

# ellora

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natural & organic foods

## ellora catalogue A

groceries, dried goods, personal care

prices in effect from october 14, 2009

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[www.ellora.ca](http://www.ellora.ca)

## BAKING SUPPLIES

304-1002-1	Baking powder	2.5kg	16.00
229-4050-0*	Barley malt syrup, organic (Eden brand)	560g	8.25
161-4001-4	Carob chips, malted (vegan)	6x300g	27.95
161-4001-0	Carob chips, malted (vegan)	11.4kg	126.00
304-1001-1	Carob powder	2.5kg	14.75
161-8050-4*	Chocolate chips, black organic (vegan)	6x300g	34.05
161-8050-1*	Chocolate chips, black organic (vegan)	2.5kg	40.00
161-8050-0*	Chocolate chips, black organic (vegan)	11.4kg	165.00
309-1010-2	Fructose	5kg	13.25
309-1010-0	Fructose	22.7kg	53.25
310-1080-4*	Golden sugar, organic	6x500g	15.50
310-1080-2*	Golden sugar, organic	5kg	13.85
310-1080-0*	Golden sugar, organic	25kg	60.75
856-1012-4	Lecithin granules	300g	9.40
856-1012-2	Lecithin granules	5kg	115.75
163-1010-0*	Maple syrup, organic	250ml	7.65
905-1007-0	Salt, Himalayan	1kg	14.30
905-1006-0	Salt, Himalayan	500g	8.25
551-1011-1	Sea salt, coarse, iodine-free	2.5kg	4.85
551-1011-0	Sea salt, coarse, iodine-free	22.7kg	26.75
551-1005-1	Salt, fine white, iodine-free	2.5kg	4.85
551-1005-0	Salt, fine white, iodine-free	22.7kg	26.75
550-1000-1	Sea salt, white, unrefined	2.5kg	5.85
550-1000-0	Sea salt, white, unrefined	25kg	48.00
310-1020-4	Sucanat	6x400g	15.40
310-1020-0	Sucanat	22.7kg	71.10
310-1025-4*	Sucanat, organic	6x400g	20.25
310-1025-0*	Sucanat, organic	22.7kg	121.50
310-1040-1	Turbinado golden sugar	2.5kg	9.00
310-1040-0	Turbinado golden sugar	22.7kg	70.75
111-3239-0	Wheat germ, raw	250g	2.50
118-0447-0	Wheat germ, raw	25kg	46.00
311-1002-4	Yeast flakes (kosher)	125g	3.00
311-1002-2	Yeast flakes (kosher)	2kg	33.75
311-1100-4	Yeast, Instaferm active	454g	5.10

## BEANS, ORGANIC CANNED

### Eden [www.edenfoods.com](http://www.edenfoods.com)

229-2970-0*	Adzuki beans, no salt	12x398ml	31.10
229-3130-0*	Baby lima beans, no salt	12x398ml	31.10
229-2980-0*	Black beans, no salt	12x398ml	31.10
229-3121-0*	Black-eyed peas, no salt	12x398ml	31.10
229-3050-0*	Black soy beans, no salt	12x398ml	31.10
229-3230-0*	Cajun small red beans and rice	12x398ml	31.10
229-3101-0*	Cannellini beans, no salt	12x398ml	31.10
229-3145-0*	Caribbean black beans	12x398ml	31.10

229-3215-0*	Caribbean black beans and rice	12x398ml	31.10
229-2960-0*	Chick peas, no salt	12x398ml	31.10
229-3070-0*	Chili beans, no salt	12x398ml	40.50
229-3004-0*	Great northern beans, no salt	12x398ml	31.10
229-2990-0*	Kidney beans, no salt	12x398ml	31.10
229-3225-0*	Lentils and rice	12x398ml	31.10
229-3090-0*	Lentils with sweet onion/bay leaf	12x398ml	31.10
229-3004-0*	Navy beans, no salt	12x398ml	31.10
229-2950-0*	Pinto beans, no salt	12x398ml	31.10
229-3205-0*	Pinto beans and rice	12x398ml	31.10
229-3160-0*	Refried black beans	12x398ml	31.10
229-3180-0*	Refried black soy and black beans	12x398ml	31.10
229-3170-0*	Refried kidney beans	12x398ml	31.10
229-3150-0*	Refried pinto beans	12x398ml	31.10
229-3200-0*	Refried spicy black beans	12x398ml	38.90
229-3190-0*	Refried spicy pinto beans	12x398ml	38.90
229-3111-0*	Small red beans, no salt	12x398ml	31.10
229-3080-0*	Seasoned baked beans	12x398ml	40.50
229-3040-0*	Spicy pinto beans	12x398ml	34.35

## BEANS, DRIED

### Moulin Abenakis Organic [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

121-1012-4*	Adzuki beans	6x500g	19.85
121-1012-0*	Adzuki beans	11.4kg	47.15
121-1004-4*	Baby lima beans	6x400g	21.45
121-1004-0*	Baby lima beans	11.4kg	64.00
121-1014-4*	Black turtle beans	6x500g	19.05
121-1014-00*	Black turtle beans	11.4kg	44.45
121-1009-4*	Brown lentils	6x500g	22.35
121-1009-0*	Brown lentils	11.4kg	55.45
121-1016-4*	Chick peas	6x500g	20.25
121-1016-2*	Chick peas	5kg	22.85
121-1016-0*	Chick peas	11.4kg	47.55
121-1008-4*	DuPuy lentils	6x500g	19.75
121-1008-2*	DuPuy lentils	5kg	21.40
121-1008-00*	DuPuy lentils	22.7kg	86.60
121-1010-4*	Green lentils	6x500g	19.85
121-1010-2*	Green lentils	5kg	22.45
121-1010-00*	Green lentils	22.7kg	93.00
121-1013-4*	Mung beans	6x500g	19.85
121-1013-0*	Mung beans	11.4kg	46.45
121-1007-4*	Pinto beans	6x500g	22.30
121-1007-00*	Pinto beans	11.4kg	53.90
121-1015-4*	Red kidney beans	6x500g	21.10
121-1015-2*	Red kidney beans	5kg	24.20
121-1015-0*	Red kidney beans	11.4kg	51.00
121-1006-4*	Red lentils	6x500g	31.60
121-1006-0*	Red lentils	11.4kg	88.30
101-1411-2*	Soup mix	5kg	21.85

