

ellora

natural & organic foods

ellora catalogue C
groceries, dried goods, personal care

prices in effect from april 20, 2009

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Don't be shy about asking for items you don't see listed in our catalogues. If you want something, it's likely other members will too. We'll do our best to satisfy your requests.

BABY FOODS

My Organic Baby www.myorganicbaby.ca

MYB 101*	Apples, strained (step A—6 months+)	12x125ml	13.45
MYB 102*	Butternut squash, strained (step A)	12x125ml	13.45
MYB 103*	Carrots, strained (step A)	12x125ml	13.45
MYB 105*	Sweet potatoes, strained (step A)	12x125ml	13.45
MYB 111*	Apples and apricot (step B—6 months+)	12x125ml	13.45
MYB 112*	Apples and bananas (step B)	12x125ml	13.45
MYB 113*	Apples and blueberries (step B)	12x125ml	13.45
MYB 110*	Apples and strawberries (step B)	12x125ml	13.45
MYB 114*	Apples and mango (step B)	12x125ml	13.45
MYB 120*	Carrots and peas	12x125ml	13.45
MYB 119*	Pear and strawberries	12x125ml	13.45
MYB 116*	Peas and brown rice (step B)	12x125ml	13.45
MYB 117*	Plum banana oatmeal (step B)	12x125ml	13.45
MYB 121*	Summer vegetables (step C—7 months+)	12x125ml	13.45
MYB 122*	Sweet potatoes and chicken (step C)	12x125ml	13.45
MYB 123*	Vegetables and lentils (step C)	12x125ml	13.45
MYB 124*	Vegetables and turkey (step C)	12x125ml	13.45
MYB 211*	Barley cereal (step A)	227g	5.35
MYB 212*	Brown rice cereal (step A)	227g	5.35
MYB 213*	Multigrain cereal (step B)	227g	5.35
MYB 214*	Oatmeal cereal (step A)	227g	5.35
MYB 151*	Cinnamon teething biscuits	165g	4.35
MYB 153*	Maple teething biscuits	165g	4.35
MYB 152*	Vanilla teething biscuits	165g	4.35

BAKING SUPPLIES

Altura Natural Pink Andean Mountain Salt

ALT 002	Pink coarse cooking salt	750g	5.80
ALT 001	Pink table salt	250g	2.55

Annie's Apitherapy Specialty Honey www.dutchmansgold.com

HON 020	Honey with bee pollen	500g	5.90
HON 021	Honey with propolis	500g	6.50
HON 022	Honey with royal jelly	500g	6.70

Lundberg www.lundberg.com

LUN 612*	Organic sweet dream malted brown rice syrup	596g	8.30
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Dutchman's Gold Honey www.dutchmansgold.com

HON 013	Buckwheat liquid honey	500g	6.25
HON 014	Raw honey	500g	5.85
HON 018	Raw honey	1kg	10.00
HON 011	Summer blossom honey	500g	5.55
HON 002	Summer blossom honey	1kg	9.75
HON 001	Summer blossom honey	15kg	109.50
HON 010	Summer blossom honey in bear dispenser	375g	4.75

HON 015	Summer blossom honey in hive dispenser	375g	5.00
HON 012	Wildflower liquid honey	500g	5.55

ONFC Bulk

CHO 002	Chocolate chips	1kg	11.75
CHO 010	Chocolate chips, dark organic	1kg	24.00
SEA 002	Sea salt, fine	10kg	19.35

Wholesome Sweeteners www.wholesomesweeteners.com

MOL 101*	Blackstrap molasses. fair trade organic	472ml	7.15
MOL 002*	Blackstrap molasses, fair trade organic	944ml	10.40
WHL 240	Blue agave syrup	333g	6.85
WHL 250	Blue agave syrup. raw	333g	6.85
WHL 241	Blue agave syrup	666g	9.65
WHL 251	Blue agave syrup. raw	666g	9.65
WHL 151*	Dark brown sugar, fair trade organic	681g	6.25
SUG 011	Demerara sugar	11.34kg	50.00
WHL 271*	Honey, amber fair trade organic	454g	13.90
WHL 270*	Honey, raw, fair trade organic	454g	13.90
WHL 150*	Light brown sugar, fair trade organic	681g	6.25
WHL 020*	Powdered icing sugar, fair trade organic	454g	5.65
WHL 152	Raw cane sugar, fair trade	681g	5.55
WHL 100*	Raw turbinado demerara sugar, organic	681g	5.65
SUG 102*	Sucanat, fair trade organic	454g	5.55
SUG 003*	Sucanat, fair trade organic	907g	9.15
SUG 012*	Sucanat, fair trade organic	11.34kg	82.80
SUG 007*	Sugar, fair trade organic	907g	6.95
SUG 010*	Sugar, organic	22.68kg	84.60

BEVERAGES

Bionaturae Organic Fruit Nectars www.bionaturae.com

BIO 050*	Apricot nectar	6x750ml	34.40
BIO 055*	Bilberry premium nectar	6x750ml	38.95
BIO 056	Carrot apple premium nectar	6x750ml	38.95
BIO 051*	Peach nectar	6x750ml	34.40
BIO 052*	Pear nectar	6x750ml	34.40
BIO 054*	Plum nectar	6x750ml	24.85
BNT 100*	Sicilian lemon nectar	6x721ml	34.40
BNT 101*	Sour cherry premium nectar	6x721ml	38.95

Black River Juices

BRJ 021	Apple juice	12x1L	36.15
BRJ 024*	Apple juice, organic	12x1L	56.45
BRJ 089*	Apple juice, organic, from concentrate	12x1L	42.90
BRJ 026	Bartlett pear juice	12x1L	48.30
BRJ 027	Black currant nectar	12x1L	48.30
BRJ 018	Black cherry juice	12x1L	63.80
BRJ 035	California prune nectar	12x1L	50.85
BRJ 101	Carrot orange nectar	12x1L	45.20
BRJ 037	Concord grape juice	12x1L	52.70
BRJ 090*	Concord grape juice, organic	12x1L	65.90
BRJ 061	Cranberry juice (makes 6L)	1L	15.10
BRJ 039*	Cranberry/apple nectar, organic	12x1L	62.15
BRJ 028	Cranberry nectar	12x1L	48.30
BRJ 031	Mango nectar	12x1L	48.30
BRJ 032	Montmorency cherry juice	12x1L	57.60
BRJ 020	Orange juice	12x1L	33.90

BRJ 029	Papaya nectar	12x1L	48.30
BRJ 023	Pineapple juice	12x1L	37.65
BRJ 034	Pink guava nectar	12x1L	48.30
BRJ 036	Raspberry nectar	12x1L	48.3

Blue Diamond Almond Breeze Almond Milk www.bluediamond.com

BLD 001	Chocolate	12x946ml	38.30
BLD 002	Original	12x946ml	38.30
BLD 006	Unsweetened	12x946ml	38.30
BLD 003	Vanilla	12x946ml	38.30
BLD 007	Vanilla, unsweetened	12x946ml	38.30

Knudsen Juices www.knudsenjuices.com

KNU 106*	Acai, organic	946ml	7.85
JUI 113	Black cherry	946ml	5.85
KNU 107*	Black currant, organic	946ml	5.75
KNU 100*	Blueberry nectar, organic	946ml	5.75
KNU 104*	Blueberry pomegranate	946ml	5.75
JUI 191*	Concord grape, organic	1.82L	11.05
JUI 108	Cranberry nectar	946ml	5.85
KNU 105*	Cranberry pomegranate	946ml	5.85
JUI 192*	Grapefruit, organic	1.82L	11.05
KNU 080	Just blueberry	946ml	10.65
JUI 109	Just cranberry	946ml	10.65
KNY 081	Just pomegranate	946ml	10.20
JUI 118	Lemon/ginger echinacea	946ml	4.85
KNU 101*	Mango nectar, organic	946ml	5.85
JUI 097	Mega green	946ml	4.85
JUI 114*	Pear, organic	946ml	5.75
JUI 102	Pineapple coconut	946ml	4.65
KNU 103	Pomegranate, organic	946ml	5.75
JUI 111*	Prune, organic	946ml	7.85
JUI 115	Sparkling crisp apple juice (carbonated)	750ml	4.10
JUI 116	Sparkling cranberry juice (carbonated)	750ml	4.85
JUI 117	Sparkling pear juice (carbonated)	750ml	4.85
JUI 103	Very veggie	946ml	4.60
JUI 163	Very veggie—low salt	946ml	5.15
JUI 162	Very veggie—spicy	946ml	4.45

