetti sauce in jars, unsalted	680mL	12	6.52	78.18	½	0-24182-00318-5	O K
3376	Pizza & pastas sauce	398mL	12	3.32	39.88	½	0-24182-00317-8	O K
5610	Pizza & pasta sauce (amber glass)	398mL	12	4.22	50.59	½	0-24182-03313-7	O K
	<b>ORGANIC CRUSHED TOMATOES IN AMBER GLASS</b>							
5608	Crushed tomatoes	680mL	12	6.44	77.32	½	0-24182-03312-0	O K
	<b>EDENSOY ORGANIC SOY BEVERAGE</b>							
3461	Original	946mL	12	3.78	45.36	C	0-24182-02705-1	O K
3463	Carob	946mL	12	4.41	52.91	C	0-24182-02515-6	O K
3466	Unsweetened	946mL	12	3.74	44.92	C	0-24182-02706-8	O K
	<b>ORGANIC SAUERKRAUT</b>							
3822	Sauerkraut in jar	796mL	12	6.78	81.41	½	0-24182-01300-9	O K
3818	Sauerkraut in jar	447mL	12	6.04	72.45	½	0-24182-01304-7	O K
3819	3 onion sauerkraut in jar	447mL	12	6.97	83.67	½	0-24182-01306-1	O K
3820	Kimchi sauerkraut in jar	447mL	12	8.23	98.76	½	0-24182-01305-4	O K
	<b>CONDIMENTS</b>							
3844	Wasabi powder in tin can	25g	6	6.04	36.26	C	0-24182-00218-8	K
	<b>ORGANIC NUT BUTTER</b>							
4252	Roasted tahini	454g	12	11.56	138.75	½	0-24182-00392-5	G O
4253	Roasted black sesame butter	454g	12	10.77	129.26	½	0-24182-00393-2	G O
	<b>ORGANIC MUSTARD ~ GLASS JAR</b>							
3845	Brown stone ground mustard	253mL	12	3.93	47.19	½	0-24182-00312-3	O K



ALIMENTS  
**KOYO**  
 FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	3847	Yellow stone ground mustard <b>ORGANIC MUSTARD ~ SQUEEZE BOTTLE</b>	253mL	12	3.79	45.46	½	0-24182-00213-3	O K
	3848	Brown mustard with apple cider vinegar	253mL	12	3.77	45.19	½	0-24182-00314-7	O K
	3849	Yellow mustard with apple cider vinegar <b>GOMASHIO</b>	253mL	12	3.39	40.67	½	0-24182-00313-0	O K
	3880	Original sesame shake (with sea salt)	100g	12	3.53	42.30	½	0-24182-00301-7	K
	3881	Garlic shake (with sea salt)	100g	12	3.53	42.30	½	0-24182-00305-5	K
	3882	Seaweed shake (with sea salt)	100g	12	3.71	44.46	½	0-24182-00309-3	K
	3883	Organic black & tan gomashio <b>SEA SALTS</b>	100g	12	4.26	51.15	½	0-24182-00203-4	O K
	3885	French celtic	397g	12	6.26	75.14	½	0-24182-00315-4	
	3886	Portuguese <b>VINEGAR</b>	453g	12	3.49	41.82	½	0-24182-00316-1	
	3951	Org apple cider vinegar (unpasteurised, unfiltered)	473mL	12	5.15	61.80	½	0-24182-00362-4	O K
	3952	Org apple cider vinegar (unpasteurised, unfiltered)	946mL	12	9.33	111.91	½	0-24182-00361-1	O K
	3955	Red wine vinegar	473mL	12	4.02	48.21	½	0-24182-00162-4	
	6790	Brown rice vinegar	148mL	12	3.34	40.06	½	0-24182-42086-9	K
	6791	Brown rice vinegar	296mL	12	6.17	74.03	½	0-24182-42087-6	K
	6794	Umeboshi Vinegar <b>FRUITS</b>	296mL	12	4.62	55.46	½	0-24182-42590-1	K
	4246	Organic apple sauce	398mL	12	5.58	66.96	½	0-24182-00349-9	O K
	4255	Organic apple butter <b>FIRST PRESSED OILS</b>	482g	12	9.80	117.63	½	0-24182-00369-7	O K
	4648	Sesame	473mL	12	11.44	137.29	½	0-24182-00025-2	O K
	4652	Toasted sesame seed	148mL	12	6.33	75.98	½	0-24182-00030-6	K
	4653	Toasted sesame seed <b>ORGANIC POPCORN</b>	295mL	12	11.52	138.19	½	0-24182-42329-7	K
	5082	Organic popcorn <b>ORG 100% WHOLE GRAIN PASTA</b>	566g	12	4.86	58.30	½	0-24182-03386-1	O K
	5643	Kamut & buckwheat rigatoni	340g	6	5.78	34.68	<b>C</b>	0-24182-11153-8	O K
	5644	Kamut elbows	396g	6	5.46	32.78	<b>C</b>	0-24182-11157-6	O K
	5619	Kamut spirals	340g	6	5.37	32.21	<b>C</b>	0-24182-11351-8	O K
	5630	Kamut vegetable spirals	340g	6	5.55	33.29	<b>C</b>	0-24182-11356-3	O K
	5655	Spelt ribbons <b>ORGANIC GOLDEN AMBER DURUM WHEAT PASTA</b>	227g	6	4.77	28.61	<b>C</b>	0-24182-00109-9	O K
	5626	Vegetable spirals <b>IMPORTED TRADITIONAL PASTA</b>	340g	6	5.64	33.82	<b>C</b>	0-24182-11340-2	O K
	6450	Mung bean ~ harusame <b>DRIED SEAWEEDS</b>	70g	12	4.70	56.37	½	0-24182-20502-2	G
	6345	Kombu	60g	6	12.22	73.34	<b>C</b>	0-24182-15273-9	K
	6352	Sushi nori (7 sheets, toasted) <b>ORGANIC TEAS</b>	17g	6	8.54	51.22	<b>C</b>	0-24182-15769-7	
	6495	Sencha green tea (16 bags)	24g	12	5.17	62.09	½	0-24182-18137-1	O K





ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$ / U	\$ / C			

6505	Hojicha (16 bags)	24g	12	4.76	57.13	½	0-24182-18145-6	O K
6497	Hojicha chai roasted green tea (16 bags)	43g	12	8.14	97.67	½	0-24182-18138-8	O K
6496	Chamomile herb tea (16 bags)	16g	12	4.62	55.40	½	0-24182-18142-5	O K
6502	Kukicha (16 bags)	32g	12	4.96	59.49	½	0-24182-18120-3	O K
6504	Genmaicha (16 bags)	29g	12	5.30	63.60	½	0-24182-18156-2	O K

## EDWARD & SONS

### ORGANIC MASHED POTATOES

9770	Home style	100g	6	2.94	17.61	C	0-43182-00070-3	G O K
9771	Roasted garlic	100g	6	2.94	17.61	C	0-43182-00071-0	G O K

### ORGANIC BREADCRUMBS

9760	Panko ~ japanese style	300g	6	6.29	37.76	C	0-43182-00060-4	O
9761	Lightly salted	425g	6	6.29	37.76	C	0-43182-00058-1	O
9762	Italian herbs	425g	6	6.29	37.76	C	0-43182-00059-8	O

### EXOTIC RICE TOAST

9765	Jasmine rice & spring onion	65g	12	2.99	35.83	½	0-43182-00061-1	G
9766	Purple rice & black sesame	65g	12	2.99	35.83	½	0-43182-00062-8	G
9767	Thai red rice & flaxseed	65g	12	2.99	35.83	½	0-43182-00063-5	G

### ORGANIC BAKED BROWN RICE SNAPS

9794	Black sesame	100g	12	3.85	46.14	½	0-39631-00046-2	G O
9830	Unsalted plain	100g	12	3.85	46.14	½	0-39631-00041-7	G O
9833	Vegetable	100g	12	3.85	46.14	½	0-39631-00044-8	G O

### BAKED BROWN RICE SNAPS

9834	Tamari sesame	100g	12	3.90	46.75	½	0-11206-00034-3	G
9835	Tamari seaweed	100g	12	3.90	46.75	½	0-11206-00035-0	G
9836	Unsalted sesame	100g	12	3.90	46.75	½	0-11206-00036-7	G
9837	Onion garlic	100g	12	3.90	46.75	½	0-11206-00037-4	G

### MISO SOUP

9838	Organic miso Japanese restaurant style	82g	6	4.12	24.69	C	0-43182-00098-7	O
9839	Reduced sodium miso soup	29g	12	4.66	55.94	C	0-43182-00091-8	
9840	Original golden miso soup	72g	12	5.62	67.49	C	0-11206-00093-0	
9841	Seaweed miso soup	72g	12	5.62	67.49	C	0-11206-00094-7	
9844	Organic traditional tofu miso soup	36g	12	4.93	59.15	C	0-43182-00092-5	O

### MISO SOUP DISPLAY

9843	Seaweed miso soup display	18g	24	1.65	39.67	C	0-11206-00097-8	
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## ENLIGHTENED

### FROZEN DESSERT ~ KETO

* 8355	Chocolate	473ml	8	5.71	45.64	C	8-10036-94502-8	G
* 8356	Vanilla bean	473ml	8	5.71	45.64	C	8-10036-94503-5	G
* 8357	Mint chocolate	473ml	8	5.71	45.64	C	8-10036-94504-2	G
* 8358	Coffee chip	473ml	8	5.71	45.64	C	8-10036-94505-9	G
* 8359	Glazed donut	473ml	8	5.71	45.64	C	8-10036-94506-6	G



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$/U	\$/C			
	* 8360	Caramel fudge	473ml	8	5.71	45.64	C	8-10036-94508-0	G
		<b>FROZEN DESSERT BARS ~ KETO</b>							
	* 8365	Dark chocolate ~ caramel peanut	4x31ml	8	6.56	52.48	C	8-10036-94300-0	K
	* 8366	Peanut butter chocolate	4x31ml	8	6.56	52.48	C	8-10036-94301-7	K
	* 8367	Dark chocolate ~ vanilla almond	4x31ml	8	6.56	52.48	C	8-10036-94302-4	K
	* 8368	Mint chocolate	4x31ml	8	6.56	52.48	C	8-10036-94303-1	K
	* 8369	Double chocolate	4x31ml	8	6.56	52.48	C	8-10036-94304-8	K

## EVERLAND

### NUTRITIONAL YEAST

7320	Engevita yeast powder	285g	6	9.07	54.40	C	0-59443-10006-8
7321	Flakes	250g	6	11.55	69.32	C	0-59443-10027-3

### ORGANIC PEANUT

7323	Organic redskin raw peanuts	400g	12	5.20	62.40	½	0-59443-10326-7	O
7324	Organic roasted peanuts	400g	12	5.20	62.40	½	0-59443-10328-1	O
7325	Organic roasted peanuts ~ salted	400g	12	5.20	62.40	½	0-59443-10329-8	O

### ORGANIC CHOCOLATE CHIPS

7326	Organic dark chocolate chips ~ 55%	400g	12	6.66	79.96	½	0-59443-10381-6	O
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### OIL

7329	Avocado oil	375mL	12	11.29	135.52	½	0-59443-11423-2	
7330	Organic flax oil	500mL	6	11.37	68.23	C	0-59443-11426-2	O

### ORGANIC VINEGAR

7331	Organic rice vinegar	375mL	12	4.27	51.22	½	0-59443-60215-9	O
7332	Organic balsamic vinegar	375mL	12	6.34	76.06	½	0-59443-60216-6	O

### ORGANIC OAT

7333	Organic small rolled oats	2lbs	12	6.55	78.61	½	0-59443-91544-0	O
7334	Organic large rolled oats	2lbs	12	6.55	78.61	½	0-59443-91546-4	O

### BAKING PRODUCT

7322	Baking soda	400g	6	5.01	30.07	C	0-59443-10181-2	
7327	Organic almond meal ~ raw	340g	12	12.97	155.64	½	0-59443-10602-2	O
7328	Organic coconut flour	454g	12	4.41	52.94	½	0-59443-10609-1	O
7335	Organic chickpea flour	500g	6	6.44	38.61	C	0-59443-91585-3	O