121-1001-4*	Soybeans	6x500g	15.00
121-1001-2*	Soybeans	5kg	14.35
121-1001-0*	Soybeans	25kg	62.80
121-1005-4*	White navy beans	6x500g	19.45
121-1005-00*	White navy beans	11.4kg	44.45
121-1003-4*	Yellow split peas	6x500g	15.80
121-1003-00*	Yellow split peas	22.7kg	66.15

## BEVERAGES

### Bottle Green [www.bottle-green.com](http://www.bottle-green.com)

333-9250-0	Cranberry and orange presse	12x250ml	23.20
333-9750-0	Cranberry and orange presse	6x750ml	23.20
333-5025-0	Elderflower presse	12x250ml	23.20
333-5075-0	Elderflower presse	6x750ml	23.20
333-6250-0	Ginger lemongrass spring	12x250ml	23.20
333-6750-0	Ginger lemongrass spring	12x750ml	46.35
333-2135-0	Organic cherry soda	24x355ml	45.35
333-2355-0*	Organic cranberry blueberry soda	24x355ml	45.35
333-2335-0*	Organic cranberry raspberry soda	24x355ml	45.35
333-2235-0*	Organic lemon lime soda	24x355ml	45.35

### Earth Shake Soy and Oat Beverage [www.soylutions.ca](http://www.soylutions.ca)

226-02011-0	Chocolate	12x946ml	23.50
226-0011-0	Original	12x946ml	23.50
226-0111-0	Vanilla	12x946ml	23.50

### Inka [www.inkacoffee.com](http://www.inkacoffee.com)

304-1003-3	Inka coffee substitute	250g	7.60
304-1003-1	Inka coffee substitute	1.5kg	22.65

### Medicea Juices

335-2031-0	Concord grape juice	1L	5.25
335-2048-0	Concord grape juice, antioxidant formula	1L	6.15

### Mouts de P.O.M. [www.lesmoutsdepom.com](http://www.lesmoutsdepom.com)

331-1020-0	Sparkling apple juice	8x3x275ml	58.85
331-1010-0	Sparkling apple juice	12x750ml	78.60

### Saint-Justin Natural Mineral Water [www.saintjustin.ca](http://www.saintjustin.ca)

320-5040-0	Lemon mineral water	24x355ml	21.75
320-5020-0	Lemon mineral water	12x750ml	16.50
320-5010-0	Carbonated natural mineral water	24x355ml	21.75
320-5000-0	Carbonated natural mineral water	12x750ml	16.50

### Sarah's Juices [www.sarahsjuice.com](http://www.sarahsjuice.com)

336-1007-0	Apricot puree	12x1L	48.60
336-1019-0	Banana juice	12x1L	40.50
336-1022-0	Cranberry juice	12x1L	48.60
336-1012-0	Mango puree	12x1L	48.60
336-1008-0	Peach puree	12x1L	43.20
336-1006-0	Pear puree	12x1L	43.20
336-1015-0	Orange juice	12x1L	43.20
336-1017-0	Pineapple juice	12x1L	43.20

336-1014-0	Pink grapefruit juice	12x1L	45.90
336-1023-0	Pomegranate juice	12x1L	48.60
<b>Sun Rype Juices <a href="http://www.sunrype.com">www.sunrype.com</a></b>			
312-0354-0	Apple orange peach	8x5x200ml	22.15
312-1807-0	Fruit medley	8x5x200ml	22.15
312-2046-0	Fruit plus blueberry juice	8x1.36L	33.50
312-2047-0	Fruit plus mango pineapple juice	8x1.36L	33.50
312-2045-0	Fruit plus strawberry banana juice	8x1.36L	33.50
312-0395-0	Grape	8x5x200ml	22.15
312-2049-0	Mango tangerine juice	8x1.36L	33.50
312-2062-0	Peach pear juice	8x1.36L	33.50
312-2050-0	Red grapefruit juice	8x1.36L	33.50
312-1808-0	Strawberry kiwi	8x5x200ml	22.15
312-2048-0	Wild raspberry juice	8x1.36L	33.50
312-1806-0	Wildberry juice	8x5x200ml	22.15

## CEREALS AND MIXES

### Moulin Abenakis Organic Breakfast Cereals [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

101-1056-1*	5-grain cereal (flax, millet, cracked barley, cracked rye, cracked buckwheat)	2.5kg	8.25
101-1056-0*	5-grain cereal	20kg	54.75
101-1021-1*	9-grain cereal (sesame, cracked wheat, oat, millet, cracked barley, cracked rye, sunflower, cracked soya, cornmeal)	2.5kg	9.25
101-1021-00*	9-grain cereal	20kg	60.75
101-1062-4*	Cream of barley	6x300g	15.40
101-1062-0*	Cream of barley	15kg	37.25
101-1035-2*	Cream of brown rice	5kg	20.25
101-1035-0*	Cream of brown rice	20kg	67.40
020-1023-0*	Cream of buckwheat	6x350g	18.65
020-1022-0*	Cream of millet	6x350g	18.65
101-1036-4*	Cream of oats	6x350g	18.65
101-1036-0*	Cream of oats	15kg	55.85
101-1022-2*	Cream of wheat	5kg	12.85
101-1022-0*	Cream of wheat	20kg	46.35

### Judy's Gluten-Free Magic Mixes [www.magicmixes.com](http://www.magicmixes.com)

413-2001-0	Add your own magic muffin mix	2.46kg	35.10
413-1001-0	Essential bread mix	2.7kg	37.80
413-1002-0	Pancake and waffle mix	2.22kg	37.80
413-1004-0	Presto soda bread mix	2.67kg	39.15
413-4004-0	Simply magic cake mix	2.55kg	35.10
413-3002-0	Simply magic cookie mix	1.65kg	32.40
413-2002-0	Simply magic vanilla muffin mix	2.46kg	35.10
413-4002-0	Simply magic pie crust mix	1.83kg	37.80
413-4001-0	Temptation chocolate cake mix	2.7kg	37.80
413-3001-0	Ultimate cookie mix	2.4kg	35.10

### Moulin Abenakis Organic Baking Mixes [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

401-1067-0*	Buckwheat flour pancake mix	6kg	22.85
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401-1079-0*	Five grains bread maker mix	6kg	22.85
401-1077-0*	Home style bread maker mix	6kg	22.85
401-1072-0*	Multigrain flour pancake mix	6kg	22.85
401-1090-2*	Multigrain muffin mix	5kg	14.15
401-1090-0*	Multigrain muffin mix	20kg	48.35
401-1091-2*	Oat bran muffin mix	5kg	14.15
401-1091-0*	Oat bran muffin mix	20kg	48.35
401-1067-0*	Oat flour pancake mix	6kg	22.85
401-1193-2*	Spelt muffin mix	5kg	18.90
401-1193-0*	Spelt muffin mix	20kg	67.50
401-1092-2*	Wheat bran muffin mix	5kg	14.15
401-1092-0*	Wheat bran muffin mix	20kg	48.35
401-1078-0*	Whole wheat bread maker mix	6kg	22.85