Kombucha Wonder Drink www.wonderdrink.com

KMB 001*	Asian pear ginger blend, organic	16x252ml	43.50
KMB 002*	Himalayan blend, organic	16x252ml	43.50
KMB 003*	Jasmine Niagara grape blend, organic	16x252ml	43.50
KMB 004*	Orient blend, organic	16x252ml	43.50
KMB 005*	Rooibos red peach blend, organic	16x252ml	43.50

Santa Cruz Organic Juices

JUI 151*	Organic cranberry delight	946ml	5.75
JUI 119*	Organic lemon juice, pure	473ml	5.80
JUI 149*	Organic lemonade	946ml	3.90
JUI 159*	Organic orange mango juice	946ml	5.45
SCO 151*	Organic raspberry lemonade	946ml	3.90
JUI 155*	Organic apple juice	946ml	4.95
JUI 190*	Organic apple juice	2.84L	13.50

So Nice Soy Beverages www.sonice.ca

SOY 083	Chocolate (made with organic soybeans)	12x946ml	37.25
SOY 080	Natural	12x946ml	37.25
SOY 081	Original	12x946ml	37.25
SOY 082	Vanilla (made with organic soybeans)	12x946ml	37.25

BREAKFAST CEREALS, COLD

Enjoy Life Gluten-Free Granola www.enjoylifefoods.com

ENJ 001	Cinnamon crunch	365 g	6.45
ENJ 002	Cranapple crunch	365 g	6.45
ENJ 003	Very berry crunch	365 g	6.45

Perky's Gluten-Free Cereals www.enjoylifefoods.com

PER 001	Apple cinnamon Perky Os	265 g	6.65
PER 002	Frosted Perky O's	265 g	6.65
PER 010	Nutty flax	340 g	5.15
PER 011	Nutty rice	340 g	5.15
PER 003	Original Perky O's	263 g	6.65

Stephano's GMO-Free Cereals and Granola

GRA 039*	Apple cinnamon granola, organic	5kg	50.20
GRA 032	Chunky berry patch granola	500g	6.00
GRA 028	Chunky berry patch granola	5kg	47.65
GRA 038	Coconut mango granola	500g	6.00
GRA 037	Coconut mango granola	5kg	47.65
GRA 031	Deluxe granola	500g	6.00
GRA 022	Deluxe granola	5kg	47.65
GRA 034	Fruit and nut granola	500g	6.00
GRA 026	Fruit and nut granola	5kg	37.10
GRA 030*	Granola, organic	500g	7.00
GRA 020*	Granola, organic	5kg	54.45
GRA 021	Granola, unsweetened	5kg	36.00
GRA 036	Hemp granola	500g	6.00
GRA 029	Hemp granola	5kg	47.65
CER 035	Low fat cereal	500g	6.00
CER 051*	Low fat cereal, organic	5kg	54.45
GRA 024	Maple nut granola	5kg	36.00
GRA 033	Meusli	450g	6.00

CONDIMENTS, OILS

Artisan Tradition Oils

ATR 063	CanOlive oil	1L	7.55
ATR 061	Extra virgin olive oil	1L	14.80
ATR 060	Grapeseed oil	1L	11.10
ATR 062*	Organic canola oil	1L	13.75
ATR 050*	Organic extra virgin olive oil	1L	21.35
ATR 051*	Organic sunflower oil	1L	13.70

Bionaturae www.bionaturae.com

BIO 030*	Organic extra virgin olive oil	500ml	18.75
BIO 031*	Organic extra virgin olive oil	750ml	26.00
BIO 035*	Organic balsamic vinegar	250ml	7.35
BIO 036*	Organic balsamic vinegar	500ml	10.15

Bubbies of San Francisco www.bubbies.com

BUB 103	Beet horseradish	250ml	3.15
BUB 002	Bread 'n' butter pickles	1L	5.65
BUB 001	Kosher dill pickles	1L	5.65
BUB 105	Kosher dill relish	500ml	4.00
BUB 101	Pickled herring	320g	7.25
BUB 102	Prepared horseradish	250ml	3.15
BUB 003	Sauerkraut	750ml	5.65

Filsinger's Organic www.filsingersorganic.com

FLS 014*	Raw unfiltered organic apple cider vinegar	500ml	3.40
FLS 010*	Raw unfiltered organic apple cider vinegar	945ml	5.55
FLS 011*	Raw unfiltered organic apple cider vinegar	1.89L	10.35
FLS 012*	Raw unfiltered organic apple cider vinegar	3.78L	17.40

Karthein's Unpasteurized Sauerkraut www.belandorganicfoods.com/kartheins.html

KRT 010	With carrots and ginger	750 ml	9.40
KRT 011	Simple	750 ml	9.40
KRT 012	Traditional with caraway seeds & juniper berries	750 ml	9.40

Orphee, La Maison Unrefined Oils, First Cold Pressing www.maisonorphee.com

ORP 019*	Bio alpha + oil	250ml	13.30
OIL 070*	Canola oil, organic	500ml	10.30
OIL 071*	Canola oil, organic	1L	17.60
ORP 110*	Canola-olive blend, organic	500ml	11.80
ORP 111*	Canola-olive blend, organic	1L	20.90
ORP 160*	Coconut oil, virgin, organic	454g	11.40
OIL 073*	Flax oil, organic	250ml	7.40
OIL 048*	Flax oil, organic	500ml	13.00
OIL 053	Hazelnut oil	250ml	15.90
OIL 056	Olive oil, extra virgin	500ml	10.70
OIL 057	Olive oil, extra virgin	1L	18.70
ORP 100*	Olive oil, extra virgin kitchen's choice, organic	1L	23.30
OIL 046*	Olive oil, extra virgin Greek (Crete), organic	500ml	17.15
OIL 049*	Olive oil, extra virgin Italian, organic	500ml	15.70
OIL 306*	Olive oil, extra virgin Spanish fruity, organic	500ml	14.45
ORP 156*	Olive oil, extra virgin Spanish fruity, organic	1L	25.75
OIL 075*	Olive oil, extra virgin Spanish mild, organic	500ml	14.45
OIL 081*	Olive oil, extra virgin Spanish mild, organic	1L	25.75
OIL 047*	Olive oil, extra virgin Tunisian, organic	500ml	14.40
OIL 058*	Pumpkin seed oil, organic	250ml	14.80
OIL 072*	Safflower oil, organic	500ml	13.90
OIL 077*	Sesame oil, organic	500ml	15.00
OIL 063*	Sesame oil, toasted organic	250ml	13.55
OIL 078*	Sunflower oil, organic	250ml	5.50
OIL 079*	Sunflower oil, organic	500ml	8.30
OIL 080*	Sunflower oil, organic	1L	14.25
OIL 054	Walnut of Perigord oil	250ml	11.20
ORP 302*	Walnut of Perigord oil, organic	250ml	15.40

Que Pasa Salsas www.quepasafoods.com

QUE 024	Salsa chipotle	500ml	5.55
QUE 022	Salsa mexicana	500ml	5.55
QUE 023	Salsa pina (pineapple)	500ml	5.55

San-J Tamari (Bulk) www.san-j.com

SAU 003	Premium black label tamari	18L	112.00
SAU 025*	Organic gold label wheat-free tamari	18L	185.00

Soleil d'Or Oils www.maisonorphee.com

OIL 314*	Canola oil, organic	500ml	9.00
OIL 315*	Canola oil, organic	1L	15.60
ORP 301	Grapeseed oil, first-pressed refined	500ml	7.30
OIL 312	Grapeseed oil, first-pressed refined	1L	12.80
OIL 319	Olive oil, extra virgin	1L	16.10
OIL 321*	Olive oil, extra virgin, organic	500ml	11.70
OIL 322*	Olive oil, extra virgin, organic	1L	21.20
OIL 010*	Olive oil, extra virgin, organic	3L	50.85
OIL 090*	Olive oil, extra virgin with basil, organic	250ml	9.25
OIL 091*	Olive oil, extra virgin with chili, organic	250ml	9.25

OIL 316*	Safflower oil, organic	500ml	12.10
OIL 326*	Safflower oil, organic	1L	21.20
OIL 320*	Sesame oil, organic	500ml	13.50
OIL 327*	Sesame oil, organic	1L	24.25
OIL 325*	Soy oil, organic first-pressed unrefined	500ml	9.90
OIL 317*	Sunflower oil, organic	500ml	7.55
OIL 318*	Sunflower oil, organic	1L	13.70
OIL 323*	Sunflower oil, organic (for cooking/frying)	1L	16.70
OIL 307	Sweet almond oil, first-pressed unrefined	100ml	5.00
OIL 308	Sweet almond oil, first-pressed unrefined	250ml	7.85
OIL 309	Sweet almond oil, first-pressed unrefined	500ml	14.45