## FITBITE

### CASSAVA CHIPS

7700	Spicy	100g	12	3.14	37.63	C	6-28055-77500-3	T
7701	Sea salt	100g	12	3.14	37.63	C	6-28055-77501-0	T

## FOOD FOR LIFE

### EZEKIEL 4:9 ~ ORG SPROUTED GRAIN BREAD

* 8314	Flax ~ yellow label	680g	6	6.25	37.49	C	0-73472-00124-0	O	K
* 8320	Original ~ orange label	680g	6	6.25	37.49	C	0-73472-00120-2	O	K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$/U	\$/C			
	* 8321	Sesame ~ green label	680g	6	6.25	37.49	C	0-73472-00123-3	O K
	* 8323	Low sodium ~ light orange label	680g	6	6.25	37.49	C	0-73472-00153-0	O K
		<b>GENESIS 1:29 ~ ORG SPROUTED GRAIN &amp; SEED LOAF</b>							
	* 8317	Original ~ blue label	680g	6	7.15	42.89	C	0-73472-00141-7	O K
		<b>BREADS (WHEAT FREE &amp; GLUTEN FREE)</b>							
	* 8333	Brown rice bread	680g	6	7.16	42.94	C	0-73472-00169-1	G K
		<b>EZEKIEL 4:9 ~ SPROUTED GRAIN CEREAL</b>							
	3250	Original	454g	6	7.67	46.04	C	0-73472-00255-1	K
	3251	Golden flax	454g	6	7.67	46.04	C	0-73472-00256-8	K
	3253	Almond	454g	6	8.27	49.59	C	0-73472-00258-2	K
		<b>EZEKIEL 4:9 ~ SPROUTED FLOURLESS FLAKE CEREAL</b>							
<b>NEW</b>	3254	Original	397g	6	8.11	48.65	C	0-73472-00260-5	O K
<b>NEW</b>	3255	Flax + chia	397g	6	9.00	53.97	C	0-73472-00261-2	O K
<b>NEW</b>	3256	Raisin	397g	6	8.39	50.33	C	0-73472-00262-9	O K
<b>NEW</b>	3257	Almond	397g	6	9.00	53.97	C	0-73472-00263-6	O K
		<b>GLUTEN FREE ENGLISH MUFFINS</b>							
	* 8315	Brown rice	510g	6	7.23	43.38	C	0-73472-00185-1	G K
	* 8316	Multi seed	510g	6	7.23	43.38	C	0-73472-00186-8	G K
		<b>EZEKIEL 4:9 ~ ORGANIC ENGLISH MUFFINS</b>							
	* 8318	Cinnamon raisin ~ purple label	454g	6	7.12	42.72	C	0-73472-00117-2	O K
	* 8319	Original ~ orange label	454g	6	5.66	33.98	C	0-73472-00119-6	O K
		<b>EZEKIEL 4:9 ~ TORTILLAS</b>							
	* 8340	Organic sprouted grain tortillas ~ 10 inch	340g	12	4.19	50.24	½	0-73472-00200-1	O K
	* 8342	Gluten free brown rice tortillas ~ 10 inch	340g	12	4.32	51.84	½	0-73472-00369-5	G K
	* 8343	Org sprouted whole kernel corn ~ 6 inch	283g	12	4.19	50.24	½	0-73472-00370-1	O K

## FORK & LEAF

### OIL

3100	Sautéing Oil	946ml	6	6.74	40.45	C	8-32650-00001-3	G K
3101	Frying Oil	946ml	6	6.74	40.45	C	8-32650-00005-1	G K
3102	Roasting Oil	946ml	6	6.74	40.45	C	8-32650-00003-7	G K
3104	Grapeseed Oil	946ml	6	7.42	44.50	C	8-32650-00011-2	G K
3105	Avocado Oil	946ml	6	12.86	77.15	C	8-32650-00034-1	G K

## FUNCTION NATURAL FOODS

### KALE & QUINOA BITES

* 9475	Mediterranean ~ sundried tomato & basil	280g	8	4.07	32.55	C	8-51335-00072-8
* 9476	Teriyaki ~ garlic and ginger	280g	8	4.07	32.55	C	8-51335-00073-5
* 9477	Bombay ~ coconut curry	280g	8	4.07	32.55	C	8-51335-00076-6

### QUINOA ARANCINI



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			

\* 9478 Rosemary + lemon 280g 8 4.07 32.55 C 8-51335-00074-2

**GARDEIN**

**FISH FREE**

\* 9253 Golden filets 288g 8 4.83 38.60 C 8-42234-00170-1  
 \* 9265 Crabless cakes 205g 8 4.83 38.60 C 8-42234-00222-7

**MEAT FREE PORK**

\* 9259 Porkless bites ~ sweet & sour 255g 8 4.83 38.60 C 8-42234-00322-4

**MEAT FREE BEEF**

\* 9262 Meatless meatballs ~ classic 360g 8 4.83 38.60 C 8-42234-00171-8  
 \* 9263 Beefless tips ~ home-style 255g 8 4.83 38.60 C 8-42234-00063-6

**MEAT FREE CHICKEN**

\* 9250 Crispy chick'n ~ mandarin orange 300g 8 4.83 38.60 C 8-42234-00087-2  
 \* 9251 Crispy tenders ~ seven grain 255g 8 4.83 38.60 C 8-42234-00064-3  
 \* 9254 Crispy fingers ~ chipotle line 270g 8 4.83 38.60 C 8-42234-00089-6  
 \* 9255 Barbeque wings ~ sweet & tangy 255g 8 4.83 38.60 C 8-42234-00088-9  
 \* 9258 Chick'n strips 225g 8 4.83 38.60 C 8-42234-00320-0  
 \* 9260 Chick'n patties ~ crispy 350g 8 4.83 38.60 C 8-42234-00323-1  
 \* 9275 Chick'n tenders ~ nashville style hot 260g 8 4.83 38.60 C 8 42234-00137 4  
 \* 9276 Chick'n wings ~ spicy gochujang style 240g 8 4.83 38.60 C 8 42234-00155 8  
 \* 9277 Crispy golden chick'n nuggets 245g 8 4.83 38.60 C 8 42234-00135 0

**MEAT FREE BEEF ~ GLUTEN FREE**

\* 9252 Beefless ground ~ the ultimate 390g 8 4.83 38.60 C 8-42234-00109-1 G  
 \* 9257 Black bean patty ~ chipotle 340g 8 4.83 38.60 C 8-42234-00167-1 G  
 \* 9261 Veggie burger 255g 8 4.83 38.60 C 8-42234-00324-8 G  
 \* 9274 Supreme burger 226g 8 5.47 43.79 C 8-42234-00714-7

**MEAT FREE TURKEY**

\* 9256 Turk'y cutlets ~ lightly breaded 300g 8 4.83 38.60 C 8-42234-00114-5  
 \* 9273 Stuffed turk'y ~ herbed 454g 8 7.86 62.87 C 8-42234-00093-3 K

**GO BIO!**

**ORGANIC BOUILLON CUBES**

8925 Vegetable 66g 15 2.50 37.57 C 6-87789-05120-3 G O K  
 8928 Beef 66g 15 2.50 37.57 C 6-87789-05111-1 G O K  
 8927 Chicken 66g 15 2.50 37.57 C 6-87789-05115-9 G O K  
 8931 Mushroom 66g 15 2.62 39.24 C 6-87789-05113-5 G O K  
 8932 Vegetable ~ yeast free 66g 15 2.62 39.24 C 6-87789-05114-2 G O K

**ORGANIC BOUILLON CUBES ~ NO SALT ADDED**

8929 Chicken 54g 15 2.50 37.57 C 6-87789-05100-5 G O K  
 8926 Vegetable 54g 15 2.50 37.57 C 6-87789-05101-2 G O K

**ORGANIC BROTH POWDER ~ YEAST FREE**

8935 Vegetable ~ glass jar 100g 6 4.27 25.61 C 6-87789-05121-0 O K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	8936	Vegetable ~ refill bag	200g	8	6.87	54.95	C	6-87789-05122-7	O K
	8937	Chicken ~ low sodium ~ glass jar	75g	6	4.70	28.22	C	6-87789-05123-4	O K
	8938	Chicken ~ low sodium ~ refill bag	150g	8	6.15	49.20	C	6-87789-05124-1	O K
		<b>ORGANIC PESTO CUBES</b>							
	8895	Genovese	54g	15	3.47	52.07	C	6-87789-03223-3	G O
	8896	Siciliana	54g	15	3.47	52.07	C	6-87789-03222-6	G O
		<b>ORGANIC GRAVY CUBES</b>							
	8898	Brown gravy	60g	15	2.89	43.39	C	6-87789-02113-8	G O
	8899	Poultry gravy	60g	15	2.89	43.39	C	6-87789-02112-1	G O
		<b>ORGANIC GELATIN</b>							
	8910	Gelatin ~ 6 sheets	10g	20	1.56	31.20	C	6-87789-12528-7	G O
	8911	Gelatin powder	30g	18	3.98	71.69	C	6-87789-12511-9	G O
	8912	Gelatin powder	150g	12	9.88	118.53	C	6-87789-12512-6	G O
		<b>ORGANIC CANDIES</b>							
	8920	Fruit gummi bears	75g	10	2.79	27.86	C	6-87789-21601-5	G O T
	8922	Sour gummies	75g	10	2.79	27.86	C	6-87789-21701-2	G O T
	8921	Vegan gummi bears	75g	10	2.79	27.86	C	6-87789-21501-8	G O T
	8923	Vegetarian licorice	75g	10	2.79	27.86	C	6-87789-21801-9	O T
	8944	Wine gums	75g	10	2.79	27.86	C	6-87789-22001-2	G O T
	8945	Yogurt fruit gummies	75g	10	2.79	27.86	C	6-87789-22101-9	G O T

## GOLD RUSH

### ORGANIC POTATO PRODUCTS

*	8400	Diced hashbrowns	454g	12	3.62	43.45	½	6-29066-03614-5	G O
*	8401	Julienne fries	454g	12	3.62	43.45	½	6-29066-03618-3	G O
*	8402	Crinkle fries	454g	12	3.62	43.45	½	6-29066-03626-8	O
*	8403	Steak fries	454g	12	3.62	43.45	½	6-29066-03628-2	G O
*	8404	Sweet potato fresh fries	454g	12	4.32	51.87	½	6-29066-03624-4	G O

## GRANNY'S

### LIQUID LAUNDRY

	2787	Ultra liquid laundry	3.78L	4	8.91	35.64	C	0-63827-31038-7	T
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## HENRY'S TEMPEH

### ORGANIC TEMPEH

≡	9240	Basil	250g	12	3.35	40.16	½	8-51193-00003-8	G O
≡	9242	Kasha	250g	12	3.35	40.16	½	8-51193-00001-4	G O
≡	9243	Original	250g	12	3.35	40.16	½	8-51193-00002-1	G O
≡	9244	Red pepper	250g	12	3.35	40.16	½	8-51193-00006-9	G O
≡	9245	Crumble	200g	18	3.78	67.97	½	8-51193-00004-5	G O

## HERBARIA



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			

**HERBAL TEAS**

9900	Chamomile flowers	25bags	10	3.10	30.99	C	5-997005-33010-0
9901	Elder flowers	25bags	10	3.10	30.99	C	5-997005-33004-9
9902	Horsetail	25bags	10	3.10	30.99	C	5-997005-33043-8
9903	Lemon balm	25bags	10	3.10	30.99	C	5-997005-33006-3
9904	Linden flowers	25bags	10	3.10	30.99	C	5-997005-33009-4
9905	Peppermint leaves	25bags	10	3.10	30.99	C	5-997005-33005-6
9906	Rosehip	25bags	10	3.10	30.99	C	5-997005-33008-7
9907	Stinging nettle leaf	25bags	10	3.10	30.99	C	5-997005-33007-0
9908	Yarrow	25bags	10	3.10	30.99	C	5-997005-33044-5
9909	Fennel	25bags	10	3.10	30.99	C	5-997005-32423-9
9910	St. John's wort	25bags	10	3.10	30.99	C	5-997005-33076-6
9911	Milk thistle	25bags	10	3.10	30.99	C	5-997005-33091-9
9912	Marigold blossoms	25bags	10	3.10	30.99	C	5-997005-33088-9
9913	Senna leaves	25bags	10	3.10	30.99	C	5-997005-33089-6
9914	Hawthorn flowers & leaves	25bags	10	3.10	30.99	C	5-997005-330902
9915	Dandelion leaves	25bags	10	3.10	30.99	C	5-997005-33093-3
9916	Small flowers willow herb	25bags	10	3.10	30.99	C	5-997005-33094-0
9917	Thyme leaves	25bags	10	3.10	30.99	C	5-997005-33129-9
9918	Valerian root	25bags	10	3.10	30.99	C	5-997005-33092-6
9919	Echinacea herb	25bags	10	3.10	30.99	C	5-997005-34360-5
9920	Eyebright herb	25bags	10	3.10	30.99	C	5-997005-34359-9
9921	Hyssop	25bags	10	3.10	30.99	C	5-997005-34361-2
9922	Rosemary leaf	25bags	10	3.10	30.99	C	5-997005-34362-9
9923	Sage leaves	25bags	10	3.10	30.99	C	5-997005-34363-6
9924	Passion flower	25bags	10	3.10	30.99	C	5-997005-34364-3
9925	Spearmint	25bags	10	3.10	30.99	C	5-997005-34372-8
9926	Agrimony herb	25bags	10	3.10	30.99	C	5-997005-34373-5
9927	Lavender flowers	25bags	10	3.10	30.99	C	5-997005-34371-1
9928	Birch leaf	25bags	10	3.10	30.99	C	5-997005-34374-2
9929	Lady's mantle	25bags	10	3.10	30.99	C	5-997005-34383-4
9930	Plantain leaf	25bags	10	3.10	30.99	C	5-997005-34381-0
9931	Shepherd's purse	25bags	10	3.10	30.99	C	5-997005-34384-1
9932	Uva ursi leaf	25bags	10	3.10	30.99	C	5-997005-34382-7

