

ellora

natural & organic foods

ellora catalogue A
groceries, dried goods, personal care

prices in effect from September 2011

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www.ellora.ca

BAKING SUPPLIES

52300	Baking powder	2.5kg	16.00
51060	Carob chips, malted (vegan)	6x300g	27.95
51055	Carob chips, malted (vegan)	11.4kg	126.65
51020*	Chocolate chips, black organic	6x300g	34.05
51015*	Chocolate chips, black organic	2.5kg	38.75
51010*	Chocolate chips, black organic	11.4kg	167.80
51100	Fructose	5kg	19.25
51095	Fructose	22.7kg	78.35
52460*	Golden sugar, organic	6x500g	17.85
52455*	Golden sugar, organic	5kg	15.95
52450*	Golden sugar, organic	25kg	69.90
61815*	Organic honey	500g	8.65
51695	Lecithin granules	300g	8.50
51690	Lecithin granules	5kg	115.75
52370*	Maple syrup, organic	250ml	7.25
52345	Sea salt, coarse, iodine-free	2.5kg	4.85
52340	Sea salt, coarse, iodine-free	22.7kg	26.75
52330	Salt, fine white	2.5kg	4.85
52325	Salt, fine white	22.7kg	26.75
52365	Sea salt, fine natural	6x600g	12.15
52435	Sucanat	6x350g	15.40
52430	Sucanat	22.7kg	71.10
52445*	Sucanat, organic	6x400g	20.25
52440*	Sucanat, organic	22.7kg	121.50
52420	Turbinado golden sugar	2.5kg	9.00
52415	Turbinado golden sugar	22.7kg	70.75
5156	Wheat germ, raw	250g	2.00
51885	Yeast flakes (kosher)	125g	3.00
51880	Yeast flakes (kosher)	2kg	33.75
61335	Yeast, Instaferm active	454g	5.35

BEANS, DRIED

Moulin Abenakis Organic www.moulinabenakis.ca

51705*	Adzuki beans	6x500g	19.85
51700*	Adzuki beans	11.4kg	129.00
51725*	Baby lima beans	6x400g	21.45
51720*	Baby lima beans	11.4kg	64.00
51745*	Black turtle beans	6x500g	19.05
51740*	Black turtle beans	11.4kg	44.45
51795*	Brown lentils	6x500g	22.35
51790*	Brown lentils	11.4kg	55.45
51860*	Chick peas	6x500g	20.25
51855*	Chick peas	5kg	22.85
51850*	Chick peas	11.4kg	47.55
51810*	DuPuy lentils	6x500g	18.75
51805*	DuPuy lentils	5kg	20.40
51800*	DuPuy lentils	22.7kg	84.60

51835*	Green lentils	6x500g	19.85
51830*	Green lentils	5kg	22.45
51825*	Green lentils	22.7kg	93.05
51735*	Mung beans	6x500g	19.85
51730*	Mung beans	11.4kg	46.45
51755*	Pinto beans	6x500g	22.30
51750*	Pinto beans	11.4kg	53.90
51770*	Red kidney beans	6x500g	21.10
51765*	Red kidney beans	5kg	24.20
51760*	Red kidney beans	11.4kg	48.25
51820*	Red lentils	6x500g	31.60
51815*	Red lentils	11.4kg	88.30
51840*	Soup mix	5kg	21.85
51785*	Soybeans	6x500g	15.00
51780*	Soybeans	5kg	14.35
51775*	Soybeans	25kg	62.80
51774*	Soybeans, crushed	25kg	75.35
51715*	White navy beans	6x500g	19.45
51710*	White navy beans	11.4kg	44.45
51870*	Yellow split peas	6x500g	15.80
51865*	Yellow split peas	22.7kg	66.15