DAIRY PRODUCTS

L'Ancetre Organic Cheeses www.fromagerieancetre.com

ANC 109*	Cheddar, extra sharp old (raw milk)	200g	7.20
ANC 060*	Cheddar, extra sharp old (raw milk)	1kg	35.50
ANC 306*	Cheddar, extra sharp old (raw milk)	2kg	69.25
ANC 050*	Cheddar, marble, milk (raw milk)	908g	29.55
CHE 155*	Cheddar, medium (raw milk)	200g	6.60
CHE 156*	Cheddar, medium (raw milk)	325g	10.20
ANC 051*	Cheddar, medium (raw milk)	908g	29.55
CHE 157*	Cheddar, medium (raw milk)	2kg	61.35
CHE 151*	Cheddar, mild (raw milk)	200g	6.40
CHE 152*	Cheddar, mild (raw milk)	325g	9.95
ANC 061*	Cheddar, mild (raw milk)	1kg	30.05
CHE 153*	Cheddar, mild (raw milk)	2kg	58.35
CHE 160*	Cheddar, old (raw milk)	200g	6.80
CHE 161*	Cheddar, old (raw milk)	325g	10.55
ANC 062*	Cheddar, old (raw milk)	1kg	33.05
CHE 162*	Cheddar, old (raw milk)	2kg	64.30
CHE 173*	Emmental	200g	6.80
CHE 174*	Emmental	2kg	61.35
CHE 165*	Frugal (7% m.f.)	200g	6.40
CHE 163*	Frugal (7% m.f.)	325g	9.95
CHE 165*	Frugal (7% m.f.)	2kg	58.35
CHE 167*	Mozzarella, part skim milk	200g	6.40
CHE 169*	Mozzarella, part skim milk	325g	9.95
ANC 052*	Mozzarella 15%	908g	28.20
CHE 168*	Mozzarella, part skim milk	2kg	58.35
ANC 110*	Mozzarella and cheddar, shredded	200g	6.35
CHE 171*	Parmesan, block	200g	8.30
CHE 170*	Parmesan, grated	125g	5.75
CHE 172*	Ricotta	190g	4.45

La Chaudiere Organic Cheeses www.belandorganicfoods.com

CLF 100*	Cheddar, mild	340g	9.95
CLF 300*	Cheddar, mild	2.27kg	62.50
CLF 101*	Cheddar, medium	340g	10.45
CLF 301*	Cheddar, medium	2.27kg	65.30
CLF 102*	Cheddar, old	340g	10.90
CLF 302*	Cheddar, old	2.27kg	67.50
CLF 103*	Cheddar, extra old	340g	11.30
CLF 303*	Cheddar, extra old	2.27kg	69.60
CLF 114*	Swiss	340g	11.40
CLF 304*	Swiss	2.27kg	69.15

Galaxy Foods/Soyco Non-Dairy Cheese Alternatives www.soyco.com

SCY 055	Rice American slices, vegan	170g	4.50
SCY 168	Rice cheddar block	224g	4.95
SCY 056	Rice cheddar slices, vegan	170g	4.50
SCY 167	Rice mozzarella block	224g	4.95
SCY 050	Rice mozzarella slices	168g	4.35
SCY 060	Rice parmesan, grated	112g	4.35
SCY 057	Rice pepper jack slices, vegan	170g	4.50
SCY 051	Rice yellow American slices	168g	4.35
SCY 070	Soy cheddar block	224g	5.20
SCY 071	Soy mozzarella block	224g	5.20
SCY 001	Soy mozzarella slices	168g	4.35
SCY 009	Soy parmesan, grated	112	4.35
SCY 002	Soy yellow American slices	168g	4.35
SCY 021	Soy yellow American slices, low-fat	168g	4.35

Harmony Organic Dairy Cheese www.harmonyorganic.on.ca

HAD 302*	Whole milk brie	150g	6.85
HAD 310*	Whole milk brie	1kg	41.80

Mariposa Dairy Rennetless Goat Milk Cheeses

CHE 006	100% goat feta	200g	4.85
CHE 402	Chevre, garlic and fines herbes	130g	3.45
CHE 010	Chevre, plain	130g	3.45

Mornington Organic Goat Milk Dairy www.morningtondairy.com

MRG 400*	Butter	250g	6.85
MRG 300*	Curds, fresh	250g	6.70
MRG 303*	Cheddar, medium	200g	7.95
MRG 302*	Cheddar, mild	200g	7.60
MRG 304*	Cheddar, old	200g	8.40
MRG 301*	Marble	200g	7.60

Organic Meadow Dairy Products www.organicmeadow.com

MEA 126*	Butter, salted	250g	6.35
MEA 004*	Butter, salted	454g	11.75
MEA 125*	Butter, unsalted	250g	6.35
MEA 001*	Butter, unsalted	454g	11.75
MEA 318*	Cheese, medium cheddar	2.27kg	75.80
MEA 317*	Cheese mild cheddar	2.27kg	75.05
MEA 320*	Cheese, mozzarella	2.27kg	75.75
MEA 319*	Cheese, old cheddar	2.27kg	77.00
MEA 003*	Yogurt, no fat	750g	5.55

Pinehedge Farms www.pinehedge.com

PNH 002*	Organic kefir in glass jar	1kg	7.75
PNH 003*	Organic kefir, low-fat in glass jar	1kg	7.75
PNH 001*	Organic yogurt in glass jar	1kg	6.95

Saugeen Country Dairy

YOG 200*	Organic plain yogurt	1kg	4.75
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Woolrich Dairy Goat Milk Cheeses

WLW 060	Brie	180g	8.95
CHE 208	Cheddar, white	200g	8.50
CHE 202	Chevre, fine herbs	130g	4.60
CHE 200	Chevre, plain	130g	4.60
CHE 225	Chevre, plain	300g	9.45
CHE 209	Feta	200g	6.65
CHE 230	Feta, crumbled (in tub)	113g	4.20
CHE 207	Mozzarella	200g	8.50

HERBS, SPICES AND FLAVOURINGS

Arayuma Organic Fair Trade Culinary Spices www.arayuma.com

Please ask for any herb or spice that you need but don't see listed here.

ARA 116*	Black pepper, ground	30g	2.50
ARA 115*	Black pepper, whole	30g	2.50
ARA 103*	Cardamom, whole	25g	4.60
ARA 104*	Chili pepper, crushed	30g	2.50
ARA 105*	Chili pepper, ground	30g	2.50
ARA 101*	Cinnamon, ground	30g	2.50
ARA 100*	Cinnamon quills	25g	4.60
ARA 102*	Cloves, whole	25g	3.10
ARA 106*	Curry leaf, whole	10g	2.25
ARA 108*	Ginger, ground	30g	3.10
ARA 107*	Ginger, slices	25g	3.10
ARA 109*	Lemongrass, sticks	10g	2.25
ARA 110*	Mace, whole	20g	3.50
ARA 112*	Nutmeg, ground	30g	4.60
ARA 111*	Nutmeg, whole	30g	4.60
ARA 117*	Turmeric, ground	30g	2.50
ARA 113*	Turmeric, slices	30g	2.50
ARA 114*	White pepper, whole	30g	3.10

Arvinda's Authentic Indian Spices www.arvindas.com

ARV 001	Chai masala	44 g	6.40
ARV 010	Curry leaves	5 g	5.35
ARV 002	Curry masala	70 g	6.10
ARV 003	Garam masala	44 g	6.40
ARV 011	Kaffir lime leaves	5 g	4.75
ARV 004	Madras masala	70 g	6.10
ARV 005	Tandoori masala	70 g	6.10
ARV 006	Tikka masala	70 g	6.10

Frontier Co-operative Herbs and Spices www.frontiercoop.com

Please ask for any herb or spice that you need but don't see listed here.