**HOME FREE**

**ALLERGEN FRIENDLY COOKIES**

7160	Mini chocolate chip cookies	144g	6	4.81	28.86	C	8-57313-00167-1	G	K
7161	Mini vanilla cookies	144g	6	4.81	28.86	C	8-57313-00169-5	G	K
7162	Mini double chocolate chip cookies	144g	6	4.81	28.86	C	8-57313-00168-8	G	K
7163	Mini lemon burst cookies	144g	6	4.81	28.86	C	8-57488-00436-1	G	K

 **HONEY BAR**



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			

**BARS ~ DISPLAY BOX**

8520	Almond salted caramel	40g	15	1.00	15.00	C	6-23612-00080-2	G	K
8521	Roasted lemon sesame	40g	15	1.00	15.00	C	6-23612-00063-5	G	K
8522	Peanut butter & jam	40g	15	1.00	15.00	C	6-23612-00064-2	G	K
8523	Sweet & salty	40g	15	1.00	15.00	C	6-23612-00065-9	G	K
8524	Trail mix	40g	15	1.00	15.00	C	6-23612-00066-6	G	K
8525	Quinoa & cranberry	40g	15	1.00	15.00	C	6-23612-00067-3	G	K

**SNACK BAR**

8528	Almond salted caramel	200g	8	4.26	34.06	C	6-23612-57069-5	G	K
8529	Peanut butter & jam	200g	8	4.26	34.06	C	6-23612-57068-8	G	K
8530	Sweet & salty	200g	8	4.26	34.06	C	6-23612-57065-7	G	K
8531	Trail mix	200g	8	4.26	34.06	C	6-23612-57066-4	G	K
8532	Quinoa & cranberry	200g	8	4.26	34.06	C	6-23612-57067-1	G	K

**SNACK BITES**

8535	Almond salted caramel	162g	8	3.38	27.03	C	6-23612-10180-6	G	K
8536	Quinoa & cranberry	162g	8	3.38	27.03	C	6-23612-10167-7	G	K

 **HOP**

**HEARTS OF PALM PASTA**

4428	Spaghetti	400g	6	3.40	20.41	C	6-28451-16685-6	G	
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**HOUSE FOODS**

**SHIRATAKI NOODLES**

≡	8605	Traditional ~ white yam (konjac)	226g	12	1.94	23.25	½	0-76371-04143-0	G	K
≡	8606	Fettuccini ~ tofu & white yam (konjac)	226g	12	1.94	23.25	½	0-76371-04146-1	G	K
≡	8607	Spaghetti ~ tofu & white yam (konjac)	226g	12	1.94	23.25	½	0-76371-04145-4	G	K

**IF YOU CARE**

**UNBLEACHED PANS**

7411	Loaf baking pans	4ct	6	7.47	44.84	C	7-70009-25071-2	T	
7418	Cake and pie pans	4ct	6	7.47	44.84	C	7-70009-25070-5	T	

**COFFEE FILTERS**

7400	No.2 coffee filters	100ct	12	4.63	55.59	½	7-70009-00112-3	T	
7401	No.4 coffee filters	100ct	12	4.71	56.53	½	7-70009-00114-7	T	
7402	8" basket filters	100ct	12	4.01	48.15	½	7-70009-00111-6	T	

**COOKING & BAKING PRODUCTS**

7404	Parchment baking paper	70 sq.ft.	12	6.03	72.36	½	7-70009-01020-0	T	
7405	Parchment baking sheets	24ct	12	4.64	55.72	½	7-70009-01192-4	T	
7409	Cheesecloth - unbleached 72" x 36"	2 sq yd	24	3.68	88.36	½	7-70009-05004-6	T	
7410	Natural cooking twine	200ft	24	3.95	94.87	½	7-70009-05001-5	T	

**BAKING CUPS**

7398	Mini	90ct	24	1.66	39.88	½	7-70009-25018-7	T	
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ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	7403	Large	60ct	24	2.38	57.11	½	7-70009-01048-4	T
	7399	Jumbo	24ct	24	2.07	49.75	½	7-70009-25019-4	T
		<b>100% RECYCLED ALUMINUM FOIL</b>							
	7406	Aluminum foil	50 sq.ft.	12	6.15	73.84	½	7-70009-12011-4	T
		<b>BAGS &amp; WRAPS</b>							
	7408	Unbleached waxed paper	75 sq.ft.	12	6.35	76.21	½	7-70009-25025-5	T
	7397	Sandwich bags	48 bags	12	5.77	69.22	½	7-70009-25026-2	T
	7413	Compostable food waste bags ~ 3 gal	30ct	12	6.57	78.83	½	7-70009-25064-4	T
	7414	Compostable food waste bags ~ 13 gal	12ct	12	6.92	83.03	½	7-70009-225065-1	T
		<b>100% BIOMASS FIRELIGHTERS</b>							
	7412	Fire starting cubes	28ct	12	3.07	36.82	½	7-70009-25034-7	T
		<b>HOUSEHOLD GLOVES</b>							
	7394	Small	1 pair	12	4.60	55.14	½	7-70009-25027-9	T
	7395	Medium	1 pair	12	4.60	55.14	½	7-70009-25028-6	T
	7396	Large	1 pair	12	4.60	55.14	½	7-70009-25029-3	T
		<b>ROASTING BAGS</b>							
	7416	Medium	6ct	8	7.24	57.90	C	7-70009-25073-6	T
	7417	Extra large	2ct	8	8.69	69.55	C	7-70009-25072-9	T

## KNUDSEN

### 100% FRUIT JUICE

3673	Just black cherry	946mL	6	6.56	39.38	C	0-74682-12309-8	
3658	Just blueberry	946mL	6	7.99	47.93	C	0-74682-12324-1	
3665	Just pomegranate	946mL	6	7.99	47.93	C	0-74682-12329-6	
3675	Just cranberry	946mL	6	7.99	47.93	C	0-74682-12350-0	

### 100% ORGANIC FRUIT JUICE

3674	Just tart cherry	946mL	6	7.99	47.93	C	0-74682-12318-0	O
3678	Just prune	946mL	6	7.99	47.93	C	0-74682-12312-8	O
3659	Just cranberry	946mL	6	10.68	64.05	C	0-74682-12335-4	O
3672	Just grapefruit	946mL	6	10.00	60.00	C	0-74682-20064-5	O

## KOA NATURAL FOODS

### LILLO'S CLUSTERS

3000	Dark chocolate	125g	12	5.00	59.99	½	6-28250-39470-2	O T
3001	Milk chocolate peanut butter	125g	12	5.00	59.99	½	6-28250-39468-9	O T
3002	Cookies and cream	125g	12	5.00	59.99	½	6-28250-39466-5	O T

### LILLO & CO PEANUT BUTTER CUPS

3003	Dark chocolate	96g	6	5.31	31.84	C	6-28250-39461-0	G O T K
3004	Milk chocolate	96g	6	5.31	31.84	C	6-28250-39463-4	G O T K

## KOOPS' ORGANIC

### ORGANIC MUSTARD ~ GLUTEN FREE





ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	3340	Dijon	325mL	12	3.12	37.48	½	0-70281-00151-5	G O K
	3341	Original yellow	325mL	12	3.12	37.48	½	0-70281-00150-8	G O K
	3342	Stone ground	325mL	12	3.12	37.48	½	0-70281-00153-9	G O K
	3343	Spicy brown	325mL	12	3.12	37.48	½	0-70281-00152-2	G O K

## LAKWOOD

### ORGANIC JUICES

3985	Pure tart cherry	946mL	6	8.65	51.89	C	0-42608-63008-1	O	K
3993	Beet	946mL	6	7.59	45.55	C	0-42608-63070-8	O	K
3996	Pure carrot	946mL	6	7.59	45.55	C	0-42608-63045-6	O	K
4003	Pure pineapple	946mL	6	8.65	51.89	C	0-42608-63005-0	O	K
4004	Pure prune	946mL	6	8.65	51.89	C	0-42608-63009-8	O	K
4006	Pure cranberry	946mL	6	10.75	64.51	C	0-42608-63011-1	O	K
4007	Tart cherry blend	946mL	6	5.68	34.10	C	0-42608-63077-7	O	K

### ORGANIC SUPPLEMENT JUICES

4009	Pure aloe	946mL	6	7.53	45.16	C	0-42608-63014-2	O	K
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### ORGANIC CULINARY JUICES

4012	Pure lemon	370mL	12	4.01	48.12	½	0-42608-36094-0	O	K
4013	Pure lime	370mL	12	4.01	48.12	½	0-42608-36091-9	O	K
4014	Pure lemon	946mL	6	7.43	44.56	C	0-42608-63094-4	O	K

### PREMIUM JUICES

4020	Pure cranberry	946mL	6	8.65	51.89	C	0-42608-63066-1		K
4021	Pure black cherry	946mL	6	7.00	41.98	C	0-42608-63048-7		K

## LET'S DO... GLUTEN FREE

### GLUTEN FREE CONES

9848	Ice cream cones	36g	6	5.11	30.63	C	0-43182-00352-0	G	K
9849	Sugar cones	132g	12	5.35	64.15	½	0-43182-00353-7	G	K

### PRODUCTS UNDERGOING CHANGES

#### GLUTEN FREE CONES

**NEW U/C**

9849	Sugar cones	132g	6	5.99	35.92	C	0-43182-00353-7	G	K
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## LET'S DO... ORGANIC

### ORGANIC COCONUT ~ SHREDS & FLAKES

9806	Shredded coconut	250g	12	3.94	47.25	½	0-43182-01520-2	G O
9808	Unsweetened coconut flakes	198g	12	3.94	47.25	½	0-43182-01522-6	G O K

### ORGANIC TAPIOCA

9781	Tapioca ~ granules	170g	6	3.31	19.87	C	0-43182-00527-2	G O
9782	Tapioca ~ starch	170g	6	3.33	20.00	C	0-43182-00528-9	G O

### ORGANIC CORN STARCH

9811	Corn starch	170g	6	3.88	23.29	C	0-43812-00529-6	O
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ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$/U	\$/C			

**ORGANIC COCONUT ~ MILK & CREAM**

9800	Sweetened condensed coconut milk	195mL	6	5.01	30.07	C	0-43182-02205-7	G O K
9803	Creamed coconut	200g	6	3.76	22.57	C	0-43182-00525-8	G O K
9802	Heavy coconut cream	398ml	12	5.32	63.88	½	0-43182-00210-3	G O K

**ORGANIC CONES**

9845	Ice cream cones	36g	12	4.49	53.91	½	0-43182-00355-1	O K
9846	Sugar cones	132g	12	5.91	70.96	½	0-43182-00357-5	O K

**MADE IN NATURE**

**ORGANIC TOASTED COCONUT CHIPS**

8500	Maple vanilla	71g	6	4.37	26.22	C	7-20379-50504-2	G O T K
8501	Toasted cinnamon	71g	6	4.37	26.22	C	7-20379-50508-0	G O T K

**ORGANIC DRIED FRUITS**

8505	Fruit fusion ~ superberry blast	142g	6	4.76	28.57	C	7-20379-50116-7	G O K
8506	Dried plums	170g	6	4.76	28.57	C	7-20379-50127-3	G O K
8507	Apricots	170g	6	4.76	28.57	C	7-20379-50118-1	G O K
8508	Mangoes	85g	6	4.76	28.57	C	7-20379-50110-5	G O K
8509	Smyrna figs	198g	6	4.76	28.57	C	7-20379-50128-0	G O K

**MANNA ORGANICS**

**ORGANIC MANNA BREAD**

* 9501	Carrot raisin	400g	8	3.07	24.56	C	0-58449-00003-7	O K
* 9504	Fruit & nut	400g	8	3.07	24.56	C	0-58449-00009-9	O K
* 9509	Fig, fennel and flax	350g	8	3.07	24.56	C	0-58449-00026-3	O K
* 9510	Date & cinnamon	400g	8	3.07	24.56	C	0-58449-70801-8	O K

**MARANATHA**

**ALMOND BUTTER**

4396	Creamy ~ raw	340g	6	9.55	57.32	C	0-51651-09306-4	G K
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**ORGANIC PEANUT BUTTER**

4392	Creamy	500g	6	6.13	36.78	C	0-51651-09330-9	G O K
4393	Crunchy	500g	6	6.13	36.78	C	0-51651-09331-6	G O K

**MARUKAN**

**RICE VINEGAR ~ 355mL**

6740	Organic	355mL	6	4.15	24.92	C	0-70641-06412-9	G O K
6741	Organic seasoned dressing	355mL	6	4.66	27.94	C	0-70641-06413-6	G O K
6742	Genuine brewed	355mL	6	3.47	20.83	C	0-70641-00006-6	G K
6739	Lite seasoned gourmet dressing	355mL	6	3.69	22.13	C	0-70641-00039-4	G K
6743	Seasoned dressing	355mL	6	3.69	22.13	C	0-70641-00009-7	G K

**RICE VINEGAR ~ 710mL**



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$/U	\$/C			
6748	Genuine brewed <b>PREMIUM SOY DRESSING</b>	710mL	6	5.65	33.91	C	0-70641-00005-9	G K
6746	Yuzu Ponzu ~ with yuzu citrus	355mL	6	5.41	32.48	C	0-70641-06631-4	G K
6747	Ponzu ~ with sudachi citrus	355mL	6	5.41	32.48	C	0-70641-06621-5	G K