**Sunny Crunch Cereals** [www.sunnycrunch.com](http://www.sunnycrunch.com)

111-1124-0	5-grain meusli	450g	4.55
111-1126-0	Fruit and nut meusli	450g	4.55
111-1128-0	Nuts and berries meusli	450g	4.55

## CONDIMENTS

**Amano** [www.amanofoods.com](http://www.amanofoods.com)

251-1021-0*	Aka miso (red), organic	400g	6.70
251-1020-0*	Genmai rice miso (brown), organic	400g	6.70
251-1023-0*	Mugi barley miso, organic	400g	6.70
251-1022-0*	Shiro miso (white), organic	400g	5.65
232-1011-0*	Soy sauce, GMO-free	250ml	2.85
232-1010-0*	Soy sauce, GMO-free	500ml	3.85
232-1009-0*	Tamari, organic	250ml	4.60
232-1001-0*	Tamari, organic	500ml	6.15
232-1006-0*	Tamari, organic	4L	27.00
232-1007-0*	Tamari, organic	18L	109.00
232-1008-0*	Tamari, wheat-free	250ml	8.15
232-1005-0*	Tamari, wheat-free	500ml	13.05
232-1016-0	Teriyaki sauce, GMO-free	250ml	2.90
232-1015-0	Teriyaki sauce, GMO-free	500ml	3.85

**Eden** [www.edenfoods.com](http://www.edenfoods.com)

229-8960-0	Agar agar bars	14g	8.50
229-8840-0	Arame	60g	8.50
220-8880-0	Kombu	60g	8.00
229-2320-0*	Organic mustard	280g	3.30
229-3900-0*	Organic sauerkraut	796ml	6.00
229-0310-0*	Pickled daikon radish	100g	8.50
229-7310-0*	Organic shoyu	296ml	4.50
229-8980-0	Sushi nori	25g	9.60
229-0180-0	Umeboshi paste	200g	11.00
229-0140-0	Umeboshi plum	200g	21.00
229-9356-0*	Vinegar, red wine	375ml	3.50
229-9330-0*	Vinegar, ume plum	296ml	4.50
229-8900-0	Wakame	60g	8.00
229-0218-0	Wasabi powder	25g	6.75

## Miso Massawippi

250-1010-0*	Organic soya rice miso	2kg	54.00
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## Simply Natural [www.cheltenhamhouse.com](http://www.cheltenhamhouse.com)

341-1228-0*	Mustard, organic Dijon	250ml	3.35
341-1230-0*	Mustard, organic stoneground	250ml	3.35
341-1226-0*	Mustard, organic yellow	250ml	3.35
341-1014-0*	Organic balsamic salad dressing	354ml	4.25
341-1358-0*	Organic black bean and corn salsa	470ml	4.75
341-1350-0*	Organic chunky salsa, mild	470ml	4.25
341-1352-0*	Organic chunky salsa, medium	470ml	4.25
341-1354-0*	Organic chunky salsa, pineapple	470ml	4.25
341-1024-0*	Organic creamy caesar salad dressing	354ml	4.15
341-1026-0*	Organic honey mustard salad dressing	354ml	4.15
341-1020-0*	Organic Italian roasted pepper dressing	354ml	4.15
341-1220-0*	Organic ketchup	575ml	4.95
341-1030-0*	Organic raspberry salad dressing	354ml	4.15
341-1016-0*	Organic roasted garlic salad dressing	354ml	4.15
341-1028-0*	Organic sesame ginger salad dressing	354ml	4.15
341-1010-0*	Organic sundried tomato salad dressing	354ml	4.15

## DRIED FRUIT

## Moulin Abenakis Organic [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

150-1025-1*	Apricots	2.5kg	30.80
150-1022-4*	Coconut date rolls	6x300g	31.90
150-1022-0*	Coconut date rolls	6.8kg	94.00
150-1005-1*	Coconut, fine	2.5kg	19.85
150-1005-0*	Coconut, fine	11.4kg	80.05
329-2011-4*	Cranberries, apple juice sweetened	250g	8.95
150-1013-2*	Date pieces, moist	5kg	49.95
150-1019-4*	Dates, Barhi	6x300g	33.05
150-1019-0*	Dates, Barhi	5kg	66.80
150-1016-4*	Dates, Khadrawi	9x200g	27.95
150-1016-0*	Dates, Khadrawi	6.8kg	79.00
150-1018-4*	Dates, Medjool fancy	6x300g	37.35
150-1018-0*	Dates, Medjool fancy	5kg	77.10
150-1021-4*	Dates, pitted Deglet	6x300g	34.35
150-1021-0*	Dates, pitted Deglet	6.8kg	96.70
150-1028-4*	Figs, black	6x200g	28.35
150-1028-1*	Figs, black	2.5kg	44.75
150-1029-4*	Figs, brown	6x200g	26.75
150-1029-1*	Figs, brown	2.5kg	40.20
170-1000-1*	Goji berries, Tibetan	1kg	40.00
150-1006-4*	Mango	6x100g	24.30
150-1007-4*	Pitted prunes	6x200g	30.40
150-1007-1*	Pitted prunes	2.5kg	47.40
150-1026-1*	Sultana raisins	2.5kg	17.25
150-1026-0*	Sultana raisins	12.5kg	76.50
150-1030-1*	Thompson raisins	2.5kg	23.20
150-1030-0*	Thompson raisins	13.6kg	112.40

## Moulin Abenakis Non-Organic [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

151-1004-1	Apricots	2.5kg	25.55
329-0012-0	Cranberries, whole with turbinado sugar	250g	7.50
151-1017-1	Dates, pitted	2.5kg	9.00
151-1017-0	Dates, pitted	10kg	30.00
151-1019-0	Papaya, diced sweetened	20kg	91.80
151-1003-2	Papaya spears, sweetened	5kg	24.05
151-1020-4	Pineapple, diced sweetened	8x200g	16.20
151-1002-1	Prunes, pitted	2.5kg	20.85
151-1002-0	Prunes, pitted	10kg	78.50
151-1010-0	Thompson raisins	13.6kg	77.00