SPI 005*	Basil, organic	454g	17.60
SPI 007	Bay leaves	454g	17.75
SPI 011	Cayenne	454g	8.50
SPI 015	Chamomile, German	454g	15.65
SPI 018	Chili powder (Mexican), ground	454g	10.50
SPI 115*	Cinnamon (3% oil), ground, organic	454g	7.95
SPI 023	Cinnamon sticks 6"	454g	7.95
SPI 117*	Cloves, organic	454g	17.50
SPI 119*	Coriander, ground, organic	454g	13.25
SPI 030	Cumin, ground	454g	11.50
SPI 032	Curry powder	454g	9.75
SPI 126*	Fennel seed, organic	454g	11.00
SPI 040*	Fenugreek seed, organic	454g	9.25
SPI 120*	Garlic granules, organic	454g	13.50
SPI 043	Garlic powder, organic	454g	12.95
SPI 121*	Ginger root, ground organic	454g	15.35
SPI 064	Mustard seed (yellow)	454g	5.50
SPI 072*	Oregano, organic	454g	19.70
SPI 086*	Paprika, ground organic	454g	13.50
SPI 067*	Pepper, ground black organic	454g	17.75
SPI 104*	Peppercorns, black organic	454g	13.00
SPI 074*	Peppermint, organic	454g	15.75
SPI 125*	Turmeric root, ground organic	454g	12.75

EXT 017	Vanilla extract (made with organic beans)	59ml	6.10
EXT 019	Vanilla extract (made with organic beans)	118ml	11.00

Simply Organic Baking Flavours www.simplyorganicfoods.com

SMO 200*	Almond extract	59ml	5.55
SMO 201*	Almond extract	18ml	7.05
SMO 210*	Lemon flavour	59ml	5.20
SMO 215*	Orange flavour	59ml	5.20
SMO 220*	Peppermint flavour	59ml	5.30
SMO 230*	Vanilla extract	59ml	5.95
SMO 23&1	Vanilla extract	118ml	10.30

Simply Organic Bottled Herbs and Spices www.simplyorganicfoods.com

These are very small jars; you may want to order a few of each item!

SMO101	All purpose seasoning	12g	2.50
SMO102	Basil leaf, cut and sifted	5g	2,50
SMO103	Chili powder blend	17g	2,50
SMO104	Cinnamon powder (Korintje)	19g	2.50
SMO105	Coriander seed powder	10g	2.50
SMO106	Cumin seed powder	13g	2.50
SMO107	Dill weed, cut and sifted	4g	2.50
SMO108	Garlic powder	26g	2.50
SMO109	Ginger root powder	12g	2.50
SMO111	Ground mustard seed	13g	2.50
SMO110	Italian seasoning	4g	2.50
SMO112	Oregano leaf, cut and sifted	2g	2.50
SMO114	Parsley leaf flakes	2g	2.50
SMO115	Pepper, black, medium grind	16g	2.50
SMO113	Poultry seasoning	9g	2.50
SMO116	Red chili pepper flakes	12g	2.50
SMO117	Rosemary leaf, whole	6g	2.50
SMO118	Sage leaf powder	6g	2.50
SMO120	Turmeric root powder	15g	2.50
SMO119	Thyme leaf, whole	5.1g	2.50

HOUSEHOLD

Bag To Earth Kraft Paper Waste Bags www.bagtoearth.com

BTE 001	Small food Bag	10ct	7.35
BTE 002	Large food Bag	5ct	8.95
BTE 003	Paper yard bag	5ct	5.65

Bio-Vert Biodegradable Cleaners www.prolav.com

BVR 021	All purpose cleaner and stain remover	950 ml	5.20
BVR 020	All surface cleaner and grease remover	950 ml	5.20
BVR 022	Bathroom cleaner	950 ml	5.20
BVR 001	Chlorine-free stain remover/Oxy bleach	600 g	9.15
BVR 016	Dishwasher tabs 15s	225 g	5.75
BVR 017	Dishwasher tabs 30s	450 g	8.55
BVR 010	Dishwashing liquid	700 ml	3.80
BVR 011	Dishwashing liquid	3.7 L	15.40
BVR 012	Dishwashing Liquid	10 L	9.75
BVR 014	Dishwashing machine gel	1.5 L	3.80
BVR 070	Fabric softener	1.8 L	7.50
BVR 071	Fabric softener	3.7 L	14.50
BVR 072	Fabric softener	10 L	32.95
BVR 023	Glass, chrome and stainless steel cleaner	950 ml	5.20
BVR 060	High efficiency laundry detergent	1.8 L	8.80

BVR 050	Laundry detergent	1.8 L	8.90
BVR 051	Laundry detergent	3.7 L	15.45
BVR 052	Laundry detergent	10 L	32.95
BVR 053	Laundry detergent with fabric softener	1.8 L	9.95
BVR 054	Laundry detergent with fabric softener	3.7 L	16.65
BVR 081	Solid odour eliminator, fruit scent	227 g	5.90
BVR 080	Solid odour eliminator, unscented	227 g	5.90

Cascades 100% Recycled Canadian Paper Products www.cascades.com

CDS 100	Bathroom tissue, 2 ply, 352 sheets/roll	4 rolls	3.45
CDS 101	Bathroom tissue, 2 ply, 352 sheets/roll	8 rolls	6.85
CDS 102	Bathroom tissue, 2 ply, 352 sheets/roll	12 rolls	10.25
CDS 103	Bathroom tissue, 2 ply, 352 sheets/roll	16 rolls	13.35
CDS 120	Paper towels, white, 2-pack, 110 sheets/roll	2 rolls	2.65
CDS 122	Paper towels, white, 6-pack, 110 sheets/Roll	6 rolls	7.85
CDS 121	Paper towels, natural, 2-pack, 110 sheets/roll	2 rolls	2.65
CDS 023	Paper towels, natural, 6-pack, 70 sheets/roll	6 rolls	7.85

Ecover www.ecover.com

ECV 044	All purpose cleaner concentrate, lemon	946 ml	5.75
ECV 015	Automatic dishwasher powder	1.36kg	11.10
ECV 014	Automatic dishwasher rinse aid	473ml	7.45
ECV 016	Automatic dishwasher tablets	510g	10.25
ECV 043	Bathroom cleaner	500ml	7.05
ECV 070	Car wash and wax	500ml	6.60
ECV 010	Cream scrub	473ml	4.20
ECV 034	Delicate wash	946ml	6.55
ECV 001	Dishwashing liquid, herbal	473ml	4.10
ECV 002	Dishwashing liquid, herbal	946ml	6.00
ECV 003	Dishwashing liquid, lemon	473ml	4.10
ECV 004	Dishwashing liquid, lemon	946ml	6.00
ECV 032	Fabric softener	946ml	6.90
ECV 049	Hand soap	250ml	8.90
ECV 051	Hand soap	1L	11.85
ECV 040	Floor soap	946ml	7.35
ECV 050	Glass and surface cleaner	473ml	6.55
ECV 048	Heavy duty hand cleaner	150ml	7.80
ECV 071	Interior car cleaner	1L	7.85
ECV 026	Laundry liquid	1.5L	14.45
ECV 027	Laundry liquid	2.96L	25.00
ECV 020	Laundry powder	1.36kg	13.35
ECV 021	Laundry powder	2.72kg	22.60
ECV 052	Limescale remover	473ml	7.85
ECV 030	Non-chlorine bleach liquid	1.89L	10.30
ECV 038	Non-chlorine bleach powder	400g	6.75
ECV 036	Stain remover	200ml	5.65
ECV 039	Sunny day fabric softener	1L	6.90
ECV 042	Toilet cleaner	739ml	5.90

Nature Clean Biodegradable Products www.frankross.com/nature

CLE 041	All-purpose cleaner	1L	5.85
CLE 042	All-purpose cleaner	3.63ml	17.35
CLE 160	Calcium, lime and rust remover	946ml	7.45
CLE 105	Dishwasher gel	1.8L	10.55
CLE 052	Dishwasher powder	1.8kg	9.45
CLE 053	Dishwasher powder	20L	77.30
CLE 112	Dishwasher rinse aid	227ml	2.95
CLE 063	Dishwashing liquid	1L	5.40
CLE 064	Dishwashing liquid	3.63L	15.80
CLE 065	Dishwashing liquid	20L	88.95

CLE 069	Drain cleaner	1L	5.00
CLE 012	Fabric refresher, unscented	750ml	8.15
CLE 054	Fabric softener	1L	4.25
CLE 055	Fabric softener	3.63L	13.00
CLE 038	Floor cleaner	1L	5.75
CLE 090	Fruit and veggie wash	700ml	5.45
CLE 109	Household disinfectant spray	250ml	10.65
CLE 140	Kitchen-bath spray	946ml	4.30
CLE 171	Laundry liquid	3L	13.75
CLE 072	Laundry liquid	20L	83.20
CLE 175	Laundry liquid 3x concentrate	1L	9.05
CLE 176	Laundry liquid 3x concentrate	3.78L	23.50
CLE 095	Laundry stain remover	700ml	4.45
CLE 162	Microwave and oven cleaner	946ml	6.70
CLE 161	Multi-surface cleaner and degreaser	946ml	7.10
CLE 056	Non-chlorine bleach liquid	1L	3.35
CLE 057	Non-chlorine bleach liquid	3.63L	7.95
CLE 111	Non-chlorine bleach powder	700g	7.95
CLE 110	Pet stain and odour remover	1L	7.75
CLE 139	Tile & bath cleaner	946ml	6.10
CLE 048	Toilet bowl cleaner	1L	5.85
CLE 067	Tub & tile cleanser	500ml	8.45
CLE 088	Ultra laundry powder	2kg	9.45
CLE 047	Ultra laundry powder	3.4kg	14.65
CLE 050	Ultra laundry powder	18kg	61.85
NCL 225	Wildflower window cleaner	946ml	4.45
CLE 030	Tap for 20-litre pails	each	3.80