## MORE LABS

### FUNCTIONAL BEVERAGE

8550	Morning recovery	100ml	24	2.06	49.46	½	8-50004-32067-9	G T
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## NATIVE

### ORGANIC SUGAR NON GMO

7000	Cane sugar	1Kg	12	4.33	51.93	½	7-898206-500010	O
7001	Demerara cane sugar	1Kg	12	4.63	55.53	½	1-87759-00003-8	O

## NATIVE FOREST

### ORGANIC FRUIT PRODUCTS

9791	Organic young jackfruit	398mL	6	4.44	26.64	C	0-43182-01869-2	G O
9785	Mandarin oranges	284g	6	3.91	23.46	C	0-43182-01868-5	O K
9789	Pineapple chunks	398mL	6	4.78	28.69	C	0-43182-01851-7	O K
9790	Pineapple slices	425g	6	4.78	28.69	C	0-43182-00852-5	O
9786	Peach slices	398mL	6	5.14	30.83	C	0-43182-01859-3	G O K

### CASHEW MILK

9812	Cashew milk powder	100g	6	6.18	37.06	C	0-43182-00102-1	G K
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### COCONUT MILK

9799	Coconut milk powder	150g	6	4.66	27.95	C	0-43182-01101-3	G K
9804	Organic light coconut milk	398mL	12	3.14	37.69	½	0-43182-00209-6	G O K
9805	Organic coconut milk	398mL	12	3.71	44.49	½	0-43182-00208-9	G O K

### COCONUT CREAM

9810	Unsweetened coconut cream ~ premium	160mL	12	2.20	26.34	½	0-43182-00207-3	G O K
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### VEGETABLE PRODUCTS

9823	Artichoke hearts, quartered	400g	6	4.61	27.68	C	0-43182-00891-4	
9826	Organic cut baby corn	400g	6	3.58	21.50	C	0-43182-00830-3	O
9824	Artichoke hearts, whole, jar	170mL	6	4.63	27.75	C	0-43182-00892-1	

## NATUR-A

### FORTIFIED OAT BEVERAGE

3450	Original	946mL	12	3.23	38.76	C	0-63667-20001-5	G K
3451	Chocolate	946mL	12	3.23	38.76	C	0-63667-20008-4	G K

### ORGANIC FORTIFIED OAT BEVERAGE

3454	Original	946mL	12	2.37	28.41	C	0-63667-20101-2	G O K
3455	Vanilla	946mL	12	2.37	28.41	C	0-63667-20102-9	G O K
3456	Chocolate	946mL	12	2.37	28.41	C	0-63667-20108-1	G O K

### ORGANIC FORTIFIED RICE BEVERAGE



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE	
					\$ / U	\$ / C				
	3432	Original	946mL	12	2.37	28.41	C	0-63667-00601-3	G O K	
	3433	Vanilla	946mL	12	2.37	28.41	C	0-63667-00602-0	G O K	
		<b>ORGANIC FORTIFIED SOY BEVERAGE 200mL</b>								
	3430	Original	200mL	24	0.92	22.18	C	0-63667-50101-3	G O K	
	3431	Unsweetened	200mL	24	0.92	22.18	C	0-63667-50601-8	G O K	
	3434	Vanilla	200mL	24	0.92	22.18	C	0-63667-50201-0	G O K	
	3435	Strawberry	200mL	24	0.92	22.18	C	0-63667-50301-7	G O T K	
	3436	Chocolate	200mL	24	0.92	22.18	C	0-63667-50801-2	G O K	
		<b>ORGANIC FORTIFIED SOY BEVERAGE 946mL</b>								
	3437	Unsweetened	946mL	12	2.37	28.41	C	0-63667-51100-5	G O K	
	3438	Original light	946mL	12	2.37	28.41	C	0-63667-51000-8	G O K	
	3439	Vanilla light	946mL	12	2.37	28.41	C	0-63667-51050-3	G O K	
	3440	Cappucino	946mL	12	2.37	28.41	C	0-63667-30180-4	G O K	
	3445	Original	946mL	12	2.37	28.41	C	0-63667-30140-8	G O K	
	3446	Vanilla	946mL	12	2.37	28.41	C	0-63667-30155-2	G O K	
	3447	Strawberry	946mL	12	2.37	28.41	C	0-63667-30170-5	G O T K	
	3448	Chocolate	946mL	12	2.37	28.41	C	0-63667-30185-9	G O K	
		<b>FORTIFIED ALMOND BEVERAGE 946mL</b>								
	4193	Vanilla unsweetened	946mL	12	2.37	28.41	C	0-63667-09026-5	G K	
	4194	Coconut unsweetened	946mL	12	2.37	28.41	C	0-63667-09046-3	G T K	
	4195	Original	946mL	12	2.37	28.41	C	0-63667-09001-2	G K	
	4196	Vanilla	946mL	12	2.37	28.41	C	0-63667-09002-9	G K	
	4197	Unsweetened	946mL	12	2.37	28.41	C	0-63667-09006-7	G K	
	4198	Chocolate	946mL	12	2.37	28.41	C	0-63667-09008-1	G K	
		<b>FORTIFIED ALMOND BEVERAGE 200mL</b>								
	4191	Original	200mL	24	0.97	23.21	C	0-63667-49001-0	G K	
	4192	Chocolate	200mL	24	0.97	23.21	C	0-63667-49008-9	G K	

**NATURE'S PATH**

**CEREAL ~ ORGANIC & GLUTEN FREE ~ ECO-PAC**

9551	Mesa sunrise	750g	6	8.62	51.71	C	0-58449-77901-8	G O K
9543	Honey'd corn flakes	750g	6	8.62	51.71	C	0-58449-77094-7	G O K
9545	Fruit juice corn flakes	750g	6	8.62	51.71	C	0-58449-60056-5	G O K
9556	Crispy rice	750g	6	8.62	51.71	C	0-58449-55002-0	G O K
9620	Whole o's	750g	6	8.62	51.71	C	0-58449-77912-4	G O K
9621	Sunrise ~ crunchy vanilla	675g	6	8.84	53.01	C	0-58449-18110-1	G O K
9622	Sunrise ~ crunchy maple	675g	6	8.84	53.01	C	0-58449-18112-5	G O K
9557	Mesa sunrise ~ with raisins	825g	6	8.80	52.82	C	0-58449-77161-6	G O K

**CEREAL ~ ORGANIC ~ ECO PAC**

9540	Multigrain oat bran flakes	907g	6	8.80	52.82	C	0-58449-60231-6	O K
9546	Heritage o's	907g	6	8.80	52.82	C	0-58449-77001-5	O K
9542	Millet rice	907g	6	8.80	52.82	C	0-58449-77008-4	O K
9547	Heritage flakes	907g	6	8.80	52.82	C	0-58449-77021-3	O K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	9550	Flax plus ~ cinnamon flakes	907g	6	8.80	52.82	C	0-58449-77163-0	O K
	9552	Kamut ~ khorasan wheat flakes	750g	6	8.62	51.71	C	0-58449-77069-5	O K
		<b>CEREAL ~ ORGANIC &amp; GLUTEN FREE ~ BOX</b>							
	9530	Crispy rice	284g	12	4.53	54.30	½	0-58449-55000-6	G O K
	9523	Honey'd corn flakes	300g	12	4.53	54.30	½	0-58449-60218-7	G O K
	9521	Whole o's	325g	12	4.53	54.30	½	0-58449-77902-5	G O K
	9519	Golden turmeric	300g	6	5.07	30.44	C	0-58449-18910-7	G O K
	9512	Sunrise ~ crunchy honey	300g	12	5.22	62.66	½	0-58449-77204-0	G O K
	9515	Sunrise ~ crunchy cinnamon	300g	12	5.22	62.66	½	0-58449-77206-4	G O K
	9538	Sunrise ~ crunchy maple	300g	12	5.22	62.66	½	0-58449-77152-4	G O K
	9539	Sunrise ~ crunchy vanilla	300g	12	5.22	62.66	½	0-58449-77154-8	G O K
		<b>CEREAL ~ ORGANIC ~ BOX</b>							
	9526	Heritage crunch	400g	12	4.53	54.30	½	0-58449-77174-6	O K
	9511	Smart bran ~ wheat, psyllium & oat bran	300g	12	5.22	62.66	½	0-58449-77102-9	O K
	9534	Optimum power ~ blueberry cinnamon flax	400g	12	5.22	62.66	½	0-58449-77700-7	O K
		<b>ENVIROKIDZ</b>							
		<b>~ CEREAL ~ ORG &amp; GLUTEN FREE ~ ECO-PAC</b>							
	9553	Gorilla Munch ~ corn puffs	650g	6	8.50	51.02	C	0-58449-87008-1	G O K
	9554	Panda puffs ~ peanut butter	700g	6	8.50	51.02	C	0-58449-87009-8	G O K
	9555	Koala crisp ~ chocolate	725g	6	8.50	51.02	C	0-58449-87010-4	G O K
	9558	Leapin lemurs ~ peanut butter & chocolate	650g	6	8.50	51.02	C	0-58449-21241-3	G O K
		<b>ENVIROKIDZ</b>							
		<b>~ CEREAL ~ ORG &amp; GLUTEN FREE ~ BOX</b>							
	9582	Gorilla Munch ~ corn puffs	284g	12	4.38	52.51	½	0-58449-86002-0	G O K
	9584	Panda puffs ~ peanut butter	300g	12	4.38	52.51	½	0-58449-86004-4	G O K
	9586	Leapin lemurs ~ peanut butter & chocolate	284g	12	4.38	52.51	½	0-58449-86006-8	G O K
	9580	Choco chimps ~ chocolate	284g	12	4.38	52.51	½	0-58449-87023-4	G O K
		<b>PUFFED CEREALS ~ ORGANIC ~ ECO PAC</b>							
	9577	Rice puffs	170g	12	2.97	35.64	½	0-58449-62001-3	O K
	9579	Kamut puffs ~ khorasan wheat	170g	12	2.97	35.64	½	0-58449-62004-4	O K
		<b>LOVE CRUNCH ~ CEREALS ~ ORGANIC ~ BOX</b>							
	9700	Dark chocolate and red berries	284g	6	5.22	31.33	C	0-58449-18115-6	O K
		<b>QI'A SUPERFOOD ~ CEREAL ~ ORGANIC</b>							
	9632	Superflakes ~ Cocoa coconut	284g	12	5.05	60.59	½	0-58449-16113-4	G O K
		<b>WAFFLES ~ ORGANIC</b>							
	* 3272	Flax plus	210g	12	3.73	44.71	½	0-58449-59055-2	O K
		<b>WAFFLES ~ ORGANIC &amp; GLUTEN FREE</b>							
	* 3271	Homestyle	210g	12	3.73	44.71	½	0-58449-59052-1	G O K
	* 3273	Buckwheat ~ wildberry	210g	12	3.73	44.71	½	0-58449-59057-6	G O K
	* 3280	Chia plus ~ quinoa & amaranth	210g	12	3.73	44.71	½	0-58449-59074-3	G O K
		<b>ENVIROKIDS</b>							
		<b>~ WAFFLES ~ ORGANIC &amp; GLUTEN FREE</b>							
	* 3281	Penguin party ~ cinnamon	240g	12	4.70	56.43	½	0-58449-21242-3	G O K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	* 3282	Polar beary ~ pink blueberry <b>FROSTED TOASTER PASTRIES ~ ORGANIC</b>	240g	12	4.70	56.43	½	0-58449-21243-0	G O K
	9690	Cherry pomegranate	312g	6	4.45	26.69	C	0-58449-18807-0	O K
	9691	Berry strawberry	312g	6	4.45	26.69	C	0-58449-18808-7	O K
	9692	Lotta chocolotta <b>GRANOLA ~ ORGANIC ~ ECO-PAC</b>	312g	6	4.45	26.69	C	0-58449-18810-0	O K
	9541	Hemp hearts	750g	6	8.53	51.16	C	0-58449-89017-1	O K
	9544	Pumpkin seed + flax <b>GRANOLA ~ ORGANIC</b>	750g	6	8.53	51.16	C	0-58449-89019-5	O K
	9516	Pumpkin seed + flax	325g	12	4.44	53.22	½	0-58449-89007-2	O K
	9517	Flax plus ~ pumpkin raisin crunch	350g	12	5.22	62.66	½	0-58449-77750-2	O K
	9532	Coconut chia	350g	12	4.44	53.22	½	0-58449-89032-4	O K
	9535	Hemp plus	325g	12	4.44	53.22	½	0-58449-89000-3	O K
	9731	Peanut butter <b>GRANOLA ~ ORGANIC ~ FAMILY SIZE</b>	325g	12	4.44	53.22	½	0-58449-89008-9	O K
	9527	Coconut chia	800g	6	10.57	63.42	C	0-58449-19214-5	O K
	9528	Pumpkin seed + flax <b>GRANOLA ~ ORGANIC &amp; GLUTEN FREE</b>	800g	6	10.57	63.42	C	0-58449-77906-3	O K
	9629	Cacao <b>GRANOLA ~ ORGANIC &amp; GRAIN FREE</b>	198g	6	5.03	30.17	C	0-58449-20300-1	G O K
	9638	Vanilla Poppy Seed <b>LOVE CRUNCH ~ GRANOLA ~ ORGANIC</b>	227g	6	6.11	36.66	C	0-58449-19207-7	G O K
	9748	Dark chocolate peanut butter	325g	6	4.72	28.34	C	0-58449-16206-3	O K
	9749	Dark chocolate macaroon	325g	6	4.72	28.34	C	0-58449-77201-9	O K
	9750	Dark chocolate and red berries	325g	6	4.72	28.34	C	0-58449-77176-0	O K
	9751	Espresso vanilla cream	325g	6	4.72	28.34	C	0-58449-20223-3	O K
	9753	Salted caramel pretzel <b>LOVE CRUNCH</b>	325g	6	4.72	28.34	C	0-58449-20224-0	O K
		<b>~ GRANOLA ~ ORGANIC ~ FAMILY SIZE</b>							
	9718	Dark chocolate and red berries	700g	6	8.76	52.54	C	0-58449-18203-0	O K
	9719	Dark chocolate & peanut butter <b>ORGANIC PURE OATS GRANOLA</b>	700g	6	8.76	52.54	C	0-58449-21143-3	O K
	9670	Honey almond <b>QI'A SUPERFOOD ~ ORGANIC BREAKFAST TOPPER</b>	312g	8	5.00	39.96	C	0-58449-89041-6	G O K
	9739	Original	225g	10	7.13	71.33	½	0-58449-32004-3	G O K
	9740	Cranberry vanilla	225g	10	7.13	71.33	½	0-58449-32006-7	G O K
		<b>ORGANIC PURE OATS HOT OATMEAL</b>							
	9676	Spiced apple flax	320g	6	4.77	28.59	C	0-58449-45067-2	G O K
	9677	Brown sugar maple	320g	6	4.77	28.59	C	0-58449-45069-6	G O K
	9678	Variety pack <b>SUPERFOOD OATMEAL ~ ORGANIC &amp; GLUTEN FREE</b>	320g	6	4.77	28.59	C	0-58449-45071-9	G O K
	9742	Cinnamon pumpkin seed	228g	6	4.30	25.81	C	0-58449-15404-4	G O K
	9743	Creamy coconut	228g	6	4.30	25.81	C	0-58449-15402-0	G O K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$/U	\$/C			
	9744	Superseeds & grains	228g	6	4.30	25.81	C	0-58449-15400-6	G O K
	9745	Tumeric	210g	6	4.30	25.81	C	0-58449-20408-4	G O K
	9746	Cacao	210g	6	4.30	25.81	C	0-58449-20409-1	G O K
		<b>INSTANT OATMEAL ~ ORGANIC</b>							
	9559	Variety pack	400g	6	4.24	25.46	C	0-58449-45000-9	O K
	9560	Apple cinnamon	400g	6	4.24	25.46	C	0-58449-45004-7	O K
	9561	Maple nut	400g	6	4.24	25.46	C	0-58449-45003-0	O K
	9562	Flax'n oats	400g	6	4.24	25.46	C	0-58449-45002-3	O K
	9563	Original	400g	6	4.24	25.46	C	0-58449-45001-6	O K
	9568	Optimum blueberry cinnamon	320g	6	4.24	25.46	C	0-58449-45013-9	O K