BEVERAGES

Inka www.inkacoffee.com

61325	Inka coffee substitute	250g	7.60
61320	Inka coffee substitute	1.5kg	22.65

Mouts de P.O.M. www.lesmoutsdepom.com

61706	Natural alcohol-free sangria	12x750ml	90.45
61675	Sparkling apple juice	24x275ml	59.00
61670	Sparkling apple juice	12x750ml	78.60
61685	Sparkling blueberry apple juice	24x275ml	59.00
61680	Sparkling blueberry apple juice	12x750ml	78.70
61695	Sparkling cranberry apple juice	24x275ml	59.00
61690	Sparkling cranberry apple juice	12x750ml	78.60
61705	Sparkling grenadine apple juice	24x275ml	59.00
61700	Sparkling grenadine apple juice	12x750ml	78.60

Saint-Justin Natural Mineral Water www.saintjustin.ca

62115	Lemon mineral water	24x355ml	26.25
62110	Lemon mineral water	12x750ml	21.90
62125	Carbonated natural mineral water	24x355ml	26.25
62120	Carbonated natural mineral water	12x750ml	21.90

Sarah's Juices www.sarahsjuice.com

62185	Apricot puree	12x1L	48.60
62170	Cranberry juice	12x1L	48.60
62190	Mango puree	12x1L	48.60
62195	Peach puree	12x1L	43.25
62200	Pear puree	12x1L	43.25
62180	Orange juice	12x1L	43.25
62165	Pineapple juice	12x1L	43.25

62175	Pomegranate juice	12x1L	48.60
Sun Rype Juices www.sunrype.com			
62575	Apple orange peach	8x5x200ml	23.30
62565	Fruit medley	8x5x200ml	23.30
62525	Fruit plus blueberry juice	8x1.36L	35.25
62540	Fruit plus mango pineapple juice	8x1.36L	35.25
62530	Fruit plus strawberry banana juice	8x1.36L	35.25
62545	Mango tangerine juice	8x1.36L	35.25
62555	Peach pear juice	8x1.36L	35.25
62550	Red grapefruit juice	8x1.36L	35.25
62570	Strawberry kiwi	8x5x200ml	23.30
62535	Wild raspberry juice	8x1.36L	35.25
62560	Wildberry juice	8x5x200ml	23.30

CEREALS AND MIXES

Moulin Abenakis Organic Breakfast Cereals www.moulinabenakis.ca			
50125*	5-grain cereal (flax, millet, cracked barley, cracked rye, cracked buckwheat)	2.5kg	8.25
50120*	5-grain cereal	20kg	54.75
50135*	9-grain cereal (sesame, cracked wheat, oat, millet, cracked barley, cracked rye, sunflower, cracked soya, cornmeal)	2.5kg	9.25
50130*	9-grain cereal	20kg	60.75
50505*	Cream of barley	6x300g	15.40
50500*	Cream of barley	15kg	37.25
50490*	Cream of brown rice	5kg	19.60
50485*	Cream of brown rice	20kg	67.40
50455*	Cream of buckwheat	6x350g	18.65
50450*	Cream of millet	6x350g	18.65
50445*	Cream of oats	6x350g	18.65
50475*	Cream of oats	15kg	55.85
50465*	Cream of wheat	5kg	12.85
50460*	Cream of wheat	20kg	46.35
Moulin Abenakis Organic Baking Mixes www.moulinabenakis.ca			
50795*	Buckwheat flour pancake mix	1kg	4.00
50805*	Five grains bread maker mix	1kg	3.95
50810*	Home style bread maker mix	1kg	3.95
50790*	Multigrain flour pancake mix	1kg	3.95
50870*	Multigrain muffin mix	5kg	14.15
50865*	Multigrain muffin mix	20kg	48.35
50825*	Oat bran muffin mix	5kg	14.15
50820*	Oat bran muffin mix	20kg	48.35
50785*	Oat flour pancake mix	1kg	4.00
50855*	Spelt muffin mix	5kg	18.90
50850*	Spelt muffin mix	20kg	67.50
50840*	Wheat bran muffin mix	5kg	14.15
50835*	Wheat bran muffin mix	20kg	48.35
50800*	Whole wheat bread maker mix	1kg	3.95