New Wave Enviro Stainless Steel www.newwaveenviro.com

Water Bottles and Dispensers

NWV 010	Stainless steel kid/lunchbox bottle (sport top)	355ml	13.05
NWV 007	Stainless steel bottle, brushed silver	600ml	11.95
NWV 002	Stainless steel bottle burgundy	600ml	11.95
NWV 003	Stainless steel bottle, gold	600ml	11.95
NWV 005	Stainless steel bottle, green	600ml	11.95
NWV 004	Stainless steel bottle, navy blue	600ml	11.95
NWV 006	Stainless steel bottle, turquoise	600ml	11.95
NWV 011	Stainless steel travel/sport bottle (sport top)	1L	19.95
NWV 012	Stainless steel backpacker bottle (screw top)	1.18L	27.55

*600ml bottles have aluminum threads and narrow screw tops
Replacement/adaptor caps fit 355ml, 1L and 1.18L sizes only*

NWV 100	Stainless steel screw cap	each	5.35
NWV 101	Plastic sport cap	each	2.00
NWV 050	Stainless steel large countertop dispenser	8.3L	62.00
NWV 053	Porcelain lid for countertop dispenser	each	12.10

Seventh Generation www.seventhgeneration.com

SEV 150	All-purpose cleaner, free and clear	946ml	6.50
SEV 151	All-purpose cleaner, green mandarin and leaf	946ml	6.50
SEV 152	Carpet cleaner, citrus	946ml	6.50
SEV 144	Dishwasher gel, green apple	1.33L	6.80
SEV 145	Dishwasher gel, lemon	1.33L	6.80
SEV 143	Dishwasher powder, free and clear	1.28kg	6.75
SEV 148	Dishwasher powder, free and clear	2.13kg	9.85
SEV 141	Dishwashing liquid, lemongrass/clementine zest	739ml	5.00
SEV 142	Dishwashing liquid, free and clear	739ml	5.00
SEV 147	Dishwashing liquid, free and clear	1.42L	8.35
SEV 146	Dishwashing liquid, lavender floral and mint	739ml	5.00

SEV 037	Fabric softener, blue eucalyptus and lavender	1.18L	7.35
SEV 170	Fabric softener, free and clear	1.18L	7.35
SEV 153	Glass and surface cleaner, free and clear	946ml	6.50
SEV 154	Glass and surface cleaner, ruby grapefruit/herb	946ml	6.50
SEV 155	Kitchen cleaner, wild orange cedar spice	946ml	6.50
SEV 033	Laundry detergent powder, free and clear	1.36kg	8.75
SEV 061	Laundry detergent powder, free and clear	3.18kg	17.50
SEV 032	Laundry detergent powder, white flower/bergamot citrus	1.36kg	8.75
SEV 060	Laundry detergent powder, white flower/bergamot citrus	3.18kg	17.50
SEV 038	Laundry liquid, baby	1.5L	8.75H
SEV 039	Laundry liquid, delicate care	1.48L	8.75
SEV 164	Laundry liquid 2x concentrate, blue eucalyptus and lavender	950ml	8.75
SEV 160	Laundry liquid 2x concentrate, blue eucalyptus and lavender	1.48L	12.75
SEV 167	Laundry liquid 2x concentrate, blue eucalyptus and lavender	2.96L	22.75
SEV 163	Laundry liquid 2x concentrate, free and clear	950ml	8.75
SEV 162	Laundry liquid 2x concentrate, free and clear	1.48L	12.75
SEV 166	Laundry liquid 2x concentrate, free and clear	2.96L	22.75
SEV 165	Laundry liquid 2x concentrate, white flower/bergamot citrus	950ml	8.75
SEV 161	Laundry liquid 2x concentrate, white flower/bergamot citrus	1.48L	12.75
SEV 168	Laundry liquid 2x concentrate, white flower/bergamot citrus	2.96L	22.75
SEV 135	Non-chlorine bleach, free and clear	1.89L	6.75
SEV 156	Shower cleaner, citrus	946ml	6.75
SEV 157	Toilet bowl cleaner, emerald cypress and fir	946ml	6.75
SEV 158	Tub and tile cleaner, emerald cypress and fir	946ml	6.75
SEV 070	Bathroom tissue, 2-ply, 352 sheets/roll	4 rolls	6.55
SEV 071	Bathroom tissue, 2-ply, 400 sheets/roll	8 rolls	12.30
SEV 072	Bathroom tissue, 2-ply, 400 sheets/roll	12 rolls	16.50
SEV 018	Facial tissue, 2-ply, 85 sheet cube	1 cube	2.95
SEV 015	Facial tissue, 2-ply, 100 sheets/box	1 box	2.75
SEV 016	Paper towels, natural, 120 sheets/roll	1 roll	3.65
SEV 017	Paper towels, natural, 120 sheets/roll	6 roll	17.50
SEV 074	Paper towels, white 2-ply, 112 sheets/roll	3 rolls	8.55
SEV 051	Trash bags (from recycled plastic) 30 gallon	20 bags	6.75
SEV 050	Trash bags (from recycled plastic) 13 gallon tall	30 bags	6.75

NUT BUTTERS

Nuts To You Nut Butters (Bulk)

NBT 105	Almond butter, crunchy	4.1kg	68.65
NBT 106	Almond butter, crunchy	10kg	165.00
NBT 102	Almond butter, smooth	4.1kg	68.65
NBT 103	Almond butter, smooth	10kg	165.00
NBT 114	Cashew butter	4.1kg	65.70
NBT 115	Cashew butter	10kg	125.00
NBT 135*	Peanut butter, organic crunchy	4.1kg	36.65
NBT 136*	Peanut butter, organic crunchy	10kg	77.30
NBT 132*	Peanut butter, organic smooth	4.1kg	36.65
NBT 133*	Peanut butter, organic smooth	10kg	77.30

NBT 145*	Peanut butter, Valencia, organic crunchy	4.1kg	46.40
NBT 146*	Peanut butter, Valencia, organic crunchy	10kg	100.00
NBT 142*	Peanut butter, Valencia, organic smooth	4.1kg	46.40
MBT 143*	Peanut butter, Valencia, organic smooth	10kg	100.00
NBT 123*	Tahini, organic	4.1kg	50.25
NBT 124*	Tahini, organic	10kg	117.00

PASTAS

Artesian Acres Kamut Pasta (Bulk)

ART 023	Penne	5 kg	37.15
ART 022	Rotini	5 kg	37.15
ART 020	Spaghetti 10"	5 kg	37.15
ART 024	Vegetable rotini	5 kg	45.55

Bionaturae www.bionaturae.com

BIO 004*	Organic fusilli	12x500g	55.00
BIO 003*	Organic penne rigate	12x500g	55.00
BIO 001*	Organic spaghetti	12x500g	55.00
BIO 009*	Organic whole wheat fusilli	12x500g	55.00
BIO 008*	Organic whole wheat penne rigate	12x500g	55.00
BIO 006*	Organic whole wheat spaghetti	12x500g	55.00

Prairie Harvest Organic Pastas (Bulk)

PRH 016*	Elbow macaroni	4.54kg	35.00
PRH 019*	Lasagna	4.54kg	38.00
PRH 018*	Penne rigate	4.54kg	35.00
PRH 017*	Rotini	4.54kg	35.00
PRH 015*	Spaghetti, 10"	4.54kg	35.00

Sobaya Japanese Noodles

KAM 013*	Genmai—kamut, organic	12x230g	47.15
SOB 004	Soba—40% buckwheat	12x454g	37.90
SOB 006	Soba—40% buckwheat	5kg	38.40
SOB 001*	Soba—40% buckwheat, organic	12x230g	49.40
SOB 003*	Soba—40% buckwheat, organic	5kg	46.95
KAM 010*	Soba—kamut, organic	12x230g	39.65
KAM 012*	Somen—kamut, organic	12x230g	40.90
KAM 011*	Udon—kamut, organic	12x230g	40.90
UDO 002*	Udon—wheat, organic	12x230g	34.35
UDO 001*	Udon—wheat, organic	5kg	43.45