**NEW WORLD**

		<b>ALMOND BUTTER</b>							
	4258	Almond butter - raw	365g	12	9.20	110.37	½	0-59443-40045-8	K
	4259	Almond butter - smooth roasted	365g	12	9.20	110.37	½	0-59443-40046-5	K
		<b>ORGANIC SESAME TAHINI</b>							
	4279	Organic sesame tahini - raw	365g	12	5.98	71.75	½	0-59443-40073-1	O K
	4293	Organic sesame tahini - raw	500g	12	8.77	105.21	½	0-59443-40112-7	O K
		<b>PEANUT BUTTER</b>							
	4295	Organic peanut butter - smooth unsalted	500g	12	6.40	76.83	½	0-59443-40190-5	O K
	4296	Organic peanut butter - crunchy unsalted	500g	12	6.40	76.83	½	0-59443-40192-9	O K
	4263	Peanut butter - crunchy unsalted	2Kg	6	13.78	82.67	C	0-59443-40004-5	K
	4264	Peanut butter - smooth unsalted	2Kg	6	13.78	82.67	C	0-59443-40005-2	K
		<b>ORGANIC NUT BUTTERS</b>							
	4272	Organic hazelnut butter	250g	12	11.05	132.56	½	0-59443-40182-0	O K
	4276	Organic pumpkin seed butter - raw	365g	12	6.99	83.91	½	0-59443-40049-6	O K
		<b>NATURAL NUT BUTTERS</b>							
	4256	Cashew butter ~ raw	365g	12	6.95	83.34	½	0-59443-40029-8	K
	4257	Cashew butter ~ roasted	365g	12	6.95	83.34	½	0-59443-40038-0	K

**NOBLE JERKY**

		<b>PLANT BASED VEGAN JERKY</b>							
	9470	Sweet BBQ	70g	12	3.95	47.36	½	8-51335-00090-2	
	9471	Chipotle	70g	12	3.95	47.36	½	8-51335-00091-9	
	9472	Teriyaki	70g	12	3.95	47.36	½	8-51335-00092-6	
	9473	Original	70g	12	3.95	47.36	½	8-51335-00093-3	
	9474	Hickory	70g	12	3.95	47.36	½	8-51335-00094-0	
	9486	Smokehouse	70g	12	3.95	47.36	½	8-51335-00096-4	
	9487	Sweet sesame	70g	12	3.95	47.36	½	8-51335-00097-1	
	9488	Sriracha	70g	12	3.95	47.36	½	8-51335-00098-8	

**NEW** **NUTES**



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$/U	\$/C			

**SUPERFOOD SMOOTHIES PUCKS ~ 390G**

<b>NEW</b>	*	9030	Go go green	390g	6	8.04	48.25	C	8-53267-00121-7	G
<b>NEW</b>	*	9031	Pink pulse	390g	6	8.04	48.25	C	8-53267-00122-4	G
<b>NEW</b>	*	9032	Purple tonic	390g	6	8.04	48.25	C	8-53267-00123-1	G
<b>NEW</b>	*	9033	Black & blue	390g	6	8.04	48.25	C	8-53267-00124-8	G
<b>NEW</b>	*	9034	Mocha berry	390g	6	8.04	48.25	C	8-53267-00125-5	G

**SUPERFOOD SMOOTHIES PUCKS~ 650G**

<b>NEW</b>	*	9038	Go go green	650g	6	10.54	63.25	C	8-53267-00119-4	G
<b>NEW</b>	*	9039	Pink pulse	650g	6	10.54	63.25	C	8-53267-00120-0	G
<b>NEW</b>	*	9040	Purple tonic	650g	6	10.54	63.25	C	8-53267-00100-2	G
<b>NEW</b>	*	9041	Black & blue	650g	6	10.54	63.25	C	8-53267-00103-3	G
<b>NEW</b>	*	9042	Mocha berry	650g	6	10.54	63.25	C	8-53267-00118-7	G

**NUTRI FLORA**

**NUTRITIONAL YEAST**

5413	Flakes	200g	12	5.75	69.00	½	0-65493-05413-8
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**NUTRITIONAL YEAST IN BULK**

5411	Flakes	25Kg	1	555.34	555.34	U	N/A
5412	Flakes	5Kg	1	112.98	112.98	U	N/A

**SPECIAL  
ORDER ITEM**

**ONLY KONJAC**

**ORGANIC KONJAC**

4040	Rice	200g	30	1.99	59.70	½	6-933981-300507	G O K
4041	Noodles	200g	30	1.99	59.70	½	6-933981-300484	G O K
4042	Fettuccine	200g	30	1.99	59.70	½	6-933981-300491	G O K

**ORGANIC VALUE**

**ORGANIC KETCHUP**

3470	Ketchup	567ml	12	5.12	61.38	½	8-35373-00077-3	O K
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**ORGANIC PASTA SAUCE**

3471	Traditional	700ml	12	3.80	45.57	½	8-35373-10800-4	O K
3472	Roasted garlic	700ml	12	3.80	45.57	½	8-35373-10700-7	O K
3473	Italian herb	700ml	12	3.80	45.57	½	8-35373-10600-0	O K
3474	Mushroom & basil	700ml	12	3.80	45.57	½	8-35373-10900-1	O K

**ORGANIC PIZZA SAUCE**

3475	Pizza sauce	450ml	12	4.05	48.65	½	8-35373-00084-1	O K
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**ORIGIN 846**

**UNFILTERED FIRST COLD PRESS OIL**

3108	Extra Virgin Olive Oil	846ml	6	8.77	52.61	C	8-68972-00020-2	G K
3109	Organic Extra Virgin Olive Oil	846ml	6	9.47	56.84	C	8-68972-00021-9	G O K





ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$/U	\$/C			

## PAPERCHEF

### PAPERS

7175	Pre-cut sheets	24 sheets	12	3.82	45.87	½	6-28689-70024-2	T
7176	Parchment paper	41 sq. ft	12	3.58	42.91	½	6-28689-00001-4	T
7177	Parchment paper	123 sq. ft	12	7.04	84.49	½	6-28689-70098-3	T

### CUPS

7180	Mini baking cups	90 cups	12	1.92	23.07	½	6-28689-70090-7	T
7181	Large baking cups	60 cups	12	2.00	23.95	½	6-28689-70060-0	T
7182	X-large baking cups	30 cups	12	2.06	24.75	½	6-28689-70030-3	T
7183	Tulip cups	12 cups	6	2.95	17.68	C	6-28689-70014-3	T
7185	Tulip cups ~ multi-coloured	12 cups	6	2.95	17.68	C	6-28689-70414-1	T
7184	Lotus cups	12 cups	6	2.96	17.78	C	6-28689-70012-9	T
7186	Lotus cups ~ multi-coloured	12 cups	6	2.96	17.78	C	6-28689-70412-7	T

### BAKING ROUNDS

7187	8" Rounds	24 sheets	12	4.19	50.32	½	6-28689-60824-1	T
7188	9" Rounds	24 sheets	12	4.19	50.32	½	6-28689-60924-8	T

### BAGS

7179	Cooking bags	10 bags	12	3.27	39.25	½	6-28689-70010-5	T
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## PARADEIGMA

### GOÛTINE ~ BUCKWHEAT ROLLED WAFERS

3490	Raspberry	125g	8	5.19	41.50	C	3-76015-2700605	
3491	Dark chocolate	125g	8	5.11	40.86	C	3-76015-2700612	
3492	Cocoa & hazelnut	125g	12	5.12	61.40	½	3-76015-2700452	
3493	Coconut	125g	12	5.08	60.91	½	3-76015-2700469	

### BUCKWHEAT CRACKERS

3494	5 grain ~ rice, buckwheat, corn, millet, amaranth	160g	12	4.29	51.49	½	3-76015-2700513	
3495	Buckwheat	160g	12	4.07	48.83	½	3-76015-2700568	

### BUCKWHEAT CEREAL

3496	Cocoa & hazelnut	300g	12	6.77	81.21	½	3-76015-2700476	
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## PB&ME

### POWDERED PEANUT BUTTER

4410	Natural	200g	6	5.44	32.61	C	6-27843-53841-7	G
4415	Natural	454g	6	9.80	58.78	C	6-27843-53842-4	G

### ORGANIC POWDERED PEANUT BUTTER

4421	No sugar added	200g	6	6.61	39.67	C	6-28451-16651-1	G O
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## PREMIER JAPAN

### SAUCES

9828	Wheat free hoisin sauce	251mL	12	6.24	74.82	½	0-11206-00085-5	G
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ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$ / U	\$ / C			
9829	Wheat free teriyaki sauce	251mL	12	6.24	74.82	½	0-11206-00086-2	G

 **PRESTIGE MAPLE PRODUCTS**

**ORGANIC MAPLE SYRUP**

7050	Maple syrup	250ml	12	4.96	59.49	½	8-01152-92025-9	O
7051	Maple syrup	375ml	12	7.06	84.69	½	8-01152-92375-5	O
7052	Maple syrup	500ml	12	9.50	114.00	½	8-01152-92005-1	O

**ORGANIC MAPLE SUGAR**

7053	Maple sugar	227g	12	4.79	57.43	½	8-01152-59107-7	O
7054	Maple sugar	454g	12	8.42	100.98	½	8-01152-59103-9	O

**ORGANIC MAPLE FLAKES**

7055	Maple flakes	227g	12	4.79	57.43	½	8-01152-69107-4	O
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**ORGANIC MAPLE STICKS**

7056	Maple sticks	30g	12	2.26	27.09	C	8-01152-79112-5	O
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 **PUREST**

**GLUTEN FREE COCOA MIXES**

7640	Hot cocoa	300g	6	4.19	25.13	C	1-85396-00003-9	G	K
7641	Hot cocoa - Mexican	300g	6	4.19	25.13	C	1-85396-00010-7	G	K
7679	Natural cocoa	300g	6	5.56	33.38	C	1-85396-00048-0	G	K
7642	Marvellous - chocolate powder	500g	6	5.55	33.30	C	1-85396-00002-2	G	K

