

# ellora

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natural & organic foods

## ellora catalogue B

dried goods

prices in effect from February 23, 2010

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## BAKING SUPPLIES

GP2865	Agar-agar	2.27kg	158.70
GP3210	Arrowroot flour	5kg	24.25
GP3014	Ascorbic acid	2.27kg	60.00
GP2800	Baking powder, double acting, no alum	5kg	20.75
GP2806	Baking powder, gluten-free	5kg	37.95
GP2805	Baking soda	5kg	9.00
GP2805	Baking soda	10kg	16.50
GP2805	Baking soda	22.68kg	32.00
GP2828	Butterscotch chips	5kg	34.20
GP2820	Carob chips, sweetened	2.5kg	17.05
GP2820	Carob chips, sweetened	5kg	32.60
GP2801	Carob chips, unsweetened	2.5kg	24.55
GP2801	Carob chips, unsweetened	5kg	47.05
GP2815	Carob powder	5kg	27.00
GP2818	Chocolate chips, pure 1000 ct	2.5kg	20.25
GP2818	Chocolate chips, pure 1000 ct	5kg	39.25
GP2821	Chocolate chips, pure 4000 ct	2.5kg	20.25
GP2821	Chocolate chips, pure 4000 ct	5kg	39.25
GP3001	Citric acid	2.27kg	12.95
GP2832	Cocoa powder 22/24% (unsweetened)	5kg	45.00
GP3200	Corn starch	5kg	11.25
GP2807	Cream of tartar	2.27kg	15.50
GP2837	Gelatin powder, unflavoured	2.5kg	54.00
GP2836	Guar gum	500g	4.50
GP2715	Milk powder, buttermilk	10kg	105.30
GP2705	Milk powder (skim, instant)	5kg	83.25
GP2700	Milk powder (skim, non-instant)	10kg	142.60
GP2710	Milk powder (whole, non -instant)	5kg	76.50
GP2827	Peanut butter chips	5kg	39.00
GP3220	Potato starch	10kg	26.75
GP1220	Soya milk powder	10kg	18.75
GP2500	Sugar, demerara style	10kg	25.05
GP374*	Sugar, organic fine	10kg	30.75
GP374*	Sugar, organic fine	25kg	70.95
GP2505	Sugar, turbinado	10kg	26.40
GP3215	Tapioca flour	10kg	24.85
GP2720	Whey powder	10kg	49.00
GP2999	Xanthan gum	1kg	38.25
GP2615	Yeast, dry active yeast	5kg	55.00
GP2620	Yeast, instant	454g	4.50

## BEANS, DRIED

### ORGANIC

GP329*	Adzuki beans	11.34kg	60.50
GP352*	Black turtle beans	11.34kg	59.70
GP375*	Lentils, brown	11.34kg	58.70
GP350*	Mung beans	11.34kg	58.70
GP346*	Navy beans	11.34kg	45.55
GP384*	Soy grits	20kg	70.00

## NON-ORGANIC

GP1740	Black-eye peas	10kg	42.30
GP1703	Fava beans	10kg	19.95
GP1731	Great northern beans	10kg	31.25
GP1720	Kidney beans, white	10kg	32.50
GP1710	Lima beans, baby	10kg	43.05
GP1705	Lima beans, large	10kg	49.75
GP1704	Lupini beans, large	10kg	63.90
GP1736	Marrowfat peas	10kg	24.95
GP1723	Pink beans	10kg	43.25
GP1725	Romano beans	10kg	33.85
GP1722	Small red Mexican beans	10kg	30.95
GP1735	Yellow-eye peas	10kg	47.20

## BOUILLON CUBES

GP364	Vegetable	1kg	20.50
GP364	Vegetable	5kg	90.75

These Canadian-made vegetarian bouillon cubes are made from a blend of organic vegetables and spices, and the following non-organic ingredients: sea salt, maltodextrin, molasses, canola or sunflower oil and yeast extracts. They contain no MSG and no preservatives.