Tinkyada Brown Rice Pastas (Bulk) www.tinkyada.com

TNK 024	Elbows	4.5kg	26.60
TNK 022	Fettucine	4.5kg	30.40
TNK 020	Lasagna	4.5kg	41.20
TNK 018*	Organic penne	4.5kg	39.80
TNK 016*	Organic spaghetti	4.5kg	39.80
TNK 017*	Organic spirals	4.5kg	39.80
TNK 026	Penne	4.5kg	26.60
TNK 023	Shells	4.5kg	26.60
TNK 021	Spaghetti	4.5kg	26.60
TNK 011	Spinach spaghetti	4.5kg	39.80
TNK 025	Spirals	4.5kg	26.60
TNK 012	Vegetable spirals	4.5kg	39.80

PERSONAL CARE

Nature Clean www.frankcross.com/nature

SOA 052	Bar soap, wrapped	90g	2.75
NCL 251	Conditioner	415ml	8.85
NCL 250	Herbal shampoo	415ml	8.85
CLE 082	Liquid castile soap	1L	7.10

Orphee, La Maison Unrefined First Cold Pressed Body Care Oils

www.maisonorphee.com

OIL 358	Apricot kernel oil	50ml	10.65
OIL 352	Avocado oil	50ml	10.65
OIL 353*	Borage oil, organic	50ml	22.15
OIL 354	Carrot oil	50ml	11.25
OIL 359	Evening primrose oil	50ml	21.35
OIL 357*	Hazelnut oil, organic	50ml	9.95
OIL 356	Jojoba oil	50ml	13.60
OIL 350*	Sweet almond oil, organic	50ml	9.50
OIL 351*	Sweet almond oil, organic	250ml	32.00
OIL 355	Wheat germ oil	50ml	10.30

Seventh Generation www.seventhgeneration.com

Diapers and training pants are also available—please ask if you're interested.

SEV 020	Baby wipes, alcohol-free in tub	80ct	6.50H
SEV 021	Baby wipes, alcohol-free refills	80ct	6.25H
SEV 023	Baby wipes, alcohol-free travel pack	40ct	4.25H

RICE

Lundberg Organic Rice www.lundberg.com

Smaller packages of organic rice and nutra-farmed rice in all sizes are also available—please ask if you're interested.

RIC 068*	Organic Arborio rice	11.34kg	121.00
RIC 062*	Organic brown basmati rice	11.34kg	73.00
LUN 028*	Organic brown jasmine rice	11.34kg	73.00
RIC 009*	Organic golden rose rice	11.34kg	56.95
RIC 065*	Organic long grain brown rice	11.34kg	44.00
LUN 029*	Organic long grain white rice	11.34kg	56.95
RIC 064*	Organic short grain brown rice	11.34kg	56.95
RIC 007*	Organic short grain sushi rice	11.34kg	73.00
RIC 011*	Organic sweet brown rice	11.34kg	56.95
CRR 001*	Wehani (complete red) rice	11.34kg	116.00
RIC 063*	Organic white basmati	11.34kg	82.55
RIC 061*	Organic white jasmine rice	11.34kg	82.55

SNACKS, CONFECTIONS

Aunt Gussie's www.auntgussies.com

ANG 001	Chocolate chip cookies, gluten-free	170 g	7.00
ANG 004	Chocolate spritz cookies, gluten-free	170 g	7.00

ANG 018	Cinnamon raisin spelt cracker flats	142 g	5.30
ANG 014	Cinnamon raisin wheat cracker flats	142 g	4.90
ANG 015	Everything spelt cracker flats	142 g	5.30
ANG 010	Everything wheat cracker flats	142 g	4.90
ANG 011	Garlic wheat cracker flats	142 g	4.90
ANG 012	Jalapeño wheat cracker flats	142 g	4.90
ANG 017	Sesame spelt cracker flats	142 g	5.30
ANG 013	Sesame wheat cracker flats	142 g	4.90
ANG 002	Sugar-free chocolate chip/almond cookies, gluten-free	170 g	7.00
ANG 003	Sugar-free vanilla spritz cookies, gluten-free	170 g	7.00

Barbara's Bakery www.barbarasbakery.com

BRB 031	Chocolate chip snackimals cookies	60g	1.75
BRB 014	Fig bars, traditional	336g	6.15
BRB 015	Fig bars, blueberry	336g	6.15
BRB 011	Fig bars, raspberry	336g	6.15
BRB 012	Fig bars, whole wheat	336g	6.15
BRB 010	Fig bars, multigrain	336g	6.15
BRB 030	Vanilla snackimals cookies	60g	1.75
BRB 006	Blueberry cereal bars	218g	5.50
BRB 008	Cherry cereal bars	218g	5.50
BRB 001	Raspberry cereal bars	218g	5.50
BRB 033	Snickerdoodle snackimals cookies	60g	1.75
BRB 002	Strawberry cereal bars	218g	5.50
BRB 009	Triple berry cereal bars	218g	5.50

Blue Diamond Wheat-Free, Gluten-Free Nut Thins www.bluediamond.com

BLD 050	Almond	120g	3.75
BLD 051	Cheddar cheese	120g	3.75
BLD 052	Country ranch	120g	3.75
BLD 053	Pecan	120g	3.75
BLD 054	Smokehouse	120g	3.75

Enjoy Life Gluten, Dairy, Egg, Soy, Peanut & Tree Nut-Free Snacks

www.enjoylifefoods.com

EN J070	Double chocolate brownie	170 g	5.10
EN J020	Gingerbread spice	170 g	5.10
ENJ 021	Life chewy chocolate chip	170 g	5.10
ENJ 022	No-oats oatmeal	170 g	5.10
ENJ 023	Snickerdoodle	170 g	5.10

Garden of Eatin' Organic Chips www.gardenofeatin.com

All Garden of Eatin' chips are available by the full or half case only.

Available in full or half cases only.

GDE 001	Black bean tortilla chips	12x212g	53.35
GDE 002	Blue corn chips	12x255g	53.35
GDE 003	Guacamole chips	12x255g	53.35
GDE 005	Red hot blue chips	12x255g	53.35
GDE 006	Sesame blues chips	12x212g	53.35

Mi-Del Cookies

MID 012	Arrowroot animal cookies, gluten-free	227g	4.65
MID 014	Chocolate sandwich	227g	4.65
MID 008	Chocolate snaps	283g	4.65
MID 005	Ginger snaps	283g	4.65
MID 010	Mini chocolate chip cookies, gluten-free	227g	4.65
MID 011	Mini ginger snaps, gluten-free	227g	4.65
MID 013	Mini pecan cookies, gluten-free	227g	4.65
MID 007	Vanilla snaps	283g	4.65

Pamela's Wheat-Free Cookies www.pamelasproducts.com

PAM 003	Butter shortbread cookies	150g	4.40
PAM 004	Chunky chocolate chip cookies	150g	4.40
PAM 001	Ginger cookies	150g	4.40
PAM 014	Lemon shortbread cookies	150g	4.40
PAM 002	Peanut butter cookies	150g	4.40
PAM 007	Pecan shortbread cookies	150g	4.40

Que Pasa Tortilla Chips Made With Organic Corn www.quepasafoods.com

All Que Pasa chips—except for the plain salted variety—are available by the full or half case only.