**GLUTEN FREE BAKING MIXES**

7648	Chocolate chip cookies	481g	6	5.29	31.76	C	1-85396-00033-6	G	K
7643	Chocolate cake	561g	6	5.55	33.30	C	1-85396-00078-7	G	K
7646	Brownies	488g	6	5.55	33.30	C	1-85396-00036-7	G	K
7654	Pie pastry	626g	6	5.23	31.36	C	1-85396-00027-5	G	K
7652	Muffin & loaf mix	553g	6	4.50	26.98	C	1-85396-00026-8	G	K
7653	Vanilla cake mix	582g	6	4.50	26.98	C	1-85396-00025-1	G	K
7671	Tea biscuits	490g	6	5.23	31.36	C	1-85396-00079-4	G	K
7656	Ginger molasses cookie	700g	6	5.55	33.30	C	1-85396-00015-2	G	K
7657	Shortbread cookie	378g	6	5.09	30.55	C	1-85396-00016-9	G	K

**GLUTEN FREE COOKING MIXES**

7647	Pancakes	558g	6	4.71	28.28	C	1-85396-00037-4	G	K
7645	Pure batter	300g	6	4.00	23.99	C	1-85396-00008-4	G	K
7651	Pure batter - extra crispy	300g	6	4.00	23.99	C	1-85396-00005-3	G	K
7649	Soup thickener	300g	6	4.00	23.99	C	1-85396-00034-3	G	K
7650	Gravy mix	300g	6	4.00	23.99	C	1-85396-00007-7	G	K
7655	Artisan bread mix	360g	6	5.15	30.88	C	1-85396-00084-8	G	K

**GLUTEN FREE FLOURS**

7675	Potato flakes	300g	6	4.97	29.84	C	1-85396-00032-9	G	K
7676	White rice flour	500g	6	4.36	26.17	C	1-85396-00041-1	G	K
7677	Brown rice flour	680g	6	4.36	26.17	C	1-85396-00049-7	G	K
7678	Potato starch	500g	6	4.36	26.17	C	1-85396-00044-2	G	K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			
	7680	Gluten free all purpose flour	680g	6	4.71	28.28	C	1-85396-00050-3	G K
	7682	Garbanzo bean flour	500g	6	4.42	26.49	C	1-85396-00046-6	G K
	7683	Buckwheat flour	500g	6	4.36	26.17	C	1-85396-00024-4	G K
	7684	Sorghum flour	623g	6	4.36	26.17	C	1-85396-00042-8	G K
	7686	Tapioca flour	500g	6	4.41	26.44	C	1-85396-00076-3	G K
		<b>GLUTEN FREE BAKING AIDS</b>							
	7668	Baking powder	250g	6	3.35	20.10	C	1-85396-00038-1	G K
	7669	Baking soda	453g	6	3.16	18.96	C	1-85396-00039-8	G K

## RAWESOME

### ORGANIC CAKES

*	9206	Crème brûlée	95g	6	4.89	29.36	C	6-28504-86215-5	G O
*	9207	Café mocha	95g	6	4.89	29.36	C	6-28504-86216-2	G O

### RAW, VEGAN, CULTURED & NON-DAIRY CASHEW SPREAD

*	9210	Original	227g	6	6.93	41.55	C	6-28504-86205-6	
*	9211	Onion & chives	227g	6	6.93	41.55	C	6-28504-86206-3	
*	9212	Garlic & black pepper	227g	6	6.93	41.55	C	6-28504-86208-7	
*	9213	Cilantro & chili pepper	227g	6	6.93	41.55	C	6-28504-86204-9	
*	9192	Tzatziki	227g	6	6.93	41.55	C	6-28504-86207-0	G

The cream cheese will be shipped frozen. However, they are meant to be sold fresh.  
Please tag the products with a 60 days shelf life when displaying for sale.

## RIZOPIA

### RICE PASTA

	5300	White Rice Spaghetti	454g	12	1.93	23.19	½	8-33125-00001-9	G
	5301	Brown Rice Spaghetti	454g	12	1.93	23.19	½	8-33125-00101-6	G
	5302	Brown Rice Fettuccine	454g	12	1.93	23.19	½	8-33125-00102-3	G
	5303	Brown Rice Fusilli	454g	12	1.94	23.32	½	8-33125-00103-0	G
	5304	Brown Rice Penne	454g	12	1.93	23.21	½	8-33125-00104-7	G
	5305	Brown Rice Elbows	454g	12	1.93	23.21	½	8-33125-00105-4	G
	5306	Brown Rice Shells	454g	12	1.94	23.32	½	8-33125-00106-1	G
	5307	Brown Rice Spirals	454g	12	1.93	23.21	½	8-33125-00107-8	G
	5308	Brown Rice Lasagna	340g	12	2.47	29.62	½	8-33125-00108-5	G
	5324	Spinach Rice Spaghetti	454g	12	2.40	28.84	½	8-33125-00201-3	G
	5325	Vegetable Rice Fusilli	454g	12	2.41	28.97	½	8-33125-00303-4	G

### ORGANIC WILD RICE PASTA

	5310	Spaghetti	454g	12	2.90	34.75	½	8-33125-00411-6	G O
	5311	Fusilli	454g	12	2.91	34.88	½	8-33125-00413-0	G O
	5312	Penne	454g	12	2.90	34.77	½	8-33125-00414-7	G O
	5313	Elbows	454g	12	2.90	34.77	½	8-33125-00415-4	G O
	5314	Shells	454g	12	2.91	34.88	½	8-33125-00416-1	G O



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			

**ORGANIC BROWN RICE PASTA**

5317	Spaghetti	454g	12	2.59	31.04	1/2	8-33125-00111-5	G O
5318	Fettuccine	454g	12	2.59	31.04	1/2	8-33125-00112-2	G O
5319	Fusilli	454g	12	2.60	31.17	1/2	8-33125-00113-9	G O
5320	Penne	454g	12	2.59	31.07	1/2	8-33125-00114-6	G O
5321	Elbow	454g	12	2.59	31.07	1/2	8-33125-00115-3	G O
5322	Fantaisa	454g	12	2.60	31.17	1/2	8-33125-00110-8	G O

**ORGANIC QUINOA BROWN RICE PASTA**

5327	Spaghetti	340g	12	2.63	31.50	1/2	8-33125-00601-1	G O
5328	Fusilli	340g	12	2.64	31.63	1/2	8-33125-00603-5	G O
5329	Penne	340g	12	2.63	31.52	1/2	8-33125-00604-2	G O

**ROAD'S END ORGANICS**

**ORGANIC GRAVY MIX ~ GLUTEN FREE**

9772	Delicious golden	28g	12	1.73	20.71	1/2	6-58334-47281-1	G O K
9773	Shiitake mushroom	28g	12	1.73	20.71	1/2	6-58334-47282-8	G O K
9774	Savory herb	28g	12	1.73	20.71	1/2	6-58334-47283-5	G O K

**ORGANIC MAC & CHEESE ~ DAIRY FREE**

9775	Whole wheat elbow macaroni ~ cheddar style	184g	12	3.81	45.72	1/2	6-58334-35269-4	O
9776	Semolina shells ~ cheddar style	184g	12	3.81	45.72	1/2	6-58334-74355-3	O

**SAN-J**

**ORGANIC TAMARI ~ 296mL**

6121	Tamari "gold label" ~ organic, gluten free	296mL	6	4.72	28.32	C	0-75810-00126-4	G O K
6124	Tamari low sodium "platinum label" ~ org	296mL	6	5.53	33.17	C	0-75810-00426-5	G O K
6141	Organic shoyu "bronze label"	296mL	6	3.69	22.11	C	0-75810-04126-0	O K

**GLUTEN FREE TAMARI ~ 296mL**

6117	Tamari "black label" ~gluten free	296mL	6	3.00	17.98	C	0-75810-02126-2	G K
6116	Soy sauce ~ 50% less sodium	296mL	6	4.18	25.07	C	0-75810-02426-3	G K
6126	Tamari low sodium "white label"	296mL	6	3.99	23.91	C	0-75810-02326-6	G K

**GLUTEN FREE LOW SODIUM TAMARI**

6118	Tamari "black label" ~ gluten free	592mL	6	4.95	29.67	C	0-75810-02136-1	G K
6123	Tamari "gold label" ~ organic, gluten free	592mL	6	7.37	44.22	C	0-75810-00136-3	G O K
6137	Soy sauce ~ 50% less sodium	592mL	6	6.70	40.18	C	0-75810-02436-2	G K
6140	Tamari low sodium "platinum label" ~ org	592mL	6	8.36	50.13	C	0-75810-00436-4	G O K
6139	Tamari low sodium "white label"	592mL	6	6.40	38.38	C	0-75810-02336-5	G K

**GLUTEN FREE SAUCES**

6128	Thai style peanut	296mL	6	3.82	22.92	C	0-75810-14026-0	G K
6129	Korean BBQ style	296mL	6	3.82	22.92	C	0-75810-13026-1	G K



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$ / U	\$ / C			
6131	Hoisin sauce	296mL	6	3.82	22.92	C	0-75810-15026-9	G K
6130	Teriyaki sauce	296mL	6	3.82	22.92	C	0-75810-11226-7	G K
6132	Szechuan style sauce	296mL	6	3.82	22.92	C	0-75810-12026-2	G K
<b>GLUTEN FREE LOW SODIUM SAUCES</b>								
6134	Teriyaki sweet sauce ~ 50% less sodium	296mL	6	3.82	22.92	C	0-75810-11326-4	G K
<b>GLUTEN FREE TAMARI IN BULK</b>								
6135	Organic gluten-free tamari	18L	1	171.38	171.38	U	N/A	G O K

**SPECIAL ORDER ITEM**

## SANA

### ORGANIC COCONUT FLOUR TORTILLAS

<b>NEW</b>	* 8081	Original	215g	12	4.84	58.09	½	8-51186-00788-4	G O
	* 8082	Large wraps	342g	12	8.98	107.78	½	8-51186-00789-1	G O

## SANTA CRUZ ORGANIC

### ORGANIC FRUIT JUICE

3698	Lemonade	946mL	12	3.75	45.00	½	0-36192-12313-5	O T
3702	Raspberry lemonade	946mL	12	3.75	45.00	½	0-36192-12314-2	O T
3707	Cherry lemonade	946mL	12	3.75	45.00	½	0-36192-12319-7	O T
3706	Limeade	946mL	12	3.75	45.00	½	0-36192-12785-0	O T
3664	100% lemon	473mL	8	5.75	46.00	C	0-36192-12715-7	O
3661	Ginger ~ with lemon juice	236mL	12	7.49	89.85	½	0-36192-12365-4	G O

## SO DELICIOUS

### MOUSSE DESSERTS

* 9150	Salted caramel swirl	500mL	8	5.41	43.30	C	0-36632-07175-0	G K
* 9151	Lemon swirl	500mL	8	5.41	43.30	C	0-36632-07172-9	G K
* 9152	Peanut butter swirl	500mL	8	5.41	43.30	C	0-36632-07176-7	G K

### COCONUT MILK DESSERTS

* 9125	Vanilla bean	500mL	8	5.55	44.43	C	7-44473-27011-8	G K
* 9128	Cookie dough	500mL	8	5.55	44.43	C	7-44473-27046-0	G K
* 9113	Cold brew coffee	500mL	8	5.55	44.43	C	7-44473-00090-6	G K

### CASHEW DESSERTS

* 9107	Simply vanilla	500mL	8	5.55	44.43	C	7-44473-00066-1	G K
* 9108	Creamy chocolate	500mL	8	5.55	44.43	C	7-44473-00067-8	G K
* 9109	Cinnamon cookie dough	500mL	8	5.55	44.43	C	7-44473-00068-5	G K
* 9111	Salted caramel cluster	500mL	8	5.55	44.43	C	7-44473-27613-4	G K
* 9112	Dark chocolatey truffle	500mL	8	5.55	44.43	C	7-44473-27621-9	G K
* 9114	Chocolate banana flambé	500mL	8	5.55	44.43	C	7-44473-00091-3	G K

### OATMEAL DESSERTS

* 9158	Oatmeal cookie	500ml	8	5.55	44.43	C	0-36632-07299-3	G T K
* 9159	Peanut butter & raspberry	500ml	8	5.55	44.43	C	0-36632-07297-9	G T K
* 9160	S'mores	500ml	8	5.55	44.43	C	0-36632-07758-5	G T K

### MINIS SANDWICH DESSERTS



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$/U	\$/C			
	* 9135	Coconut ~ coconut milk <b>MINIS BAR DESSERTS</b>	8x68mL	6	5.66	33.98	C	7-44473-27430-7	T K
	* 9137	Vanilla ~ coconut milk	4x68mL	6	4.98	29.89	C	7-44473-27411-6	G T K
	* 9138	Coconut almond ~ coconut milk	4x68mL	6	4.98	29.89	C	7-44473-27412-3	G T K
	* 9139	Mocha almond fudge ~ almond milk	4x68mL	6	4.98	29.89	C	7-44473-00025-8	G T K
	* 9140	Dipped salted caramel ~ cashew milk <b>COCONUT WHIPPED TOPPING</b>	4x68mL	6	4.98	29.89	C	7-44473-00074-6	G T K
	* 9116	Original	266mL	12	4.05	48.60	C	7-44473-29997-3	G T K