CONDIMENTS

Amano www.amanofoods.com

5131*	Aka miso (red), organic	400g	6.40
5125*	Genmai rice miso (brown), organic	400g	6.40
5123*	Mugi barley miso, organic	400g	6.40
5115*	Shiro miso (white), organic	400g	5.45
60050*	Soy sauce, GMO-free	500ml	3.85
60020*	Tamari, organic	500ml	5.90
5132*	Tamari, organic	4L	27.00
5139*	Tamari, organic	18L	109.15
60045*	Tamari, wheat-free	250ml	7.75
60040*	Tamari, wheat-free	500ml	12.45
60060	Teriyaki sauce, GMO-free	500ml	3.75

Pilaros Irini Olives

61945	Kalamata black olives	1.5L	12.25
61950	Kalamata black olives extra large	3L	20.40
61955	Green olives giant	1.5L	10.95
61960	Green olives super colossal	2L	16.25

DRIED FRUIT

Moulin Abenakis Organic www.moulinabenakis.ca

5106*	Apricots	2.5kg	30.80
5133*	Apricots	12.5kg	148.25
5112*	Coconut date rolls	6x300g	32.40
5150*	Coconut date rolls	6.8kg	90.50
51270*	Coconut, fine	2.5kg	19.85
51265*	Coconut, fine	11.4kg	80.05
51658*	Cranberries, sweetened	2.5kg	65.55
5126*	Date pieces, moist	18kg	166.00
5101*	Dates, Barhi	6x300g	36.90
5147*	Dates, Barhi	6.8kg	63.05
5124*	Dates, Halawii	6x300g	26.90
5140*	Dates, Halawii	6.8kg	79.00
5111*	Dates, Medjool fancy	6x300g	37.20
5141*	Dates, Medjool fancy	5kg	72.80
5149*	Dates, pitted Deglet	6x300g	34.20
5142*	Dates, pitted Deglet	6.8kg	91.30
5107*	Figs, black	2.5kg	43.75
5129*	Figs, brown	6x200g	28.20
5118*	Figs, brown	2.5kg	40.20
51250*	Mango slices	6x100g	24.30
5116*	Pitted prunes	2.5kg	51.00
5122*	Sultana raisins	2.5kg	17.25
5100*	Sultana raisins	12.5kg	71.00
5109*	Thompson raisins	2.5kg	23.20
5138*	Thompson raisins	13.6kg	112.40

Moulin Abenakis Non-Organic www.moulinabenakis.ca

5144	Apricots	2.5kg	25.00
5117	Apricots	12.7kg	116.95
51360	Dates, pitted	2.5kg	8.50
51355	Dates, pitted	10kg	29.50
51395	Papaya spears, sweetened	20kg	91.15
5108	Prunes, pitted	2.5kg	20.85
5152	Prunes, pitted	10kg	78.50
5135	Thompson raisins	13.6kg	77.00

FLOURS, FLAKES, GRAINS, BRAN**Moulin Abenakis Bran, Organic** www.moulinabenakis.ca

52380*	Oat bran	2.5kg	11.25
52375*	Oat bran	10kg	40.50
52410*	Spelt bran	6x150g	16.20
52405*	Spelt bran	10kg	27.00
52395*	Wheat bran	2kg	5.50
52390*	Wheat bran	10kg	16.20

Moulin Abenakis Flakes, Organic www.moulinabenakis.ca

50975*	Barley flakes	6x350g	12.15
50970*	Barley flakes	11.4kg	36.50
50960*	Kamut flakes	2.5kg	13.45
50955*	Kamut flakes	11.4kg	56.40
50910*	Oat flakes	2.5kg	8.05
50905*	Oat flakes	15kg	40.50
50925*	Oat flakes, instant	6x300g	11.75
50920*	Oat flakes, instant	11.4kg	30.55
50985*	Quinoa flakes	6x300g	28.35
50980*	Quinoa flakes	11.4kg	126.80
50995*	Rye flakes	6x300g	11.75
50990*	Rye flakes	11.4kg	30.50
51005*	Soya flakes	6x350g	22.75
51000*	Soya flakes	11.4kg	75.50
50945*	Spelt flakes	2.5kg	11.35
50940*	Spelt flakes	11.4kg	51.80
50935*	Wheat flakes	6x350g	15.40
50930*	Wheat flakes	11.4kg	41.55