QUE 001	Plain, salted	454g	4.45
QUE 004	Blue, salted	12x454g	55.45
QUE 002	Plain, unsalted	12x454g	52.90
QUE 003	Red, salted	12x454g	55.45

SOUPS, PREPARED AND PACKAGED FOODS**Annie's Homegrown Macaroni and Cheese Mixes** www.annies.com

ANH 008*	Alfredo shells with cheddar, organic	170g	3.65
ANH 006	Bunny shape macaroni and cheese	170g	3.00
ANH 020	Rice pasta and cheddar	170g	4.45
ANH 001	Shells and cheddar	170g	3.00
ANH 007	Shells and cheddar, family size	340g	4.80
ANH 009*	Shells with white cheddar, organic	170g	3.65
ANH 003	Whole wheat shells and cheddar, organic	170g	3.65

Bombay Dine Vegetarian Indian Cuisine www.bombaybreeze.com

BOM 061	Chickpeas	540ml	1.80
BOM 030*	Organic adzuki beans	540ml	2.90
BOM 027*	Organic black beans	540ml	2.90
BOM 021*	Organic chickpeas	540ml	2.90
BOM 022*	Organic kidney beans	540ml	2.90
BOM 026*	Organic lentils	540ml	2.90
BOM 025*	Organic mixed beans	540ml	2.90
BOM 023*	Organic mung beans	540ml	2.90
BOM 029*	Organic navy beans	540ml	2.90
BOM 028*	Organic pinto beans	540 ml	2.90

Grainharvest Frozen Organic Pizza Dough www.grainharvest.on.ca

GHV 002	Spelt	400g	3.50
GHV 001	Wheat	400g	3.50
GHV 003	Whole grain	400g	3.50

Health Valley No-Salt Organic Soups www.healthvalley.com

HLV 001*	No salt black bean soup	12x398ml	33.75
HLV 002*	No salt lentil soup	12x398ml	33.75
HLV 003*	No salt minestrone soup	12x398ml	33.75
HLV 004*	No salt vegetable soup	12x398ml	33.75

Raincoast All-Natural Wild Seafood www.raincoasttrading.com

RCT 300	Pink salmon	12x160g	37.50/3.15 each
RCT 301	Pink salmon, no salt	12x160g	37.50/3.15 each
RCT 302	Pink salmon, boneless skinless	12x150g	50.60/4.25 each
RCT 203	Smoked albacore tuna	12x150g	89.00/7.50 each
RCT 250	Sockeye salmon	12x160g	70.00/5.85 each
RCT 251	Sockeye salmon, boneless skinless	12x150g	73.45/6.15 each
RCT 252	Sockeye salmon, no salt	12x160g	70.00/5.85 each
RCT 201	Solid white albacore tuna	12x150g	64.15/5.35 each
RCT 220	Solid white albacore tuna	1.7kg	44.80

RCT 202 Solid white albacore tuna, no salt 12x150g 64.15/5.35 each

Thai Kitchen Products www.thaikitchen.com

THA 036	Bangkok curry instant noodles	12x45g	12.95
THA 001	Coconut milk	400ml	2.75
THA 002	Coconut milk, light	400ml	2.75
THA 050*	Coconut milk, organic	400ml	3.00
THA 052*	Coconut milk, organic light	400ml	3.00
THA 044	Curry stir fry rice noodles	207g	3.50
THA 006	Fish sauce	200ml	3.90
THA 035	Garlic and vegetable instant noodles	12x45g	12.75
THA 305	Green chili and garlic jasmine rice mix	198g	2.95
THA 014	Green curry seasoning paste	112g	3.90
THA 205	Hot and sour rice noodle bowls	6x68g	12.50
THA 003	Jasmine rice	500g	3.35
THA 034	Lemongrass and chili instant noodles	12x45g	12.95
THA 203	Lemongrass and chili rice noodle bowls	6x68g	12.50
THA 301	Lemongrass and ginger jasmine rice mix	198g	2.95
THA 202	Mushroom medley rice noodle bowls	6x50g	12.50
THA 038	Onion instant noodles	12x45g	12.95
THA 012	Original peanut satay sauce	227g	5.55
THA 023	Pad thai original stir-fry rice noodles	170g	3.50\
THA 007	Pad thai sauce	200ml	5.55
THA 008	Plum spring roll sauce	200ml	3.90
THA 009	Red chili dipping sauce	200ml	3.90
THA 013	Red curry seasoning paste	112g	3.90
THA 302	Roasted garlic and chili jasmine rice mix	198g	2.95
THA 201	Roasted garlic rice noodle bowls	6x50g	12.50
THA 017	Roasted red chili seasoning paste	112g	3.90
THA 005	Spicy chili sauce	200ml	3.90
THA 303	Spicy Thai chili jasmine rice mix	198g	2.95
THA 200	Spring onion rice noodle bowls	6x50g	12.50
THA 306	Sweet chili and onion jasmine rice mix	198g	2.95
THA 204	Thai ginger rice noodle bowls	6x68g	12.50
THA 037	Thai ginger/vegetable instant noodles	12x45g	12.95
THA 043	Thai peanut stir-fry rice noodles	155g	3.50
THA 304	Thai yellow curry jasmine rice mix	198g	2.95
THA 045	Toasted sesame stir fry rice noodles	159g	3.50
THA 304	Yellow curry jasmine rice mix	198g	2.75
THA 015	Yellow curry seasoning paste	112g	3.90

Thomas's Utopia Organic Canned Tomato Products www.thomascanning.com

UTP 011*	Crushed tomatoes	12x796ml	36.50
UTP 005*	Crushed tomatoes	6x2.84L	49.75
UTP 020*	Crushed tomatoes with basil	12x398ml	24.25
UTP 051*	Diced tomatoes	12x398ml	24.25
UTP 052*	Diced tomatoes	12x796ml	34.15
UTP 006*	Diced tomatoes	6x2.84L	49.75
UTP 050*	Diced tomatoes, no salt	12x398ml	24.25
UTP 030*	Pasta sauce	12x398ml	24.25
UTP 070*	Tomato paste	24x156ml	26.60
UTP 101*	Tomato juice	12x1.36L	48.75
UTP 010*	Whole tomatoes	12x796ml	34.15
UTP 003*	Whole tomatoes	6x2.84L	49.75

SOY PRODUCTS

Galaxy Foods/Soyco Non-Dairy Cheese Alternatives www.soyco.com

SCY 055	Rice American slices, vegan	170g	4.50
SCY 168	Rice cheddar block	224g	4.95
SCY 056	Rice cheddar slices, vegan	170g	4.50
SCY 167	Rice mozzarella block	224g	4.95
SCY 050	Rice mozzarella slices	168g	4.35
SCY 060	Rice parmesan, grated	112g	4.35
SCY 057	Rice pepper jack slices, vegan	170g	4.50
SCY 051	Rice yellow American slices	168g	4.35
SCY 070	Soy cheddar block	224g	5.20
SCY 071	Soy mozzarella block	224g	5.20
SCY 001	Soy mozzarella slices	168g	4.35
SCY 009	Soy parmesan, grated	112	4.35
SCY 002	Soy yellow American slices	168g	4.35
SCY 021	Soy yellow American slices, low-fat	168g	4.35

Noble Bean Frozen Organic Tempeh www.noblebean.ca

TEM 003*	3-grain	240g	3.90
TEM 005*	Quinoa and sesame	240g	3.90
TEM 004*	Sea vegetable	240g	3.90
TEM 002*	Soy	240g	3.90
TEM 010*	Soy	340g	4.80
BUR 002*	Tempeh burgers, 2-pack	150g	3.90

Sol Cuisine www.solcuisine.com

SLC 070	Sol dogs, original—88% organic	210g	3.80
SLC 060	Sol ground, original organic	280g	4.40
SLC 080	Organic herb tofu	227g	1.95
SCF 100	Organic plain tofu	454g	2.80
TOF 022	Organic plain tofu (case)	27x260g	36.25
SLC 081	Organic sesame ginger tofu	227g	1.95
SLC 050	Organic T-ribz	280g	4.50

La Soyarie Organic Tofu Products www.lasoyarie.ca

LAS 004*	Extra firm tofu	350g	2.05
LAS 001*	Firm tofu	454g	2.50
LAS 002*	Herb tofu	454g	2.50
LAS 003*	Silken tofu	500g	2.50
LAS 014	Ganmo tofu burgers, 4-pack	300g	4.20
LAS 010	Miso burgers, baked, 4 pack	300g	4.20
LAS 011	Teriyaki burgers, baked, 4-pack	300g	4.20
LAS 012	Tofu burgers, baked, 4-pack	300g	4.20

Tradition Organic Miso (Aged 3 Years) www.traditionmiso.com

TRA 001*	Barley miso	450g	10.50
TRA 002*	Brown rice miso	450g	10.50
TRA 003*	Brown rice mellow miso	450g	10.50
TRA 300*	Barley miso	4.54kg	84.95
TRA 301*	Brown rice miso	4.54kg	84.95
TRA 302*	Brown rice mellow miso	4.54kg	84.95

TEAS

Algonquin Tea Company www.algonquintea.com

TEA 122	Awakening (bags)	24bgs	6.25
TEA 116	Homestead blend (bags)	24bgs	6.25

TEA 119	Lucid dream (bags)	24bgs	6.50
TEA 121	Peace (bags)	24bgs	6.25
TEA 120	Sacred blend (bags)	24bgs	6.50
TEA 113	Sweetfern tonic (bags)	24bgs	6.25

Arayuma Organic Fair Trade Teas www.arayuma.com

Black Tea

ARA 004	Cardamon orange pekoe	15ct	7.65
ARA 002	Chai tea, bags	15ct	7.65
ARA 001	Chai tea, loose in tin	100g	13.15
ARA 003	Earl Grey	15ct	7.65
ARA 005	Ginger orange pekoe	15ct	7.65

Green Tea

ARA 011	Ginger green	15ct	7.65
ARA 010	Mellow green	15ct	7.65

Ayurvedic Herbal Tea

ARA 020	Avaram (cassia auriculata)	12ct	6.90
ARA 021	Bilva (aegle marmelos)	12ct	6.90
ARA 022	Lemongrass (cymbopogon citratus)	12ct	6.90
ARA 024	Sarvia (hemidesmus indicus)	12ct	6.90

Arvinda's Tea www.arvindas.com

ARV 030	Black loose tea	50g	8.15
ARV 001	Chai masala (add to tea for Indian spicing)	44g	6.40

Celestial Seasonings Teas www.celestiaseasonings.com

If you don't see the tea you want listed, please ask for it—chances are good I can get it for you.