## SOBAYA

### ORGANIC KAMUT NOODLES

6392	Soba ~ 80% kamut, 20% buckwheat	230g	12	5.08	60.96	½	0-57443-30702-9	O K
6393	Udon ~ 100% kamut	230g	12	4.86	58.37	½	0-57443-30704-3	O K
6394	Somen ~ 100% kamut	230g	12	6.05	72.61	½	0-57443-30706-7	O K

### ORGANIC SPELT NOODLES

6397	Soba ~ 80% spelt grain, 20% buckwheat	230g	12	5.13	61.61	½	0-57443-30902-3	O K
6398	Udon ~ 100% spelt grain	230g	12	4.61	55.36	½	0-57443-30904-7	O K

### ORGANIC NOODLES

6405	Udon ~ 100% whole wheat	230g	12	3.50	41.98	½	0-57443-30204-8	O K
6407	Soba ~ 30% buckwheat	230g	12	4.16	49.96	½	0-57443-30202-4	O K

### NATURAL NOODLES

6408	Soba ~ 30% buckwheat	454g	12	5.33	63.98	½	0-57443-40101-7	K
6414	Natural udon	454g	12	4.76	57.07	½	0-57443-40102-4	K

## SPECTRUM

### COCONUT OILS

4708	Organic coconut oil	414mL	12	7.59	91.09	½	0-22506-97469-2	O K
4783	Coconut oil spray	170g	6	7.11	42.68	C	0-22506-06560-4	

### CANOLA OILS

4752	Canola oil ~ organic	750mL	6	11.08	66.45	C	0-22506-47175-7	O K
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### OLIVE OILS

4749	Extra-virgin olive oil ~ unrefined, organic	375mL	6	8.54	51.23	C	0-22506-72137-1	O K
4750	Extra-virgin olive oil ~ unrefined, organic	750mL	6	14.85	89.10	C	0-22506-72175-3	O K
4782	Extra virgin olive oil spray	170g	6	6.18	37.05	C	0-22506-26581-3	K
4765	Mediterranean olive oil, organic	1L	6	16.63	99.75	C	0-22506-02204-7	O K

### OTHER OILS

4707	Walnut oil	375mL	6	8.56	51.38	C	0-22506-41637-6	K
4741	Safflower oil ~ refined, organic	375mL	6	7.95	47.70	C	0-22506-40337-6	O K
4743	Sesame oil ~ unref, pressed wt solvents	375mL	6	7.95	47.70	C	0-22506-40437-3	K
4763	Almond oil ~ refined, pressed wt solvents	375mL	6	10.03	60.15	C	0-22506-41037-4	K

### MAYONNAISE

4775	Organic mayonnaise	473mL	12	6.16	73.95	½	0-22506-20304-4	G O K
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ALIMENTS  
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NOTES

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				\$ / U	\$ / C			

## STARLITE

### VEGAN TAQUITOS

* 9460	Beef	298g	6	5.89	35.31	C	0-37427-50720-1	G
* 9461	Chicken	298g	6	5.89	35.31	C	0-37427-50721-8	G
* 9462	Chorizo & black bean	298g	6	5.89	35.31	C	0-37427-50722-5	G

### VEGAN ROLLED TACOS

* 9463	Santa fe chicken	340g	6	5.89	35.31	C	0-37427-50740-9	
* 9464	Garlic chicken	340g	6	5.89	35.31	C	0-37427-50741-6	
* 9465	Chipotle chicken	340g	6	5.89	35.31	C	0-37427-50743-0	

### VEGAN ENCHILADAS

* 9466	Green sauce	255g	6	5.73	34.41	C	0-37427-30750-4	G
* 9467	Red sauce	255g	6	5.73	34.41	C	0-37427-30751-1	G
* 9469	Bean & cheese	255g	6	5.73	34.41	C	0-37427-30753-5	G

## SUNNY FRUIT

### ORGANIC DRIED FRUITS ~ 5 PORTION PACKS

3800	Figs	250g	18	4.57	82.25	½	8-42515-01016-0	G O K
3801	Apricots	250g	18	4.77	85.90	½	8-42515-00684-5	G O K
3802	Raisins	250g	18	3.67	66.03	½	8-42515-02014-8	G O K
3803	Dates	250g	18	5.02	90.36	½	8-42515-00691-3	G O K
3808	Mulberries	150g	18	4.88	87.92	½	8-42515-00688-3	G O K
3809	Bananas	150g	18	5.11	91.98	½	8-42515-00694-4	G O K
3810	Mangoes	100g	18	5.11	91.98	½	8-42515-00693-7	G O K
3811	Plums	150g	18	5.11	91.98	½	8-42515-00695-1	G O K

## SWEETCANE

### ORGANIC MOLASSES

7364	Blackstrap molasses	500g	12	5.30	63.64	½	0-59443-21321-8	G O K
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## TAJ MAHAL

### INDIAN MEALS ~ VEGAN

7250	Spinach dal	285g	6	2.66	15.96	C	0-59443-60001-8	
7251	Baingan bharta ~ eggplant	285g	6	2.66	15.96	C	0-59443-60002-5	
7252	Dal tadka ~ lentils, onions	285g	6	2.66	15.96	C	0-59443-60003-2	
7253	Chana masala ~ chickpeas	285g	6	2.66	15.96	C	0-59443-60006-3	
7254	Aloo matar ~ potato & green pea	285g	6	2.66	15.96	C	0-59443-60008-7	
7255	Pav bhaji ~ mashed vegetables in sauce	285g	6	2.66	15.96	C	0-59443-60009-4	

### INDIAN MEALS ~ DAIRY FREE

7256	Palak paneer ~ spinach & cottage cheese	285g	6	2.66	15.96	C	0-59443-60004-9	
7257	Matar paneer ~ peas & cottage cheese	285g	6	2.66	15.96	C	0-59443-60005-6	
7258	Dal makhani ~ black gram in hot butter sauce	285g	6	2.66	15.96	C	0-59443-60007-0	



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NOTES

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7259 Navratan korma ~ mix veg & cottage cheese 285g 6 2.66 15.96 C 0-59443-60010-0

## TASTE NIRVANA

### COCONUT WATER ~ GLASS BOTTLE

3570 Real coconut water 280mL 12 2.42 29.06 C 0-11259-80686-2  
 3571 Real coconut water with pulp 280mL 12 2.42 29.06 C 0-11259-80688-6  
 3572 Real coco aloe 280mL 12 2.42 29.06 C 0-11259-80113-3

### COCONUT WATER ~ GLASS BOTTLE

3573 Real coconut water 700mL 6 5.20 31.19 C 0-11259-90424-7

## TERRA DELYSSA

### FIRST COLD PRESS OIL

3112 Extra Virgin Olive Oil 500ml 6 5.31 31.84 C 6-191509-903641 G K  
 3113 Extra Virgin Olive Oil 750ml 6 7.39 44.36 C 6-191509-903634 G K  
 3117 Organic Extra Virgin Olive Oil 500ml 6 6.47 38.80 C 6-191509-903726 G O K  
 3118 Organic Extra Virgin Olive Oil 1L 6 11.21 67.23 C 6-191509-903702 G O K  
 3120 Organic Extra Virgin Olive Oil ~ Select 750ml 6 8.95 53.68 C 6-191509-903719 G O K

### DATES

3130 Organic pitted dates 340g 12 4.82 57.80 1/2 8-68464-00017-8 G O K

## TIAMO FOODS

### OH MY BUTTER ~ DAIRY FREE SPREAD

\* 7480 Salted 255g 6 6.92 41.51 C 8-05362-34001-2 G  
 \* 7481 Garlic & herb 255g 6 6.92 41.51 C 8-05362-34101-9 G

### PLANT BASED ENTRÉES

\* 7475 Golden curry 376g 12 6.88 82.57 1/2 8-05362-81011-9  
 \* 7476 Thai medley 376g 12 6.88 82.57 1/2 8-05362-81012-6  
 \* 7477 Harvest Stew 376g 12 6.88 82.57 1/2 8-05362-81013-3  
 \* 7478 Regal stew 376g 12 6.88 82.57 1/2 8-05362-81014-0  
 \* 7479 Sundried tomato alfredo sauce 376g 12 6.88 82.57 1/2 8-05362-91011-6

## TINKYADA

### ORGANIC BROWN RICE PASTA

5439 Elbows 340g 12 2.77 33.24 1/2 6-21683-01055-3 G O K  
 5440 Lasagna 280g 12 2.98 35.80 1/2 6-21683-01135-2 G O K  
 5444 Spaghetti 340g 12 2.76 33.16 1/2 6-21683-02015-6 G O K  
 5445 Spirals 340g 12 2.78 33.38 1/2 6-21683-02125-2 G O K  
 5446 Penne 340g 12 2.77 33.24 1/2 6-21683-02115-3 G O K

### BROWN RICE & WHITE RICE PASTA

5451 Brown rice shells 454g 12 2.51 30.06 1/2 6-21683-92075-3 G K  
 5442 Spinach brown rice spaghetti 340g 12 2.76 33.16 1/2 6-21683-62015-8 G K  
 5447 Brown rice spaghetti 454g 12 2.49 29.84 1/2 6-21683-92015-9 G K





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	5449	White rice spaghetti	454g	12	2.49	29.84	½	6-21683-52015-1	G K
	5443	Vegetables brown rice spirals	340g	12	2.78	33.38	½	6-21683-72125-1	G K
	5450	Brown rice spirals	454g	12	2.51	30.06	½	6-21683-92125-5	G K
	5438	Brown rice little dreams	397g	12	2.48	29.81	½	6-21683-91145-4	G K
	5441	Brown rice lasagna	280g	12	2.79	33.49	½	6-21683-92135-4	G K
	5448	Brown rice fettucini	397g	12	2.49	29.84	½	6-21683-92025-8	G K
	5452	Brown rice penne	454g	12	2.48	29.81	½	6-21683-92115-6	G K
	5453	Brown rice elbows	454g	12	2.48	29.81	½	6-21683-92055-5	G K
	5454	Brown rice fusilli	454g	12	2.51	30.06	½	6-21683-92065-4	G K
		<b>BROWN RICE PASTA IN BULK</b>							
	5455	Brown rice spaghetti	10lbs	1	21.43	21.43	U	6-21683-92014-2	G K
	5456	Brown rice spirals	10lbs	1	21.65	21.65	U	6-21683-92124-8	G K
	5457	Brown rice shells	10lbs	1	21.65	21.65	U	6-21683-92074-6	G K
	5458	Brown rice penne	10lbs	1	21.51	21.51	U	6-21683-92114-9	G K
	5459	Brown rice elbows	10lbs	1	21.51	21.51	U	6-21683-92054-8	G K
	5462	Brown rice lasagna	10lbs	1	33.17	33.17	U	6-21683-92134-7	G K

## TRACE WATER

### NATURAL ALKALINE SPRING WATER

	3140	Water 7.7pH ~ bottle	500ml	12	1.28	15.41	½	6-28055-06300-1	
	3141	Water 7.7pH ~ bottle	1L	12	1.76	21.09	½	6-28055-06319-3	
	3142	Water 7.7pH ~ bottle	4L	4	3.72	14.87	C	6-28055-06307-0	
	3143	Water 7.7pH ~ cans	355ml	24	2.03	48.65	½	6-28055-06340-7	

## TRADITION MISO

### ORGANIC MISO

≡	6210	Brown rice miso	450g	12	9.46	113.52	½	8-12139-00001-7	O
≡	6211	Barley miso	450g	12	9.46	113.52	½	8-12139-00002-4	O

## TRADITIONAL MEDICINALS

### ORGANIC SEASONAL TEAS

	8419	Echinacea plus ~ elderberry	24g	6	4.05	24.31	C	0-32917-00740-7	O K
	8442	Echinacea plus ~ original with spearmint	24g	6	4.05	24.31	C	0-32917-00741-4	O K
	8423	Throat coat ~ lemon echinacea	32g	6	4.05	24.31	C	0-32917-00765-0	O K
	8455	Throat coat ~ original with slippery elm	32g	6	4.05	24.31	C	0-32917-00766-7	O K

### SEASONAL TEAS

	8450	Breathe easy ~ eucalytus mint	24g	6	4.05	24.31	C	0-32917-00733-9	K
	8451	Cold formula ~ elderflower	28g	6	4.05	24.31	C	0-32917-00736-0	K

### ORGANIC HERBAL TEAS

	8438	Reishi mushroom with rooibos & orange peel	24g	6	4.05	24.31	C	0-32917-00770-4	O K
	8415	Licorice root	24g	6	4.05	24.31	C	0-32917-00753-7	O K