## FLOURS, FLAKES, GRAINS, BRAN

### Moulin Abenakis Bran, Organic [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

101-1015-1*	Oat bran	2kg	11.25
101-1015-0*	Oat bran	10kg	40.50
101-1088-4*	Spelt bran	6x150g	16.20
101-1088-0*	Spelt bran	10kg	27.00
101-1005-1*	Wheat bran	2kg	5.50
101-1005-0*	Wheat bran	10kg	16.20

### Moulin Abenakis Flakes, Organic [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

101-1011-4*	Barley flakes	6x350g	12.15
101-1029-1*	Kamut flakes	2.5kg	13.45
101-1029-0*	Kamut flakes	11.4kg	56.40
101-1010-1*	Oat flakes	2.5kg	8.05
101-1010-0*	Oat flakes	15kg	40.50
101-1080-4*	Oat flakes, instant	6x300g	11.75
101-1080-0*	Oat flakes, instant	11.4kg	30.55
101-4120-0*	Quinoa flakes	6x300g	28.35
101-4110-0*	Quinoa flakes	11.4kg	126.75
101-1014-4*	Rye flakes	6x300g	11.75
101-1014-0*	Rye flakes	11.4kg	30.50
101-1055-4*	Soya flakes	6x350g	22.75
101-1055-0*	Soya flakes	11.4kg	79.75
101-1026-1*	Spelt flakes	2.5kg	11.35
101-1026-0*	Spelt flakes	11.4kg	51.80
101-1013-4*	Wheat flakes	6x350g	15.40
101-1013-0*	Wheat flakes	11.4kg	41.55

### Moulin Abenakis Flours, Organic [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

401-1019-2*	All-purpose flour, unbleached	5kg	16.85
401-1019-0*	All-purpose flour, unbleached	20kg	58.55
401-7019-0*	Barley flour	15kg	35.00
401-1042-0*	Brown rice flour	20kg	67.40
401-1025-1*	Buckwheat flour	2kg	7.75
401-1025-0*	Buckwheat flour	20kg	56.70
401-1015-0*	Corn flour	15kg	22.50
401-1053-0*	Corn meal	20kg	29.75

401-1017-2*	Hard wheat sifted bread flour	5kg	14.00
401-1017-0*	Hard wheat sifted bread flour	20kg	50.65
401-1006-2	Kamut flour	5kg	15.50
401-1006-0*	Kamut flour	20kg	55.50
401-7014-0*	Millet flour	20kg	63.75
401-7012-0*	Oat flour	15kg	49.00
401-3200-2*	Quinoa flour	5kg	49.65
401-7022-1*	Rye flour	2kg	5.50
401-7022-0*	Rye flour	20kg	33.35
401-1009-2*	Soft wheat sifted pastry flour	5kg	13.00
401-1009-0*	Soft wheat sifted pastry flour	20kg	46.60
401-1030-2*	Soya flour	5kg	18.90
401-1030-0*	Soya flour	15kg	51.30
401-1008-2*	Spelt flour	5kg	17.55
401-1008-0*	Spelt flour	20kg	64.80
401-1007-0*	Spelt flour, sifted (lighter)	20kg	74.25
401-1023-2*	Whole wheat bread flour, hard	5kg	12.85
401-1023-0*	Whole wheat bread flour, hard	20kg	46.35
401-1021-2*	Whole wheat soft pastry flour	5kg	12.15
401-1021-0*	Whole wheat soft pastry flour	20kg	42.55

**Moulin Abenakis Flours, Non-Organic** [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

304-1004-4	Gluten flour	1kg	10.05
304-1004-2	Gluten flour	5kg	41.65
409-1032-0	Gluten-free flour	1kg	10.75
409-1033-0	Gluten-free flour	2.5kg	20.05

**Moulin Abenakis Grains, Organic** [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

101-1300-4*	Amaranth kernels	6x500g	25.55
101-1300-00*	Amaranth kernels	11.4kg	67.25
101-1023-2*	Barley, hulled	5kg	11.35
101-1023-0*	Barley, hulled	22.7kg	43.25
101-1002-2*	Buckwheat groats, hulled white	5kg	18.60
101-1002-00*	Buckwheat groats, hulled white	22.7kg	71.25
101-1008-4*	Buckwheat, roasted (kasha)	6x450g	17.85
101-1008-0*	Buckwheat, roasted (kasha)	22.7kg	92.50
101-1130-4*	Bulghur	6x450g	14.25
101-1130-0*	Bulghur	11.34kg	44.55
101-1054-00*	Corn kernels	22.7kg	31.75
101-1020-2*	Corn, popping	5kg	21.55
101-1020-0*	Corn, popping	25kg	80.75
101-1110-4*	Couscous	6x500g	27.15
101-1110-2*	Couscous	5kg	33.50
101-1110-0*	Couscous	11.4kg	71.45
101-1120-2*	Couscous, whole wheat	5kg	33.50
101-1120-0*	Couscous, whole wheat	11.4kg	71.45
101-1059-0*	Cracked hard wheat	22.7kg	44.55
101-1006-2*	Hard wheat kernels	5kg	11.85
101-1006-0*	Hard wheat kernels	22.7kg	44.55
101-1012-4*	Kamut kernels	6x500g	14.60
101-1012-0*	Kamut kernels	22.7kg	61.30
101-1018-2*	Millet, hulled	5kg	16.50
101-1018-0*	Millet, hulled	22.7kg	62.05
101-1017-2*	Oat groats	5kg	13.25

101-1017-0*	Oat groats	22.7kg	53.85
101-1052-1*	Quinoa	2.5kg	25.40
101-1052-0*	Quinoa	11.4kg	110.60
101-1053-1*	Quinoa, red	2.5kg	22.90
101-1053-0*	Quinoa, red	11.4kg	99.75
101-1024-0*	Rye kernels	22.7kg	31.25
101-1009-2*	Soft wheat kernels	5kg	11.65
101-1009-0*	Soft wheat kernels	11.4kg	40.50
101-1025-2*	Spelt kernels	5kg	14.55
101-1025-0*	Spelt kernels	22.7kg	57.95

**Moulin Abenakis Grains, Non-Organic** [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

104-1011-4	Bulghur	6x450g	14.20
104-1011-00	Bulghur	25kg	65.90
104-1013-2	Oats, old-fashioned rolled	4kg	9.40
104-1013-0	Oats, old-fashioned rolled	22.7kg	45.80

## HEALTH

### Cleden

906-7010-0	Magnesium liquid	250ml	8.25H
906-7005-0	Magnesium powder in pouches	4x10g	5.75H

### Sisu Vitamins, Minerals and Herbal Supplements

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

Availability has been intermittent on all Sisu products. Please don't hesitate to order, but keep your fingers crossed when you do!