Moulin Abenakis Flours, Organic www.moulinabenakis.ca

50530*	All-purpose flour, unbleached	5kg	16.85
50520*	All-purpose flour, unbleached	20kg	58.55
50695*	Barley flour	15kg	35.00
50720*	Brown rice flour	20kg	67.40
50730*	Buckwheat flour	20kg	56.70
50675*	Corn flour	15kg	22.50
50780*	Corn meal	6x450g	9.85
50775*	Corn meal	20kg	29.75
50570*	Hard wheat sifted bread flour	5kg	14.00
50560*	Hard wheat sifted bread flour	20kg	50.65
50665*	Kamut flour	5kg	15.50

50655*	Kamut flour	20kg	55.50
50685*	Millet flour	20kg	63.80
50510*	Oat flour	15kg	49.00
50710*	Quinoa flour	5kg	49.65
50750*	Rye flour	2kg	5.50
50745*	Rye flour	20kg	33.35
50610*	Soft wheat sifted pastry flour	5kg	13.00
50600*	Soft wheat sifted pastry flour	20kg	46.60
50765*	Soya flour	5kg	18.90
50760*	Soya flour	15kg	51.30
50630*	Spelt flour	5kg	17.55
50620*	Spelt flour	20kg	64.80
50640*	Spelt flour, sifted (lighter)	20kg	74.25
50550*	Whole wheat bread flour, hard	5kg	12.85
50540*	Whole wheat bread flour, hard	20kg	46.35
50590*	Whole wheat soft pastry flour	5kg	12.15
50580*	Whole wheat soft pastry flour	20kg	42.55

Moulin Abenakis Flours, Non-Organic www.moulinabenakis.ca

50885	Gluten flour	1kg	10.05
50880	Gluten flour	5kg	41.65
50895	Gluten-free flour	1kg	10.75
50900	Gluten-free flour	2.5kg	20.05

Moulin Abenakis Grains, Organic www.moulinabenakis.ca

50070*	Amaranth kernels	6x500g	25.55
50065*	Amaranth kernels	11.4kg	67.25
50240*	Barley, hulled	5kg	11.35
50235*	Barley, hulled	22.7kg	43.25
50275*	Buckwheat groats, hulled white	5kg	18.60
50370*	Buckwheat groats, hulled white	22.7kg	71.25
52371*	Buckwheat groats, whole black	25kg	67.50
50390*	Buckwheat, roasted (kasha)	6x450g	17.85
50385*	Buckwheat, roasted (kasha)	22.7kg	99.30
50115*	Bulghur	6x450g	14.25
50110*	Bulghur	11.34kg	44.55
51651*	Corn kernels	5kg	8.35
50215*	Corn kernels	22.7kg	31.75
50205*	Corn, popping	5kg	21.55
50200*	Corn, popping	22.7kg	80.75
50170*	Couscous	6x500g	27.15
50165*	Couscous	5kg	33.50
50160*	Couscous	11.4kg	71.45
50150*	Couscous, whole wheat	5kg	33.50
50145*	Couscous, whole wheat	11.4kg	71.45
50127*	Cracked hard wheat	5kg	14.85
50075*	Cracked hard wheat	22.7kg	44.55
50085*	Hard wheat kernels	5kg	11.85
50080*	Hard wheat kernels	22.7kg	44.55
50195*	Kamut kernels	6x500g	14.60
50190*	Kamut kernels	22.7kg	61.30
50225*	Millet, hulled	5kg	16.50
50220*	Millet, hulled	22.7kg	62.05
50055*	Oat groats	5kg	13.25