## CEREALS AND MIXES

GP1918	Falafel mix	5kg	31.85
GP1902	Grain Process rice bread mix	2.5kg	20.95
GP1902	Grain Process rice bread mix	10kg	74.25
GP7001	Kingsmill rice bread mix (gluten-free)	800g	10.65

## DRIED FRUIT

### ORGANIC

GP387*	Apple rings, unbleached	5kg	95.25
GP388*	Apples, diced unbleached	5kg	95.25
GP391*	Coconut, organic dessicated	5kg	34.85
GP391*	Coconut, organic dessicated	11.34kg	78.95
GP397*	Cranberries, organic cane sugar sweetened	4.54kg	105.00
GP356*	Raisins, sultana	12.5kg	71.85
GP316*	Raisins, Thompson	13.6kg	126.35

### NON-ORGANIC

GP382	Apricots, unsulphured	2.27kg	30.00
GP2470	Banana chips	6.35kg	34.25
GP2814	Coconut chips, unsweetened	5kg	35.95
GP2813	Coconut, flaked unsweetened	5kg	35.35
GP2808	Coconut, med. dessicated unsweetened	5kg	34.15
GP2810	Coconut, shredded unsweetened	5kg	35.25
GP2413	Cranberries, apple juice sweetened	5.65kg	150.00
GP2401	Cranberries, sugar sweetened	5kg	81.75
GP2465	Currants	13.6kg	85.50
GP2409	Dates, loose	10kg	29.00

GP2448	Ginger, crystallized Australian	5kg	117.50
GP2451	Ginger, crystallized Thai	5kg	59.65
GP2463	Mango slices, no sulfur	5kg	60.35
GP2442	Papaya chunks	5kg	29.95
GP2454	Papaya, diced, no sulfur	5kg	35.25
GP2453	Papaya spears, no sulfur	5kg	35.25
GP2459	Pineapple, diced, no sulfur	5kg	42.25
GP2447	Pineapple, sliced (rings)	5kg	33.50
GP2446	Pineapple tidbits	5kg	29.95
GP2415	Prunes, pitted	10kg	85.75
GP2403	Raisins, sultana	14kg	52.50
GP2412	Raisins, Thompson	13.6kg	76.05
GP2475	Trail mix (fruit and nut)	5kg	49.95
GP2480	Tropical delight mix	5kg	49.95

## FLOUR, KERNELS, BRAN, GRAINS

### ORGANIC

GP312*	All-purpose flour, unbleached	25kg	71.10
GP1627*	Amaranth flour	5kg	36.75
GP367*	Barley, hulled	11.34kg	48.75
GP372*	Brown rice flakes	10kg	37.50
GP1551*	Brown rice flour	10kg	27.60
GP336*	Buckwheat groats	10kg	51.75
GP334*	Buckwheat kasha, toasted	10kg	61.20
GP334*	Buckwheat kasha, toasted	22.68kg	133.15
GP366*	Corn flour	25kg	56.75
GP365*	Corn meal	25kg	56.75
GP379*	Couscous	10kg	58.65
GP325*	Durum kernels	10kg	21.00
GP320*	Durum whole wheat flour, stoneground	10kg	21.60
GP323*	Kamut flakes	10kg	38.25
GP314*	Kamut flour, stoneground	10kg	27.00
GP313*	Kamut kernels	10kg	23.25
GP333*	Millet, hulled	10kg	35.50
GP327*	Oat bran	10kg	47.75
GP327*	Oat bran	22.68kg	93.95
GP358*	Oat flour	10kg	37.25
GP376*	Oat groats, hulled whole	10kg	33.25
GP1481*	Quinoa	2kg	16.25
GP1481*	Quinoa	5kg	37.00
GP1481*	Quinoa	11.34kg	79.00
GP2193*	Quinoa flour	5kg	38.85
GP326*	Red bran	10kg	34.00
GP368*	Rye flakes	10kg	25.50
GP315*	Rye kernels	10kg	14.50
GP296*	Soy flour	10kg	32.85
GP318*	Spelt, cracked	10kg	27.90
GP318*	Spelt, cracked	25kg	63.95
GP311*	Spelt flour, light	10kg	28.50
GP311*	Spelt flour, light	20kg	53.05
GP302*	Spelt flour, whole	10kg	26.70
GP302*	Spelt flour, whole	20kg	48.70
GP308*	Wheat kernels, soft	25kg	59.85

GP357*	White flour, soft	10kg	36.70
GP1638*	Whole wheat flour, Red Fife	20kg	51.25
GP300*	Whole wheat flour, hard (bread)	20kg	45.55

## NON-ORGANIC

Please ask if you're looking for something specific that you don't see here.