825-1202-0	Alkymer/ecomer	60caps	17.75H
825-1203-0	Alkymer/ecomer 250mg	120caps	28.50H
825-1144-0	Calcium magnesium	300caps	25.75H
825-1156-0	Calcium magnesium 2:1	90tabs	11.00H
825-1159-0	Calcium magnesium 2:1	180tabs	19.00H
825-1140-0	Calcium magnesium vitamin D	100caps	10.95H
825-1141-0	Calcium magnesium vitamin D	200caps	19.00H
825-1030-0	Calcium magnesium vitamin D liquid vanilla	340ml	17.75H
825-1335-0	Citri-biotic	100caps	19.00H
825-1296-0	Dophilus chewable	60tabs	17.75H
825-1301-0	Dophilus plus	60caps	11.00H
825-1303-0	Dophilus plus	120caps	17.75H
825-2545-0	Enzogenol	60caps	49.95H
825-1121-0	Ester C 600mg	120caps	23.25H
825-1200-0	E.V.C. echinacea	50tabs	12.25H
825-1201-0	E.V.C. echinacea	100tabs	20.25H
825-1451-0	Evening primrose oil	180caps	21.75H
825-1256-0	Expecting prenatal	120caps	27.00H
825-1491-0	Glucosamine sulfate 500mg sodium-free	180caps	17.75H
825-1495-0	Glucosamine sulfate plus/shark cartilage	120caps	29.75H
825-1145-0	Hydroxy-cal	100caps	13.50H
825-1294-0	Kiddie acidophilus	60caps	8.25H
825-1336-0	Kiddie calcium chewable	90tabs	16.25H
825-1146-0	Mag-citrate 100mg	100caps	12.25H
825-1148-0	Mag-citrate malic acid	100caps	14.95H
825-1456-0	Maxi-cal	100tabs	12.25H

825-1247-0	Mini-vits chewable	90tabs	13.50H
825-1252-0	Multi active woman	120caps	32.50H
825-1308-0	Multi-enzyme	60caps	13.50H
825-1309-0	Multi-enzyme	120caps	24.50H
825-1007-0	Only one multivitamin	60tabs	16.25H
825-1018-0	Only one multivitamin no iron	60tabs	16.25H
825-1448-0	Soy isoflavones	60caps	23.00H
825-1107-0	Vitamin E 400	90caps	16.25H
825-1453-0	Woman changes	60caps	35.25H
825-1455-0	Woman cool it flash (black cohosh)	60caps	16.95H
825-1450-0	Woman PMS	90caps	21.75H

## HOUSEHOLD

### Bionature Ecological Cleaning Products [www.bionature.ca](http://www.bionature.ca)

920-0192-0	Bathroom cleaner	1L	6.25H
920-0301-0	Chrome and stainless steel polish	250ml	5.25H
920-0140-0	Deodorizing cleaner	1L	5.95H
920-0200-0	Dishwasher rinse aid	1L	5.95H
920-0910-0	Dishwashing liquid, tropical	1L	4.95H
920-0911-0	Dishwashing liquid, tropical	4L	16.05H
920-0560-0	Fabric softener	2L	7.15H
920-0162-0	Floor cleaner	1L	6.55H
920-0164-0	Floor cleaner	4L	24.35H
920-31160-0	Fruit and vegetable cleaner	1L	6.75H
920-0130-0	Glass cleaner	1L	5.95H
920-0520-0	Laundry detergent (tropical)	2L	9.50H
920-0521-0	Laundry detergent (tropical)	4L	15.75H
920-0522-0	Laundry detergent (tropical)	10L	35.60H
920-0540-0	Laundry detergent (2 in 1)	2L	10.10H
920-0541-0	Laundry detergent (2 in 1)	4L	17.55H
920-0542-0	Laundry detergent (2 in 1)	10L	40.95H
920-0553-0	Laundry detergent (high efficiency)	2L	9.50H
920-0554-0	Laundry detergent (high efficiency)	4L	14.35H
910-0555-0	Laundry detergent (high efficiency)	10L	32.35H
920-0572-0	Laundry stain remover, fast-acting	1L	7.65H
920-0180-0	Multi-purpose cleaner (tropical)	1L	6.50H
920-5204-0	Odour and stain remover	1L	6.55H
920-5201-0	Odour and stain remover	4L	24.35H
920-0420-0	Pet shampoo	500ml	4.75H
920-0122-0*	Scouring cleaner abrasive cream	1L	5.50H
920-0110-0	Tile cleaner	1L	5.95H

### Ecoideas [www.ecoideas.ca](http://www.ecoideas.ca)

905-1210-0	Himalayan soapnuts	250g	8.25
905-1200-0	Himalayan soapnuts	1kg	22.25

## NUT BUTTERS

**Yum (Quebec)** For Nova Scotia Yum products see Ellora catalogue E

These products are temporarily unavailable. Please refer to Ellora catalogues C, D and E for alternatives.

261-1009-0	Almond butter	500g	10.25
261-1020-0	Cashew butter	500g	7.75
261-1005-0	Peanut butter, crunchy	500g	2.75
261-1007-0	Peanut butter, crunchy	10kg	47.25
261-1022-0*	Peanut butter, organic crunchy	500g	4.00
261-1023-0	Peanut butter, organic smooth	500g	4.00
261-1001-0	Peanut butter, smooth	500g	2.75
261-1008-0	Peanut butter, smooth	10kg	47.25
261-1004-0	Sesame butter	500g	5.15
261-1003-0	Tahini	500g	5.15
261-1024-0*	Tahini, organic	500g	6.25