50050*	Oat groats	22.7kg	53.85
50234*	Oats, rolled	22.7kg	52.95
50255*	Quinoa	2.5kg	25.40
50250*	Quinoa	11.4kg	110.60
502070*	Quinoa, red	2.5kg	22.90
50265*	Quinoa, red	11.4kg	99.75
50400*	Rye kernels	6x500g	8.15
50395*	Rye kernels	22.7kg	31.25
50396*	Rye, rolled	22.7kg	28.70
50100*	Soft wheat kernels	5kg	11.65
50095*	Soft wheat kernels	22.7kg	40.50
50180*	Spelt kernels	5kg	14.55
50175*	Spelt kernels	22.7kg	57.95

Moulin Abenakis Grains, Non-Organic www.moulinabenakis.ca

50410	Bulghur	6x450g	14.20
50405	Bulghur	25kg	65.90
50420	Oats, old-fashioned rolled	4kg	9.40
50415	Oats, old-fashioned rolled	22.7kg	45.80

HEALTH

Cleden

70050	Magnesium liquid	6x250ml	48.60
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NUT BUTTERS

Yum (Quebec) for Nova Scotia Yum products see Ellora catalogue E

62915	Almond butter	500g	7.85
62945	Cashew butter	500g	7.75
62935	Peanut butter, crunchy	500g	2.85
62940	Peanut butter, crunchy	10kg	47.25
62905*	Peanut butter, organic crunchy	500g	3.75
62911*	Peanut butter, organic crunchy	10kg	55.80
62900*	Peanut butter, organic smooth	500g	3.75
62912*	Peanut butter, organic smooth	10kg	55.80
62920	Peanut butter, smooth	500g	2.85
62930	Peanut butter, smooth	10kg	47.25
62950	Sesame butter	500g	5.35
62955	Tahini	500g	5.35
62910*	Tahini, organic	500g	6.55

NUTS AND SEEDS

Moulin Abenakis Organic www.moulinabenakis.ca

51510*	Alfalfa seeds for sprouting	350g	8.80
51505*	Alfalfa seeds for sprouting	2.5kg	35.00
5119*	Almonds, brown	2.5kg	58.65
51520*	Brown mustard seeds for sprouting	300g	3.65

51656*	Black chia seeds	400g	9.50
51654*	Black chia seeds	2.5kg	45.90
5114*	Flax seed meal	400g	5.65
5153*	Flax seed meal	20kg	128.95
51470*	Flax seeds	2.5kg	11.95
51465*	Flax seeds	22.7kg	99.20
51485*	Flax seeds, golden	6x500g	23.90
51480*	Flax seeds, golden	22.7kg	120.75
5104*	Hazelnuts, shelled	250g	6.35
5154*	Hazelnuts, shelled	2.5kg	47.00
51430*	Hemp nuts	227g	11.50
51910*	Peanuts, dry roasted	2.5kg	21.60
51905*	Peanuts, dry roasted	13.6kg	110.75
51620*	Poppy seeds	400g	12.75
5105*	Pistachios, roasted salted	250g	7.40
51440*	Pumpkin seeds	2.5kg	25.55
51455*	Pumpkin seeds	2.5kg	45.00
	(from Hungary—very dark green; high in vitamin E; good antioxidant)		
51530*	Radish seeds for sprouting	300g	7.15
51610*	Red clover for sprouting	350g	7.15
51575*	Sesame seeds, black	400g	3.95
51565*	Sesame seeds, black	11.4kg	70.25
51540*	Sesame seeds, white hulled	2.5kg	22.85
51555*	Sesame seeds, whole brown	2.5kg	20.75
51995*	Organic soynutty crunchies, salted	6x300g	22.00
51990*	Organic soynutty crunchies, salted	4kg	32.10
52010*	Organic soynutty crunchies, unsalted	6x300g	22.00
52005*	Organic soynutty crunchies, unsalted	4kg	32.10
51595*	Sunflower seeds for sprouting	250g	3.00
51585*	Sunflower seeds, hulled	2.5kg	16.20
51580*	Sunflower seeds, hulled	11.4kg	64.50
5110*	Walnut halves and pieces	2.5kg	67.25