GP3210	Arrowroot flour	5kg	24.25
GP810	Barley, pearl	10kg	16.75
GP810	Barley, pearl	25kg	33.75
GP805	Barley, pot	10kg	15.85
GP805	Barley, pot	25kg	31.50
GP1795	Bean flour, white	2.5kg	11.45
GP1795	Bean flour, white	10kg	38.75
GP1794	Bean flour, whole	2.5kg	11.75
GP1794	Bean flour, whole	10kg	39.65
GP1430	Bulgur, coarse	10kg	36.75
GP1430	Bulgur, coarse	25kg	81.00
GP1432	Bulgur, fine	10kg	36.75
GP1432	Bulgur, fine	25kg	81.00
GP1431	Bulgur, medium	10kg	36.75
GP1431	Bulgur, medium	25kg	81.00
GP1791	Chick pea flour, stoneground	10kg	41.55
GP1021	Corn kernels, white	22.68kg	20.75
GP1020	Corn kernels, yellow	10kg	13.00
GP3200	Corn starch	5kg	9.95
GP1440	Couscous	5kg	20.00
GP1440	Couscous	10kg	37.75
GP 1442	Couscous, Israeli (maftoul)	10kg	99.00
GP1441	Couscous (whole wheat)	10kg	44.50
GP1420	Graham flour, stoneground	10kg	19.75
GP7525	Hemp flour, stoneground	454g	7.95
GP1006	Hominy grits, white	5kg	12.65
GP1018	Maseca flour	2kg	7.25
GP2835	Potato flour	10kg	53.15
GP1707	Sorghum flour	10kg	23.25
GP3215	Tapioca flour	10kg	28.65
GP1892	Tapioca, pearl large	5kg	19.95
GP1892	Tapioca, pearl large	10kg	37.95
GP1836	Tapioca, pearl medium	5kg	19.95
GP1836	Tapioca, pearl medium	10kg	37.97
GP7580	Teff flour	10kg	54.75
GP1402	Teff grain	5kg	30.50
GP1401	Wheat germ, pure	10kg	25.75
GP1410	Wheat germ, stabilized	10kg	30.25
GP1792	Yellow pea flour	10kg	17.75

## HERBS AND SPICES, NON-IRRADIATED

GP2898	Allspice, ground	2.27kg	44.10
GP3017	Allspice, whole	2.27kg	39.60
GP3018	Anise seeds, whole	2.27kg	26.40
GP2860	Barbeque spice	2.27kg	17.10
GP2924	Basil, rubbed	2.27kg	13.50
GP2876	Bay leaves, whole	1 lb	6.60
GP2858	Black pepper, ground	2.27kg	30.25

GP2856	Cajun seasoning	2.27kg	19.80
GP1640	Caraway seeds	5kg	21.60
GP3053	Cassia buds	1 lb	14.25
GP2920	Cayenne pepper	2.27kg	20.70
GP2880	Celery salt	2.27kg	9.90
GP2677	Celery seed, whole	454g	4.20
GP2848	Chili powder, Mexican	2.27kg	21.00
GP2992	Chilies, crushed	2.27kg	18.90
GP3036	Chilies, whole	2.27kg	24.15
GP2846	Cinnamon, pure ground	2.27kg	13.15
GP2877	Cinnamon sticks 6"	1 lb	6.30
GP2991	Cloves, ground	2.27kg	60.00
GP2927	Cloves, whole	2.27kg	40.00
GP3039	Coriander, ground	2.27kg	13.70
GP3038	Coriander, whole	2.27kg	12.60
GP3019	Cumin, black whole	2.27kg	29.70
GP3041	Cumin, ground	2.27kg	36.00
GP3040	Cumin, whole	2.27kg	36.00
GP2993	Curry powder	2.27kg	14.85
GP2878	Dill seed, whole	454g	4.50
GP2943	Dill weed, rubbed	454g	20.70
GP2879	Fennel seeds, whole	1 lb	3.50
GP3028	Fenugreek, ground	2.27kg	14.70
GP3027	Fenugreek seeds, whole	2.27kg	11.40
GP2868	Garlic, granulated	2.27kg	23.40
GP2923	Garlic, minced	2.27kg	16.20
GP2851	Garlic powder	2.27kg	15.30
GP2803	Garlic salt	2.27kg	9.30
GP2990	Ginger, ground	2.27kg	25.00
GP2940	Italian seasoning, ground	1 lb	6.00
GP2926	Lemon pepper, no salt	2.27kg	30.30
GP3031	Mace, ground	2.27kg	78.05
GP3005	Marjoram, rubbed	2.27kg	21.60
GP2962	Masala spice mix for chai tea	2.27kg	38.00
GP2941	Mustard powder	2.27kg	9.30
GP1628	Mustard seeds	2.27kg	10.80
GP2850	Nutmeg, ground	2.27kg	60.00
GP3042	Nutmeg, whole	2.27kg	65.65
GP3052	Onion granules	2.27kg	35.20
GP2997	Onion, minced	2.27kg	29.70
GP2959	Onion powder	2.27kg	21.75
GP3043	Onion salt	2.27kg	9.20
GP2875	Oregano, rubbed	1 lb	6.60
GP3045	Paprika, Hungarian	2.27kg	37.35
GP2895	Paprika, Spanish	2.27kg	24.00
GP2866	Parsley flakes	1 lb	13.50
GP2890	Peppercorns, black	2.27kg	33.00
GP2852	Pickling spice	2.27kg	17.35
GP3025	Poultry seasoning	2.27kg	24.50
GP3051	Rosemary, rubbed	2.27kg	17.75
GP2922	Saffron	1g	8.00
GP3011	Sage, rubbed	454g	10.80
GP2928	Savory, ground	2.27kg	28.25
GP3010	Savory, rubbed	2.27kg	26.45
GP3012	Seasoning salt	2.27kg	9.25
GP2861	Steak spice, ground	2.27kg	18.60