## NUTS AND SEEDS

**Moulin Abenakis Organic** [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

132-1001-4*	Alfalfa seeds for sprouting	350g	7.15
132-1001-1*	Alfalfa seeds for sprouting	2.5kg	37.05
140-1001-1*	Almonds, brown	2.5kg	58.75
132-1008-4*	Brown mustard seeds for sprouting	300g	2.95
101-1200-4*	Black chia seeds	400g	9.50
101-1200-1*	Black chia seeds	2.5kg	45.90
132-1004-4*	Flax seed meal	6x400g	32.00
132-1004-0*	Flax seed meal	15kg	128.00
132-1002-1*	Flax seeds	2.5kg	11.95
132-1002-0*	Flax seeds	22.7kg	99.00
132-1003-4*	Flax seeds, golden	6x500g	23.90
132-1003-0*	Flax seeds, golden	22.7kg	120.00
140-1003-4*	Hazelnuts, shelled	6x250g	36.05
140-1003-1*	Hazelnuts, shelled	2.5kg	47.00
101-1575-4*	Hemp nuts	227g	8.95
140-1008-1*	Peanuts, dry roasted	2.5kg	21.60
140-1008-0*	Peanuts, dry roasted	13.6kg	110.75
101-1090-4*	Poppy seeds	400g	9.85
140-1006-4*	Pistachios, roasted salted	1.5kg (6x250g)	63.75
132-1010-1*	Pumpkin seeds	2.5kg	25.55
132-1015-1*	Pumpkin seeds (from Hungary—very dark green; high in vitamin E; good antioxidant)	2.5kg	45.85
132-1011-4*	Radish seeds for sprouting	300g	5.50
132-1012-4*	Red clover for sprouting	350g	5.50
132-1009-1*	Sesame seeds, white hulled	2.5kg	22.85
132-1005-1*	Sesame seeds, whole brown	2.5kg	20.75
140-1005-4*	Organic soynutty crunchies, salted	6x300g	22.0
140-1005-2*	Organic soynutty crunchies, salted	4kg	32.10
140-1007-4*	Organic soynutty crunchies, unsalted	6x300g	22.00
140-1007-2*	Organic soynutty crunchies, unsalted	4kg	32.10
132-1007-4*	Sunflower seeds for sprouting	250g	2.25

132-1007-0*	Sunflower seeds for sprouting	22.7kg	66.70
132-1006-1*	Sunflower seeds, hulled	2.5kg	17.20
132-1006-0*	Sunflower seeds, hulled	11.4kg	68.30
140-1002-1*	Walnut halves and pieces	2.5kg	67.25
<b>Moulin Abenakis Non-Organic <a href="http://www.moulinabenakis.ca">www.moulinabenakis.ca</a></b>			
141-1014-4	Almonds, brown	6x300g	29.60
141-1014-1	Almonds, brown	2.5kg	32.00
141-1002-4	Almonds, tamari	6x300g	35.65
141-1002-1	Almonds, tamari	2.5kg	40.00
141-1011-4	Almonds, white ground	6x200g	24.90
141-1010-4	Almonds, white sliced	6x200g	23.10
141-1010-1	Almonds, white sliced	2.5kg	35.75
141-1018-4	Brazil nuts, shelled	6x250g	37.70
141-1018-1	Brazil nuts, shelled	2.5kg	49.85
141-1020-4	Cashew pieces	6x250g	26.35
141-1023-4	Cashews, whole	6x250g	33.25
141-1023-1	Cashews, whole	2.5kg	42.75
141-1008-4	Cashews, whole roasted salted	6x250g	30.00
141-1008-1	Cashews, whole roasted salted	2.5kg	39.10
141-1001-4	Cashews, whole roasted unsalted	6x250g	30.00
141-1001-1	Cashews, whole roasted unsalted	2.5kg	39.10
104-1200-1	Chia seeds, black	2.5kg	46.00
104-1300-1	Chia seeds, white	2.5kg	46.00
141-1005-4	Hazelnuts, shelled	6x250g	32.85
141-1005-1	Hazelnuts, shelled	2.5kg	43.50
141-1006-0	Peanuts, dry roasted split	25kg	58.00
141-1013-4	Pecan halves, shelled	6x200g	32.00
141-1013-1	Pecan halves, shelled	2.5kg	56.20
140-1007-4	Pine nuts	250g	13.00
140-1007-1	Pine nuts	2.5kg	99.00
141-1009-4	Pistachios, whole roasted salted	8x125g	17.85
131-1002-1	Pumpkin seeds	2.5kg	27.20
131-1006-1	Sesame seeds, white hulled	2.5kg	11.50
131-1007-1	Sesame seeds, whole brown	2.5kg	13.85
131-1009-1	Sunflower seeds, hulled	2.5kg	13.10
131-1009-0	Sunflower seeds, hulled	22.7kg	109.00
141-1004-1	Walnut halves and pieces	2.5kg	40.00

## OILS

### Bioliva Organic Oils

201-1022-0*	Olive oil, extra virgin	500ml	13.65
201-1023-0*	Olive oil, extra virgin	750ml	14.95
201-1103-0*	Olive oil, extra virgin	3L	52.65

### Eden Organic Oils [www.edenfoods.com](http://www.edenfoods.com)

229-9434-0*	Olive oil, extra virgin	473ml	12.50
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### Olivia Non-Organic Oils

201-2043-0	Grapeseed oil	750ml	8.50
201-2009-0	Olive oil, extra virgin	6x500ml	39.50

201-2010-0	Olive oil, extra virgin	6x750ml	59.75
201-2011-0	Olive oil, extra virgin	1L	13.65
201-2100-0	Olive oil, extra virgin	3L	31.25

## PASTAS

### Artesian Acres Organic Kamut Pasta

420-4217-0*	Kamut alphabets	12x454g	40.50
420-4218-0*	Kamut capellini	8x375g	29.20
420-4219-0*	Kamut fettucinii	8x375g	29.20
420-4214-0*	Kamut lasagna	12x454g	48.75
420-4207-0*	Kamut linguine	12x454g	40.50
420-4215-0*	Kamut linguine with garlic and parsley	12x454g	48.75
420-4216-0*	Kamut orzo	12x454g	40.50
420-4209-0*	Kamut penne	12x454g	40.50
420-4208-0*	Kamut rotini	12x454g	40.50
420-4206-0*	Kamut spaghetti	12x454g	40.50
420-4210-0*	Kamut vegetable rotini	12x454g	48.75

### Eden Foods Organic Pasta [www.edenfoods.com](http://www.edenfoods.com)

229-1318-0*	Artichoke ribbons	6x227g	26.35
229-1363-0*	Flax rice spirals	6x340g	26.35
229-1353-0*	Kamut ditalini	6x340g	26.35
229-1351-0*	Kamut spaghetti	12x397g	60.75
229-1272-0*	Kamut vegetable spirals	6x340g	28.35
229-1100-0*	Kamut whole wheat spirals	6x340g	23.20
229-1485-0*	Parsley garlic ribbons	6x227g	26.35
229-1595-0*	Parsley garlic spaghetti	12x397g	69.70
229-1152-0*	Rye spirals	6x340g	21.90
229-1374-0*	Spelt spaghetti	12x396g	69.70
229-1635-0*	Spelt ziti rigate	6x340g	30.40
229-1350-0*	Spinach spirals	6x340g	26.35
229-1150-0*	Twisted pair gemelli (kamut and quinoa)	6x340g	30.40
229-1395-0*	Vegetable alphabets, salt-free	6x453g	26.35
229-1435-0*	Vegetable shells, salt-free	6x340g	28.35
229-1415-0*	Vegetable spirals, salt-free	6x340g	28.35
220-1210-0*	Whole wheat spaghetti	12x397g	56.70