Moulin Abenakis Non-Organic www.moulinabenakis.ca

52105	Almonds, brown	6x300g	29.60
52100	Almonds, brown	2.5kg	32.00
52120	Almonds, tamari	6x300g	35.65
52115	Almonds, tamari	2.5kg	40.00
52090	Almonds, white ground	6x200g	24.90
52075*	Almonds, white sliced	2.5kg	34.60
52195	Brazil nuts, shelled	6x250g	37.70
52190	Brazil nuts, shelled	2.5kg	49.85
52065	Cashew pieces	6x250g	26.35
52035	Cashews, roasted whole salted	2.5kg	39.25
52020	Cashews, roasted whole unsalted	2.5kg	39.25
52050	Cashews, whole	2.5kg	42.75
51635	Chia seeds, black	2.5kg	46.00
51625	Chia seeds, white	2.5kg	46.00
52180	Hazelnuts, shelled	6x250g	32.85
52175	Hazelnuts, shelled	2.5kg	43.50
52125	Peanuts, dry roasted split	12kg	57.25
52240	Pecan halves, shelled	6x200g	32.00
52235	Pecan halves, shelled	2.5kg	56.20
52225	Pine nuts	250g	12.30

52220	Pine nuts	2.5kg	145.00
52245	Pistachios, whole roasted salted	8x125g	17.85
51650	Pumpkin seeds	2.5kg	34.60
51665	Sesame seeds, whole brown	2.5kg	13.85
51675	Sunflower seeds, hulled	2.5kg	13.10
51670	Sunflower seeds, hulled	22.7kg	109.00
52205	Walnut halves and pieces	2.5kg	40.00

OILS

Bioliva Organic Oils

60105*	Olive oil, extra virgin organic	500ml	12.65
60110*	Olive oil, extra virgin organic	750ml	13.85
60115*	Olive oil, extra virgin organic	3L	52.65

Olivia Oils

61840	Grapeseed oil	750ml	7.00
61842	Grapeseed oil	3L	25.25
61825	Olive oil, extra virgin	750ml	7.80
61830	Olive oil, extra virgin	1L	9.40
61835	Olive oil, extra virgin	3L	25.00

PASTAS

Artesian Acres Organic Kamut Pasta www.prairieharvestpasta.com

62027*	Kamut alphabets	12x454g	40.50
62028*	Kamut capellini	8x454g	27.00
62029*	Kamut fettuccinii	8x375g	29.20
60070*	Kamut lasagna	12x454g	48.60
60075*	Kamut linguine	12x454g	40.50
60080*	Kamut linguine with garlic and parsley	12x454g	48.60
62026*	Kamut orzo	12x454g	40.50
60085*	Kamut penne	12x454g	40.50
60090*	Kamut rotini	12x454g	40.50
60100*	Kamut spaghetti	12x454g	40.50
60095*	Kamut vegetable rotini	12x454g	48.60

Moulin Abenakis Organic Pasta www.moulinabenakis.ca

52255*	Spelt angel hair	6x300g	24.50
52250*	Spelt angel hair	4.5kg	54.00
52270*	Spelt elbows	4.5kg	46.75
52280*	Spelt rotini	6x200g	20.25
52275*	Spelt rotini	4.5kg	54.00
52265*	Spelt shells	6x250g	20.25
52260*	Spelt shells	4.5kg	46.75
52290*	Spelt spaghetti	6x300g	24.50
52285*	Spelt spaghetti	4.5kg	46.75

Prairie Harvest Organic Semolina Pastas www.prairieharvestpasta.com

62035*	Organic large egg noodles	12x340g	45.00
61975*	Organic lasagna	4.5kg	33.85

61980*	Organic lasagna	12x454g	45.00
61985*	Organic linguine	12x454g	40.10
61990*	Organic macaroni/elbows	12x454g	40.10
62000*	Organic penne rigate	12x454g	40.10
62010*	Organic rigatoni	12x454g	40.10
61995*	Organic rotini	12x454g	40.10
62005*	Organic small shells	12x454g	40.10
61965*	Organic spaghetti	4.5kg	31.60
61970*	Organic spaghetti	12x454g	40.10
62015*	Organic vegetable gemelli	12x454g	47.10
62020*	Organic vegetable gomiti	12x454g	47.10
62030*	Organic vegetable penne	12x454g	47.10
62025*	Organic vegetable rotini	12x454g	47.10