CEL 220	Acai morning zinger	20ct	3.35
CEL 001	Almond sunset	20ct	3.35
CEL 040	Authentic green	20ct	3.35
CEL 092	Authentic green	40ct	6.65
CEL 002	Bengal spice	20ct	3.35
CEL 023	Black cherry berry	20ct	3.35
CEL 156	Blueberry breeze green	20ct	3.35
CEL 153	Canadian vanilla maple tea, decaf	20ct	3.35
CEL 003	Chamomile	20ct	3.35
CEL 191	Chocolate caramel enchantment chai	20ct	3.35
CEL 004	Cinnamon apple spice	20ct	3.35
CEL 005	Country peach passion	20ct	3.35
CEL 194	Decaf China pearl white tea	20ct	3.35
CEL 149	Decaf green	20ct	3.35
CEL 045	Decaf mandarin orchard green tea	20ct	3.35
CEL 044	Decaf mint green tea	20ct	3.35
CEL 148	Earl Grey white tea	20ct	3.35
CEL 071	Echinacea complete care	20ct	4.40
CEL 050	English toffee	20ct	3.35
CEL 221	Fast lane black tea	20ct	3.35
CEL 060	Fruit tea sampler	20ct	3.35
CEL 150	Green tea sampler	20ct	3.35
CEL 061	Herb tea sampler	20ct	3.35
CEL 042	Honey lemon ginseng green tea	20ct	3.35
CEL 192	Honey vanilla white chai	20ct	3.35
CEL 193	Imperial white peach white tea	20ct	3.35
CEL 011	Lemon zinger	20ct	3.35
CEL 091	Lemon zinger	40ct	6.65
CEL 147	Lemon zinger green tea	20ct	3.35
CEL 128	Madagascar vanilla red bush	20ct	3.35
CEL 013	Mandarin orange spice	20ct	3.35
CEL 014	Mint magic	20ct	3.35
CEL 222	Morning thunder black tea	20ct	3.35

CEL 190	Moroccan pomegranate red bush	20ct	3.35
CEL 065	Original India spice chai	20ct	3.35
CEL 066	Original India spice chai, decaf	20ct	3.35
CEL 029	Peach apricot honeybush	20ct	3.35
CEL 016	Peppermint	20ct	3.35
CEL 046	Perfectly pear white tea	20ct	3.35
CEL 041	Raspberry gardens green tea	20ct	3.35
CEL 017	Raspberry zinger	20ct	3.35
CEL 018	Red zinger	20ct	3.35
CEL 020	Sleepytime	20ct	3.35
CEL 090	Sleepytime	40ct	6.65
CEL 074	Sleepytime extra	20ct	4.40
CEL 025	Sweet apple chamomile	20ct	3.35
CEL 015	Tangerine orange zinger	20ct	3.35
CEL 019	Tension tamer	20ct	3.35
CEL 027	True blueberry	20ct	3.35
CEL 078	Tropic of strawberry	20ct	3.35
CEL 205*	Vanilla apple white tea, organic	10ct	2.35
CEL 067	Vanilla ginger green tea chai	20ct	3.35
CEL051	Vanilla hazelnut	20ct	3.35
CEL 022	Wild berry zinger	20ct	3.35

Choice Organic Teas www.choiceorganict teas.com

CHC 120*	Ban-cha toasted green	16ct	5.65
CHC 101*	Black	16ct	5.00
CHC 102*	Chamomile, caffeine-free	16ct	5.00
CHC 100*	Classic (Asian) blend green tea	16ct	5.00
CHC 103*	Darjeeling	16ct	5.00
CHC 150*	Decaf Earl Grey	16ct	6.25
CHC 151*	Decaf green with peach	16ct	6.25
CHC 152*	Decaf mango Ceylon	16ct	6.25
CHC 104*	Earl Grey	16ct	5.00
CHC 105*	English breakfast	16ct	5.00
CHC 247*	Fair-trade celtic breakfast	20ct	6.85
CHC 256*	Fair-trade chai spice	20ct	6.85
TEA 254*	Fair-trade chamomile/spearmint, caffeine-free	20ct	6.85
TEA 256*	Fair-trade dragon well green tea	20ct	6.85
TEA 250*	Fair-trade Earl Grey with lavender	20ct	6.85
TEA 252*	Fair-trade green tea with peach	20ct	6.85
CHC 248*	Fair-trade jasmine green	20ct	6.85
TEA 255*	Fair-trade licorice peppermint, caffeine-free	20ct	6.85
CHC 131*	Fair-trade magnolia oolong	20ct	6.85
TEA 251*	Fair-trade mango ceylon with vanilla	20ct	6.85
CHC 258*	Fair-trade Moroccan mint green	20ct	6.85
TEA 253*	Fair-trade northwest blackberry, caffeine-free	20ct	6.85
CHC 257*	Fair-trade rooibos with vanilla, caffeine-free	20ct	6.85
CHC 122*	Genmaicha green w/toasted rice)	16ct	5.65
CHC 111*	Ginger herb tea	16ct	5.65
CHC 121*	Green Moroccan mint	16ct	5.65
CHC 128*	Gunpowder green tea	16ct	5.00
CHC 129*	Himalaya green tea	16ct	5.00
CHC 106*	Irish breakfast	16ct	5.00
CHC 123*	Jasmine green tea	16ct	5.65
CHC 130*	Lemon lavender mint	16ct	5.65
CHC 124*	Oolong	16ct	5.65
CHC 107*	Orange spice	16ct	5.00
CHC 108*	Peppermint, caffeine-free	16ct	5.00
CHC 153*	Premium Japanese green tea	16ct	6.25
CHC 125*	Rooibos (red bush) tea	16ct	5.65

CHC 109*	Russian caravan	16ct	5.00
CHC 110*	Twig tea, Japanese	16ct	5.00
CHC 155*	White jasmine tea	16ct	6.25
CHC 154*	White peony (Chinese white) tea	16ct	6.25
CHC 126*	Wild berry herb tea, caffeine-free	16ct	5.65
CHC 127*	Yerba maté (unsmoked)	16ct	5.65

Yogi Teas www.yogitea.com

YGT 081*	Black chai, organic	16bgs	5.85
YGT 002	Classic India spice tea	16bgs	5.85
YGT 012*	Echinacea (triple) green tea, organic	16bgs	6.40
YGT 006*	Echinacea tea, organic	16bgs	6.40
YGT 001*	Egyptian licorice tea, organic	16bgs	5.85
YGT 027*	Egyptian licorice mint tea	16bgs	5.85
YGT 007*	Ginger tea, organic	16bgs	6.40
YGT 028*	Goji berry green tea, organic	16bgs	6.50
YGT 019*	Green tea decaf, organic	16bgs	5.85
YGT 013*	Ginseng green tea, organic	16bgs	6.40
YGT 082*	Green chai, organic	16bgs	5.85
YGT 010*	Kombucha green tea, organic	16bgs	6.40
YGT 015*	Kombucha green tea, decaf, organic	16bgs	6.40
YGT 008*	Lemon ginger tea, organic	16bgs	6.40
YGT 026*	Peppermint, organic	16bgs	5.85
YGT 029*	Pomegranate green tea, organic	16bgs	6.50
YGT 083	Rooibos chai, organic	16bgs	5.85
YGT 020	Simply green tea	16bgs	6.40
YGT 017*	Super antioxidant green tea, organic	16bgs	6.50
YGT 003	Tahitian vanilla hazelnut tea	16bgs	5.85