### Moulin Abenakis Organic Pasta [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

420-3117-4*	Spelt angel hair	6x300g	24.50
420-3117-0*	Spelt angel hair	4.5kg	54.00
420-3020-4*	Spelt elbows	6x300g	20.25
420-3020-0*	Spelt elbows	4.5kg	46.75
420-3120-4*	Spelt rotini	6x200g	20.25
420-3120-0*	Spelt rotini	4.5kg	54.00
420-3025-4*	Spelt shells	6x250g	20.25
420-3025-0*	Spelt shells	4.5kg	46.75
420-3026-4*	Spelt spaghetti	6x300g	24.50
420-3026-0*	Spelt spaghetti	4.5kg	46.75

### Prairie Harvest Organic Semolina Pastas

422-3502-0*	Organic large egg noodles	12x340g	48.60
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422-4748-0*	Organic lasagna	4.5kg	33.85
422-2748-0*	Organic lasagna	12x454g	48.60
422-3023-0*	Organic linguine	12x454g	38.10
422-3160-0*	Organic macaroni	12x454g	38.10
422-3427-0*	Organic penne rigate	12x454g	38.10
422-3190-0*	Organic rigatoni	12x454g	38.10
422-3374-0*	Organic rotini	12x454g	38.10
422-3219-0*	Organic small shells	12x454g	38.10
422-4011-0*	Organic spaghetti	4.5kg	31.60
422-3011-0*	Organic spaghetti	12x454g	38.10
422-3188-0*	Organic vegetable gemelli	12x454g	48.60
422-3235-0*	Organic vegetable gomiti	12x454g	48.60
422-3428-0*	Organic vegetable penne	12x454g	48.60
422-3377-0*	Organic vegetable rotini	12x454g	48.60

### **Prairie Harvest Organic Whole Wheat Pastas**

422-9023-0*	Organic whole wheat linguini	4.5kg	34.10
422-8023-0*	Organic whole wheat linguini	12x454g	43.75
422-9160-0*	Organic whole wheat macaroni	4.5kg	34.10
422-8160-0*	Organic whole wheat macaroni	12x454g	43.75
422-8427-0*	Organic whole wheat penne rigate	12x454g	43.75
422-9374-0*	Organic whole wheat rotini	4.5kg	34.10
422-8374-0*	Organic whole wheat rotini	12x454g	43.75
422-9011-0*	Organic whole wheat spaghetti	4.5kg	34.10
422-8011-0*	Organic whole wheat spaghetti	12x454g	43.75

## **PERSONAL CARE**

### **Bionature**

920-4020-0	Antibacterial hand gel (lemon)	500ml	7.75H
920-4010-0	Antibacterial hand gel (peach)	500ml	7.75H

### **Cleden Oils**

906-2001-0	Anise essential oil	25ml	5.75H
906-2120-0	Canadian fir essential oil	25ml	7.25H
906-2010-0	Cedar wood essential oil	25ml	7.25H
906-2030-0	Citronella essential oil	25ml	5.75H
906-2040-0	Eucalyptus essential oil	25ml	5.50H
906-2050-0	Lavendar essential oil	25ml	8.95H
906-2080-0	Orange essential oil	25ml	5.50H
906-2070-0	Peppermint essential oil	25ml	8.25H
906-2090-0	Rosemary essential oil	25ml	6.50H
906-2100-0	Sage essential oil	25ml	12.25H
906-2110-0	Thyme essential oil	25ml	21.20H
906-5000-0	Castor oil	100ml	4.50H
906-5010-0	Castor oil	250ml	6.50H
906-5020-0	Castor oil	500ml	10.95H
906-4000-0	Sweet almond oil	100ml	4.75H
906-4010-0	Sweet almond oil	250ml	8.50H
906-4020-0	Sweet almond oil	500ml	12.75H

**Ecoideas** [www.ecoideas.ca](http://www.ecoideas.ca)

905-1210-0	Himalayan soapnuts	250g	8.25
905-1200-0	Himalayan soapnuts	1kg	22.25

**Vendome**

906-0706-0	Homeopathic mint-free toothpaste	75ml	4.80H
906-0741-0	Homeopathic lemon toothpaste	75ml	4.80H

**RICE****Moulin Abenakis Organic** [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

101-1051-1*	Brown basmati rice	2.5kg	10.35
101-1051-00*	Brown basmati rice	22.7kg	81.00
101-1030-4*	Canadian wild rice	300g	9.05
101-1030-1*	Canadian wild rice	2.5kg	55.55
101-1004-1*	Long-grain brown rice	2.5kg	8.50
101-1004-00*	Long-grain brown rice	22.7kg	66.05
101-1003-1*	Short-grain brown rice	2.5kg	9.45
101-1003-00*	Short-grain brown rice	22.7kg	75.60
101-1050-1*	White basmati rice	2.5kg	11.50
101-1050-00*	White basmati rice	22.7kg	86.40
101-1048-1*	White jasmine rice	2.5kg	18.85
101-1048-00*	White jasmine rice	25kg	155.00

**Butterfly**

104-1010-0	White basmati rice (India), conventional	4.5kg	18.60
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**SNACKS, CONFECTIONS****Casabi Organic Gluten-Free Crackers** [www.casabiorganics.com](http://www.casabiorganics.com)

414-4670-0*	Organic original crackers	120g	5.90
414-4674-0*	Organic original crackers	300g	8.50
414-4671-0*	Organic garlic crackers	120g	5.90
414-4675-0*	Organic garlic crackers	300g	8.50
414-4673-0*	Organic cinnamon crackers	120g	5.90
414-4677-0*	Organic cinnamon crackers	300g	8.50
414-4672-0*	Organic onion crackers	120g	5.90
414-4676-0*	Organic onion crackers	300g	8.50

**Larabar Gluten-Free Bars** [www.larabar.com](http://www.larabar.com)

415-1001-0	Apple pie bar	16x45g	33.75
415-1002-0	Banana cookie bar	16x45g	33.75
415-1003-0	Cashew cookie bar	16x45g	33.75
415-1004-0	Cherry pie bar	16x45g	33.75
415-1005-0	Chocolate coconut chew bar	16x45g	33.75
415-1009-0	Cinnamon roll bar	16x45g	33.75
415-1007-0	Cocoa mole bar	16x45g	33.75
415-1006-0	Ginger snap bar	16x45g	33.75
415-1010-0	Lemon bar	16x45g	33.75
415-1008-0	Pecan pie bar	16x45g	33.75