Prairie Harvest Organic Whole Wheat Pastas www.prairieharvestpasta.com

62050*	Organic whole wheat linguini	4.5kg	34.10
62055*	Organic whole wheat linguini	12x454g	41.25
62070*	Organic whole wheat macaroni	4.5kg	34.10
62075*	Organic whole wheat macaroni	12x454g	41.25
62080*	Organic whole wheat penne rigate	12x454g	41.25
62060*	Organic whole wheat rotini	4.5kg	34.10
62055*	Organic whole wheat rotini	12x454g	41.25
62040*	Organic whole wheat spaghetti	4.5kg	34.10
62045*	Organic whole wheat spaghetti	12x454g	41.25

San Zenone Organic Gluten-Free Pasta www.prairieharvestpasta.com

62130	Organic corn fusilli	12x340g	41.80
62135	Organic brown rice fusilli	12x340g	41.80
62140	Organic corn penne rigate	12x340g	41.80
62145	Organic brown rice penne rigate	12x340g	41.80
62150	Organic corn spaghetti	12x340g	41.80
62155	Organic white rice spaghetti	12x340g	41.80
62160	Organic brown rice spaghetti	12x340g	41.80

RICE

Moulin Abenakis Organic www.moulinabenakis.ca

50300*	Brown basmati rice	2.5kg	10.60
50295*	Brown basmati rice	25kg	99.00
50365*	Canadian wild rice	300g	9.05
50360*	Canadian wild rice	2.5kg	55.55
50345*	Long-grain brown rice	2.5kg	8.50
50340*	Long-grain brown rice	22.7kg	67.05
50330*	Short-grain brown rice	2.5kg	9.45
50325*	Short-grain brown rice	22.7kg	75.60
50285*	White basmati rice	2.5kg	11.50
50280*	White basmati rice	25kg	114.30
50315*	White jasmine rice	2.5kg	18.85
50310*	White jasmine rice	25kg	167.40

Butterfly

50435	White basmati rice (India), conventional	4.5kg	19.60
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SNACKS, CONFECTIONS

Moulin Abenakis www.moulinabenakis.ca

51070	Carob-coated raisins	6x350g	54.70
51065	Carob-coated raisins	4.5kg	94.95
51050	Chocolate sundrops	6x300g	55.90
51040*	Organic dark choc. coated almonds	6x300g	70.90
51035*	Organic dark choc. coated almonds	4.5kg	155.80
51030*	Organic dark choc. coated raisins	6x350g	55.90
51025*	Organic dark choc. Coated raisins	4.5kg	102.15
51080	Yogurt-coated almonds	6x350g	47.00
51075	Yogurt-coated almonds	4.5kg	84.10
51090	Yogurt-coated raisins	6x350g	38.10
51085	Yogurt-coated raisins	4.5kg	64.70

Sun Rype Fruit Snacks www.sunrype.com

62445	Blueberry pomegranate fruit snack	50x37g	52.00
62450	Cherry berry fruit snack	50x37g	52.00
62455	Strawberry fruit snack	50x37g	52.00

SOY PRODUCTS

Mori-Nu Silken Tofu www.morinu.com

61650	Extra firm tofu, tetra-pak	12x349g	30.80
61655	Firm tofu, tetra-pak	12x349g	30.80
61660	Light firm tofu, tetra-pak	12x349g	30.80
61665	Soft tofu	12x349g	30.80

Moulin Abenakis Organic www.moulinabenakis.ca

51995*	Organic soynutty crunchies, salted	6x300g	22.00
51990*	Organic soynutty crunchies, salted	4kg	32.10
52010*	Organic soynutty crunchies, unsalted	6x300g	22.00
52005*	Organic soynutty crunchies, unsalted	4kg	32.10

TOMATO PRODUCTS

Moulin Abenakis www.moulinabenakis.ca

51330*	Organic dried tomatoes	6x100g	17.85
51325*	Organic dried tomatoes	15kg	234.00