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	8416	<i>Nettle leaf</i>	32g	6	4.05	24.31	C	0-32917-00755-1	O K
	8433	<i>Ginger</i>	24g	6	4.05	24.31	C	0-32917-00747-6	O K
	8421	<i>Fennel</i>	32g	6	4.05	24.31	C	0-32917-00744-5	O K
	8425	<i>Hibiscus</i>	28g	6	4.05	24.31	C	0-32917-00751-3	O K
	8426	<i>Lemon balm</i>	24g	6	4.05	24.31	C	0-32917-00752-0	O K
	8443	<i>Chamomile</i>	21g	6	4.05	24.31	C	0-32917-00735-3	O K
	8432	<i>Chamomile with lavender</i>	24g	6	4.05	24.31	C	0-32917-00734-6	O K
	8445	<i>Turmeric with meadowsweet &amp; ginger</i>	32g	6	4.05	24.31	C	0-32917-00768-1	O K
	8439	<i>Raspberry leaf</i>	28g	6	4.05	24.31	C	0-32917-00759-9	O K
	8440	<i>Roasted dandelion root</i>	24g	6	4.05	24.31	C	0-32917-00760-5	O K
	8430	<i>Dandelion leaf &amp; root</i>	28g	6	4.05	24.31	C	0-32917-00738-4	O K
	8444	<i>Peppermint</i>	24g	6	4.05	24.31	C	0-32917-00758-2	O K
	8448	<i>Spearmint</i>	24g	6	4.05	24.31	C	0-32917-00763-6	O K
	8436	<i>Hawthorn with hibiscus</i>	32g	6	4.05	24.31	C	0-32917-00750-6	O K
		<b>ORGANIC LAXATIVE TEAS</b>							
	8422	<i>Smooth move ~ senna peppermint</i>	32g	6	4.05	24.31	C	0-32917-00761-2	O K
	8453	<i>Smooth move ~ original with senna</i>	32g	6	4.05	24.31	C	0-32917-00762-9	O K
		<b>ORGANIC GREEN TEAS</b>							
	8420	<i>Ginger</i>	26g	6	4.05	24.31	C	0-32917-00748-3	O K
	8441	<i>Lemongrass</i>	24g	6	4.05	24.31	C	0-32917-00749-0	O K
	8418	<i>Matcha with toasted rice</i>	24g	6	4.05	24.31	C	0-32917-00771-1	O K
		<b>ORGANIC RELAXATION TEAS</b>							
	8427	<i>Nighty night extra ~ valerian</i>	24g	6	4.05	24.31	C	0-32917-00756-8	O K
	8456	<i>Nighty night ~ original with passionflower</i>	28g	6	4.05	24.31	C	0-32917-00757-5	O K
	8449	<i>Cup of calm ~ lavender mint</i>	24g	6	4.05	24.31	C	0-32917-00737-7	O K
	8429	<i>Stress soother ~ cinnamon</i>	24g	6	4.05	24.31	C	0-32917-00764-3	O K
	8437	<i>Tulsi with ginger</i>	32g	6	4.05	24.31	C	0-32917-00767-4	O K
		<b>ORGANIC DIGESTIVE TEAS</b>							
	8431	<i>Ginger aid</i>	32g	6	4.05	24.31	C	0-32917-00745-2	O K
	8457	<i>Belly comfort ~ peppermint</i>	28g	6	4.05	24.31	C	0-32917-00739-1	O K
		<b>ORGANIC WOMEN'S TEAS</b>							
	8434	<i>Mother's milk ~ original w/ fennel &amp; fenugreek</i>	28g	6	4.05	24.31	C	0-32917-00754-4	O K
	8452	<i>Weightless ~ dandelion hibiscus</i>	32g	6	4.05	24.31	C	0-32917-00769-8	O K
		<b>ORGANIC DETOX TEAS</b>							
	8428	<i>Everyday detox ~ dandelion</i>	24g	6	4.05	24.31	C	0-32917-00742-1	O K
	8447	<i>Everyday detox ~ lemon</i>	24g	6	4.05	24.31	C	0-32917-00743-8	O K

## TUBIFY

### ORGANIC CRAFT FREEZIES

* 9230	<i>Mango tiger</i>	330ml	12	5.46	65.49	½	6-58055-43203-6	O
* 9231	<i>Raspberry raven lemonade</i>	330ml	12	5.46	65.49	½	6-28055-43201-2	O



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES	KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
					\$ / U	\$ / C			

* 9232	Minty moose limeade	330ml	12	5.46	65.49	1/2	6-28055-43206-7	O
* 9233	Coconut koala caffe latte	330ml	12	5.46	65.49	1/2	6-28055-43208-1	O

## TUNAH

### SIMULATED VEGAN PLANT BASED TUNA

**NEW**  
**NEW**  
**NEW**

9492	Tunah in oil	150g	12	3.01	36.17	1/2	8-51335-00045-2	
9491	Tunah in oil ~ sriracha	150g	12	3.01	36.17	1/2	8-51335-00080-3	
9493	Tunah in oil ~ garlic	150g	12	3.01	36.17	1/2	8-51335-00081-0	
9494	Tunah in oil ~ lemon pepper	150g	12	3.01	36.17	1/2	8-51335-00087-2	

## UDI'S

### GLUTEN FREE BAGELS

* 7447	Plain bagel	396g	8	4.52	36.17	C	6-98997-80954-8	G	K
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### GLUTEN FREE LOAF

* 7430	White sandwich loaf	340g	8	4.28	34.23	C	6-98997-80910-4	G	K
* 7435	Delicious whole grain sandwich loaf	340g	8	4.28	34.23	C	6-98997-82915-7	G	K

### GLUTEN FREE PIZZA CRUSTS

* 7457	Pizza 9" crust	224g	8	4.07	32.55	C	6-98997-80917-3	G	K
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### GLUTEN FREE PIZZA

* 7458	Four cheese pizza	497g	6	12.85	77.09	C	6-98997-80624-0	G	K
* 7459	Margherita pizza	493g	6	12.85	77.09	C	6-98997-80625-7	G	K

### GLUTEN FREE BUNS

* 7442	Classic hamburger buns	296g	8	3.42	27.36	C	6-98997-80913-5	G	K
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## URBANI

### APPETIZERS ~ ARANCINI RISOTTO BALLS

* 9480	Mozzarella	280g	8	4.07	32.55	C	8-51335-00030-8	
* 9481	Italian ~ Italian sausage & mozzarella	280g	8	4.07	32.55	C	8-51335-00031-5	
* 9482	Marinara ~ tomato sauce, peas & mozzarella	280g	8	4.07	32.55	C	8-51335-00033-9	
* 9483	Porcini ~ wild mushroom & cream cheese	280g	8	4.07	32.55	C	8-51335-00034-6	

## VEGETARIAN GOURMET

### ARTISAN VEGAN BURGERS

* 9430	Quinoa & chickpea	4x100g	12	5.61	67.26	1/2	6-27843-51737-5	G
* 9431	Mexican spicy 3-bean	4x100g	12	5.61	67.26	1/2	6-27843-51739-9	G
* 9432	Lentil & walnut	4x100g	12	5.61	67.26	1/2	6-27843-51741-2	G
* 9433	Sweet potato & black bean	4x100g	12	5.61	67.26	1/2	6-27843-51743-6	G
* 9434	Eggplant & tahini	4x100g	12	5.61	67.26	1/2	6-28110-15008-0	G

### ARTISAN VEGAN BEET BALLS

* 9435	Beetballs ~ with fresh beets and lentils	260g	12	4.93	59.16	1/2	6-27843-51737-5	G
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## WESCANA FOODS



ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
				\$ / U	\$ / C			

**ORGANIC GLUTEN FREE OATS**

4430	Steel cut oats	1Kg	6	11.51	69.03	C	8-84063-20001-6	G O K
4431	Rolled oats	1Kg	6	11.51	69.03	C	8-84063-20002-3	G O K
4432	Quick oats	1Kg	6	11.51	69.03	C	8-84063-20003-0	G O K

 **WESTERN RICE MILLS**

**ORGANIC RICE**

5255	Long grain brown rice	907g	6	7.01	42.07	C	0-61052-50630-8	G O K
5256	Short grain brown rice	907g	6	6.64	39.84	C	0-61052-50629-2	G O K
5257	Brown jasmine rice	907g	6	7.20	43.19	C	0-61052-40719-3	G O K
5258	White jasmine rice	907g	6	8.31	49.88	C	0-61052-40720-9	G O K

**WHOLE SOME SWEETENERS**

**SUGAR**

8964	Organic sucanat	907g	6	8.28	49.70	C	0-12511-30500-0	O K
8965	Fair trade organic turbinado raw cane sugar	680g	6	6.32	37.92	C	0-12511-44471-6	O K
8962	Fair trade raw cane sugar	680g	6	6.01	36.06	C	0-12511-47071-5	K
8966	Organic icing sugar	454g	6	5.33	31.99	C	0-12511-32004-1	O K
8970	Organic light brown sugar	680g	6	5.98	35.86	C	0-12511-44641-3	O K
8971	Organic dark brown sugar	680g	6	5.98	35.86	C	0-12511-44652-9	O K
8968	Organic golden sugar	454g	6	4.49	26.92	C	0-12511-47031-9	O K
8969	Organic golden sugar	907g	6	6.96	41.75	C	0-12511-40600-4	O K

**ORGANIC COCONUT PALM SUGAR**

8976	Coconut palm sugar	454g	6	6.60	39.61	C	0-12511-97106-9	O K
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**ORGANIC BLACKSTRAP MOLASSES**

8960	Blackstrap molasses unsulphured	662g	12	6.33	76.00	½	0-12511-60000-6	O K
8961	Blackstrap molasses unsulphured	1.13kg	6	9.13	54.80	C	0-12511-70000-3	O K

**ZERO CALORIE SWEETENERS**

8987	Organic stevia - 35 packets	35x1g	6	5.06	30.36	C	0-12511-97635-4	O K
8988	Organic stevia - 75 packets	75x1g	6	6.93	41.58	C	0-12511-97675-0	O K

**ORGANIC AGAVE**

8972	Organic blue agave	240mL	6	6.05	36.27	C	0-12511-47121-7	O K
8973	Organic blue agave	480mL	6	8.90	53.38	C	0-12511-47231-3	O K
8980	Organic blue agave	900mL	6	14.41	86.48	C	0-12511-47441-6	O K
8974	Organic blue agave ~ raw	240mL	6	6.05	36.27	C	0-12511-47312-9	O K
8975	Organic blue agave ~ raw	480mL	6	8.90	53.38	C	0-12511-47323-5	O K
8981	Organic blue agave ~ raw	900mL	6	14.41	86.48	C	0-12511-47644-1	O K

**WHOLLY GLUTEN FREE**

**GLUTEN FREE PRODUCTS**

* 8485	Pie shells ~ 2 pack ~ 9" (23cm)	422g	6	6.10	36.57	C	0-74677-99033-9	G K
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ALIMENTS  
**KOYO**  
FOODS INC.

NOTES

KOYO ORDER CODE	DESCRIPTION	SIZE	U/C	REGULAR PRICE		MINIMUM ORDER	UPC #	CODE
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* 8486	Fudge brownies	198g	12	4.09	49.06	½	0-74677-99008-7	G	K
* 8487	Pizza crusts ~ 3 pack	283g	6	7.64	45.82	C	0-74677-99060-5	G	K

## WHOLLY WHOLESOME

### ORGANIC PIE SHELLS

* 8470	Traditional ~ 2 pack ~ 9" (23cm)	396g	12	5.30	63.57	½	0-74677-99010-0	O	K
* 8471	Whole wheat ~ 2 pack ~ 9" (23cm)	396g	12	5.30	63.57	½	0-74677-99011-7	O	K
* 8472	Spelt ~ 2 pack ~ 9" (23cm)	396g	12	5.30	63.57	½	0-74677-99012-4	O	K

## THE WIZARD'S

### SAUCES

9815	Original hot stuff spicy sauce	147mL	12	5.16	61.90	½	0-11206-00405-1		
9816	Worcestershire sauce	147mL	12	4.28	51.40	½	0-11206-00408-2		
9820	Vegetarian worcestershire sauce	295mL	12	6.23	74.78	½	0-11206-00418-1		
9813	Organic wheat free vegan worcestershire	251mL	12	6.79	81.50	½	0-11206-00419-8	G	O

## YOGI TEA

### FUNCTIONAL TEA

9855	Restful sleep	32g	6	4.87	29.20	C	0-76950-20348-8		K
9856	Calming tea	29g	6	4.87	29.20	C	0-76950-20347-1		K

### ORGANIC HERBAL TEA

9853	Lemon ginger	36g	6	4.87	29.20	C	0-76950-65017-6	O	K
9854	Ginger tea	32g	6	4.87	29.20	C	0-76950-65011-4	O	K
9857	Stress relief ~ chamomile passionflower	29g	6	4.87	29.20	C	0-76950-20702-8	O	K

### ORGANIC GREEN TEA

9852	Kombucha	32g	6	4.87	29.20	C	0-76950-65021-3	O	K
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### ORGANIC HERBAL SPICE TEA

9860	Egyptian licorice	36g	6	4.87	29.20	C	0-76950-61516-8	O	K
9883	Chai rooibos	36g	6	4.87	29.20	C	0-76950-61533-5	O	K

## YORKSHIRE VALLEY FARMS

### ORGANIC CHICKEN

* 8770	Chicken breast fillets	480g	12	12.29	147.50	½	7-32352-13586-3	O	
* 8771	Chicken bites	454g	12	12.29	147.50	½	7-32352-78065-0	O	

### ORGANIC MEATBALLS

* 8775	Chicken	400g	9	9.31	83.75	C	8-40294-08017-9	O	
* 8776	Turkey	400g	9	9.31	83.75	C	8-40294-080018-6	O	