## Larabar Jocalat Gluten-Free Bars [www.larabar.com](http://www.larabar.com)

415-1021-0*	Chocolate	16x48g	35.10
415-1022-0*	Chocolate coffee	16x48g	35.10
415-1023-0*	Chocolate mint	16x48g	35.10
415-1024-0*	Chocolate orange	16x48g	35.10

## Moulin Abenakis [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

161-4030-4	Carob-coated raisins	6x350g	54.70
161-4030-0	Carob-coated raisins	4.5kg	94.95
161-4099-4	Chocolate sundrops	6x300g	55.80
161-8052-4*	Organic dark choc. coated almonds (vegan)	6x300g	70.00
161-8052-0*	Organic dark choc. coated almonds (vegan)	4.5kg	150.00
161-8051-4*	Organic dark choc. coated raisins (vegan)	6x350g	55.80
161-8051-0*	Organic dark choc. Coated raisins (vegan)	4.5kg	100.00
161-4070-4	Yogurt-coated almonds	6x350g	47.00
161-4070-0	Yogurt-coated almonds	4.5kg	84.10
161-4080-4	Yogurt-coated raisins	6x350g	38.10
161-4080-0	Yogurt-coated raisins	4.5kg	64.70

## Sezme

285-2020-0	Sesame snaps	24x35g	10.40
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## Sun Rype Fruit Snacks [www.sunrype.com](http://www.sunrype.com)

310-3752-0	Blueberry pomegranate fruit snack	50x37g	52.00
310-3723-0	Cherry berry fruit snack	50x37g	52.00
310-3729-0	Raspberry plus veggie fruit snack	50x37g	52.00
310-3722-0	Strawberry fruit snack	50x37g	52.00
310-3727-0	Tropical plus veggie fruit snack	50x37g	52.00
310-3728-0	Wildberry plus veggie fruit snack	50x37g	52.00

## Sunny Crunch Granola Bars [www.sunnycrunch.com](http://www.sunnycrunch.com)

111-1270-0	Apple granola bars	12x240g	38.65H
111-1271-0	Banana and dry raisin granola bars	12x240g	38.65H
111-1272-0	Blueberry granola bars	12x240g	38.65H
111-1227-0	Chocolate chip granola bars	12x225g	32.60H
111-1229-0	Chocolate dipped granola bars	12x6x65g	32.60H
111-1228-0	Peanut butter chocolate chip granola bars	12x6x30g	32.60H
111-1226-0	Peanut chocolate chip granola bars	12x8x28g	32.60H
111-1274-0	Raspberry granola bars	12x240g	38.65H
111-1275-0	Strawberry granola bars	12x240g	38.65H

## SOY PRODUCTS

### Mori-Nu Silken Tofu [www.morinu.com](http://www.morinu.com)

231-1022-0	Extra firm tofu, tetra-pak	12x349g	30.85
231-1001-0	Firm tofu, tetra-pak	12x349g	30.85
231-1015-0	Light firm tofu, tetra-pak	12x349g	30.85
M140-1005-4*	Organic soynutty crunchies, salted	6x300g	22.0
140-1005-2*	Organic soynutty crunchies, salted	4kg	32.10
140-1007-4*	Organic soynutty crunchies, unsalted	6x300g	22.00
140-1007-2*	Organic soynutty crunchies, unsalted	4kg	32.10

## TEAS

### Eden [www.edenfoods.com](http://www.edenfoods.com)

229-0530-0*	Organic genmaicha	29g	4.75
229-0540-0*	Organic hojicha	24g	4.75
229-0550-0*	Organic kukicha	32g	4.75

## TOMATO PRODUCTS

### Eden [www.edenfoods.com](http://www.edenfoods.com)

229-3920-0*	Organic pizza and pasta sauce	12x398ml	48.90
229-4020-0*	Organic spaghetti sauce	12x750ml	68.05
229-4030-0*	Organic spaghetti sauce (no salt)	12x750ml	68.05
229-4070-0*	Organic crushed tomatoes (no salt)	12x398ml	36.90
229-3316-0*	Organic crushed tomatoes with basil	12x398ml	36.90
229-4080-0*	Organic crushed tomatoes (no salt)	12x796ml	48.60
229-3320-0*	Organic crushed tomatoes with basil	12x796ml	48.60
229-3321-0*	Organic crushed tomatoes with onion/garlic	12x796ml	48.60
229-3970-0*	Organic diced tomatoes (no salt)	12x398ml	34.85
229-3318-0*	Organic diced tomatoes	12x796ml	48.60
229-3331-0*	Organic diced tomatoes with basil	12x398ml	34.85
229-3980-0*	Organic diced tomatoes with green chilis	12x398ml	37.30
229-3332-0*	Organic diced tomatoes with roasted onion	12x398ml	35.85
229-4016-0*	Organic roma tomatoes and juice	12x796ml	48.60
229-4017-0*	Organic roma tomatoes with basil	12x796ml	51.50

### Moulin Abenakis [www.moulinabenakis.ca](http://www.moulinabenakis.ca)

150-1002-4*	Organic dried tomatoes	6x100g	17.85
150-1002-0*	Organic dried tomatoes	10kg	147.00

### Simply Natural [www.cheltenhamhouse.com](http://www.cheltenhamhouse.com)

341-1358-0*	Organic black bean and corn salsa	470ml	4.75
341-1350-0*	Organic chunky salsa, mild	470ml	4.25
341-1352-0*	Organic chunky salsa, medium	470ml	4.25
341-1354-0*	Organic chunky salsa, pineapple	470ml	4.25
341-1520-0*	Organic diavolo spicy pasta sauce	12x739ml	59.95
341-1220-0*	Organic ketchup	575ml	4.95
341-1521-0*	Organic marinara pasta sauce	12x739ml	59.95
341-1522-0*	Organic red wine marinara pasta sauce	12x739ml	59.95
341-1512-0*	Organic tomato/basil pasta sauce	12x739ml	59.95
341-1514-0*	Organic tomato/mushroom pasta sauce	12x739ml	59.95
341-1516-0*	Organic tomato/roasted garlic pasta sauce	12x739ml	59.95
341-1518-0*	Organic tomato/roasted peppers pasta sauce	12x739ml	59.95
341-1524-0*	Organic vodka cream pasta sauce	12x739ml	59.95