GP2857	Taco seasoning	2.27kg	20.10
GP3013	Tarragon, rubbed	2.27kg	93.90
GP3016	Thyme, rubbed	454g	9.75
GP2897	Turmeric, ground	2.27kg	14.60

## NUTRITIONAL AND SOY PRODUCTS

GP3014	Ascorbic acid	2.27kg	60.00
GP2527	Bee pollen	500g	16.90
GP2830	Lecithin granules	2kg	22.00
GP2830	Lecithin granules	5kg	48.75
GP2829	Lecithin liquid	454g	4.50
GP1601	Psyllium seed husks	400g	7.40
GP1601	Psyllium seed husks	2.5kg	38.30
GP1215	Soya grits	10kg	29.75
GP1226	Soya grits, toasted	22.68kg	53.30
GP1211	Soya nuts, garlic	9.07kg	41.25
GP1219	Soya nuts, honey roasted	5kg	37.20
GP1219	Soya nuts, honey roasted	12kg	84.25
GP1217	Soya nuts, roasted no salt	5kg	25.35
GP1217	Soya nuts, roasted no salt	12kg	52.25
GP1218	Soya nuts, roasted salted	5kg	23.50
GP1218	Soya nuts, roasted salted	12kg	52.25
GP1225	Soya protein concentrate	10kg	72.25
GP1227	Soya protein isolate	10kg	149.25
GP1213	TVP, chunks	5kg	21.25
GP1213	TVP, chunks	10kg	41.40
GP1213	TVP, chunks	20.41kg	79.00
GP1212	TVP, minced (brown)	2kg	8.75
GP1212	TVP, minced (brown)	5kg	15.30
GP1212	TVP, minced (brown)	10kg	29.90
GP1212	TVP, minced (brown)	22.68kg	61.00
GP1208	TVP, minced (plain)	10kg	37.00
GP1208	TVP, minced (plain)	22.68kg	78.50
GP1214	TVP, sliced	5kg	21.20
GP1214	TVP, sliced	10kg	41.50
GP1214	TVP, sliced	22.68kg	87.50
GP2600	Yeast, brewer's debittered	5kg	38.40
GP2610	Yeast, engevita	5kg	69.95
GP2611	Yeast, flaked nutritional	1.5kg	25.00
GP2611	Yeast, flaked nutritional	5kg	77.00
GP2605	Yeast, torula	5kg	49.95

## NUTS AND SEEDS

### ORGANIC

GP389*	Almonds, unblanched	5kg	162.00
GP1626*	Amaranth seeds	5kg	37.25
GP386*	Filberts, shelled natural	5kg	128.25
GP343*	Flax seeds, brown	10kg	32.50
GP344*	Flax seeds, golden	10kg	38.00
GP385*	Poppy seeds	5kg	45.25

GP401*	Pumpkin seeds	5kg	62.40
GP341*	Sesame seeds, brown	5kg	46.80
GP341*	Sesame seeds, brown	11.34kg	99.00
GP340*	Sesame seeds, white	5kg	48.20
GP340*	Sesame seeds, white	11.34kg	69.00
GP353*	Sunflower seeds, hulled	22.68kg	105.00
GP398	Walnut pieces, large	5kg	142.50

## NON-ORGANIC

GP1625	Alfalfa seeds	5kg	60.25
GP2308	Almonds, blanched sliced	5kg	87.75
GP2307	Almonds, blanched slivered	5kg	84.00
GP2306	Almonds, blanched whole	5kg	87.45
GP6035	Almonds, chocolate-covered	12kg	135.00
GP2318	Almonds, natural sliced	5kg	86.25
GP7930	Almonds, tamari	5kg	94.50
GP2305	Almonds, unblanched whole	5kg	59.00
GP6020	Almonds, yogurt-covered	12kg	127.80
GP2311	Brazil nuts, shelled raw	5kg	64.50
GP2300	Cashew pieces, raw	5kg	66.75
GP2301	Cashews, whole raw	5kg	72.00
GP2316	Filberts, ground	5kg	116.75
GP2315	Filberts, shelled raw	5kg	75.00
GP2330	Peanuts, blanched raw	5kg	24.00
GP2342	Peanuts, blanched roasted salted	11.34kg	60.25
GP2339	Peanuts in shell, roasted	10kg	50.65
GP2335	Peanuts, redskin raw	5kg	22.40
GP2320	Pecan halves, junior mammoth	5kg	136.50
GP2321	Pecan pieces	5kg	109.50
GP2343	Pine nuts	2kg	75.75
GP2390	Pistachios, raw shelled	5kg	120.00
GP2346	Pistachios, roasted no salt	5kg	70.80
GP2345	Pistachios, roasted salted	5kg	70.80
GP1630	Poppy seeds	5kg	42.25
GP1630	Poppy seeds	10kg	80.00
GP1635	Pumpkin seeds, hulled	5kg	37.00
GP1606	Sesame seeds, black	5kg	43.35
GP1600	Sesame seeds, brown	5kg	32.40
GP1605	Sesame seeds, white	5kg	36.50
GP1610	Sunflower seeds, hulled	10kg	40.95
GP1614	Sunflower seeds in shell	10kg	34.25
GP2327	Walnut pieces	5kg	96.55

## PASTAS

GP2151*	Brown rice elbows, organic	4.5kg	42.00
GP2152	Brown rice fettucine	4.5kg	32.25
GP2155*	Brown rice fusilli, organic	4.5kg	42.00
GP2165*	Brown rice lasagna, organic	4.54kg	42.90
GP2164	Brown rice macaroni and cheese	12x190g	34.30
GP2154*	Brown rice spirals, organic	4.5kg	42.00
GP319*	Kamut penne, organic	5kg	43.50
GP322*	Kamut rotini, organic	5kg	43.50
GP321*	Kamut vegetable rotini, organic	5kg	49.50
GP2182*	Spelt rotini, organic	5kg	59.70

## RICE

### ORGANIC

GP342*	Basmati, white	11.34kg	60.75
GP335*	Long-grain brown	22.68kg	91.00
GP1516*	Long-grain white	10kg	43.00
GP1516*	Long-grain white	22.68kg	90.00
GP331*	Lundberg long-grain brown	11.34kg	61.80
GP330*	Lundberg short-grain brown	11.34kg	61.80

### NON-ORGANIC

GP1501	Arborio	5kg	23.70
GP1529	Basmati, brown (India)	18.14kg	79.45
GP1532	Basmati, brown (U.S.)	10kg	42.40
GP1530	Basmati, white (India)	4.54kg	23.95
GP1531	Basmati, white (U.S.)	10kg	42.25
GP1507	Black sweet	2kg	10.50
GP1530	Calrose short-grain white	10kg	28.50
GP1534	Fragrant jasmine	8kg	34.00
GP1500	Long-grain brown	10kg	30.10
GP1515	Long-grain white	10kg	27.50
GP1560	Lundberg country wild	5kg	46.30
GP1560	Lundberg country wild	11.34kg	97.95
GP1511	Lundberg long-grain brown	11.34kg	45.50
GP1510	Lundberg short-grain brown	11.34kg	45.50
GP1562	Lundberg wehani	11.45kg	104.50
GP1506	Red	1.81kg	11.00
GP1505	Short-grain brown	10kg	39.50
GP1521	Sweet brown	11.34kg	43.90
GP1522	Sweet white	11.34kg	33.55
GP1536	Wild, Canadian jumbo	2kg	44.55

## SNACKS

GP6100	Sesame snaps	24x35g	11.65
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## MISCELLANEOUS

GP930	Buckwheat hulls	15.88kg	57.50
GP2919	Epsom salts	5kg	11.95
GP2919	Epsom salts	10kg	23.00
GP2919	Epsom salts	22.68kg	42.90
GP5301	Inka coffee substitute	5kg	70.00
GP2909	Tomato, sun dried	2.27kg	27.75
GP1650	Wild bird seed	9kg	11.85